

BEAVER RIVER ATHLETIC ASSOCIATION HANDBOOK

24/25

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PREAMBLE

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for high school graduation. The interscholastic athlete is in a position of school leadership and should represent his/her team, school and community in the highest order. The athlete must realize that competition in school athletics is a privilege and not a right. Accompanying that privilege is the responsibility of the athlete to conform to standards established for athletic teams.

Entry into interschool competition carries with it the responsibility for cooperation with the other schools toward the orderly and effective administration of an educationally desirable interscholastic program. To that end we are committed to accept the standards and procedures as put forth in the constitution, bylaws and regulations. Accordingly all school personnel involved in the program should become thoroughly conversant with the material that follows.

President's Message

There have been many new faces at our regular meetings. New Athletic Administrators arrive at the BRAA fall meeting with no prior knowledge about our association. This handbook will help explain the function of the BRAA.

As your school's Athletic Administrator in BRAA, what are your responsibilities? This handbook should help explain your role!

Our association follows under the umbrella of two other associations: The North West High School Athletic Association and the Saskatchewan High School Athletic Association. Their policies can reflect how we set up our policies. This creates a three-fold problem in some areas. Please learn your responsibilities as it relates to these three organizations.

I trust you will have a very satisfactory year in a world of Education as it relates to Sports!!

Yours in Education and Sport

President

SECTION I

CONSTITUTION OF THE BEAVER RIVER ATHLETIC ASSOCIATION

NAME

The name of the organization is the **BEAVER RIVER ATHLETIC ASSOCIATION**. It shall be referred to as BRAA.

PURPOSE

The purpose of BRAA is to plan, supervise and administer inter-school athletic activities in the northwest region under the umbrella of the Saskatchewan High Schools Athletic Association (SHSAA) and as a member of the North West High School Association District(NWHSAA).

OBJECTIVES

The objectives of BRAA are:

1. To encourage an athletic program building strong individuals and vibrant communities enhancing our collective pride, identity and sense of belonging.
2. To encourage member schools to provide a program of athletic activities for students.
3. To encourage student participation in a wide variety of activities that is an important part of the total education process.
4. To encourage the development of citizenship, good sportsmanship and athletic skills.
5. To encourage a varied athletic program in schools by restricting play to the recognized sport season.
6. To encourage the integration of sport activity with other portions of the school program.
7. To encourage, plan, supervise and administer inter-school and area competitions.
8. To encourage wide participation in multi-sport development by students.

DEFINITIONS

BRAA – the Beaver River Athletic Association.

NWHSAA – the North West High School Athletic Association, a district of SHSAA.

SHSAA – the Saskatchewan High School Athletic Association.

Member School – the schools who are members of the BRAA.

MEMBERSHIP

The membership is open for schools within the Northern Lights School Division #113 plus the independent and First Nations schools that operate within the NLSD #113 boundaries.

Specifically:

Birch Narrows Dene Community School – Turnor Lake
Buffalo River Dene Nation School – Dillon
Canoe Lake Miksiw School – Canoe Narrows
Clearwater River Dene School – Clearwater River
La Loche Community School – Dene High – La Loche
& Ducharme (Elementary) – La Loche
LaPlonge – Beauval
Minahik Waskahigan High School – Pinehouse Lake
& Elementary School
Rossignol High – Ile-a-la-Crosse
& Rossignol Elementary – Ile-a-la-Crosse
St. Louis School – Patuanak

St. Pascal School - Green Lake
Twin Lakes Community School – Buffalo Narrows
Valley View School – Beauval
Jans Bay School (added 2017)

MEMBERSHIP DUES

1. Each member shall pay dues and fees as set by BRAA at the first yearly meeting of the membership.
2. **BRAA set a flat rate for each member school. For elementary schools K-6 the fees are \$150.00 plus \$100.00 bond; for highschools the fees are \$295.00 plus \$100.00 bond; and for member schools K to 12 the fees are \$ 385.00 plus \$100.00 bond; and for schools K to 9 the fees are \$360.00 plus \$100.00 bond. DEADLINE FOR PAYMENT: September 30 of the current school year.**
3. Membership dues & fees shall be paid to BRAA as outlined in the Bylaws of BRAA.
4. Failure of any member to submit the assessed dues and fees to the BRAA prior to the date specified in the Bylaws shall entitle BRAA to apply sanctions against that member.

ORGANIZATION

BRAA boundaries are determined by the bylaws of NWSHAA and SHSAA. The membership is open to schools within the Northern Lights School Division #113 plus the independent and First Nations schools that operate within the NLSD #113 boundaries. These schools shall become the BRAA organization which is accountable to the various school authorities that have member schools. This accountability includes program, conduct and procedures.

VOTING DELEGATES

1. All Member Schools within the organization shall have one vote. Each Member School will elect their own Athletic Administrator to represent their school and will have the right to vote at meetings.
2. The BRAA member schools may develop and amend a constitution and may pass bylaws, develop policy, elect officers, hold meetings, collect area dues and fees, collect other such fees as are provided for in the bylaws, and spend such funds as are consistent with the BRAA bylaws and policy.
3. Motions shall pass if more votes are cast in favor of the motion than those cast against the motion. Abstentions shall not be counted on either side. In the case of a tie, the President shall cast the deciding vote.
4. In the case of amendments, the motion must pass with the required percentages of the voting representatives present. In this case, abstentions count as a vote against the motion.

BRAA EXECUTIVE

1. The BRAA Executive shall consist of:
 - a) President
 - b) Vice-President
 - c) Secretary/Treasurer

All are elected to a one year term by member schools at yearly meeting in September.

2. The BRAA Executive may appoint other officers as they deem necessary such as an official's commissioner.
3. The BRAA members will elect a Discipline Committee to consist of President, Vice-President and two other members of the BRAA. Another member may be appointed at large if there is a conflict of interest.
4. The BRAA Executive may require the resignation of any representative or official of BRAA who is negligent in the performance of those people's duties for BRAA.

5. The BRAA Executive may appoint a replacement to fill any vacancies that occur. Such appointments shall be valid only until the next BRAA meeting.

MEETINGS

1. BRAA shall meet twice a year, within ten (10) days following the NWHSA district meeting in September and December.
2. The meeting sites will be determined at the end of each BRAA meeting.
3. The President may call other meetings if it deems necessary upon giving two weeks notice to all members.

BYLAWS

1. The BRAA Executive may propose bylaws for the BRAA in the following manner:
 - a) Such bylaws shall be brought before the next meeting of the BRAA and shall be voted on by voting delegates.
2. They bylaws may be amended in the following manner:
 - a) Written notice of proposed amendments to the bylaws shall be forwarded to all members at least two weeks prior to the proposed date of the next meeting.
 - b) Proposed amendments shall be voted upon at the next meeting and if passed by the majority, the changes will become effective on the date mentioned in the proposed bylaw amendment.
 - c) Each fee-paying member school has one vote.

CONSTITUTION

1. Written notice of proposed amendments to the BRAA Constitution shall be forwarded to all members at least two weeks prior to the proposed date of next BRAA meeting.
2. Proposed constitutional amendments shall be voted upon at the next meeting with a quorum required, and if passed by two-thirds of the majority, the changes will become effective on the date mentioned in the proposed constitutional amendment.

SECTION II

BYLAWS OF THE BEAVER RIVER ATHLETIC ASSOCIATION

Bylaw I - Objectives, Aims, Purposes

In addition to and in elaboration of the objectives in the BRAA Constitution the following are the objectives of BRAA:

1. To help coordinate and publicize the athletic activities of all divisions a good athletic program for the individual students involved, for the school and for the community.
2. To help to promote and develop athletic activities and programs which fulfill the needs of the schools.
3. To ensure that neither the funds nor the property of the BRAA be used for the personal profit of any individual or group of individuals.
4. The BRAA shall only become involved in activities which positively promote the athletic objectives of the BRAA.
5. The BRAA shall be organized and be maintained in a democratic manner as outlined in the Constitution, bylaws, policies and subsequent amendments.
6. The SHSAA encourages the following goals:
 - develop a level of fitness relative to the sport the participant is involved in
 - strive to maintain or improve quality coaching in BRAA area
 - develop positive attitudes and commitment
 - develop team sport skills
 - develop individual sport skills
 - develop interpersonal skills
 - promote fun and enjoyment through participation in the pursuit of excellence
 - develop an understanding appreciation of good sportsmanship
 - to ensure that athletics is given as high a priority as possible among administrators, boards and staff
 - develop an understanding and appreciation in the communities that coaching is a voluntary activity and that coaches give large amounts of their time
7. Encourage the best possible officiating at all levels so as to help the athletes learn and perform their best.
8. Athletes or Coaches at the Division I to III levels should especially stress the encouragement of a broad base of participation and the development of good sportsmanship.
9. To follow the rules, direction and objectives of the SHSAA and NWHSAA as they apply to the BRAA area.

Bylaw II – Acceptance

Each school that registers any team(s) and/or individual(s) with the BRAA is agreeing to abide by the letter and the spirit of the Constitution and Bylaws of BRAA, NWHSAA and the SHSAA. This agreement will apply to all teams/individuals that are eligible to be included by the rules of either association; whether or not that particular team or individual is registered. In registering, the schools are agreeing to use the appeal procedures and sequences outlined before resorting to outside agencies.

Bylaw III – Elections

Elections of officers for the BRAA Executive shall be held at the September meeting. The BRAA Executive shall be responsible for presenting the name of at least one candidate for each position. Further nominations may be made at the September meeting. Athletic Administrators shall be named at the September meeting on the recommendation of member schools present. If at all possible, these Athletic Administrators should be in attendance at the meeting.

Bylaw IV – Executive

1. The President's duties shall include:
 - a) Preside at all meetings and shall act as chief executive of the BRAA. The President shall be a member ex-officio of all committees. In the case of a tied vote, the President shall cast the deciding vote.
 - b) Be responsible for the conduct of the meetings, and shall have power to call special meetings.
 - c) Sign all documents binding upon the BRAA.
 - d) Have the power to make decisions on issues not specifically addressed in the constitution, bylaws or policies.
 - e) Attend NWHSAA meetings or designate another for the purposes of representing the interests of BRAA and retrieving pertinent information for BRAA members. The President, or designate, will receive NLSD #113 expense rates for attending these meetings.
 - f) Pay all bills related to the operation of BRAA as they are received and funds are available.
 - g) Order, pay for and distribute medals for BRAA Unit Championships.
 - h) Oversee a detailed treasurer's financial report at each meeting. Ensure schools get reminders to pay BRAA dues and fees by due dates.
 - i) **Ensure all member schools Athletic Administrators know their duties and responsibilities. COMMUNICATION IS KEY.**
2. The Vice-President's duties shall include:
 - a) Perform the duties of the President when he/she is unable to do so.
 - b) Undertake duties as assigned by the President.
 - c) Obtain cheque signing authority.
3. Secretary/Treasurer's duties shall include:
 - a) Assist the President in keeping an accurate account of all meetings. Including circulating minutes of all meetings after approved by the President.
 - b) Assist the President in presenting a detailed treasurer's financial report at each meeting.
 - c) Obtain cheque signing authority.
4. Athletic Administrators duties shall include:
 - a) Be responsible to represent the wishes of BRAA to the best of their abilities. To be the communication link with the schools they represent.
 - b) Attend all BRAA meetings, and if at all possible, the NWHSAA meetings as well.
 - c) Be responsible for hosting a Unit Championship(s) according to the guidelines as set forth by BRAA Activity Guidelines in Handbook.
 - d) Ensure all coaches, officials and athletes of their member schools know and understand the rules of their respective sports.
 - e) To contact all member schools **three weeks** in advance with unit championship information, by contacting the Athletic Administrators with playoff schedule and expect the Athletic Administrators to forward this to the appropriate coach.
 - f) To communicate with own Administration and staff of BRAA events and meetings.

Bylaw V – Finance

1. The BRAA shall raise such funds as it sees fit in order to carry out the aims of the BRAA. Any funds raised shall be deposited to the accounts of the BRAA.
2. The BRAA annual dues to be paid by each member school shall be **\$250.00** flat rate plus \$100.00 performance bond for elementary schools K to 6; for high schools the fees are **\$395.00** flat rate plus \$100.00 performance bond. For K to 12 schools, the fees are **\$385.00** plus \$100.00 performance bond; and for schools K to 9, the fees are **\$360.00** plus \$100.00 performance bond. See Schedule A at end of Bylaw Section. The benefits for paying such fees include participation in BRAA activities, an equal voice in the operations of the organization, and a means to have grievances heard and responded to.
3. BRAA will pay to the NWHSAA the annual **\$200.00** fee on behalf of each member school.
4. Teams wishing to take part in North West District sponsored playoffs with the intention of advancing to SHSAA Provincials shall indicate their intention by submitting the SHSAA forms and the SHSAA fees directly to SHSAA. The benefits of paying these fees include earning the opportunity to represent BRAA at North West district playoffs (for both Junior & Senior) leading to SHSAA provincial playoffs. Further, a voice, through BRAA about the operations of the NWHSAA and SHSAA.
5. Signatures of all cheques and official documents shall be the President's and either the secretary/treasurer or Vice President of the BRAA Executive.
6. Anyone sent by the BRAA on official business shall have his/her legitimate expenses paid.
7. The mileage rate for all BRAA business shall be NLSD #113 expense rates. The mileage shall be paid upon the completion and submission of the approved travel expense voucher and if the two signing authorities agree that the expense was incurred on BRAA business.
8. Such expenses rates (as per May, 2012) are:
Mileage: .4708/km
Meals: Breakfast \$10.00 Lunch \$12.00 Supper \$15.00
Accommodations:
9. The President shall be authorized to pay all bills related to the operation of the BRAA as they are received and funds are available. This shall include such items as: meeting costs, playoff costs and supplies, registration fees, BRAA representative expenses, honoraria, etc. If the President and/or secretary feel that any bill is questionable they shall receive direction from a BRAA meeting or from an executive meeting or by consultation with a majority of the BRAA Executive members.

Bylaw VI - Order of Business of BRAA Meetings

- 1) Registration
- 2) Agenda and introduction of those present.
- 3) Minutes – adoption motion, followed by business arising out of the minutes.
- 4) Reports:
 - i) Financial – motion to adopt
 - ii) Activity Commissioners
- 5) Coach/Official/Athlete Development
- 6) Correspondence
- 7) Old Business
- 8) New Business
 - a. Activity hosts and dates
- 9) Election of Executive (Sept)
- 10) Next Meeting

11) Adjournment

Bylaw VII - Conduct of Meetings

Meetings shall be conducted according to commonly accepted meeting procedure.

Bylaw VIII – Meetings

1. The September meeting will invite Principals &/or Athletic Administrators to:
 - a) Hear minutes of the last meeting, make corrections and have any necessary discussions
 - b) Deal with all business arising from the NWHSAA District meeting
 - c) Elect the BRAA Executive
 - d) Review last year's activities and discuss how might they improve
 - e) Establish sports, dates and hosts for upcoming events
 - f) Hear any grievances or suggestions
 - g) Hear from the Principals at the meeting
 - h) Hear from any other guests (NWHSAA, SHSAA reps)
2. The December meeting will:
 - a) Review the first half year's activities
 - b) Present treasurer's report
 - c) Review list of sports reps, make changes if necessary
 - d) Plan hosts and dates for upcoming sports events
 - e) Entertain grievances, praises, amendments
3. The President shall call such special meetings as the President deems advisable.

Bylaw IX – Appeals, Protest & Penalties

1. Appeals shall be directed to the President. The President shall confer with the Discipline Committee, and any other parties as are deemed relevant by the President. The majority decision of this group shall stand until the next general meeting.
2. Protests shall be made to the host commissioner of the sport. The decision of the commissioner can be appealed to the President under Bylaw IX a) of these bylaws.
3. In case of a concern/complaint about a player, coach, official, spectator, etc., the complaint must be brought to the attention of the officials and/or tournament organizers within one hour of the completion of the game/contest in which the concern is first observed. The official and/or Host Commissioner shall try to solve the problem. In the event a satisfactory solution cannot be reached, the person raising the complaint shall, before leaving, tell the Host Commissioner that a problem still exists. He/she shall write out as completely as possible the circumstances causing the problem and provide this for the Host Commissioner within 24 hours of the end of the tournament. Copies will be forwarded to the parties involved, Coach and Administrator.

The Host Commission will gather any information he/she thinks is relevant, add that information to the written complaint and fax or courier the information to the President of BRAA within 72 hours of the end of the tournament. The President and Discipline Committee shall review the situation as described, investigate it as much as they think is necessary and make a ruling.

The Discipline Committee will respond within one week of receiving the complaint.

Once the Discipline Committee rules on the appeal, the decision will be final.

