

**SUDBURY DISTRICT SECONDARY SCHOOLS' ATHLETIC ASSOCIATION  
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**BADMINTON**

<b>AGE</b>	Refer to the constitution – Article IX, Page 20.
<b>CATEGORIES OF COMPETITION</b>	<p>In each of the three divisions - novice, junior, senior competition will be held for:</p> <ul style="list-style-type: none"><li>i) Singles – boys and girls</li><li>ii) Doubles – boys and girls</li><li>iii) Mixed Doubles</li></ul>
<b>DATE</b>	To be held at least one week prior to N.O.S.S.A.
<b>LOCATION</b>	Selection of gymnasium at convener's discretion.
<b>OFFICIALS</b>	Staff members, coaches, adult badminton club members – (no payment).
<b>RULES</b>	<ul style="list-style-type: none"><li>a) Canadian Badminton Association Rule Book. All preliminary and championship matches are to be two out of three rally point games to 21, win by 2 points up to maximum of 30.</li><li>b) Modifications of the above rules to suit the facilities available.</li><li>c) Follow OFSAA Safety Guidelines regarding eyewear.</li></ul>
<b>ENTRIES and ELIGIBILITY</b>	<ul style="list-style-type: none"><li>a) Only three (3) entries are allowed in each event per school.</li><li>b) A competitor may enter one event only.</li><li>c) The maximum number of entries per school will be 30.</li><li>d) Student-athletes must have attended five practices to be able to attend the SDSSAA championships</li></ul>

**BADMINTON** (cont'd)**GENERAL**

- a) Dress Code –
  - i. In order to be allowed to play, competitors must dress as follows: a T-shirt (long or short sleeve) or collared shirt that is solid white or solid black, and one solid coloured pair of shorts, or the designated school badminton uniform.
  - ii. Players may wear headgear or track pants for religious/medical reasons, but this must be communicated to convener prior to the SDSSAA Championship.
  - iii. Doubles and mixed players must wear the same attire.
  - iv. It is the responsibility of the coaches and players, not the Convenor or umpires, to make certain all players are properly attired. Dress code will be checked by each site convener. Inappropriately dressed competitors will be given a short period of time to correct their attire, otherwise be forced to forfeit their match.
- b) Birds – The bird used shall be the same as that chosen by the OFSAA sport advisory committee for that school year.
- c) When a game is called and a player or team fails to show after ten minutes, then the game shall be forfeited at the discretion of the site convener.
- d) That the only coaches allowed on court during competition be those as indicated on the AELS eligibility form submitted to the convener prior to the preliminaries.
- e) ONLY RUNNING SHOES WITH NON-MARKING SOLES WILL BE ALLOWED FOR GAMES OR PRACTICES.

**FINANCING**

Any cost incurred from the SDSSAA badminton season as determined by the convener will be a 'charge back' to the schools, divided according to the number of participating individuals from each school.

**TEAM  
CHAMPIONSHIP  
SCORING SYSTEM**

Points will be awarded as follows:

- 5 points for first place
- 4 points for second place
- 3 points for third place
- 2 points for fourth place
- 1 point for fifth place tie

**BADMINTON** (cont'd)**TEAM  
CHAMPIONSHIP  
SCORING SYSTEM**  
(cont'd)

The top teams will be awarded championship banners as follows:

- Overall Aggregate Champion – Total overall points across all three age groups (novice, junior, senior)
- Highest Team Average – Points per capita (5 entries minimum) – Total number of points for a school divided by number of entries. To be eligible for the Highest Team Average banner, a school must have entered a minimum of five (5) entries.

**CHAMPIONSHIP  
TOURNAMENT**

The tournament will be a double elimination and will be hosted all on one day beginning at 9:30am, with the end of season coaches' meeting beginning at 9am.

**NOSSA  
REPRESENTATION**

SDSSAA will advance the top finishing senior athletes in each of the following categories:

- Senior Boys High School trained – Singles
- Senior Boys Open Trained – Singles
- Senior Girls High School Trained – Singles
- Senior Girls Open Trained – Singles

SDSSAA will advance the two finalist teams in the following categories:

- Senior Girls Doubles
- Senior Boys Doubles
- Senior Mixed Doubles

At the Novice and Junior level the two finalists in each category of the SDSSAA Championship will advance to NOSSA as the SDSSAA representatives despite if they were high school or open trained.

**CROSS COUNTRY RELAYS**

<b>AGES</b>	Refer to Constitution - Article IX, Pages 21-22.
<b>CATEGORIES OF COMPETITION</b>	Boys Junior and any eligible athletes. Girls Junior and any eligible athletes. *COED (at least two boys and two girls) any eligible athlete.
<b>ELIGIBILITY</b>	In order to qualify for the SDSSAA Relay Championship, athletes must participate in at least two SDSSAA preliminary meets, defined as a designated race organized for high school students in Sudbury.
<b>TEAMS</b>	Teams shall be composed of 5 runners. Schools may enter as many teams as they wish. Exhibition teams (with runners from different schools, fewer than five runners, ineligible runners, etc.), may run at the meet director's discretion but will not be eligible for awards.
<b>MEET FORMAT</b>	The first runners from each team will start together and run the loop (approximately 2.5km). There will be a 20m exchange zone in which the first runner will hand off a wrist band to the second runner, and so on until all five runners have completed the course.
<b>ENTRY FEE</b>	To be determined by the sports committee. It should be sufficient to cover all expenses.
<b>AWARDS</b>	<p>S.D.S.S.A.A. Ribbons will be presented to the top three teams in each division.</p> <p>A S.D.S.S.A.A. Championship Banner will be presented to the Relay Meet Aggregate Champion.</p> <p>The Relay Overall Championship will be decided by points (10-8-6-4-2-1) for (1st-2nd-3rd-4th-5th-6th) places. A school claims points from their best placing in each division, while additional teams (from the same school) remain their placing but do not accumulate points.</p> <p>Ties for the overall championship will be decided by the team with more first place finishes. If still tied, more second place finishes. If still tied, fastest overall boys team in odd years and fastest overall girls team in even years. If still tied, higher placed COED team (before second place finishes).</p> <p>COED teams will be eligible for SDSSAA ribbons but will not earn points towards the overall relay championship.</p>

**CROSS-COUNTRY RUNNING**

<b>AGES</b>	Refer to the Constitution ARTICLE IX, Page 20.
<b>SERIES</b>	Boys (a) Senior (b) Junior (c) Novice Girls (a) Senior (b) Junior (c) Novice
<b>ENTRIES</b>	That the minimum number of competitors required per divisional team be four (4) with no maximum and that each school field only one (1) team per division; the top four (4) to count for the team total.
<b>FEES</b>	<p>The entry fee per competitor will be set at the discretion of the sports committee and should be sufficient to meet all expenses.</p> <p>A one dollar fee/athlete, based on the eligibility list, will be charged back to participating schools and placed into a "trail fund". This "trail fund" will be split between the four preliminary race sites and the city championship site. A cheque will be sent to each organization/facility (ie. Laurentian University x 2, Capreol Cross Country Ski Club, Skead Community Centre and Walden Ski Club).</p>
<b>ELIGIBILITY</b>	<ol style="list-style-type: none"> <li>1. As in Constitution and By-Laws, all lists are to be sent to the convener by the deadline date as set by the convener.</li> <li>2. Runners must remain in category stated on entry form. Substitutions may be made only for runners already listed on entry forms. Substitutions must be made from the eligibility list.</li> <li>3. In order to be eligible for the SDSSAA Championships, athletes must participate in at least two SDSSAA preliminary meets, defined as a designated race organized for high school students in Sudbury, which includes the XC relays. The Convener will be allowed the discretion to rule on special individual appeals to allow participation in the championships when athletes have not been able to run in two (2) preliminary meets. The appeal must be in writing.</li> <li>4. The fall confirmation sheet will be used to confirm schools who participate in the preliminary races.</li> </ol>
<b>RULEBOOK</b>	IAAF and CFTA Rulebooks.
<b>OFFICIALS</b>	At the discretion of the convener.

**CROSS-COUNTRY RUNNING** (cont'd)**SCORING**

First place shall score 1 point, second place 2 points, third place 3 points and so on... All competitors who finish the course shall be ranked and tallied in this manner, the team score shall then be determined by totalling the points scored by the first four runners of each team to finish. The team scoring the smallest number of points shall be the winner. If less than four competitors finish, the places of all members of the team will be disregarded for the team scoring.

**AWARDS**

The awards shall be:

- a) Team awards (in each division)  
Trophies shall be awarded to each division. S.D.S.S.A.A. medals to each member of the championship team in each division. Ribbons to be presented to the second and third place teams.
- b) Individual finishers (in each division) S.D.S.S.A.A. Medallions to the first place finisher. Ribbons shall be presented to the 2nd, 3rd, 4th, 5th and 6th place finishers.
- c) Aggregate trophies and banners to be awarded to the schools with the best overall girls' team and the best overall boys' team.
- d) A single "A" banner will be awarded for the aggregate girls' division and another banner for the aggregate boys' division. As well, an overall aggregate single "A" winner will be declared with no banner for this title. If a single "A" school wins the overall aggregate title, then the "A" school with the next best score will be awarded the "A" banner.

An additional banner will be presented at Finals to be calculated as follows: A total is calculated by adding the finish position of all runners who finish cities for each school (all divisions and genders combined). This total is then divided by the number of total runners who ran at SDSSAA. This will give an average finish position value. The team with the LOWEST average finish position wins this new banner. At least 5 runners must be entered in order to qualify.

Points of 10-8-6-4-2-1 will be awarded to the first six teams in each division with aggregate trophies and/or banners going to the schools with the highest point total. In the case of a tie, the school with more divisions entered wins. If divisions entered are equal, the school with the lowest team total scores wins.

**CROSS-COUNTRY RUNNING** (cont'd)**GENERAL**

1. The SDSSAA Championship shall be hosted on the Wednesday of the week prior to the NOSSA championship.
2. The distances for the S.D.S.S.A.A Cross-Country for junior and senior boys will conform to O.F.S.A.A. distances.
3. A map and description of the S.D.S.S.A.A. Cross-Country will be sent out to all schools.
4. Team ties will be broken by the placing of fourth place runner on each team.
5. For all meets sanctioned by S.D.S.S.A.A., participants must be supervised by a teacher or adult designated by their school.
6. The city meet starts at 12:00 noon to provide time for presentations between races. The Lockerby road race will start at 3:45pm, and the other SDSSAA preliminary cross country races featuring more than two races will start at 3pm.
7. For SDSSAA preliminary races that involve more than one distance/course for boys and girls respectively, the shorter of the two distances will be designated for novice runners. Juniors and senior must compete in the longer races when they are available.
8. For SDSSAA preliminary races that involve more than one distance/course for boys and girls, only novice girls may compete in the shortest race and only boys may compete in the longest race. Boys cannot compete in the 3km event nor can girls compete in the 6km event.
9. In the event that a host venue expects to incur a cost (ie. port-a-potties) as a result of a SDSSAA race, that this cost be reimbursed providing that the amount is agreed upon prior to the event.
10. Athletes must compete in the same age category for both the SDSSAA and NOSSA championship. As per Nossa Constitution Article VII: Eligibility, Section 4: Participation requirements b) A player may not play in one age division in District play-offs and another in N.O.S.S.A.



**CURLING****AGES &  
ELIGIBILITY**

See Constitution - ARTICLE IX - Pages 20-21.

**CATEGORIES OF  
COMPETITION**

1. Boys Open

2. Girls Open

A school may enter more than one team in each category.

**RULES**

The S.D.S.S.A.A. league will be governed by the Canadian Curling Association Rule Book except for items defined in these playing regulations.

If there is a problem with rule interpretation during a game, a Skip may initiate a request for rule clarification or a request for a referee. Such a request must be made by a coach to an impartial person who has been agreed upon by both of the opposing coaches involved.

The winning team (home team in case of a tie) shall be responsible to update the game score on scorecrazy.com as soon as possible following the game. The home team shall be responsible to submit the game sheet to the convener. All game results recorded must not exceed a maximum of six point spread.

The official SDSSAA score sheet must be used. Scoresheets may only include active players in each game.

For the first two games of the regular season, coaches will be permitted on the backboard to direct their teams for the duration of the game. They are asked not to allow the game to be overly slowed down.

If a school has more than one team in a league (boys or girls), these teams should be scheduled to play each other as early in the season as possible.

The intent is to play each game with four players.

Students will be expected to wear proper attire and refrain from using any form of electronic device at all times while in the competitive area.

Proper footwear and/or grippers should be worn and encouraged by coaches and schools participating.

All schools participating in SDSSAA curling games are restricted to 2 rescheduled games following the issuing of the final schedule.

**CURLING** (cont'd)**LENGTH OF GAME**

1. All league games will strive to be eight (8) ends. A minimum of six (6) ends must be completed. Ties will be allowed. Regular season games will have a two-hour time limit. If the end in progress, at five minutes past the hour, is the sixth of the match, and a skip's stone has not yet been thrown, no additional end will be played. If the end in progress, at fifteen minutes past the hour, is the seventh of the match, and a skip's stone has not yet been thrown, no additional end will be played.
2. All play-off games will be 8 ends. A full extra end will be used to break ties.
3. During the league play-offs, there will be a five (5) minute 4th end break. The time begins when the coaches access the ice surface.

**SUBSTITUTION**

Each team may substitute a maximum of two players at the beginning of an end. CCA rules of substitution apply. Coaches making a substitution should inform the opponent's coach of their intentions, and then record the name of the player, the end and their position on the scoresheet.

- If a substitute player has been activated, the replaced team members shall not rejoin the team until the next game.
- The replaced team member shall not rejoin the team until the next game, unless the team loses a subsequent player and therefore is placed in a default position.

**TIME-OUTS**

The Fair Play timeout rule shall be in effect. During time-outs, curlers must not leave the playing area.

**DELAY OF GAMES**

For regular season and playoffs, after 1-15 minute delay, the non-offending team receives one point, hammer and 1 end is considered complete. If the delay is 16-30 minutes, the non-offending team is given a 2<sup>nd</sup> point, hammer and 2 ends are considered complete. If play has not started after 30 minutes, the non-offending team wins by default.

**TIEBREAKING**

1. Where ties involve first place or the last playoff position(s), tie-breaking games must be scheduled.
2. To break all other ties in the final regular season standings, the following criteria will be used:
  - (i) Head to head results, with the winning team being seeded highest.

**CURLING** (cont'd)**TIEBREAKING**  
(cont'd)

- (ii) Where second and third place teams have the same record (after head to head), a playoff game of eight ends will be played. If still tied, an extra end must be played (continuous play and one time out allowed; no carry-overs of time-outs).
- (iii) All other ties will be broken by the score from the draw to the button shoot-out.

## Shoot-Out Procedure (same as OFSAA rules):

- At the end of the third (3<sup>rd</sup>) game of the SDSSAA regular league play; all teams will be required to draw to the button.
- Shall take place on the same sheet of ice that the team played with the same four curlers shooting towards the glass with the same colour rocks as the team played during the game.
- Immediately following the 3<sup>rd</sup> game of the league season any one member of the team will throw a draw to the button rock. Each team's draw to the button will be measured in cm. A rock covering the button will be measured as zero (0) cm. Rocks that are not in the house receive a measurement of 185 cm. Sweeping is allowed. A player must hold the broom at the playing end. No substitution of players i.e. Only the last 4 players on the ice are eligible to participate in the shoot-out.

**PRACTICE TIME**

When time permits, the home team may practice for 10 minutes followed by the opposition for 10 minutes. The game must start on time to avoid penalties.

A 7-minute Practice will be allowed during the SDSSAA Championship.

Home team will use the top of the board-coloured rocks and practice first. The Visiting team listed will use the bottom of the board -coloured rocks and practice second. Home team will have Hammer.

**N.O.S.S.A.**  
**REPRESENTATION**

1. The winner of the league play-offs shall be the number 1 team to NOSSA.
2. The second NOSSA representative will be the winner of the league.
3. In the event (i) and (ii) are the same team, the second team will be the second place finalist at the SDSSAA championships.

**CURLING** (cont'd)**N.O.S.S.A.  
REPRESENTATION  
(cont'd)**

4. If Sudbury is allowed another entry to NOSSA, the team with the highest standings after round robin play who is not already qualified, go as the third entry.

**PLAY-OFF  
FORMAT**

All playoff games shall be eight (8) ends. In the event of a tie at the conclusion of a game, an extra end towards the home end shall be played until such time as a winner is declared. If the game goes into extra ends, there shall be a 60-second break for consultation between the coach and curlers at the end of the eighth end. Each team may call one 60-second time-out during each extra end. Time-outs shall not be carried forward to the extra end(s) or from one extra end to another.

**CHAMPIONSHIP  
BONSPEIL**

The three playoff draws, quarter final, semi-finals and finals, will be played on the same playoff day in order to prepare for the N.O.S.S.A. format.

Ranking, by place of finish, during the regular season will not only determine which team will which team in the playoffs, but also, the higher ranking team will be given last rock advantage ("the hammer"), throughout the playoffs.

It is strongly recommended that the convenor be responsible to seek out an uninvolved level two official to act as a rules official during the championship bonspiel, the costs from which will be borne by the sports committee and charged back accordingly.

**GOLF**

<b>AGE</b>	Nineteen (19) and under by January 1st of the competing year. See Constitution Article IX, Page 20.
<b>SERIES</b>	<ul style="list-style-type: none"><li>a) Invitational Team Tournament</li><li>b) Invitational Individual Tournament</li><li>c) Schools participating in the S.D.S.S.A.A. be allowed to enter one (1) Boys team and one (1) Girls team.</li><li>d) Each team will be comprised of a maximum of five (5) golfers.</li></ul>
<b>ENTRIES</b>	Entries must be submitted to the golf convener no later than midnight of the Friday preceding the tournament. Late entries will be subject to the terms stated in the constitution.
<b>DATE</b>	S.D.S.S.A.A. GOLF TOURNAMENT is to be held at least one week prior to the N.O.S.S.A. Championship on the third Friday in September. The rain date, if necessary, will be the following Monday.
<b>ELIGIBILITY</b>	Eligibility will be as per Constitution and By-Laws (Article IX - Pages 20-21). Lists as specified by the Constitution, will have to be submitted prior to competition.
<b>FINANCING</b>	<ul style="list-style-type: none"><li>a) Entry fees will be at the discretion of the convener(s).</li><li>b) Sport committee expenses for the tournament will be paid by the Treasurer and the cost will be charged back to the participating schools.</li></ul>
<b>RULES</b>	<ul style="list-style-type: none"><li>a) As per R.C.G.A.</li><li>b) As per local rules.</li></ul>
<b>TIE-BREAKING</b>	<p>When two or more teams/individuals are tied for first place or two or more teams tied for purposes of representation to N.O.S.S.A., the tied teams will play an extra hole (or holes) until the tie is broken.</p> <p>In team play-offs four competitors from each school compete.</p>
<b>OFFICIALS</b>	At the discretion of the convener.

**GOLF** (cont'd)**GENERAL**

- a) Events
  - each competitor plays 18 holes.
  - medal play or stroke play will be the type of competition accepted for the S.D.S.S.A.A. Golf Tournament.
- b) Individuals may enter the S.D.S.S.A.A. competition.
- c) The maximum number of golfers will be five (5) per gender per school, with the top four (4) boys to count to the team score and the top three (3) girls to count to the team score. In the event of a tie between two or more teams, the score of the fourth player (lowest score wins) shall be used to break the tie, and if still tied, then the score of the third player, etc.
- d) Schools must inform the convener if their team(s) is (are) to be supervised by a teacher or supervisor from another school.
- e) All competitors should be made aware that many golf courses have a dress code. On many courses, jeans, rugby pants, cut-offs, football and/or hockey sweaters and muscle shirts are not allowed. A competitor will not be allowed to compete if proper attire is not worn. Coaches should endeavour to instill an appropriate dress code.
- f) Power carts and/or caddies are not allowed.
- g) In the event that the Sudbury District wins the girls team championship at NOSSA golf, the school of the student that manages the best low gross score will retain the championship banner.
- h) All golfers must pick up their ball after ten (10) strokes on a hole and still be eligible for team score.

**MOUNTAIN BIKING**

<b>AGE</b>	Refer to the constitution – Article IX, Section 11, Page 27.
<b>CATEGORIES OF COMPETITION</b>	Novice – Junior – Senior - boys Novice – Junior – Senior - girls
<b>DATE/SERIES</b>	Four race series to be hosted in the fall season. Dates are to be selected at the post season meeting for the following season. The convener shall have the final say based on course availability.
<b>LOCATION</b>	To be decided at the post season meeting for the following season by site conveners for that year.
<b>RULES</b>	As per Union Cycliste Internationale (UCI) unless otherwise indicated in these regulations.
<b>ENTRIES and ELIGIBILITY</b>	No entry limits.
<b>FINANCES</b>	All expenses associated with the series will be charged back to participating schools on a pro-rata basis.
<b>EQUIPMENT</b>	<ul style="list-style-type: none"> <li>(a) Determine that all equipment is safe for use (for example, no sharp corners, cracks, or splinters). Students must be encouraged to report equipment problems to the coach.</li> <li>(b) A safety inspection of bicycles must be conducted before each use. This inspection will be conducted by bike technicians or coaches on a needs basis.</li> <li>(c) The sweep rider is to carry a first aid kit and signaling device (for example, whistle).</li> <li>(d) Protective eyewear (for example, sunglasses must be worn).</li> <li>(e) A properly fitted (as per manufacturer's guidelines) and properly worn bicycle helmet that is certified by a recognized safety standards association (for example, CSA, CSPC, ASTM, Snell, BSI, AS) must be worn at all times. Riders may only remove their helmet if they are not on their bicycle.</li> </ul>

**MOUNTAIN BIKING (cont'd)****TEAM SCORING**

Teams will compete for two banners throughout the season. The banners will be distributed for most points accumulated over the four races for the overall BOYS category and another banner for the overall GIRLS category. Points will be awarded based on Ontario Cup rules at the end of each race. The banners will be distributed at the end of the last race.

**Team scoring and banners will be revisited at the end of the 2024 season. The intention is to increase banners distributed based on the number of participants.**

**AWARDS**

- (a) A sticker will be given to the first, second, and third place finishers.
- (b) Banners will be awarded at the end of the season to the winning school.



## ALPINE SKIING

<b>MEMBER SCHOOLS</b>	Each school which enters a team in S.D.S.S.A.A. ski meet must have a coach and four reliable students to help in officiating. Students and coach may be required to attend a fall clinic dealing with skiing regulations and officiating.
<b>DUTIES OF COMMITTEE MEMEBERS</b>	All committee members will faithfully fulfill duties as designated by the convener, officiate at the S.D.S.S.A.A. Ski Meet or designate in writing a consenting substitute.
<b>SANCTIONS</b>	Any school which fails to fulfill the above duties will not be permitted to enter students in the S.D.S.S.A.A. Ski Meet.
<b>ASSETS</b>	The ski section will endeavour to purchase and subsequently maintain the equipment needed to organize and operate a ski meet in an efficient manner.
<b>SEASON</b>	The S.D.S.S.A.A. meet should take place at least one week prior to the N.O.S.S.A. meet. All teams shall begin their alpine skiing competitive season no later than the week following the school Christmas break and shall consist of at least eight (8) practices prior to O.F.S.A.A.
<b>INVITATIONAL MEETS</b>	An attempt should be made to hold one mini or invitational meet prior to the championship meet. One of the SDSSAA preliminary meets should be hosted during the day at an alternate location.
<b>ELIGIBILITY</b>	<p>Refer to Constitution - Article IX, Page 20.</p> <p>Teams shall be made up as follows. SDSSAA will coincide its level system to follow the OFSAA levels as they are currently recognized.</p> <p>Boys/girls - No limit on the number of members allowed to race in each event, any three to count. Members may include:</p> <ul style="list-style-type: none"> <li>- 1 High School team, or,</li> <li>- 1 Open team, or,</li> <li>- 1 High School team and 1 Open team.</li> </ul>
<b>AGE</b>	Refer to Constitution - Article IX, Page 20.

**ALPINE SKIING** (cont'd)**EVENTS**

The boys and girls events are: Slalom and giant slalom.  
The girls events may be run separately from the boys and on different courses if possible.

**OFFICIALS**

On each course there shall be:

- one starter, one assistant starter.
- chief timekeeper and assistant.
- chief of the course.
- chief gatekeeper and gatekeepers as required.

All coaches must be available for officiating. Some schools may be assigned specific officiating duties.

**TIMING**

If the electric timing breaks down in the middle of a race, stop watches will be used to finish the race. Re-runs will be given to all racers in the seed in which the break-down occurred. The times of previous seeds will stand.

**EQUIPMENT**

All skiers must wear ski brakes. It is mandatory that hard shell helmets with full ear protection be worn.

**MEDICAL  
PERSONNEL**

Provision shall be made by the convener to have ski patrol members readily available. Qualified first aid personnel and equipment should be available at the championship site.

**AWARDS**

INDIVIDUAL WINNERS - S.D.S.S.A.A. medallions will be awarded to the individual competitors who place first and second in each event and level.

TEAM CHAMPIONS - A S.D.S.S.A.A. banner will be awarded to the top overall boys and girls school in each level.

- (i) Boys' Team - the school having the lowest aggregate for three skiers in each division.
- (ii) Girls' Team - the school having the lowest aggregate for three skiers in each division.
- (iii) Combined Team Champions.

SDSSAA Overall Champions will be school with the highest combined (boys and girls) total points (no award presented).

**ALPINE SKIING** (cont'd)**COMPETITION JURY**

The jury shall consist of the convener and two competing coaches chosen by the convener. It shall have the authority to make any changes necessary and shall rule on protests.

**SEEDING**

Each competing school will provide the convener with a list of competitors arranged in the order in which the skiers are to start. There will be one list for the Alpine events.

**DRAW**

The draw will be made by balloting the names of competing schools.

**SCORING**

1. Scoring shall be the result of adding the time of both runs if there are two.
2. The person with the fastest total time shall receive 1 point. The person with the second fastest total time – 2 points. The person with the third fastest total time – 3 points.
3. DNF's and DQ's in the first run will receive a second run where applicable.
4. DNF's and DQ's shall receive a score which is twice the number of disqualifications or 50% of the total field whichever is greater, added to the last proper score in the event, so long as this result does not displace a team without any DNF's or DQ's.
5. DQ's referenced in 3-4-5 above, do not include: DNS (did not start), profanity, unsportsmanlike conduct, other infractions, changed numbers, etc. Such competitors will not be assigned a score.

**ORDER OF START**

1. The top seed from the first team;
2. The top seed from the second team. This process continues until all schools have placed their top seed;
3. The second seed from the first school;
4. The second seed from the second school, etc. This process continues until all competitors are placed. Teams are removed from the draw as soon as their team list is exhausted; thus no gaps are left in the order of start.

Two seeded lists will be developed, sorted by level, with high school level skiers starting first and open level skiers second.

**ALPINE SKIING** (cont'd)**APPEALS/  
PROTESTS**

Appeals and protests should be lodged immediately either at the draw or on the day of the meet. The decision of the competition jury or designated official representative for that particular event is final.

**RE-RUNS**

When a competitor successfully completes the course but is awarded a re-run for some reason, then only the re-run will count.

**LATE STARTERS**

Skiers who arrive late at the starting gate will be disqualified.

**FORERUNNERS**

It is the responsibility of the convener to obtain forerunners for each event.

**GATEWATCHERS**

The convener will attempt to get sufficient experienced gate watchers for the ski meet.

**DISQUALIFI-  
CATIONS**

A skier will be disqualified for any of the following:

1. Shadowing: a competitor who actually skis through the course or who skis a parallel course within 10 yards of the poles at racing speed will be disqualified from that event.
2. Jumping the start: a skier who leaves the start before the appropriate signal will be permitted only one restart. He will be disqualified from that particular run if he repeats the infringements.
3. A skier who does not pass correctly through each gate will be disqualified for that particular run.
4. Flagrant, unsportsmanlike conduct (eg. a DSQ who strips the course, using foul language directly to officials or hill employees or ski patrol) will result in the participant being disqualified from the event in progress and his/her team being penalized. This is at the discretion of the Convener, with the recommendation of the jury members.

The team may be:

- (a) disqualified from this and future races, and/or,
- (b) penalized ten points.

**ORDER OF EVENTS**

The order of events will be set by the convener.

**NORDIC SKIING****CATEGORIES OF COMPETITION**

Boys: (a) Junior (b) Senior  
 Girls: (a) Junior (b) Senior

**ELIGIBILITY**

Refer to Constitution - Article IX, Page 20.

Athletes will need to attend a minimum of two preliminary races in order to qualify for the SDSSAA championship. The exception to this rule would be when only two preliminary races are held during the season, in which case, one preliminary race will suffice to qualify for the SDSSAA championship. Any other extenuating circumstances can be provided to the convener, and the coaches can collectively decide (ex: illness, death/serious illness in family ...).

**RULEBOOK**

All Cross Country Canada rules will apply except those indicated in these playing regulations.

**DATE**

The city meet must be held at least one week prior to NOSSA.

**DUTIES OF MEMBER SCHOOLS**

As a condition of entry, each participating school shall provide Ski Meet officials as required by the convener.

**TEAM SIZE**

Unlimited number.

**DISTANCES**

Organizers of each race will base their races on the OFSAA distances that follow as courses permit:

- Senior boys – 7.5km or +/- 1km
- Junior boys – 5km or +/- 1km
- Senior girls – 5km or +/- 1km
- Junior girls – 4km or +/- 1km
- Para Nordic – based on trails available, athlete's safety and abilities
- Novice – at convener's discretion with suggestions from the athlete's coach

**NORDIC SKIING (cont'd)****AWARDS (cont'd)**

INDIVIDUAL WINNERS - S.D.S.S.A.A. medallions will be awarded to the individual competitor who places first in each event and age classification.

TEAM CHAMPIONS - S.D.S.S.A.A. medallions will be awarded to the top five (5) for each of the divisional team champions

- (i) Boys' Team: The school having the lowest aggregate for three skiers in each division.
- (ii) Girls' Team: The school having the lowest aggregate for three skiers in each division.

