



Elementary Sports Council

Sports By-Laws

Revised June 2023

SPORTS BY-LAWS

It is the responsibility of each school to adhere to the ESC Sports Bylaws and the Ontario Physical Health Association Safety Guidelines, Elementary - Interschool Athletics. The Sports By-Laws have been approved by the ESC. Any changes made to the By-laws must be approved by the ESC and will be based upon recommendations made by the Sport Convenor or coaches following the procedures outlined in the Constitution.

TVDSB CHAMPIONSHIP SPORTS

CROSS COUNTRY

Rules of Play

- a) A team shall consist of four (4) runners or more from the same school in the same age and gender category in the same race, with the first four (4) runners of a team to count for scoring.
- b) The finish place of each of the fastest four (4) runners on a team will be totaled. The team with the lowest total is the winner.
- c) In the event of a tie, the place of the fourth-place person on the tied teams shall determine the winner.
- d) Running shoes only may be worn (no cleated footwear).
- e) Each competitor must compete within his or her own age group **as of December 31st of the year of participation** and run the following distances:

Open:	13 years and over	2.5 km
Senior:	12 years	2.5 km
Intermediate:	11 years	2.0 km
Junior:	10 years	2.0 km
Bantam:	9 years	1.5 km
Novice:	8 years	1.5 km

(Students 6 years and under shall not participate under any circumstance.)

Regional Final

Each region will hold a Regional Final to be held during the day on a pre-determined date. Schools are responsible to check the date prior to arranging field trips or special events.

Eligibility for the TVDSB Championship

- a) One (1) team in each division from each region qualifies for the TVDSB Championship (four [4] members each).
- b) The next 10 fastest runners not on qualifying teams from each region in each age and gender group also qualify. This represents a total of 14 runners in each.

category. If a second team of four (4) qualifies from this group of 15, they will be recognized as a team.

- c) Teams or individuals must qualify within their own geographical region as designated by the ESC.
- d) If one (1) of the four (4) qualifiers cannot participate in the TVDSB final, the 5th place runner from the regional meet may be substituted. The name of this runner must be forwarded to the TVDSB Cross Country Convenor.

TVDSB Regional Awards

- a) The winning team in each division will receive a plaque and 1st place ribbons for the four (4) team members.
- b) The fastest three (3) individual runners in each division will receive gold, silver, or bronze medallions. The fourth through tenth finishers will receive a suitably inscribed ribbon.

Regional Transportation and Coach/Convenor Coverage

- a) Each school is entitled to one (1) bus, one way, for the season to participate in Cross Country within the Thames Valley District School Board.
- b) Each school is entitled to one (1) supply teacher for one half (½) day.
- c) There are three (3) days of supply coverage available to plan the event, prepare the course and run the event.
- d) A pre- and post-season half-day (½) meeting may be called at the discretion of Program Services in conjunction with the Valley Convenor.

TVDSB Championship Final

The championship final will be held on a pre-determined date. Schools are responsible to check the date prior to arranging field trips or special events.

TVDSB Championship Final Awards

- a) All participants will receive a pennant.
- b) The winning team in each division will receive a plaque and gold medallions for the team members. The second-place team in each division will receive silver medallions. The third-place team in each division will receive bronze medallions.
- c) The fastest three (3) individual runners in each division will receive gold, silver, or bronze medallions. The fourth through tenth finishers will receive a suitably inscribed ribbon.

TVDSB Championship Convenor Coverage

- a) There are five (5) days of supply coverage available to plan the event, prepare the course and run the event.
- b) One (1) full day of supply coverage is available for each regional convenor to help at TVDSB Valley Finals

VOLLEYBALL

Volleyball Philosophy

As stated in the Constitution of the ESC, it is the expectation that the following ideals are nurtured and developed through the co-curricular athletic programs:

- sportsmanship and fair play;
- respect for self and others;
- cooperation, self-discipline, and positive leadership;
- participation and skill development
- tolerance and commitment
- to have FUN.

It is the intent of this document to:

- identify situations that arise in volleyball that, at times, are contrary to the above expectations, and provide coaches alternative strategies that will, in fact, achieve them.

1. Although it is entirely legal to simply bump the ball back over the net on first contact, it is in the best interest of every player and team to practice a 3-hit (i.e., bump, set, spike) offence. In the long run, athletes will be better prepared for higher level competition and will gain a greater understanding of the game.
2. Although it is entirely legal for the front row to stand in the blocking *ready position* before a serve, it is not legal to intentionally serve over the blockers so that the receiver is screened from the ball. One of the main purposes of the serve, at the elementary level, is to simply get the ball in play and encourage the development of a rally. This way, many more skills will be practiced rather than just that of a hard serve.
3. Although it is entirely legal for teammates to talk to each other and cheer on the court and on the bench, it should not be done in such a way that puts down the other team. Furthermore, it should go without saying that no negative comments should be directed through the net at the other team or at the referee. Team cheers should be in a positive manner and in no way put down the other team or players. (ie – cheering for the other team's shanks) Players are not to talk, cheer, or yell when an opposing player is about to serve. . For example, a server should not be disrupted by the opponent's entire team yelling, "*SWITCH*" or "Ball Up" just before the server makes contact. In the end, professionalism and sportsmanship should prevail. Cheers should be positive and fun.
4. Remember that the purpose of hosting a tournament at your school is to get athletes more playing time and experience. *Participation* is the name of the game; not *profit*.

5. If your team is performing poorly, don't be afraid to ask for help. Instead of a scheduled game with a strong team, have them run a combined clinic so that the weaker team can see different drills, techniques, etc. Then, run a controlled scrimmage with the teams integrated.

Rules of Play

The Ontario Volleyball Association rules for the current year shall be in effect, with the following rule modifications:

- a. Net height shall be 2.10 metres for both boys and girls.
- b. Each team is encouraged to play a minimum of three (3) games during exhibition season to maximize player participation. The first game or the agreed upon game during a match is to provide information for the coaches and convenors for playoff seeding.
- c. Each server may have only five (5) successful serves in succession, after which the serve passes to the next server. The server is allowed one (1) step into play. No let serves will be given.
- d. There is no limit to the number of players on a team. **However, only 15 medals will be allotted per team at regionals and valleys.**
- e. Anyone, two or three-digit number will be declared legal. Headgear (hats) can be worn by coaches on the bench. Following OPHEA guidelines, headgear for players is allowed for religious reasons.
- f. Any ball contact below the knee shall cause a stoppage in play and a loss of possession and point.
- g. Each team is allowed unlimited subs per set in A for B, B for A format.
- h. Each game is to be played to 25 points with a 27-point cap in effect.
- i. Volleys are allowed on serve receive.
- j) The OVA Fair Play rule will not be followed (but the ideals stated in the Volleyball Philosophy should be adhered to).
- k. The ball hitting the roof is a fault unlike in the rules of the Ontario Volleyball Association.

Player Eligibility

- a. Volleyball teams competing in the TVDSB are for students in grades 7 and 8. Grade 6 students may practice with the school team, but may compete only on the permission of the Principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible;
No JK- Grade 5 students are permitted to participate on Intermediate teams, under any circumstance.
- b. Junior team sports are organized at a regional level only.
- c. When possible, full participation for all students in intra-mural events at the school level is strongly encouraged in addition to inter-school play.

