

CESS Sport Rules

GAGA BALL

- All players start with one hand touching a wall of the pit.
- The game begins with a referee throwing the ball into the center of the pit.
- When the ball enters the pit, the players scream 'GA' for the first two bounces, and 'ball' on the third bounce, after which the ball is in action.
- Hand must stay on wall for the counts until “Ball”
- Once the ball is in play, any player can hit the ball with an open or closed hand.
- No double touching the ball until it makes contact with the wall or another player
- If a ball touches a player below the knee (even if the player hits himself/herself) he/she is out and leaves the pit.
- Using the walls of the octagon to aid in jumping is legal as long as the player does not permanently sit on the ledge of the octagon.
- Players cannot hold or dribble the ball
- Direct headshot is a reset of play
- No Turtling (staying in a squatted position, and if you are hit with the ball in a defensive stance you must raise hands to shoulder height)
- Must stay standing to best of ability

Tournament Guidelines: Team Battle

- Teams require a minimum of 10 players
- Friendly fire - if you hit your own teammate it counts as a hit
- 8 on 8 co-ed
- The first team to get to 30 points (1 points per eliminated player) or most points in allotted time wins the game.
- Once eliminated player exits the pit on own side and tags in next player
- Eliminated players or players waiting in line may deflect the balls back in play to their discretion
- Open hand flicks are accepted but no lifting or carrying the ball

SOCCER

EXCEPT FOR THE FOLLOWING LOCAL RULES, F.I.F.A. LAWS OF THE GAME SHALL APPLY:

LOCAL RULES:

1) FIELD OF PLAY

- May be smaller than the minimum requirements of F.I.F.A.

2) THE BALL

- Size 5
- Size 4 or 5 for C tournaments

3) NUMBER OF PLAYERS

- Tournament hosts will decide on rosters:
 - Option A: 8 players on the field at a time with a minimum of 3 girls
 - Option B: 11 players on the field at a time with a minimum of 4 girls

4) PLAYERS EQUIPMENT

- All players numbered
- No metal cleats on soccer boots
- All players must wear shin pads

5) DURATION OF THE GAME

- Up to discretion of host; around 15-20 minute halves is recommended
- No extension of time except for penalty kicks when the game is tied unless it's the final.

6) SHOOTOUTS

- One goal shall be used for the shoot-out
- First kick determined by coin toss
- Ball placed on 12-yard line.
- Both teams shall receive **3 or 5 kicks (up to host)**, followed by sudden-death if still tied
- No player shall take more than one shot during the shoot-out
- Teams are to alternate genders
- Goalie must be the same one who finished the current game**
- Round-robin games are allowed to end in ties.

START OF PLAY

Teams not ready for play shall be penalized one goal for each five minutes of delay. Failure to field a team by half-time shall result in a forfeit by the offending team.

7) SUBSTITUTIONS

Substitutions are allowed after a goal is scored or when the ball goes out of bounds **at the discretion of the referee**

FUNDAMENTAL SOCCER RULES

Free Kicks

A. Direct free kick. (Team can score directly from kick)

The following offences will result in a direct free kick for the other team.

1. Strikes, kicks, holds, or pushes an opponent
2. Charges opponent in dangerous manner
3. Trips an opponent
4. Handles the ball with ball or arm

If the defending team commits one of the above offences within the penalty area, a penalty kick will be given to the other team at the 12-yard line.

B. Indirect free kick. (Team cannot score directly from kick)

The following offences will result in an indirect free kick.

1. Offside
2. Obstruction
3. Charging goalkeeper who has the ball
4. Unsportsmanlike conduct

Ball out of Play

When the whole of the ball passes over the sideline an opposing player of the last player to touch the ball will be awarded a throw in. A proper throw in must have both feet on the ground, ball released from over head and with both arms, and the throwers body must face the field of play.

When a member of the attacking team last touches the ball, which goes over his opponent's goal line his opponents will receive a goal kick. The ball is placed from 6 yards in front of the goal line. All opposition players must be outside the penalty area. Once kicked or passed, the ball is alive. It does not need to clear the penalty area to be played.

When a member of the defending team last touches the ball that goes over his\her own goal line, a corner kick will be given to the other team.

Offside

A player is offside when he/she is behind the entire opposition team (goalie excluded) the moment the ball is passed to him/her. A player cannot be offside on his/her own side of the field.

Kick-off

The ball is placed at centre with all opposition players no closer than 10 yards. All players from the kicking team must be behind the centre line until the ball is passed/kicked (except for the kicker). The ball may be passed in any direction.

CROSS COUNTRY

The cross country meet takes place on the running trail at Bear Creek Park and is 1,860 metres.

Do not bring students who are unable to jog this distance without stopping.

There are 8 races:

- Grade 4 girls' race
- Grade 4 boys' race
- Grade 5 girls' race
- Grade 5 boys' race
- Grade 6 girls' race
- Grade 6 boys' race
- Grade 7 girls' race
- Grade 7 boys' race

Schools will be divided into 3 categories, A, B and C, according to school size. The results will be tabulated separately, and 3 sets of awards will be given. The CESS secretary will determine which schools are A, B and C schools.

Scoring in each race will be determined by the first 4 places of the runners on the team. (3 runners for C designated schools.) For example, if a team has runners in 5th, 9th, 22nd, and 57th place, the score for that team will be $5 + 9 + 22 + 57 = 93$ points. The lower the points, the better the score. A team without four runners (A & B schools) cannot score and is appointed last place. The same applies for a C school that does not have at least 3 runners in a race.

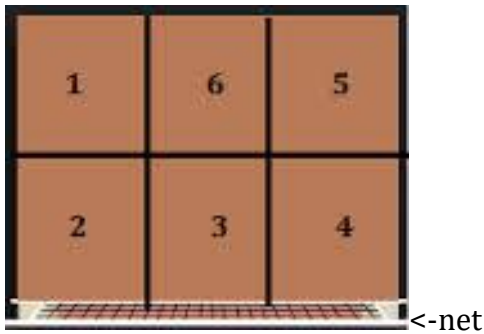
Ties are broken by determining the highest place runner of the tied teams.

The overall school championship shall be determined by adding the placings of all eight teams from a school. A first place earns 1 point, 2nd place earns 2 points, etc. Ties will be broken by determining which team has the highest placings. For example: 2 places for one team will count more than one first place.

Coaches are to have their scores in before the first result of the following race is in. If not, the team will be disqualified.

At the starting line, schools may place up to five runners in the front row. Additional runners must line up behind the front row.