SDSSAA overall champions will be the school with the highest combined (boys and girls) total points.

**COMPETITION JURY**

The jury shall consist of the convener and two competing coaches chosen by the convener. It shall have the authority to make any changes necessary and shall rule on protests.

**SEEDING**

Each competing school will provide the convener with a list of competitors arranged in the order in which the skiers are to start.

**DRAW**

The draw will be made by the convener prior to the meet.

**SCORING**

Scoring will not be the same as OFSAA and will continue to be by place and not time.

The person with the fastest total time shall receive 1 point.

The person with the second fastest total time - 2 points.

The person with the third fastest total time - 3 points, etc.

The various team order shall be declared on the basis of lowest aggregate placings. A tie between teams having the same aggregate will be broken using the results of a three (3) person relay after the individual race. If no relay is held, the tie will be broken based on the placing of the 3<sup>rd</sup> skier.

**NORDIC SKIING** (cont'd)**SCORING (cont'd)**

Scoring for team placing towards aggregate Championships will be as follows:

1 <sup>st</sup>	10 Pts
2 <sup>nd</sup>	8 Pts
3 <sup>rd</sup>	6 Pts
4 <sup>th</sup>	4 Pts
5 <sup>th</sup>	2 Pts
6 <sup>th</sup>	1 Pt

Where ties occur, the same score is awarded and an appropriate number of places will be left out.

**ORDER OF START**

Skiers will start in the order as follows:

- 1 - the top seed from the first team.
- 2 - the top seed from the second team. This process continues until all schools have placed their top seed.
- 3 - the second seed from the first school.
- 4 - the second seed from the second school, etc.

This process continues until all competitors are placed.

Teams are removed from the draw as soon as their list is exhausted; thus no gaps are left in the order of start.

**POST ENTRIES**

Late entries will have their names added to the end of the order of start as they are received by the convener.

**APPEALS**

Appeals should be lodged immediately either at the draw or on the day of the meet. The decision of the competition jury or designated official representative for that particular event is final.

**LATE STARTERS**

Skiers who arrive late at the starting gate will be permitted to start at the discretion of the starter.

**NORDIC SKIING** (cont'd)

**MEDICAL  
PERSONNEL**

There must be a person designated at each meet to handle any emergency situation requiring first aid. This person could be St. John`s Ambulance, Ski Patrol or a S.D.S.S.A.A. Coach with the necessary first aid qualifications.

**PRELIMINARY  
MEETS**

Ribbons will be awarded to 1<sup>st</sup> – 6<sup>th</sup> place finishers in each division.



**SNOWBOARDING**

<b>ELIGIBILITY/AGE</b>	Refer to Constitution - Article IX, Page 20.
<b>EVENTS</b>	The events to be conducted are Girls' Giant Slalom and Boys' Giant Slalom for both High School and Open divisions.
<b>PRE-SEASON MEETING</b>	The pre-season meeting in support of snowboarding will be hosted at the same time as alpine skiing.
<b>FORMAT</b>	The event will be hosted on one day and will contest as many runs possible within the venue booking time frame.
<b>ENTRY</b>	<p>A team will consist of a minimum of three and a maximum of five athletes from the same school.</p> <p>No limits will be imposed on team size.</p>
<b>EXPENSES</b>	All expenses incurred in the hosting of the snowboarding championship will be charged back to participating schools on a pro-rata basis.
<b>START ORDER</b>	A start order will be developed by random draw and this start order will remain intact for all runs during the competition.
<b>COURSE</b>	<p>FIS rules will apply to course inspection. Racers will be allowed to sideslip the course. Running gates or shadowing is forbidden. The course is closed until inspection direction has been given by the Jury prior to the race. Any changes to this are at the discretion of the Technical Delegate.</p> <p>The "racer down" yellow flag warning system shall be used for blind areas on the course. Failure to respond to the yellow flag may result in disqualification.</p>

**SNOWBOARDING** (cont'd)**DNS**

In the case of the racer missing his/her start time, the racer will race at the end of the start line and will race in bib order. If the racer misses the start time at the end of the line up, they are considered DNS.

**DQ**

1. Scoring shall be the result of adding the time of both runs if there are two.
2. The person with the fastest total time shall receive 1 point. The person with the second fastest total time – 2 points. The person with the third fastest total time – 3 points.
3. DNF's and DQ's in the first run will receive a second run where applicable.
4. DNF's and DQ's shall receive a score which is twice the number of disqualifications or 50% of the total field whichever is greater, added to the last proper score in the event, so long as this result does not displace a team without any DNF's or DQ's.
5. DQ's referenced in 3-4-5 above, do not include: DNS (did not start), profanity, unsportsmanlike conduct, other infractions, changed numbers, etc. Such competitors will not be assigned a score.

**EQUIPMENT**

- I. All athletes must have a snowboard leash.
- II. A protective helmet designed for snowboarding or skiing must be worn by all racers while on snow.
- III. Snow sport helmets must be worn by all coaches and officials while on the hill.
- IV. No cameras or video devices are to be worn while on the race course.

**AWARDS**

INDIVIDUAL WINNERS - S.D.S.S.A.A. medallions will be awarded to the individual competitors who place first and second in each event.

TEAM CHAMPIONS - A S.D.S.S.A.A. banner will be awarded to the top overall boys and girls school in each level.

- (i) Boys' Team - the school having the lowest aggregate for three racers.
- (ii) Girls' Team - the school having the lowest aggregate for three racers.

**RACE JURY AND PROTESTS**

The race jury shall consist of the Technical Delegate, the Chief of Race and the Referee.

Protests: Protests against disqualifications must be submitted in writing to the Referee within 15 minutes of the posting of the Referee's report on the official scoreboard at the finish area of the race course. The official OFSAA protest form must be used. These are available at the finish area. Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.

## GIRLS' AND BOYS' SOCCER

### CATEGORIES OF COMPETITION

Junior and Senior Boys and Open Girls play in the Spring.

### ELIGIBILITY

Refer to Constitution (Page 20, Art. IX.)

### RULE BOOK

The Rules of Soccer as they appear in the F.I.F.A. Handbook shall govern league play with the following exceptions:

### LENGTH OF GAMES

- League                - 80 min.
- Play-offs            - 80 min.

There shall be two equal halves separated by a five (5) minute period between the first and second halves.

Injury time may be added at the end of each half at the referee's discretion.

### SUBSTITUTION

There will be unlimited substitutions, which can be made at the following times upon Referee's approval:

Goals Scored  
Half-time  
Injury  
Yellow Card  
Throw-ins  
Goal Kicks

\*NOTE: Opponents can substitute only if possessing team substitutes.

### PLAY-OFF TIES

For Tied Games in the Play-Offs - As per FIFA rules as follows if the teams are tied at the end of regulation time, the following procedure shall be used.

1. Two (2), ten (10) minute halves. No golden goal.
2. If still tied each team will select 5 players **from those on the field at the conclusion of the overtime**. These 5 players will take penalty kicks alternately, the team winning the toss kicks first. The winner will be the team scoring the most penalty kicks.
3. If still tied, the remaining players shall take the penalty kicks, one from each team alternately, the winner being that team which is ahead after any pair of penalty kicks.

**GIRLS' AND BOYS' SOCCER** (cont'd)**CONFLICT DATES**

Other than graduation ceremonies, athletic banquets and SDSSAA/NOSSA /OFSAA track and field and SDSSAA girls slo-pitch dates, the convener will not be responsible to consider conflict dates when developing the schedule. However, teams may still, upon mutual consent, approval of the convener and providing sufficient notice is provided, make schedule changes to accommodate their needs.

**FORMAT**

Two divisions –

- 1) Premier Division – A/AA/AAA schools wishing to compete for NOSSA
- 2) Second Division – all remaining schools

Teams must confirm their division of choice at a date chosen by the convener prior to the pre-season meeting. At least five teams must commit to both divisions in order for this format to be adopted.

In the event that at least five (5) teams DO NOT commit to either of the two divisions described above, the format in affect during the 2011 season will be adopted (refer to 2011 version of playing regulations for details).

**HOME FIELD IN  
PLAYOFFS**

Neutral site venues are to be used for all playoff matches.

**PLAYOFFS**

The top six teams in each of the Premier and Second Divisions will advance to playoffs. 6th will play 3rd and 5th will play 4th in the quarter finals with 1st and 2nd place teams receiving a bye to the semi-final round. The winner of 6th vs 3rd will play 2nd and the winner of 5th vs 4th will play 1st in the semi-finals with the winners advancing to the championship final in each of the two divisions.

If an unbalanced, reduced schedule is required, the convener will contact the SDSSAA executive to seek permission to host an 8-team playoff under the following structure:

Quarter-finals	Semi-finals	Finals
1 vs 8	Winner 8 <sup>th</sup> /1 <sup>st</sup> vs Winner 5 <sup>th</sup> /4 <sup>th</sup>	Winners of semi finals
2 vs 7	Winner 7 <sup>th</sup> /2 <sup>nd</sup> vs Winner 6 <sup>th</sup> /3 <sup>rd</sup>	
3 vs 6		
4 vs 5		

GIRLS' AND BOYS' SOCCER (cont'd)

PLAYOFFS (cont'd)

If there are 7 teams:		
Quarter-finals	Semi-finals	Finals
1 <sup>st</sup> - bye	First Place vs Winner 5 <sup>th</sup> /4 <sup>th</sup>	Winners of semi finals
2 vs 7	Winner 7 <sup>th</sup> /2 <sup>nd</sup> vs Winner 6 <sup>th</sup> /3 <sup>rd</sup>	
3 vs 6		
4 vs 5		

The second division championships will be scheduled after the NOSSA championship date.

All playoff games will be scheduled in two-hour blocks to allow time for overtime and medal presentations. Subsequent games may be scheduled to start earlier with approval of the official and both teams involved.

NOSSA  
QUALIFICATION

(i) For purposes of N.O.S.S.A. entry, the Premier Division will serve as the vehicle for entry to "A" and "AA/AAA" Championships. The top placing "A", "AA" and/or "AAA" team from the Premier Division (after playoffs first, then regular season standings if necessary) will be the NOSSA representatives. There will be no challenge games from the Second Division.

Determining Ranking of teams for NOSSA  
Premier Champion # 1  
Premier Finalist # 2

Should two teams be eliminated from the playoffs at the same point in the series (ie. Semifinals), ranking of the 3rd and 4th team will revert back to regular season standings with the highest placed school claiming the 3rd rank. Rankings of the quarter-finalists will also revert back to regular season standings (for 5th and 6th place).

Understanding that there are a minimum of three (3) entries to a NOSSA Championship (1 - "A", 2 - "AA/AAA").

(ii) At the conclusion of the Premier City Championship Final, the winner will have the opportunity to choose their intent to participate for NOSSA "A", "AA/AAA", provided they do not displace the Finalists from a NOSSA entry. The Finalists would then have the next choice of level to NOSSA, provided they do not displace the 3rd place team from a NOSSA position. If only one (1) NOSSA entry remains, the 3rd ranked playoff finisher will have the right to the entry. Should two (2) or more NOSSA entries remain, entries will continue to be filled in order of the NOSSA ranking system.

**GIRLS' AND BOYS' SOCCER** (cont'd)**TIE-BREAKERS**

1. For all ties involving the last playoff position(s) or for positions that affect advancement to a higher division, tie breaking games must be scheduled.
2. To break all other ties in the final regular season standings, the following criteria will be used:
  - (I) Head to head results, with the winning team being seeded highest.
  - (II) If there is still a tie, the team that has allowed the fewest points amongst the tied teams will get the highest seed.
  - (III) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
  - (IV) Should the teams still be tied, then the overall point differential between common opponents shall be used

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

All tie breaking games are designated as playoff games.

**GENERAL**

1. Number of Players - Each team may have a maximum of 20 dressed per game. Unlimited number on eligibility list.
2. The home team will supply a suitable game ball and the score sheet before the game. The winning team will be responsible to submit the score and upload the scoresheet to the sdssaa.ca site. In case of a tie, the home team will be responsible for submitting the score and uploading the scoresheet.
3. Scoresheets that are not uploaded to the sdssaa.ca site by the end of the season, by the tiebreaker date, will be declared forfeited games.
4. All players must adhere to the F.I.F.A. rule for uniforms. Jogging pants in school colors will be allowed under extremely cold conditions at the call of the referee. Each player must be properly identified, for the entire game, with their own unique numbers.

**GIRLS' AND BOYS' SOCCER** (cont'd)**GENERAL** (cont'd)

5. A determined effort should be made by each team to develop a minimum of two game officials each year.
6. A copy of these playing regulations will be given to the referee-in-chief, who is responsible for informing all referees (this applies especially to playoff format, length of game and tie breaking procedures).
7. A designated adult representing the school must sign the game sheet prior to a game or the game will not proceed.
8. In the event of a forfeiture, the non-offending team will be credited with a 3-0 win.
9. The maximum goal spread allowed to count towards league standings will be four per game. Individual goal scoring statistics will be recorded as per usual.

**LANCER DOME  
RULES**

1. Any time (in open play) that a ball in the field of play comes into contact with either of these wires that a drop ball occurs at the spot of contact directly below the wire. *If it occurs at the time of a goal kick, the goal kick can be retaken.*
2. A drop ball take place directly below the point of contact with the roof of lights UNLESS the ball is irrefutably traveling out of bounds (i.e right above the touch line and moving toward the sideline) and at the discretion of the referee, where as a throw in will be awarded to the opposing team.
3. The benches on the far side of the dome (in relation to the entrance) be used for team use only. Fans, spectators and teams waiting to play, must stay on the near side (in relation to the entrance) and as far from the sideline as possible. No one should be behind the main goals at either by-line.

**DISCIPLINE**

1. A player receiving a red card will be suspended for the remainder of that game and the next game. The referee must submit a Discipline report for the player to the Convener within 24 hours.

**GIRLS' AND BOYS' SOCCER** (cont'd)**DISCIPLINE** (cont'd)

2. If a player receives a yellow card, the player must leave the field of play (substitution is allowed). This player may return to the game at the next available substitution time. The referee must submit a discipline report for the player to the convener within twenty-four hours.
3. Any player receiving three yellow cards during the season will be suspended for one game immediately following the game in which 3rd yellow was received. Any player receiving four yellow cards during the season will be required to meet with the Athletic Administrator and Convener. Any player receiving five yellow cards during the season will be required to appear before a S.D.S.A.A. Board of Reference Hearing. Any player receiving a sixth yellow card during the season will be required to serve an additional game suspension.

It shall be the responsibility of a coach to be aware of the "red card, yellow card" status of the players on the team and to ensure that a player who has earned a suspension is not played. Playing such a player will lead to forfeiture of the game.

SDSSAA Soccer will adopt the OSA mandatory minimum discipline schedule with modifications to reflect length of schedule. No modifications will be applied if pool play games amount to eight (8) or more. Any number of pool play games under eight (8) will apply discipline on a proportionate basis, rounded to the nearest number and no less than one (1). (example: if pool play is six games, a 3/4 proportion of OSA discipline will be applied, rounded to the nearest number and no less than one (1) game).

**AWARDS**

Members of the Championship team shall receive S.D.S.S.A.A. medallions and will be recipients of a championship banner and trophy. The Finalists shall receive S.D.S.S.A.A. Silver Medallions.

- Junior Boys - City: Sam Pisani Memorial Trophy
- Open Girls - City Division I - Greg Zorbas Trophy
- Open Girls - City Division II - Tammy Thibault Trophy
- Senior Boys - City Division I - Robert R. Ellen Trophy
- Senior Boys - City Division II - Cindy Benoit Memorial Trophy



**GIRLS' AND BOYS' SOCCER** (cont'd)

**AWARDS** (cont'd)

For Junior league top scorer, an informal status with no award attached, a maximum four goals per game will be attributed to an individual in a single game. Should a player score more than this, it will be counted on the game sheet to decide the game result, but not counted in the league scoring race.

**SWIMMING**

<b>AGES</b>	Refer to the Constitution - Article IX, Page 20.						
<b>SERIES</b>	Boys: (a) Novice      (b) Junior      (c) Senior      (d) Open Girls: (a) Novice      (b) Junior      (c) Senior      (d) Open						
<b>ELIGIBILITY</b>	As in Constitution - Page 27. All lists are to be sent to the convener by the deadline as set by the convener.						
<b>RULEBOOK</b>	The SNC Rule Book is to be followed except for any amendments or deletions passed by S.D.S.S.A.A.						
<b>DATE</b>	The swim meet will be held sometime between December and late February, to be determined at the pre-season meeting and dependent upon availability of pool time.						
<b>OFFICIALS</b>	It is the responsibility of the Convener and the swim coaches to assist with providing swim officials for the meet. Each school is to assist in a designated role during the meet.						
<b>FINANCING</b>	The entry fee will be sufficient to cover expenses and will be at the discretion of the sports committee and convener. (Usually, the charge back to school method is used).						
<b>SCORING</b>	<p>(a) The first eight places of the finals will receive points in each event.</p> <p>(b) Scoring will be determined by the number of lanes in the pool.</p> <p>(c) The above scoring system will be used to determine team awards. Individual awards will be determined by the first, second and third place finish.</p> <table> <tr> <td>1st</td><td>5</td></tr> <tr> <td>2</td><td>3</td></tr> <tr> <td>3</td><td>1</td></tr> </table> <p>In the event of a tie, the placing of the swimmer in all his events will be taken into consideration.</p> <p>(d) Relay points count <u>only</u> for team points.</p> <p>(e) A swimmer who has competed for and/or trained with and/or been registered with a Swim Club in the Sudbury and District Region or SNC as of September 1st of the year prior to the current school year must compete as per current OFSAA playing regulations.</p>	1st	5	2	3	3	1
1st	5						
2	3						
3	1						

**SWIMMING** (cont'd)**SCORING (cont'd)**

- (f) Open participants will be all swimmers 17 and under as of September 1st of the year of the meet and who fall under the designation of (f) above.
- (g) Scratches from the meet may be done by fax at a date selected by the swimming convener.

**ENTRIES**

Each school may place an unlimited number of entries in any event if the swimmers meet the requirement of the category.

Each swimmer entered in the meet may enter a maximum of two (2) individual events and three (3) events in total.

**EVENTS**

Junior, senior and open events will correspond with OFSAA events. Novices will swim 50 free, 50 back, 50 breast and 50 fly.

Relays for junior, senior and open will correspond with OFSAA events. Novices will swim 200 free relay and 200 medley relay.

Open swimmers may swim in Open relays only.

**AWARDS**

Banners will be awarded to:  
Combined boys and girls scoring for a "AA"/"AAA" and "A" school banner.

**SWIMMING RULES**

Starts, strokes and turns, for all strokes shall be as the latest SNC Regulations.

**ADVANCEMENTS**

There will be no restrictions on qualifying for finals. The swimmers with the top eight times will move on to Finals, with the ninth and tenth place swimmers acting as alternates.

**OFSAA ENTRIES**

In order to qualify for OFSAA, swimmers must place first in event or meet the qualifying team at the championship meet.

Schools who have registered swimmers for the OFSAA competition will have the opportunity to practice their swimmers for four or five pre-OFSAA training sessions. The cost of pool rental will be divided according to the number of students registered at OFSAA from each school.

**TENNIS**

<b>AGE</b>	Refer to Constitution - Article IX, Page 20.
<b>CATEGORIES OF COMPETITION</b>	Boys - singles and doubles Girls - singles and doubles Coed - mixed doubles
<b>TOURNAMENT DATES</b>	To be scheduled the end of May. The preliminaries (including semi-finals) on one day with games for third and fourth place, and finals on day two. <i>Starting in the 2025-2026 school year, the championships will take place in the fall season. The preliminaries (including semi-finals) will be held over two days, with games and finals on the third day. The tournament will be scheduled approximately two weeks in advance of the NOSSA tennis championships, and may be adjusted to accommodate weather conditions.</i>
<b>OFFICIALS</b>	A coach or competitor may request an official any time but officials will be provided for the finals only.
<b>RULES</b>	The Canadian Lawn Tennis Association, including official 12 point tie breaker. (Convener shall have the right to modify the rules to suit the facilities available.)
<b>LENGTH OF TOURNEY</b>	<p>A double elimination modified draw will be utilized.</p> <ul style="list-style-type: none"> <li>i) Number of games in preliminary rounds will be determined by the number of entries per event, or other circumstances (eg. facility, weather). Preliminary games should be six (or eight) game matches, with no AD scoring (if the game reaches 40-40 or deuce, the next point wins).</li> <li><i>ii) All finals matches are ten (10) game pro sets with no AD scoring.</i></li> <li>iii) Final matches will be played to completion on the date of the preliminary match if time permits and the coaches of both teams and the players all agree to the final matches being played on the date of the preliminary. Otherwise, Semi-Final and final matches will be played on the scheduled date of the finals.</li> </ul>
<b>FINANCING</b>	Entry fees shall be assessed on a competitor basis. Amount of fee should be sufficient to cover the cost of awards and any other essential expenses.

**TENNIS** (cont'd)**AWARDS**

Gold and silver medals will be presented for first and second place championship winners. Third and fourth place ribbons will be presented to championship runners up. School team aggregate champions (highest points) will receive the banner.

**GENERAL**

Points are awarded as follows for each event:

**Champion Round**

1st place - 10 pts	3rd place - 4 pts	5th place - 1 pt each
2nd place - 7 pts	4th place - 2 pts	

- (a) Competitors may enter only one event.
- (b) A competitor who does not show up for the 3rd and 4th place match or finals will be suspended from tennis the following year at the discretion of the convener. These players will not receive any points for their school.
- (c) With each entry, the coach should include a resume of any awards of ranking in national, provincial or local tournaments to assist the convener in seeding of players.  
As well, coaches will rank their players for the tournament as follows:
 

10 - 9	8 - 7	6 - 5	4 - 3	2 - 1
Excellent	Very Good	Good	Fair	Beginner

If necessary, conveners may consult with tennis clubs for assistance in seeding.
- (d) One substitutional change per school will be allowed prior to the playing of the first round of the tournament. Each subsequent change from the original entries will be charged a \$5.00 fine to be billed to the school concerned, (at the discretion of the convener).
- (e) Dress - "whites" or school colours are expected. Tank tops, cutoff shorts and short shorts are not recommended. Students must also wear appropriate footwear (running shoes).
- (f) Tennis balls will be supplied by the convener and will be charged back to participating schools at a cost of \$5/can (the amount may change as the cost of balls increase).

**TENNIS** (cont'd)**GENERAL (cont'd)**

- (g) A kit containing tennis rules, tennis etiquette, playing regulations, entry forms, and other relevant information should be sent out to each school by the first week of May. Coaches are to make sure that players know how to call the rules properly.
- (h) The pre-season meeting should take place within the week before the tournament to make final plans and to make up the draw sheets. All coaches are expected to attend and lend assistance. Entries will only be accepted if the coach or school staff member is present at the pre-season meeting. Should a coach come to the pre-season meeting unprepared, his or her school will be allowed a maximum of one entry per event.
- (i) Any school that enters a team, must make one designated person to work for a specified period of time during the tennis tournament. The time period will be arranged by the convener at least 2 days prior to the tournament and will take into consideration, as much as possible, the request of the coach. Any school not providing supervision will not be permitted to enter the tournament. Any school whose supervisor does not work their specified time of duty will be charged a fine of \$50 (at the discretion of the convener).
- (j) First aid supplies must be provided by all supervision coaches to be available at their courtside.
- (k) Effective in 2005, each school shall be allowed three wild card entries, but only one may be used per event, and points earned from these entries are to be included in the school aggregate totals.
- (l) All competitors must sign into their area by 9:00 a.m. Failure to do so may result in default. Any time throughout the tournament if competitors fail to show up for their game within 5 minutes of being announced - they will be defaulted. A 5 minute warm up time will be allowed. Supervisors will inform players of this and if this time limit expires and students fail to begin the game when advised the supervisor may default the game.
- (m) A coach or designate coach should be responsible for all teams competing in the finals and semi-finals on the date of the championships.

**TENNIS** (cont'd)**HELPFUL ADVICE  
FOR COACHES****General for all coaches**

Be familiar with the rules regarding the number of games to be played - age restriction - consolation format and location of consolation games.

All 3rd and 4th place and final games on Saturday! (know locations)

**Bring a first aid kit!**

Any school which enters a team, must make one designated person work for a specified period of time during the tennis tournament. The time period will be arranged by the convener at least 2 days prior to the tournament and will take into consideration, as much as possible, the request of the coach. Any school not providing supervision will not be permitted to enter the tournament.

The following are the responsibilities of the supervising coach for each time allocation.

**8:30 - 12:00 GET STARTED**

1. Take attendance as players arrive
2. Have broom to sweep puddles or sand
3. Check height of nets (3 feet at centre) (should have a wrench).
4. Allot warm-up time for teams
5. Gather group to read - review rules re length of games, etc. **Whenever players lose their first game - move into feed-in draw (a bye is not considered a game)**
6. Post draw sheets and rules.
7. Post or announce who is to play on next free court.
8. Make sure players report back with their results if at a different site
9. All draw sheets are to be brought to the bubble.

**12:00 until completion**

1. Make sure all games are played **to the end of the semi-finals in both draws.**
2. Tell students times of their final draws on Saturday.
3. **LEAVE ALL RESULTS posted at bubble - to be picked up by convener. (DO NOT BRING THEM HOME WITH YOU!)**

## TRACK & FIELD

### AGES

Refer to the Constitution - Article IX - Pages 20.

### CATEGORIES OF COMPETITION

Boys - Novice, Junior, Senior, Open

Girls - Novice, Junior, Senior, Open

### ELIGIBILITY

Refer to the Constitution - Article IX, Pages 20.

### ENTRIES

1. One team per school for each relay per age group.
2. Three entries per school in individual events.
3. Each contestant may compete in three events plus a division relay plus the open relay. Open events will count as one of the three events of the competitor.
4. No entries will be accepted after the seed and draw meeting.
5. Timeline for entries:
  - (a) Entries due - Tuesday, one week prior to meet by 12pm
  - (b) Performance list uploaded to website - Thursday of week prior to meet
  - (c) Deadline for new entries - Thursday of week prior to meet, by 4pm
  - (d) Deadline for scratches/substitutions - Monday prior to meet, by 4pm
  - (e) Seeded heat/field event sheets posted at track - Tuesday prior to meet, by 4pm

If an athlete is scratched from an event, he/she is ineligible for all other events scheduled later that same day. If an athlete is scratched from a laned event after Monday, 4pm, the event will be run with that lane empty. Reseeding of events will occur only in event that the number of heats may be reduced.

6. Seed times must be faxed or emailed to the entries official not later than 4pm of the Monday preceding the event. For laned events, seed times will be required for Junior and Senior runners that coaches expect to place in the top six overall. All other athletes will be seeded randomly.



**TRACK & FIELD** (cont'd)**ENTRIES (cont'd)**

- Five (5) wildcard athlete event entries per school excluding relays, over and above the three (3) per event limit will be permitted (individuals would still be limited to three (3) events).

**FINANCING**

The cost of operating the meet shall be charged back to participating schools according to the number of athletes.

**RULEBOOK**

Unless otherwise indicated in these regulations, refer to OFSAA regulations first, then the World Athletics Rulebook.

**DATE**

The S.D.S.S.A.A. meet will be held during the week preceding the week of the N.O.S.S.A. Meet. The meet shall be 2 days in duration. The schedule will be approved at the pre-season meeting.

- At the discretion of the convener using the rule book as a guide.
- Each school must fulfill its assigned duties regardless of the number of competitors it is entering. A school responsibility may be changed by finding a school willing to switch duties for the next year. All schools who have committed to participate in the S.D.S.S.A.A. Track & Field meet at the Pre-Season Meeting in February, must honour their officiating commitment for that season.

The convener will be responsible for the technical aspects of the meet including the pre- season and seed and draw meetings. Convenership will rotate according to the rotation list. The athletic administrator will act as meet manager and be responsible for the organization and operation details of the meet.

**AWARDS**Team Awards

- Combined Aggregate (overall) - Karen Shaw trophy
- Boys' and Girls' "A" Aggregate
- Boys' Aggregate and Girls ' Aggregate.
- Boys' Division Champions and Girls' Division Champions  
The school with the most points overall will win the overall aggregate banner. If this is a "A" school, then the next highest "A" school will claim the "A" overall aggregate banner.

**TRACK & FIELD** (cont'd)**AWARDS (cont'd)**Individual Awards

1. Trophy to the individual champion in each division.
2. S.D.S.S.A.A. medals to the first and second place finisher in each event, in each division and S.D.S.S.A.A. ribbons to the 2nd to 8th place finishers.

**GENERAL**

1. For all playing regulations not specifically outlined in the constitution the O.F.S.A.A. regulations will be used.
2. No competitor shall be allowed to compete unless he is attired in an identifiable school track uniform. A uniform must include a team top and a competitor's number which must be visible.  
\*Note: Athletes wearing cut-off shorts, jeans or boxer shorts (underwear) will not be eligible for competition.
3. In the event of ties for the individual division champion, the sport committee shall supply a duplicate award. Relay points do not count for this total.
4. In the event of a tie for division or aggregate championships, the names of both schools (or individuals) shall share the championship and the names of both schools (or individuals) shall be engraved on the trophy.
5. Points won in open events will be credited to the individual, to the school and to the division in which the competing athletes are registered, provided that the open event is one of his/her three events.
6. When a competitor is elevated to compete in a relay in a higher division than one in which he/she is registered, his/her name must appear on both entry forms with a qualifying notation on both forms.
7. The scoring system shall be:
 

First	10 points	Fifth	4 points
Second	8 points	Sixth	3 points
Third	6 points	Seventh	2 points
Fourth	5 points	Eighth	1 point
8. A jury of appeal consisting of the meet manager, convener and the referee not involved with the event will deal with all disputes and grievances arising in the course of the meet.