Regional Final

- a. Each school may enter one (1) or more teams into the Regional Finals. If a

school enters more than one (1) team, a roster must be submitted to the Regional Convenor prior to the play-offs and no athlete may play on another team from that point. **Schools/Teams must declare their intention in volleyball by a set date to avoid scheduling issues.**

b. It is the responsibility of each school to declare team entries for the play-offs to the Regional Convenors, preferably at the beginning of the season. Once the play-off schedule has been set, it may not be possible to accept a late entry into the play-offs.

c. Each region shall be divided into "A" and "AA" classifications based upon the schools' combined grade 7 and 8 per gender classification (male/female) populations. School population numbers are established at the end of September and are used as official numbers for "A" and "AA" classifications. Regional Convenors will attempt to make an equal division, however, may use discretion if there is an obvious break in population numbers. Regional are asked to submit their league population splits to the Program Services Officer before the season starts.

d. The preferred format is to form two (2) balanced pools using a two-game 27-point cap round robin to determine the first and second place teams.

e. The first-place teams from each pool will play the second-place teams from the other pool using a best two (2) out of three (3) game match. The winners of these games will then play a best two (2) out of three (3) match to determine the Regional Champion. The 15-point third and deciding game will be a no cap game with teams winning by two points.

f. The second-place team from the "A" Final and the second-place team from the "AA" Final will participate in a "Wild Card" game which is a best two (2) out of three (3) match. The 15-point third and deciding game will be a no cap game with teams winning by two points. The winner of this match will also advance to the TVDSB Finals.

g. Tie breakers during round robin pool play will be broken by:

- head-to-head result between the tied teams. If still tied, then,.
- point difference among the tied teams. If still tied, then,
- point difference between teams played in pool play. If still tied, then,
- one 15-point, no cap tie breaker with a team winning by two points.

Regional Final Awards

a. The winning team shall receive a suitably inscribed plaque and each member up to 15 players, shall be awarded a gold medallion.

b. The second-place team members (up to 15 players) shall receive silver medallions.

Regional Transportation and Coach/Convenor Coverage

a. There is no transportation provided for teams during regular season and play-offs.

b. There is no coverage provided for coaches during regional play.

c. Each region is entitled to four (4) full days (2-boys, 2-girls) of supply coverage for preparing the schedule, planning the play-offs and wrapping up the event. A

pre- and post-season half-day (½) meeting may be called at the discretion of Learning Services in conjunction with the Valley Convenor.

TVDSB Championship Final

The sixteen (16) Regional Champions and the eight (8) “Wild Card” winners will be ranked according to population prior to the Championship Finals. The eight (8) schools

with the largest populations will play for the “AAA” Championship, the subsequent eight (8) schools with the largest populations will play for the “AA” Championship, and the eight (8) smallest schools will play for the “A” championship.

Appendix C

- a. A single day tournament will take place on a designated day to determine the “A” and “AA” and “AAA” champions for boys and girls.
- b. Two balanced pools will be formed by the TVDSB Valley Convenor. A two-game 27-point cap round robin format will be used to determine the first and second place teams. The first-place teams from each pool will play the second place teams from the other pool using a best two (2) out of three (3) game match. The winners of these games will then play a best two (2) out of three (3) match to determine the TVDSB Champion. The 15-point third and deciding game will be a no cap game with teams winning by two points.
- c. The losing teams from the cross-over game shall play a best two (2) out of three (3) match for third place.

TVDSB Championship Final Awards (Medals will be capped at 15 medals per team)

- a. The winning team shall receive a suitably inscribed plaque and each member shall be awarded a gold medallion.
- b. The second-place team members shall receive silver medallions.
- c. The third-place team members shall receive bronze medallions.
- d. The fourth-place team members shall receive gunstock medallions.

TVDSB Championship Coach/Convenor Coverage

- a. Two (2) days of supply coverage is available to the Valley Convenor (with assistance from Program Services) to set up the TVDSB Championship Final and contact the schools involved.
- b. Two half (½) days of supply coverage are available to Valley Convenors to prepare, convene and wrap up the TVDSB Championship.
- c. All site Convenors are entitled to one (1) full day supply coverage for preparing to convene the site.

- d. Each participating team is entitled to (1/2) one half day supply coverage to attend Valleys

Tournaments

- a. The intent of tournaments is to provide additional athletic and educational experiences for children.
- b. Entry fees to tournaments will cover only the cost of operating expenses as calculated by the following formula: **(Cost of officials + cost of custodial fees + cost of awards) divided by the number of teams paying an entry into the tournament.**
- c. Tournament entry fees may not be used as a fundraiser. Spectators will not be charged at the door. Money may be raised through snack bars or other voluntary sales items.
- d. Tournaments run by specific schools or individuals may offer rule changes appropriate to the specific event which may differ from the ESC Sport By-Laws. Coaches are advised to read these carefully prior to entering a team. Appendix C

Officials

- a. Coaches and Convenors are responsible for booking and paying officials in the regular season and the Regional Finals.
- b. Recommended officials for exhibition play are knowledgeable adults or high school students who have been made aware of the By-laws - particularly rules modifications.
- c. Learning Support Services will take responsibility for providing officials for the TVDSB Championship.

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COMPETITIVE BASKETBALL

Basketball Philosophy

As stated in the Constitution of the ESC, it is the expectation that the following ideals are nurtured and developed through the co-curricular athletic programs:

- sportsmanship and fair play.
- respect for self and others.
- cooperation, self-discipline, and positive leadership.
- participation and skill development
- tolerance and commitment
- to have FUN.

It is the intent of this document to:

- identify situations that arise in basketball that, at times, are contrary to the above expectations, and
- provide coaches with alternative strategies that will, in fact, achieve them.

1. Zone defenses are permitted in Competitive Basketball; however, it is in the best interest of the individual player to teach player to player defense to develop skills.
2. When the score differential becomes obviously one-sided (by 15 points or more), then the following strategies are highly encouraged by the winning team:
 - a) Stop showing the score via the scoreboard (discuss this prior to the game).
 - b) Take the score back to 0-0 at the half.
 - c) Remove the highest skilled players and utilize the less experienced ones.
 - d) Remove all presses and drop back to half-court defense.
 - e) No fast breaks.
 - f) Limit the number of shots by an individual player and encourage balanced shooting attempts.

3. When assessing your team at the beginning of the season, consider the Select league if your school has a smaller enrollment, inexperienced coaching, limited facilities or limited practice times.
4. When determining exhibition matches, attempt to play similar teams within your region, if that option is available.
5. Discuss your team's ability with the opposing coach before the game to allow for line match ups and strategies that will keep the experience a positive one for both teams.
6. Don't be afraid to ask for help. Instead of a scheduled game with a stronger team, have a combined clinic so the weaker team can see different drills and defenses. Then run a controlled scrimmage with integrated teams.

Rules of Play

FIBA with TVDSB modifications:

- a) Over and back may not be enforced during regular season depending on gym size. It will be in effect for all playoff games.
- b) Games consist of two halves (12 minutes)
- c) The #6 leather ball is to be used. Some exhibition games may use a rubber #6 ball.
- d) No 3-point shot.
- e) There is no limit to the number of players on a team.
- f) Anyone, two or three-digit number will be declared legal.
- g) In the event of a tie, overtime periods are three (3) minutes in length, beginning with the position arrow. **One additional time out per overtime period.**
- h) Any player or coach given 2 technical fouls in the same game during a play-off game shall automatically be given a 1 game suspension.