Failure to meet the one hour or 24-hour or 72-hour time deadline shall be taken as an indication that the person does not want to continue with the complaint.
4. The Discipline Committee will review possible grievance and penalties and present their recommendations at the next BRAA meeting. Possible grievances and penalties to include:
 - i) Failure to show without 48 hours notification

- ii) Unsportsmanlike conduct: player, coach, official
- iii) Vandalism
- iv) Behavior off the court/field
- v) Tournament operation
- vi) Failure to respond to a deadline
- vii) Failure to submit eligibility forms

Bylaw X - Sponsored Activities

- 1. Athletics - girls and boys
- 2. Badminton - boys, girls and mixed
- 3. Basketball - girls and boys
- 4. Cross Country Running- boys and girls
- 5. Curling - girls, boys and mixed
- 6. Golf - single and team (grass and sand)
- 7. Volleyball - boys and girls
- 8. Wrestling - girls and boys
- 9. Soccer – girls and boys
- 10. Indoor soccer – girls and boys
- 11. Others as approved by the BRAA Executive

See Activity Guidelines for age categories, regulations governing activities

Bylaw XI – Eligibility

- 1. All BRAA activities shall be carried on in accordance with NWHSA and SHSAA regulations, policies and instructions. In addition the following rules shall apply.
- 2. BRAA Rules
 - a) All Senior teams must complete the E5 SHSAA Eligibility Forms.
 - Due dates are on SHSAA website or handbook.
 - Only those on this form are eligible to play.
 - These forms must be presented to the Unit Host Commissioner prior to play.
 - Such forms prove athlete age and eligibility without confusion, issues or problems.
 - b) All other teams (bantam & peewee) must complete the BRAA Student/Team Eligibility Form with ages verified by the Principal and Coach.
 - These forms are to be presented to the Host Commissioner who in turn will post in the host school for coaches to view.
 - Failure to have a verified form will result in forfeiture to play, until the student/team is verified.
 - c) The Host Commissioner should notify schools **three weeks** in advance of the Unit event by fax, email or phone.
 - Each participating school must contact the Host school if this does not happen.
 - **Deadline date to enter is two weeks (14 days) prior to event. The schedule of games must be sent out one week (7 days) prior to the event.**
 - d) Any team dropping out of Unit event playoffs after entering may face disciplinary action.
 - It shall be the policy of BRAA to support schools that find it necessary to discipline their school teams.
 - If a team receives permission to withdraw more than 48 hours prior to the playoff, no action shall be taken by the BRAA.
 - **If the team drops out less than 48 hours before the playoffs, they shall be assessed a \$50**

fine and the school suspended from further play at any level until payment is made to BRAA.

- **Teams that drop out of Unit events without any notification to the host will be fined \$100.00 (Act of God circumstances exempt).**
 - **Host schools fined \$50.00 if invitation to attend BRAA Unit Championships is NOT done 3 weeks prior to event.**
 - **Each school fined \$50.00 for not entering team 2 weeks prior to the event (late entries).**
 - ***It is important that the Host Commissioner contacts the President and reports any problems or concerns.***
 - The President shall investigate and report the circumstances to the next BRAA meeting. The President shall also recommend one of the following courses of action to be taken:
 - 1) no further action be taken
 - 2) a letter of concern be sent to the principal of the school involved
 - 3) a letter of reprimand be sent to the principal of the school involved
 - 4) the school be suspended from that sport for up to one year
 - 5) the school may be refunded the \$50 fine.
3. Each Senior team must forward entry fees for each team entering playoffs by September 30 to the SHSAA.
- If it is possible accept late entries, the entry will be accepted upon payment of regular fees plus late penalty as decided by the SHSAA.
 - All teams must be accompanied by a teacher or supervisor who meets the SHSAA criteria. This person will be the coach and/or supervisor for the athlete or team.
 - All team members must have a parent's waiver for the current year on file at the school. Coaches should carry a copy of each player's waiver form with the team.

Bylaw XII - Activity Play Down Direction

1. The following shall be used for all playoffs:
 - a.) Bids will be taken for hosting the many activities BRAA sponsors two times per year (September & December). A vote will be taken on the bids brought forward. Each school only has one vote.
 - b.) The President shall prepare a list of activity playoffs for the upcoming year. This list shall include all the activities, and a proposed date. The proposed date will be based on the constitution and by-laws, the NWHSAA District date and the SHSAA provincial play-off date, and tradition. This list will be presented to the meeting for modification and adoption.

Bylaw XIII - Suspension of Players, Coaches, Teams or Schools

1. Any case of unsportsmanlike conduct by a player, coach, team or school, any serious violation and any disregard for regulations established by the BRAA, shall be reported to the President by the Host Commissioner of the contest. This report shall be in writing with copies to be sent to the principal and coach concerned and shall be submitted within two days of the contest. In addition to writing the report, the Host Commissioner is encouraged to phone the President as soon as possible after the contest.
2. The President shall have the power to suspend players or coaches for a period not more than three games (leagues, tournaments, or playoffs) on the recommendation of a majority of the BRAA Discipline Committee. Cases which might merit longer periods of suspension includes when a team or school reports to the President who shall in turn refer the case to the Discipline Committee for action.

3. Spectator Control - the responsibility lies with the host. An official may request the host for appropriate action. If satisfactory action does not result, the official has the right to postpone or forfeit the game if the official feels that by continuing the game, there would be increased danger to the athletes. The official must submit immediately a complete report of this situation and action to the President. **Check the S.H.S.A.A. handbook policy regarding spectator control.**

4. Conduct of visiting teams:

- a) Must be accompanied with proper and adequate supervision and must have a staff member/teacher designated as the person in charge.
- b) The main supervisor must meet with their team to review all local regulations the team must adhere to.
- c) Teams must also have their own rules of conduct.
- d) Visiting teams violating the rules will be subject to penalties issued by: the Host School (when in the boundaries of that school) , the Disciplinary Committee, and the Home School.
- e) Alcohol/Drugs - the BRAA does not condone the use of alcohol or drugs at any time. Players under the jurisdiction of the BRAA found guilty of the use of any of these substances by officials, school officials or athletic officials shall be suspended from that athletic activity immediately. The person(s) discovering a suspected violation shall report the violation to the supervisor of the team involved and to the Host Commission of the host school. The host school shall report the matter and action taken to the President and to the Discipline Committee and further action may be taken.

SCHEDULE A - BRAA MEMBER SCHOOLS, DUES & FEES

	Jans Bay	<u>TL</u>	<u>Dil</u>	<u>CL</u>	<u>CW</u>	<u>LaLo Du</u>	<u>LaLo DH</u>	<u>PH</u>	<u>Ile- X High</u>	<u>Ile X Elem</u>	<u>Pat</u>	<u>GL</u>	<u>BN</u>	<u>Bea</u>
Total		<u>360</u>	<u>485</u>	<u>485</u>	<u>485</u>	<u>250</u>	<u>395</u>	<u>485</u>	<u>395</u>	<u>250</u>	<u>485</u>	<u>360</u>	<u>485</u>	<u>485</u>
(Plus \$100 Bond)		\$ 460	\$ 585	\$ 585	\$ 585	\$ 350	\$ 495	585	495	350	585	460	585	585

BRAA set a flat rate for each member school.

For elementary schools K-6 the fees are \$250.00 plus \$100.00 bond; for highschoools the fees are \$395.00 plus \$100.00 bond; for member schools K to 12 the fees are \$ 485.00 plus \$100.00 bond; and for schools K to 9 the fees are \$360.00 plus \$100.00 bond.

DEADLINE FOR PAYMENT: September 30 of the current school year.

WAIT FOR INVOICE FROM BRAA BEFORE PAYING YOUR FEES...EACH YEAR!!!!!!

SECTION 111

BEAVER RIVER ATHLETIC ASSOCIATION MEMBERS 2024-25

<u>School</u>	<u>Community</u>	<u>Phone #</u>	<u>Fax/Email</u>	<u>Colours</u>	<u>Team Name</u>
Birch Ridge Community School Athletic Administrator – Ida Sylvestre	Turnor Lake Cell –	894-2077	894-2075 idafoy1988@yahoo.ca	Black/red	Aces
Buffalo River Dene Nation School Athletic Administrator – Keshia Dreaver	Dillon Cell –	282-2044	282-4420 keshia.dreaver@mltc.ca	Royal blue/yellow	Bisons
Canoe Lake School Athletic Administrator – Dennis Iron Jr	Canoe Narrows Cell: 306-829-7882	829-2012	829-4211 dennis.ironjr@mltc.ca	Royal blue/black/white	Miksiw
Clearwater River School Athletic Administrator – Cora Lemaigre	Clearwater Reserve Cell: 306-822-7231	822-2228	822-2220 cora.lemaigre@mltc.ca	Navy/yellow/white	Kodiaks
LaLoche Community Schools Dene High Building Athletic Administrator – Donna Janvier	LaLoche Cell –	822-2223	822-2344 donnajavier@nlsd113.ca	Purple/gold/white	Lakers
Ducharme Building Athletic Administrator – Kyle Tetarenko	LaLoche Cell –	822-2024	822-2280 kyletetarenko@nlsd113.ca	Blue/white/black	Little Lakers
Minahik Waskahigan Schools High School Athletic Administrator – Curtis Chandler	Pinehouse Lake Cell:	884-4888	884-2164 cutischandler@nlsd113.ca	Black/white/yellow	Lakers
Rossignol Schools High School Athletic Administrator – Elaine Favel	Ile a la Crosse Cell:639-832-7833	833-2388	833-2616 efavel@icsd.ca	Green/white/black	Huskies
Elementary Athletic Administrator – Evan Davies	Ile a la Crosse Cell: 306-833-7808	833-2010	833-2322 edavies@icsd.ca		
St. Louis School Athletic Administrator – Roxanne Sylvestre	Patuanak Cell –	396-2161	396-2132 roxanne.noltchosylvestre@mltc.ca	Navy blue/white	Timber wolves
St. Pascal School Athletic Administrator – Jason Worobec	Green Lake	832-2081	832-2244 jasonworobec@nlsd113.ca	Green/yellow/black	Spirits
Twin Lakes Community School Athletic Administrators –	Buffalo Narrows Cell -	235-4240	235-4452 @nlsd113.ca	Red/black/white	Eagles
Valley View School Athletic Administrator – Stephen King	Beauval Cell – 306-212-8432	288-2022	288-2202 stephengking@nlsd113.ca	Grey/Burgundy	Voyageurs
<u>Executive</u>	President Vice-President Secretary/Treasurer	Elaine Favel Dennis Iron Jr. Stephen King	Discipline Committee Elaine Favel Dennis Iron Jr. Jason Macleod Kyle Tetarenko Stephen King		

SECTION IV

MEMBER RESPONSIBILITIES

1. School's Responsibility:

- a. To educate students in the appropriate behavior while at sport functions.
- b. To provide adequate supervision of all their players.
- c. To decide which students are eligible to play on school teams.
- d. To host its fair share of athletic events.
- e. To run events according to the policy set out by the BRAA, NWHSAA and SHSAA.

2. Principal's Responsibility:

- a. To appoint an Athletic Administrator and ensure the necessary forms are completed online to take part in the NWHSAA and the SHSAA. (www.shsaa.ca)*
- b. To have an active role in the organization of the sports program.
- c. To provide the guidance in ensuring funds are available to run the sports program.
- d. To oversee the sports program so there is no lack of communication between all parties involved.

3. Athletic Administrator's Responsibility:

- a. Fill out SHSAA forms online by the due dates.
 - i. E-3 form, School team entry form, due September 30.
 - ii. E-5 form, Student eligibility form, due before deadline for that sport.
 - iii. E-7 form, Health certificate and Parent's permission form, due before participating.
Kept on file at the school. (Do not send online)
 - iv. E-10 form, School enrolment declaration form, due September 30.
 - v. Other forms that may benefit your school.
- b. Attend all BRAA meetings.
- c. Try to attend NWHSAA meetings.
- d. Coordinate the sports program.
- e. Read the constitution and handbooks of the BRAA, NWHSAA, and SHSAA.
- f. Be prepared to organize and host tournaments.
- g. Insure that team roster forms are completed.
- h. Insure that coaches meet deadlines.
- i. Insure that coaches know the regulations for their sport.

4. Coaches Responsibilities

- a. Meet the deadlines.
- b. Be a role model for players.
Educate the athletes in that sport.
- c. Must have *Respect In Sport* certificate and *Concussion Protocol* certificate. No exceptions.

STUDENT/TEAM ELIGIBILITY FORM - BRAA

Age Category: Pee Wee Bantam Junior Senior

Gender: Male Female Co-ed

School Name: _____ Sport: _____

Coach: _____ Coach's Signature: _____

Principal's Signature: _____

Uniform #	Last Name	First Name	Gender	Birth Date D/M/Y	Grade
	1.				
	2.				
	3.				
	4.				
	5.				
	6.				
	7.				
	8.				
	9.				
	10.				
	11.				
	12.				
	13.				
	14.				
	15.				
	16.				
	17.				
	18.				
	19.				
	20.				
	21.				
	22.				
	23.				
	24.				
	25.				

Must take to competitions (exhibition, league, tournament, unit play) for eligibility of athletes!!!

SECTION V

HOST COMMISSIONER'S DUTIES

1. Pre-planning
 - a. Ensure needed support of school and community.
 - b. Facilities booked and upgraded if necessary.
 - c. Send out tournament invitations **three weeks** ahead.
 - d. Purchase high quality equipment for the event. (Example – game balls)
 - e. Locate and assign major and minor officials for the event. Host must provide qualified or well trained officials who are consistent and unbiased. If there are no officials, the participating schools must be contacted to help solve this problem. In no case should a team be subjected to officials that have poor knowledge of the rules and how to apply the rules fairly. The quality of the officials is of the utmost importance. (Students should not be used as major officials.)
 - f. Arrange for local media to advertise and report for the event.
 - g. Organize host committee so that the following is taken care of:
 - i. Concession
 - ii. Host/hostess
 - iii. Opening ceremony/closing ceremony
 - iv. Spectator facilities
 - v. Janitorial services
 - vi. Decorating if feasible
 - vii. Dressing room assignments
 - viii. Medical and first-aid assistance
 - ix. Supervisors for the event
2. Competition responsibilities
 - a. Visiting team packages:
 - i. Schedules – hosts follow the same general format so that each school feels they were treated fairly.
 - ii. Coaches evaluation form
 - iii. Rules (copy of rule book present for the event)
 - iv. **Lockdown Procedures of your HOST school.**
 - b. Opening ceremonies.
 - c. Coaches meeting set up. Coach should not be Host Commissioner.
 - d. Opportunity for officials to meet.
 - e. Form a technical committee which will deal with any Discipline or protest. To consist of:
 - Tournament commissioner
 - One administrator
 - Head official
 - f. Adhere as closely to the schedule as possible.
 - g. Organize awards presentation. Take a picture of the winners.
3. Post competition
 - a. Submit form: report results. (Form in handbook)
 - b. Send results out to coaches.
 - c. Evaluate the event and make recommendations for next time. (Form in handbook)
4. Banners - Unit Championship Banners can be ordered from North Star Signs.
 - The responsibility of ordering and paying for the banners is on the Champion school
 - North Star Signs
915 Central Avenue
Prince Albert, SK>
PH: (306) 764-7446
Fax: 764-0117
Cost: \$150.00 plus depending on what is required

SECTION VI

BRAA ACTIVITY GUIDELINES

CONDUCT

PERSONAL

The Beaver River Athletic Association adopts the Code of Ethics as laid down by the Saskatchewan High School Athletic Association, which is in the SHSAA Handbook.

The Beaver River Athletic Association also has a Code of Ethics.

BRAA Code of Ethics

1. Conduct yourself with honour and dignity at all times.
2. Treat visiting teams, spectators and officials as honoured guests.
3. Show that it is a privilege to represent your school.
4. Remember this is no place in school athletics for the use of drugs, tobacco or alcohol of any kind – before, during or after competition.
5. Take a strong stand against profanity, unfair play and unsportsmanlike behaviour on your team.
6. Maintain self control at all times, accepting decisions of officials.
7. Hats are to be removed in the schools.
8. Outdoor shoes taken off and clean indoor running shoes must be worn in the gymnasium.
9. Food, drinks, gum, sunflower seeds etc. are not permitted in the gymnasium.
10. Show RESPECT to host schools and your opponents.

HOST SCHOOLS

1. They will provide each coach with a list of school rules that teams are expected to follow.
2. They will provide clean and safe facilities.
3. They will provide proper and adequate supervision of all areas used for the tournament.
4. They will inform schools of the food services available – nutritional foods/drinks are highly recommended.
5. Make sure there are competent officials.

VISITING TEAMS

1. They must be accompanied with proper and adequate Supervision and must have a staff member/teacher designated as the person in charge.
2. The main supervisor must meet with their team to review all local regulations the team must follow.
3. Teams must also have their own rules of conduct.
4. Visiting teams violating the rules will be subject to penalties issued by: the Host School, the Disciplinary Committee – if contacted, and the Home School.

SECTION VII

BRAA SPORT REGULATIONS & GUIDELINES

BADMINTON

AGES: Junior – under 16 as of September 1, in grade 7 – 9
Senior – Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

- ENTRY:**
1. Each participant may enter one category only.
 2. Play will be conducted in 5 categories:
 - a. Boys and Girls Singles
 - b. Boys and Girls Doubles
 - c. Mixed Doubles
 3. **Junior** – Two entries in each category are allowed per school.
 4. **Senior** – Two entries in each category are allowed per school.

(Membership is up to date)

- RULES:** Current International Badminton Rules with these exceptions:
1. All games to 21 points. Rally point system used.
 2. Best of 3 games.
 3. Use of scorekeepers and referees optional.
 4. Protective eyewear is mandatory for Singles & Doubles.
 5. All competitors must dress in predominately white uniform or school uniform that reflects school colors. Doubles teams must be uniform in their dress.