**TRACK & FIELD** (cont'd)**GENERAL** (cont'd)

9. Coaches are to instruct their track competitors in the use of starting blocks prior to the meet.
10. Unsportsmanlike behaviour including swearing and disruptive behaviour will result in disqualification from the event. Disqualification to be approved by the referee as per IAAF rules.
11. For sprint hurdles, a heat and final round will be run regardless of how many participants are registered.
12. Maximum spike length for all events is 6mm. Pyramid style is recommended.
13. Event results will become official thirty (30) minutes after posting. During this time, it will be the responsibility of athletes, coaches and officials to notify the field and/or track referee of a possible appeal of the posted results. For individual aggregate results, ten (10) minutes after posting is required.

**TRACK – Sprints and Hurdles**

1. Sprint finals will be drawn by lot according to the semi-final finish position. 1st, 2nd, 3rd, & 4th place finishers draw for lanes 3, 4, 5, 6. 5th, 6th, 7th and 8th place finishers draw for lanes 1, 2, 7, 8.
2. Lanes for all heats will be determined by lot at the Seed and Draw meeting.
3. 200m: When there are only 3 heats, the event will be run as a semi-final.
4. **ADVANCEMENT:**
  - 4.1 Two heats - top 3 runners from each heat, plus next two best times qualify.
  - 4.2 Three heats - top 2 runners from each heat and the next two fastest times qualify.
  - 4.3 Four heats or more - winner of each heat, plus the next four fastest times qualify.
5. **Breaking Ties in Heats:** The athlete with the highest placing in his/her heat will advance.

**TRACK & FIELD** (cont'd)**HURDLES – Heights and Distances**

Event	Height	# Hurdles	Start to Finish	Distance Between	Last hurdle to finish
80m Nov. Girls	2'6"	8	12m	8m	12m
80m Jr. Girls	2'6"	8	12m	8m	12m
100m Sr. Girls	2'6"	10	13m	8.5m	10.5m
100m Nov. Boys	2'9"	10	13m	8.5m	10.5m
100m Jr. Boys	3'	10	13m	8.5m	10.5m
110m Sr. Boys	3'	10	13.72m	9.14m	14.02m
300m Nov/Jr Girls	2'6"	7	50m	35m	40m
300m Nov/Jr Boys	2'9"	7	50m	35m	40m
400m Sr. Boys	3'	10	45m	34m	40m
400m Sr. Girls	2'6"	10	45m	35m	40m

**DISTANCE EVENTS**

1. The 3,000 metre event will be run as a final. For the girls - novices, juniors and seniors will run in the same event in two of the sections, but will be classified in their own categories.
2. The 800 metre and 1,500 metre races will be run as finals. The girls' novice and senior sections may be combined.
3. At the discretion of the track referee, for all track events, no combining of heats will take place providing races involve a minimum of five participants.

**TRACK SCHEDULE**

Track events will be allowed to run as much as one hour ahead of schedule.

**RELAYS**

Each exchange zone should have umpires with cell phones to record video exchanges.

The seed times from the relay meet will be used to seed the SDSSAA City Track & Field Meet. The 1600m relays at the SDSSAA Championships will be seeded based upon the schools' best 1600m relay (Novice, Junior or Senior) time at the City Relays. Teams that do not take part in the relay meet will be seeded behind the relay meet participants. In order to be eligible for the 4x100m Relays in the City Meet, a school must have participated in the City Relay Meet.

**TRACK & FIELD** (cont'd)**FIELD**

1. In the Shot Put, Discus, Javelin, Long Jump and Triple Jump each competitor shall be allowed three trials. The top **eight** will qualify for the final where they will have three additional trials. **The order of trials shall be reverse order for the final three performances per the World Athletics rulebook.**
2. For pole vault, Novice, Junior and Senior age divisions will be run at the same time, with boys beginning at 9:30am and girls at 12:30pm. The pole vault event may be pushed to the second day of competition if weather conditions on day one are deemed too extreme to run the event safely.
3.
  - a) In order to be eligible to compete in a field event, an athlete must report to the event before the first round occurs.
  - b) It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he or she is competing in another event at the same time. Track events take precedence over field events. If there is a conflict, report to the field event, inform the official in charge that you are in a track event, and return to the field event as soon as possible.
  - c) A field event competitor who misses a round will NOT be able to retake a throw or jump missed. However, the judge may allow the competitor to take a trial in different order during a round.
4.
  - a) All implements that are brought to track and field by individual schools must be checked in by the technical manager prior to the start of the first field events on that day. All implements brought in for evaluation after the start of the first field events on that day (Day 1 or Day 2) will not be allowed to enter competition (this includes implements brought directly to the respective event).
  - b) All implements entered in for competition shall remain in the field for all competitors to use for the duration of the day. Implements may only be collected from the technical area on the completion of the entire day's competition, with the following exceptions:
    1. Schools are leaving the venue and are not returning to the venue and the event the implement was used in has been completed in full. The implement in question has been returned to the technical area.

**TRACK & FIELD** (cont'd)**FIELD** (cont'd)

2. Boys Sr Javelin (800gm), Boys Sr Shot Put (12lb) and Boys Sr Discus (1.6kg), where the school's implement may be retrieved from the technical area after the respective event has been completed in full.

c) No item checked in for competition may be removed from the event by a school/participant. All items in the field must be returned to the technical area for tracking purposes.

B/G	Age	Discus	Shot	Javelin
Boys	Novice	1 kg	4 kg	600 g
	Junior	1 kg	4 kg	600 g
	Senior	1.6 kg	12 lb brass	800 g
Girls	Novice	1 kg	3 kg	600 g
	Junior	1 kg	3 kg	600 g
	Senior	1 kg	4 kg	600 g

## 5. High Jump Increments:

Boys	Novice	1.35 m	5 cm raise until 8 competitors
	Junior	1.45 m	remain, then 3cm unless all
	Senior	1.50 m	agree to a greater raise.
Girls	Novice	1.20 m	5 cm raise until 8 competitors
	Junior	1.25 m	remain, then 3cm unless all
	Senior	1.30 m	agree to a greater raise.

Girls junior and senior high jump will be combined whenever the total entries of the two events is less than sixteen (16). When combined, this event will run on day two at 1:30pm and use the starting height for junior.

## Pole Vault Increments:

Boys	Novice	2.00 m	10cm raise until 8 competitors
	Junior	2.20 m	remaining, then 6 cm unless all
	Senior	2.40 m	agree to a greater raise.
Girls	Novice	1.80 m	10cm raise until 8 competitors
	Junior	1.90 m	remaining, then 6 cm unless all
	Senior	2.10 m	agree to a greater raise.

6. A 10m arc will be spray painted on the javelin and discus competition areas. Any attempt less than the 10m distance will not be recorded by attending officials.

## TRACK &amp; FIELD (cont'd)

## SCHEDULE – FIELD

DAY ONE				DAY TWO			
TIME	#	EVENT	AGE GROUP	TIME	#	EVENT	AGE GROUP
9:30	54	Long Jump	Junior Boys	9:30	85	Long Jump	Senior Girls
	89	Shot Put	Senior Girls		90	Shot Put	Senior Boys
	88	Triple Jump	Senior Boys		23	Triple Jump	Novice Girls
	27	Discus	Novice Girls		28	Discus	Novice Boys
	18	High Jump	Novice Boys		49	High Jump	Junior Girls
	61	Javelin	Junior Girls		62	Javelin	Junior Boys
	20 52 84	Pole Vault	Nov/Jr/Sr Boys				
11:30	53	Long Jump	Junior Girls	11:30	86	Long Jump	Senior Boys
	58	Shot Put	Junior Boys		25	Shot Put	Novice Girls
	92	Discus	Senior Boys		24	Triple Jump	Novice Boys
	87	Triple Jump	Senior Girls		59	Discus	Junior Girls
	17	High Jump	Novice Girls		50	High Jump	Junior Boys
	30	Javelin	Novice Boys		93	Javelin	Senior Girls
12:30	19 51 83	Pole Vault	Nov/Jr/Sr Girls				
1:30	22	Long Jump	Novice Boys	1:30	21	Long Jump	Novice Girls
	57	Shot Put	Junior Girls		26	Shot Put	Novice Boys
	56	Triple Jump	Junior Boys		55	Triple Jump	Junior Girls
	91	Discus	Senior Girls		60	Discus	Junior Boys
	82	High Jump	Senior Boys		81	High Jump	Senior Girls
	29	Javelin	Novice Girls		94	Javelin	Senior Boys
The pole vault competition may be moved to day two if conditions on day one is deemed too unsafe to proceed.							

## TRACK &amp; FIELD (cont'd)

SCHEDULE – TRACK  
DAY ONE

DAY ONE					
	8:30	Registration			
	8:45	Officials Meetings			
#	Time	Event	Height	Age Group	Gender
11	9:15	3000 m		Novice	Girls
43		3000 m		Junior	Girls
75		3000 m		Senior	Girls
12		3000 m		Novice	Boys
44		3000 m		Junior	Boys
76		3000 m		Senior	Boys
13	10:45	200 m heats		Novice	Girls
45		200 m heats		Junior	Girls
77	11:00	200 m heats		Senior	Girls
14		200 m heats		Novice	Boys
46	11:15	200 m heats		Junior	Boys
78		200 m heats		Senior	Boys
13	11:30	80 mH heats	(2'6")	Novice	Girls
45		80 mH heats	(2'6")	Junior	Girls
77	11:45	100 mH heats	(2'6")	Senior	Girls
14		100 mH heats	(2'9")	Novice	Boys
46	12:00	100 mH heats	(3'0")	Junior	Boys
78		110 mH heats	(3'0")	Senior	Boys
	12:15	LUNCH BREAK			
7	12:45	800 m		Novice	Girls
8		800 m		Novice	Boys
39	1:00	800 m		Junior	Girls
40		800 m		Junior	Boys
71	1:15	800 m		Senior	Girls
72		800 m		Senior/Blind	Boys
78	1:30	110 mH final	(3'0")	Senior	Boys
46		100 mH final	(3'0")	Junior	Boys
14	1:40	100 mH final	(2'9")	Novice	Boys
77		100 mH final	(2'6")	Senior	Girls
45	1:50	80 mH final	(2'6")	Junior	Girls
13		80 mH final	(2'6")	Novice	Girls
	2:00	200 m final		Wheelchair	Girls
3		200 m final		Novice	Girls
35		200 m final		Junior	Girls
67	2:10	200 m final		Senior	Girls
4		200 m final		Novice	Boys
36	2:20	200 m final		Junior	Boys
68		200 m final		Senior	Boys
99	2:30	4x400 Relay	Open	Girls	Timed Final
100	2:45	4x400 Relay	Open	Boys	Timed Final



**TRACK & FIELD** (cont'd)**SCHEDULE – TRACK  
DAY TWO**

<b>DAY TWO</b>					
#	Time	Event	Height	Age Group	Gender
98	9:15	2000 m St	Open	Boys	Final
97	9:20	2000 m St	Open	Girls	Final
15	9:30	300 mH	(2'6")	Novice	Girls
47		300 mH	(2'6")	Junior	Girls
79	9:45	400 mH	(2'6")	Senior	Girls
16		300 mH	(2'9")	Novice	Boys
48	10:00	300 mH	(2'9")	Junior	Boys
80		400 mH	(3'0")	Senior	Boys
1	10:25	100 m heats		Novice	Girls
2		100 m heats		Novice	Boys
33		100 m heats		Junior	Girls
34		100 m heats		Junior	Boys
65	11:25	100 m heats		Senior	Girls
66		100 m heats		Senior/Blind	Boys
	11:35	400m final		Wheelchair	Girls
5	11:45	400 m heats		Novice	Girls
6		400 m heats		Novice	Boys
37	12:15	400 m heats		Junior	Girls
38		400 m heats		Junior	Boys
69	12:45	400 m heats		Senior	Girls
70		400 m heats		Senior	Boys
	1:15	<b>LUNCH BREAK</b>			
9	1:30	1500 m		Novice	Girls
10		1500 m		Novice	Boys
41	1:45	1500 m		Junior	Girls
42		1500 m		Junior	Boys
73	2:00	1500 m		Senior	Girls
74		1500 m		Senior	Boys
1	2:15	100 m final		Novice	Girls
2		100 m final		Novice	Boys
33	2:25	100 m final		Junior	Girls
34		100 m final		Junior	Boys
65	2:35	100 m final		Senior	Girls
66		100 m final		Senior	Boys
5	2:45	400 m final		Novice	Girls
6		400 m final		Novice	Boys
37	2:55	400 m final		Junior	Girls
38		400 m final		Junior	Boys
69	3:05	400 m final		Senior	Girls
70		400 m final		Senior	Boys
31	3:20	4 x 100 Relay	Novice	Girls	Final
32		4 x 100 Relay	Novice	Boys	Final
63	3:30	4 x 100 Relay	Junior	Girls	Final
64		4 x 100 Relay	Junior	Boys	Final
95	3:40	4 x 100 Relay	Senior	Girls	Final
96		4 x 100 Relay	Senior	Boys	Final
	4:15	Presentation of Awards			
	4:30	Coaches' Mtg re: N.O.S.S.A. entries and transport			

**STANDARD  
TRACK AND FIELD  
SCHOOL  
ABBREVIATIONS**

**TRACK & FIELD (cont'd)**

<b>SUDBURY</b>		<b>SAULT STE. MARIE</b>	
Chelmsford	NOCV	Korah	NOKO
Confederation	NOCF	St. Mary's	NOSM
Riviere-des-Français	NOFR	Superior Heights	NOSH
Hanmer	NOHA	White Pines	NOWP
Lasalle	NOLS	Notre Dame du Sault	NODS
Lively	NOLI		
Lockerby	NOLK		
Lo-Ellen Park	NOLO	<b>NIPISSING</b>	
Macdonald Cartier	NOMC	Algonquin	NOAL
Sudbury Secondary	NOSU	Chippewa	NOCW
Champlain	NOCH	Elisabeth-Bruyère	NOEB
Sacré-Coeur	NOSA	Franco Cité	NOFC
L'Horizon	NOLZ	F. J. McElligott	NOME
Marymount	NOMM	Nbisiing SS	NONB
Notre Dame	NOND	Nipissing-Ouest	NONW
St Benedict	NOBE	Northern	NONO
St Charles	NOSC	Odyssée	NOEO
Bishop Carter	NOAC	St. Joe/Scollard Hall	NOSJ
		West Ferris	NOWF
<b>NORTH SHORE</b>			
Central Algoma	NOCA		
Elliot Lake	NOEL		
Manitoulin	NOMI		
W. C. Eaket	NOEA		
Villa Francais des Jeunes	NOVF		
E. S. Jeunesse du Nord	NOJN		
Espanola	NOES		
ES de la Renaissance	NORE		
Wasse Abin	NOWA		

**TRACK RELAY MEET****AGES**

Refer to Constitution, Article IX, Pages 20-21.

**SERIES****BOYS AND GIRLS**

SENIOR	JUNIOR	NOVICE	OPEN
4 X 100m	4 x 100in	4 x 100m	4 x 200m
4 x 400m	4 x 400m	4 x 400m	4 x 800m

**ENTRIES**

1. Each school may enter one team for each relay per age group except the 4x200 race in which more than one team per school can run as exhibition.
2. Exhibition teams will be allowed to run in the 4 x 200m and 4 x 800m open events only if space is available without adding another heat. Students participating in the 4x800 event are permitted to run with more than one team in the same race, providing the second or subsequent teams are exhibition and that each team has at least four runners. No runner can run more than one leg for the same team.

**FEES**

The entry fee per school will be at the discretion of the sports committee.

**ELIGIBILITY**

As in the Constitution: All lists must be sent to the convener by the deadline as set by the Convener.

**RULEBOOK**

The International Amateur Athletic Federation Rulebook.

**OFFICIALS**

1. At the discretion of the convener using the rulebook as a guide.
2. A suitable number of officials should be obtained from participating schools and from the community.

**AWARDS**

The following banner shall be presented:

- Grand Aggregate Champions
- S.D.S.S.A.A. Ribbons shall be presented to 1st, 2nd and 3rd place finishers in each relay.

**GENERAL**

1. There shall be no post entries although substitution will be permitted providing each competitor is registered.
2. No competitor shall be allowed to compete unless he/she is attired in a school track uniform.

**TRACK RELAY MEET** (cont'd)**GENERAL (cont'd)**

3. Official batons will be supplied for the races.
4. In all races of more than one lap, the first 500 meters will be run in lanes except the 4 x 800 where the first number will break for the inside after the first corner flag.
5. In order to be eligible for the 4 x 100m relays in the City Meet, a school must have participated in the City Relay Meet. The times from the S.D.S.S.A.A. Relay Meet for the 4 x 100 m relays will be used to seed for the S.D.S.S.A.A. Track and Field Meet.
6. Each exchange zone should have umpires with cell phones to record video exchanges.

## WRESTLING

### AGES & ELIGIBILITY

Refer to the Constitution - Page 20, Article IX.  
Girls may only wrestle against girls, boys against boys.

### SERIES

- I) Mini-Meets on League basis
- II) Rookie/Open/Girls
- III) Mid-Season
- IV) Ron Preston S.D.S.S.A.A. City Championships
- V) N.O.S.S.A.
- VI) O.F.S.A.A.

### WEIGHT CLASSES AND WEIGH-INS

Per O.F.S.A.A. Weight Classes.

#### A) Weigh-in

The coach shall weigh all wrestlers and email the names and classes to the convener or draw person by Tuesday 6pm prior to a Thursday meet (if meet is scheduled on a different day of the week, use two days prior the scheduled day of meet by 6pm). The convener may redistribute the athletes to insure a good competition

#### I) Mini-meet

a) After the deadline to submit weights, no additions or substitutions will be permitted. If a scratch renders a specific weight class to be reduced to one (1) wrestler, the convener/draw master may at that point add the single wrestler to a higher weight class and re-draw as required.

b) Wrestlers found over weight will be disqualified for that meet and may not participate. Also, the rest of the team must weigh in.

Red dots will be randomly assigned the night before a meet by the draw master, and then posted the following day at the meet. Any Wrestlers found over weight will be disqualified for that meet and may not participate. Also, the rest of the team must weigh in. Any red dotted athlete who is not present at the meet will be red dotted for the following 2 meets.

**WRESTLING** (cont'd)**WEIGHT CLASSES  
AND WEIGH-INS  
(cont'd)**

Also, as wrestlers are allowed to wrestle up only one weight class, wrestlers will be checked to see that they are not too far underweight. The penalty will be the same as for overweight wrestlers.

- d) Any coach or official may ask to have any wrestler weigh-in at the meet. The official and one other coach will do the weigh-in.
- e) No more than four wrestlers may be entered in any weight class for all SDSSAA-hosted regular mini meets.

## II) Ron Preston S.D.S.S.A.A. City Championships

- a) The weigh-in shall take place the night before the meet at a time and a place or places agreed to by the majority of participating schools.
- b) Ron Preston Championships participation:  
Each wrestler must have weighed-in and participated in at least three (3) S.D.S.S.A.A. official meets (this includes Saturday meets - Rookie/Open or Mid-Season) or S.D.S.S.A.A. sponsored wrestling clinics prior to participating in the Ron Preston S.D.S.S.A.A. Championship. There will be no exceptions allowed.

Athletes who qualify for O.F.S.A.A. in a Fall Sport will be deemed eligible for Ron Preston City Championships, providing they have participated in all meets possible starting the week after their participation at said O.F.S.A.A.

**SCORING**

Scoring for all meets will be according to the same formula used at NOSSA

*In the event that there is only one athlete in a division, the athlete will be awarded five (5) points for first place.*

Round robin categories consisting of *two (2) to five (5) wrestlers*:

- 1<sup>st</sup> – 10 points
- 2<sup>nd</sup> – 7 points
- 3<sup>rd</sup> – 4 points
- 4<sup>th</sup> – 2 points

**WRESTLING** (cont'd)**SCORING** (cont'd)

Bracket Draws (six or more wrestlers):

- 1<sup>st</sup>- 10 points
- 2<sup>nd</sup> – 8 points
- 3<sup>rd</sup> – 6 points
- 4<sup>th</sup> – 3 points
- 5<sup>th</sup> – 2 points
- 6<sup>th</sup> – 1 point

The exception to the above will be “The Boot”, which will be scored based on a percentage system (ie. Total points divided by the number of wrestlers).

**AWARDS**

Medals for 1st (Gold) and 2nd (Silver) shall be awarded at the Ron Preston City Finals only.

**RULES OF PLAY**

Will be governed by the current O.F.S.A.A. wrestling rulebook. Except for the draw.

The Draw: An O.F.S.A.A. style drawback draw with S.D.S.S.A.A. Modifications shall be used as per draw sheet.

Any class due to disqualification or no show.

5 or less shall become a round robin. Draw master will endeavour to combine pools.

The Warm-Up Meet will be run under CAWA rules (provincial rules).

**GENERAL**

- (a) Mini-meets will be set up as fair as possible according to number of schools participating and number of meets.
- (b) Host school schedules will be approved at the pre-season winter sports meeting.

**WRESTLING** (cont'd)**GENERAL** (cont'd)

- (c) Once an official schedule is drawn up and has been approved by the executive, it will be considered as final and no changes will be made except by direct phone call to the convener. No changes may be made less than (2) two weeks prior to the meet unless due to extenuating circumstances as decided by the convener and coordinator.
- (d) Refer to Article XIII in constitution. Any school dropping out of league after the start of season will be subject to a \$200.00 fine.
- (e) Host schools shall be responsible for:
  - i) providing enough people to run the meet: i.e. tables, corrals, etc.
  - ii) ensuring that all equipment is at their school: i.e. mats, scoresheets, tables, etc.
  - iii) cleaning up afterwards and returning club mats to the head official's trailer
- (f) Uniform and Equipment
  - (i) the contestants must appear on the edge of the mat in a one-piece official school wrestling singlet. No double layers are allowed below the crotch or above the hip. Rookies need not wear singlets until after Christmas.
  - (ii) wrestlers with orthodontic devices must wear a proper mouth guard.
  - (iii) wrestling shoes/boots must be worn and all laces taped. Rookies need not wear wrestling shoes until after Christmas, however proper gym shoes must be worn with laces taped.
  - (iv) all competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in a single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined the SDSSAA constitution.
  - (v) The official OFSAA-approved two-piece uniform will be permitted.
- (g) Water - The wrestler is permitted to have a drink of water between rounds.



**WRESTLING** (cont'd)**GENERAL** (cont'd)

- (h) True 2nds will not be used in regular season mini-meets, but challenges may be fought at Ron Preston in the same manner as NOSSA. Medallions awarded will not change, but funding for the trip to NOSSA would go to the winner if they were part of the Public Board (and if funding was extended to 2nd place finishers).

Only non-SDSSAA participants will be charged the meet entry fee for ROG, Warm-up and other SDSSAA meets that may be introduced. SDSSAA wrestlers will be charged back for those expenses not covered the non-SDSSAA participants' entry fees on a pro-rata basis.

**FIRST AID**

A paid individual whose sole responsibility is first aid will be assigned to all scheduled meets during the season.

**POLICY FOR  
WRESTLING TRIPS**

Transportation Coordinator

- a. Get money as per S.D.S.S.A.A.
- b. Is responsible for all on bus.  
Must ensure that every athlete has a responsible (chaperone) coach.  
Get a list from all coach/chaperons as to who he/she is responsible for.  
Have a list indicating which room each athlete is in. Each coach/chaperone should have a copy of this list and know where his athletes are.
- c. Is the person to contact in case of problem.  
- if there is a problem - contact coach and/or assistant coach responsible for the athlete in question.  
NO COACH - NO GO!!

**BASEBALL****ENTRY**

1. Baseball shall be considered as a varsity team sport (only one age classification); whereas all participating student-athletes shall meet the eligibility requirement as listed in the Eligibility section of the Boys Baseball Playing Regulations as well as the Constitution.
2. Each school shall be permitted to enter only one team into the league.

**ELIGIBILITY**

1. The individual's birth certificate indicates that he has not reached his 19th birthday by January 1 prior to the start of the school year in which the competition is held.
2. Girls that meet the eligibility requirements shall be permitted to play.

**SCHEDULE**

For regular season play, each team shall play a minimum of four games.

Effective September 2016 the SDSSAA Boys Baseball championship be contested using an interlocking schedule format with games hosted during the fall sport season. Results from the SDSSAA season may be used to seed teams for NOSSA in the spring but participation at the SDSSAA level will not be required in order to enter NOSSA.

**RULES**

1. The Official Rules of Baseball shall be followed with the following exceptions:
  - a) All games shall be 7 innings. No new inning shall begin after 1 hour and 45 minutes of the start of the game.
  - b) Each team may bat up to a maximum of 15 batters and a minimum of 9 batters are required to be listed in the line-up to begin play.
  - c) There shall be unlimited substitution.
  - d) All bats used must conform to the Ontario Baseball Association rule that a bat cannot weigh more than three ounces less than the length of the bat. (For example, a 33-inch long bat cannot weigh less than 30 ounces.) The bat cannot have a diameter at its thickest part of more than 2 and 5/8 inches. Only solid wood or composite bats shall be permitted.
  - e) Players shall be permitted to wear rubber or metal cleats.
  - f) Base coaches shall be required to wear a protective batters helmet while on the field.
  - g) Catchers must wear a helmet and mask with adequate throat protection at all times. Note: this includes practice and warm-ups. Coaches must wear at least a mask in all practice and warm-up situations.

**BASEBALL (cont'd)****RULES (cont'd)**

- h) The use of all tobacco products including smokeless tobacco by all on-field participants (players, coaches, managers, trainers, umpires, etc.) is prohibited at all times and is subject to automatic ejection from the game.
- i) No visible jewelry is allowed.
- j) Mercy Rule: 15 runs after three inning or ten after five innings or 4.5 if the home team is ahead. Round Robin: two hour time limits, no new inning after one hour and forty-five minutes. Playoffs: seven inning or mercy rule.
- k) The home team (as designated by the League schedule) shall be responsible for the Official Scoresheet and Pitch Count Sheets.
- l) A team must have at least 9 players to start a game. If they do not have 9 players, they shall forfeit the game.
- m) If a player is ejected and the team is reduced to 8 players, the game shall continue with the ejected player's batting spot being skipped (not counting as an automatic out). If the ejection of a player bring the number of players in the game to less than 8, that team shall forfeit the game.
- n) All players that have been ejected from a game shall also be assessed an automatic game suspension and shall miss their team's next game. If a player is ejected twice in the same season they shall be suspended from play for the remainder of the season (League and playoffs).
- o) Injured players who cannot return to the game shall be skipped in the line-up to the next batter and shall not be recorded as an out.
- p) If injuries or ejections reduce the number of players to 8, the game shall continue. However, if there are 7 or less players following injury or ejection, the game shall be forfeited to the team with the allowable number of players.
- q) The Official SDSSAA Team Line-up Card must be presented to the opposing Head Coach (or assigned substitute) prior to the start of the game. Upon completion of the game, the Home team shall submit the Official Scoresheet as well as the Official Pitch Count sheets to the League convener. All Scoresheets and Pitch Count Sheets shall include the full name (first and last names) of each player as well as their uniform number.
- r) Regular season games that are tied shall remain tied. Each team shall be awarded 2 points for a win, 1 point for a tie and 0 points for a loss.
- s) All teams that have completed the Regular Season shall qualify for the League Playoffs.

**BASEBALL (cont'd)****RULES (cont'd)**

- t) For any discrepancy in rules interpretation, the convener shall refer to Baseball Canada Rules as they pertain to High School aged play (players aged 16 years or older).
- u) SDSSAA will use Ontario Baseball Association and Baseball Canada pitch count rules.
- v) 5 run mercy rule per inning with open inning called by the umpire in time limited games.
- w) Playoff games will be 7 innings unless the mercy rule is in effect.

**DEFINITIONS**

A week shall constitute a period of seven (7) days with Sunday being the start of the week.

**UNIFORMS**

Each school should have baseball uniforms with numbers on the back of each jersey. If team colours are similar, the home team will be required to change their colours for the game.

**TIE-BREAKING PROCEDURES**

1. In all cases of two-way ties for any position in the league standings, the convener will take into consideration the following procedures for breaking the tie(s) in the sequence in which they appear.
  - (a) The won-lost record of the teams tied as they appear against each other.
  - (b) Run differential (runs scored minus runs allowed=net score)
  - (c) The season's difference between runs for and runs against of the teams tied as they appear against every other team in the league. A maximum difference of ten(10) runs shall be awarded in each game.
  - (d) The team that has the fewest runs against.
  - (e) A coin toss. (Away team of game versus each other chooses side of coin).
2. In all cases of three-way ties for any position in the league standing, the convener will take into consideration the following procedures for breaking the tie(s) in the sequence in which they appear. Once a team has been eliminated using the three way tie-breaking procedure, the tie between the two remaining teams will be broken by the two-way tie-breaking procedure.
  - (a) The won-lost record of the teams tied as they appear against each other.
  - (b) The difference between runs for and against with the teams tied as they appear against each other. The team with the most positive difference (or least negative) shall be awarded the higher standing.

**BASEBALL (cont'd)****TIE-BREAKING  
PROCEDURES**  
(cont'd)

- (c) The season's won-lost record of each teams tied as they appear against every other team in the league
- (d) The season's difference between the runs for and against of the teams tied as they appear against every other team in the league.
- (e) The team that has the fewest runs against.
- (f) A coin toss (away team of game versus each other chooses side of coin).

**PLAY-OFF FORMAT**

1. In a three (3) team play-off, the format shall be: 1-bye, 2 vs. 3 and the winner and play in the final.
2. In a four (4) team play-off, the format shall be: 1 vs. 4, 2 vs. 3 and the winners playoff.
3. In a five (5) team play-off, the format shall be: 1-bye, 2-bye, and 3-bye, 4 vs. 5 and the winning teams then follow the four (4) team league.
4. In a six (6) team play-off, the format shall be: 1-bye, 2-bye, 3 vs. 6, 4 vs. 5 and the winning teams then follow the four (4) team league.

All Play-off games will be sudden-death games with the home team being the higher standing team in League play.