LONDON PUBLIC ELEMENTARY BASKETBALL

MODIFIED FIBA RULE DIFFERENCES

RULE	FIBA (This season)
Act of Shooting	Considered in the act of shooting until both feet return to floor
Backcourt	10 Seconds – start on ball contact with any player inbounds – count resumes on OOB, held ball, double foul & offensive injury – count restarts on defensive foul
Bonus/Penalty	Penalty: 2 free throws starting on 7 th team foul of each half
Cancelled Free Throw, Field Goal or Dead Ball Enters Basketball	Throw- in on side line at free throw line extended
Closely Guarded	Front and backcourt – holding the ball – defender(s) within 1 metre playing active defense
Double Foul	Point of infraction – throw-in at spot closest to the foul
Excessively Swinging Elbows	No contact = technical foul Contact = unsportsmanlike or disqualifying
Falling to Floor	Player permitted to fall with ball
Intentional/Unsportsmanlike Foul	If on an attempt for goal: • basket not scored = 2 free throws + possession at centre line • basket scored = count basket + 1 free throw and possession at centre line Foul by defense on throw-in during last 2 minutes of game ending period = unsportsmanlike foul if ball still in hands of in-bounder Foul to player dribbling to basket with a clear-path = unsportsmanlike foul Possession at half court
Free Throws	Max 5 players (2 offensive) in lane spaces – spaces are exclusive but do not have to be occupied
Last Second Shot	0.3 seconds or more to catch and shoot (0.2 or 0.1 – tap or directly dunk only)
Out of Bounds	Legal for the ball to pass over rectangular backboard
Player Control Foul	Does not include airborne shooter after release on a try (count basket if made and penalize pushing foul on offensive player)

Substitutions	• Free throws – before first attempt or after last free throw if successful • Subs may report after warning horn • Substitution opportunity exists for team scored upon in last two minutes of game ending period
Technical Fouls	Penalty = 1 shot + possession at half court
Technical Fouls - Coach	Does not count towards team fouls 2 direct or 3 indirect = ejection
Technical Fouls – Players	Non-contact fouls during a live or dead ball 2 technical fouls = ejection Foul counts as a personal foul on the player
Throw-In	Can inbound anywhere on the court Advanced to frontcourt throw-in line (3 points line extended if no throw-in line exists) if offense calls TO in last 2 minutes of game ending period. Given that in the last two minutes a team may only call two timeouts, this can only happen twice in a game.

Time outs	• 4x60 second time outs per game • No time out between FTs • Teams must stay in huddle for 50 seconds • Overtime 1x60 sec per OT period, no carry over • Time outs may be called by a coach or player, but must be on a dead ball (after a whistle) or after the opposing team has scored a basket. • Please note that once the ball has been handed to a player on a dead ball situation, a time out may NOT be called.
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Player Eligibility

- a) Basketball teams competing in the TVDSB are for students in grades 7 and 8. Grade 6 students may practice with the school team but may compete only on the permission of the principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible.
No JK- Grade 5 students are permitted to participate on Intermediate teams, under any circumstance.
- b) Junior team sports are organized at a regional level only.
- c) When possible, full participation for all students in intramural events at the school level is strongly encouraged in addition to inter-school play.

Regional Final

- a) Each school may enter one (1) or more teams into the Regional Finals. If a school enters more than one (1) team, a roster must be submitted to the Regional Convenor prior to the play-offs and no athlete may play on another team once play-offs have begun.
- b) It is the responsibility of each school to declare team entries for the play-offs to the Regional Convenors, preferably at the beginning of the season. Once the play-off schedule has been set, it may not be possible to accept a late entry into the play-offs.

Appendix C

- c) Each region shall be divided into “A” and “AA” classifications based upon the schools’ combined grade 7 and 8 (male/female) populations. School population numbers are established at the end of September and are used as official numbers for “A” and “AA” classifications. Regional Convenors will attempt to make an equal division, however, may use discretion if there is an obvious break in population numbers.
- d) An appropriate play-off format is followed and a championship game between the top play-off teams must be played to determine the Regional Champion. Teams shall not be eliminated by point differential. Silver medalists from the “A” and “AA” competitions will play off for a birth into the Valley Championships as a third “Wild Card” entry from their region.
- e) The Regional Convenor shall attempt to seed the teams prior to the play-offs to allow the more successful teams to meet in the latter rounds.

Regional Final Awards

- a) The winning team shall receive a suitably inscribed plaque, and each member shall be awarded a gold medallion.
- b) The second-place team members shall receive silver medallions.

Regional Transportation and Coach/Convenor Coverage

- a) There is no transportation provided for teams during regular season and

- play-offs.
- b) There is no coverage provided for coaches during regional play. Each region is entitled to four (4) full days (2-boys, 2-girls) of supply coverage for preparing the schedule, planning the playoffs and wrapping up the event
- c) A pre- and post-season half-day meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenor.

TVDSB Championship Final

The 24 Regional Representatives will be composed of “A”, “AA” Champions and an additional “Wild Card” entry from each of the eight (8) regions. Designations as “A” or “AA” may be changed prior to the final as all 24 entries will be assigned to “A”, “AA”, and “AAA” based on October 1 senior class enrolment numbers provided by Learning Support Services.

The eight (8) qualifying schools with the largest population numbers will play for the “AAA” Championship. The next eight (8) larger qualifiers will play for the “AA” Championship, and the eight (8) smaller schools will play for the “A” Championship. In the case of a tie, identified enrolment numbers will be used on the day that the tournament field is finalized. If still tied, the coaches will be contacted to see if a consensus can be reached. Finally, a coin toss by the Valley Convenor will determine placement.

- a) A tournament will take place on a designated day to determine the “A”, “AA” and “AAA” Champions for boys and girls.
- b) The tournament will use a winning side format with a championship game between the semi-final winners, a consolation final and a bronze medal (third place) game between the semi-final losers.
- c) The Valley Convenors and the members of the seeding committee shall seed the teams within each designation. Information shall be forwarded to the Valley Convenors from the Regional Convenors, to allow the more successful teams to meet in the later rounds.

TVDSB Championship Final Awards

- a) Each participating team in the championship tournament will receive a suitably inscribed plaque as Regional Champions.
- b) The winning team members shall be awarded a gold medallion.
- c) The second-place team members shall receive silver medallions.
- d) The third-place team members shall receive bronze medallions.

TVDSB Championship Convenor Coverage

- a) A total of four (4) half days of supply coverage are available for the three (3) Valley Convenors and two (2) designated coaches (with assistance from Program Services) to seed and set up the Championship Final schedule and contact the schools involved.
- b) Two (2) days of supply coverage are available to plan and prepare for the TVDSB Championship.

- c) All site Convenors are entitled to one and half (1.5) full day supply coverage for planning and preparing to convene the site.

Tournaments

- a) The intent of tournaments is to provide additional athletic and educational experiences for children.
- b) Entry fees to tournaments will cover only the cost of operating expenses as calculated by the following formula: **(Cost of officials + cost of custodial fees + cost of awards) divided by the number of teams paying an entry into the tournament.**
- c) Tournament entry fees may not be used as a fundraiser. Spectators will not be charged at the door. Money may be raised through snack bars or other voluntary sales items.
- d) Tournaments run by specific schools or individuals may offer rule changes appropriate to the specific event which may differ from the ESC Sport By-Laws. Coaches are advised to read these carefully prior to entering a team.

Officials

- a) Coaches and Convenors are responsible for booking and paying officials in the regular season and the Regional Finals.
- b) Recommended officials for exhibition play are knowledgeable adults or high school students who have been made aware of the By-laws - particularly rules modifications.
- c) Any player or coach ejected from a game, because of technical foul(s) or flagrant fouls, will be automatically suspended for one game during regional playoffs and TVDSB playoffs. Players ejected will be sent to the nearest supervised area as far away from the court as possible. When an ejection occurs, the official's report shall be forwarded to the school's principal and area superintendent.
- d) Learning Support Services will take responsibility for providing officials for the TVDSB Championship.

Appendix C

SELECT BASKETBALL

Select Basketball is a league designed for schools who wish to participate in inter-school play in a less competitive format. Schools must declare their intention to play in the Select league at the beginning of the season to the Regional Convenor. Exhibition games will be arranged as geographically close as possible and are intended to be held once a week.

Rules of Play

The rules of play will be as the FIBA model with TVDSB modifications of the current year with the following modifications:

- a) Any Select team or player who plays a competitive game by competitive rules in Thames Valley District School Board at any time during the Basketball season is not eligible to play a Select Basketball game for the remainder of the season.

Select teams may play competitive teams but only if they play by Select rules.