Tripleball Rules



(Tripleball positional picture)

- 1) Tripleball follows a sequence of 3 rallies:
 - serve
 - toss over the net to receiving team
 - toss over the net to serving team
- 2) After the 3-rally sequence, the serve is given to the other team
- 3) The new serving team rotates with the introduction of a new server (rotations only start for the 3rd sequence). For example:
 - a. At the start of the game (1st sequence): Team A serves, ball gets tossed to Team B, ball gets tossed to Team A
 - b. 2nd sequence: Team B serves, ball gets tossed to Team A, ball gets tossed to Team B
 - c. 3rd sequence: Team A rotates and continues the sequence
- 4) Every rally (tossed or served) is worth one point
- 5) Tossed balls go to position 6 (back middle)
- 6) Position 6 must try to **bump** it to position 2 or 3.
 - a. If he/she bumps it directly over the net, there will be a re-toss (maximum of 1 re-toss)
 - b. If he/she doesn't bump it, then it is a re-toss.
- 7) Whoever (ideally position 2 or 3) receives the ball from position 6 should try to bump or set to a teammate. If the ball goes over the net on the second hit, play continues.
- 8) Coaches or competent helpers are to toss to their own team by using two hands and tossing it underhand.
- 9) Tournament organizers can allow opposing teams to toss to their team if it is okay with both coaches.

- 10) Tosses should be above the height of the antennae (about 3 feet above the net).
- 11) The tosser can be on the court but must immediately move off after tossing.
- 12) Tossers must announce the toss by yelling "free ball", "ball in" or something similar.
- 13) Switching your service order is not allowed.
- 14) After each set **or match**, each player will start the next set/**match** in the same position that they ended in.
- 15) Contact with the net by a player between the antennae, during the action of playing the ball is a fault.
- 16) All other standard volleyball rules apply.
- 17) **For tournaments with Grade 6 players, Volley Lites are to be used.**
- 18) **Rules about crossing the line while serving, based on gym space or player age, are to be clearly communicated by the tournament organizer.**

A-School Rosters: A schools may enter 2 teams (evenly split) if they have at least 16 players. There must be a minimum of 8 players per team.

B/C-School Rosters: Must have a minimum of 8 players.

VOLLEYBALL RULES

Volleyball BC rules will be in effect with the following modifications:

- A. Net height is 2 meters.
- B. 6 players on the court.
- C. A team may have as many players as they wish, but we will have a cap of 18 ribbons. Please keep in mind that we would like to see everyone have an equal opportunity to play.
- D. Substitutions:
A team must rotate a player in on the serve. All players rotate clockwise in the same order. The previous server is substituted out and the new player goes into Position #6.
Players on the bench must rotate in the same order.
- E. One timeout per game.
- F. The serve may hit the net on its way over.
- G. The volleyball may touch the roof and remain in play if it stays on your team's side and then is played again. You are not allowed to have the ball touch the roof **or go through any part of the roof's structure (i.e. rafters)** on its way over the net to the other side.

- H. Games are played on the rally point system to a point limit set by the tournament organizer.

COMMON RULES

- I. A player may play the ball with any part of the body.
- II. The ball must be hit cleanly and not held (including lifted, pushed, carried or thrown). It can rebound in any direction.
- III. The following are faults in playing the ball:

Four hits: A team hits the ball four times (not including the block).

Assisted hit: A player takes support from a teammate or any structure/object in order to reach the ball within the playing area.

Held ball: Ball that comes to rest when a player contacts it

Double contact: A player hits the ball twice in succession

- IV. Positions:
- A. Now the ball is hit by the server, each team must be within its own court (except the server) in two rows of three players.
- B. The players along the net are front row players and occupy positions 4 (left player), 3 (centre player), and 2 (right player). The other three are back row players occupy positions 5 (left player), 6 (back player), and 1 (right player). Each front row player must have at least part of his/her foot closer to the centre line than the feet of his corresponding back row player.
- Each right (left) side player must have at least a part of his/her foot closer to the right (left) side line than the feet of the centre player of his/her row.
- C. Once the ball has been served, the players should occupy the position that they are in but may travel outside of their position on their own court and on the free zone to play the ball.
- D. A back row player is only able to contact a ball that is over the height of the net when his/her feet have contacted the floor from behind the attack line.
- E. A blocker may reach over the net. The blocker may reach over the net as long as he/she does not touch the ball until the other team has made their attack hit.
- F. A player may step over the centre line with part of his/her foot. It is a fault if a player's entire foot or any other part of his/her body crosses the line.

G. A block is not considered a hit. After a block, a team is still allowed three hits.

BASKETBALL

1. TIME: Games should start on time, so the tournament host needs to leave enough time between games.
 - a. Warm-up: 5-minute warm-up.
 - b. Games are five 5-minute shifts or four 5-minute shifts (up to tournament host and based upon # of teams/courts).
 - c. Halftime and time-outs up to tournament host
 - d. Late: After 5 minutes late, the team forfeits that win but may still play the game.
2. TEAMS:
 - a. Players: Teams must consist of a minimum of
 - i. 8 player minimum (B/C-schools)
 - ii. 9 players minimum (A-schools). There will be no cap on team size (but a cap of 18 ribbons).
 - b. Equal playing time: Teams must number their players and keep that playing rotation (#1-5 play the first shift, then #6-10 play the second shift, then the next shift is #11, 1-4, etc.).
 - c. Accountability: The tournament host will provide a sheet to the coaches to write down their rotations for accountability.
 - d. Equal: If you are dividing into 2 or more teams, your teams must be of equal strength.
 - e. Jerseys: Players must have different numbered jerseys. No numbers = forfeit games.
3. DIMENSIONS: The hoop will be 10 feet. The basketball will be size 6. If there is a 3-point line, you may also use that.
4. TOURNAMENT SCORING: Up to the tournament host how many points per win/tie. Host will also communicate beforehand whether 3-point shot are allowed from behind the arc.
5. DEFENSE: Half-court defence only. Man-to-man only, which means you must be an equal distance from your check and the ball. Switching should not occur except in help-side defensive situations. Trapping is also not allowed. Zone defence will result in one warning and then a technical foul (one point and possession) for each infraction thereafter. Double-teaming

should not occur if the athletes commit to a check (unless both offensive players are too close).

Please understand the spirit of this rule.