TOURNAMENT: A round robin format with two pools in each category.
If only a few teams, then a straight round robin.
Followed by playoff double knock out draw with top two from each pool cross-over.

EQUIPMENT: Shuttlecock (Yonex, Mavis 300 blue band, if available)

AWARDS: Medals for: First Place (8 players, 1 coach) x 2 categories (Jr. & Sr.)
Second Place (8 players, 1 coach) x 2 categories (Jr. & Sr.)
Third Place (8 players, 1 coach) x 2 categories (Jr. & Sr.)
Banner for Best overall team (purchased by school) Point System determines BRAA Team
Champion: 3 points for any 1st, 2 points for any 2nd and 1 point for any 3rd.

DISTRICT/REGIONAL ADVANCEMENT

Senior - Top two teams advance to North West Districts
Junior – Top team advances to North West Districts

BASKETBALL

AGES: Peewee – born in 2013/2014(BRAA only) Must be in at least grade 4 (and age 8-11 yrs)
Bantam – born in 2011/2012(BRAA only)
NEW: Two (2) player of the opposite sex are allowed to field a team at the Peewee and Bantam Categories only and must be approved by the BRAA Discipline Committee before the Deadline to enter.
Junior – under 16 as of September 1, in grade 7 – 9
Senior - Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: Can play on more than one team (maximum - 2 recommended)
For Junior and Senior Teams age/grade rules must be followed.
Only one team entry per school at Units
(Membership is up to date)

RULES: All games according to F.I.B.A. rules, with these exceptions:

1. Ball size: Peewee – size 5 (27.5)
Bantam – size 5 (27.5)
Junior – size 6 (28.5)
Senior girls – size 6 (28.5)
Senior Boys – size 7 (29.5)
2. **No full court press for Peewee/Bantam**

TOURNAMENT: **Seniors** –**Single** knockout draw with (3-6 teams). For 1A and 2A schools
-Games are four 10 – minute periods. Stop Time.
-Play for Unit Champion Title, as all teams automatic play into SHSAA Conference play
Juniors –Single knockout draw with consolation (3-6 teams). For 1A and 2A schools.
-Games are four 8 – minute periods. Stop Time.
-Top team only advances to North West Districts

NEW RULE: Half – Court No-Zone Policy for Junior High Basketball Tournaments & Division Playoffs
Definition of No Zone – The 1/3 rule: This rule refers to the relationship (distance) between a player off the ball and the ball itself. If you drew a line between the ball and your man (while in help defense), you are to be no further away than 1/3's the distance from the ball). The help defense and trap can occur ONLY inside/near the three point line and ONLY doubling the ball. “ Good man to man defense means occasionally leaving your check to help. This also includes playing help-side defense in the half court.

Peewee/Bantam – Round Robin draw with Single Knockout playoffs for 1st, 2nd, 3rd.
-Four 8-minute periods. Straight Time.
-Clock stopped only for free throws and timeouts.
-No Districts to advance to.

Seeding forms must be filled out for Junior and senior teams for ranking for District and Regional competition.

EQUIPMENT: Leather ball if possible.

AWARDS: Medals for: First Place (12 players, 2 coaches)
Second Place (12 players, 2 coaches)
Third Place (12 players, 2 coaches)
Banner for Best overall team (purchased by school)

CROSS COUNTRY RUNNING

AGES: Pee wee – under 11 as of September 1
 Bantam – under 13 as of September 1
 Midget - under 15 as of August 31 of current school year (SHSAA Handbook)
 Junior – under 16 as of August 31 of current school year (SHSAA Handbook)
 Senior - 16 and over as of August 31 of current school year (SHSAA Handbook)

ENTRY: Distances:

 Pee wee Boys & Girls – 2000m
 Bantam Boys & Girls – 3000m
 Midget Girls – 3000m Midget Boys – 3000m
 Junior Girls – 4000m Junior Boys – 4000m
 Senior Girls – 4000m Senior Boys – 5000m
 (Membership is up to date)

RULES: Regulations:

 A course walk will take place at 12:30. The meet will begin at 1:00pm.

The Course: It is strongly recommended that the course be set up and organized according to the provincial meet guidelines in the SHSAA Handbook.

The course shall be clearly marked with signposts with directional arrows or by coloured flags.

A RED flag indicates a turn to the LEFT.

A WHITE flag indicates a turn to the RIGHT.

A YELLOW flag indicates STRAIGHT AHEAD.

Athletes **must** be issued #'s to wear.

Refreshments **must** be available before and after the race.

There **must** be a minimum of five judges on the course.

AWARDS: Medals for: First, Second Place
 Ribbons for: Third to Fifth Place
 Banner for Best overall team (purchased by school)

DISTRICT/REGIONAL ADVANCEMENT

Students from all schools within the N.W.H.S.A.A. may compete directly at the District Championship.

CURLING

AGES: Junior – Students up to and including grade 9, unless that student was (16) on Sept. 1st of current school year.
Senior - Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: Boys, Girls, Mixed
Junior competition – 2 teams/category/school (NWHSA Guidelines) May be comprised of students of either gender and of any combination.
Senior competition – 2 teams/category/school
(Membership is up to date)

RULES: Canadian Curling Association rule book
Exceptions: See SHSAA Rules in SHSAA Handbook. Eg:
1. Mixed – sexes must play alternate positions.
2. Enter only one category.

TOURNAMENT: Modified Double Knockout or Double Knockout Draw.

AWARDS: Medals for: First Place (4players, 1 alternate, 1 coach)
Second Place (4 players, 1 alternate, 1 coach)
Banner for Best overall team (purchased by school)

DISTRICT/REGIONAL ADVANCEMENT

Senior & Junior Categories – Top team only advances to Regionals

FOOTBALL

The B.R.A.A. does not offer football at this time.

The playoff structure shall be determined annually by the S.H.S.A.A.

See N.W.H.S.A.A. handbook for more information.

GOLF

The B.R.A.A. does not offer Golf at this time. However, NWHSAA suggests that in order to maintain some integrity in the golf program, coaches are reminded that these playoffs should not simply be 'field trips'. A maximum scoring average of 120 strokes on the 'home 18 holes' would be 'pushing' the high end of the scoring spectrum. Please do not use these playoffs as a replacement for a sound program involving teaching skills and practicing. It is a playoff.

Grass VS Sand

All North West Sr. Golf Championships will be played as Grass Championships. Any schools wishing to advance to Provincials in Sand Golf **must declare prior** to competing in the Grass Golf Championships.

AGES: Junior – under 16 as of September 1, in grade 7 – 9 (District only)
Senior - Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: **Junior** – Each school to determine its own team with a maximum of **six** participants. If the school is entering the school competition, no more than four of one gender will be allowed(4+2).
Senior - Each school to determine its own team with a maximum of **eight** participants, with no more than six of one gender.
Both Jr. & Sr. Competitors will play 18 holes.

RULES: All golfers will pay their own green fees.
Each school must supply a roster to the commissioner two days prior to Competition and include the following:

- Name
- Age
- Grade
- Handicap

Dress code:

- Collared shirt
- Tailored pants/shorts
- No cut off shirts/shorts

Commissioners must ensure that all golfers are aware of local rules.
Shotgun start where possible.
See N.W.H.S.A.A. handbook for more information.

INDOOR SOCCER

- AGES:** Peewee – born in 2013/2014(BRAA only) Must be in at least grade 4 (and age 8-11 yrs)
Bantam – born in 2011/2012(BRAA only)
NEW: Two (2) player of the opposite sex are allowed to field a team at the Peewee and Bantam Categories only and must be approved by the BRAA Discipline Committee before the Deadline to enter.
Junior – born in 2008/2009 and in grade 7 – 9
Senior - Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines
- ENTRY:** Players must be under above ages except for senior, they must be in at least grade 9.
Only one team entry at Units
(Membership is up to date)
- RULES:** 1. Saskatchewan Soccer Association – Gym/Indoor Rules apply (See APPENDIX D p. 76).
2. Unlimited substitution.
3. Ten players per team.(4 plus a goalie on at a time)
4. Shin guards and socks to cover are mandatory.
5. If tied after regulation play for final game, the winner must be determined by a sudden death overtime goal.
6.Official Indoor Soccer ball to be used: **FUTSAL BALL**
Ball Size: Peewee – size 4
Bantam, Junior, Senior – size 5
7. A goal may be scored off of a Kick off.
- TOURNAMENT:** 1. Knockout draw.
2. Fifteen minute halves running time.
3. Officials should be coaches or senior students.
- AWARDS:** Medals for: First Place (10 players, 2 coaches)
Second Place (10 players, 2 coaches)
Third Place (10 players, 2 coaches)
Banner for Best overall team (purchased by school)

DISTRICT/REGIONAL ADVANCEMENT

No advancement. This sport activity exists only in the BRAA area.

OUTDOOR SOCCER

Teams must declare 7 vs 7 or 11 vs 11.

Automatic play into Conference/Regional/Provincial system.

AGES: Junior – under 16 as of September 1, Grade 7-9(BRAA activity only)
Senior – see SHSAA Handbook under Soccer. (Automatic play into Conference/Regional/Provincial system)

ENTRY: Players must be under above ages except for senior, they must be in at least grade 9.
Only one team entry at Units
(Membership is up to date)

RULES: F.I.F.A. rules apply with these exceptions:

1. Games: 2-45-minute halves
2. Unlimited substitution.
3. Five substitutes dressed per team.
4. Shin guards and socks to cover them are mandatory.
5. Two overtime periods. (2 – 5min halves, then penalty shots)

TOURNAMENT: 1. Knockout draw.
2. Minimum 30 minute halves.
3. Limit per day 180 minutes
4. Officials – Coaches or certified referees.

AWARDS: Medals for: First Place (18 players, 2 coaches)
Second Place (18 players, 2 coaches)
Banner for Best overall team (purchased by school)

TRACK AND FIELD **ELEMENTARY MEET**

AGES: 7/8 year olds as of September 1 of the current school year
9/10 year olds as of September 1 of the current school year
11/12 year olds as of September 1 of the current school year

ENTRY: Entries
Each school may enter a maximum of 2 competitors in each event.
An athlete may enter a maximum of 4 events plus one relay.
(Membership is up to date.)

Events

1. 7/8 year olds – Track - 50m, 100m, 4 X 100m relay
- Field* - Ball Throw, High Jump, Standing Long Jump, Long Jump
2. 9/10 year olds – Track – 50m, 100m, 200m, 4 X 100m relay
- Field* – Ball Throw, High Jump, Long Jump
3. 11/12 year olds – Track – 100m, 200m, 4 X 100m relay
- Field* – Shot Put, High Jump, Long Jump, Triple Jump **NEW: Turbo Jav**

*Each competitor will receive 3 attempts. The top 6 competitors will receive an additional 3 attempts.
NEW: With exception to Turbojav event. Only 3 attempts will be given to all athletes.

RULES: Equipment – Running/track shoes must be worn.
- No jeans/pants
- No hats/bandanas
- No sunglasses

High Jump starting heights:

7/8 Boys - .90m	7/8 Girls - .80m
9/10 Boys – 1.00m	9/10 Girls - .90m
11/12 Boys – 1.10m	11/12 Girls – 1.00m

Shot Put – 11/12 Boys/Girls – 3 kg. **NEW – 11/12 Boys & Girls- Turbojav - 28"-300g**

AWARDS: Medals for: First, second, third place age group aggregate.
Ribbons for top five in each event.
Banner for Best overall team (purchased by school)

DISTRICT/REGIONAL ADVANCEMENT

No advancement. This sport activity exists only in the BRAA area for these age groups.

TRACK AND FIELD

AGES: **Bantam – under 14 as of August 31, 2024 (Grade 7 & 8 students)**
 (must be at least grade 7 -district)

Midget – under 15 as of August 31, 2024 (SHSAA Handbook)
 (must be at least grade 9 – provincial)

Junior – under 16 as of August 31, 2024 (SHSAA Handbook)
 (must be at least grade 9 – provincial)

Senior – 16 and over as of August 31, 2024 (SHSAA Handbook)
 Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: Entries
An athlete may be entered in a maximum of 4 events plus one relay
Each school may enter a maximum of 3 competitors in each event.
(Membership is up to date.)

Track events - 100m, 200m, 400m, 800m, 1500m, 3000m, 4 X 100m relay.

Field events* - Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin.

*Each competitor will receive 3 attempts. The top 6 competitors will receive an additional 3 attempts.

Events

Each athlete competes in the same events with the following exceptions:

	S. Boys	Jr. Boys	Sr. Girls	Jr. Girls	Ban. & Mid. Boys	Ban. & Mid. Girls
Discus	1.6kg	1.6kg	1kg	1kg	1kg	1kg
Javelin	800g	800g	600g	600g	600g	600g
Shot Put	12lbs	12lbs	4kg	4kg	4kg	3kg

High Jump starting heights:

Bantam & Midget Boys – 1.25m Bantam & Midget Girls – 1.00m

Junior Boys – 1.35m Junior Girls – 1.05m

Senior Boys – 1.40m Senior Girls – 1.10m

Raise the height - 5cm, 5cm, then 2cm etc.

RULES: Equipment – Running/track shoes must be worn.

- No jeans/pants
- No hats/bandanas
- No sunglasses

AWARDS: Medals for: First, second, third place age group aggregate.
Ribbons for top five in each event.
Banner for Best overall team (purchased by school)

ADVANCEMENT TO DISTRICTS

Top three finishers in each event in each age category may advance to Districts.

** Only Midgets (must be in grade 9), Junior & Senior may advance to Provincials from District Meet.

VOLLEYBALL

AGES: Pee wee – born in 2013/2014(BRAA only) Must be in at least grade 4 (and age 8-11 yrs)
Bantam – born in 2011/2012(BRAA only)

NEW: Two (2) players of the opposite sex are allowed to field a team at the Pee wee and Bantam Categories only if there are 6 players or less. Team doing so must play the 6 players of the Same gender first and using opposite gender ONLY in case of injury, and must be approved by the BRAA Discipline Committee before the deadline to enter. (Amended Dec. 7, 2023)

Junior – under 16 as of September 1, in grade 7 – 9

Senior - Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: Can play on more than one team(maximum - 2 recommended)
For Junior and Senior Teams age/grade rules must be followed.
Only one team entry at Units
(Membership up to date)

RULES:

Pee wee -	Triple Ball Rules (http://www.saskvolleyball.ca/content/triple-ball-format)
	- underhand serves only
	- No setting off the serve
	- service line – up to 3 meters ahead of service line
	- forearm pass for service reception only
	- court use may be cross court/playoff full court
	- Net height – 2.05m
	- Ball: Volley-lite ball
Bantam	
	- SVA rules
	- No setting off the serve
	- Court use may be cross court /playoff full court
	- Net height – Boys - 2.20m Girls – 2.10m
Junior	
	- SHSAA/SVA rules
	- Court use may be cross court. Strongly recommend to have them full court if possible.
	- Net height – 2.24m (Boys) 2.15m (Girls)
Senior	
	- SHSAA/SVA rules
	- Full court all games
	- Net height – Boys - 2.43m Girls – 2.24

Officiating: Trained, certified officials should be used if possible. Officiating is one of the major complaints when hosting a tournament. The rules should be enforced. We want our players to have the same opportunity and experiences as any player in Saskatchewan.

Please check out the rules.

Example: Uniform #'s must be 1 – 18. Did you know that?

TOURNAMENT:

The format will depend on the number of entries. The pool system is the standard Format. If unsure of what draw to use, call the President.

AWARDS: Medals for: First Place (12 players, 2 coaches)
Second Place (12 players, 2 coaches)
Banner for Best overall team (purchased by school)

ADVANCEMENT TO DISTRICTS

Junior – Top team Only advances to North West Districts

Senior – Automatic Advancement to Conference/District/Provincial system

WRESTLING

There are only three or so teams that are active in wrestling at this time.
If a Unit championship is held there is a banner to be won.
Medals/ribbons can be discussed about at the fall meeting each year.