- b) Players must be substituted every three (3) minutes. All players will receive equitable playing time.
- c) The over and back rule will not be enforced.
- d) Games will consist of two (2) 15-minute halves with stop time for line changes and two (2) time-outs per game.
- e) There are no jump balls. All jump ball situations are to be handled under the alternating possession procedure. The visiting team gets first possession.
- f) The basketball will be a #6 rubber or leather ball as agreed by the coaches.
- g) Half- court defense shall be used. When there is a change of possession in the offensive zone, the defensive team must move back to half court.
- h) Player to player defense will be used.
- i) The 3-point shot will not be used.
- j) The free throw line shall be twelve (12) feet from the face of the blackboard.
- k) Schools with Select teams may declare their intent to participate in the Regional Competitive Play-offs with sufficient notice to the Regional Convenor. In this case, the school would not participate in the End of Season Select Tournament.
- l) Schools may enter more than one (1) team but must have at least ten (10) players on each team.

Player Eligibility

- a) Basketball teams competing in the TVDSB are for students in grades 7 and 8. Grade 6 students may practice with the school team but may compete only on the permission of the principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible.

No JK- Grade 5 students are permitted to participate on Intermediate teams, under any circumstance.

- b) Junior team sports are organized at a regional level only.
- c) When possible, full participation for all students in intramural events at the school level is strongly encouraged in addition to inter-school play.

End of Season Tournament

- a) A single day tournament will take place on a designated Saturday to allow the participants on Select teams an opportunity to play three (3) or four (4) games in a tournament format. No standings will be kept, and no winner will be declared.
- b) Select teams must register with the Select Convenor by the date determined. Once the tournament schedule has been set, it may not be possible to accept a late entry.
- c) All players will receive equitable playing time.
- d) Teams will be grouped for the tournament by ability as declared by the Convenor with coaches' input.
- e) Schools may enter one (1) or more teams upon discussion with the Convenor.

Awards

- a) Each participant will receive a suitably inscribed award.

Convenor Coverage

- a) There are two (2) full days of supply coverage available for planning and preparing for the End of Season Select Tournament.
- b) All site Convenors are entitled to one (1) full day supply coverage for planning and preparing to convene the site.
- c) A pre- and post-season half-day ($\frac{1}{2}$) meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenor.

Tournaments

- a) The intent of tournaments is to provide additional athletic and educational experiences for children.
- b) Entry fees to tournaments will cover only the cost of operating expenses as calculated by the following formula: **(Cost of officials + cost of custodial fees + cost of awards) divided by the number of teams paying an entry into the tournament.**
- c) Tournament entry fees may not be used as a fundraiser. Spectators will not be charged at the door. Money may be raised through snack bars or other voluntary sales items.
- d) Tournaments run by specific schools or individuals may offer rule changes appropriate to the specific event which may differ from the ESC Sport By-Laws. Coaches are advised to read these carefully prior to entering a team.

Officials

- a) Coaches and Convenors are responsible for booking and paying officials in the regular season.
- b) Recommended officials for exhibition play are knowledgeable adults or high school students who have been made aware of the By-laws - particularly rule modifications.
- c) Learning Support Services will take responsibility for providing officials for the End of Season Select Tournaments.

TRACK AND FIELD

PLEASE NOTE: HIGH JUMP IS CONSIDERED TO BE A HIGHER RISK ACTIVITY AND THE OPHEA SAFETY GUIDELINES, ELEMENTARY - INTERSCHOOL ATHLETICS SHOULD BE CAREFULLY FOLLOWED.

Rules of Play

- a) Each school is permitted to enter two (2) entries for each track and field event, and one (1) entry for each relay event.
- b) An individual competitor may enter any two (2) events and one (1) relay.
- c) All coaching is to be done prior to the meet. Coaches and parents will not be permitted onto the infield during events.
- d) Running shoes only may be worn at all events. Cleats, spikes, socks, aqua socks and bare feet will not be permitted.
- e) Starting blocks will not be used.
- f) A relay team is four (4) runners from the same school. The composition of the team does not change after a heat has been run (exception: illness or injury - upon Convenor's approval).
- g) Batons used in relay events must be free of tape, weigh less than 1 3/4 oz., 11 to 12" in length and have a circumference of 4.75" (warehouse #50042).
- h) If an athlete is in two (2) events which occur simultaneously, he or she must notify the judge at each event. Track events take precedence over field events, and high jump takes precedence over other field events.
- i) Each competitor must compete within his/her own age group which is determined **as of December 31st of the beginning of the school year.**
 - Open: 13 years and older
 - Junior: 10 years
 - Senior: 12 years
 - Bantam: 9 years
 - Intermediate: 11 years
- j) For complete event descriptions and rules, see charts which follow.
- k) **During the track and field competition, videos submitted by parents/guardians/spectators/coaches will not be utilized for the interpretation of results. The competition's judging and assessment will solely rely on the observations of trained officials, coaches, or judges who are knowledgeable about the sport's rules and standards.**

Regional Meets

Each region will hold a Regional Final to be held during the day on a pre-determined date. Schools are responsible for checking the date prior to arranging field trips or other special events.

Responsibilities and Eligibility for TVDSB Championship

- a)** Each meet will have an elementary teacher as a Convenor with a secondary liaison at the site of the meet if the event is run at a Secondary School. Volunteer coaches other than teachers must be approved by the principal.

- b) Each coach is responsible for providing a list of the participating athletes to the Convenor. It is not necessary to enter athletes into every event. Competitors should be properly trained, particularly in the long-distance races.
- c) Each elementary school will be assigned an event by a Convenor. The teacher in charge of the event is responsible for providing equipment and assistants to run the event and will address any issues with parents or athletes.
- d) The first-place athletes for high jump and relay in each region are eligible to participate at the TVDSB Championship.
- e) The first and second place athletes for all other events in each region are eligible to participate at the TVDSB Championships.

Awards

- a) Medals will be awarded for first, second and third places and ribbons for fourth, fifth and sixth places.
- b) There will be no overall trophy or team trophies presented. All awards are individual.
- c) All participants will receive a participation ribbon.

Transportation and Coach/Convenor Coverage

- a) Each school is entitled to one (1) bus, one way, for the season to participate in Track and Field within the Thames Valley District School Board.
- b) Each school is entitled to one (1) full day of supply coverage to ensure the safe supervision of students.
- c) Each region is entitled to a total of four (4) days of supply coverage for planning, organizing and running each regional event.

TVDSB Championship Final

The championship final will be held during the day at a pre-determined date. Schools are responsible for checking the date prior to arranging field trips or other special events. The format will be the same as the regional events. Schedules will be provided by the TVDSB Convenors.

Awards

- a) Medals will be awarded for first, second and third places and ribbons for fourth, fifth and sixth places.
- b) There will be no overall trophy or team trophies presented. All awards are individual.

TVDSB Championship Convenor Coverage

- a) There are six (6) days of supply coverage available for planning and running the TVDSB Track and Field Final.
- b) One full day of supply coverage is available for each teacher to convene or run an event at the TVDSB Track and Field Final.
- c) A pre- and post-season half-day ($\frac{1}{2}$) meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenors.