For playoff games that are tied after 7 innings, the International Rule for Tie-Breaking shall be used with the last batter out of the previous inning being placed at second base to start the inning.

**NOSSA  
REPRESENTATION**

1. All schools must compete at the N.O.S.S.A. level indicated by the N.O.S.S.A. school classification rules unless the school has declared their intention to compete at a higher classification in writing to the convener and athletic administrator the day before the start of the play-off schedule. Such declaration must be signed by the school Principal, Athletic Coordinator (where applicable) and the Head Coach.
2. S.D.S.S.A.A. entries to N.O.S.S.A. Championships shall be determined using the following order of priority:
  - (a) Play-off Champion
  - (b) Play-off Finalist
  - (c) League Champion
  - (d) the highest ranking Semi-finalist using league standings
  - (e) the other Semi-finalist
  - (f) the team with the best league record among the schools in the same NOSSA school classification. In the event that the championship involves more than one classification, the league records of all the schools in those classifications will be used.

**BASEBALL (cont'd)****NOSSA  
REPRESENTATION  
(cont'd)**

- (g) In the case of a 2-way tie in part (e), a play-off contest shall be played at the home of the higher ranking team determined by the 2-way tie-breaking procedure.
- (h) In the case of a 3-way tie, the 3-way tie-breaking procedure will be used to determine the ranking of the teams. The 2nd ranked team will host the 3<sup>rd</sup> ranked team in a play-off contest. The winner of this contest will play a final play-off contest against the 1st ranked team at the home of the 1st ranked team.

All Play-off games will be sudden-death games with the home team being the higher standing team in League play.

**AWARDS**

1. A SDSSAA banner is to be presented to the Play-off Champion. This banner will be kept by the winning school. If there is no play-off, the banner will be presented to the League Champion.
2. Gold and silver medallions will be presented to members of the play-off championship team and play-off finalist team respectively.

**BASKETBALL****CATEGORIES OF COMPETITION**

DIVISION I - JUNIOR AND SENIOR  
 DIVISION II - JUNIOR AND SENIOR  
 NOVICE

**ELIGIBILITY**

- (a) Refer to the Constitution - Art. IX, page 20.
- (b) The official eligibility sheet must be used.
- (c) Players can play for one team and one team only.

**RULE BOOK**

- (a) All games shall be played according to the rules adopted by O.F.S.A.A. Sport Advisory Committee.
- (b) All teams must use the S.D.S.S.A.A. official score sheet that is available from the coordinator's office.
- (c) The SDSSAA will adopt the Federation 3 pt line for the next two years.

**OFFICIALS**

- (a) For games in all divisions, the officials will be under the jurisdiction of the conveners of the appropriate convener and the 'Supervisor of Officials'.
- (b) Games will be required to have two (2) officials present for the game to take place.

**SCHEDULING**

NOVICE - JUNIOR – SENIOR

For the junior and senior league, two divisions will be created based on the following criteria:

- Division I – any school wishing to compete at the NOSSA "A", "AA", "AAA" level
- Division II – all remaining schools

Division I will be the only vehicle for entry into NOSSA "A", "AA", "AAA". There will not be challenge games between divisions.

When the S.D.S.S.A.A. hosts N.O.S.S.A. the facility must have a regulation floor conducive to championship basketball.

The host school will determine home and visiting benches.

**BASKETBALL (cont'd)****GENERAL**

- (a) The winning team will be responsible to submit the score and upload the scoresheet to the sdssaa.ca site. In case of a tie, the home team will be responsible for submitting the score and uploading the scoresheet.
- (b) Each basketball program/Program Leader is responsible for the training of competent scorers, timers and shot clock operators.
- (c) The senior, junior and novice teams will play eight (8) minute quarters, stop time.
- (d) The SDSSAA will use the OFSAA official ball for all games. The brand of the ball used by OFSAA will be reviewed at the preseason meeting. This will apply only to Division I schools.
- (e) Ties for Playoff Positions:
  - 1. Where ties involve the last playoff position(s), tie breaking games must be scheduled.
  - 2. To break all other ties in the final regular season standings, the following criteria will be used:
    - (I) Head to head results, with the winning team being seeded highest.
    - (II) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
    - (III) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
    - (IV) Should the teams still be tied, then the overall point differential between common opponents shall be used.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.



**BASKETBALL (cont'd)****GENERAL (cont'd)**

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

3. All tie breaking games are designated as playoff games.

- (e) Once an official schedule is drawn up and approved by the Executive, it shall be considered as final and no changes shall be made except by direct phone call to the convener. No change may be made less than two weeks prior to the game.
- (f) After the court has been cleared, teams shall be allowed a minimum of fifteen (15) minutes to warm-up.

**PLAY-OFFS**

Play-offs will be held in **Novice**, Junior and Senior in the week prior to N.O.S.S.A.

The structure will be:

Quarter finals - 1st & 2nd receive a bye, 6th will play 3rd, 5th will play 4th.  
Semi-finals - Lowest seeded team from quarter finals using regular season standings plays 1st place team, highest seeded plays 2nd place team.

The championship finals will be hosted as a five game set at a post-secondary gym on the Friday or Saturday of the Family Day long weekend.

Should a post-secondary gym not be able to accommodate, the senior highest ranking school for each division will host and the times will be as follows:

- Div II – On the Friday of Championship weekend at the highest ranking Div II Senior team. Junior - 5pm, Senior - 7pm.
- Div I/Novice – On the Saturday of Championship weekend at the highest ranking Div I Senior team. Novice - 12pm, Junior - 2pm, Senior - 4pm.

**BASKETBALL (cont'd)****PLAYOFFS (cont'd)**

Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the championship games will be played at the site of the other finalist. Should either of these locations be unavailable, then the higher ranked team shall secure another appropriate high school site. If the higher ranked team is unable to access a site, the convener shall secure a neutral high school site.

**HOSTING PLAYOFFS**

Division II finals be held in gyms that can accommodate spectators (i.e. have BLEACHERS) in order to facilitate crowd control.

School responsibilities when hosting the basketball championship:

1. Teacher supervision for spectators.
2. Physical preparation of the gym (safety, first aid, benches, bleachers, etc.)
3. Music for warm-up.
4. Trained minor officials.
5. Microphone and presentation table for convener.
6. People to take care of the gate (float is host school's responsibility).
7. Custodian being available.

**N.O.S.S.A.  
REPRESENTATION**

- (a) The NOSSA representative from the SDSSAA will be the team that advances the farthest in division 1 play.
- (b) At the conclusion of the Division I City Championship Final, the winner and finalist will immediately choose their intent to participate for NOSSA. If the winning team or finalist is a 'A' school, they will have the opportunity to choose their intent to participate in NOSSA 'A' or NOSSA 'AA/AAA', provided they do not displace a second place team from a NOSSA entry. If a winning 'A' school does choose to participate in 'AA/AAA', the NOSSA 'A' entry will go to the next highest 'A' school. If the winning team or finalist is a 'AA' or 'AAA' school they will declare for the NOSSA 'AA/AAA' championship. If two teams are needed for NOSSA, the next highest seed semi-finalist (based on league standings) will have a choice to move on to the NOSSA championship.
- (c) If two teams lose at the same level in the playoffs and are in the same category, there will be a game played between the tied teams to ensure the best NOSSA representation.

**BASKETBALL (cont'd)****N.O.S.S.A.  
REPRESENTATION  
(cont'd)**

If a position opens up at a NOSSA Championship because another region does not fulfill their commitment, the league convener must be contacted by the Athletic Administrator and the NOSSA Convener. At this time, the appropriate schools will be contacted.

**NOVICE - GENERAL**

The use of man-to-man full court pressure will be permitted effective the start of the 2006 season. There will be no zone defense permitted until after Christmas. Once a team has a twenty point lead, they must remove the full court pressure and only play half-court defence. Once the twenty point spread is reduced, the team may continue to use full court pressure.

**NOTE: ONLY RUNNING SHOES WITH NON-MARKING SOLES ARE ALLOWED FOR GAMES OR PRACTICES.**

**FOOTBALL – JUNIOR AND SENIOR**

<b>AGES</b>	Refer to the Constitution - Art. IX, page 20.
<b>SERIES</b>	Junior and Senior
<b>ELIGIBILITY</b>	<ol style="list-style-type: none"> <li>1. Refer to the Constitution - Page 20.</li> <li>2. The Official eligibility sheet must be used.</li> <li>3. If due to injury a player on the eligibility list is prevented from making the two game minimum necessary in order to be rendered eligible for playoffs, then the mandatory two regular season requirement need not apply upon submission of a doctor's note.</li> </ol>
<b>RULEBOOK</b>	The Canadian Amateur Football Association Rulebook will be used (as amended in the general section).
<b>OFFICIALS</b>	<p>Are the responsibility of the convener.</p> <p>Player Ejection:</p> <ol style="list-style-type: none"> <li>1. The referee shall notify the coach immediately when a player is ejected from the game.</li> <li>2. The referee shall record the ejection immediately noting: <ul style="list-style-type: none"> <li>- the player number</li> <li>- team name</li> <li>- infraction</li> </ul> </li> <li>3. A written report is to be submitted to the convener.</li> </ol>
<b>FINANCING</b>	<ol style="list-style-type: none"> <li>1. The cost of officials for league and play-off games, above the Officials' Pool allotment, will be shared equally by all schools entering a team in the S.D.S.S.A.A. league.</li> <li>2. The league will set aside funds to cover the cost of up to ten new officials' accreditations. The chief official shall submit a report to the convener at each meeting detailing the progress of these new officials.</li> <li>3. The team advancing to NOSSA should receive a \$500 honourarium from sport committee funds (where available) to help offset transportation expenses.</li> </ol>

**FOOTBALL – JUNIOR AND SENIOR (cont'd)****FINANCING (cont'd)**

4. The league will donate 10% of game proceeds collected from all games scheduled during the first week annually to the Northern Cancer Research Foundation.

**GENERAL**

1. Once an official schedule is drawn up and approved by the executive committee, it shall be considered as final. No changes are to be made less than two weeks prior to the game. See Constitution Page 28, article XIII, section 2.

After initially confirming intentions in the Spring for scheduling purposes, teams must provide final confirmation of entry by the first Friday of school, at 3pm for senior and the following Monday, 3pm for junior.

2. Ties for final playoff positions shall be broken in the following manner:
  - (I) Head to head results, with the winning team being seeded highest.
  - (II) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
  - (III) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
  - (IV) Should the teams still be tied, then the overall point differential between common opponents shall be used.
3. Voting on league individual awards be based on regular season performance only.
4. For games played at sites other than James Jerome or Queen's Athletic Field, spectator control shall be the responsibility of the home team. Each team shall be responsible for control of their own sideline.
5. Pre-season training camps with full equipment will not be allowed to start prior to two weeks before school starts.

**FOOTBALL – JUNIOR AND SENIOR** (cont'd)**GENERAL** (cont'd)

6. Game format:
  - a. Junior and senior football game quarters shall be 12 minutes as per timing regulations of the Football Canada Rulebook.
  - b. Four downs, one yard neutral zone. SDSSAA senior football will adopt Canadian Amateur rules (3 down football).
  - c. There shall be no neutral zone.
  - d. In the event that a Team B player goes offside and breaks the plane of the line of scrimmage before the ball is snapped, play shall be stopped only if contact with a Team A player is made (rule 4.2.3).
  - d. The ball can be scrimmages all the way up to the defense's goal line.
  - e. The ball cannot be scrimmages inside the offense's 1 yard line.
  - f. On special team plays, defenders cannot be lined up over the center or in the A gap (the A - Gap is the Gap between the Center and Guard). Penalty – Illegal Procedure Defence 5 yards. The center (long snapper) must remain on the line of scrimmage until the ball is kicked. Penalty – Illegal man down field – 5-yard penalty
7. NOSSA regulations will be adopted pertaining to game ball size (must be the official CIS / CFL size and weight).
8. One coach may meet with his team on the field during time outs.
9. If a player receives any combination of three (3) objectionable conduct and/or unnecessary roughness penalties, this will lead to an automatic game ejection. Any game ejection will require a Board of Reference hearing prior to a return to participation.
10. If a coach receives two (2) objectionable conduct bench penalties, this will lead to an automatic game ejection.
11. Lining up and hitting a player who is well away from the ball and has no involvement in the current play will be considered Unnecessary Roughness.
12. Mercy Rule – Once a team gets a 30 point lead, the game will go to straight time, regardless of time outs or scoring plays. Clock will stop on injuries at coaches' discretion
13. The half time break will be maximum ten (10) minutes duration.

**FOOTBALL – JUNIOR AND SENIOR (cont'd)****GENERAL (cont'd)**

14. The first aid provider will be responsible to go to the head coach and advise when a player is to be removed from contest – if the provider sees that player is still in the game, the concern is to be reported to officials who have the right to remove player. In such cases a report is to be filed with league for follow up with school admin.
15. Admission signs will be purchased from King Sportswear to be used to support game operations.
16. Schools must be represented at the pre-season meeting or at least initiate contact with the convener beforehand to cover essential areas of operation for the upcoming season. If neither is done, the school involved will not be permitted entry for that season.

**GAME FILM**

1. Any high school coverage that is filmed locally should be held in private at the school and not posted on-line for any potential opponents to view unless password protected.
2. Only teams contributing game film will be permitted to access the game film site.

**HOCKEY****AGES**

Refer to Constitution - Art. IX, page 27.

**ELIGIBILITY**

- (a) Refer to Constitution: Art. IX, page 27.
- (b) All competitors must have been in regular attendance at the school before they can compete.
- (c) Return to N.O.S.S.A. eligibility if advancing.
- (e) No competitor is eligible whose name has appeared on a game sheet, and has dressed, after the first SDSSAA regular season game, for a team in any level of carded (rep) hockey, major junior, junior, intermediate, senior or GMHL league or any league deemed equivalent. Exception: a junior "C" or "D" team is allowed to AP a high school goalie and be called up in an emergency situation and appear on a game sheet and/or play up to a maximum of two exhibition/league and/or playoff games in total during the season after the SDSSAA's first regular season game.
- (e) All players must sign, and have their parent/legal guardian sign, a league-wide behaviour contract (attached to playing regs) before they are considered eligible to participate in league games. These contracts are to be kept on file at the school and provided upon request from the convener.

**OFFICIALS**

The assignment of officials will be made in conjunction with the referee-in-chief. The enforcement of rules will be as per constitution and the contract with the officials Association.

The league will assign two referees and two linesmen to as many games as possible.

All officials must be properly certified for the level of hockey they are officiating.

No game shall begin without two officials present.



**HOCKEY** (cont'd)**RESPONSIBILITIES OF COACHES RE: OFFICIALS**

Coaches are requested to utilize form 7.3 in the S.D.S.S.A.A. Handbook (Coach/School Report Re: Game Officials) wherever problems are encountered in terms of officiating. The Athletic Administrator will be responsible to ensure that all reports are followed through and communicated to the Chief Referee. **DO NOT WAIT UNTIL THERE IS A MAJOR PROBLEM TO USE THIS REPORTING PROCEDURE.** It is only possible to solve problems with the coaches' feedback.

**RULEBOOK**

The Hockey Canada Rulebook is to be followed except for any amendments or deletions passed by S.D.S.S.A.A. or N.O.S.S.A.

**FINANCING**

Costs for officials for Board schools, above the Official's Pool allotment, will be shared equally by all participating schools.

**GENERAL**

- (a) Each school shall be responsible for the conduct of its players and officials.
- (b) The home team is responsible for supplying pucks and a tablet for use during the game by the scorekeeper. If the home team cannot provide a tablet or one is not available at the hosting venue to be used for this purpose, the home team may provide a hard copy scoresheet that can be used as a one-time replacement.
- (c) Exhibition games must be approved by the principal of each school.
- (d) An unlimited number of players can be dressed. No more than six (6) team officials, as properly identified on the score sheet, may go behind the player's bench at any one time.
- (e) Helmets and facemasks must be worn at all times within the playing area. The use of CSA-approved helmets is mandatory for all hockey coaches while on the ice during practices.
- (f) A game shall consist of three 15 minute stop time periods followed by a flood after each period of play. A 4-minute warm-up will precede each game.

**HOCKEY (cont'd)****GENERAL (cont'd)**

- (g) Each team is allowed a 30 second time-out per game.
- (h) The minimum number of players required to start a game is nine, including eight skaters and one goaltender.
- (i) In the event of inclement weather conditions, notice must be provided to teams at least two hours before game time and must be approved by both coaches and the Athletic Administrator. Should both coaches not be in agreement, the Athletic Administrator will have the final authority to decide whether or not the game proceeds as scheduled.
- (j) If during the course of a game one team attains a lead of six goals, the game will be continued straight time at the subsequent drop of the puck. If after this point this differential is reduced to three goals, the game will revert back to stop time, again at the subsequent drop of the puck.
- (k) In addition to Friday night 7pm ice time, Manitoulin senior boy's hockey team must offer an additional home ice weekly in the afternoon over the course of the regular season and playoffs. The game must be played at NEMI recreational centre in Little Current. The start time must be 4pm or earlier.
- (l) No team will be permitted to book a tournament from the start of the playoff schedule until they are eliminated from contention.
- (m) All teams will be responsible to enter their roster into the gamesheet app that will be selected by the convener/athletic administrator to manage the league prior to their first game, league or exhibition.

**TIES FOR PLAYOFF POSITIONS**

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

All tie-breaking games are categorized as playoff games.

**HOCKEY** (cont'd)**TIE-BREAKING  
FORMULA**

- (i) Ties for final playoff positions shall be broken in the following manner:
  - (1) Where ties involve the last playoff position(s), tie-breaking games must be scheduled.
  - (2) To break all other ties in the final regular season standings, the following criteria will be used:
    - (I) Head to head results, with the winning team being seeded highest.
    - (II) If there is still a tie, the team with the most number of wins amongst the tied teams will be seeded highest.
    - (III) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
    - (IV) If there is still a tie, the team that has allowed the fewest points in games involving common opponents will get the highest seed.
    - (V) If still tied, point differential (points for less points against) in games involving the tied teams will get the highest seed.
    - (VI) If still tied, point differential (points for less points against) in games involving common opponents will get the highest seed.
    - (VII) If still tied, the team that recorded the fewest penalties (where applicable) will get the highest seed.
    - (VIII) If still tied, a single coin toss will decide the issue.

**HOCKEY (cont'd)****VIOLATIONS/  
PENALTIES –  
OPENING  
STATEMENT**

These guidelines will be reviewed and revised as necessary. Immediately after receipt of a report regarding a player's unsportsmanlike behavior which makes him eligible for a board of reference hearing, the program leader of the school and/or the coach will be advised of the arrangements for a hearing. In all cases, it is the responsibility of the coach and player to attend. Every effort however, will be made to consider the team's practice and game schedules in these situations.

**VIOLATIONS/  
PENALTIES –  
PLAYERS**

- (a) Suspensions occurring in S.D.S.S.A.A. games are to be served concurrent to the offence. Tournament/exhibition games will count towards the suspension so long as they are scheduled prior to the date of the offence. Suspensions occurring in sanctioned tournaments will apply to the tournament games and to league play.
- (b) Any player receiving a coded offence on three separate occasions will be expelled from the league indefinitely (exceptions: 10 min misconducts and minor checking from behind - GM55).
- (c) Any multiple-game suspension incurred during the final game of the season for the team involved will be doubled. This suspension is to be served in the next SDSSAA sport that the student elects to take part in, or the next hockey season, whichever comes first.
- (d) The number of games to be served for offences incurred during league or tournament play shall be based on the current OHF suspension list.
- (e) In addition to the above, an accumulation of three (3) misconducts, with the exception of M-14, M-34 and M-35, will result in an additional game suspension. If a player accumulates two (2) additional misconducts, an additional game suspension will apply. One additional misconduct incurred after that will be reviewed by the convener and athletic administrator.
- (f) Any player incurring a match penalty for physical abuse of an official shall be immediately expelled from the league. School-supported appeals will be considered by the SDSSAA BoR.

**HOCKEY** (cont'd)**VIOLATIONS/  
PENALTIES -  
COACHES**

Based on the nature of the offences, a head coach will be called to a board of reference hearing when the team has accumulated eight (8) misconducts or game misconducts.

Hockey board of reference hearings will be called for any coach who is deemed to be the cause of a game being discontinued, or any coach who is ejected or suspended from a game. Coaches will also be required to attend board of reference hearings for their players unless otherwise notified.

Should a team collect fifty (50) penalty minutes in a game, the head coach will be suspended for the next game. Should this occur a second time, the head coach will be suspended for the following two (2) games. On the third occasion, the head coach will be called to a Board of Reference (major penalties are included, game ejections count for ten minutes towards the total).

**VIOLATIONS/  
PENALTIES –  
COMMUNITY  
SUSPENSIONS**

The ten (10) minutes associated with major penalties will count towards the team total if ANY the following applies: (i) the resulting suspension is 3 games or higher, or, (ii) any case involving verbal abuse of official.

In all cases, a player intending to play for a high school team but has an outstanding suspension either from a house league or C.H.A.-carded community team is considered suspended until the suspension has been served in full.

In cases where students incur a suspension of 1-2 games in a community league, he will stand suspended from high school play for the same number of games, or, a period not to exceed 72 hours following the date and time of the offence, whichever is less, and will be fully eligible to return to play after that period. For all suspensions of three (3) games or more, community suspensions are to be served on a 1:1 basis in the high school league.

If a player is confirmed to have played a high school game while under community suspension, that player will be required to serve an additional five (5) game suspension in the high school league. The player's team results will be unaffected.

**HOCKEY** (cont'd)**CONVENER**

- (a) The convener or designate shall compile a record of player penalties to be reviewed periodically with the Association Executive.
- (b) The convener's decision on any league matters will be final and binding when executed in accordance with the S.D.S.S.A.A. constitution.

**LEAGUE/PLAYOFF  
FORMAT**

Should the number of teams permit, entries will be separated into two divisions and a separate champion declared for each. In this scenario, the second division (Division II) will be contested without body checking.

Should less than four (4) teams commit to Division II in any given year, the league will revert to a one division interlocking schedule, with the possibility of splitting into two divisions at some point in the schedule upon approval of a majority of teams entered.

In case of two divisions:

If division I is greater than five (5) teams:

- Quarter finals - 5th vs 4th and 6th vs 3rd - one game series
- Semi-finals - Winner of 4th/5th vs 1st and Winner of 6th/3rd vs 2nd - best of three game series
- Finals - winners of semis - best of five game series

If division I is less than or equal to five (5) teams:

- Semi-finals - 4th vs 1st and 3rd vs 2nd - best of three game series
- Finals - winners of semis - best of five game series

Division II:

- Semi-finals - 4th vs 1st and 3rd vs 2nd - best of three game series
- Finals - winners of semis - best of three game series

In case of one division:

If the league has even number of teams, a split for the second half of the season will be equal. If there are an odd number of teams, then the middle team must decide to play in division A or division B in the second half of the schedule. If a team folds after the regular season has started the 2nd half splitting will still be based on even or odd number teams.

Quarter Final - 5th vs 4th and 6th vs 3rd - one game series

Semi Final - Winner of 4th/5th vs 1st and Winner of 6th/3rd vs 2nd - best of three game series

Final Div I - Winners of semi-finals - best of five championship series

**HOCKEY (cont'd)****LEAGUE/PLAYOFF  
FORMAT (cont'd)**

When the final standings have been finalized and if there is sufficient time, the convener will give home teams in the playoffs the opportunity to secure night ice. If ice is not available or does not meet the standard established during the regular season, then the convener will use its allotment of seasonal ice to fulfill scheduling requirements.

**OVERTIME IN  
PLAYOFFS**

For playoff games only, when the score is tied after the end of regulation time, teams will then play an additional overtime period of not more than ten (10) minutes (**exception: fifteen minutes for championship final series**), with the team scoring first declared the winner. The overtime period shall be played with each team at a numerical strength of three (3) skaters and one (1) goalkeeper. In the event that one team is serving a penalty at the end of regulation time, it shall be four-on-three until the first whistle after the penalty has expired. At the expiration of the penalty the penalized player shall return to the ice and the teams shall play four-on-four until the first whistle at which time the teams shall revert to three-on-three.

If the game remains tied at the end of the ten (10) minute overtime period (**fifteen minutes for the championship final series**), the teams will proceed to a shootout. The home team chooses to shoot first or second. The teams will not change ends for the shootout.

Three (3) players from each team shall participate in the shootout and they shall proceed as follows: All players are eligible to participate in the shootout unless they are serving a ten-minute misconduct or have been assessed a game misconduct or match penalty. Each team will be given three shots, unless the outcome is determined earlier in the shootout. After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden victory" format.

No player may shoot twice until everyone who is eligible has shot. Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.

HOCKEY (cont'd)

NOSSA  
REPRESENTATION

The school that wins the city (playoff) championship may choose the NOSSA championship in which they wish to compete. “AAA” schools that make the championship final series may not be bumped out of a NOSSA position.

Should two teams in the same school classification be eliminated from the playoffs at the same point in the series (ie. Semi-finals), and only one position at NOSSA is available, a single game sudden victory playoff game will be hosted with the winner claiming the NOSSA position.



**SLO-PITCH****RULEBOOK**

Refer to Slo-Pitch National Rules ([www.slo-pitch.com](http://www.slo-pitch.com)) except where indicated below.

**ELIGIBILITY**

Refer to constitution - Article IX, Page 20.

**FORMAT**

Tournament remains a one day event.

The option to play in a "A" or "B" division will be added to the participation survey. A minimum of four (4) teams will be required to run a "B" division.

**PLAYING RULES**

- (a) Safe base at 1st.
- (b) No sliding.
- (c) No stealing.
- (d) No leading.
- (e) No foul language. Each team shall receive one warning. Any subsequent foul language will result in the offending player being ejected from that game.
- (f) 3 courtesy runners per game.
- (g) One home run is allowed per inning. Any additional home run is an out.
- (h) Overrunning every base (batter must turn right).
- (i) Commitment line between home and third base.
- (j) No touching home plate (simply cross the back line).
- (k) 6 runs per inning (max).
- (l) One hour is permitted for each game or seven innings, whichever comes first.

**SLO-PITCH** (cont'd)**PLAYING RULES**  
(cont'd)

- (m) Upon 3rd foul batter is out.
- (n) Pitching mat (if the ball hits the mat and batter doesn't swing, batter is out. Pitches must be from 6' to 12' in height).
- (o) Teams must be ready to play 15 minutes prior to their scheduled start time.
- (p) Catchers can use home plate or the mat to make a play at home plate.
- (q) Helmets are required by batters/baserunners. Catchers and pitchers are to wear facial protection, i.e. catcher's/pitcher's cage and/or helmet.
- (r) The home team will be determined by coin toss before round robin games. The highest seeded team in the playoffs will be home team.
- (s) Scoring: Runs for and against will be counted after three (3) complete innings. Therefore, teams must play a minimum of three (3) complete innings for a game to be considered complete.
- (t) Illegal Bats: If a player is caught with an illegal bat, the player, as well as his coach, will be ejected from the game and the tournament.
- (u) A consolation final will be scheduled as part of both division schedules where time permits at the discretion of the convener.

**UNIFORMS**

Each team participating in the boys high school slo-pitch championships must have a full set of uniforms with numbers on the back of each jersey.

**EQUIPMENT**

- (a) Tournament organizers will ensure that all games use only a limited flight HOT DOT brand ball.
- (b) Tournament organizers will ensure to send each coach a list of ineligible bats for the tournament at least two weeks prior to the tournament.

**VOLLEYBALL****ELIGIBILITY**

As per N.O.S.S.A.

**SERIES**

Novice

Junior Tier One (Division I) and Tier Two (Division II)

Senior Tier One (Division I) and Tier Two (Division II)

**SCHEDULING**

Two divisions will be created based on the following criteria:

Division I – any school wishing to compete at the NOSSA “A”, “AA” or “AAA” level.

Division II – all remaining schools

Division I will be the only vehicle for entry to NOSSA. There will be no challenge games between divisions.

If there are ten teams or less registered for junior boys volleyball competition, all teams will compete in the same division, the top six teams will compete for the junior boys division I championship and will be eligible for NOSSA, while the others will compete for the boys division II championship and not be eligible for NOSSA.

In the event that more than ten teams enter, they must follow their senior team’s division of choice.

1. The league schedule will start the third week of September and the play-offs will be completed one week prior to N.O.S.S.A.
2. Triple headers will be used at schools that have Novice programs.

**SCORING**

Points for each match during the season are awarded on the basis of 2 for a win, 0 for a loss. These points are totaled to see who goes on to the play-offs.

**SCORES AND  
SCORESHEETS**

Home teams are responsible to follow up with a scanned copy of the game sheet to the convener by the next school day. Winning teams (home teams in case of tie) are responsible to go on-line and enter the game scores on [sdssaa.ca](http://sdssaa.ca).

**VOLLEYBALL** (cont'd)**PLAY-OFFS**

S.D.S.S.A.A. Boys' Volleyball will adopt the following play-off structure. All matches will be played at the home of the higher placed team. Best 3 of 5.

9 teams or less: Top 4 play off

Semi-finals

1 vs 4 = A

2 vs 3 = B

Finals

A vs B

10 teams or more: Top 6 play off play-off.

Quarter-finals

1<sup>st</sup> and 2<sup>nd</sup> = bye

3<sup>rd</sup> vs 6<sup>th</sup> = A, 4<sup>th</sup> vs 5<sup>th</sup> = B

Semi finals

1<sup>st</sup> vs B = C, 2<sup>nd</sup> vs A = D

Finals

C vs D

The championship finals in both divisions be contested on the Monday of the week preceding NOSSA in the gym of the senior highest team. If officials' coverage on the Monday becomes an issue, then the division 2 finals will be hosted on the Tuesday of the same week. If a novice final is needed, it will be scheduled at the convener's discretion as approved by coaches attending the pre-season meeting.

The Head Official will assign certified Volleyball Canada officials as minor officials (2 lines people and 2 scorekeepers) for all final matches. The hosting senior team may be asked to provide competent minor officials as scorekeepers if the Head Official is unable to provide qualified minor officials.