SECTION VIII

BRAA HISTORY OVERVIEW

1970's - BRAA formed – Senior sports began

1980's - Expanded to Junior sports

1982 - First Provincial Champs

1989 – Constitution finalized

1990's - Expanded to Bantam and Pee wee Sports

1992 - Constitution amended

2000 - Developed League play

2002 - Constitution amended

2012 - Constitution, Bylaws & Sport Guidelines Amended

2012-13 – Saskatchewan Interscholastic Athletic Administrators Association Training
For BRAA athletic directors: Leadership Training courses 501C & 502C

PROVINCIAL ACHEIVEMENTS

“2A” BOYS BASKETBALL

1982 – LaLoche -	1 st
1983 – LaLoche -	3 rd
1986 – LaLoche -	3 rd
2012 – Buffalo Narrows (Jr. District Champs)	1 st

“1A” BOYS BASKETBALL

1999 – Ile a La Crosse -	3 rd
--------------------------	-----------------

CROSS COUNTRY RUNNING

1981 – Midget Boys	Randy Kyplain	2 nd	Valley View
1982 – Midget Boys	Merle Kyplain	1 st	Valley View
1984 – Midget Boys	Darryl Burnouf	5 th	Valley View
1985 – Junior Boys	Darryl Burnouf	5 th	Valley View
1994 – Midget Girls	Jena Lemaigre	4 th	LaLoche

SOCCER

1980 – “2A” Boys	BIRHS	4 th
1981 – “2A” Boys	BIRHS	4 th
1982 – “2A” Boys	BIRHS	4 th
1983 – “2A” Boys	BIRHS	4 th
1984 – “2A” Boys	Pinehouse	4 th
1984 – “2A” Girls	Ile a La Crosse	4 th
1990 – “2A” Girls	Valley View	4 th
1991 – “2A” Girls	BIEC	4 th
2001 – “2A” Girls	LaLoche	6 th

TRACK AND FIELD

1985 – 400m	Clyde Gauthier	4 th	Valley View
1994 – Javelin	Joel Durocher	7 th	Valley View
2001 – 3000m	Tyler Favel	6 th	Ile a La Crosse
2004 – Discus	Kris Georges	1 st	Ile a la Crosse
2004 – Shotput	Kris Georges	1 st	Ile a la Crosse
2023 – 3000m	William McGonigle	2 nd	Ile a la Crosse

VOLLEYBALL

1982 – “1A” Boys	Ile a La Crosse	4 th
1982 – “2A” Boys	LaLoche	3 rd
1983 – “1A” Boys	Ile a La Crosse	2 nd
1984 – “1A” Boys	Ile a La Crosse	1 st
1985 – “1A” Boys	Ile a La Crosse	1 st

1986 – “1A” Boys	Ile a La Crosse	1 st
1991 – “2A” Boys	LaLoche	2 nd
1992 – “1A” Boys	Valley View	5 th
1994 – “1A” Boys	Valley View	7 th
2000 – “3A” Girls	LaLoche	10 th
2001 – “3A” Girls	LaLoche	8 th
2001 – “3A” Boys	LaLoche	1 st
2003 - “4A” Boys	LaLoche	1 st
2004 - “4A” Girls	LaLoche	4 th
2006 – “4A” Boys	LaLoche	5 th (Sportsmanship Banner)
2009 – “3A” Boys	Ile a La Crosse	3 rd
2010 - “4A” Boys	Ile a La Crosse	Sportsmanship Banner
2011 – “4A” Boys	Ile a La Crosse	3 rd
2016 – 3A Girls	Ile a la Crosse	4 th & Sportsmanship Banner
2017 – 2A Girls	Ile a la Crosse	2 nd
4A Boys	LaLoche	2 nd
2018 -		

APPENDIX A – BRAA REPORT FORMS

BEAVER RIVER ATHLETIC ASSOCIATION MEETING

Agenda

Date: _____

1. Registration, introductions and the agenda.

2. Minutes of the last meeting.
 - a. Adoption motion
 - b. Business arising from the minutes

3. Reports:
 - a. Financial – motion to adopt.
 - b. Activity commissioners:

4. Correspondence

5. Coach/Official/Athlete Development

6. Old Business

7. New Business
 - a. Activity hosts and dates

8. Next Meeting date

2024	BRAA Unit	Championships		
SPORT	DATE	HOST	COMMISSIONER	PHONE
X-Country	No Units	All teams go to	Districts	
Volleyball				
1A-4A Girls (Units & Conference)	After the E-10 numbers are entered on SHSAA (Sept. 30) will our teams learn what category they are. However, all senior teams advance to the first round of Provincials (called Conferences)BRAA units will only be scheduled after teams have been categorized. Only those teams belonging to each category will be asked to select their own BRAA unit championship date and location. Their Units are for bragging rights and act as a “warm-up” opportunity prior to Conference Play			
1A-4A Boys (Units & Conference)				
1A & 2A Junior Girls				
1A & 2A Junior Boys				
Bantam Girls				
Bantam Boys				
Pewee Girls				
Pewee Boys				

BRAA UNIT CHAMPIONSHIPS WINTER SEASON 2024-25				
BASKETBALL - 1A -4A GIRLS				
1A - 4A BOYS				
1A & 2A JUNIOR GIRLS				
1A & 2A JUNIOR BOYS				
Bantam Girls				
Bantam Boys				
Peewee Girls				
Peewee Boys				
Curling JR & SR. All Teams				
INDOOR SOCCER - SR. GIRLS				
SR. BOYS				
JR. Girls				
JR. Boys				
Bantam Girls				
Bantam Boys				
Peewee Girls				
Peewee Boys				
BADMINTON - JUNIOR				
SENIOR				
TRACK & FIELD - Elementary				
Senior				

UNIT CHAMPIONSHIP REVIEW FORM -BRAA

Event: _____

Commissioner: _____

Location: _____

Date: _____

Schools	Schools absent (after entering)

Unit Champion: _____

Runner-up: _____

Report any problems/recommendations.

Comments:

No 48 hour notice:

Please send to: President
B.R.A.A.

COACHES EVALUATION & RECOMMENDATION

Competition _____ Date _____

Location _____

Commissioner _____

This evaluation and comment form is your opportunity to react to the tournament you have just competed in. Feel free to comment on the areas of concern and suggest possible solutions.

1. Host facilities –
2. Were you given three weeks notice? Yes No
3. Officials –
4. Format –
5. Was the community involved? Yes No
6. Was the school involved? Yes No
7. Calibre of competition –
8. Host organization –
9. Were there any dangerous elements or situations?
10. Other –
11. Recommendations –

Date

Coach

Team

Please send to: President
 BRAA

APPENDIX B

TRACK AND FIELD HANDBOOK

CONTENTS

UNIT TRACK AND FIELD MEET

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TRACK AND FIELD - RULES AND REGULATIONS

Important: Please read carefully and inform your athletes of any rules which may pertain to them.

Location: _____

Date: _____

Alternate Date: _____

Start time: All athletes and coaches **MUST** have arrived by 9:30 am.
The first events begin at 10:00am, sharp. Late athletes will be disqualified.

1. Entries must be received by _____.
2. Each athlete may enter a maximum of 4 events plus a relay.
3. Each athlete must take part in their proper age group unless the event is not offered in their age group. In which case they may advance to the next age group.

The age groups are as follows:

Elementary Meet

7/8 year olds – as of September 1 of current school year
9/10 year olds – as of September 1 of current school year
11/12 year olds - as of September 1 of current school year

Senior Meet

Bantam – under 14 as of August 31 of the current school year
(students in grade 7 & 8)
Midget – under 15 as of August 31 of the current school year
(mainly students in grade 9)
Junior – under 16 as of August 31 of current school year
(must be at least grade 9 – Provincial)
Senior – over 16 as of August 31 of the current school year and eligible
as defined in the period of eligibility in SHSAA Handbook.

4. All coaches **MUST** attend the coaches meeting in the _____
At 9:30am sharp. All scratches and changes, but no additions, must be made during the coaches meeting.
Scratches will be allowed during the meet but no changes or additions will be allowed.
5. Change rooms will be provided, but all are responsible for their own valuables.
6. All track events take precedent over field events.
Should an athlete be involved in a field event and a track event at the same time he/she must report to the field event and inform the official of the situation then proceeds immediately to the track, finish the event, and then return to the field event.
7. Should entries warrant it, there will be heats and finals in sprint races. All other races will be run as timed section finals.

8. Each competitor will receive 3 attempts in the field events (throws, long and triple jump) with the top 6 competitors receiving an additional 3 attempts. Except the Bantams who will receive ONLY 3 attempts.
9. There will be a canteen in operation throughout the day.
10. Ribbons for 1st, 2nd, 3rd, 4th, 5th.
Medals for aggregate winners in each age group: Gold, Silver, and Bronze
11. School and personal points will be awarded for the top 5 finishers in each event in the following order:
10, 8, 6, 4, 2.
12. Points for relays are awarded to the schools involved but these points are not used towards the age class awards.
13. Schools will be responsible for supplying officials and equipment as agreed upon by the Meet Director.
14. ANY COACH WISHING TO HAVE HIS/HER ATHLETES ADVANCE TO THE DISTRICT MEET MUST ATTEND THE COACHES MEETING FOLLOWING THE COMPLETION OF THE MEET.

MEET DIRECTOR: _____

PHONE: _____

FAX: _____

TRACK AND FIELD **ELEMENTARY MEET**

AGES: 7/8 year olds as of September 1 of the current school year
9/10 year olds as of September 1 of the current school year
11/12 year olds as of September 1 of the current school year

ENTRY: Entries
Each school may enter a maximum of 2 competitors in each event.
An athlete may enter a maximum of 4 events plus one relay.
(Membership is up to date.)

Events

2. 7/8 year olds – Track - 50m, 100m, 4 X 100m relay
- Field* - Ball Throw, High Jump, Standing Long Jump, Long Jump
2. 9/10 year olds – Track – 50m, 100m, 200m, 4 X 100m relay
- Field* – Ball Throw, High Jump, Long Jump
3. 11/12 year olds – Track – 100m, 200m, 4 X 100m relay
- Field* – Shot Put, High Jump, Long Jump, Triple Jump **NEW: Turbo Jav**

*Each competitor will receive 3 attempts. The top 6 competitors will receive an additional 3 attempts.
NEW: With exception to Turbojav event. Only 3 attempts will be given to all athletes.

RULES: Equipment – Running/track shoes must be worn.
- No jeans/pants
- No hats/bandanas
- No sunglasses

High Jump starting heights:

7/8 Boys - .90m	7/8 Girls - .80m
9/10 Boys – 1.00m	9/10 Girls - .90m
11/12 Boys – 1.10m	11/12 Girls – 1.00m

Shot Put – 11/12 Boys/Girls – 3 kg. **NEW – 11/12 Boys & Girls- Turbojav - 28"-300g**

AWARDS: Medals for: First, second, third place age group aggregate.
Ribbons for top five in each event.
Banner for Best overall team (purchased by school)

DISTRICT/REGIONAL ADVANCEMENT

No advancement. This sport activity exists only in the BRAA area for these age groups.

TRACK AND FIELD

SENIOR MEET

AGES: **Bantam – under 14 as of August 31, 2024**(Grade 7 & 8 students)
 (must be at least grade 7 -district)
 Intermediate – under 15 as of August 31, 2024 (SHSAA Handbook)
 (must be at least grade 9 – provincial)
 Junior – under 16 as of August 31, 2024 (SHSAA Handbook)
 (must be at least grade 9 – provincial)
 Senior – 16 and over as of August 31, 2024 (SHSAA Handbook)
 Students in grades 9 – 12 inclusive in accordance with SHSAA Guidelines

ENTRY: Entries
 An athlete may be entered in a maximum of 4 events plus one relay
 Each school may enter a maximum of 3 competitors in each event.
 (Membership is up to date.)

Track events - 100m, 200m, 400m, 800m, 1500m, 3000m, 4 X 100m relay.

Field events* - Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin.

*Each competitor will receive 3 attempts. The top 6 competitors will receive an additional 3 attempts.

Events

Each athlete competes in the same events with the following exceptions:

	S. Boys	Jr. Boys	Sr. Girls	Jr. Girls	Ban. & Int. Boys	Ban. & Int. Girls
Discus	1.6kg	1.6kg	1kg	1kg	1kg	1kg
Javelin	800g	800g	600g	600g	600g	600g
Shot Put	12lbs	12lbs	4kg	4kg	4kg	3kg

High Jump starting heights:

Bantam & Intermediate Boys – 1.25m	Bantam & Intermediate Girls – 1.00m
Junior Boys – 1.35m	Junior Girls – 1.05m
Senior Boys – 1.40m	Senior Girls – 1.10m

Raise the height - 5cm, 5cm, then 2cm etc.

RULES: Equipment – Running/track shoes must be worn.
 - No jeans/pants
 - No hats/bandanas
 - No sunglasses

AWARDS: Medals for: First, second, third place age group aggregate.
 Ribbons for top five in each event.
 Banner for Best overall team (purchased by school)

ADVANCEMENT TO DISTRICTS

Top three finishers in each event in each age category may advance to Districts.

** Only Intermediates (must be in grade 9), Junior & Senior may advance to Provincials from District Meet.

EQUIPMENT NEEDED

A. Track:

Well in advance:

1. Graded. (if needed)
2. Remove rocks and glass etc.
3. Fill in holes, cut grass.
4. Order dolomite/safety line.

Week of the meet:

1. Measure and line, start and finish lines.
2. Line lanes if required.

Day of the meet:

1. Check that the lines are still visible.
2. Event: Stop watches (6)
Clipboard
Schedule of races

Events:

Elementary – 50m, 100m, 200m, 4 X 100m relay

Senior – 100m, 200m, 400m, 800m, 1500m, 3000m, 4 X 100m relay.

B. Field:

Well in advance:

Pits:

1. Dig them.
2. Haul sand, cut grass, remove rocks
3. Paint boards.

Week of event:

1. Locate boards in correct place.
2. Event: Clip boards (6)
Rakes (2)
Tape measures –
Long Jump – 30m
Triple Jump - 30m
Standing Long Jump – 30m
High Jump – 30m or 2 - 3m sticks
Ball Throw – 50m
Javelin – 50m
Shot Put – 30m
Discus – 50m

Events: **Elementary** – High Jump, Long Jump, Triple Jump, St. Long Jump, Shot Put, and Ball Throw.

Senior – High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

Day of meet:

1. High Jump
 - a. Cross bars (2)
 - b. Measuring sticks (2 – 3m measuring sticks)
 - c. Mats (2) plus small gym mats
 - d. Clipboards (2)
 - e. Event sheets (2)
2. Long Jump/St. Long Jump
 - a. Board
 - b. Measuring tape (30m)
 - c. Rake
 - d. Clip board
 - e. Event sheets (2)
3. Triple Jump
 - a. Boards (2)
 - b. Measuring Tape (30m)
 - c. Rake
 - d. Clip board
 - e. Event sheets (2)
4. Shot Put/Ball Throw
 - a. Shot puts (2 of each)/Softballs - 3)
 - b. Measuring tape (50m)
 - c. Clip board
 - d. Event sheets (2)
5. Discus
 - a. Discus (2 of each)
 - b. Measuring tape (50m)
 - c. Clip board
 - d. Event sheets (2)
6. Javelin
 - a. Javelin (1 of each)
 - b. Measuring tape (50m)
 - c. Clip board
 - d. Event sheets (2)

RULES – TRACK AND FIELD OFFICIATING

1. Introduction

The following points that outline the role of the official and express the philosophy of officials should be borne in mind.

- a. Provide for the athletes fair and friendly interpretation of the rules.
- b. Ensure equal opportunity for all participants.
- c. Develop a rapport with the athletes by showing leadership and a relaxed formality.

2. Track Events

- a. Marshal – Assembles at least 15 minutes prior to the event start time giving them the following information.
 - i. Heat and lane designation.
 - ii. Procedures to be followed in going to start line.
 - iii. Correct number of athletes
 - iv. Shoes and uniforms – most synthetic indoor tracks have a minimum spike length of 6mm.
 - v. Inform finish line of changes in heats if they occur.
- b. Starter's assistant – Takes control of athletes from marshal and prepares them for the start of the race.
 - i. Gives lane assignments and qualifying procedures.
 - ii. Instructs when to enter the tracks.
 - iii. Whistles for attention of the timers and place judges.
 - iv. Ask runners to remove warm-up suit.
 - v. Hands control of runners to the starter.

- c. Starter – The sole judge of any fact connected with the start of the race.

Start procedure:

- i. Take position.
- ii. Obtain silence for the start.
- iii. Give commands – in races 400m and less: “On your mark”, “Set,” Gun; in races over 400m: “On your mark”, Gun.

Prior to the race the starters and re-callers should discuss their duties and position themselves accordingly.

- d. Umpire – Report fouls or violation of the rules.
 - i. Do not have power to make decisions.
 - ii. Important to report all fouls no matter how small.
 - iii. Watch relay exchange zones.
 - iv. Common infractions – running out of lane, cutting down too soon, hurdle infractions, jostling.
 - v. Lap scoring.
- e. Timers
 - i. Time from the flash or the smoke of the gun to when the torso of the athlete crosses the finish line.
 - ii. Hand timing.
 1. In races 400m and less round off to the nearest tenth of a second – e.g. 56.21 becomes 56.3
 2. In races over 400m – round off to the nearest second.
 3. Report results independently.

- f. Place judges
 - i. Judge the torso of the competitor.
 - ii. Concentrate on lanes and athletes and find numbers later.
 - iii. Report results independently.