Summary of Events

FIELD EVENTS							TRACK EVENTS						
Age Group	Group Name		HIGH JUMP	LONG JUMP	TRIPLE JUMP	SOFTBALL	Age Group	Group Name	SPRINT	400	800	1500	RELAY
9 Years	Bantam 80m	Boys	X	X		X	9 Years	Bantam Boys	X 80	X	X		
		Girls	X	X		X		Bantam Girls	X 80	X	X		
10 Years	Junior 80m	Boys	X	X		X	10 Years	Junior Boys	X 80	X	X	X	X
		Girls	X	X		X		Junior Girls	X 80	X	X	X	X
11 Years	Intermediate 100m	Boys	X	X	X	X	11 Years	Intermediate Boys	X 100	X	X	X	X
		Girls	X	X	X	X		Intermediate Girls	X 100	X	X	X	X
12 Years	Senior 100m	Boys	X	X	X	X	12 Years	Senior Boys	X 100	X	X	X	X
		Girls	X	X	X	X		Senior Girls	X 100	X	X	X	X
13 & Over	Open 100m	Boys	X	X	X	X	13 Years	Open Boys	X 100	X	X	X	X
		Girls	X	X	X	X		Open Girls	X 100	X	X	X	X

RULES FOR TRACK EVENTS

Appendix C

Sprints: 80/100 m	400 m Run	800 m Run	1500 m Run	4x 100m Relay
- heats to final - top six (6) qualify for final (top eight [8] at Valley final) - starting instructions: “on your mark, set,” (motionless on set) - gun - two (2) shots indicate a false start - on second charge of false start, runner is removed - each contestant must stay in their own lane or be disqualified	- timed heats only - starting instructions: “on your mark, set,” (motionless on set) - gun - two (2) shots indicate a false start - on second charge of false start, runner is removed - each contestant must stay in their own lane or be disqualified	- no heats - starting instructions: “runners take your mark”-gun - two (2) shots indicate a false start - on second charge of false start, runner is removed - box start format - each contestant must stay in their designated “lane area” until he or she reaches the end of the starting zone before they can break to the inside of the track	- no heats - starting instructions: “runners take your mark” - gun - two (2) shots indicate a false start - on second charge of false start, runner is removed - a “mass” start format will be used any competitor jostling or obstructing another competitor so as to impede his or her progress will be disqualified	- as 100 m sprint and: - outgoing runner may not commence his/her run before the approach zone- 10 metres (11 yards) - baton must be exchanged within the 20 metre exchange zone - competitors, after handing off the baton, must remain in their lane until the course is clear - a team is considered out of zone when the baton is not passed between the zone lines - baton must be in the hand of the receiving runner only after the zone line - disqualification will result if another team is interfered with in the exchange zone, the baton is not passed between the zone lines, or is dropped and interferes with another team

RULES FOR FIELD EVENTS

Appendix C

High Jump	Long Jump	Triple Jump	Softball Throw
- starting height- Regionals <i>Novice and Bantam 75 cm, Junior and Intermediate-100 cm, Senior and open-115 cm</i> - one (1) foot take off is compulsory - bar will be raised a minimum of 5 cm each time until four (4) finalists remain - judge will then determine incremental raises until one (1) jumper remains - that jumper may choose to continue or stop - bar at no time will be lowered - TVDSB finals - starting height will be determined by the Valley Convenors - jumpers may only complete one (1) successful jump at each height - three (3) jumps at each height may be attempted - one (1) balk at each height is allowed, second is declared a miss - time exiting the pit has no bearing on success of the jump - ties will be broken by: 1st- lowest # of misses at the height at which tie occurred - 2nd- lowest # of jumps missed - 3rd- lowest # of jumps (successful or not) throughout the competition up to and including the height last cleared. *** late arrivals from a track event must enter at the current height	- contestants are allowed three (3) jumps - a board/line will be used for take-off. Any part of the foot over the board/line will be considered to be a disqualification - measure from the front of the board/line to the closest body or limb contact in the pit - measure to the closest centimetre below the distance covered - in case of a tie - the 2nd best jump will determine the higher placing (3rd best if necessary) - Faults: * landing outside the pit * walking back through the landing area after a completed jump * two (2) consecutive approaches without breaking the plane	- contestants are allowed three (3) jumps Jump Mechanics - HOP (same to same foot) - STEP (same to opposite foot) - JUMP (opposite to both feet) - a board/line will be used for take-off. Any part of the foot over the board/line will be considered to be a disqualification - measure from the front of the board to the closest body or limb contact in the pit - measure to the closest centimetre below the distance covered - in case of a tie - the 2nd best jump will determine the higher placing (3rd best if necessary) - Faults: * landing outside the pit * walking back through the landing area after a completed jump * two (2) consecutive approaches without breaking the plane	- a 12"rubber coated softball will be used - each contestant is allowed three (3) consecutive attempts - all fair throws are to be measured at the end of each round of attempts - contestants may not step over the throw line - to be considered valid, a throw must land initially within the 45 degree sector marked upon the ground - the throw is to be measured to the nearest centimetre from the throw line to the closest mark made by the first time the ball hits the ground

SLO-PITCH

Rules of Play

- a) Ten players shall be used per game. If 10 players are not available, for all five (5) innings of the regular season or seven (7) innings of the play-offs, then the game is forfeited.
- b) Intentional walks are allowed and need only be communicated to the umpire verbally.
- c) All batters and base runners must **wear** CSA approved helmets. Where helmets are equipped with chin straps, they are to be done up: otherwise, the helmet must fit such that it will stay on the head.
- d) Runners may not step off a base until the batter has contacted the ball. The umpire will call the runner out if he/she steps off in anticipation of the hit prior to contact.
- e) The third strike foul is not an “out”.
- f) If the batter swings at a pitch that has been declared illegal, the play will stand.
- g) Sliding is permitted at all bases but not at home plate as there is a forced play once the runner has crossed the commitment line.
- h) An inning will consist of three (3) outs or 7 runs- whichever comes first.
- i) If the ball is thrown out of bounds when trying to make the last out at home plate, then all runners, including the batter, will score.
- j) No infield fly rule.
- k) Batting order: must be established at the beginning of the game. There is no limit to the number of batters allowed, and free substitutions may be made in the field with players who are in the batting order. Substitutions to the batting order may only be made by removing a player and replacing with a new player. The original player may return to that spot, and once the substitute has left the game, he/she may not return. (A- B- A). The original player then may be replaced again but they cannot re-enter the game.
- l) Batting out of order:
 - i) If the incorrect batter is discovered before he/she completes the turn at bat, then the correct batter replaces the incorrect batter and assumes any balls or strikes which may have been called.
 - ii) If the mistake is discovered after the incorrect batter has completed the turn at bat and before the next pitch has been delivered to the next batter, then the player who should have batted is out.
 - iii) If the mistake is not discovered before the next pitch has been delivered to the next batter, then the incorrect batter at bat is legal.
- m) If a batter steps on the plate while contacting the ball, then he/she will

be declared an “out”.

- n) Throwing the bat will result in the batter being an automatic out.
- o) The pitcher must **start** with at least one (1) foot on the pitching rubber or the line provided. It may not be approached from behind before the release of the pitch.
- p) regular season game length is five (5) innings, with seven (7) innings during play-offs. No full inning shall begin after 5:00 p.m. An inning consists of three (3) outs or 7 runs.
- q) A **STRIKE** is any ball striking the **2' x 4' mat** (with the 2' edge facing the pitcher) with an arc between 6' and 12'.
- r) **Safety Base:**
 - i) A batted ball hitting the white portion is declared fair and a ball hitting the orange part is declared foul.
 - ii) A defensive player may only touch the white part of the safety base, or the runner will be declared safe.
 - iii) The batter must touch only the orange section of the safety base, unless there is a continuation of motion on to second base, or the runner will be declared out.
 - iv) After over-running the base, the runner must return to the white portion.
 - v) When tagging up on a fly ball, the white portion must be used.
 - vi) Once a runner returns to the white portion, he/she will be called out should he/she returns to the orange portion and is tagged with the ball, or if he leads off from the orange portion.
- s) The **commitment line** is on the third base line, **15' from home plate**. Once the runner has crossed that line, the commitment has been made to continue to home plate. There are no tag plays at home. **Home Plate** is a line drawn from the front left corner of the mat straight to the screen at right angles with the third base line. The catcher must touch the plate and the runner crosses the line and should not touch the mat/plate to avoid collisions. A runner touching the mat shall be declared out.
- t) Batter's box width is 3' on either side of the mat. The length of the batter's box extends 2' in front of the mat and 2' behind the mat.
- u) **Equipment:** Running shoes, or rubber/molded cleats, face mask with throat guard for catcher and chest protector, 12" regulation synthetic leather covered softball, and any kind of glove may be used at any position. If wearing cleats, no metal or compound cleats. Molded cleats only
- v) The distance from home plate and the pitcher's mound will be 40', and the arc of the pitch between 6' and 12'.
- w) The distance between bases is 50'.