6. FOULS:

- a. Referees will report all fouls to the score table.
- b. Shooting fouls: The tournament host may choose which option they play with.
 - i. Option A – When a player is fouled in the act of shooting or driving for a lay-up, 1 point is awarded plus possession under the hoop. If the shooter scores while being fouled, 2 points are awarded plus possession.
 - ii. Option B – When a player is fouled in the act of shooting or driving for a lay-up, 1 point is awarded plus possession. If the shooter scores while being fouled, then 3 points are awarded, and possession goes to the other team.
- c. Non-shooting fouls will be a sideline/endline out-of-bounds throw-in.
- d. Personal fouls: Any player receiving 5 personal fouls during a game will not be allowed to play for the remainder of the game, including overtime.
- e. Team fouls: 8 team-fouls starts bonus, which means 1 point and possession.
- f. Unsportsmanlike or technical fouls: If a technical foul is given, the player will receive a personal foul, and their name will be written down. A second technical will result in automatic ejection from the entire tournament.

7. VIOLATIONS:

- a. Double dribble: When a player dribbles the ball with both hands at once or dribbles, stops, and dribbles again without letting go of the ball.
- b. Travelling: Taking too many steps en route to the basket or moving pivot foot before dribbling.
- c. Up and down occurs when a player jumps in the air and returns to the ground, still holding the ball.
- d. Jump ball: If two players are both holding onto the ball. The ref needs to keep track of whose possession it is next (idea: an elastic that switches wrists).
- e. Over and Back: Occurs when a team carries or passes the ball over the centre line, into the offensive side, and back into the defensive side again. The ball will then go to the opposing team on the sideline for an inbounds throw.
- f. Time Violations

- i. 3 Seconds in the key: The attacking team may only stay in the opponent's key area for 3 seconds.
- ii. 5 seconds to inbound: A team has 5 seconds to inbound a ball. The time starts when the referee gives the player the ball.
- iii. 10 seconds in the backcourt: A team has 10 seconds to cross half.
- iv. 30-second shot clock: counted by the ref with a 10-second warning and a 5-second countdown.

8. OVERTIME:

- a. Round Robin: If the game is tied during round robin, then it remains a tie, and points are awarded.
 - b. Playoffs: If the game is tied in playoffs, then a 2-minute overtime period will take place with the next shift of players. If it is still tied at the end of 2 minutes, then a shootout will occur - each team choosing 1 player to shoot a foul shot. This continues until there is a winner.
9. Schools hosting may call upon one teacher, EA, or administrator who is a qualified referee, and CESS will cover the TOC cost.

CESS 3-on-3 Basketball

1. SET UP: All games are played in a half-court setting on one basket.
 - a. Lines: Play will begin with the ball at the top of the 3-point line. If there is no 3-point line, the host school needs to provide a taped line that players must take the ball out to after a defensive rebound.
 - b. Referees: 2 students per game and one adult in playoffs.
 - c. Scorekeeper: 1 per game.
 - d. Basketball: Size 6 basketball
 - e. Hoops: 10 feet.
 - f. Tournament board: schedule, point system (2 point for a win, 1 for a tie and 0 for a loss) and results.
2. TIME: 20 minutes, running time.
 - a. Warm up: a minimum of 5 minutes of warm-up time for both teams. Teams warm up together in 3-on-3.
 - b. Ties: If tied in a round robin, it remains a tie. If in the playoffs, a 2-minute overtime will happen with the next shift of players. If it is still tied at the end of 2 minutes, then a shootout will occur - each team choosing 1 player to shoot a foul shot. This continues until there is a winner.
3. TEAM: 5-6 players. Schools may enter two teams, but each must have a minimum of 6 players. If a team shows up with fewer players, then they forfeit their wins but may still play in the tournament.
 - a. Teams must number their players and keep that playing rotation (#1-3 play the first shift, then #4, 5, 1 play the second shift, then the next shift is #2, 3, 4, etc.).
 - b. Substitutions are every 5 minutes on the ref's whistle.
4. FLOW OF THE GAME
 - a. Initial possession: rock-paper-scissors
 - b. The ball must be respectfully checked by both teams. The ball is given to the person defending the ball for a moment, and passed back to begin play.
 - c. All live rebounds by the defensive team or changes in possessions must have the ball dribbled/passed behind any point of the 3-point line. A player is considered behind the

3-point line when neither of his/her feet is inside nor touching the arc. At least one foot must have made contact completely outside of the 3-point line.

5. VIOLATIONS

- a. Double dribble: When a player dribbles the ball with both hands at once or dribbles, stops, and dribbles again without letting go of the ball.
- b. Travelling: Taking too many steps en route to the basket or moving pivot foot before dribbling.
- c. Up and down occurs when a player jumps in the air and returns to the ground, still holding the ball.
- d. Jump ball: If two players are both holding onto the ball. The ref needs to keep track of whose possession it is next (idea: an elastic that switches wrists). This results in a checked ball at the 3-point line.
- e. Out-of-bounds calls will result in the ball being given to the opposing team at the top of the 3-point line. The ball must be checked from this spot.
- f. Time Violations
 - i. 3 Seconds in the key: The attacking team may only stay in the opponent's key area for 3 seconds.
 - ii. 5 seconds to inbounds: A team has 5 seconds to inbound a ball. The time starts when the referee gives the player the ball.
 - iii. 30-second shot clock: approximately counted by the ref with a 10-second warning and a 5-second countdown.

6. FOULS:

- a. Referees will report all fouls to the score table.
 - b. Non-shooting fouls: A non-shooting foul made by the defensive team results in the offensive team getting the ball at the top of the 3-point line.
 - c. Shooting fouls:
 - i. Missed shot: 1 point and possession of the ball at the top of the 3-point line.
 - ii. Scored shot: 2 points and possession of the ball at the top of the 3-point line.
 - c. Offensive fouls: the fouled team gets to check it in at the 3-point line. No points.

- c. Personal fouls: Any player receiving 5 personal fouls during a game will not be allowed to play for the remainder of the game, including overtime.
 - c. Team fouls: 8 team-fouls starts bonus, which means 1 point and possession.
 - c. Unsportsmanlike or technical fouls: If a technical foul is given, the player will receive a personal foul and their name will be written down. A second technical will result in automatic ejection from the entire tournament.
7. DEFENSE: Man-to-man only, which means you must be an equal distance from your check and the ball. Switching should not occur except in help-side defensive situations. Trapping is also not allowed. Zone defence will result in one warning and then a technical foul (one point and possession) for each infraction thereafter. Double-teaming should not occur if the athletes commit to a check (unless both offensive players are too close). Please understand the spirit of this rule.
8. COACHING: There is no on-the-floor coaching. Coaches may only talk to their players while they are sitting on the bench.

FLOOR HOCKEY

I. EQUIPMENT:

- Hockey balls will be used (usually orange).
- Sticks: Each team is responsible for their own sticks. Only plastic blades made by Dom or other reputable manufacturer. No wooden shafts allowed except for the goal stick. No Floorball sticks.
- The team must provide any goalie equipment used. (Goalie pads are not to exceed 30 cm. by 70 cm.)
- Goalies must wear a facemask.