3. Field Events

a. Horizontal Jumps

- i. Function of officials:
 - 1. Official at start of runway to all athletes.
 - 2. Official to hold zero end of tape in the pit.
 - 3. Official to hold numbered end of the tape. Tape must be held perpendicular to the take-off board.
 - 4. Reader – tape is read to the nearest centimetre below that jumped.
 - 5. Recorder.
 - 6. Two pit rakers – sand should be level with the runway.
 - 7. Person to watch trail leg in triple jump.
- ii. Common fouls:
 - 1. Foot over take-off board.
 - 2. Walking back through pit.
 - 3. Not stopping before plane of take-off board extended.

b. Vertical Jumps – High Jump

- i. Function of Officials:
 - 1. Judge to determine if jump is good.
 - 2. Recorder.
 - 3. Official to maintain rotation in jumping sequence.
 - 4. Two Officials at the bar.
- ii. Common fouls:
 - 1. Knocking off the supports.
 - 2. Touching ground or landing area beyond the plane of the upright or the upright extended.
 - 3. Two foot take-off.

c. Shot Put

- i. Function of officials
 - 1. Two judges to rule on fouls.
 - 2. Recorder.
 - 3. Two officials in landing area.
- ii. Common fouls
 - 1. “Throwing” the shot.
 - 2. Touching the ground outside the circle prior to leaving.
 - 3. Leaving via front half of the circle.
 - 4. Do not wait for shot to land.
 - 5. Shot lands outside sector.
- iii. Measurement
 - 1. Should be made to the nearest even centimetre below the distance thrown.
 - 2. Official to hold zero end of tape out in the field.
 - 3. Official to hold numbered end of tape. Tape must be held at the centre of the throwing ring and measure from the inside of the toe board.

d. Discus and Javelin

i. Function of officials

1. Two judges – one to watch feet and one to watch throw.
2. Recorder.
3. Two officials in field to mark landing of implement.
4. Two officials holding the tape.

ii. Common fouls

1. For discus see Shot Put.
2. For Javelin –
 - a. Throw must land inside of sector lines.
 - b. Javelin must be held at the grip.
 - c. It must be thrown over the shoulder and not be slung or hurled.
 - d. The tip must land first and make a mark, but does not have to stick.
 - e. Leaving the runway before throw lands.
 - f. Crossing lines on arc.

iii. Measurement

1. Official to hold zero end of tape out in the field.
Official to hold numbered end of tape. Tape must be held at the centre of the circle of which the arc is a part.

COMPETITION RULES

1. Long Jump

- a. It shall be counted as a failure if any competitor:
 - i. Touches the ground beyond the take-off line so as to leave a visible impression on the plasticine, (or other suitable material, soft earth or sand.
 - ii. Takes off from either side of the board, whether beyond the board or behind the take-off line extended.
 - iii. In the course of landing, touched the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump.
 - iv. After a completed jump, walks back through the landing area.
 - v. Employs any form of somersaulting.
- b. If a competitor takes off before reaching the board it shall not for that reason be counted as a failure.

2. Triple Jump

- a. The hop shall be made so that the competitor lands first upon the same foot as that from which he has taken off; in the step he shall land on the other foot, from which subsequently the jump was performed.
- b. If the competitor while jumping touches the ground with the “sleeping” leg it shall be considered as a failure.
- c. In all other respects the rules defining a failure for the Long Jump shall apply.

3. High Jump

- a. The competitor must take-off from one foot.
- b. Knocking the bar off the supports, or touching the ground including the landing area beyond the plane of the upright either between or outside the uprights, with any part of the body without clearing the bar shall count as a failure.
- c. A competitor may commence jumping at any height above the minimum and may jump at his own discretion at any subsequent height. Three consecutive failures regardless of the height at which any of such failures occur, disqualify the competitor from further jumping.

NOTE: The effect of this rule is that a competitor may forgo his second or third jumps at a particular height (after failing first or second time jumping) and still jump at a subsequent height.

- d. Even after all the other competitors have failed, a competitor is entitled to continue jumping until he has forfeited his right to compete further. The heights to which the bar is raised shall be decided after consulting the wishes of the competitor.

4. Putting the Shot

- a. The put shall be made from a circle. At the middle of the circumference, in the front half of the circle, a stop board shall be placed firmly fastened to the ground.
- b. A competitor must commence the throw from a stationary position inside the circle. The shot shall be put from the shoulder with one hand only. At the time the competitor takes a stance in the ring to commence a put, the shot shall touch or be in close proximity to the chin and the hand shall not be dropped below this position during the action of putting. The shot must not be brought in behind the line of the shoulders.
- c. A competitor is allowed to touch the inside of the stop board. It shall be a foul throw and not allowed to count if the competitor, after he has stopped into the circle and begun to make a throw, touches with any part of his body the ground outside the circle, stop board or circle or improperly releases the shot in making an attempt. Provided that in the course of a trial the foregoing rules, have not been infringed, a competitor may interrupt a trial once started, lay his implement down, return to a stationary position and begin a fresh trial, provided that there shall not be more than one such interruption in each trial.
- d. The competitor must not leave the circle until the implement has touched the ground, and he shall then, from a standing position, leave the circle from the rear half, which shall be indicated by a chalk line drawn through the centre and extended outside the circle behind the line in question or its extension.
- e. For a valid trial, the implement must fall so that the point of impact is within the inner edges of lines, marking the sector of 40 degrees set out on the ground so that the radii lines cross at the centre of the circle.
- f. The measurement of each put shall be made immediately after the put from the nearest mark made by the fall of the shot, to the inside of the circumference of the circle, along a line from the mark made by the shot to the centre of the circle.

5. Throwing the Discus

- a. The discus shall be thrown from a circle. The competitor must commence the throw from a stationary position.
- b. The competitor is not allowed to touch the circle.
- c. It shall be foul throw and not allowed to count if the competitor, after he has stepped into the circle and begun to make a throw, touches with any part of his body the ground outside the circle or improperly releases the discus in making an attempt. Provided that in the course of a trial the foregoing rules have not been infringed, a competitor may interrupt a trial once started, lay his implement down, return to a stationary position and begin a fresh trial, provided that there shall not be more than one such interruption in each trial.
- d. The competitor must not leave the circle until the implement has touched the ground. He shall then, from a standing position, leave the circle from the rear half, which shall be indicated by a chalk line drawn through the centre and extended outside the circle. The competitor shall take his first step outside the circle behind the line in question or its extension.
- e. For a valid trial, the implement must fall so that the point of impact is within the inner edges of lines marking a sector of 40 degrees set out on the ground so that the radii line cross at the centre of the circle.
- f. The measurement of each throw shall be made immediately after the throw from the nearest mark made by the fall of the discus, to the inside of the circumference of the circle, along the line from a mark made by the implement to the centre of the circle.

- g. No device of any kind – e.g. – the taping of two or more fingers together – which in any way assists a competitor when making a throw, shall be allowed. The use of tape on the hand shall not be allowed except in the case of the need to cover an open cut or wound.
- h. The use of gloves is not allowed.
- i. Implements must be carried back to the circle and never thrown back.

6. Throwing the Javelin

- a. The javelin must be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and must not be slung or hurled. Non-orthodox styles are not permitted.
- b. No throw shall be valid on which the tip of the metal head does not strike the ground before any part of the javelin.
- c. A competitor may not cross either of the parallel lines.
- d. It is a foul throw if the competitor touches, with any part of his body or limbs, the strip or lines drawn from the extremities thereof at right angles to the parallel line, or the ground beyond the strip of those lines.
- e. At no time after preparing to throw, until the javelin had been discharged into the air, may the competitor turn completely around so that his back is towards the throwing arc.
- f. A competitor shall not leave the runway until the javelin has touched the ground. He shall then, from a standing position, leave the runway from behind the arc and the lines drawn from the extremities of the arc.
- g. A foul throw or improperly releasing the implement in making an attempt shall be recorded as a trial, but shall not count.
- h. Javelins must be carried back to the starting lines and never thrown back.
- i. All throws to be valid must fall within the inner edge of line marking the sector, set out on the ground by extending the lines from the centre of the circle, of which the arc is part, through the points at which the arc joins the lines marking the runway.
- j. The measurement of each throw shall be made immediately after the throw from the nearest mark made by the head of the javelin to the inside edge of the arc along a line from the mark made by the implement to the centre of the circle of which the arc is a part.

HIGH JUMP

Recorder X		PIT		PIT	X	Tape Holder
	X		X			
Chief Judge X				X Judge	X	Tape Holder
				X		
				Recorder		

Judge
X

Recorder
X

40

Tape
Holder
X

X
Judge

2.5m

40

Marker
X

Chief
Judge
X

Tape
Holder
X

X

Markers

X

Judge X

Markers

29

X Tape Holder

X Judge

X Tape

X

TRACK AND FIELD SCHEDULE – ELEMENTARY

10:00	Coaches Meeting & Commissioner Address to coaches & Athletes					
Time	7/8 Boys	7/8 Girls	9/10 Boys	9/10 Girls	11/12 Boys	11/12 Girls
10:30	Standing Long Jump	High Jump	Long Jump	100m	Shot Put & Turbo Javelin	100m
11:00	50m	Standing Long Jump	200m	High Jump	Long Jump	Shot Put & Turbo Javelin
11:30	Long Jump	50m	Ball Throw	200m	Triple Jump	High Jump
12:00	Lunch Break (30 Minutes Only) Will go through if events are behind time.					
12:30	High Jump	Ball Throw	100m	Long Jump	200m	Triple Jump
1:00	100m	Long Jump	50m	Ball Throw	High Jump	200m
1:30	Ball Throw	100m	High Jump	50m	100m	Long Jump
2:15	Relays All Age Groups					
3:00	Award Presentation To Overall Winners					
3:30	Closing Address					

TRACK AND FIELD ENTRY FORM - ELEMENTARY MEET

SCHOOL: _____

EVENT: 7/8 YEAR OLDS 9/10 YEAR OLDS 11/12 YEAR OLDS

Name	Date Of Birth M/D/Y	5 0 m	1 0 0 m	2 0 0 m	S T L O N G J U M P	L O N G J U M P	H I G H J U M P	B A L L T H R O W	T U R B O J A V E L I N	T R I P L E J U M P	S H O T P U T	4 X 1 0 0 m R E L A Y
BOYS												
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
GIRLS												
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												

NOTE: Standing Long Jump ONLY for 7/8 year old athletes
Triple Jump & Turbo Javelin ONLY for 11/12 year old athletes

TRACK SCHEDULE – SENIOR MEET

10:00	200m (HEATS)	BG BB IG IB JG JB SG SB	1:45	800M (FINAL)	BG & IG BB & IB JG JB SG SB
11:00	1500m (FINAL)	BG & IG BB & IB JG JB SG SB	2: 30	200M (FINAL)	BG BB IG IB JG JB SG SB
11:45	100m (HEATS)	BG BB IG IB JG JB SG SB	3:15	3000M (FINAL)	BG & IG BB & IB JG & SG JB & SB
12:15	400m (FINAL)	BG & IG BB & IB JG JB SG SB	4:00	4 X 100m (FINAL)	BG BB IG IB JG JB SG SB
1:00	100m (FINAL)	BG BB IG IB JG JB SG SB			

FIELD SCHEDULE – SENIOR MEET

	(BB & IB)	(JB)	(SB)	(BG & IG)	(JG)	(SG)
10:00 - 10:45		Triple Jump	Javelin	High Jump	Shot Put	Long Jump
10:45 - 11:30	Discus		Triple Jump	Javelin	High Jump	Shot Put
11:30 - 12:15	Long Jump	Discus		Triple Jump	Javelin	High Jump
12:15 - 1:00	Shot Put	Long Jump	Discus		Triple Jump	Javelin
1:00 - 1:45	High Jump	Shot Put	Long Jump	Discus		Triple Jump
1:45 - 2:30	Javelin	High Jump	Shot Put	Long Jump	Discus	
2:30 - 3:15	Triple Jump	Javelin	High Jump	Shot Put	Long Jump	Discus

TRACK AND FIELD ENTRY FORM – SENIOR MEET

SCHOOL: _____

EVENT: BAMTAM INTERMEDIATE JUNIOR SENIOR

Name	Date Of Birth M/D/Y	1 0 m	2 0 m	4 0 m	8 0 m	1 5 0 m	3 0 0 m	H I G H J U M P	L O N G J U M P	T R I P L E J U M P	S H O T P U T	D I S C U S	J A V E L I N	R E L A y 4 X 1 0 0 m
BOYS														
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														
GIRLS														
1.														
2.														
3.														
4.														
5.														
6.														
7.														
8.														
9.														
10.														
11.														
12.														
13.														
14.														
15.														

TRACK RESULT FORM

EVENT: _____ AGE GROUP: _____ TIME: _____

BOYS

GIRLS

HEAT	NAME	SCHOOL	TIME	PLACE
1	1.			
	2.			
	3.			
	4.			
	5.			
2	1.			
	2.			
	3.			
	4.			
	5.			
3	1.			
	2.			
	3.			
	4.			
	5.			
4	1.			
	2.			
	3.			
	4.			
	5.			
Final	1.			
	2.			
	3.			
	4.			
	5.			
	6.			

**** Time Section Final ****

7/8, 9/10, 11/12

Year olds

**** First in each heat plus next fastest times to make six finalists****

Midget, Junior, Senior

FIELD RESULT FORM

EVENT: _____

AGE: 7/8 YR OLDS 9/10 YR OLDS 11/12 YR OLDS BANTAM MIDGET JUNIOR SENIOR

BOYS GIRLS

NAME	SCHOOL	1	2	3		4	5	6	PLACE
1.									
2.									
3.									
4.									
5.									
6.									
7.									
8.									
9.									
10.									
11.									
12.									
13.									
14.									
15.									
16.									
17.									
18.									
19.									
20.									

**** Each competitor gets 3 attempts****

7/8, 9/10, 11/12

Year olds

**** Each competitor gets 3 attempts, the top 6 get 3 more attempts.****

Midget, Junior, Senior

HIGH JUMP RESULT FORM

GROUP LEADER: _____

AGE: 7/8 YR OLDS 9/10 YR OLDS 11/12 YR OLDS BANTAM MIDGET JUNIOR SENIOR

BOYS GIRLS

NAME	SCHOOL	1	2	3	4	5	6	7	8	9	PLACE
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14.											
15.											
16.											
17.											
18.											
19.											
20.											

Starting Heights:

Elementary : 7/8 Boys - .90m Girls - .80m 9/10 Boys – 1.00m Girls - .90m
 11/12 Boys – 1.10m Girls – 1.0m

High School: Bantam & Midget Boys – 1.25m Girls – 1.00m
 Junior Boys – 1.35m Girls – 1.05m
 Senior Boys – 1.40m Girls – 1.10m

Next three heights are raised by 5cm, then followed by 2cm.
(If 5cm cannot be jumped, back up by 2cm.)

APPENDIX C: TOURNAMENT DRAW TEMPLATES

A. Round Robin Draws:

(3) Entries (One Playing Area):

1 – A – B
2 – B – C
3 – A – C

(4) Entries (One Playing Area):

1 – A – C
2 – B – D
3 – A – D
4 – B – C
5 – A – B
6 – C – D

(5) Entries (One Playing Area):

1 – A – D
2 – B – C
3 – D – E
4 – A – C
5 – B – E
6 – C – D
7 – A – B
8 – C – E
9 – B – D
10 – A – E

(6) Entries (Two Pools):

Pool A	Pool B
1 – 1 vs 2	2 – 4 vs 5
3 – 2 vs 3	4 – 5 vs 6
5 – 1 vs 3	6 – 4 vs 6

(7) Entries (Two Pools):

Pool A	Pool B
1 – 1 vs 3	
2 – 2 vs 4	3 – 5 vs 6
4 – 2 vs 3	
5 – 1 vs 4	6 – 6 vs 7
7 – 1 vs 2	8 – 5 vs 7
9 – 3 vs 4	

(4) Entries (Two Playing Areas):

AREA 1	AREA 2
1 – A-C	2 – B-D
3 – B-C	4 – A-D
5 – A-B	6 – C-D

(5) Entries (Two Playing Areas):

AREA 1	AREA 2
1 – A-D	2 – B-C
3 – A-C	4 – D-E
5 – B-E	6 – C-D
7 – C-E	8 – A-B
9 – B-D	10 – A-E

(8) Entries (Two Pools)

Pool A	Pool B
1 – 1 vs 3	2 – 5 vs 7
3 – 2 vs 4	4 – 6 vs 8
5 – 1 vs 4	6 – 5 vs 8
7 – 2 vs 3	8 – 6 vs 7
9 – 1 vs 2	10 – 5 vs 6
11 – 3 vs 4	12 – 7 vs 8

Round Robin Draws Con'd:

(9) Entries (Two Pools):

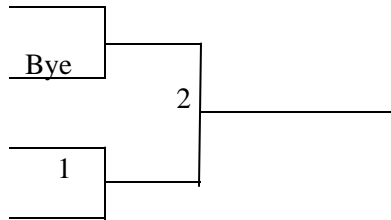
Pool A	Pool B
1 – 1 vs 4	
2 – 2 vs 3	3 – 6 vs 8
4 – 4 vs 5	5 – 7 vs 9
6 – 1 vs 3	7 – 6 vs 9
8 – 2 vs 5	
9 – 3 vs 4	
10 – 1 vs 2	11 – 7 vs 8
12 – 3 vs 5	13 – 6 vs 7
14 – 2 vs 4	15 – 8 vs 9
16 – 1 vs 5	

(10) Entries (Two Pools):

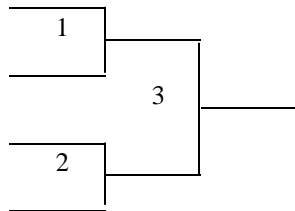
Pool A	Pool B
1 – 1 vs 4	2 – 6 vs 9
3 – 2 vs 3	4 – 7 vs 8
5 – 4 vs 5	6 – 9 vs 10
7 – 1 vs 3	8 – 6 vs 8
9 – 2 vs 5	10 – 7 vs 10
11 – 3 vs 4	12 – 8 vs 9
13 – 1 vs 2	14 – 6 vs 7
15 – 3 vs 5	16 – 8 vs 10
17 – 2 vs 4	18 – 7 vs 9
19 – 1 vs 5	20 – 6 vs 10