Player Eligibility

- a) Slo-Pitch teams competing in the TVDSB are for students in grades 7 and 8. Grade 6 students may practice with the school team but may compete only on the permission of the Principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible.

No JK- Grade 5 students are permitted to participate on Intermediate

- b) teams, under any circumstance.**
Junior team sports are organized at a regional level only.

- c) When possible, full participation for all students in intra-mural events at the school level is strongly encouraged in addition to inter-school play.

Regional Final

- a) Each school may enter one (1) or more teams into the Regional Finals. If a school enters more than one (1) team, a roster must be submitted to the Regional Convenor prior to the play-offs and no athlete may play on another team once play-offs have begun.
- b) It is the responsibility of each school to declare team entries for the play-offs to the Regional Convenors, preferably at the beginning of the season. Once the play-off schedule has been set, it may not be possible to add late entries into the play-offs.
- c) The play-off format will consist of one open division for all regions. The winning team from each region will qualify for the Valley Final.
- d) A single elimination tournament shall be used to determine the Regional and Consolation Champions for boys and girls. The Regional Convenor shall attempt to seed the teams prior to the tournament to allow the more successful teams to meet in the latter rounds.

Regional Transportation and Coach/Convenor Release

- a) There is no transportation provided for teams during the regular season and Regional Play-offs.
- b) There is no coverage provided for coaches during the regular season and for the Regional Play-offs.
- c) There are two (2) full days of supply coverage available for planning the Regional Play-offs.
- d) A pre- and post-season half-day ($\frac{1}{2}$) meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenor.

TVDSB Championship Final

Regional Champions will play for the Girls' and Boys' TVDSB Championship.

- a) A single day elimination tournament will take place during the day on a pre-determined date. Schools are responsible to check that date prior to arranging field trips or special events.
- b) Umpires and facilities will be booked by the TVDSB Convenor with assistance from Learning Support Services.

TVDSB Championship Final Awards

- a) The winning team in each division will receive a plaque and gold medallions for the team members.
- b) The second, third and consolation champion teams will receive medallions.

TVDSB Championship Transportation and Coach/Convenor Release

- a) There are a total of four (4) days of supply coverage available for planning the event and organizing the event on site.
- b) Each school participating in the championship tournament is entitled to one half (1/2) day of supply coverage to provide coverage for the coach of the team.
- c) There is no transportation provided for teams during the play-offs.

Tournaments

- a) The intent of tournaments is to provide additional athletic and educational experiences for children.
- b) Entry fees to tournaments will cover only the cost of operating expenses as calculated by the following formula: **(cost of officials + cost of custodial fees + cost of awards) divided by the number of teams paying an entry into the tournament.**
- c) Fundraising can be done through the sale of food or other items.
- d) Tournaments run by specific schools or individuals may offer rule changes appropriate to the specific event which may differ from the ESC Sport By-Laws. Coaches are advised to read these carefully prior to entering a team.

Officials

- a) Coaches and Convenors are responsible for booking and any incurred payment of officials in the regular season and the Regional Finals.
- b) Recommended officials for exhibition play are knowledgeable adults or high school students who have been made aware of the By-laws - particularly rules modifications.
- c) Program Services will take responsibility for providing officials for the TVDSB Championship

CO - ED Modifications

Rules of Play

- a) There must be always 5 girls and 5 boys in the field.
- b) There will be no intentional walks. You must pitch to every batter.
- c) There is a 6-run scoring cap per inning.
- d) The batting order must be boy / girl / boy or girl / boy / girl. When your lineup can no longer alternate then players must be left off the official batting order. Players not on the official batting order cannot play in the field unless they are substituted for someone on the batting order as per the regular slo pitch bylaws.
- e) The number of players in the batting order is not limited if the alternate gender rule is maintained. Therefore, the batting order must be an even number of boys and girls.
- f) Playoff and Tournament games will consist of 5 innings. No inning may begin within 10 minutes of the next scheduled start time or declared finish time.

- g) Throwing the bat will result in the batter being an automatic out.
- h) The convenor will identify what ball is to be used to ensure the safety of players. The regulation softball has been identified as too hard for co-ed slo pitch.

Appendix C

SOCCER

Rules of Play

Outdoor Soccer:

Regular soccer rules will be followed with the following modifications:

- a) Each gender must be always represented by 4 players on the field at all times. Including the goalkeeper
 - County regions that run single gender tournaments are grandfathered in and exempt from Rule A
- b) Unlimited substitutions may be made during a goal kick, on your team's throw-in, after a goal is scored, in the case of an injury to a player or at half time.
- c) Only appropriate soccer shoes or running shoes will be worn.
- d) Shin pads must be worn.
- e) There are 10 players and a goalie on the field.
- f) There is no limit to the number of players on the bench.
- g) Any number may be worn on a jersey.
- h) The field size will be determined by the Convenor of the event (approximately 100 metres by 50 metres).
- i) The time of the games will be determined by the Convenor.
- l) Time outs will be permitted only if there is enough time and will be determined by the Convenor.
- j) This activity is for students in grades 7 and 8. Grade 6 students may practice with the school team but may compete only on the permission of the Principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible.

No JK- Grade 5 students are permitted to participate on Intermediate teams, under any circumstance.

Indoor Soccer:

Regular soccer rules will be followed with the following modifications:

- a) Unlimited substitutions may be made during a goal kick, on your team's throw-in, after a goal is scored, in the case of an injury to a player, or any other stoppage in play deemed appropriate by the referee.
- b) Only appropriate soccer shoes or running shoes will be worn. No metal cleats will be permitted.
- c) Shin pads must be worn.
- d) There are 8 players and a goalie on the field, for a total of 9. 3 of each gender (ie

- male and female) must be represented on the field at all times.
- e)** There is no limit to the number of players on the bench.
- f)** Any number may be worn on a jersey.
- g)** The field size will be determined by the Convenor of the event
- h)** The time of the games will be determined by the Convenor. (ie 25 minutes)

- i) This activity is for students in grades 7 and 8. Grade 6 students may practice with the school team but may compete only on the permission of the Principal because they are age appropriate, or the team requires more players and insufficient grade 7 or 8 students are eligible.
 - j) There will be no off-sides
 - k) A kick in from the ground will be used rather than a throw-in
 - l) No retreat line rule will be in effect
- No JK- Grade 5 students are permitted to participate on Intermediate teams, under any circumstance.**

Regional Finals

- a) The Regional Soccer Convenor will determine the format of the half day tournament.
- b) It is the responsibility of each school to declare team entries for the Regional Soccer tournament prior to the deadline established by the Convenor. Once the schedule has been set it may not be possible to accept a late entry into the tournament.

Awards

- a) One Championship plaque will be provided for each tournament and division.

Transportation and Coach/Convenor Coverage

- a) There will be a one-way bus provided for each participating school. Schools are encouraged to share a bus so that they have transportation to and from the event.
- b) The Regional Soccer Convenor is entitled to one (1) full day of supply coverage for preparing the site and planning the event.
- c) The area Convenor at each site is entitled to one half (1/2) day of supply coverage to supervise the site.
- d) Each school participating in the regional Championship tournament is entitled to one half (1/2) day of supply coverage in order to provide coverage for the coach of the team.
- e) A pre- and post-season half-day (½) meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenor.

Officials

- a) Learning Support Services will reimburse Regional Convenors for payment of officials or the rental of community facilities for the Regional Soccer Tournaments.