A Division II team that wishes to challenge a Division I team for a NOSSA "B" position must notify (in writing) the Division I and II conveners regarding their intent to challenge one week prior to the beginning of playoffs.

**N.O.S.S.A. ENTRIES**

- (i) For purposes of N.O.S.S.A. entry, Division I will serve as the vehicle for entry to "A", "AA" and "AAA".
- (ii) Challenge matches, where necessary, will be scheduled by the conveners and played on the Monday and Tuesday preceding N.O.S.S.A.

**VOLLEYBALL** (cont'd)**N.O.S.S.A. ENTRIES**  
(cont'd)

- (iii) At the conclusion of the Division I City Championship Final, the winner will have the opportunity to choose their intent to participate for NOSSA "A", "AA/AAA", provided they do not displace the Finalists from a NOSSA entry. The Finalists would then have the next choice of level to NOSSA. If only one (1) NOSSA entry remains, the next highest playoff finisher will have the right to the entry. If two teams were eliminated from the playoffs at the same level, a match will be played (if necessary) and the winner will be declared the NOSSA rep. Should two (2) or more NOSSA entries remain, entries will be filled by the semi-finalist (and then the quarter finalist) teams in order of highest league standings, until all spots are filled.

**BREAKING TIES**

To break all ties in the final regular season standings, the following criteria will be used:

- (I) Head to head results, with the winning team being seeded highest.
- (II) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
- (III) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
- (IV) Should the teams still be tied, then the overall point differential between common opponents shall be used.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site.

If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

**VOLLEYBALL** (cont'd)**BREAKING TIES**  
(cont'd)

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc). Where two games are necessary, the scheduling of the first tie-breaker will be on Friday at 5pm and the 2<sup>nd</sup> match will be at 7pm at the highest seeded gym. The tie breakers will be 2/3 matches.

All tie breaking games are designated as playoff games.

**AWARDS**

Refer to Constitution - Article XIV, page 14 (b)  
Championship trophy and banner, championship and finalist medals.

**OFFICIALS**

- a) Major officials will be provided through the referee-in-chief. The home team must provide two competent linesperson and official scorer.
- b) Rated officials receive the allotted rate as per S.D.S.S.A.A.
- c) The referee-in-chief will hand in an itemized report each year prior to the post season meeting indicating the distribution of funds.

**RULES**

Current Volleyball Canada Rules will be used with the exception of the following:

- a) 12 Substitution Rule: For SDSSAA competition, teams are allowed a maximum of 12 substitutions in any one set. There is no limit to the number of times a player may leave or re-enter a set, as long as the maximum number of substitutions is adhered to and they leave or re-enter for the same player. Once a player has a designated substitution partner in a set, that is the only player that they leave or re-enter a set for.

For example, player A for player B - player C may not enter this rotation.

- b) Eighteen (18) players may dress and all eighteen may play.

**VOLLEYBALL** (cont'd)**RULES (cont'd)**

- c) Net height for novice play is 2.24m, junior is 2.35m and senior is 2.43m.
- d) All matches must be played on center court.
- e) All matches are best 3 out of 5.
- f) Warm-ups before matches will follow a 10-5-5 format.
- g) Only running shoes with non-marking soles will be allowed for games or practices.
- h) Rule 14.3 - Assisted Hit is not accepted at the S.D.S.S.A.A. level of play.
- i) The length of time-outs shall be one minute.
- j) A team is to wear matching tops at all times or the player(s) will not play. Student-athletes must remain fully clothed in appropriate team uniform in the competition area, and, use the designated locker room or change area to change to and from competition attire. Teams in violation will receive a yellow card which carries a one-point penalty. Officials must inform the players of ineligibility to continue. Should a team member's uniform become soiled due to contact with blood or other bodily fluid, a "substitute uniform" may consist of another team member's uniform or a spare jersey.
- k) Libero Player.
  - i) Each team has the right to designate up to two (2) specialist defensive players: Liberos U-5.
  - ii) All Liberos must be recorded on the scoresheet with the team roster.
  - iii) The number of Libero or Liberos is to be recorded on the line-up sheets for all sets.
  - iv) The coach may re-designate Liberos each set.
  - v) Only one Libero may be on the court at any one time.
  - vi) The Libero CAN be either team captain or game captain at the same time as performing as a Libero.

VOLLEYBALL (cont'd)

GAME  
PROCEDURES

When the first referee indicates for the teams to change sides at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court.

GAME BALL

The official game ball will be the current OFSAA sanctioned ball.

REQUEST FOR  
SUBSTITUTION

The request for substitution is acknowledged and announced by the second or first referee, by the use of a circular motion of the forearms around each other.



**GIRLS' BASKETBALL****ELIGIBILITY**

See Constitution - Article IX, Pages 20.

Only two (2) non-current team players will be allowed to move up to play in the higher division per game.

**SCHEDULING**

Two divisions will be created based on the following criteria:

- Division 1 – Any school wishing to compete at the NOSSA level
- Division 2 – All remaining schools

Division 1 will be the only vehicle for entry into NOSSA. There will be no challenge games between divisions.

Should fewer than four (4) teams confirm participation in Division I (in a single age category), ***the convenor will poll the Division 1 requesting teams to determine if they would like to remain Division 1 or move to Division 2. If the convenor and Division 1 requesting teams decide that a viable league is not possible,*** then all teams will be combined into a single division for league play. Should the number of teams exceed the maximum allowed league games for a single round robin, the league will be split into two pools. It shall be the decision of the convenor to determine whether a single or double round robin will be played. The convenor will attempt to balance out the strength of each pool. It is suggested to split up the teams originally requesting Division I in different pools. If a single Division, the playoffs will be a cross-over involving the top three finishing teams from each pool.

- 1<sup>st</sup> Pool A – bye
- 1<sup>st</sup> Pool B – bye
- Quarter #1 – 2<sup>nd</sup> Pool A vs 3<sup>rd</sup> Pool B
- Quarter #2 – 2<sup>nd</sup> Pool B vs 3<sup>rd</sup> Pool A
- Semi #1 – 1<sup>st</sup> Pool A vs winner Quarter #2
- Semi #2 – 1<sup>st</sup> Pool B vs winner Quarter #1
- Final – winner Semi #1 vs winner Semi #2

NOSSA representation will be determined from this single division.

Schools shall declare by the second Monday in September whether they have a junior and/or senior team. The junior team does not need to follow the senior team in terms of division of play.

**GIRLS' BASKETBALL** (cont'd)**SCHEDULING**  
(cont'd)

Junior and Senior division 2 leagues will play a maximum of six games in league play (one per week if possible). If this leads to an unbalanced schedule, the convenor will attempt to balance games between top end and lower end teams from the previous year's results.

There will be a convener for each of Division I and Division II.

Single games will be scheduled to start at 6pm. Double header games will be played at 5pm and 6:30pm. Triple header games will be played at 5pm, 6:30pm and 8pm.

If an unbalanced schedule is required, the win-loss record will only be counted in the first round of play, and not count for the extra games drawn (ex, 7 team league and 6 games count for win-loss record, single round robin).

Should fewer than four teams confirm participation in the girls' novice basketball league, they shall be given the opportunity to participate in the junior division II league or withdraw their team. After the regular season, the highest ranked junior teams (four or six depending upon number of teams in league), would advance to the junior playoffs, while the novice teams (in order of standings), would advance to the novice playoffs.

Should fewer than two teams confirm participation in the girls' novice basketball league, they shall be given the option to participate in the junior division 2 league or withdraw their team. The novice team will not be eligible for the junior division 2 playoffs and will be declared Novice champions.

Should a school have both a junior division II team and a novice team entered, the game scheduled between the two must be the first game of the season (should the schedule be a round robin, the game should be the first of each round).

For additional information refer to the Constitution - Article XIII, Pages 40-42.

**PLAY-OFFS**

The playoff structure for each league will be determined at the pre-season meeting.

**GIRLS' BASKETBALL** (cont'd)**PLAY-OFFS (cont'd)**

Division I and Division II champions will be declared and will receive a trophy and appropriate awards.

Division I and II championship finals will be hosted at Laurentian University at 1pm and 3pm on Friday and Saturday. Should Laurentian not be available, the senior highest ranking school will host and will set the start times. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the championship games will be played at the site of the other finalist. Should either of these locations be unavailable, then the higher ranked team shall secure another appropriate high school site. If the higher ranked team is unable to access a site, the convener shall secure a neutral high school site.

**HOSTING PLAY-OFFS**

School responsibilities when hosting the basketball championship:

1. Teacher supervision for spectators.
2. Physical preparation of the gym (safety, first aid, benches, bleachers, etc.)
3. Music for warm-up.
4. Trained minor officials.
5. Microphone and presentation table for convener.
6. Custodian being available.

**AWARDS**

Refer to the Constitution - Article XIV, Page 14 (b).

**OFFICIALS**

Major officials will be provided by the referee-in-chief.

Minor officials (timekeepers, scorers and shot clock operators) will be provided by the **home school for all league and play-off games.**

In the event that only one official reports for a game, after a fifteen minute waiting period from the scheduled start time, the game should be cancelled unless both officials report to do the game. No game will be officiated with only one official present.

**RULES**

Rules will be as per OFSAA playing regulations, with the exception of the rule dealing with the home team having to wear white uniforms and the rule for maximum number of players on a roster.

**GIRLS' BASKETBALL** (cont'd)**RULES (cont'd)**

After the court has been cleared, teams shall be allowed a minimum of fifteen (15) minutes to warm up.

**TIE BREAKERS**

- (a) Where ties involve the last playoff position(s), tie breaking games must be scheduled.
- (b) To break all other ties in the final regular season standings, the following criteria will be used:
  - (i) Head to head results, with the winning team being seeded highest.
  - (ii) If there is still a tie, the team has allowed the fewest points amongst the tied teams will be the highest seed.
  - (iii) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
  - (iv) Should the teams still be tied, then the overall point differential between common opponents shall be used.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

- (c) All tie breaking games are designated as playoff games.

**GIRLS' BASKETBALL** (cont'd)**N.O.S.S.A.  
REPRESENTATION**

- (a) The NOSSA representative from the SDSSAA will be the team that advances the farthest in local, divisional play when all teams in the same category play in the same division.
- (b) If two teams lose at the same level in the playoffs and are in the same category, there will be a game played between the tied teams to ensure the best NOSSA representation. This game will take place if the regular season format is a single round robin or a split record in a double round robin format, in the gym of the higher standing team.
- (c) If only one division exists, all NOSSA reps will be decided by:
  - i. their advancement in the league until eliminated (farthest)
  - ii. challenge match, if tied in #2 above.

At the conclusion of the Division I City Championship Final, the winner will have the opportunity to choose their intent to participate for NOSSA "A", "AA" or "AAA", provided they do not displace a second place team from a NOSSA entry. The second placed finisher would then have the next choice of level to NOSSA. If two teams are needed for NOSSA, the next highest seed semi-finalist (based on league standings) will have a choice to move on. If a position opens up at a NOSSA Championship because another region does not fulfill their commitment, the league convener must be contacted by the Athletic Administrator and the NOSSA Convener. At this time, the appropriate schools will be contacted.

**GAME BALL**

The SDSSAA will use the OFSAA official ball for all games. This playing regulation will only apply to Division 1 teams. The brand of ball used by OFSAA will be reviewed at the pre-season meeting. All other teams will be directed to use game balls of appropriate quality (leather outer surface, surface shall provide a proper grip over the entire ball, must be spherical and either of a single shade of orange, a FIBA approved colour combination or the approved OFSAA basketball)".

**GIRLS' FLAG FOOTBALL – 12v12**

<b>AGES</b>	Refer to the Constitution – Article IX
<b>SERIES</b>	Open
<b>ELIGIBILITY</b>	<ol style="list-style-type: none"> <li>1. Refer to the Constitution – Page 20.</li> <li>2. The official eligibility sheet must be used.</li> </ol>
<b>RULEBOOK</b>	The Canadian Amateur Rulebook will apply, with exceptions around specific flag football rule requirements (blocking of the flag, kicking game, dead ball situations).
<b>FINANCING</b>	All schools entering a team will share the cost of officials for league, tournament and playoff games equally.
<b>SCHEDULING</b>	<ol style="list-style-type: none"> <li>1. The league will not commence until the third week after the start of school.</li> <li>2. Once an official schedule is drawn up and approved by the executive committee it shall be considered as final and no changes are to be made less than one week prior to the game. See Constitution, ART. XII, Section 2.</li> <li>3. The top team from Division “B” playoffs will move up to Division “A” for the following season, while the last place team from the regular season standings will be relegated to Division “B”. In the event of a tie, the criteria outlined in the section below will be used to determine the lowest place finisher. In the event of an odd number of teams entered, Division “A” will be the larger of the two divisions such that the Division “B” playoff champion and finalist will move up to Division “A”, and the lowest place finisher from Division “A” will move to Division “B”. Two teams can agree to switch divisions providing there is mutual consent between the two to do so.</li> </ol>
<b>TIE BREAKERS</b>	<ol style="list-style-type: none"> <li>1. Where ties involve the last playoff position(s), tie breaking games must be scheduled.</li> <li>2. To break all other ties in the final regular season standings, the following criteria will be used: <ol style="list-style-type: none"> <li>(i) Head to head results, with the winning team being seeded highest.</li> </ol> </li> </ol>

**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****TIE BREAKERS  
(cont'd)**

- (ii) If there is still a tie, the team has allowed the fewest points amongst the tied teams will be the highest seed.
- (iii) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
- (iv) Should the teams still be tied, then the overall point differential between common opponents shall be used.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

3. All tie breaking games are designated as playoff games.

**RULES****Rule 1: CONDUCT OF THE GAME****A – RULES**

A1. The S.D.S.S.A.A. Girls' Flag Football League Rules shall be adhered to.

A2. If circumstances arise that are not covered by the S.D.S.S.A.A. Girls' Flag Football League Rulebook then the Canadian Amateur Football Association Rulebook shall be adhered to.

**B – GAME BALL**

B1. The official game ball shall be of junior size. The offensive team may utilize its own game ball provided it is brought in on the first play of each series.

**GIRLS' FLAG FOOTBALL – 12v12** (cont'd)**C – THE GAME****C1. Choice of Kick Off, Receiving Kick Off, or End of Field**

For all playoff and tie-breaker games a coin toss will determine the first half choice. In all other games the visiting teams will have first choice.

**C2. Late Start**

Any team not fielding a minimum of 12 players by 15 minutes after the scheduled game time shall be considered in default of the game.

**C3. Overtime**

Playoff games and tie-breakers may not end in a tie. If there is a tie at the end of regulation time of these games overtime will be played as described in the Canadian amateur Rule Book which states:

Each team will be given a 5-minute rest period after which over time will begin with a coin toss. The winner of the toss shall choose one of the following options:

- a. offense or defense, with the offense at the opponent's 35-yard line to start the series, or
- b. which end of the field shall be used for both series of the overtime period.

The loser of the coin toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for subsequent even numbered extra periods.

Extra Periods: An extra period shall consist of 1 series from each team.

Team Series: Each team retains the ball during a series until it scores, fails to make a first down or loses possession due to a turnover.

Scoring: The team scoring the greater number of points during the extra periods shall be declared the winner. There shall be an equal number of series in each extra period except if the defense scores during the period.

If the score is tied after 3 extra periods, any subsequent touchdown must be followed by a 2-point conversion.

Time Outs: There shall be no team time outs during Overtime play.

**C4. Mercy Rule**

At any time during a game, if a team is down by 30 points, the clock will be run straight time. If the deficit is reduced to under 30 points, the regular timing system applies.



**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****D - TEAMS****D1. Team Composition**

Each team may dress as many players who meet league eligibility requirements as it wishes. Teams may field a maximum of 12 players for any play.

**E - TIMING****E1. Game Timing**

Games will consist of four 12-minute quarters.

**E2. Time Outs**

As per the Canadian Amateur Rule Book each team shall be permitted two time-outs per half.

**E3. Coach's Time-Out**

Each team will be permitted one coach's time-out per game where he/she can approach the officials to ask for a rule clarification/interpretation. Both coaches must be present for the discussion at centre field.

**F – DEAD BALL**

Same as Canadian Amateur Rule Book Rule 1 Section 8 Article 1 (Pg. 7) with the following additions;

The ball becomes dead when;

- a) A ball carrier's flag is pulled off.
- b) A ball carrier's flag falls off.
- c) When a fumbled ball touches the ground except for when a player does not cleanly field the snap from centre in punt or shot gun formation and officials do not feel non-safe contact will occur if the play continues.
- d) A kick from scrimmage is blocked.
- e) On a kick off, a ball is not fielded cleanly within 30 yards of the point of kick off and the officials rule that non-safe contact between players will occur if the play continues.
- f) Any player without two fully accessible flags attempts to or succeeds in gaining possession of the ball.
- g) Any time the ball carrier's hands fall below her waist, whether intentionally or unintentionally, during an attempt on her flags.
- h) A player deliberately attempts to collide with an avoidable opponent (when one of these two is carrying the ball) to force the play. (ie. the ball carrier dropping a shoulder to push past the defender).

**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****F – DEAD BALL  
(cont'd)**

- i) A ball carrier intentionally or unintentionally prevents complete accessibility to the full length and width of her flags.
- j) At any time, if in the officials' opinion, non-safe contact between opposing players will occur.
- k) Immediately following either a successful or unsuccessful convert.

**G – UNIFORMS  
AND EQUIPMENT****G1. Sweaters**

Sweaters shall be numbered. Numerals should be at least 4" on the front and at least 8" on the back of the jersey.

**G2. Flags and Pants**

Length of the flag must be 14 inches long and at least 2 inches wide. All players must wear black shorts or pants and wear league approved flags. No snap-on pants or snap-on shorts may be worn by any player. In regards to the triple threat belt, the hinged clip must be attached straight on a 180-degree angle with the material portion of the belt. The belt may be a single or doubled (not tripled or more layers within the clip). The black adjuster cannot be inside the clip. If the flag belt is found to be improperly fastened, there will be a flag deception penalty called.

**G3. Footwear**

Footwear may consist of running shoes or one-piece multi stud turf or soccer shoes with rubber or plastic cleats. No metal screw-on or track cleats may be worn.

**G4. Jewelry**

Jewelry is prohibited. A player who is wearing jewelry may not participate. **Penalty:** Objectionable Conduct and player must leave for minimum of 1 play and cannot return until jewelry is removed.

**G5. Eye Glasses**

Wearing eyeglasses is permitted.

**G6. Casts**

No player may wear a cast while competing. **Penalty:** Objectionable Conduct and player must leave for minimum of one play and cannot return until the cast is properly wrapped and approved by the referee.

**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****G – UNIFORMS  
AND EQUIPMENT  
(cont'd)****G7. Pads/Equipment**

No pads or equipment of any kind (ie. shin pads, knee pads, elbow pads, etc). will be allowed on the field of play except soft shell helmets which are permitted for those players who wish to wear them. Knee/elbow braces, if covered with a soft cover, are acceptable so long as, at the discretion of the official, they do not present a safety concern to opponents. **Penalty:** OC and immediate ejection.

**H - BENCHES**

H1. Team benches, including coaches, shall be on the same side of the field, extending from their 20 yard line to their 45 yard line.

**Rule 2: OFFICIALS****A – FIELD OFFICIALS**

A1. A maximum of six officials can be used for all games, regular season, tournament and playoff. No game may begin without a minimum of three officials in attendance.

**B – DOWNSMAN  
AND LINESMEN****B1. Assigning Personnel**

The home team must provide competent personnel to perform the duties of the downsman and linesmen. The referee must approve them.

**B2. Downs box and Distance Chain.**

The home team is responsible for supplying the downs box and distance chain.

**Rule 3: SCORING****A – FIELD GOALS**

As per the Canadian Amateur Rule Book - Teams are permitted to kick field goals. 3 points are awarded for a successful field goal. The team scored upon will have the following options:

- a. kick off from your own 35-yard line,
- b. scrimmage from your own 35-yard line, or
- c. require the team scoring the field goal to kick from its own 45-yard line.

**GIRLS' FLAG FOOTBALL – 12v12** (cont'd)**B – ROUGE OR  
SINGLE POINT**

As per the Canadian Amateur Rule Book - A rouge is scored when the ball becomes dead in the end zone, or goes out of bounds in the end zone, as a result of the ball being kicked into the end zone by an opponent. One point is awarded and the ball is scrimmaged from the 35-yard line of the team scored upon. In the case of a missed field goal, the ball will be scrimmaged at the 35-yard line or the previous line of scrimmage.

**C – CONVERTS**

All converts will be attempted from the five-yard line unless affected by penalty. A kicked convert is worth 1 point. A convert scored by run or pass is worth two points. The ball is dead immediately following either a successful or unsuccessful convert.

**Rule 4: SCRIMMAGING THE BALL****A – TIME COUNT**

The offense shall have 30 seconds to put the ball into play from when the official blows the play in.

**B – LEGAL  
NUMBERING**

Seven players must line up along the line of scrimmage. Five of these players must be interior down linemen. In addition, there must be one more player positioned on the line of scrimmage between the last interior down lineman and the sideline on either side of the line. Numbers are not used to designate eligible or ineligible receivers. **Penalty:** L5.

**C – LINE PLAY****C1. Armbands**

The five interior line positions on offence must wear an armband. **Penalty:** Illegal Procedure.

**C2.** All athletes on the line (offence and defence) must use a two-point stance (as opposed to three), in order to minimize the motion of a head lifting up to an opposing player.

**D –  
MISCELLANEOUS****D1. Required Distance**

A first down is obtained by gaining 10 yards in 4 downs. First downs may also be gained through penalty application.

**Rule 5: KICKING****A – KICK OFF****A1. Legal Kick Off – In Play**

The ball must travel twenty (20) yards before kicking team may play the ball. **Penalty:** Receiving team ball at point of illegal touch or L5 repeat kick off.

**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****B – BLOCKED KICKS  
FROM SCRIMMAGE**

A blocked kick from scrimmage is a dead ball. The ball will be scrimmaged at whichever of the following spots is closest to the defence's goal line - a) spot ball blocked b); spot ball hits the ground after block c) spot ball first touched by a player after block or d) spot ball goes out of bounds.

**C – ON-SIDE KICKS**

Punting will follow the same rules as outlined in the Canadian Amateur Rule Book with the exception that there is no on-side punting allowed. IE. The team punting the ball cannot recover possession by performing an on-side punt.

**Rule 6: PASSING**

Per Canadian Amateur Rule Book.

**A – WEDGE  
BLOCKING****Rule 7: FOULS AND PENALTIES**

Wedge blocking is illegal. Wedge blocking occurs when the offence pinches in and pushes forward with the ball carrier surrounded by the wedge.  
**Penalty:** L10.

**B – BREAKAWAY**

If in the opinion of an official a player is physically tackled on a clear breakaway to the goal line a touchdown may be awarded. A penalty of 15 yards against the offending team shall be applied on the ensuing kickoff. A penalty of 15 yards against the offending team shall be applied on the ensuing kick off or convert.

**C – NO FLAGS**

The triple threat flag will be mandated effective September 2016. Pink colour triple threat flags will be purchased and if not available, gold will be selected as a back up colour.

**C1 Behind the line of scrimmage**

An offensive player without three flags attempts to or succeeds in gaining possession of the ball behind the line of scrimmage. **Penalty:** The play is whistled dead immediately. Loss of down and the ball will be scrimmaged at the point of the exchange.

**C2 Past the line of scrimmage**

An offensive player without three flags gains possession of the ball past the line of scrimmage. **Penalty:** The play is whistled dead immediately. Loss of down and the ball goes back to the original line of scrimmage.

**GIRLS' FLAG FOOTBALL – 12v12 (cont'd)****C – NO FLAGS  
(cont'd)****C3 Defender Gains Possession**

A defensive player without two flags gains possession of the ball.

**Penalty:** The play is whistled dead immediately. Defense gets possession at point of infraction.

**Rule 8: APPLICATION OF PENALTIES****A – LOSS OF 5  
YARDS**

Offside, Illegal Procedure, Illegal Formation, Illegal Kick off, No Mouthguard.

**B – LOSS OF 10  
YARDS**

Blocking Flags, Flag Deception (first offense), Straight Arm, Holding, Illegal Block, Pass Beyond Line of Scrimmage, Tripping, Objectionable Conduct, Ineligible Receiver.

**C – LOSS OF 15  
YARDS**

Unnecessary Roughness, Charging, Physical Tackling, Roughing the Kicker, Flag Deception (2nd offence).

**D – LOSS OF 25  
YARDS**

Disqualification (Rough Play - Act of Punching, Contacting an Official, Flag Deception (3rd offence).

**E – GAME EJECTION**

If a player receives any combination of three (3) objectionable conduct and/or unnecessary roughness penalties, this will lead to an automatic game ejection. Any game ejection will require a Board of Reference hearing prior to a return to participation. If a coach receives two (2) objectionable conduct bench penalties, this will lead to an automatic game ejection.

**Rule 9: MISCELLANEOUS****A – FUMBLED BALL**

For the safety of the players, whenever the football is fumbled the play will be whistled dead with the following exceptions: when a player does not cleanly field the snap from centre in punt, field goal, convert or shot gun formation, unless, in the opinion of the officials', non-safe contact between opposing players will occur.

**B – BLOCKING  
FLAGS**

Any time the ball carrier's hands fall below her waist, whether intentional or unintentional, during an attempt on her flags by a defender. The play is whistled dead immediately. **Penalty:** Distance Gained: L10 from PBH 1D, Distance not gained L10 previous LOS DR.

**GIRLS' FLAG FOOTBALL – 12v12** (cont'd)**C – CHARGING**

A deliberate attempt by a player to collide with an avoidable opponent (when one of these two is carrying the ball) to force the play. (ie. the ball carrier dropping a shoulder to push past the defender). The play is whistled dead immediately. **Penalty:** UR.

**D – FLAG DECEPTION**

An intentional or unintentional act by a ball carrier to prevent complete accessibility to the full length and width of her flags.

- (i) Intentional - Taking possession of the ball without fully accessible flags. The play is whistled dead immediately. **Penalty:** Distance Gained: L10 from PBH 1D, Distance not gained L10 previous LOS DR.
- (ii) Unintentional - As the ball carrier is running, her sweater comes out by any means other than the act of a defender and obstructs the full accessibility of her flag(s). The play is whistled dead immediately. **Penalty:** Distance Gained: L10 from PBH 1D, Distance not gained L10 previous LOS DR.

Note: If an act of a defender causes the ball carrier's flag(s) to become less full accessible (ie. pulling the ball carrier's sweater out), the play will continue until it is completed and no penalty for Flag Deception will apply.

**E – STRAIGHT ARM**

Anytime a ball carrier uses a straight arm to prevent a defender from making an attempt on her flags. **Penalty:** Distance Gained: L10 from PBH 1D, Distance not gained L10 previous LOS DR.

**F- BLOCKING**

- (i) Lead blocking is not permitted five (5) or more yards past the line of scrimmage.
- (ii) No lead blocking is permitted through the line.
- (iii) No lead blocking is permitted on punt or kick returns.

**G – POSSESSION OFF PUNTS**

A player may not position herself behind the kicker and sprint down the field to try to possess the ball after it is successfully kicked the minimum required distance.

**H - COACHES**

- (i) Coaches must receive training regarding body contact.
- (ii) Effective 2021, at least one coach on the sideline must have a minimum of three (3) years' experience.

**GIRLS' FLAG FOOTBALL – 7v7**

<b>AGES</b>	Refer to the Constitution – Article IX
<b>SERIES</b>	Junior and Open
<b>ELIGIBILITY</b>	<ol style="list-style-type: none"> <li>1. Refer to the Constitution – Page 20.</li> <li>2. The official eligibility sheet must be used.</li> </ol>
<b>RULEBOOK</b>	The Canadian Amateur Rulebook will apply, with exceptions around specific flag football rule requirements.
<b>FINANCING</b>	All schools entering a team will share the cost of officials for league, tournament and playoff games equally.
<b>SCHEDULING</b>	<ol style="list-style-type: none"> <li>1. The league will not commence until the third week after the start of school.</li> <li>2. Once an official schedule is drawn up and approved by the executive committee it shall be considered as final and no changes are to be made less than one week prior to the game. See Constitution, ART. XII, Section 2.</li> <li>3. If it at least 4 teams want to enter a junior team, then a junior division will be created. If 3 or less teams want to enter a junior team then those junior teams may be entered into a B division of the Girls Open (varsity) category if there is one running</li> </ol>
<b>GOVERNING RULES</b>	Refer to the current OPHEA safety guidelines for this sport.
<b>PLAYERS</b>	<p>Players: Each team will have 7 members on the field at one time. The offence will have at least 3 players on the line of scrimmage and the defense will have 1 player (“rusher”) positioned a minimum of 10 yards from the line of scrimmage (marked by a bean bag). There must be a rusher no more than two steps away from the bean bag and positioned behind the bean bag. (Not allowed to begin the rush from directly across from the centre).</p>
<b>DRESS</b>	<ol style="list-style-type: none"> <li>1. All players must wear a common identifying jersey with a number on the back.</li> <li>2. Running shoes may be worn or multi-cleat boot with a minimum of 7 cleats. No part of the cleat may be metal.</li> </ol>



**GIRLS' FLAG FOOTBALL – 7v7 (cont'd)****DRESS (cont'd)**

3. All players will wear regulation Triple Threat flag football belts and flags. The shirts must be tucked in. Only flags provided by the league are to be used.
4. No padding is to be worn except kneepads, The exception is soft padding for protection or an injury.
5. Shorts to be worn. In inclement weather, sweatpants are permitted.
6. Leg coverings (Spandex) may be worn under a team uniform but must not interfere with the normal use of the flag and cannot be the same colour as the flag.

**FLAGS**

1. Flags must all be the same length as per iii) and may not be altered in any way.
2. Every player must have 3 flags at all times.
3. The Triple Threat Belt is the official belt and must be worn by all players.