II. GAMES:

- It is recommended that the games are two 12 1/2-minute halves of running time.
- 2 minutes between halves, at which time teams will switch ends.
- 5 minutes between games.
- Official game time will begin on schedule, whether teams are ready to face-off or not.
- Any team more than 5 minutes late will forfeit one goal for each five minutes late unless a legitimate excuse is given at discretion of tournament organizer.

III. GAME RULES:

A. Goal Keeping:

- The goalie may use his hands or stick to clear the ball away from the goal. He must clear it to the side or behind the net only if he uses his hand but may shoot it forward with his stick. The goalie is restricted to his half of the court.
- The goalie may hold the ball for a face-off only if he is being pressured by an opposing player, and only if in his crease or net area.

B. Stoppage of Play

The following infractions will result in a stoppage of play. The referee should use their discretion if a warning is warranted.

- Any player, except the goalie, closing his hand on the ball.
- Throwing the ball forward by the goalie or player.

- A player, except the goalie, entering the goal crease before the ball (stick excluded.)
- Directing the ball with the hand (except the goalie.)
- A player on the floor who does not have their identifying number clearly showing on their back. The player, upon notification, must correct this immediately or receive a penalty.
- Intentionally shooting the ball out of bounds.
- Incidental or unintentional pushing or blocking with body or stick upon an opposing player.
- During the attempt to stop a shot, a goalie will not be penalized for a high stick (only when passing with the stick may he/she be penalized for high sticking.)

C. **Penalties**

- Hacking or striking with the stick.
- Intentional pushing or blocking with the body or stick upon an opposing player.
- Tripping.
- Rough play.
- A player who, upon notification, does not correct his identifying number immediately.
- Deliberately stopping play by holding, lying or stepping on the ball by anyone other than the goalie.
- Too many players on the floor.
- Foul language on the floor or bench; foul non-verbal suggestions.
- Failure to cooperate with referee's decision and direction.
- The blade must not go above the waist. If it goes higher, a high sticking penalty will be enforced **unless there are no other players within 5 meters of the person who raised the stick.**
- A high sticking infraction that does not make contact with an opponent will be a one-minute penalty.
- A high sticking infraction that makes contact with an opponent will be a two-minute penalty. If the same player does it twice, he/she will be ejected from the game.

D. Penalty Procedures

- Play will be stopped and the offending player must sit out with his team playing shorthanded. If the opposing team scores during this time, the player may return to the floor.
- The scorer will record the number of the offending player.
- The penalized player will go to the timekeeper to serve the penalty.

E. Dead and Out-Of-Bounds Balls:

- A ball shot out-of-bounds unintentionally will result in stoppage of play and a face-off at will occur at the position closest to where the ball was last touched by a player.
- Any ball landing via a deflection, off any stationary part of the building or referee in front of a goal may, at the referee's discretion, be called a dead ball (due to interference) and a face-off will follow.

F. Time Outs:

Each team will be allowed two time outs per game.

H. Goal Crease

- Crease dimensions should be approx. 1.5 m by 0.9 m
- The ball may be played in the opposing team's crease as long as the offensive players do not impede the goalie from being able to make the save.

BADMINTON

Teams

- A team consists of 8 different players---boy's singles, girl's singles, boys' doubles, girls' doubles, mixed doubles.
- Players may compete in only one of the categories.

Scoring System

- The side winning any rally adds a point to its score. 21 points are needed to win.
- At 20-all, the side which gains a 2-point lead first, wins that game.
- At 29-all, the side scoring the 30th point, wins that game.

Singles

- At the beginning of the game and when the server's score is even, the server serves from the right service court. When it is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again, but from alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server.

Doubles

- There is only one serve in doubles. The service passes consecutively to the players.
- At the beginning of the game and when the server's score is even, the server serves from the right court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point, and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The player of the receiving side who served last stays in the same service court from where he served last. The reverse pattern applies to the receiver's partner
- The players do not change their respective service courts until they win a point when their side is serving.
- If players commit an error in the service court, the error is corrected when the mistake is discovered

Serving

- Both server's feet (& receiver's feet) must be in contact with the floor during the serve.
- The shuttle must be contacted with the racquet below the waist during the serve.
- Just before the serve, the server should hold up the shuttle and loudly call out, "service" to alert his/her opponent.
- If the server attempts to serve but completely misses the shuttle, there is a loss of point and serve.
- No faking a serve and then serving.
- The shuttle is allowed to touch the net during the serve, if it goes into the proper receiving court.

Additional Rules

- Teams have only one hit to transport the shuttle over the net.
- When a team causes the shuttle to hit the roof, the point is awarded to the other team.
- Players may not contact the net (with body or racquet) at any time during a rally.
- Players are allowed to go under the net or have the follow-through of their racquets go over the net.
- During a rally, the player may use his/her racquet only to hit the shuttle over the net---no other body parts.
- During a rally, spectators are not allowed to coach or give assistance in any way to players.
- It is strongly recommended that players shake hands at the end of every match.

19,200 METER RELAY MEET

RELAY:	Grade 4	=	2 boys 2 girls (800 m each – total 3200 m)
	Grade 5	=	2 boys 2 girls (1200 m each – total 4800 m)
	Grade 6	=	2 boys 2 girls (1200 m each – total 4800 m)
	Grade 7	=	2 boys 2 girls (1600 m each – total 6400 m)

Schools will be divided into 2 categories, A and B, according to school size. A third category (Category C) will be for second and third teams from participating schools. The results will be tabulated separately, and 3 sets of awards will be given.

RULES:

1. Must use baton (bring your own, please paint it your school colour)
2. Relay must be run from Grade 4 to Grade 7. You may run the girls first, boys first, or one boy, then one girl, but all Grade 4's must run before the Grade 5's start etc.
3. No pacing will be tolerated
4. Runners must be wearing a school shirt
5. The race will begin on time

NOTES:

1. Fill in two (2) entry forms for each team entered and bring one to the relay official before the meet when you pick up your symbols. The other is for your own use. All runners MUST run in the order in which they are listed on the entry form.
2. You must bring one official time recorder for each team entered. The time recorders must report to the meet official 15 minutes before the race is scheduled to begin.
3. Coloured, numbered symbols must be pinned on the front of each runner's shirt in the order in which they will run. Please return them after the race.
4. AWARDS:
 - Trophies to the top 3 A teams, top 3 B teams and top 3 C teams.
 - Ribbons to the top 5 teams overall.