B. Single Elimination Tournament Draws:

(3) Entries:

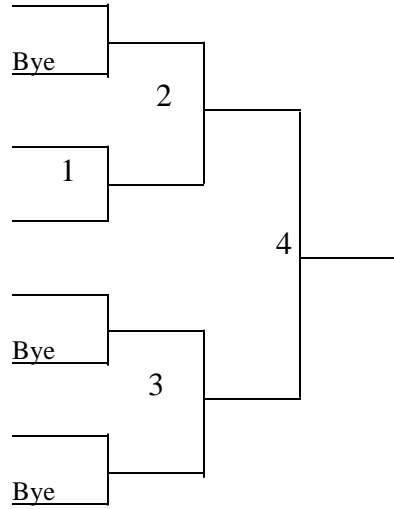


(4) Entries:

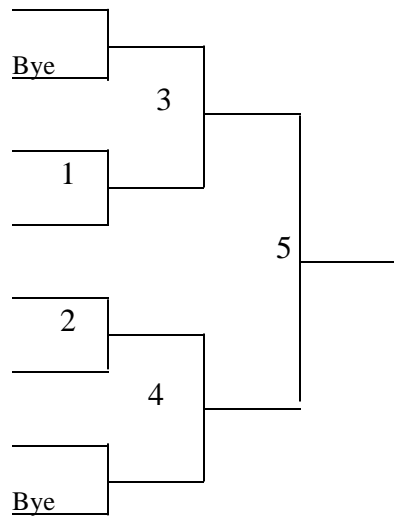


Single Elimination Tournament Draws Con'd:

(5) Entries:

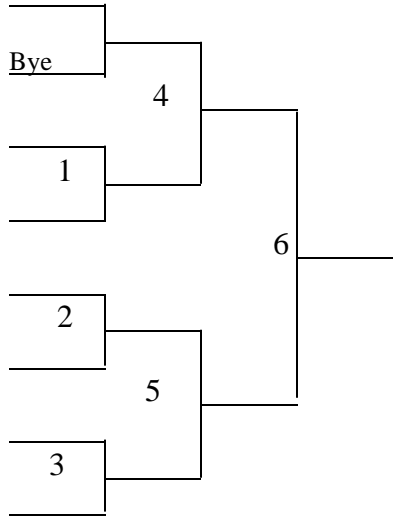


(6) Entries:

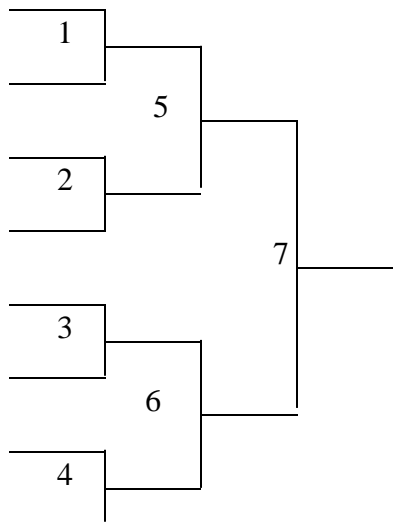


Single Elimination Tournament Draws Con'd:

(7) Entries:

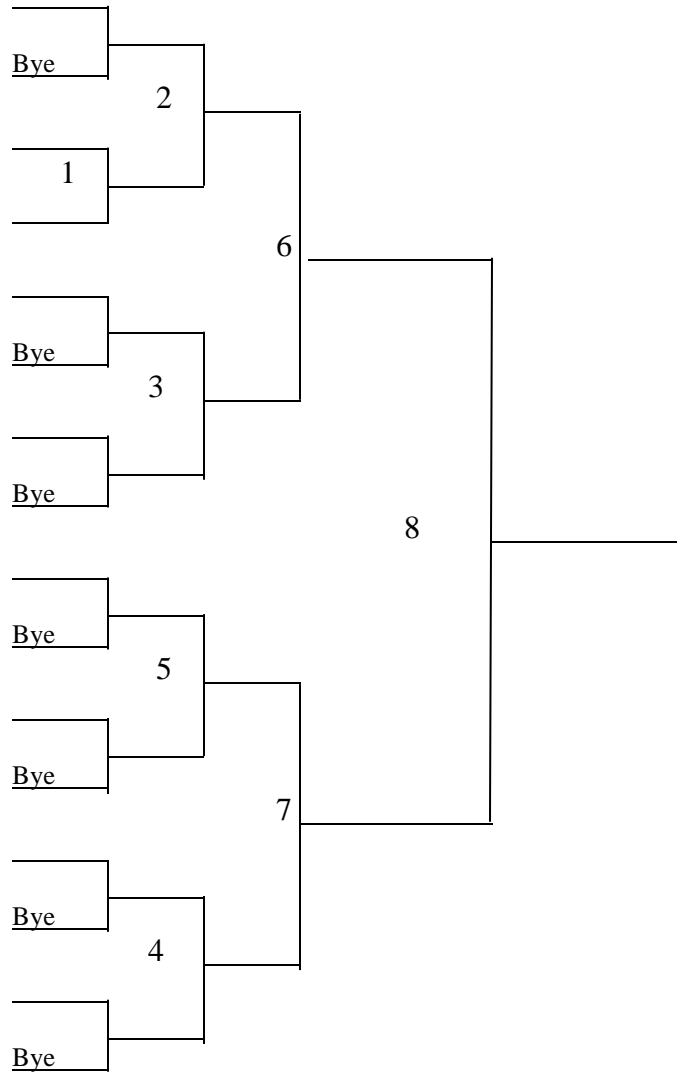


(8) Entries:



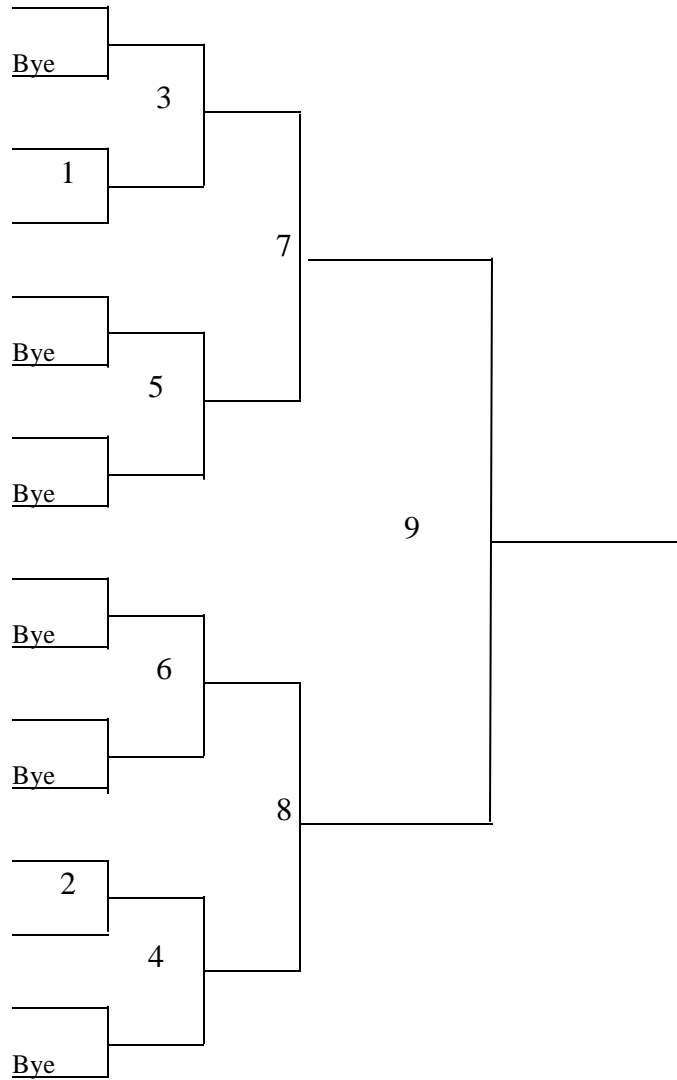
Single Elimination Tournament Draws Con'd:

(9) Entries:



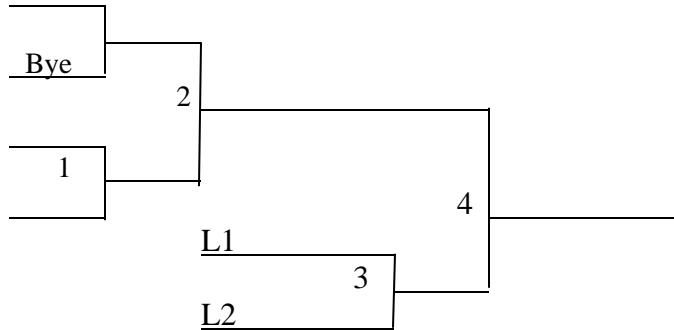
Single Elimination Tournament Draws Con'd:

(10) Entries:

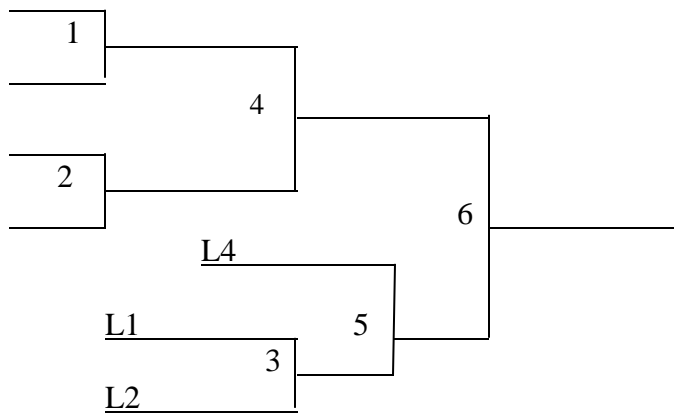


C. Double Elimination Tournament Draws:

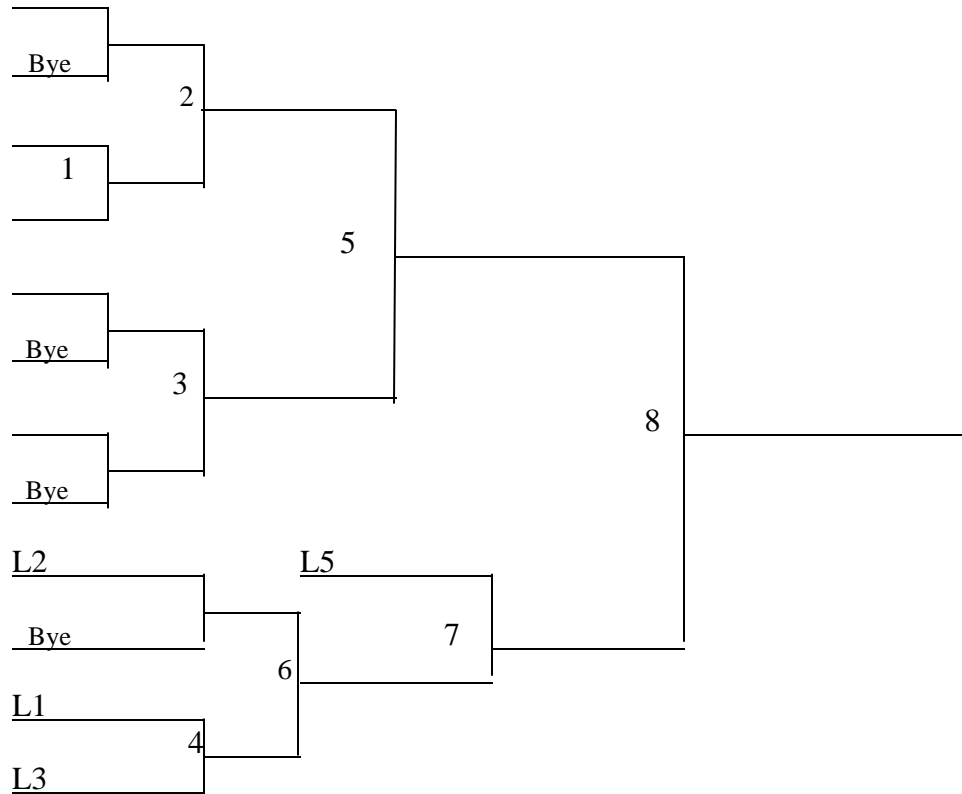
(3) Entries:



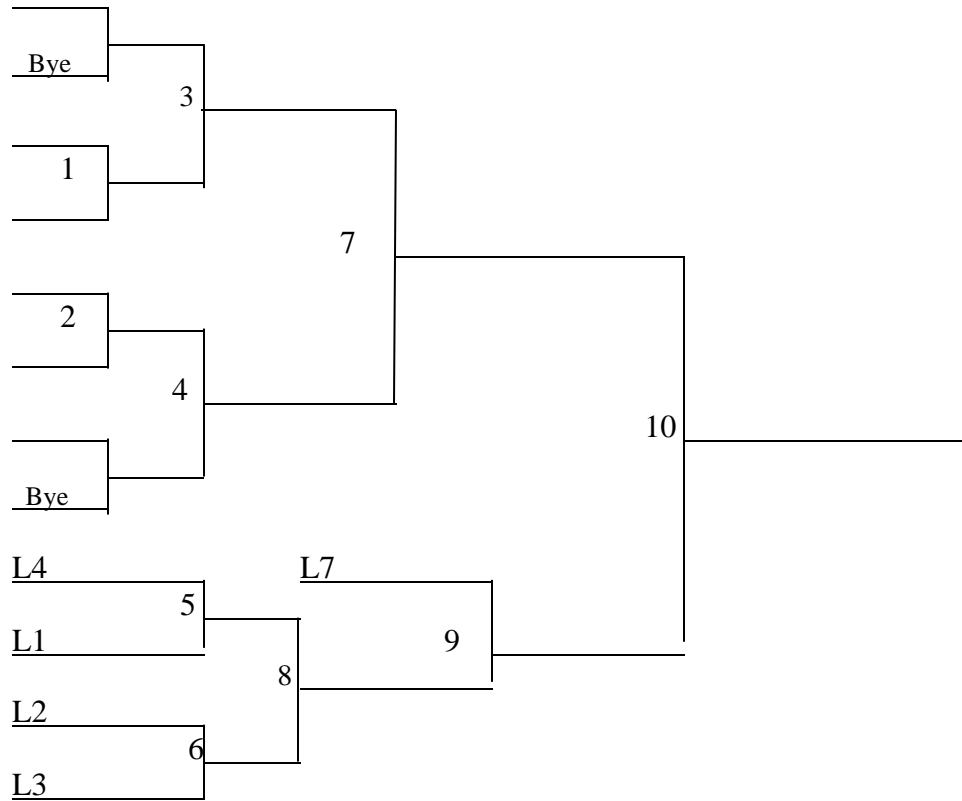
(4) Entries:



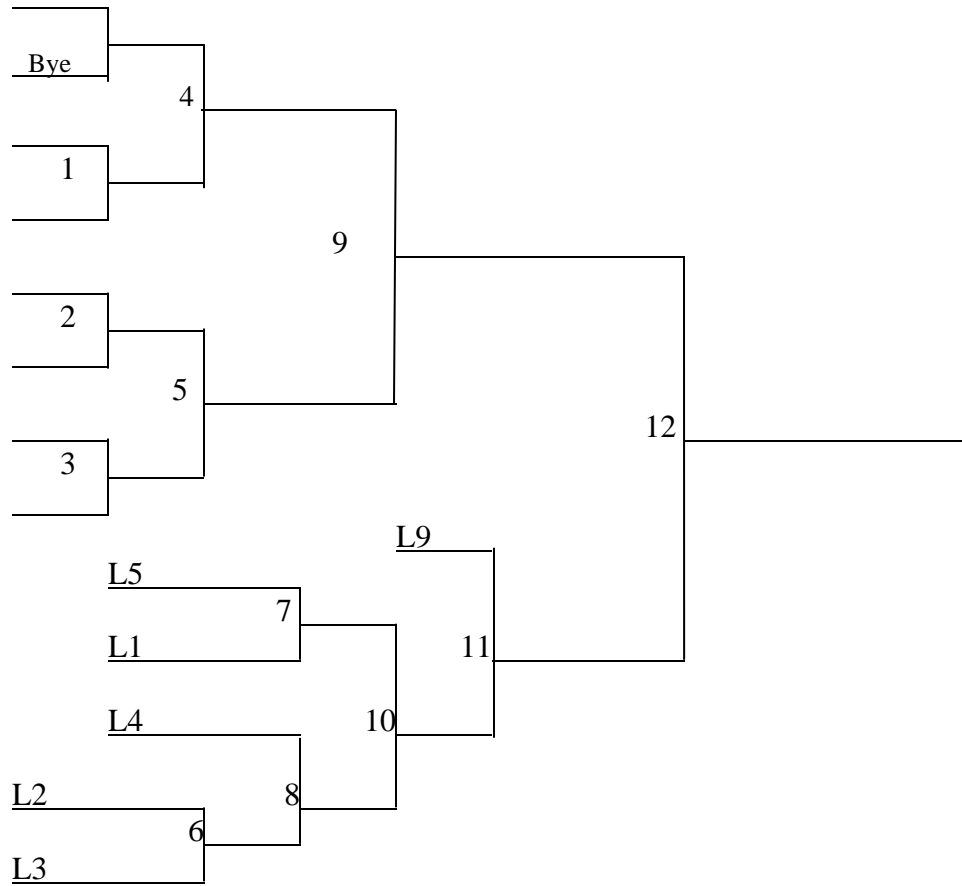
C. Double Elimination Tournament Draws Con'd:
(5) Entries:



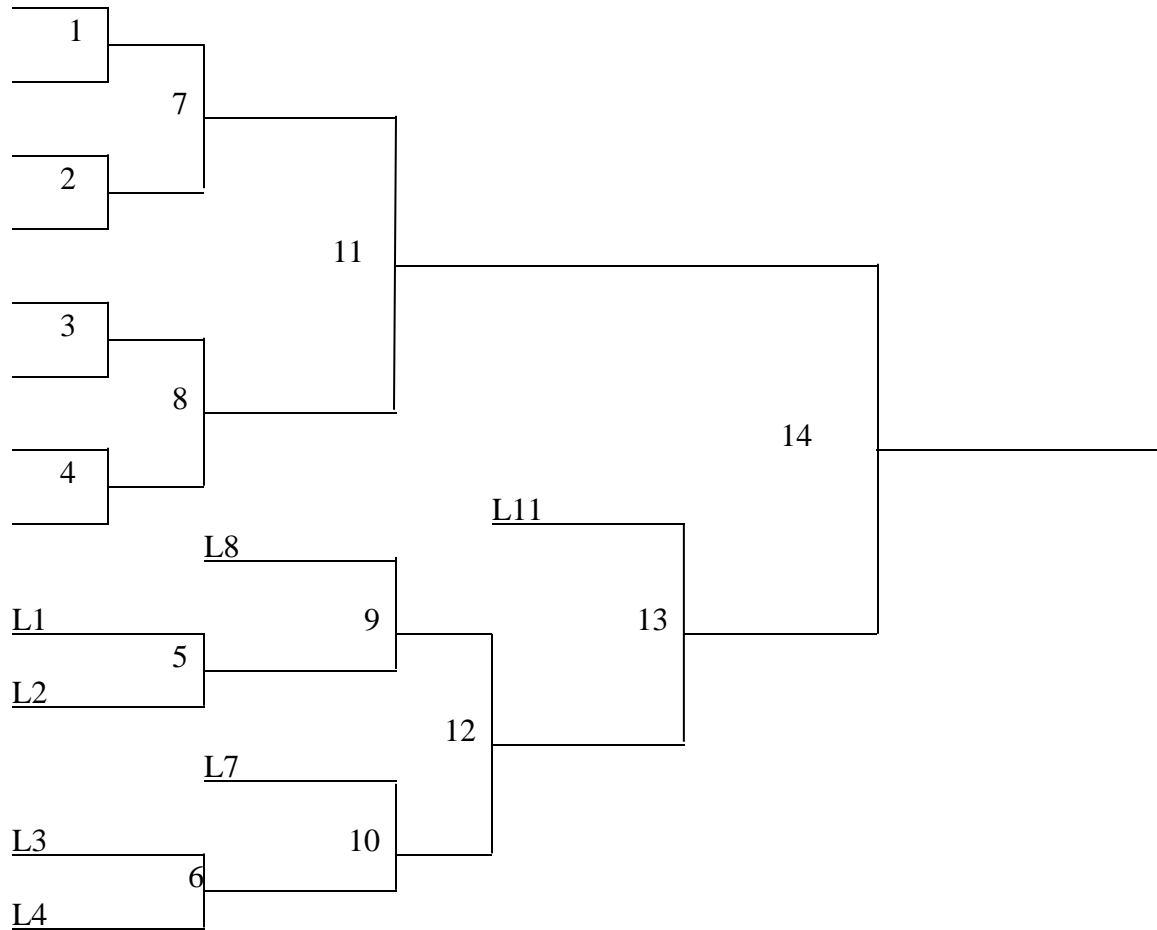
C. Double Elimination Tournament Draws Con'd:
(6) Entries:



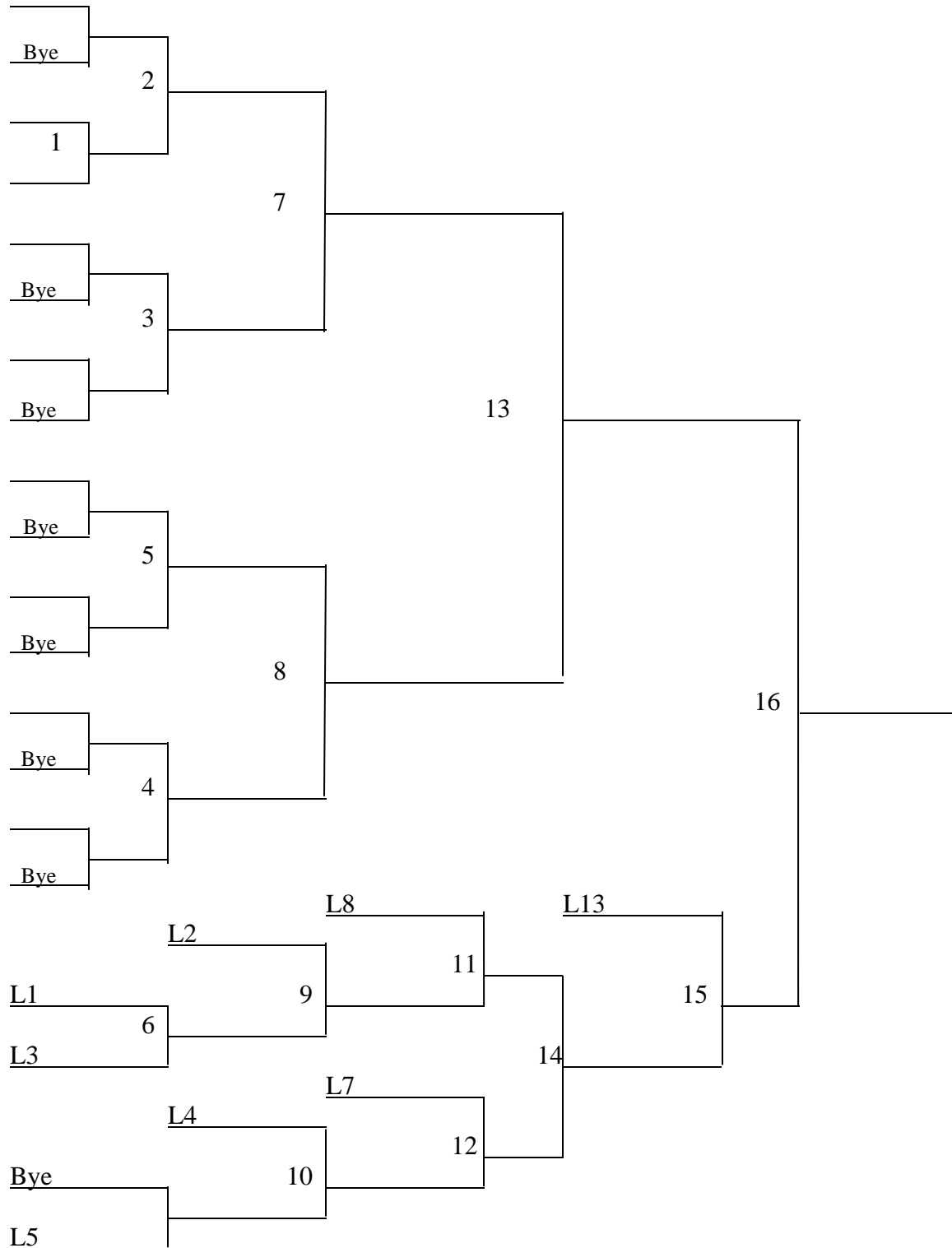
C. Double Elimination Tournament Draws Con'd:
(7) Entries:



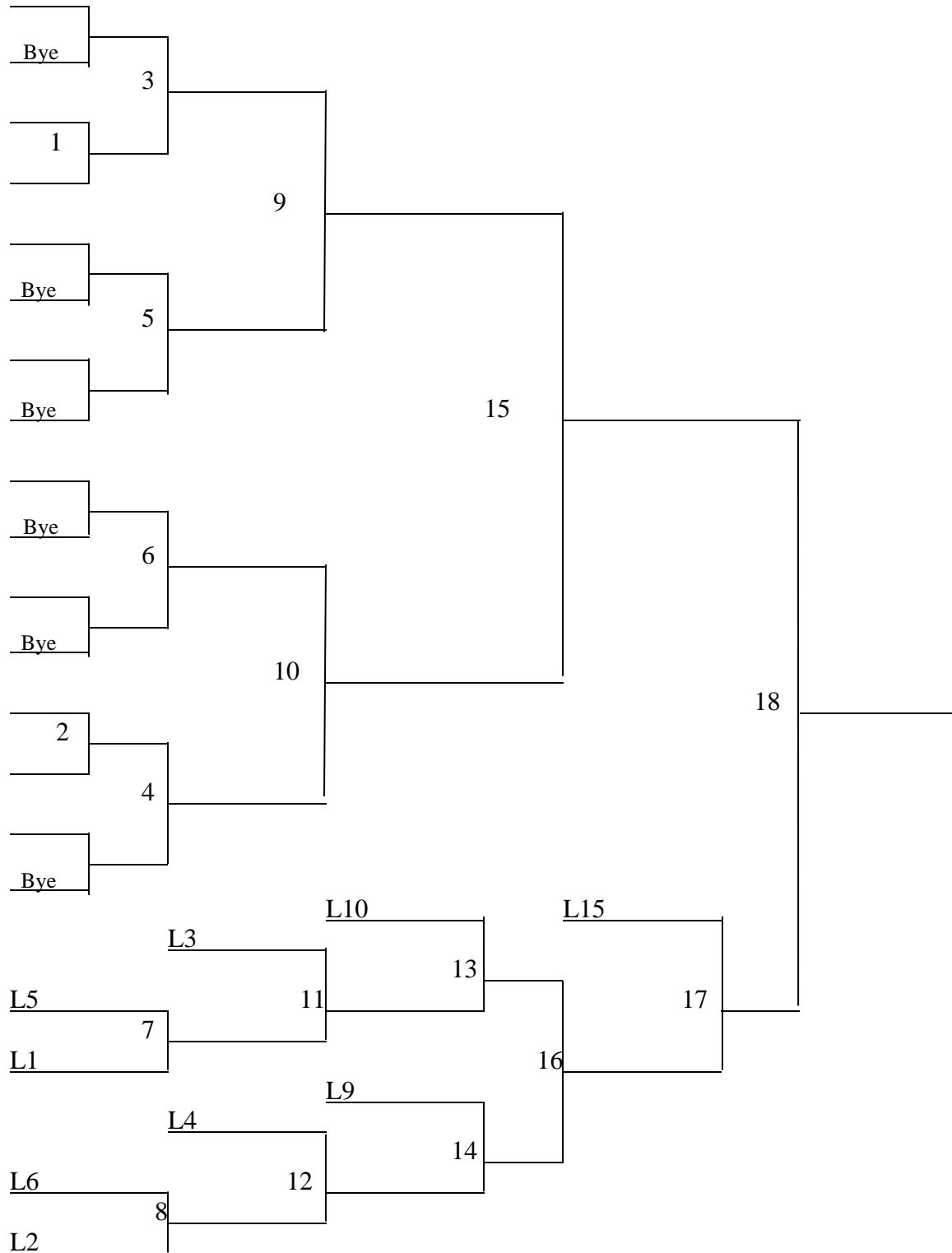
C. Double Elimination Tournament Draws Con'd:
(8) Entries:



C. Double Elimination Tournament Draws Con'd:
(9) Entries:



C. Double Elimination Tournament Draws Con'd:
(10) Entries:



APPENDIX D

SASKATCHEWAN SOCCER ASSOCIATION **GYM/RINK INDOOR RULES**

LAW 1 – THE PLAYING AREA:

1. The playing area shall be adequate in size and free from hazards (refer to back cover).
2. Walls immediately surrounding the playing area shall be regarded as part of the playing area except under the crossbar and between the goal posts.
3. The Goals shall be placed on the centre of each goal line. The width of the goals shall be minimum 3 meters and maximum 4 meters, measured from the inside of each goal post. The height shall be minimum 1.5 meters and maximum 2 metres, measured from the floor to the underside of the crossbar. The thickness of the goal posts and crossbars shall be identical. Nets shall be attached to the goal posts and crossbars and the floor behind the goals. The goal line should be defined.
4. The Goal Area: At each end of the field of play two lines shall be drawn at right angles to the end wall, 3.5 metres on each side of the midpoint of the goal line. These shall extend into the field of play and shall be joined by a line drawn parallel with and 3.5 metres from the goal line. Each of the spaces enclosed by these lines and the end wall shall be called a goal area.
5. The Penalty area: At each end of the field of play two lines shall be drawn at right angles to the end wall, 8 metres on each side of the midpoint of the goal line. These shall extend into the field of play and shall be joined by a line drawn parallel with and 8 metres from the goal line. Each of the spaces enclosed by these lines and the end wall shall be called a penalty area.
6. Within each penalty area, 8 metres from the midpoint of the goal line, measured along an undrawn line at right angles thereto, shall be the penalty kick marks.

LAW 2 – THE BALL:

1. The ball shall be spherical. The outer casing shall be constructed of material which is not dangerous to the players. An officially-approved indoor soccer ball should be used.
2. The ball shall be size 5 for under 14 year old teams and older. The ball shall be size 4 for all under 12 year old teams and younger. (A size 3 ball may be used by under 6 year old players).
3. The recommended pressure for indoor soccer balls is 50 kilopascals (6 lbs.).

LAW 3 – NUMBER OF PLAYERS:

1. The game shall be played by two teams, each consisting of not more than six (6) players, one of whom shall be the goalkeeper. A game shall not commence or continue if either team has less than four (4) players.
** Five a side play will be in effect for any facility that is under 160'x75' and that six a side play will be in effect for any facility that is equal to or over 160' x 75'; the number of players would be determined by the minimum floor size to be used in the competition within the hosting district.
2. Youth and Senior teams may dress a maximum of eighteen (18) players. All players who are dressed to play shall be under the jurisdiction of the referee.
3. Unlimited substitution shall be allowed at any time during the game, as long as:
 - a) The players do not interfere with the play or enable their team to gain a direct advantage;

- b) Players must be within 2 metres of the bench area before a substitute may enter the field of play;
 - c) Substitutions must only be made to and from the players bench;
 - d) The taking of a free kick shall not be delayed to allow a substitution to be made;
 - e) Substitutions shall not be allowed to interfere with the flow of the game;
 - f) Should a team having too many players on the playing area score a goal, the goal shall be disallowed. The play shall be restarted by a free kick taken from inside the goal area.
4. Should a player enter or re-enter the playing area for any reason other than permitted in Section 3 of this Law, that player shall be cautioned and if play is stopped to administer the caution, an indirect free kick shall be awarded to the opposing team, to be taken in accordance with Law 13.

LAW 4 – PLAYERS’ EQUIPMENT:

Players shall not wear equipment or anything which endangers themselves or other players (including any kind of jewellery).

Equipment shall consist of a numbered shirt, shorts, socks, shin pads and footwear designed for indoor use. The shirts have to be tucked in, the socks have to cover the shin pads. Visible undergarments such as thermal under shorts are permitted, however, they must be the same color as the shorts. The number on the back of the shirt shall measure not less than 15cm in height. All players on the same team shall wear the same coloured shirts and shall not have identical numbers. Goalkeepers shall wear colours which are distinguishable from all other players and referees. Team colours shall not conflict with those of the official uniform for referees (black with white trim).

A player who is sent off for any infringement of Law 4, section 1 and 2, may not be substituted and may not re-enter the play without the referee’s permission, who shall be satisfied that the player’s equipment is in order. Upon permission from the referee, the player shall only re-enter the game when the ball has ceased to be in play.

LAW 5 – THE REFEREE:

1. A referee shall be appointed to officiate in each game. The referee’s authority shall commence as soon as the referee enters the playing facility, and shall extend to offences committed when the game is in progress or when the game is stopped. The referee’s decision on points of fact connected with play shall be final.
2. The referee shall:
 - a) Enforce the Laws of the Game and the regulations of the competition;
 - b) Refrain from penalizing in cases where the referee is satisfied that by doing so, an advantage would be given to the offending team. (See Section 2c of Law 13);
 - c) Keep a record of the game;
 - d) Have discretionary power to stop, suspend, or terminate the game for any infringement of the Laws, interference by spectators, or any other cause;
 - e) Caution any player or team officially guilty of misconduct or ungentlemanly behaviour, and, if the offender persists, suspend such person from further participation in the game;
 - f) Send from the playing area and its vicinity any player or team official who, in the opinion of the referee, is guilty of violent conduct or serious foul play, or the use of foul or abusive language;

- g) Report, in writing, to the appropriate authority, any misconduct by players, officials, spectators or other persons which takes place on the playing area or within its facility at any time prior to, during, or after the game;
 - h) Control who may enter or leave the playing area;
 - i) Stop the game if, in the opinion of the referee, a player is seriously injured;
 - j) Signal the start of the game and the restart after a stoppage;
 - k) Decide if the ball, the playing area, and other equipment are unsuitable;
 - l) A referee shall be appointed as an official timekeeper.
3. An assistant referee/timekeeper shall be appointed to:
- a) Act as the official timekeeper;
 - b) Assist the referee to control the game.