**GAME BALL**

Teams may use their own ball and are responsible for bringing it onto the field. [The game ball must be inflated to the manufacturer's specifications at the officials' discretion.](#)

**FIELD**

1. Sidelines, goal lines and centerline must be marked.
2. All goal posts must be covered by goal post pads manufactured for that specific purpose.
3. The area from which the rusher is allowed to rush from will be ten (10) yards from the line of scrimmage, marked by a bean bag. There must be a rusher no more than two steps away from the bean bag and positioned behind the bean bag.

**FIRST DOWNS**

There will be four downs to make 10 yards for the offensive team.

**OPENING  
PROCEDURE**

For the opening kick-off, the visiting team will call the coin toss, the team winning the coin toss will have the option to have first choice in the first half or the second half. The team with the first choice in the first half may choose to kick off, receive the kick or choose the end of the field. The teams will switch ends for the second half. The other team will the choice of kicking or receiving to start the second half.

**GIRLS' FLAG FOOTBALL – 7v7** (cont'd)**GAME TIME –  
LEAGUE AND  
PLAYOFFS**

1. There will be two 25-minute halves + five (5) plays after time expires in each half. Stop time between all scores and during time-outs. When the end of regulation occurs and the game is in the final five (5) plays, a kick-off does not count as a play, nor does a PAT or two-point conversion, but punts or fourth (4<sup>th</sup>) down plays do count.
2. Five minutes half time.
3. Maximum of two 1-minute times outs per half per team, to be called by any player or the coach.

**OFFICIALS**

Three officials to be assigned per game.

**SCORING**

- 6 points for touchdown
- 1 point for a kicked convert (from 10 yard line)
- 2 points for a run in or passed convert (from 10 yard line)
- 3 points for a field goal
- 2 points for a safety touch
- 1 point for a rouge

After a safety touch, the scoring team has three options:

- 1st down on their own 35 yard line
- opponent kicks off from their own 35 yard line
- kick off from own 35 yard line

**TEAM STANDINGS**

- Win = 2 points
- Tie = 1 point
- Loss = 0 points
- Loss to forfeits = 0 points

NOTES: Point spread will be to a maximum of plus/minus 25 points for each game played. Teams forfeited against receive an automatic 14 points.

**REPORTING OF  
RESULTS**

The winning team (home team in case of tie) is responsible to enter the score and post the scoresheet on [sdssaa.ca](http://sdssaa.ca).

**GIRLS' FLAG FOOTBALL – 7v7** (cont'd)**TIE-BREAKERS**

1. Where ties involve the last playoff position(s), tie breaking games must be scheduled.
2. To break all other ties in the final regular season standings, the following criteria will be used:
  - (i) Head to head results, with the winning team being seeded highest.
  - (ii) If still tied, the team with the highest overall regular season point differential (points for less against) will get the highest seed.
  - (iii) If there is still a tie, the team has allowed the fewest points amongst the tied teams will be the highest seed.
  - (iv) Should the teams still be tied, then the overall point differential between common opponents shall be used.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

3. All tie breaking games are designated as playoff games.

**PLAYOFF TIES**

Playoff games will be played to conclusion. Overtime will commence with a coin toss, with the same options as those at the start of game. Overtime for all playoff games will be a shoot-out from the 35-yard line. Each team will have a first and ten to try to score. If after the first round the score is still tied, they will have a second round of tries. This will continue until a winner is declared. Team that had the ball first should be the first team to defend during the next overtime period. Each team will have one time out per set of tries.

When in overtime, the offensive team has the choice on which direction they would like to go towards to score.

**GIRLS' FLAG FOOTBALL – 7v7** (cont'd)**RULES OF PLAY**

1. Once the ball has been placed by the referee and the whistle is blown, the offensive team has up to 25 seconds to put the ball into play.
2. The ball is in play when snapped by the centre, and remains in play until the ball carrier's flag has been removed, or falls off and the whistle is blown.
3. Once a flag has been removed, the defensive player must hold the flag above her head so that the referee may stop play (defensive players are encouraged to hand the flag back to the offensive player once the play has finished).
4. Ball is dead if:
  - a) If the ball is fumbled forwards or backwards, any player on the return team is allowed to pick up the ball if the officials deem it safe.
  - b) On the snap of a punt, convert or field goal, if the exchange is fumbled, play will be blown dead; if on the fourth down, a 5 yard penalty will be assessed and the punt or field goal will be repeated. On a convert, a 5-yard penalty will be assessed and the convert will repeat.
  - c) On the snap, the ball is fumbled.
  - d) On a punt, if the ball is dropped by a punt receiver. If the ball is fumbled forward or backwards the player will be allowed to pick up the ball as the officials deemed it could be safely played.
  - e) If the ball is dropped on a pass (incomplete pass).
  - f) If a ball carrier steps out of bounds.
  - g) If the ball hits the ground on any exchange (i.e. hand-off, pitches and passes) behind the line of scrimmage, the ball is ruled dead at the worst possible point. (i.e to prevent gaining yardage on a fumble).
  - h) If the ball carrier has passed the line of scrimmage and a backward toss is attempted and dropped, the play is dead at the point where the ball hit the ground.
  - i) If a ball carrier has complete control of the ball and it dropped, play is dead at the point where the ball hit the ground.
  - j) If a player without flags catches the ball, whether on offense, defense or special teams, the catch counts but the play is blown dead at the spot of the catch.

**GIRLS' FLAG FOOTBALL – 7v7 (cont'd)****RULES OF PLAY**  
(cont'd)

5. On the kick-off:
  - a) If the ball is tipped backwards by the receiving team, it is live only to the receiving team (if tipped forwards, the ball is dead). If the ball is fumbled forward or backwards the player will be allowed to pick up the ball as the officials deemed it could be safely played.
  - b) There are NO onside kicks, so the kicking team can never recover the ball.
  - c) The pathway of the kicking team CAN NOT be obstructed in any way by the returning team (NO picking or screening)
6. Each team shall be allowed one officials timeout per half.
7. When the ball is punted into the end zone, the receiving team is not allowed to punt it back out.
8. Flags must be worn in such a way that the clip is not through the loop, nor is it using the strap adjustment slider to grasp onto. The flag should only be clipped onto the tail end of the belt.
9. If a team lines up two (2) players close to the bean bag that indicates the rusher, one of the players has to raise their hand and identify to the refs who the 'official' rusher is on which to judge offsides, etc.
10. On the 1-point convert, the ball will be kicked from the 15-yard line, with only the holder and kicker on the field.
11. On on-special team plays, the centre must snap the ball between their legs to the intended receiver five (5) yards away to initiate the play.

**PENALTIES**

1. Deliberate physical contact between offensive and defensive players in the open field on any special team play is 15 yards from the point of infraction, or point of last scrimmage. This includes the ball carrier.
2. Roughing the passer or kicker – 15 yards plus a first down.
3. Clipping (pushing from behind) – 15 yards from point of infraction, or point of last scrimmage.

**GIRLS' FLAG FOOTBALL – 7v7** (cont'd)**PENALTIES** (cont'd)

4. Objectionable conduct (swearing, arguing with referees – any communication with the referees is done only by the team captains) – 10 yard team penalty for the first offence in a game – 10 yards team penalty and automatic expulsion from the game of the offending individual on the third offence – offender may be expelled on the first or second offence if it is serious.
5. Screening the flag (a deliberate attempt to prevent removal by a defensive player e.g. by covering with the hand) – 5 yard penalty – the play is blown dead at the site of the foul and the downs continue.
6. Straight arming – 10 yards from point of infraction or point of last scrimmage.
7. Blocking/screening (obstructing the defensive player's path in a *deliberate* attempt to slow their progress towards the ball carrier) – 10 yards from line of scrimmage.
8. No yards (not giving 5 yards on a punt) – 10 yards from point of foul.
9. Offside or illegal motion (offence; illegal motion= not having a minimum of 3 players on line of scrimmage)– 5 yards (the play will be whistled dead).
10. Offside (defence) - 5 yards
  - i) If the rusher is less than ten (10) yards from line of scrimmage when the ball is put into play.
  - ii) If any defensive player (other than the rusher) crosses the line of scrimmage before the rusher does (once the rusher crosses the line of scrimmage, any defensive player can also cross the line of scrimmage).

NOTE/EXCEPTION:

Once the ball has been handed off or passed to a player who did not receive it from center, any defensive player can cross the line of scrimmage (i.e, handoff to running back, lateral pass to wide receiver)

11. Offside pass (forward pass after ball has crossed the line of scrimmage) – play dead at point of pass.
12. Flag falling off by itself – play dead immediately.

**GIRLS' FLAG FOOTBALL – 7v7 (cont'd)****PENALTIES (cont'd)**

13. Out of bounds kick off – receiving team has the option of taking the ball at the point of play stoppage or repeating of kick off with a 10-yard penalty.
14. Players flags must be official length – 10 yard penalty on first offence (if player gets a second offence she will be ejected from the game).
15. Tampering with the flag: any action which prevents the normal use of the belt (e.g., tying the belt on) deemed by the officials to be deliberate, will result in:
  - i) Ejection of the offending player from the game
  - ii) 10 yard penalty and any score by offending team is cancelled
16. Pass interference
  - i) Offensive: 10 yard penalty
  - ii) Defensive: pass interference the ball is awarded to the offence at the point of the foul and an automatic first down is granted
17. All special teams kicks (punts and field goals) must be declared to the referee prior to centering the ball.
  - i) No rush is permitted on kicks
  - ii) Kicking team cannot leave the line of scrimmage until the ball has been kicked
  - iii) Fakes are not permitted on kicks
  - iv) The pathway of the kicking team CAN NOT be obstructed in any way by the returning team (NO picking or screening)
18. If a leading team incurs consecutive procedure penalties, a down will be lost for each occurrence after the first offense.

**AWARDS**

A punter shall have 7 seconds to punt the ball once the ball has been snapped. Failure to do so will result in a delay of game penalty.

The whistle will be held on defensive penalties to give the offense the option to accept or to decline and take the result of the play.

A championship banner will be presented to the winning team. First and second place medallions will be presented immediately following the championship final.

## GIRLS' GYMNASTICS

### EVENTS AND/OR CLASSIFICATION

The following order shall be conducted in the Artistic Gymnastics competition: Vault, Uneven Bars, Balance Beam, Floor Exercise.

### COMPETITION STRUCTURE AND PROCEDURE

- (a) There will be a Girls Gymnastics Preliminary Meet which will serve as a qualifier for the SDSSAA/NOSSA Championship.
- (b) The **Preliminary Meets** shall be a one-day competition. This will be open to SDSSAA teams, as well as other teams throughout the province.
- (c) The **SDSSAA Championship** shall be a one-day competition. Only SDSSAA athletes that attended and qualified at the Preliminary Meet will be allowed to compete at the Championship.
- (d) Formal march-in ceremonies shall be held at the beginning and the end of all meets. Gymnasts must wear competitive attire (leotard only with optional black spandex shorts) for the awards ceremony. Gymnasts/coaches not adhering to this rule are subject to sanction by the Protest & Petition Committee.
- (e) Category Petition Procedure:
  - (i) The Protest & Petition Committee will be formed at the pre-season meeting each year. The Protest & Petition Committee shall be composed of three (3) members, one (1) of whom shall be the SDSSAA Gymnastic Convenor.
  - (ii) Petitions should be submitted by the school team coach or teacher-representative and received in writing by the Protest & Petition Committee no later than the first day of the winter break. Petitions will not be dealt with unless submitted in writing and accompanied by the petition fee. The petition fee shall be \$25 per petition (payable to SDSSAA through chargeback where applicable). Any decision shall be given in writing.
  - (iii) Successful petitions will be reviewed at the following competitive seasons' pre-season meeting to determine the level for the new season.
- (f) Registration materials will only be given to the teacher accompanying the athletes upon receipt of the required entry materials as indicated on the SDSSAA Gymnastics website.



**GIRLS' GYMNASTICS (cont'd)****COMPETITION  
STRUCTURE AND  
PROCEDURE (cont'd)**

- (g) A coaches' meeting shall be held at a time designated by the convenor.
- (h) The teacher-coach/supervisor must attend the coaches' meeting. If the coach is a non-teacher, then both the teacher and the coach must attend the meeting.

**ENTRY**

- (a) School teams must all register with SDSSAA as winter teams in advance of the SDSSAA deadline for that season.
- (b) Entries shall be accepted from teacher representatives or designates only.
- (c) Entries for the Preliminary Meet must be received by no later than two (2) weeks before the date of the Preliminary Meet (announced at the pre-season meeting). Late entries will only be accepted if they can be accommodated and an additional entry fee shall be charged.
- (d) Entries for the SDSSAA Championship will come directly from the Preliminary Meet (qualifier) and do not need to be submitted separately.
- (e) Prior to the meet, deletions may be made during the warm-up period by the team coach or teacher representative.

**EXPENSES**

- (a) Those schools having entries are responsible for their entry fee, arranging and financing their own travel, meals and accommodation for the event.
- (b) For SDSSAA schools, all costs for the Preliminary Meet and the SDSSAA Championship will be charged back to the schools on a per-event basis.
- (c) For schools outside of SDSSAA, the cost will be formalized in advance and will be due before competition begins.

**GIRLS' GYMNASTICS** (cont'd)**ELIGIBILITY**

- (a) School/Team Eligibility: Teams competing at the Preliminary Meet as a qualifier for the SDSSAA Championship must:
- (i) have a teacher-coach or teacher representative from that school or a Principal-approved teacher-coach or teacher representative from another school present at all locations where school team members are practicing as a team in a facility outside the school;
  - (ii) include 2 or more athletes;
  - (iii) include non-current club competitors (i.e. may not be composed exclusively of current club competitors);
  - (iv) include at least one Level 1 gymnast (no prior gymnastics experience, neither recreational nor competitive)
- (b) Individual Student Eligibility: To represent a school in any activity coordinated by SDSSAA a student **must**:
- (i) have practiced with the school and participated in the Preliminary Meet in order to qualify for the SDSSAA Championship;
  - (ii) not participate in both the SDSSAA Championship and any other event in that same sport on the same day.

**RULES AND OFFICIALS**

- (a) The OCP Technical Regulations, with special modifications as outlined in the Appendix, shall govern competition at the Preliminary Meet and the SDSSAA Championship.
- (b) Competitive Divisions: ***Gymnasts are registered in gymnastics programs as recreational or competitive gymnasts (any Gymnastics Ontario categories). The coach should obtain this information before the gymnasts can be placed in the correct division. This information can be obtained from gymnastics programs and clubs.***

The competitive divisions shall be named Levels 1, 2, 3, 4, 5, 6. For clarification purposes: Levels 1-5 may enter one or more events; Level 6 gymnasts must compete in at least two events.

Levels are determined by previous gymnastics experience.

**i) Level 1:**

- No prior gymnastics experience, neither recreational nor competitive.

**RULES AND  
OFFICIALS (cont'd)****GIRLS' GYMNASTICS (cont'd)****ii) Level 2:**

- Has competed in Level 1 high school gymnastics, or
- Has any competitive acro experience (dance), or
- Has competed or is currently competing at OCP Level 2, or
- Has competed or is currently competing at Xcel Bronze, or
- Has competed or is currently competing at Interclub Tumbling (Levels Intermediate or Advanced) or Trampoline or Provincial Level 1 Tumbling or Trampoline.

**iii) Level 3:**

- Has competed in Level 2 high school gymnastics, or
- Has competed or is currently competing at OCP Level 3, or
- Has competed or is currently competing at Xcel Silver, or
- Has competed or is currently competing at Provincial Level 2 or 3 Tumbling or Trampoline.

**iv) Level 4:**

- Has placed in the top three (3) in any two (2) events in Level 3 at a single SDSSAA/NOSSA Championship, or,
- Has competed or is currently competing at OCP Level 4 or 5.

**v) Level 5:**

- Has placed in the top three (3) in any two (2) events in Level 4 at a single SDSSAA/NOSSA Championship, or,
- Has competed or is currently competing at OCP Level 6, or
- Has competed or is currently competing at Xcel Gold, or
- Has competed or is currently competing at Provincial Level 4 or National Tumbling or Trampoline.

**vi) Level 6:**

- Has placed in the top three (3) in any three (3) events in Level 5 at a single SDSSAA/NOSSA Championship, or,
- Has competed or is currently competing at OCP Level 7 or higher, or
- Has competed or is currently competing at higher than Xcel Gold.

**vii)** An athlete may compete in each of Level 1 and 2 for one year only.

**viii)** An athlete may compete in a level higher than where they are placed based on the above regulations, at the coach's discretion.

**GIRLS' GYMNASTICS** (cont'd)**RULES AND  
OFFICIALS** (cont'd)

- (c) If a gymnast competes in the wrong category at the Preliminary Meet, her results will be invalid and she will not be eligible to compete in further SDSSAA Gymnastics competition during that competitive year.
- (d) Student-athletes only are allowed on the equipment.
- (e) Scoring for Artistic Competition
  - (i) In the Preliminary Meet and the SDSSAA Championship, an Event Champion will be declared on each event for each level. That person will be the individual receiving the highest raw score in each event in each level.
  - (ii) In the Preliminary Meet, a top Individual Aggregate Champion will be declared for each level. That person will be the individual receiving the highest total raw score (out of 40.0) on up to four (4) events.
  - (iii) In the SDSSAA Championship, school team champions shall be declared for Levels 1-6, using the totals of the best two (2) scores in each event.
  - (iv) In the SDSSAA Championship, overall champions for 'A' schools and 'AA/AAA' schools shall be declared, using the totals of the best two (2) scores in each event in each level.
- (f) Each school coach having competitors in the meet may have access to the floor providing the coach is in the uniform stipulated by section 10 Uniforms, and is accredited (i.e., listed on the entry form).

**OFFICIALS**

- (i) The head judge must attend the coaches' meeting, and is encouraged to hold an judges' meeting prior to the start of the first event, when possible.
- (ii) Otherwise the head judge is responsible for communicating the information to all judges participating.

**UNIFORMS AND  
EQUIPMENT**

- (a) General
  - (i) All gymnasts and coaches are expected to dress in body suits or warm-up attire that is neat, clean and which maintains the integrity of the school's name, colours and logos.
  - (ii) Competitive attire must be school colours.

**GIRLS' GYMNASTICS** (cont'd)**UNIFORMS AND  
EQUIPMENT**  
(cont'd)

- (iii) No sport club insignia on body suits or warm-ups shall be permitted by either gymnasts or coaches. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
- (iv) Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(g).
- (iv) Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated locker room or change area to change to and from competition attire.
- (v) The above criteria must be met both on and in the competitive area and during the awards' ceremonies. Incidents of non-compliance shall be forwarded to the Petition & Protest Committee for resolution.

**(b) Sport Specific**

Gymnasts must wear competitive attire (leotard only with optional black spandex shorts) for the awards ceremony.

**AWARDS****(a) Artistic Events - Preliminary Meet**

- (i) In Levels 1, 2, 3, 4, 5, and 6, gold/silver/bronze medallions shall be presented to the first/second/third-place finishers as per Scoring for Artistic Competition guidelines above. Ribbons will be awarded to the fourth through eighth-place finishers.

**(b) Artistic Events - SDSSAA/NOSSA Championship**

- (i) In Levels 1, 2 and 3, gold/silver/bronze medallions shall be presented to the first/second/third-place finishers as per Scoring for Artistic Competition guidelines above. Ribbons will be awarded to the fourth through sixth placed finishers.
- (ii) In Levels 4, 5 and 6, gold/silver/bronze medallions shall be presented to the first/second/third-place finishers as per Scoring for Artistic Competition guidelines above.

**QUALIFICATION  
FOR  
SDSSAA/NOSSA  
CHAMPIONSHIP**

In levels 1-6, SDSSAA athletes placing top 8 on an individual apparatus at the Preliminary Meet will qualify to compete that apparatus at the SDSSAA/NOSSA Championship. The qualification cut-offs will be announced prior to the Preliminary Meet.

**GIRLS' GYMNASTICS** (cont'd)**SUPERVISION**

*A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.*

- (a) For team sports ("A team consists of all athletes from the same school who qualify for SDSSAA competition as a unit...", a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- (b) For individual sports (those sports in which athletes from a school qualify for SDSSAA competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- (c) For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same gender as the athlete(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same gender as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.
- (d) Teacher representatives must adhere to OPHEA guidelines.

**DEPORTMENT**

- (a) Definitions
  - (i) A team is defined as, "All participants representing the same school at an Gymnastics Championship event."
  - (ii) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- (b) All participants (coaches and athletes) are expected to abide by the SDSSAA Code of Behaviours by-laws.
- (c) No artificial noisemakers are permitted at SDSSAA Gymnastics events.
- (d) No flash photography is permitted at SDSSAA Gymnastics events.

**GIRLS' GYMNASTICS** (cont'd)**MEDICAL**

- (a) Coaches shall provide all consumable medical supplies (e.g. tape, band aids, ice packs) for their athletes.
- (b) Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Policies and Procedures section of the SDSSAA handbook).
- (c) Qualified first-aid personnel and equipment shall be available at the competition site.

**PROTESTS &  
PETITION  
COMMITTEE**

All disputes during a Championship/Festival shall be directed to the Protest & Petition Committee for resolution.

- (a) The Protest Committee shall consist of three (3) individuals; SDSSAA Gymnastics Convenor, a SDSSAA Gymnastics committee member, and one other member appointed by the SDSSAA Gymnastics convenor. The Head Official in some cases, may serve as a member of the Protest & Petition Committee. Members of the Protest & Petition Committee must not have any conflict of interest relevant to the incident under protest.
- (b) All protests must be submitted in writing to the SDSSAA convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$25.00 (payable to SDSSAA) fee (refundable if protest is upheld).
- (c) A protest must be submitted within thirty (30) minutes of the completion of the event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.
- (d) The following areas may not be protested at the SDSSAA Championship:
  - Officials' decisions
  - Eligibility of transfer students
- (e) Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.

**GIRLS' GYMNASTICS** (cont'd)**PROTESTS &  
PETITION  
COMMITTEE**  
(cont'd)

- (f) The Protest & Petition Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).
- (g) Decisions of the Protest & Petition Committee shall be final.

***All SDSSAA Gymnastics events are non-smoking and non-vaping events.  
This includes the use of all tobacco- and marijuana-related products.***

***Participants must obey the Ministry of Education's Code of Conduct***



## GIRLS' GYMNASTICS

### APPENDIX 1 TO PLAYING REGULATIONS

#### ARTISTIC GYMNASTICS

***OCP** is the Ontario Competitive Program of Gymnastics Ontario. The OCP Technical Rules & Regulations will apply to all categories unless otherwise stated in the SDSSAA Rules & Regulations. Please note that in the absence of an OCP rule, the FIG Code of Points will be applied. The Element Values are based on the OCP Values as per USGF-JO Code of Points. The OCP Rules & Regulations are posted on the Gymnastics Ontario website – [www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)*

### Event Regulations

- 1) Vault
- 2) Uneven Bars
- 3) Beam
- 4) Floor Exercise

### Generalities

#### Equipment

1. **Landing Mats:** Landing mats with a minimum of 20 cm thickness will be provided for each apparatus. These mats may not be removed from underneath the apparatus. On Vault, Bars and Beam, an additional mat(s) of up to 20 cm thickness will be allowed for safety reasons, if required. Additional landing mats that exceed 20 cm if used, will result in a 0.30 deduction from the gymnast's score.

On floor, up to 10 cm of additional mats may be used for tumbling lines. Only this mat(s) may be removed during the routine. Use of a 10 cm supplementary mat is mandatory for landings on vault, bars and beam.

2. **Additional Equipment:** Anyone bringing extra equipment must, prior to the warm-ups, declare the event at which the equipment will be used. The equipment must remain at the event throughout the duration of that competition.

3. **Equipment Concerns:** Any equipment concerns must be brought to the attention of the CCJ of the competition.

4. Only student athletes will be permitted on the competitive equipment during training, warm-up or competition sessions at SDSSAA.

#### Scoring

1. Start Value will be 10.00 for each event at each Level. Most Vault Start Values, with some exceptions, are out of 10.00. (Refer to Vault Values Chart)

2. Final Score is based on the Difficulty Score minus the Execution Score.

## Girls' Gymnastics Appendix – Generalities (cont'd)

3. D-Score on Bars, Beam and Floor is composed of: DV (Difficulty Value) and SR (Special Requirements) & No Attempt to Dismount. The E-Score includes Specific Apparatus Deductions, Execution errors, and Artistry deductions.

4. Span for Judges' Scores: Span between the two counting E scores is 0.30 when the two counting E scores are between 0.00 and 1.50. Span between the two counting E scores is 0.50 when the two counting E scores are between 1.50 or greater. Span between Average E score and the D1 Judge's E score is 0.30 when the two counting E scores are between 0.00 and 1.50 and 0.50 when the two counting E scores are between 1.50 or greater. **Final Score is never rounded and will be truncated at 3 decimals if required (as in the case of 3 judges on a panel).**

5. No jewelry, bracelets, necklaces, headbands or watches may be worn by competitors. Only small stud-type pierced earrings are allowed. The penalty for not complying with this rule is a **0.20** deduction from the gymnast's final score.

6. On Bars and Beam, a coach standing in a position to spot (not blocking the view of the judges) is permitted without penalty. However, if the **coach touches or spots** the gymnast, a **0.50** deduction will be applied each time spotting occurs during the routine.

7. On Vault, **spotting is only permitted on the landing** with a **0.50** deduction. If spotting occurs during any other phase of the vault (ie. Preflight, on flight/repulsion) or during any phase of a flat back vault, the vault is considered void and will receive a score of 0.00.

One coach may stand beside the vault table with no deduction for all levels. A coach may not stand between the beat board and the apparatus.

8. The performance of **restricted moves** will result in a **0.50** deduction for each time a restricted move is performed. The restricted move receives no value and will not fulfill any SR's. The skill however will receive all applicable execution and amplitude deductions. Performance of a restricted vault will result in a 0.00 score.

## **Girls' Gymnastics – Appendix – Generalities (cont'd)**

### Recognition of Elements

1. Repeated elements in a routine cannot be counted as Difficulty Value (DV) but can fulfill Special Requirements (SR's).
2. If an element does not appear in the USGF- JO Code of Points, it does not have a value unless it is listed in the list of elements.
3. To be considered different, an element must have a different number in the Code of Points as per OCP rules.
4. On Beam and Floor Exercise, consecutive means 2 or more elements performed one after the other. A stop, pause, or small foot adjustment are okay unless the deductions that occur between the leaps/jumps/hops are 0.30 or greater. Connected means 2 or more elements are performed without any stops, hesitations, extra steps or loss of balance between elements

## **Gymnastics – Competition Attire**

1. Competition attire is a one piece leotard (must be skin tight) in school team colours, with optional arm length and optional leg length. The leotard itself is one layer only, however plain black spandex shorts may be worn over top.
2. In the interest of safety, head coverings must be approved in advance by the petition committee.

## Girls' Gymnastics - Appendix VAULT

### Event Regulations:

- Vault Table height requirements are specific to the Level (see below).
- Runway is at least 24 m.
- Use of a 20 cm supplementary landing mat is mandatory for vaults to feet. Up to 20 cm of additional landing mats are permitted.
- Only beatboards or springboards are allowed.

### Vault Heights:

Level 1	Stacked mats piled to a height of $100 \pm 5$ cm
Level 2	Stacked mats piled to a height of $110 \pm 5$ cm
Level 3	Vault table to stacked mats at a height of $115 \text{ cm} \pm 5 \text{ cm}$
Level 4	Vault table at a height of 115 cm
Level 5	Vault table at FIG (125 cm)
Level 6	Vault table at FIG (125 cm)

### Scoring:

1. All vault competitors MAY perform two vaults. The vaults may be the same or different. **The final score will be the BEST score.** An athlete may choose to perform only ONE vault. If a second vault is not performed then the athlete will receive the score of the first vault.

2. The Start Value for all Vaults will be as listed in the table.

3. Three running approaches are permitted as long as the vault is not attempted (i.e. the gymnast may touch the board and/or the front of the vault, but not support their weight on the vault). A fourth approach is not permitted. A gymnast is considered to have started an approach as soon as the run has commenced.

### Girls' Gymnastics - Appendix Vault Values

Level	Name of Vault	Max Final Score
ONE	Flatback (stacked mats only)	10.0
TWO	Flatback (stacked mats only)	10.0
THREE	Handspring-Flatback (table to stacked mats only)	10.0
FOUR	Handspring	10.0
FIVE	Handspring	9.8
	Half-on to feet	10.0
SIX	Handspring	9.3
	Tsukahara timer to feet	9.5
	Tshukahar timer to back	9.8
	Front-front timer	9.8
	Tsukahara tuck	10.0
	Tsukahara open tuck	10.0
	Tsukahara piked	10.0
	Front-Front	10.0

## Girls' Gymnastics - Appendix UNEVEN BARS

### Event Regulations:

- LB 170 cm HB 250 cm, mat is 20 cm.
- Bars may be moved in or out. Diagonal distance between the 2 bars must be adjustable from 130 to 180 cm.
- Athletes qualifying for SDSSAA who wish to raise both bars by one notch, may petition to do so on the SDSSAA Entry Form.
- **Non-removal of the mini-cheese/beat board after the mount** will result in a **0.50** deduction from the final score. This rule is in place to ensure the safety of the gymnast.
- Use of a 10 cm supplementary landing mat is mandatory.

### Falls:

An interruption of 45 seconds is possible due to a fall from the bars. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus, feet or hands leave the bars (**fall time begins**)
- Fall ON the apparatus, when the body hits the bar

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement, including the pumping or beat swing necessary to gain some swing on the bars.

There is no deduction for a coach speaking to the athlete during a fall.

If a gymnast falls from the uneven bars the coach may assist the gymnast in remounting to the high bar or low bar. A spotting penalty will not be applied. The gymnast does have 45 seconds to remount the bars and may use that time to climb back on the bars to a position from which she wishes to continue her routine. She is not deducted for climbing onto the bars to get into position to continue the routine.