19,200 Meter Relay Entry Form

School _____ Team _____ Coach _____

- Instructions:
- A. Please **PRINT** athletes first and last name. (Specify gender where unclear)
 - B. **Must** appear in order that they will run.
 - C. Fill in lap times and total times for each athlete. Last entry in the 1600-meter column must agree with the Grand Total at the bottom.
 - D. Hand completed form to meet official as soon as possible after the race.

Athlete	400 m	800 m	1200 m	1600 m	Total
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Grade Four

1.			X	X	
2.			X	X	
3.			X	X	
4.			X	X	

Grade Five

5.				X	
6.				X	
7.				X	
8.				X	

Grade Six

9.				X	
10.				X	
11.				X	
12.				X	

Grade Seven

13.					
14.					
15.					
16.					

Grand Total _____

TRACK & FIELD

TRACK EVENTS

1. 100 meters / 200 meters / 400 meters

- i. Individual Track Events will be run in 3 heats. Each heat will be awarded 1st - 8th place ribbons.
- ii. All heats count for points. This also assures every school of at least 1 point in every race. (Points the same as individual field events.) Your fastest runner MUST be in the first heat, your second fastest in the second, and your third fastest in the third heat. If less than 3 runners are running, heats one and two must be filled first.
- iii. Runners must stay in their lanes.

2. 800 meters and 1500 meters

- i. This race will not be run in lanes.
- ii. A runner must be two strides ahead of another runner before he/she may cut in.
- iii. Only one final (no heats). Start with two lines, if necessary. Your best runner should be instructed to start in the front.

3. 4 X 100-meter relay

- i. Four members of that age class will run a 100-meter leg of the race around the oval track. i.e. each runner runs a quarter lap in their lane.
- ii. The baton exchange must take place in an area of 20m. ie: 10 m on each side of the 100-meter line, which will be marked on the track.
- iii. Any form of baton passing may be used.
- iv. The incoming runner must remain in his lane until all other runners have exchanged the baton.

4. 4 X 400-meter relay

- i. The first runner must stay in their lane. All the following runners may cut in after being 2 strides ahead of the team they are passing.
- ii. The order, from the inside of the track, that team numbers are placed will be determined by the place of their team at the last curve before the straight-away.

GENERAL INFORMATION TRACK EVENTS

1. The starter has entire control of the competitors on their marks and is the sole judge of any fact connected with the start.
2. The starting commands are, "On your marks", "Set", followed by the firing of the gun.
3. If an athlete leaves the mark with hand or foot after the word "Set", but before the gun is

fired, it is a false start.

4. If an athlete is guilty of a false start, he/she must be warned; if responsible for two, he/she is disqualified.
5. If the starter considers a start to be unfair, he/she must recall the competitors with a second shot.
6. Competitors are placed in the order in which their torsos reach the nearer edge of the finishing line.
7. The time is taken from the flash of the pistol to the moment at which any part of the torso reaches the nearer edge of the finish line.
8. Where competitors are placed in lanes and "staggered", they must stay between the two lines right through the finish line.
9. Where competitors are allowed to "cut in", they must be 2 strides ahead of the runner before moving in, or he risks the danger of being disqualified.
10. In the relay events, competitors must stay in their lanes. Runners must hand over the baton within 2 lines that are 20 meters apart. If the handoff is completed beyond the 20-meter line, the entire team will be disqualified. If the baton is dropped within the (2) two 20 metre lines, the runner that drops it must pick it up.
11. Runners may put tape on the track for determining their starting times.
12. Spiked shoes may be worn for track or field events.

Please Note: There will be 4 zone marshals who will be responsible for ensuring that handoffs are done properly. They are the only ones who will have the authority to disqualify a team and will notify the score table after the race is finished.

TIMEKEEPERS -- Do not time lanes - Time for place

1. Start watch on smoke from the gun.
2. Stop when any part of the torso reaches the perpendicular plane of the nearer edge of the finish line. Torso must be distinguished from the head, neck, arms, legs, hands or feet.
3. Timekeepers should position themselves in a line (going up the steps) to the side of the finish line. They should not be in front of, or behind the finish line.
4. Do not return the watches to zero until instructed to do so by the chief timekeeper. Timekeepers should go immediately to the chief recorder.

CHIEF TIMEKEEPER

1. Ensure that all places are being timed before the races.
2. Advise all timekeepers that race is about to start.
3. Decide on winning time.
4. Orders watches to zero.

ZONE MARSHALS

Areas to Watch

1. Outgoing runner is within the authorized starting distance from the first line of the box (box is green to green for 4 X 100 m). Authorized starting distance is 10 metres.
2. If the baton is dropped, the person who drops it must pick it up.
3. The outgoing runner must get back into box to get baton if it is retrieved by the incoming runner who dropped it.
4. No other teams can be impeded by the dropped baton.
5. That the runner stays in his lane after passing the baton.

LANE JUDGES

1. Decide the order in which competitors finish.
2. Placings are decided when the torso reaches the perpendicular plane of the nearer edge of the finish line. Torso must be distinguished from the head, neck, arms, legs, hands or feet.
3. Obtain name and school of runner.
4. Report to chief recorder at finish.

FIELD EVENTS

A. TRIPLE JUMP

1. Hop, step, jump i.e. right foot - right foot - left foot - both feet **OR** left foot - left foot - right foot - both feet.
2. A competitor may take-off on or before the take-off board.
3. The measurement of the jump shall be made at right angles from the nearest break in the sand in the landing area made by any part of the body of the competitor to the edge of the take-off board nearest the landing area.
4. All distances shall be measured to the lower centimetre of the distance jumped.
5. In order that jumps can be measured correctly, the sand in the pit should be raked before each jump.
6. Ties - broken by their second-best jumps.

B. LONG JUMP

1. An athlete may take-off on the take-off board or before it. The jump will be nullified if the shoe goes over the take-off board.
2. Each jumper is given only 3 jumps. All competitors must complete their first jump before the next person attempts their second jump, unless a jumper must leave for another event.
3. Leave the pit through the end, not the sides. If a jumper leaves through the front or the sides, a warning will be given. The second time, the jump will be nullified.
4. Jumpers should measure their approach distance during the warm-ups. One warm-up jump per jumper will be allowed.

Notes to Long Jump Officials:

1. All jumps shall be measured to the lower centimetre of the distance jumped.
2. The measurement of the jump shall be made at right angles from the nearest break in the ground in the landing area made by any part of the body, of the competitor to the edge of the take-off board nearest the landing area.
3. The sand in the pit must be raked flat before the next jumper jumps. Do this after each jump.
4. Ties will be broken by comparing second best jump (better jump will take the best place.)