JUNIOR FLOOR HOCKEY

Rules of Play

- a) Games consist of two (2) 12-minute periods of straight time. Time stops for any injuries.
- b) The game starts with a face-off at center. The face-off is taken by the center. It is executed by placing the puck on the floor between the opposing players' sticks, a whistle is blown and the two (2) players attempt to win the face-off.
Face-off at center by the centers:
 - to start the game or half;
 - after a goal;
 - after a penalty (except in big gyms).
 Face-off at the corners:
 - If the players are offside, the referee blows the whistle, face off moves to the corner of the offside team's end
- c) Defence and forwards may only play in their own half of the court. A player is offside when his/her entire foot crosses the center line. The center may play anywhere.
- d) There is no time limit on shifts. Coaches can shift when they please, and may also change lines on the fly. Be careful to ensure that the right number of boys and girls is always on the floor.
- e) Extended Crease:
Extend the crease beyond the regular net area using floor tape to make a safe area for the goalie. Only the designated goalie may enter the crease. The width of the crease should be 8', while the crease should be placed about 2' from the end wall and then extend out 6' from there. The net should be placed on the back line of the crease, leaving about 4' in front of the goalie. (Please refer to the Physical Education Safety Guidelines, Elementary Athletics) for specific details regarding the size of the crease when using modified equipment.)
- f) The maximum number of players allowed on the floor is six (6) per team.

Goalie	-1	Defence	-	2
Forward	-2	Centre	-	1
- g) A team will consist of a 6 players, there must be a minimum of 2 of each gender playing at all times.
- h) Teams should consist of a minimum of 12 players. Maximum participation is encouraged.
- i) At least four (4) runners and a goalie must be on the floor when penalties occur. Delayed penalties may be necessary.
- j) Teams must be comprised of students in grades 6 and under. **Players should be from grades 4, 5 and 6 only and be age and size appropriate for the activity.**

Equipment

In general, the rules of the OPHEA Safety Guidelines, Elementary - Interschool Athletics shall apply.

- a)** Shoes are a necessary part of the player's equipment. No other hockey equipment may be worn by players on the floor.

- b) Use of protective eye guards is mandatory by all of the players including those on the bench.
- c) Plastic sticks and pucks will be used. The stick blade must be straight.
- d) The "home" team must have equipment available for the "visiting" team, but a "visiting" team may use its own equipment. Nets are to be supplied by the "home" school. Size is at the discretion of the coaches. Teams are expected to bring their own protective eye guards with them.
- e) Goalies must wear a mask/helmet (according to the Physical Education Safety Guidelines, Elementary Interschool Athletics, a CSA helmet and mask with a throat guard are required, and schools are urged to work towards acquiring this equipment) and are recommended to wear protective gloves - glove to catch but no blocker - shin pads but no goalie pads. Goalies may also wear a chest protector. **No other hockey equipment is allowed for use by the goalie (e.g. shoulder pads).**
Please note: The spirit of this rule is to provide adequate protection for goaltenders. Goalies should not be so "bulked up" that scoring becomes impossible.
- f) Players are allowed to wear SOCCER shin pads inside their socks.

Referees and infractions

- a) There are to be at least two (2) referees per game. The referees are to be at least in grade 8. **It is recommended that adult referees be used whenever possible.**
- b) Slashing, tripping, holding, delay of game, body checking - all will be a 2-minute penalty or until a goal is scored by the team with the player advantage. A player who receives three (3) penalties in one (1) game will be ejected from that game and suspended for the next game.
- c) High Sticking: stick **above the waist** will result in the same penalty as above if a goal is scored and the follow through of the shot is above the waist, the same penalty as above will occur plus the goal is disallowed if after a goal is scored and is a celebration stick is raised above the waist, the same penalty as above will occur for all offending players plus the goal is disallowed.
- d) Swearing, fighting, disrespectful actions towards the referees will result in a two-(2) minute penalty plus suspension from that game and the next game. The two (2) minute penalty is to be served by someone from the same shift as the offending player.

Regional Championship Format

- a) Each region should conduct a Regional Championship Tournament. The format of this event will be determined by the number of teams wishing to enter.
- b) If a region has 10 or fewer teams, then one (1) Regional Tournament should be held.
- c) A region with more than 10 teams should split in half, run two (2) championship tournaments, and then have the two (2) winners play off to determine the Regional Champion. This will avoid "A"/"AA" divisions for junior sports.

- d) Regional Championship Tournaments will consist of two (2) even pools and a round robin format within each pool.
- e) Teams receive three (3) points for a win, two (2) points for a tie and one (1) point for a loss;
- f) The two (2) top teams will meet in the championship game.
- g) Regions have the flexibility to set up their tournaments with one (1) pool on one (1) night, one (1) pool on another night and then a championship game at a later date.
- h) It is recommended that these games be played in a full-size gym.

Awards

- a) The championship team will receive a Thames Valley Regional Championship Plaque.

Transportation and Coach/Convenor Coverage

- a) There is no transportation provided during the regular season and play-offs.
- b) Each region is entitled to one (1) full day of supply coverage for planning the event.
- c) A pre- and post-season half-day ($\frac{1}{2}$) meeting may be called at the discretion of Program Services in conjunction with the Valley Convenor.

DANCE FESTIVAL

The dance festival is held every April at CEC Central and is a non-competitive event. It is open to all students from the TVDSB and affiliate schools in good standing.

Format

- a) Schools are invited to bring groups of dancers of any grade level to perform one (1) or two (2) numbers.
- b) Schools must enter with the Convenor by the date given.
- c) Each group from a school must have appropriate supervision as per the Field Trip Policy.
- d) Schools are invited to stay for a half day ($\frac{1}{2}$).
- e) Schools are required to share their music with the convenors prior to the festival.
- f) All music is to be screened for appropriate language and lyrics.
- g) All dance moves and costumes are to be screened to ensure the appropriateness of the performance.

Awards

Each participant shall receive a suitably inscribed award.

Transportation and Coach/Convenor coverage

- a) Each school participating in the Thames Valley District School Board Dance Festival is entitled to one (1) bus round trip. No supply coverage is provided.
- b) There are two (2) full days of supply coverage available to plan the TVDSB Dance Festival and one (1) full day of supply coverage to oversee the smooth operation of the festival for each day the festival runs.
- c) A pre- and post-season half-day ($\frac{1}{2}$) meeting may be called at the discretion of Program Services in conjunction with the Valley Convenor.

WRESTLING

A one (1) day tournament is held in April and is open to all elementary schools in the TVDSB for students **in grade 6 to 8 only**.

PLEASE NOTE: THIS ACTIVITY IS CONSIDERED TO BE A HIGHER RISK ACTIVITY AND THE OPHEA SAFETY GUIDELINES, ELEMENTARY - INTERSCHOOL ATHLETICS SHOULD BE CAREFULLY ADHERED TO.

Format and Rules

- a) Wrestlers are to be weighed at their own schools and the weight rounded to the nearest tenth of a kilogram and the results forwarded to the Convenor for registration by a pre-determined date.
- b) Eight (8) person bracket draws preferred.
- c) No shows are considered to be a scratch.
- d) There will be up to six (6) mats available depending upon the numbers registered and the size of the facility.
- e) The referee's decision is final.

Attire

- a) Shirts may be worn, but wrestlers are advised as to their disadvantage.
- b) No pockets are allowed on shorts as they pose a safety risk (broken fingers caught in a pocket).
- c) No metal on shorts or hair elastics.
- d) No jewelry or eyeglasses.
- f) Wrestlers with orthodontic devices must use appropriate protection (mouth guard).
- g) No bare feet. Wrestlers must wear wrestling shoes or appropriate footwear. No metal grommets, rough areas or lace ends .

Awards

- a) Medals are awarded to the top four (4) participants in each weight class.

Transportation and Coach/Convenor Coverage

- a) Each school participating in the Thames Valley District School Board Wrestling Festival is entitled to one (1) bus, one way, if the team consists of more than 15 members.
- b) Coaches are entitled to one half (½) day or one (1) full day of supply coverage - dependent upon the schedule.
- c) There are two (2) full days of supply coverage available to plan the event and one (1) full day of supply coverage to supervise each day the event runs.
- d) A pre- and post-season half-day (½) meeting may be called at the discretion of Learning Support Services in conjunction with the Valley Convenor.