After a fall, the gymnast will be allowed one extra swing without penalty to restart the routine; however, two or more **extra swings** will be deducted **0.30** each time. After a fall, the gymnast may repeat the missed element and if successful, will be given credit for the Element and any CR.

### Clarifications:

Casts: At least one cast in the routine must attain the height specified below:

Level 1: greater than 30°

Level 2: greater than 45°

Level 3: horizontal (within 10°)

Levels 4-6: greater than horizontal (not within 10° of vertical)

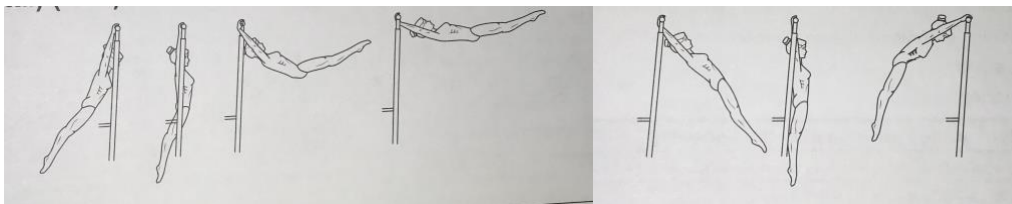
All routines have two opportunities to reach the cast amplitude requirements.

## Girls' Gymnastics - Appendix UNEVEN BARS (cont'd)

### General Execution Deductions

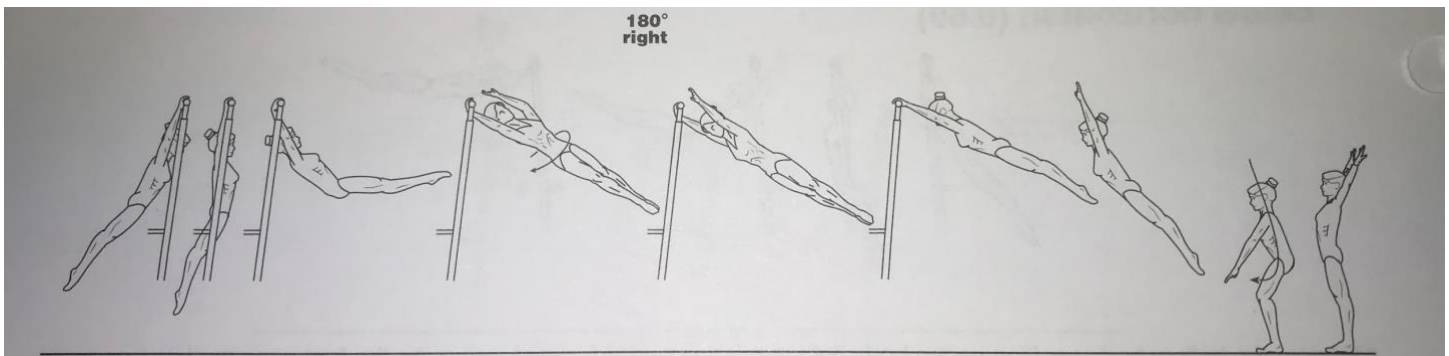
In addition to the specific execution deductions listed for each level, general execution deductions of **up to 0.30 each** will apply to all elements in the routine (i.e., for flexed/sickled feet, leg or knee separations, insufficient exactness of body shape (tuck or piked position), insufficient exactness of stretched position (arch or hip angle), bent arms in support or bent legs, etc.), depending on severity.

### Tap Swing Forward, Counterswing, Tap Swing Forward with ½ turn dismount



Tap swing forward

Counterswing



Tap swing forward, ½ turn dismount

### **NOTE:**

There is no deduction for a double bounce on the beat board when mounting the apparatus.

Definition of bar change: grip begins on 1 bar and ends on the other bar.

### Girls' Gymnastics - Appendix UNEVEN BARS

START VALUE	10.00 Level 1	10.00 Level 2	10.00 Level 3
<b>Compulsory Routine</b>  Deduction for each missing element: 0.5	1. Hip pullover mount 2. Cast to 30° or higher 3. Back hip circle 4. Cast 5. Choice of dismount: • Cast off (at 30°), or • Underswing dismount (no feet), or • Straddle/pike underswing.	1. Hip pullover mount 2. Cast to 45° or higher 3. Back hip circle 4. Cast 5. Tuck- OR straddle- OR pike-on LB to either: • Jump to tap high bar dismount (SV 10.0) • Underswing dismount off LB (SV 9.5)	1. Hip pullover mount 2. Cast to horizontal or higher, within 10° 3. Back hip circle 4. Cast 5. Tuck- OR straddle- OR pike-on LB 6. Jump to underswing, counterswing, tap swing ½ turn dismount
<b>Specific Execution Deductions</b> ↑0.10ea Poor Rhythm Elements/Connections ↑0.30 Poor Rhythm of entire exercise 0.10ea Adjusted Grip position 0.10ea Brush/Touch on Apparatus 0.10ea Brush Mat with feet 0.20ea Hit on Apparatus with feet 0.30ea Hit on Mat with feet 0.30ea Intermediate Swing ↑0.20 Insufficient Dynamics 0.10 Landing too close to Bars on Dismount		0.30ea Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping)  ↑0.10ea Extra Swing of the Legs ↑0.30 Casts below minimum amplitude (Level 1: 0.10; Level 2: 0.20; Level 3: 0.30) 0.30 No Mount or Mount of No Value L1–6	



## Girls' Gymnastics - Appendix UNEVEN BARS

START VALUE	10.00 Level 4	10.00 Level 5
<p><b>Compulsory Routine</b></p> <p>Deduction for each missing element: 0.5</p>	<p><b>Option 1:</b></p> <p>1. Hip pullover mount OR kip 2. Cast to horizontal or higher (to a maximum of 170°) 3. Back hip circle 4. Tuck- OR straddle- OR pike-on LB 5. Long swing pullover OR long swing kip 6. Cast to underswing, counterswing, tap swing forward, second counterswing, tap swing ½ turn dismount.</p> <p><b>Option 2:</b></p> <p>1. Hip pullover mount OR kip 2. Cast to tuck- OR straddle- OR pike-on LB 3. Long swing pullover OR long swing kip 4. Cast to horizontal or higher (to a maximum of 170°) 5. Back hip circle, directly into - 6. Underswing, counterswing, tap swing forward, second counterswing, tap swing ½ turn dismount.</p> <p><i>NOTE: Cast to handstand is a restricted move and will be deducted accordingly</i></p>	<p><b>Option 1: (SV: 10.0)</b></p> <p>1. Hip pullover mount OR kip 2. Cast to horizontal or higher (to a maximum of 170°) 3. Back hip circle 4. Tuck- OR straddle- OR pike-on LB 5. Long swing pullover OR long swing kip 6. Baby giant 7. Cast to underswing, counterswing, tap swing forward, second counterswing, flyaway</p> <p><b>Option 2: (SV: 9.5)</b></p> <p>1. Hip pullover mount OR kip 2. Cast to horizontal or higher (to a maximum of 170°) 3. Back hip circle 4. Tuck- OR straddle- OR pike-on LB 5. Long swing pullover OR long swing kip 6. Cast to underswing, counterswing, tap swing forward to pullover 7. Cast to straddle- or pike-underswing dismount.</p> <p>*There MUST be at least one kip in the routine</p> <p>*In either routine, elements 2 &amp; 3 (cast to horizontal and back hip circle) may be performed on the high bar after the long swing pullover or long swing kip, instead of on the low bar.</p> <p>NOTE: Cast to handstand is a restricted move and will be deducted accordingly</p>
<p><b>Specific Execution Deductions</b></p> <p>↑0.10ea Poor Rhythm Elements/Connections ↑0.30 Poor Rhythm of entire exercise 0.10ea Adjusted Grip position 0.10ea Brush/Touch on Apparatus 0.10ea Brush Mat with feet 0.20ea Hit on Apparatus with feet 0.30ea Hit on Mat with feet 0.30ea Intermediate Swing ↑0.10 ea Insuff Extension on Kips ↑0.20 Insufficient Dynamics 0.10 Landing too close to Bars on Dismount</p>		<p>0.30ea Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping)</p> <p>↑0.10ea Extra Swing of the Legs 0.30 Casts below horizontal 0.30 No Mount or Mount of No Value L1–6</p>

### Girls' Gymnastics - Appendix UNEVEN BARS (cont'd)

START VALUE	10.00 Level 6
Difficulty Value (DV)	Counting DV = 7 elements 6A & 1B Dismount + 6 elements A @ 0.10 B @ 0.30
SR's Special Requirements @ 0.50	1. 1 bar change (element of value) 2. 1 B* element from the following: <ul style="list-style-type: none"> <li>• Uprise, clear hip circle, giant, pike sole circle, stalder circle fwd/bkwd, cast to handstand</li> <li>• Circle element (group 3, 6, 7 &amp; giants (fwd/bkwd))</li> </ul> 3. Cast to minimum horizontal 4. Min A salto dismount
Restrictions	C's allowed but not required No D, E, F, G
<b><u>Specific Execution Deductions</u></b>  <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">           ↑0.10ea Poor Rhythm Elements/Connections            ↑0.30 Poor Rhythm of entire exercise            0.10ea Adjusted Grip position            0.10ea Brush/Touch on Apparatus            0.10ea Brush Mat with feet            0.20ea Hit on Apparatus with feet            0.30ea Hit on Mat with feet            0.30ea Intermediate Swing            ↑0.10 ea Insuff Extension on Kips            ↑0.20 Insufficient Dynamics            0.10 Landing too close to Bars on Dismount         </div> <div style="width: 45%;">           0.30ea Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping)             ↑0.10ea Extra Swing of the Legs            ↑0.10 Insufficient swingful execution            0.30 Casts below horizontal            0.30 No Mount or Mount of No Value L1–6   <b>Please Note:</b> Same Elements can receive value twice only if preceded or followed by a different element.         </div> </div>	

### Girls' Gymnastics - Appendix

#### UNEVEN BARS – LIST OF ELEMENT VALUES

UNEVEN BAR ELEMENTS	A VALUE	UNEVEN BAR ELEMENTS	B VALUE
GLIDE KIP, ALSO HALF TURN GLIDE KIP MOUNT	A	KIP LB CATCH HB or JUMP FULL TURN KIP Mount KIP CUT Mount	B
LONG KIP HB MOUNT JUMP HALF TURN OR FULL TURN TO HANG ON HB	A	JUMP HALF TURN TO LONG KIP HB	B
SQUAT OR PIKE OR STRADDLE ON LB MOUNT	A	FREE SQUAT OR STRADDLE OVER LB TO HANG	B
CAST TO SQUAT OR PIKE OR STRADDLE ON	A	CAST TO HANDSTAND, STRADDLE OR STRAIGHT BODY	B
		UPRISE TO FREE SUPPORT COUNTER SWING STRADDLE BACK OVER LB	B
UNDERSWING HALF TURN, WITH OR W/O FEET ON, PIKE OR STRADDLE (Group 3)	A	UNDERSWING HALF TURN OVER LB (NOT FROM HANDSTAND) (Group 3)	B
		CLEAR HIP CIRCLE TO CLEAR SUPPORT (Group 3)	B
SWING HALF TURN TO 45°	A	CLEAR UNDERSWING HALF TURN OVER LB (NOT FROM HANDSTAND)	B
LONG PULLOVER TO HB OR GIANT ON LB	A	BACK GIANT	B
BABY GIANT (¾ GIANT)	A	FRONT GIANT (Group 5)	B
		STALDER CIRCLE TO CLEAR SUPPORT (Group 6)	B
BACK HIP CIRCLE , FRONT HIP CIRCLE (Group 7) SOLE CIRCLE (Group 7)	A A	TOE ON CIRCLE TO CLEAR SUPPORT (Group 7)	B
UNDERSWING DISMOUNT, WITH OR WITHOUT FEET, ALSO WITH HALF TURN OFF HB	A		
UNDERSWING WITH 1 AND 1/2 TWIST DISMOUNT	A		
TAP SWING FORWARD, ½ TURN DISMOUNT	A		
FLYAWAY TUCK, PIKE OR LAYOUT	A	FLYAWAY 1/2 TWIST OR FULL	B
FRONT FLYAWAY TUCK, PIKE OR LAYOUT	A	FRONT FLYAWAY WITH 1/2 TWIST OR FULL	B

## Girls' Gymnastics - Appendix BALANCE BEAM

### Event Regulations:

- Beam height requirements are specific to the Level (see below).
- FIG: 125 cm padded beam
- Additional 20cm mat is required for dismounts.
- Additional mat of up to 20cm may be used under the beam.
- Length of routine is 30 seconds to 1 minute 30 seconds for all levels.
- A warning bell will be rung at 1 minute 20 seconds and the final bell will be rung at 1 minute 30 seconds.
- A coach or another athlete must **remove the mini-cheese or beat board after the mount**; failure to do so will result in a **0.50** deduction from the gymnast' final score.

### Beam Heights:

Level 1	Beam at 110 cm OR 125 cm
Level 2	Beam at 110 cm OR 125 cm
Level 3	Beam at 110 cm OR 125 cm
Level 4	Beam at FIG (125 cm)
Level 5	Beam at FIG (125 cm)
Level 6	Beam at FIG (125 cm)

### Falls:

An interruption of 30 seconds is possible due to a fall from the beam. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus; feet or hands leave beam (**fall time begins**)
- Fall ON the apparatus; when body hits the beam

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement. If a gymnast **falls while remounting the beam after the fall**, there will be a **0.50** deduction even if the timing of the exercise has not resumed.

There is no deduction for a coach speaking to the athlete during a fall.

### Note:

There is no deduction for a double bounce on the beat board when mounting the apparatus.

### Girls' Gymnastics - Appendix BALANCE BEAM (cont'd)

START VALUE	10.00 Level 1	10.00 Level 2	10.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = 4 elements Dismount + 3 A's A @ 0.10	Counting DV = 4 elements Dismount + 3 A's A @ 0.10	Counting DV = 5 elements Dismount + 4 A's A @ 0.10
<b>SR's Special Requirements @ 0.50</b>	1. One acro element (excludes dismount)  2. Two <u>consecutive</u> & different leaps/jumps/hops  3. Relevé ½ turn on 2 feet (pivot turn)  4. An A dismount	1. One acro element (excludes dismount)  2. Two <u>connected</u> & different leaps/jumps/hops  3. Relevé ½ turn on 1 foot (no greater than 180°)  4. An A dismount	1. Two different acro elements (excludes dismount) <i>*Acro elements do not need to be consecutive</i>  2. Minimum two connected & different leaps/jumps/hops  3. Relevé ½ turn on 1 foot to relevé pivot turn on 2 feet.  4. An A dismount
<b><i>For the List of A &amp; B elements, refer to the Beam Element Chart</i></b>			
<b>Restrictions</b>	No B, C, D, E, F, G No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts No aerial cartwheel or walkover dismount	No B, C, D, E, F, G No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts	No B, C, D, E, F, G  No flight or aerial tumbling <u>on beam</u> No series or B dismounts
<b><u>Specific Execution Deductions</u></b> 0.20ea Add'l support of 1 leg against side of beam 0.10 Dismount Landing too close to Beam 0.30ea Grasp on beam to avoid fall 0.50 Falls 0.10ea Concentration pauses (> 2 sec) ↑0.30 Add'l movements to maintain balance 0.50 3 <sup>rd</sup> Run Approach/Touch board w/o Mounting ↑0.20 Insufficient variation in rhythm & tempo ↑0.20 Lack of Sureness of performance ↑0.10 Lack of Precision of Dance (Arm, leg positions – Turns not in high releve)		<b><u>Specific Execution Deductions</u></b> 0.10 Missing move close to beam w/ torso or head touching ↑0.20 Poor Dynamics  <b><u>Artistry Deductions</u></b> 0.20 Lack of movement in all three directions (fwd/side/bkwd) ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement ↑0.10 Lacks Quality of Expression	

### Girls' Gymnastics - Appendix BALANCE BEAM (cont'd)

START VALUE	10.00 Level 4	10.00 Level 5
Difficulty Value (DV)	Counting DV = 5 elements Dismount + 4 A's A @ 0.10	Counting DV = 6 elements Dismount + 5 A's A @ 0.10
SR's Special Requirements @ 0.50	<p>1. Two consecutive acro elements (elements may be same or different) (excludes dismount) <i>*One acro element must go to or through handstand</i></p> <p>2. Minimum two connected &amp; different leaps/jumps/hops</p> <p>3. 360° turn on 1 foot</p> <p>4. An A dismount</p>	<p>1. Two connected acro elements (elements may be same or different) (excludes dismount) <i>*One acro element in series must go to or through handstand</i></p> <p>2. One isolated acro element (excludes dismount) <i>*May be the same as an acro element in SR1</i>  <i>If SR1's elements are in the same direction, SR2 must be in a different direction. If SR1's elements are in different directions, SR2 can be in any direction.</i></p> <p>3. Minimum two connected &amp; different leaps/jumps/hops, one with minimum 120° split.</p> <p>4. 360° turn on 1 foot</p> <p>5. An A salto dismount</p>
<b>For the List of A &amp; B elements, refer to the Beam Element Chart</b>		
Restrictions	Dance B's allowed No B, C, D, E, F, G <b>Exception:</b> See allowed acro B's	B's allowed but not required No C, D, E, F, G
<b>Specific Execution Deductions</b> 0.20ea Add'l support of 1 leg against side of beam 0.10 Dismount Landing too close to Beam 0.30ea Grasp on beam to avoid fall 0.50 Falls 0.10ea Concentration pauses (> 2 sec) ↑0.30 Add'l movements to maintain balance 0.50 3 <sup>rd</sup> Run Approach/Touch board w/o Mounting ↑0.20 Insufficient variation in rhythm & tempo ↑0.20 Lack of Sureness of performance ↑0.10 Lack of Precision of Dance (Arm, leg positions – Turns not in high releve)		<b>Specific Execution Deductions</b> 0.10 Missing move close to beam w/ torso or head touching ↑0.20 Poor Dynamics  <b>Artistry Deductions</b> 0.20 Lack of movement in all three directions (fwd/side/bkwd) ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement ↑0.10 Lacks Quality of Expression

## Girls' Gymnastics - Appendix

### BALANCE BEAM (cont'd)

START VALUE	10.00	Level 6
Difficulty Value (DV)	Counting DV = 7 elements 6A & 1B Dismount + 6 elements A @ 0.10    B @ 0.30	
SR's Special Requirements @ 0.50	<div>1. Two different and connected acro elements (excludes dismount) <i>*One acro element in series must go to or through handstand</i></div> <div>2. One isolated acro element (excludes dismount) <i>*Must be different than the acro elements performed in SR1</i>  <i>If SR1's elements are in the same direction, SR2 must be in a different direction. If SR1's elements are in different directions, SR2 can be in any direction.</i>  <i>If SR1's elements do not have flight, the acro element in SR2 must have flight. If at least one of SR1's elements have flight, the acro element in SR2 does not need to have flight.</i></div> <div>3. Dance connection of min. 2 different leaps/jumps/hops, one with 180° split (cross position only)</div> <div>4. 360° turn on 1 foot</div> <div>5. An A+ salto dismount</div>	
For the List of A & B elements, refer to the Beam Element Chart		
Restrictions	C's and D's allowed but not required No E, F, G	
<div>Specific Execution Deductions</div> <div>0.20ea Add'l support of 1 leg against side of beam</div> <div>0.10 Dismount Landing too close to Beam</div> <div>0.30ea Grasp on beam to avoid fall</div> <div>0.50 Falls</div> <div>0.10ea Concentration pauses (&gt; 2 sec)</div> <div>↑0.30 Add'l movements to maintain balance</div> <div>0.50 3<sup>rd</sup> Run Approach/Touch board w/o Mounting</div> <div>↑0.20 Insufficient variation in rhythm &amp; tempo</div> <div>↑0.20 Lack of Sureness of performance</div> <div>↑0.10 Lack of Precision of Dance (Arm, leg positions – Turns not in high releve)</div>		<div>Specific Execution Deductions</div> <div>0.10 Missing move close to beam w/ torso or head touching</div> <div>↑0.20 Poor Dynamics</div> <div>Artistry Deductions</div> <div>0.20 Lack of movement in all three directions (fwd/side/bkwd)</div> <div>↑0.10 Lack of Creative Choreography</div> <div>↑0.10 Lacks Quality of Movement</div> <div>↑0.10 Lacks Quality of Expression</div>

**Girls' Gymnastics - Appendix**  
**BALANCE BEAM – LIST OF ELEMENT VALUES**

BALANCE BEAM ELEMENTS	A VALUE	BALANCE BEAM ELEMENTS	B VALUE
Jump with Hand Support to Squat Stand or Squat/Pike Through	<b>A</b>	Jump, Press, or Swing to Handstand Mount	<b>B</b>
Jump to Side Straddle or Split/Cross Split Sit Mount	<b>A</b>	Jump to Cartwheel at End of Beam Mount	<b>B</b>
Scissor Leg Swing with 1/2 Turn to Cross Straddle Sit	<b>A</b>	Handspring Fwd from Board to Rear Support Mount	<b>B</b>
Clear Straddle Support or Jump to Fwd Roll Mount Free Step-On or Free Jump 2-2 Mount	<b>A</b> <b>A</b>	Free Forward Roll at end of Beam Mount	<b>B</b>
Split Leap Fwd with Front (Stag) or Back Leg Bent	<b>A</b>	Split Leap Fwd with 1/4 Turn	<b>B</b>
Stag Jump or Stag Jump with 1/4 Turn	<b>A</b>	Straddle/Split Jump or Straddle Pike Jump Straddle/Split Jump or Straddle Pike Jump with 1/4 Turn	<b>B</b>
Scissor Leap (Fwd or Bwd), Cat Leap, Sissone	<b>A</b>	Cat Leap with 1/2 Turn	<b>B</b>
Wolf/Tuck Jump/Wolf Hop or Switch Leg Wolf Leap	<b>A</b>	Tuck/Wolf Jump with 1/2 Turn, Pike Jump (also w 1/4 turn)	<b>B</b>
Stretch Jump (also with 1/2 turn or leg chngement)	<b>A</b>	Stretch Jump with 3/4 Turn	<b>B</b>
1/2 Turn on 2 Feet in Relevé (pivot turn) (A Level 1) 1/2 Turn on 1 Foot in Relevé (A Level 2) 1/2 Turn on 1 Foot to Pivot Turn on 2 Feet (A Level 3)	<b>A L1</b> <b>A L2</b> <b>A L3</b>		
360° Turn on 1 Foot	<b>A</b>	1 1/2 Turn on 1 Foot	<b>B</b>
Body Wave (fwd,bwd,side) to Balance Stand (2 sec) on both Legs	<b>A</b>	Body Wave (fwd, bwd, side) to Balance Stand Releve (2 sec) on 1 leg	<b>B</b>
Free Lying Torso Hang at End or Side of Beam	<b>A</b>	Kneeling to Body Wave Toe-Rise Balance Stand	<b>B</b>
1 Leg Stand (Fwd or Side/Held) or Arabesque Scale Forward (2s) free leg above horizontal	<b>A</b>	1 Leg Stand in Releve (Fwd or Side/Held) or Arabesque Scale Forward in Releve (2s) free leg above horizontal	<b>B</b>
Handstand without hold (within 30°) Level 1&2 only	<b>A L1&amp;2</b>	Clear Pike Support Legs Together	<b>B</b>
Handstands Not Held (within 10° ) Level 3 – 4 Only Handstand with hold (2 seconds) Kick to Cross or Side Handstands (2sec Hold)	<b>A L3-4</b> <b>A</b> <b>A</b>	Kick to Cross or Side Handstands with 1/1 Turn (no hold required in turning handstands)	<b>B</b>
Forward roll to sitting position Forward/ Back Rolls to Squat/Stand	<b>A L1-2</b> <b>A L1-4</b>	Free Forward Roll or Dive Forward Roll	<b>B</b>
Back (shoulder) Roll to Knees/Straddle Sit (torso must be vertical with shoulders off the beam)	<b>A L1-3</b>	Back Extension	<b>B</b>



**Girls' Gymnastics - Appendix**  
**BALANCE BEAM – LIST OF ELEMENT VALUES (cont'd)**

Cartwheel, Back Walkover, Tic-Toc Walkover Front Roll to Straddle Sit (A Level 1&2 Only)	<b>A L1&amp;2</b>	Dive Cartwheel, Round-off, Front Walkover, Valdez Front or Back Handspring	<b>B</b>
Round-Off or Front Handspring (also with 1/2) Dismt	<b>A</b>	Front Handspring with 1/1 Twist Dismount	<b>B</b>
Cartwheel to Side Handstand Dismount	<b>A L1-3</b>	Arabian Salto Tuck or Pike (also with 1/2 twist) Dismount	<b>B</b>
Cartwheel to Side Handstand 1/4 Turn Dismount ("Wende")	<b>A L1-5</b>	Front Layout Salto or Back Salto with 1/2 or 1/1 Twist Dismount	<b>B</b>
Aerial Cartwheel/Walkover, Fwd or Back Salto Dmt	<b>A</b>	Gainer Salto Dismount	<b>B</b>
<b>LEVEL 1 ONLY:</b>		<b>ALLOWED ACRO B ELEMENTS (levels 4-5):</b>	
Dismount: Any jump (tuck, straight, stretched, straddle, pike) off the end of the beam. Two-foot take-off and two- foot landing. Also with up to 360° turn	<b>A L1</b>	Jump, press or swing to handstand - mount or in routine	<b>B</b>
		Free Forward Roll - mount or in routine	<b>B</b>
		Front walkover	<b>B</b>
		Valdez	<b>B</b>

## Girls' Gymnastics - Appendix FLOOR EXERCISE

### Event Regulations:

- Floor area: 12 m x 12 m
- Additional mats of up to 10 cm are allowed for tumbling
- Length of routine is 30 seconds to 1 minute 30 seconds for all levels.

### Music:

Floor music of a competing gymnast must be emailed to the convenor, as follows:

- all music must be in .m4a OR .mp3 OR .mp4 format
- name each file as follows: gymnast\_level\_school.m4a
  - example: JillFerguson\_Level3\_MSS.m4a
- bring a thumb drive/data stick with your athletes' music to the meet as a backup

Music must be submitted by the posted deadline (to be stated in the call to meet).

### Music Regulations

The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung in any language. Music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge. Music with whistles/animal sounds will NOT receive a deduction. If a coach has any question of the music containing words, the music should be sent to the convenor well ahead of the posted deadline for review.

A **0.30** penalty will be imposed on the gymnast's final score if music is not received by the posted deadline.

If the routine is stopped by a technical failure of the audio equipment, the gymnast has the following options:

- Repeat her routine without penalty at the end of the rotation and count the second score, **OR**
- Not repeat the exercise, count the first routine (no penalty for absence of music during the routine).

The coach may request the score of the first routine before choosing options.

If the wrong music is played, the gymnast may leave the floor until the appropriate music is ready. The chief judge will give a new starting signal to start routine. There is no penalty if the wrong music is played.

### Recognition of Elements:

Other than in Level 1, all series must contain the specified elements directly connected with no pause or steps between elements. Repeated elements in a routine cannot be counted as Difficulty Value (DV) but can fulfill Special Requirements (SR's).