LAW 6 – DURATION OF THE GAME:

- 1. The duration of the game shall consist of two twenty-five (25) minute halves with a three minute break.
- 2. Time shall be extended at the end of each half of play to allow the taking of a penalty kick to be concluded.
- 3. If, for any reason, a game is not completed, the competition organizers shall decide on the outcome of the game.
- 4. In all games in which a winner must be declared, two (2) overtime halves of five (5) minutes each shall be played. The overtime shall take place in accordance with Section 5 of Law 7.
- 5. If, at the end of overtime, the game is still tied, kicks shall be taken to determine the winner. All players recorded on the game sheet (except any players ejected from the game) shall be eligible to take part in the taking of the kicks. The following conditions shall apply:
 - a) The referee shall choose the goal at which all of the kicks shall be taken. All players except the goalkeeper and the player taking the kick shall remain at the centre line;
 - b) The referee shall toss a coin, and the team winning the toss shall take the first kick;
 - c) Both teams shall take five (5) kicks;
 - d) The kicks shall be taken alternately;
 - e) If, after both teams have taken five (5) kicks, they are still tied, the taking of kicks shall continue until such time as both teams have taken an equal number of kicks and one team has scored one goal more than the other;
 - f) Each kick shall be taken by a different player. Not until all eligible players of a team, including the goalkeeper, have taken a kick may a player of the same team take a second kick. Where the two teams have an unequal number of eligible players, the number of players taking a penalty kick before a player may take a second kick shall be the lesser of the two.
 - g) Any player who is eligible may change places with the goalkeeper at any time during the taking of the kicks.
 - h) The taking of the kicks shall be in accordance with Law 13.

LAW 7 – START OF PLAY:

At the beginning of the game, the home team will decide which goal it will attack in the first half of the game. The visiting team takes the kick off to start the game. The home team will kick off to start the second half of the game.

At the kick-off, all players shall be in their own half of the playing area. All players opposing the team taking the kick-off shall not be less than 3 metres from the ball until it is kicked off.

The game shall be started by the referee giving a signal. The ball is in play when it is kicked and moves forward. For any infringement of this law, the kick-off shall be retaken. A goal may be scored directly from the kick off.

Should the player who took the kick-off touch the ball a second time before it has been touched or played by another player, a free kick shall be awarded to the opposing team, to be taken in accordance with Law 13.

After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.

After the end of the first half of play, the teams shall change ENDS and the kick-off shall be taken by a player of the team opposing that which started the game.

For any stoppage against a wall or when the ball is trapped behind a rebound board, the referee shall stop play and restart the game by dropping the ball 3 metres from the boundary in accordance with Section 7 of this Law.

For any stoppage not mentioned in these Laws, the referee shall restart the game with a dropped ball. The ball shall be dropped at the place where the ball was, when play was stopped. The ball shall be in play as soon as it touches the floor

LAW 8 – BALL IN AND OUT OF PLAY:

1. The ball is out of play:
 - a) When play has been stopped by the referee;
 - b) When the ball has wholly crossed the goal-line whether on the ground or in the air;
 - c) When the ball crosses the goal line directly from an indirect kick under the crossbar and between the posts, the game shall be restarted with an indirect free kick to the defending team from within the goal area;
 - d) In the event of the ball striking the ceiling, or going out of the playing area, the referee shall restart the game with an indirect free kick that shall be taken from the place where the ball was last touched by a player of the opposing team.
2. The ball is in play at all other times, including:
 - a) When it rebounds into play from the goal post, a crossbar rebound, boards or walls;
 - b) When it rebounds from the referee when the referee is within the playing area.

LAW 9 – METHOD OF SCORING:

1. A goal is scored when the whole of the ball has crossed over the goal line, between the goal posts and under the crossbar.
2. The referee shall be the sole judge as to whether a goal has been scored.
3. a) During the course of the game, should an outside agent assist the ball into the goal, or prevent the ball from entering into the goal, play shall be stopped. The referee shall restart the game by dropping the ball in accordance with Section 7 of Law 8.
B) At the taking of a defensive free kick should the defending team put the ball in their own net, the referee shall restart the game with a drop ball from the point where the free kick was taken.

4. The team scoring the greater number of goals shall be the winner. If no goals or an equal number of goals are scored, the result of the game shall be a tie.

LAW 10 – OFFSIDE:

There is no offside.

LAW 11 – FOULS AND MISCONDUCTS:

1. A player who, in the opinion of the referee, commits any of the following eleven penal offences in a manner considered by the referee to be careless, reckless, or involving disproportionate force shall be penalized by the awarding of a DIRECT free kick to the opposing team:
 - a) Kicks or attempts to kick an opponent;
 - b) Trips or attempts to trip an opponent;
 - c) Jumps at an opponent;
 - d) Charges an opponent;
 - e) Strikes, or attempts to strike an opponent, or spits at an opponent;
 - f) Holds an opponent;
 - g) Slide tackles or when tackling an opponent makes contact with the opponent before contact is made with the ball;
 - h) Pushes an opponent;
 - i) Boards an opponent (ie: contact between players which forces an opponent into the perimeter wall);
 - j) Handles the ball deliberately...ie: carries, strikes or propels the ball with hand or arm (this does not apply to the Goalkeeper within his/her own penalty-area);
 - k) Tackles an opponent from behind in a manner which could cause injury.

Should a defending player commit one of the above offences within the penalty-area, while the ball is in play, irrespective of the position of the ball, a penalty-kick shall be awarded.

Players who commit a penal offence can also receive a Yellow card four (4) minutes time penalty or be sent off depending on the severity of the foul. (eg: Unsporting behaviour requires a Yellow caution and a four(4) minute time penalty: Serious foul play requires sending off and a six (6) minute time penalty).

2. A player who, in the opinion of the referee, commits any of the following offences, shall be penalized by the awarding of an indirect free kick to the opposing team:
 - a) Plays in a manner considered by the referee to be dangerous;
 - b) Impedes the progress of an opponent;
 - c) Uses the walls to delay play or to obstruct an opponent;
 - d) If the goalkeeper, in the opinion of the referee, has attained full possession of the ball and delays the release of the ball from his hands by more than SIX seconds, the referee shall stop play and award an indirect free kick from the place where the infraction occurred;
 - e) Prevents the goalkeeper from releasing the ball from his/her hands;
 - f) On any occasion when a player deliberately kicks the ball to his own goalkeeper, the goalkeeper is not permitted to touch it with his hands. If, however, the goalkeeper

does touch the ball with his hands, he/she shall be penalized by awarding of an indirect free kick to be taken by the opposing team from the 8 metre line.

(The word “kick” in the foregoing text refers only to circumstances where a player plays the ball with the foot or feet. And, similarly, a deflection with the foot or feet is permitted in circumstances where it is not intentional – involuntary deflection or miskick from a teammate).

- g) i) If, in the opinion of the referee, a player who is moving toward his opponent’s goal with an obvious opportunity to score a goal is intentionally impeded by an opponent, through unlawful means, ie: an offence punishable by a free kick (or a penalty kick), thus denying the attacking player’s team the aforesaid goal-scoring opportunity, the offending player shall be sent off the field of play for serious foul play in accordance with FIFA Laws of the Game (Outdoor), Law XII (n).

ii) If, in the opinion of the referee, a player, other than the goalkeeper within his own penalty area, denies his opponents a goal, or an obvious goal scoring opportunity, by intentionally handling the ball, he shall be sent off the field of play for serious foul play in accordance with FIFA Laws of the Game (Outdoor), Law XII (n).

iii) When playing as a goalkeeper and within his own penalty-area: a) from the moment he takes control of the ball with his hands, he takes more than 6 seconds whilst holding, bouncing or throwing the ball in the air and catching it again, without releasing it into play, or, having released the ball into play before, during or after the 6 seconds, he touches it again with his hands, before it has been touched or played by another player of the same team outside of the penalty area, or by a player of the opposing team either inside or outside of the penalty area, or (b) indulges in tactics which, in the opinion of the referee, are designed merely to hold up the game and thus waste time and so give an unfair advantage to his own team.

3. A player shall be cautioned and shown a Yellow card, if in the opinion of the referee, the player:

- a) Persistently infringes the Laws of the Game;
- b) Shows by word or action, dissent from any decision given by the referee;
- c) Is guilty of unsporting behaviour;
- d) Enters, re-enters or leaves the playing area after the game has commenced, other than as a substitute, except when returning to the team bench after serving a time penalty.

In addition to the caution, if the game is stopped to administer the caution, and provided that the ball was in play at the time of the offense, a free kick shall be awarded to the opposing team.

****It is necessary for the referee to show a Yellow or Red card to administer a time penalty or send a player off. Note: Yellow card time penalties are running time. Red card penalties are actual playing time.**

4. A player shall be sent off the field of play and shown a Red card if, in the opinion of the referee, the player:

- a) Is guilty of violent conduct;
- b) Is guilty of serious foul play;
- c) Uses offensive, insulting or abusive language;

- d) Spits at an opponent or any other person;
- e) Persists in misconduct after having received a caution;
- f) Accumulates two (2) Yellow cards.

5. The following system of penalties shall be implemented:

All players receiving a time penalty shall serve the time penalty in a designated penalty box.

There shall be two categories of time penalties:

- a) A Yellow card time penalty is (4) minutes in duration and is assessed to the offender.
The team is reduced in strength by one player for the duration of the penalty time.
 - b) A Red card offence is 6 minutes playing time in duration and is assessed to the offender who is sent off the field of play. A team is obliged to put a player or a substitute in the penalty box to serve the 6 minute time penalty and the team plays shorthanded for the full 6 minutes playing time.
 - i) Times are not added together and time served shall be that of the most severe time penalty (yellow/red).
 - ii) No team shall be more than two (2) players short.
 - iii) If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has elapsed. Nevertheless, the third player penalized must at once proceed to the penalty box but may be replaced by a substitute until such time as the penalty time of the penalized player shall commence.
 - iv) When any team shall have three (3) players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the floor, none of the three penalized players on the penalty bench may return to the floor until play has stopped. When play has been stopped, the player whose full penalty has expired may return to play. Provided however that the assistant referee/timekeeper shall permit the return to the floor in the order of expiry of their penalties, the penalized team is entitled to have more than four players on the floor.
 - v) In the case of delayed penalties, the referee shall instruct the assistant referee/timekeeper that penalized players whose penalties have expired shall only be allowed to return to the floor when there is a stoppage of play.
 - vi) Any player in the penalty box at the end of the game, should the game go into penalty kicks, is ineligible to take part in the penalty kicks.
- Should a team be found to have more than the permitted number of players on the playing area, the offending player(s) shall be dealt with in accordance with Section 3 of this Law.

LAW 12 – FREE KICK:

Free kicks shall be awarded under two heading: “**Direct**” (from which a goal can be scored directly against the offending side), and “**Indirect**” (from which a goal cannot be scored unless the ball has been touched by another player before crossing the goal line).

For any infringement of the Laws of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick shall be taken from the place where the offence occurred, with the following exceptions:

- a) Any free kick awarded for an offence committed close to the wall shall be taken 1.5 metres from the wall, at the point nearest to where the offence occurred.

- b) Any indirect free kick awarded to the attacking team within its opponent's penalty area shall be taken from the part of the penalty area line which runs parallel to the goal line, at the point nearest to where the offence was committed.

*For any offence committed by an attacking player within the goal area, the free kick must be taken from fully within the goal area by the goalkeeper (ie: the ball cannot be played to the goalkeeper by another player).

At the taking of a free kick, the ball shall be stationary and all opponents shall be not less than 3 metres from the ball until it is in play. The ball is in play when it is kicked and moves.

A player taking a free kick shall not touch the ball for a second time until it has been touched by another player. For any infringement of this Law, an indirect free kick shall be awarded to the opposing team.

A player who does not retire the required distance, or who dances about or gesticulates in a manner calculated to distract an opponent, or delays the taking of the free kick, shall be cautioned for unsporting behaviour.

All defensive free kicks must clear the 8 metre area (box) to be in play.

LAW 13 – PENALTY KICK:

1. A penalty kick shall be taken from the penalty-mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area and behind the penalty mark/ball but within the playing area and not less than 3 metres from the ball until the ball is kicked.
2. The goalkeeper remains on his/her goal line facing the kicker between the goal posts, until the ball is kicked.
3. The ball must be kicked forward. The player shall not play the ball a second time until it has been touched by another player. The ball is in play when it is kicked and moves. A goal may be scored directly from a penalty kick.
4. Time of play shall be extended at the end of play to allow a penalty kick to be taken. In the event that time is extended, play shall end when:
 - a) A goal is scored by the ball going directly into the goal or by the ball rebounding into the goal from the goalkeeper, and/or goal post or the crossbar.

For any infringement of the above Law:

- a) By the defending team, the kick shall be retaken if a goal has not resulted;
- b) By the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken;
- c) By the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Law 12.

Rules revised October, 2001.

ASSISTANT REFEREE

One Assistant Referee shall be appointed whose duty (subject to the decision of the referee) shall be to:

- a) Keep record and control of time card penalties;
- b) Control both team benches (behaviour);
- c) Watch for misconduct or other incidents that occur out of the view of the referee;
- d) Bring any such incidents to the referee's attention;
- e) Assist the referee to control the game in accordance with the Laws.

Triple Ball

Triple Ball is the official competition format for all 13U age competitions as well as Sask Cup #1 in the 14UM age category.

The **goals** of Triple Ball are to promote better skill development, participation, meaningful competition, and fun.

ALL standard volleyball rules apply with the following modifications:

Triple Ball Sequence:

a) The game follows a sequence of **three** rallies (served ball, tossed ball 1, and tossed ball 2).

- 1st rally – introduced by the server
- 2nd rally – introduced by a tossed ball directed to the RECEIVING team
- 3rd rally – introduced by a tossed ball directed to the SERVING team
 - b) The service alternates between teams after EACH three-ball sequence.
 - c) A team must rotate and introduce a new server when it is their turn to serve.
 - d) Each server only serves once, when it is their turn in the service rotation.

***Ball retriever A**

***Ball retriever B**

** To improve the flow of the game, each team must provide a **Ball retriever** (NOT THE LINEPERSON) who collects the balls from the athletes.*

** At the end of each rally, athletes should be encouraged to quickly roll the ball to the Ball Retrievers to speed up the pace the game.*

** The ball retrievers are expected to remain a safe distance from the court during play. SASK VOLLEYBALL – TRIPLE BALL 2*

Rotation and Substitution:

The following Fair Play substitution rules apply:

- a) All players listed on the scoresheet (**maximum of 12**) MUST start in either the 1st OR 2nd set.
- b) There is **NO specialization** for positions. Players switching to a different position from their service order during a rally is NOT ALLOWED.
 - c) The coach must identify, on the score sheet, where the designated setter will be positioned. Either in Position 2 (right front) or Position 3 (middle front).
- d) ALL 3 sets are played –ROUND-ROBIN PLAY.
- e) Best 2 of 3 sets are played – PLAYOFF DETERMINING MATCHES, PLAYOFFS & PROVINCIAL CHAMPIONSHIPS.
- f) Substitutions **ONLY** occur in the event of an injury.
- g) Any line up can be used at the start of the 3rd set. Athletes who did not start the 3rd set **MAY** be substituted into the game at any time during the set, following a three-ball sequence.

Scoring:

- a) **Every** ball introduced (served or tossed) is worth one (1) point.
- b) The first two (2) sets in a match are played to 25 points, the third to 15 points.

Guidelines for Tossers: (*Changes for the 2017 season)

- a) * Tossers are positioned on the same side of the court as the Referee.
- b) A coach, assistant coach or a competent volunteer can toss the ball to **their** team and can step into the court to do so. The tosser will immediately move off the court after the toss.
- c) * The tosser MAY NOT 'coach' (provide instruction/cheer/call timeouts/make substitutions) while in the role of the tosser. The tosser assumes a role similar to that of the lines people, that is, fulfill their responsibility as an interested observer.
- d) * The tosser DOES NOT converse with the Referee or the scorekeepers.
- e) Balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow athletes time to play the ball.
- f) The ball will always be tossed directly to the player in **position six (6)**, otherwise a replay will occur.

Reminder: Position 6 is a **minimum** of **2m** behind the 'attack' line (also known as the *3m line*).

The toss is a 'simulated' serve, NOT a free-ball

- g) The ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, "**Ball in!**".
- * Tossers encourage a fast paced transition between the end of a rally and the next toss. As soon as a rally ends and the ball is safely off of the court, the next toss should be initiated.
- h) Players must play the tossed ball with a **forearm pass**, otherwise a replay will occur.

i) * If the first contact, after a toss/serve, goes over the net, it is considered a legal contact and the point will be

played out. No re-serve or re-toss is required.

Time Out

a) Requests for time-outs must be made **before** the introduction of a serve.