BADMINTON

Rules of Play

a) FORMAT OF PLAY

- a. Doubles service is the near line at the back and the wide line at the side - referred to as "short and fat." The inside sideline is for singles only and is ignored in doubles.
- b. Rally Point. A point is always awarded, regardless of who serves.
- c. Best 2 of 3 games. First 2 games to 21 points, must win by 2, 23 point cap. 3rd game if necessary, to 15 points, must win by 2, no cap.
- d. Serving team calls the score **before** serving, not **as** the serve is being made. (Serving team's score first: 4 serving 8, 20 serving 19, etc.)

b) FAIR PLAY / OUTSIDE CALLS

- a. Toss the bird for first serve and shake hands/touch racquets at the end of each game as a sign of fair play
- b. Games are to be called by the players unless a referee has been assigned to a court. There will be no calls made by other players, coaches or spectators during the course of play. Once the point is won, appropriate cheering and supportive comments may be made. No coaching tips will be made in between points. Spectators who violate this guideline will be asked to cease/relocate and, if the offense is repeated, to leave. Teams who consistently benefit from such behavior may be subject to disqualification.
- c. Players are expected to be honest and uphold the integrity of the game in all calls that they make.
- d. In a case where a call is contested by the opposing team, the point should be re-served.
- e. In a case where a team believes their opponents to be making dishonest calls, a referee should be requested.

c) PLAYER SUBSTITUTIONS

- a. There are many situations where a team member may be unable to play, however not all player substitutions may be deemed fair. The following substitutions should be observed:
 - i. When a player is injured during tournament play, a player from either an unqualified school team or an already eliminated school team may be substituted
 - 1. If a suitable player cannot be provided by the school in question, a player from another attending school, held to the

same criteria, may be substituted provided both players wear the same school uniform

- ii. When a player qualifies a team for Finals but is unable to attend Finals, a player from another unqualified school team may be substituted
 - 1. If **both** players from a qualified team cannot attend Finals, that team will forfeit their spot to the next available team from the Regional tournament.
- iii. At no time shall a player play for two active teams during any tournament.

d) TIME-OUTS

- a. Regions may elect to use timeouts in Elementary badminton but must be chosen at the regional coaches meeting if they are doing so for the year.
- b. Timeouts are 1 minute per team per game.
 - i. Can only be called when there are 4 teams left in the winner or losers' bracket
 - ii. Can be called by the players or the coach

Rule	Exceptions
DOUBLE TOUCHES The bird may not be touched twice by the same team upon return. This is commonly seen as the bird clipping one racquet before being returned by the second racquet. This is not permitted and should be called by the offending team in fair play. Double touches also include a touch off of the body. If the bird hits one player's head/arm, etc. before being returned by the second player, the point is lost.	In an effort to promote development of young players through lengthier rallies, a "bobbled" return is permitted provided the bird is returned in <i>one swift motion</i> . <i>13.3.8 is hit twice in succession by the same player. However, a shuttle hitting the head and the stringed area of the racquet in one stroke shall not be a 'fault'; * Badminton World Federation</i>

SERVICE/ENDS When a team has an even number of points, they serve from the right, odd number of points from the left. This is extremely important so that a team is not consistently serving to the same player. A player continues serving until they lose a point. The other player serves when service is regained. The team winning any game shall retain service for the next game. Teams shall switch ends after the first game and again after the second game if a third is necessary. If a team feels they have a disadvantage on a particular end of the court, they may exercise their right to switch ends upon reaching the 8th point of the third game. Otherwise, teams may stay where they are if they so choose. <i>8.2 If the ends are not changed as indicated in Law 8.1, it shall be done so as soon as the mistake is discovered and when the shuttle is not in play. The existing score shall stand. *</i>	
PLAYER POSITION During service, both the server and the receiver must be within their service/reception areas, not touching the lines, and with both feet touching the court. The receiver must remain stationary until service has begun. In doubles, the server/receiver's partner may be standing anywhere in the court provided they do not interfere with or unsight the server/receiver. <i>9.2, 9.3 In doubles, during the delivery of service, the partners may take up any positions within their respective courts, which do not unsight the opposing server or receiver. *</i>	
DELAYS Once the server and receiver are ready, service must commence. There shall be no unnecessary delays or pauses once in position. However, it is imperative that the server ensures that the receiver is ready. Any attempt to serve when the receiver is clearly not in position may be ignored by the receiver and the point served again. Some matches become heated and intense. It is understandable that players may want a moment to gather their thoughts or towel off. Provided players do not leave the court area and that the delay is only momentary without constant repetition, this is permitted	

WAIST-HEIGHT The racquet head must not be wholly above waist-height upon service. The bird should also be positioned below the waist upon being struck. "Waist" in this case refers to the lowest point of a server's ribcage.	
SERVICE ERRORS If a player serves out of turn or serves from the incorrect service court, as soon as the error is discovered, the point should be re-served correctly. There is only one attempt to serve. A failed serve is a loss of serve. One single motion only when serving.	

NET CALLS “Breaking the Plane” Typically a volleyball rule, the same applies in badminton such that the bird may not be struck until it has reached the midway point of the court above the net. A player may not reach over the net with the racquet to hit a bird that is on their opponent’s side of the net. Racquets/Bodies may not touch the net at any time. This is a loss of point.	Exceptions: A racquet may go over the net upon follow-through of a hitting motion. <i>13.4.2 invades an opponent’s court over the net with racquet or person except that the striker may follow the shuttle over the net with the racquet in the course of a stroke after the initial point of contact with the shuttle is on the striker’s side of the net; *</i>
LETS 1) When the bird “perches” on top of the net 2) When the bird hits the net, trickles over and catches in the net 3) The bird breaks apart during play 4) The bird is obstructed from landing naturally in the court A bird that hits the top of the net and goes over is still in play.	

Equipment

EYEWEAR

At all events hosted by or organized by an affiliate of the Thames Valley DSB, whether on TVDSB property or not, must wear protective eyewear (goggles) during play. This includes over eyeglasses. Students with corrective lenses must choose between contacts with goggles, goggles only, or goggles over the eyeglasses. “Over glasses goggles” are available in the webstore

JEWELLERY

No loose jewellery during play. This includes necklaces, bracelets and dangling earrings. Stud earrings are acceptable.

UNIFORMS/DRESS

Players are expected to wear uniforms as provided by their school. Should uniforms not be available, school colours are acceptable. Both members of a doubles team should be wearing the same uniform. Schools are encouraged to have all of their teams dressed in the same uniform to make it easier to identify players and schools.

Proper non-marking athletic footwear must be worn at all times on court.

Because schools and community centres are public institutions, all hats and other head coverings should be respectfully removed. Exceptions would be head coverings for religious or medical purposes.

Regional Final

Regional events to be held during the day on a pre-determined date. Schools are responsible to check the date prior to arranging field trips or special events.

- Regional convenor can alter points caps and number of games played to accommodate time

Eligibility for the TVDSB Championship

- a) Top 3 teams from each gender from each region qualifies for the TVDSB Championship

TVDSB Regional Awards

- a) Top 3 teams at regional events receive medals and champion team receives a plaque.

Regional Transportation and Coach/Convenor Coverage

- a) Regionals will be held after school, no supply coverage is provided for schools
- b) No transportation is provided
- c) A pre- and post-season half-day (½) meeting may be called at the discretion of Program Services in conjunction with the Valley Convenor.
- d) Each Regional Convenor is entitled to a total of one (1) days of supply coverage for planning, organizing and running each regional event

TVDSB Championship Final

The championship final will be held on a pre-determined date. Schools are responsible to check the date prior to arranging field trips or special events.

TVDSB Championship Final Awards

- a) Top 4 teams receive medals and champion team receive a plaque.

TVDSB Championship Convenor Coverage

- a) Each school is entitled to one (1) full day of supply coverage to ensure the safe supervision of students
- b) There are two (2) days of supply coverage available for planning and running the TVDSB Badminton Finals.