**Girls' Gymnastics - Appendix**  
**FLOOR EXERCISE (cont'd)**

START VALUE	10.00 Level 1	10.00 Level 2
<b>Difficulty Value (DV)</b>	Counting DV = 4 elements 4 A elements A @ 0.10	Counting DV = 4 elements 4 A elements A @ 0.10
<b>SR's Special Requirements @ 0.50</b>	<p>1. Two acro series with a minimum of 2 <i>different</i> elements.  <i>*One element from either acro series may be replaced with a hop/leap/jump, provided it is <u>connected</u> to the other elements in the series.</i></p> <p><i>*2nd series must contain an element not yet in the routine. Flight not required.</i></p> <p>2. Dance passage of minimum 2 different elements, 1 being a leap or hop with a 1-foot take-off (the other can be leap/jump/hop)</p> <p>3. Minimum relevé ½ turn on 1 foot to relevé pivot turn on 2 feet (360° turn on 1 foot is allowed)</p>	<p>1. Two acro series with a minimum of 2 <i>different</i> elements.  <i>*2nd series must contain an element not yet in the routine. Flight not required.</i></p> <p>2. Two acro elements in different directions (one must be backward; may be in acro series)</p> <p>3. Dance passage of minimum 2 different elements 1 being a leap or hop with a 1-foot take-off (the other can be leap/jump/hop)</p> <p>4. 360° turn on 1 foot</p>
<b>For the List of A elements, refer to the Floor Element Chart</b>		
<b>Restrictions</b>	No B, C, D, E, F, G Aerial cartwheels <b>not allowed</b> No saltos No aerial walkovers No backhandsprings	No B, C, D, E, F, G (including Dance B's) Aerial cartwheels <b>allowed</b> No saltos No aerial walkovers No more than one backhandspring in the routine
<b><u>Specific Execution Deductions</u></b> 0.10ea Concentration pauses (> 2 sec) 0.50 Falls 0.05ea Missing synchronization with the music 0.10 Last movement does not end with the music 0.10 Ending pose is not held (2 seconds) 1.00 Music with voice or no music ↑0.20 Poor relationship of music & movement ↑0.20 Insufficient variation in rhythm & tempo throughout ↑0.20 Dynamics 0.10ea Lack of Precision in Dance (arms, legs & turns in high releve)  <b>Level 1:</b> A small pause or step between elements in a series will not cause a missed SR, but will receive deductions of up to 0.2 each time, to a maximum of 0.5.		<b><u>Specific Execution Deductions</u></b> 0.10 Insufficient Use of Space 0.10ea Excessive running before a simple element or series 0.10 Missing movement close to floor (leotard, thigh or head touching floor) 0.30 No attempted Acro Series in the routine L1-5 0.30 Attempt w/o performance of an element  <b><u>Artistry Deductions</u></b> ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement - Personal Style ↑0.10 Lacks Quality of Expression

### Girls' Gymnastics - Appendix FLOOR EXERCISE (cont'd)

START VALUE	10.00	Level 3	10.00	Level 4
Difficulty Value (DV)	Counting DV = 5 elements 5 A elements A @ 0.10		Counting DV = 5 elements 4 A elements & 1 Dance B element A @ 0.10 B @ 0.20	
SR's Special Requirements @ 0.50	<div>1. a) One acro series with a minimum of 3 elements <b>and</b> b) One acro series with a minimum of 2 elements</div> <div><i>*One acro element must have flight.</i> <i>*<u>One</u> element from <u>either</u> acro series may be replaced with a hop/leap/jump, provided it is <u>connected</u> to the other elements in the series.</i> <i>*2nd series must contain an element not yet in the routine.</i></div> <div>2. Two acro elements in different directions (one must be backward).</div> <div>3. Dance passage of minimum 2 different elements, 1 being a leap or hop with a 1-foot take-off (the other can be leap/jump/hop)</div> <div>4. 360° turn on 1 foot</div>		<div>1. a) One acro series with a minimum of 3 elements, <b>and</b> b) One acro series with a minimum of 2 elements</div> <div><i>*One series must contain at least two flight elements</i> <i>*Each series must contain an element not yet in the routine.</i> <b>NOTE</b> - Front and back rolls no longer count as A elements for levels 4-6</div> <div>2. Two acro elements in different directions (one must be backward)</div> <div>3. Dance passage of minimum 2 different elements, 1 being a leap or hop with a 1-foot take-off (the other can be leap/jump/hop)</div> <div>4. Minimum 360° turn on 1 foot</div>	
For the List of A elements, refer to the Floor Element Chart				
Restrictions	Dance B's allowed No B (acro), C, D, E, F, G Aerial cartwheels <b>allowed</b> No saltos No twists No aerial walkovers		No B (acro), C, D, E, F, G No more than 1 salto in the routine No layouts	
<b>Specific Execution Deductions</b> 0.10ea Concentration pauses (> 2 sec) 0.50 Falls 0.05ea Missing synchronization with the music 0.10 Last movement does not end with the music 0.10 Ending pose is not held (2 seconds) 1.00 Music with voice or no music ↑0.20 Poor relationship of music & movement ↑0.20 Insufficient variation in rhythm & tempo throughout ↑0.20 Dynamics 0.10ea Lack of Precision in Dance (arms, legs & turns in high releve)			<b>Specific Execution Deductions</b> 0.10 Insufficient Use of Space 0.10ea Excessive running before a simple element or series 0.10 Missing movement close to floor (leotard, thigh or head touching floor) 0.30 No attempted Acro Series in the routine L1-5 0.30 Attempt w/o performance of an element  <b>Artistry Deductions</b> ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement - Personal Style ↑0.10 Lacks Quality of Expression	

**Girls' Gymnastics - Appendix**  
**FLOOR EXERCISE (cont'd)**

START VALUE	10.00 Level 5	10.00 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = 6 elements 5 A elements & 1 B element A @ 0.10 B @ 0.30	Counting DV = 7 elements 5 A elements & 2 B elements Dismount + 6 elements A @ 0.10 B @ 0.30
<b>SR's Special Requirements @ 0.50</b>	1. a) One acro series with a minimum of 3 elements, <b>and</b> b) One acro series with a minimum of 2 elements  2. One salto or aerial required. May be isolated or in series.  3. Two acro elements in different directions (backward, and forward or sideward) (flight required)  4. Dance passage of minimum 2 different leaps/jumps or hops - one being a leap/jump/hop with a 120° split (cross position only)  5. Minimum 360° turn on 1 foot	1. One salto acro series (minimum of 2 directly connected acro flight elements 1 of which is a salto).  2. One different salto acro series.  3. Two saltos in different directions in exercise (backward, and forward or sideward)  4. Dance passage of minimum 2 different leaps/jumps/hops - one being a leap/jump/hop with a 180° split (cross position only)  5. Minimum 360° turn on 1 foot
<b>Restrictions</b>	No C, D, E, F, G No acro series with 2 saltos	No D, E, F, G C's allowed but not required No double saltos
<b><u>Specific Execution Deductions</u></b> 0.10ea Concentration pauses (> 2 sec) 0.50 Falls 0.05ea Missing synchronization with the music 0.10 Last movement does not end with the music 0.10 Ending pose is not held (2 seconds) 1.00 Music with voice or no music ↑0.20 Poor relationship of music & movement ↑0.20 Insufficient variation in rhythm & tempo throughout ↑0.20 Dynamics 0.10ea Lack of Precision in Dance (arms, legs & turns in high releve)		<b><u>Specific Execution Deductions</u></b> 0.10 Insufficient Use of Space 0.10ea Excessive running before a simple element or series 0.10 Missing movement close to floor (leotard, thigh or head touching floor) 0.10ea More than 1 leap/jump/hop to prone or front support 0.30 No attempted Acro Series in the routine L1-5 0.30 Missing both acro series (level 6 only) 0.30 Attempt w/o performance of an element  <b><u>Artistry Deductions</u></b> ↑0.10 Lack of Creative Choreography ↑0.10 Lacks Quality of Movement - Personal Style ↑0.10 Lacks Quality of Expression

### Girls' Gymnastics - Appendix

#### FLOOR EXERCISE - LIST OF ELEMENT VALUES

FLOOR EXERCISE ELEMENTS	A VALUE	FLOOR EXERCISE ELEMENTS	B VALUE
Split Leap Forward, Split Jump, Stag Jump Stag Leap/Jump (front leg bent and/or back leg)	A A	Split Leap with 1/4 or 1/2 Turn, Split Jump w 1/2 Turn Double Stag Jump/Leap with 1/1 Turn	B B
Stag Switch Split Leap	A	Switch Split Leap Forward	B
Scissor Leap Forward or Backward, Sissone Tuck Schuschunova	A A	Pike Jump, Straddle Pike or Side Split Jump Straddle Schuschunova	B B
Stretched Jump with 1/2 Turn or 1/1 Turn Wolf Hop or Wolf Jump, Switch Wolf Leap	A A	Stretched Jump with 1 1/2 Turn Wolf Hop or Jump with 1/2 Turn	B B
Cat Leap (also with 1/2 Turn) Tuck Jump/Hop (also with 1/2 Turn)	A A	Cat Leap with 1/1 Turn Tuck Jump/Hop with 1/1 Turn	B B
1/1 Turn on 1 Foot	A	1 1/2 Turn on 1 Foot, 1/1 Free Illusion Turn 1/1 Turn Free Leg at or above Horizontal	B B
Jump to Handstand, Handstand with 1/2 or 1/1 Turn	A	Kick or Press to Handstand with 1 1/2 or more Turn	B
Handstand Forward Roll Front Roll to Squat/Stand Back Roll (Tuck or Pike) finish on feet, legs together Back Extension (also w 1/2t)	A A L1-3 A L1-3 A	Back Extension with 1/1 turn or more in Handstand	B
Walkover Fwd, Bwd, Valdez, Aerial Front Walkover	A		
Front Handspring, Back Handspring Cartwheel, Round-off, Aerial Cartwheel or Round-off	A A	Arabian Handspring ( 1/2 twist to front handspring) Flyspring Fwd (2 ft to 2 ft)	B B
Front Salto Tucked Back Salto Tucked/Pike/Layout/ Whip Back Salto	A A	Front Salto w 1/2 Twist, Front Pike, Front Layout Back Salto with 1/2 or 1/1 Twist	B B

**GIRLS' HOCKEY****AGES**

Refer to Constitution - Art. IX, page 20.

**ELIGIBILITY**

- (a) Refer to Constitution: Art. IX, page 20.
- (b) All competitors must have been in regular attendance at the school before they can compete.

**OFFICIALS**

The assignment of officials will be made in conjunction with the referee-in-chief.

The enforcement of rules to be as per constitution and the contract with the Officials Association.

No game shall begin without at least one official present.

All playoff games in Division "A" will be assigned three (3) officials.

For all games scheduled in City of Greater Sudbury arenas, the assignment of scorekeepers will be made in conjunction with the chief timekeeper.

**RULEBOOK**

The Hockey Canada Rulebook is to be followed except for any amendments or deletions passed by S.D.S.S.A.A. or N.O.S.S.A.

Amendment: No body checking in the Girls' Hockey League

**FINANCING**

- (a) Costs for officials for Board schools, above the Officials' Pool allotment, will be shared equally by all participating schools.
- (b) Any other costs will be shared equally by all participating schools.

**FORMAT OF  
COMPETITION**

Schools are free to choose the competitive division in which they wish to compete. All NOSSA positions be derived from Division "A" with no right of challenge from Division "B". If all positions cannot be filled from Division "A", the convener retains the right to fill the position from the top qualifying team from Division "B".

**GIRLS' HOCKEY** (cont'd)**GENERAL**

- (a) Each school shall be responsible for the conduct of its players and officials. Each school will be responsible to enter their roster into an app selected by the convener to manage the league's game results previously managed by virtue of hard copy scoresheets.
- (b) The home team is responsible for supplying pucks and a tablet that is to be used by the scorekeeper to manage the game. If a tablet is not available, a hard copy scoresheet provided by the home team may be used as a one-time replacement.
- (c) Exhibition games must be approved by the principal of each school.
- (d) An unlimited number of players can be dressed.
- (e) All players must wear a C.S.A. approved facial protector and neck guard for all S.D.S.S.A.A. games. The wearing of mouthguards is not mandatory.
- (f) Helmets and facemasks must be worn at all times within the playing area.
- (g) A league game shall consist of three 15 minute stop time periods, including a flood between second and third periods where time permits.
- (h) Each team is allowed a 30 second time-out per game. (Cannot be used in the last 5 minutes of the third period if the time is running rather than stopped).
- (i) No team will be allowed to start a school hockey game without a minimum of 8 players and one goalie.
- (j) In the event of inclement weather conditions, notice must be provided to teams at least two (2) hours before game time and must be approved by both coaches and the Athletic Administrator. Should both coaches not be in agreement, the Athletic Administrator will have the final authority to decide whether or not the game proceeds as scheduled.



**GIRLS' HOCKEY (cont'd)****GENERAL (cont'd)**

- (k) If during the course of a game one team attains a lead of six goals, the game will be continued straight time at the subsequent drop of the puck. If after this point this differential is reduced to three goals, the game will revert back to stop time, again at the subsequent drop of the puck. If during the course of a game one team attains a lead of eight goals, any additional goals scored by the team with the lead shall not be recorded on the score sheet or the scoreboard. The opposing team may score as normal.
- (l) Teams are expected to begin games at their scheduled start times. If, after the zamboni has left the ice surface, only one team is prepared to play with the legal number of players as defined by the playing regulations, warm-ups are to begin without delay nonetheless. If, after the four-minute warm-up, the offending team is still not able to ice the required number of players to start the game, the timekeeper is instructed to put ten (10) minutes on the clock. If the ten (10) minute period expires and the offending team is still not able to ice the required number of players to provide a legal number of players in plain view of the official, the game shall be called a forfeit win for the non-offending team at that point.

If the legal number of players is produced within the ten (10) minute period, the game shall begin immediately, with a delay of game penalty assessed to the offending team to start the game.

**VIOLATIONS/  
PENALTIES**

- (a) All suspensions to be served shall be in accordance with the current OHF suspension list for minor hockey. In cases where a student incurs a suspension of 1-2 games in a community league, she will stand suspended from high school play for the same number of games, or, a period not to exceed 72 hours following the date and time of the offence, and will be fully eligible to return to play after that period. For all suspensions of three (3) games or more, community suspensions are to be served on a 1:1 basis in the high school league. The number of games to be served shall correspond to the high school suspension list. The convener is permitted to consider time served in lieu of games, where deemed necessary, upon receipt of expression of concern from school involved. In all cases, it is the player's responsibility to advise the coach of any community suspensions.

**GIRLS' HOCKEY (cont'd)****VIOLATIONS/  
PENALTIES (cont'd)**

Any suspension incurred during the final game of the season for the team involved will be doubled. This suspension is to be served in the next SDSSAA sport that the student elects to take part in, or the next hockey season, whichever comes first.

- (b) Suspensions are to be served concurrently. Exhibition or tournament games will count towards suspensions so long as they are scheduled prior to the offence.
- (c) The name of a suspended player is also written on the scoresheet (e.g. Bertolo - 2nd of 3 game suspension).

**PLAY-OFFS**

- (a) The top four teams in the league standings will advance to the play-offs, with first place finisher playing the fourth place, and second playing third place. A best two out of three game series will be played in both semi-finals and finals.

In the event that six teams are permitted to go into the playoffs, the top two teams will get a bye into the next round. The third placed team would play the sixth placed team and the fourth placed team would play the fifth. Should a lower placed team (i.e. sixth) defeat a higher placed team (i.e. third), then the lower placed team would play the top team in the next round.

- (b) Where ties involve the last playoff position(s), tie breaking games must be scheduled.
- (c) To break all other ties in the final regular season standings, the following criteria will be used:
  - (I) Head to head results, with the winning team being seeded highest.
  - (II) If there is still a tie, the team with the higher number of wins amongst the tied teams will be seeded highest.
  - (III) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
  - (IV) If there is still a tie, the team that has allowed the fewest points in games involving common opponents will get the highest seed.
  - (V) If still tied, point differential (points for less points against) in games involving the tied teams will get the highest seed.
  - (VI) If still tied, point differential (points for less points against) in games involving common opponents will get the highest seed.

**GIRLS' HOCKEY (cont'd)****PLAY-OFFS (cont'd)**

(VII) If still tied, the team that recorded the fewest penalties (where applicable) will get the highest seed.

(VIII) If still tied, a single coin toss will decide the issue.

Tie breaking games will be played at the site of the highest placed seed. Should that site be unavailable, not meet sport governing body specifications or not be able to accommodate spectators, then the game will be played at the site of the lower seed. Should either of these locations be unavailable, then the higher seeded team shall select a site. If the higher seed is unable to access a site, the convener shall secure a neutral site. For scheduling, the convener(s) shall leave at least two days for tiebreakers at the end of the schedule before the playoffs.

In ties involving three or more teams, teams will be seeded using the criteria above, and a minimum number of games will be scheduled to decide the issue. Match-ups will be scheduled considering standard playoff formats (ie. if four teams: 4th vs 1st, 3rd vs 2nd, if three teams: 1st receives bye, 3rd plays second, etc)

All tie breaking games are designated as playoff games.

For playoff games only, when the score is tied after the end of regulation time, teams will then play an additional overtime period of not more than five (5) minutes, with the team scoring first declared the winner. The overtime period shall be played with each team at a numerical strength of three (3) skaters and one (1) goalkeeper. In the event that one team is serving a penalty at the end of regulation time, it shall be four-on-three until the first whistle after the penalty has expired. At the expiration of the penalty the penalized player shall return to the ice and the teams shall play four-on-four until the first whistle at which time the teams shall revert to three-on-three.

**PLAY-OFF  
PROCEDURES**

If the game remains tied at the end of the five (5) minute overtime period, the teams will proceed to a simultaneous shootout. The teams will not change ends for the shootout. Three (3) players from each team shall participate in the shootout and they shall proceed as follows: All players are eligible to participate in the shootout unless they are serving a ten-minute misconduct or have been assessed a game misconduct or match penalty. Each team will be given three shots, unless the outcome is determined earlier in the shootout.

**GIRLS' HOCKEY (cont'd)****PLAY-OFF  
PROCEDURES  
(cont'd)**

After each team has taken three shots, if the score remains tied, the shootout will proceed to a "sudden victory" format. No player may shoot twice until everyone who is eligible has shot.

Regardless of the number of goals scored during the shootout portion of overtime, the final score recorded for the game will give the winning team one more goal than its opponent, based on the score at the end of overtime.

**NOSSA  
REPRESENTATION**

NOSSA representation will be derived from Division I play-offs first, then Division I regular season standings. No challenges from Division II will be permitted for NOSSA positions.

At the conclusion of the Division I City Championship Final, the winner will have the opportunity to choose their intent to participate for NOSSA "A"/"AA" or "AAA", provided they do not displace a second place team from a NOSSA entry. The second placed finisher would then have the next choice of level to NOSSA. Additional NOSSA entries would be filled by the next highest finishing teams in the Division I playoffs. If two teams are eliminated in the same round of playoffs, then the team with the best regular season record between the two would have priority to choose their NOSSA classification.

**CONVENER**

- (a) The convener shall compile a record of player penalties to be reviewed periodically with the Association Executive.
- (b) The convener's decision on any league matters will be final and binding when executed in accordance with the S.D.S.S.A.A. constitution.
- (c) The convener shall appoint if he/she deems necessary:
  - i) a league schedule
  - ii) a league statistician
  - iii) a public relations person

**GIRLS' SLO-PITCH****RULEBOOK**

Refer to Slo-Pitch Ontario Rules used at OFSAA except where indicated below.

**ELIGIBILITY**

1. Each school may send one team composed of players of any age classification. Any number of players may be on a team, but each name must be on the score sheet prior to a game.
2. Eligibility sheets must be submitted to the convener prior to competition.
3. Schools may enter a second team at the discretion of the convener, if such an entry will allow the tournament to run smoother. Two separate eligibility forms must be completed and players are not allowed to play on both teams.

**TOURNAMENT DATES**

A two-day event will be scheduled. Day one will consist of a 3-game round robin schedule and day two will feature the top eight finishers from day one, competing in a quarter, semi and final championship tournament.

The option to play in "A" or "B" (not eligible for OFSAA) division will be added to the participation survey. A minimum of four (4) teams will be required to run a "B" division.

**OFFICIALS**

Slo-Pitch Ontario umpires will be secured for all games wherever possible.

A one-person system of umpiring for the championship and consolation rounds will be utilized.

**ENTRY FEE**

A fee sufficient to cover the cost of softballs, rulebook, scorebooks, receipt book, etc. will be charged back to each school by the convener.

**WITHDRAWAL OF TEAM**

If a team withdraws after the entry deadline, the entry fee is forfeited and the team is ineligible for the following season of competition.

**GIRLS' SLO-PITCH** (cont'd)**PLAYING RULES**

Refer to Slo-Pitch Ontario rules except where indicated below. Teams competing in "B" division will use the boys' regulations (including the use of a pitcher's cage).

- (a) Batting helmets to be worn around all bases.
- (b) Distance between bases - 60 feet.
- (c) Pitching distance - optional at either 45 feet or 50 feet.
- (d) Use of commitment and scoring lines.
- (e) Upon third foul batter is out.
- (f) Overrunning will be permitted on all bases. Players must turn right while overrunning.
- (g) Coach has option to list all players on the batting order or substitute players according to Slo-Pitch Ontario rules.
- (h) Maximum of two coaches permitted on field at all times.
- (i) Three courtesy runners per game are permitted.
- (j) Teams can play with a minimum of eight (8) players. The opposing team will provide a catcher who will not be a part of any plays at home plate. The opposing player catching does not have to be the same player each inning. The opposing player catching merely throws the ball back to the pitcher and is not involved in any plays.
- (k) For Division B only, if the pitcher throws a strike and the batter makes no attempt to swing, the batter will be called out. The whole plate will be used as the strike zone (plate and mat). A wooden plate will be used to serve as home plate.
- (l) Helmets are required by batters/baserunners. Catchers and pitchers are to wear facial protection, ie. Catcher's/pitcher's cage and/or helmet.
- (m) Balls hit up the middle, within an arm's length of the pitcher, is an automatic out. Putting down lines will help but otherwise umpire's discretion will be in affect.

	GIRLS' SLO-PITCH (cont'd)
PLAYING RULES (cont'd)	(n) Players are allowed an anticipation step.
EQUIPMENT	(a) Each team must provide its own equipment.  (b) Safety bag utilized on first base.  (c) Hot dot softballs will be used. Balls to be purchased by the Convener, used balls to be returned to the participating schools.  (d) Uniforms: All teams must wear matching uniforms or school shirts.
TIE BREAKING	The tie breaking procedures will be applied only to the first three innings of any preliminary game. Runs scored in any inning where only the top of the inning was played will not count towards the tie breaking calculation.
DRESS CODE	Players shall wear matching uniform tops with any pants or shorts of an appropriate fit and length No spandex or volleyball shorts shall be worn during any game.

**GIRLS' VOLLEYBALL****ELIGIBILITY**

as per N.O.S.S.A.

**SERIES**

Novice

Junior Tier One (Division I) and Tier Two (Division II)

Senior Tier One (Division I) and Tier Two (Division II)

**SCHEDULING**

1. Junior and senior teams from one school are in the same division.
2. Schools shall declare whether they will have both junior and senior teams when asked by the convener.
3. The junior and senior teams from division I will be ranked from 1 to 10 after playoffs using the results of the previous season to give a combined ranking for the school. The 9<sup>th</sup> and 10<sup>th</sup> ranked school will be relegated to division II. If there is a tie for relegation, the senior team's ranking will break the tie. If both senior teams have the same ranking, a tie breaker match will be played at the school that did not have court advantage during the regular season.

- |                                  |          |
|----------------------------------|----------|
| • Champion                       | 1 point  |
| • Finalist                       | 2 points |
| • Both semi-finalist             | 3 points |
| • Both quarter-finalist          | 4 points |
| • Seventh place (regular season) | 5 points |
| • Eight place (regular season)   | 6 points |
| • Ninth place (regular season)   | 7 points |
| • Tenth place (regular season)   | 8 points |

If there is a tie or ties in the standings for teams that did not make the playoffs, the tie breaking procedure in the playing regulations will break the tie or ties for ranking the teams.

4. Seeding of teams for the following season shall be done as follows: the champion and finalist team from tier two will replace the bottom two teams from tier one. The bottom two teams from tier one will then go to tier two. All other teams remain in the same tier. (Remember that the juniors follow the seniors). Respecting the order of finish, and applying first to teams relegated to new divisions, a school may switch divisions with another school, providing there is mutual consent. Irrespective of this or any other regulation, Division I will be maintained at ten entries.



**GIRLS' VOLLEYBALL** (cont'd)**SCHEDULING**  
**(cont'd)**

If a Division II team has earned the right to move into Division I and remains in Division II (through mutual consent, according to Scheduling #4), that team shall not have the option to challenge for a NOSSA entry

Teams must be present at the post-season meeting, or send a letter to the athletic administrator and both conveners involved prior to the post-season meeting in order to clarify their intent to move up and/or down divisions. If intent is not declared prior to the post-season meeting, team(s) relinquish their right to relegation.

5. Triple headers will be used at schools that have Novice programs.
6. All Novice league matches will consist of 3 full sets (25, 25, 25). The third set will be played regardless of the score after the second set. Team winning 2 full sets will be declared the match winner. All Novice playoffs matches will be best of 5 (25, 25, 25, 25, 15).

**2024-2025 LEAGUE**  
**ENTRIES**

<b>Butterworth Division (Tier One)</b>	<b>Klemp Division (Tier Two)</b>
Bishop Carter	Chelmsford
Confederation	Collège Notre-Dame
Esc Champlain	Es Hanmer
Esc l'Horizon	Lively
Lasalle	Es Macdonald Cartier
Lo-Ellen Park	Riv-des-Français
Lockerby	St Benedict
Marymount	Sudbury Secondary
Es du Sacré-Coeur	
St Charles	

**SCORES AND**  
**SCORESHEETS**

Winning team is expected to post scores on the sdssaa.ca website. Home team is expected to load game sheet onto the sdssaa.ca website.

**PLAY-OFFS**

S.D.S.S.A.A. Girls' Volleyball will adopt the following play-off structure. All matches will be played at the home of the higher placed team. Best 3 of 5.

**GIRLS' VOLLEYBALL** (cont'd)**PLAY-OFFS** (cont'd)

The City Finals will be hosted on the Friday before the Family Day long weekend, at the senior's winning school for each division (Efforts will be made to obtain a post-secondary institution the City Championship on the Friday).

When the higher placed team's gym is not available or does not meet Volleyball Canada requirements, the first place senior finisher may choose a regulation size high school gym in which they wish to play the Championship Finals. If not possible, a site will be determined by the convener.

The Head Official will assign certified Volleyball Canada officials as minor officials (2 linespeople and 2 scorekeepers) for all final matches. The hosting senior team may be asked to provide competent minor officials as scorekeepers if the Head Official is unable to provide qualified minor officials.

**INTENT TO CHALLENGE**

A Division II team that wishes to challenge a Division I team for a NOSSA position must notify (in writing) the Division I and Division II conveners of their intent to challenge one week prior to the beginning of the playoffs.

**N.O.S.S.A. ENTRIES**

1. For purposes of N.O.S.S.A. entry, Division I will serve as the vehicle for entry to NOSSA B, A, AA and AAA.
2. Challenge matches, where necessary, will be scheduled by the conveners and played on the Tuesday and Wednesday preceding N.O.S.S.A.
3. At the conclusion of the Division I City Championship Final, the winner will have the opportunity to choose their intent to participate for NOSSA "A", "AA" or "AAA", provided they do not displace the Finalists from a NOSSA entry. The Finalists would then have the next choice of level to NOSSA. If only one (1) NOSSA entry remains, the next highest playoff finisher will have the right to the entry. If two teams were eliminated from the playoffs at the same level, a match will be played (if necessary) and the winner will be declared the NOSSA rep. Should two (2) or more NOSSA entries remain, entries will be filled by the semi-finalists (and then the quarter finalists) teams in order of highest league standings, until all spots are filled.

**GIRLS' VOLLEYBALL** (cont'd)**N.O.S.S.A. ENTRIES**  
(cont'd)

4. The Division II Champion has the right to choose (ONE) NOSSA category and challenge the lowest place entry into NOSSA in that category, from Division I to a match. The winner will be the NOSSA representative for the category chosen. Challenge matches will take place at the Division I school. Should the Div. 2 Champion be the highest seeded B NOSSA representative, yet challenges a Div. 1 school for an A, AA, or AAA NOSSA spot, the Div. 2 challenger gives up their right to register in the B NOSSA. In this case, B NOSSA entry will be filled by the next highest playoff finisher. If two 'B' teams were eliminated from the playoffs at the same level, a match will be played (if necessary) and the winner will be declared the NOSSA rep.

**BREAKING TIES**

1. Where ties involve the last playoff position(s), tie breaking games must be scheduled.
2. When applying the tie breaking rules, the following sequence must be followed:
  - (a) When two teams are tied, the tie breaking criteria are applied one after the other until the tie is broken;
  - (b) When three or more teams are tied, the tie breaking criteria are applied one after the other until all teams are ranked.
3. Tie Breaking
  - (a) If two (2) teams are tied at the end of the regular season schedule, the team winning the match between the two tied teams will receive the higher ranking.
  - (b) If three (3) or more teams are tied at the end of the regular season schedule, the following criteria shall be applied to determine their rankings:
    - (i) The team having the best ratio of won/lost matches, considering matches played among the tied teams only in regular season play, will be ranked higher;
    - (ii) The team having the best ratio of won/lost sets, considering matches played among the tied teams only in regular season play, will be ranked higher;
    - (iii) The team having the best ratio of won/lost sets, considering all matches played in regular season play, will be ranked higher;
    - (iv) The team having the best ratio of points for/against, considering games played between the tied teams in regular season play, will be ranked higher;

**GIRLS' VOLLEYBALL (cont'd)****BREAKING TIES**  
(cont'd)

3. Tie Breaking (cont'd)
  - (v) The team having the best ratio of points for/against, considering all games in regular season play, will be ranked higher.
4. All tie breaking games are designated as playoff games.

**AWARDS**

Refer to Constitution - Article XIV, page 14 (b)  
Championship trophy and banner, championship and finalist medals.

**OFFICIALS**

- a) Major officials will be provided through the referee-in-chief. The home team must provide two competent linesperson and official scorer.
- b) Rated officials receive the allotted rate as per S.D.S.S.A.A.
- c) The referee-in-chief will hand in an itemized report each year prior to the post-season meeting indicating the distribution of funds.

Every effort should be made to have two (2) officials at all play-off games. Flexibility of game times and dates should be considered to accommodate all games. In the event that this is not possible, senior matches should take priority.

**RULES**

Current Volleyball Canada Rules will be used with the exception of the following:

- a) 12 Substitution Rule: For SDSSAA competition, teams are allowed a maximum of 12 substitutions in any one set. There is no limit to the number of times a player may leave or re-enter a set, as long as the maximum number of substitutions is adhered to and they leave or re-enter for the same player. Once a player has a designated substitution partner in a set, that is the only player that they leave or re-enter a set for. For example, player A for player B - player C may not enter this rotation.
- b) Eighteen (18) players may dress and all eighteen may play.
- c) Net height for novice, junior and senior play is 2.24m.

**VOLLEYBALL (cont'd)****RULES (cont'd)**

- d) No exposed jewelry to be worn, taping/covering of piercing is allowed. Jewelry such as rings, bracelets and necklaces and any other items deemed unsafe by competition officials shall be removed.
- e) All junior/senior matches are best 3 out of 5. All novice matches are best of 3 (25, 25, 15). All novice playoff matches will be best of 5.
- f) Warm-ups before matches will follow a 10-5-5 format. Ten (10) minutes of common time for on-court warm-up; five (5) minutes for team serving first a net; five (5) minutes for team receiving first at net.
- g) Only running shoes with non-marking soles will be allowed for games or practices.
- h) Rule 14.3 - Assisted Hit is not accepted at the S.D.S.S.A.A. level of play.
- i) The length of time-outs shall be one minute.
- j) Libero Player - The player that is designated as the libero for any set may be team captain or game captain.
- k) Uniforms. A team is to wear matching uniform tops at all times or the player(s) will not play. Student-athletes must remain fully clothed in an appropriate team uniform in the competition area, AND, use the designated locker room or change area to change to and from competitive attire. Teams in violation will receive a yellow card which carries a one point penalty.

Should a team member's uniform become soiled due to contact with blood or other bodily fluid, a "substitute uniform" may consist of another team member's uniform or a spare jersey.

**GAME PROCEDURES**

When the first referee indicates for the teams to change sides at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court.

**GAME BALL**

SDSSAA will use the OFSAA-sanctioned game ball.