5. Keep all competitors and spectators well back from the pit (2 - 3 metres minimum.)
6. Make sure the rake is out of the pit before a jumper jumps.

C. SHOT

1. The shot must be pushed, not thrown (elbow must stay behind the shot.)
2. One warm-up put is allowed.
3. A competitor must start from a stationery stance inside the circle; after releasing the shot, he must leave from the back half of the circle (in control).
4. A competitor may touch the inside of the toe board, but not the top, nor the grass beyond, nor may he touch the line on the outside of the circle.
5. Throws are measured from the point where the shot hits the ground first, to the inside of the line of the circle (while running the tape through the centre of the circle).
6. Ties - broken by second best throw.
7. The shot must fall within the inner edge of the lines marking a 45-degree sector from the circle.
8. A 6 lb. shot will be used.

D. DISCUS

1. After reporting in, allow the athletes one warm-up throw each.
2. Allow each competitor three trials. This can be done in any order.
3. If anyone asks if they may leave to run a track event or another field event, allow them to do so and give them time later to complete their throws (or let the runners throw first).
4. No thrower may step on the line. All throwers must leave the circle through the back half.
5. Throws are measured from the point where the discus first hits the ground, to the inside of the line (toe board) of the circle (while running the tape through the centre at the circle).
6. In case of a tie (at any place) the best 2nd place throw will decide who is ahead.
7. The discus must fall within the inner edge of lines marking a 45-degree sector from the circle.
8. All throws must be made within the circle.
9. Official weight of discus is 1 kg.

E. BALL THROW

1. After reporting in, allow the athletes one warm-up throw each.
2. Allow each competitor three trials. This can be done in any order.
3. If anyone asks if they may leave to run a track event or another field event, allow them to do so and give them time later to complete their throws (or let the track runners throw first).
4. No thrower may step on the line. All throwers must leave the circle through the back half.
5. Throws are measured from the point where the ball first hits the ground, to the inside of the line (toe board) of the circle (while running the tape through the centre at the circle).
6. In case of a tie (at any place) the best 2nd place throw will decide who is ahead.
7. The ball must fall within the inner edge of lines marking a 45-degree sector from the circle.
8. All throws must be made within the circle.

F. HIGH JUMP

1. Before the competition starts, tell the athletes the starting height and how much you will raise it each time.
2. An athlete may have a handkerchief (or red tape) on the crossbar for sighting purposes.
3. An athlete may start jumping at any height above the minimum height and at his/her discretion, may jump at any subsequent height. Three consecutive failures - regardless of the height or heights at which they occur - disqualify him/her from further jumping leg. He may forego his second or third jump at a particular height, after failing the first time, and still jump at a subsequent height.
4. When there are only three or less competitors remaining, you should measure the height to which you raise it before the competitors attempt it. (Measure to lower centimetre -- for record purposes.)
5. Even if all other competitors have failed, the remaining athlete may keep jumping until he fails also. The final jumper is given 3 jumps at a particular height.
6. Knocking the bar off the supports or touching the ground beyond the plane of the uprights with any part of your body before taking off, count as a failure.
7. Ties: Least number of jumps at that height determines the winner.

Ex.	.85 m	.9 m	.95m	1 m	
	Jumper A	X	X	XX	XXX 4th
	B	X	X	X	XXX 3rd
	C				XXX 1st
	D	X	X		XXX 2nd

8. Please mark misses by an "X" and successful jumps by a check mark.
9. Footwear is up to the athletes' discretion. The Western Roll, Fosbury Flop, Scissors, and the Straddle will be allowed. Take-offs must be off one foot.
10. If a competitor fails at a certain height, every other competitor must jump or pass before he tries again (unless that competitor needs to leave for a track event).

STARTING HEIGHTS FOR HIGH JUMP

<u>Grade 4</u>	<u>Grade 5</u>	<u>Grade 6</u>	<u>Grade 7</u>
Boys: 90 cm	Boys: 100 cm	Boys: 110 cm	Boys: 120 cm
Girls: 85 cm	Girls: 100 cm	Girls: 110 cm	Girls: 115 cm
<u>Grade 8</u>			
Boys: 125 cm			
Girls: 115 cm			

G. RUBBER Mallet THROW (Gr.4/5)

1. After reporting in, allow the athletes one warm-up throw each.
2. Allow each competitor three trials. This can be done in any order.
3. If anyone asks if they may leave to run a track event or another field event, allow them to do so and give them time later to complete their throws (or let the track runners throw first).
4. No thrower may step on the line. All throwers must leave the circle through the back half.
5. Throws must be overhand. No underhand or sidearm throws are permitted.
6. Throws are measured from the point where the mallet first hits the ground, to the inside of the line (toe board) of the circle (while running the tape through the center at the circle).
7. In case of a tie (at any place) the best 2nd place throw will decide who is ahead.
8. The mallet must fall within the inner edge of lines marking a 45-degree sector from the circle.
9. All throws must be made within the circle.

H. FRISBEE THROW (Gr.4/5)

1. After reporting in, allow the athletes one warm-up throw each.
2. Allow each competitor three trials. This can be done in any order.
3. If anyone asks if they may leave to run a track event or another field event, allow them to do so and give them time later to complete their throws (or let the track runners throw first).
4. No thrower may step on the line. All throwers must leave the circle through the back half.
5. Throws are measured from the point where the Frisbee first hits the ground, to the inside of the line (toe board) of the circle (while running the tape through the center at the circle).
6. In case of a tie (at any place) the best 2nd place throw will decide who is ahead.
7. The Frisbee must fall within the inner edge of lines marking a 45-degree sector from the circle.
8. All throws must be made within the circle.

JAVELIN (TURBOJAV)

1. After reporting in, allow the athletes one warm-up throw each.
2. Allow each competitor three trials. This can be done in any order.
3. If anyone asks if they may leave to run a track event or another field event, allow them to do so and give them time later to complete their throws (or let the track runners throw first).
4. No thrower may step on or over the line. All throwers must exit out behind the line.
5. Throws must be overhand. No underhand or sidearm throws are permitted.
6. The Javelin must land tip first. Throws are measured from the point where the Javelin first hits the ground, to the inside of the line (toe board)
7. In case of a tie (at any place) the best 2nd place throw will decide who is ahead.
8. The Javelin must fall within the inner edge of lines marking a 45-degree sector from the throwing area
9. All throws must be made within the throwing area. A Run-up may be allowed.

GENERAL INFORMATION FIELD EVENTS

1. In all throwing events plus long jump and triple jump all competitors will take 3 attempts. One warm-up throw or jump will be allowed.
2. All competitors will take their trials (one at a time) in the order listed on the recording form, except for #3, where a competitor may take an extra trial before leaving or complete his trials

upon returning (at the discretion of the officials).

3. If any athlete must go to a track event, he must inform the officials that he is leaving and will then be allowed to complete his trials upon returning immediately from his event. Any excessive delay will result in termination of trials for that individual. The bar in high jump will be placed above the height of his last successful jump.
4. All throwing implements must be carried, but never thrown.
5. All throws touching the lines will be considered "in".
6. Any complaints about officiating should be made to the meet director or to someone in charge of complaints, not the officials.
7. Spectators and coaches must stay clear from the pits and throwing areas. All spectators must remain quiet while a competitor is throwing or jumping.

SOFTBALL (SLOW PITCH)

(Based on standards set down by the International Softball Federation Playing Rules Committee)

RULE SECTIONS:

- | | |
|--------------------------|-----------------------------|
| 1. Definitions | 7. Batting |
| 2. The Playing Field | 8. Base running |
| 3. Equipment | 9. Dead Ball - Ball in Play |
| 4. Players & Substitutes | 10. Umpires |
| 5. The Game | 11. Plays at Home Plate |
| 6. Pitching Regulations | |

Rule 1: Definitions

- 1.1 Appeal Play. An appeal play is a play upon which an umpire cannot decide until requested by a player or coach. The appeal must be made before the next pitch, legal or illegal.
- 1.2 Catchers Box. The catcher's box is that area within which the catcher must stand while and until the pitched ball is batted or reaches home plate.
- 1.3 Chopped Ball. A chopped ball is one at which the batter strikes downward with a chopping motion of the bat so that the ball bounces high into the air.
- 1.4 Foul Tip. A foul tip is a batted ball, which goes directly from the bat, not higher than the batter's head, to the catcher's hands and is legally caught by the catcher. It is not a foul tip unless caught and any foul tip that is caught is a strike. In Slow Pitch the ball is dead. It is not a catch if it is a rebound unless the ball first touched the catcher's hand or glove.
- 1.5 Interference. Interference is the act of an offensive player or team member, which impedes, hinders or confuses a defensive player while attempting to execute a play.
- 1.6 Pivot. The pivot foot is that foot which in Slow Pitch the pitcher must keep in constant contact with the pitcher's plate until the ball is released.
- 1.7 Stealing. Stealing is the act of a base runner attempting to advance during a pitch to the batter. Stealing is not allowed in Slow Pitch.

Rule 2: The Playing Field

- 2.1 The Official Diamond. Shall have 60-foot base lines with a pitching distance of 35 feet. A commitment line 20 feet from home plate on the third base line designates where a base runner is committed to advancing to the plate. Once the line is crossed by the base runner, a play on that runner becomes a force play.

Rule 3: Equipment

- 3.1 The bat shall be no more than 34 inches long and not more than two- and one-half inches in diameter at its largest part. The bat, in its entirety, shall not exceed 38 ounces in weight. The bat shall have a safety grip of cork, tape (not smooth plastic type), or composition material. The safety grip shall not be less than 10 inches long and shall not extend more than 15 inches from the small end of the bat. The bat shall be marked "OFFICIAL SOFTBALL" by the manufacturer. A one-piece rubber grip and knob combination is illegal. A metal or magnesium bat must have a knob on the handle end welded or mechanically fastened.
- 3.2 Gloves may be worn by any player, but mitts may be used only by the catcher and first baseman.
- 3.3 Catchers must wear masks. Batters and baserunners must wear helmets with chinstraps, or they don't play. Teams who do not have enough regulation helmets for all baserunners and the batter will automatically forfeit the game.
- 3.4 The ball will be a size 11 "Incrediball."

Rule 4: Players and Substitutes

- 4.1 A team shall consist of 10 players, half boys and half girls.
- 4.2 Player's positions shall be designated as follows: Pitcher (fielding only), catcher, 1st baseman, 2nd baseman, 3rd baseman, shortstop, left fielder, centre fielder, right fielder, and rover (or short fielder). Players of the team in the field may be stationed anywhere on the fair ground except the catcher who must be in his box and pitcher who must be in a legal pitching position. NOTE: A substitute must play in the field before being allowed to bat except in the case of an injury.
- 4.3 Out of the following 6 infield positions: catcher, pitcher, 1st base, 2nd base, 3rd base and shortstop, a team must play at least 3 girls.
- 4.4 Pitcher does not have to bat in the same inning he/she is pitching.

Rule 5: The Game

- 5.1 The choice of the first or last bat in the inning shall be decided by a toss of a coin unless otherwise stated in the rules of the tournament format.
- 5.2 A run shall not be scored if the third out of the inning is a result of:
- a. The batter being put out before legally touching first base.
 - b. A base runner being forced out due to the batter becoming a base runner.
 - c. A base runner leaving the base before the pitched ball is batted.

Rule 6: Pitching Regulations

- 6.1 Pitcher pitches to own team – only three pitches allowed. The fielding team allows a player to stand near the pitcher to field the ball. Any unintentional interference by the pitcher will be a "re-pitch." Any intentional interference by the pitcher is an out, as determined by the base umpire.

- 6.2 The pitch starts when the pitcher makes any motion that is part of his wind-up after the required pause. Prior to the required pause, any wind-up may be used. The pivot foot must remain in contact with the pitcher's plate until the pitched ball leaves the hand. A legal delivery shall be a ball, which is delivered to the batter with an underhand motion.
- The pitch shall be released at a **moderate speed**. (No fastball pitches.)
 - The hand shall be below the hip.
 - The catcher must be within the outside lines of the catcher's box until the pitched ball is batted or reaches home plate.
- 6.3 The pitcher may use any wind-up desired providing he does not make any motion to pitch without immediately delivering the ball to the batter.
- 6.4 At the beginning of each half inning or when a pitcher relieves another, no more than one minute may be used to deliver no more than five pitches to the catcher or other teammate.
- 6.5 No pitch shall be declared when:
- The pitcher pitches during the suspension of play.
 - The runner is called out for leaving the base too soon.
 - The pitcher pitches before the base runner has retouched his base after a foul ball has been declared and the ball is dead.
- 6.6 The fielding team returning the ball to the pitcher must throw the ball to their teammate who is fielding near the pitcher. Once the ball is in, base runners may not advance.

Rule 7: Batting

- 7.1 The batting order must alternate genders. A team that has more of one gender will be charged an automatic out when unable to alternate genders in the batting order.
- 7.2 The batter shall not hinder the catcher from fielding or throwing the ball by stepping out of the batter's box, or intentionally hinder the catcher while standing within the batter's box. EFFECT: The ball is dead and baserunners must return to the last base that, in the judgment of the umpire, was touched at the time of the interference.
- 7.3 Members of the team at bat shall not interfere with a player attempting to field a foul fly ball. EFFECT: The ball is dead, the batter is out, and baserunners must return to the base legally held at the time of the pitch.
- 7.4 The batter shall not hit a fair ball with the bat a second time in fair territory. (If the batter drops the bat and the ball rolls against the bat in fair territory and, in the umpire's judgment, there was no intention to interfere with the course of the ball, the batter is not out, and the ball is alive and in play.) EFFECT: The ball is dead, the batter is out, the baserunners may not advance.
- 7.5 A pitch is called by the umpire for each legally pitched ball.
- 7.6 A fair ball is legally batted ball which:

- a. Settles or is touched on fair ground between home and first or between home and third base.
- b. Bounds past first or third base on or over fair ground.
- c. Touches first, second, or third base.
- d. While on or over fair ground touches the person or clothing of an umpire or player.
- e. First falls on fair ground beyond first or third base. A fair fly must be judged according to the relative position of the ball and the foul line regardless of whether the fielder is on fair or foul ground at the time he touches the ball.

7.7 The batter is out under the following circumstances:

- a. The batter-runner is out if a preceding runner who is not yet out and in the umpire's judgment, intentional interferes with a fielder who is attempting to catch a thrown ball or to throw a ball to complete the play. The runner shall also be called out and interference called.
- b. When 3 pitches have gone unhit.
- c. When he bunts or chops the ball downward.
- d. When the batter enters the batter's box with an illegal bat or is discovered using an illegal bat.
- e. When he hits a foul ball after having two pitches.

Rule 8: Base running

8.1 The base runners must touch the bases in legal order.

- a. When a base runner must return while the ball is in play, he must touch the bases in reverse order.
- b. Two baserunners may not occupy the same base simultaneously. EFFECT: The runner who first legally occupied the base shall be entitled to it; the other base runner may be put out by being touched with the ball.

8.2 There is no walking the batter.

8.3 Under no conditions is a runner permitted to steal a base when a pitched ball is not batted. Baserunners may leave their base when a pitched ball is batted but must return to that base immediately after each pitch hit foul by the batter.

8.4 The base runner is out when the base runner fails to keep contact with the base to which he is entitled until a legally pitched ball has been batted. EFFECT: The ball is dead, NO PITCH is declared, and the base runner is out.

Rule 9: Dead Ball - Ball in Play

9.1 The ball is dead and not in play in the following circumstances:

- a. When the ball is batted illegally.
- b. When a ball is pitched illegally, it shall count as one of the three allotted pitches, but still be a dead ball.

9.2 The ball remains alive until the umpire calls, "TIME," which should be done when the ball is held

by a player in the infield area and in the opinion of the umpire, all play has ceased.

Rule 10: Umpires

10.1 Power and duties:

- a. The plate umpire or base umpire shall have equal authority to:
 1. Call a runner out for leaving a base too soon.
 2. Call "TIME" for the suspension of play.
 3. Remove a player, coach, or manager from the game for violation of rules.
 4. Call all illegal pitches. (ie: ensure the slow speed of the pitch.)
- b. The umpire shall declare the batter or base runner out without waiting for an appeal for such decision in all cases where waiting for an appeal for such decision in all cases where such player is retired in accordance with these rules. NOTE: Unless appealed to, the umpire does not call a player out for having failed to touch a base, leaving a base too soon on a fly ball, batting out of order, or trying to go to second after reaching first.

Rule 11: Plays at Home Plate

11.1 The fielder may use home plate to complete a force out at the plate. The runner must cross a home plate line. To avoid major contact and injury, the runner must not touch the plate.

11.2 A team can score a maximum of five runs per inning except the last inning, which is open.

Ultimate Frisbee

The Field: Dimensions are 50 m x 25 m with endzones of 15 m.

Starting the Game:

- Each game (and after a point has been scored) begins with both teams lining up on the front of their respective endzone line. The defense throws the disc to the offense once both teams are ready. Teams raise their hands and wave to acknowledge they are ready.
- The offense must catch the disc or let it land.
- At the start of a point the offense cannot hit the disc down onto the ground or they lose possession of it.
- If the disc goes out of bounds off the 'pull', the offense can take the disc to the center of the field.
- Any other time the disc goes out of bounds, it is to be inbounded by the other team from that point.

Players:

- A regulation game has seven players per team – 4 boys and 3 girls or 4 girls and 3 boys
- Each player is required to wear a numbered team jersey

Scoring:

- Each time the offence completes a pass in the defense's endzone, the offense scores a point.
- The team who lost the point must walk to the other endzone.
- The team who scored throws the Frisbee to the other team when they reach their endzone and signal that they are ready to start a new point.

Offense:

- The disc may be advanced in any direction by completing a pass to a teammate. Once players gain control, they must pivot, any steps result in a traveling violation. When a traveling violation occurs, there is not a change of possession, but the disc is returned to the thrower who will attempt again from the same spot where the travel occurred. The stall count will continue where it had left off.
- The person with the disc who falls down is allowed to return to his/her feet before throwing. This is not considered a travel.
- Tosser has ten seconds to throw the disc.

Defense:

- The defender guarding the thrower counts out the 10 seconds aloud.
- The defender must be an arm's length plus the disc away from the offensive player. However, the offensive player may not back off the defender in an overly aggressive manner. If that occurs, there will be a change of possession. It is suggested that the person with the disc call out "disc space" when the defender is within the arm's length area.
- The person with the disc can only have one defender. Double teaming is not allowed.
- Change of possession can take place by knocking the disc down in flight, catching the disc or letting it fall to the ground.
- If the defence loses possession of the disc in their own endzone the offense picks up the disc, runs with the disc to the front of the endzone and plays it from the front of the endzone closest to where the disc was on the ground.
- Defenders may not use their legs or feet to block a throw.

Possession: When a pass is not completed (out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

Out of Bounds:

- A player catching the disc may have one foot out of bounds if the first point of contact was in bounds.
- A player may step out of bounds with one foot if his/her pivot foot is in bounds.

Substitution: Players not in the game may replace players in the game after a score or injury timeout.

Fouls:

- NO physical contact is allowed between players. Picks and screens are also prohibited.
- When a player initiates contact with another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained.
- Players may not wear metal cleats.

6/7 Tournament Team Make-up:

- There must be Grade 6 and 7 players on a team (not exclusively 7s)
- If having more than one team, make the teams even with respect to skill.