

N.D.A.

CO-ED PLAYING REGULATIONS

(Revised June 2013)

ALPINE SKIING

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league games on Sundays or holidays.

Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "affects school time", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct but be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

Alpine Skiing

Number of Meets - 3 Meets

- 2 pre-NDA - 1 slalom and 1 giant slalom*
- 1 NDA*
- These meets shall be run on different days than the Cross Country Ski Meet.*

Staff Allotment:

Pre-NDA Meet

- maximum of 2 teachers per school who will act as officials*
- 1 coach per school who must have no officiating duties*

NDA Meet

- maximum of 3 teachers per school who will act as officials*
- 1 coach per school who must have no officiating duties*

Starting Time - all Day Meet

DIVISIONS:

There are no age divisions in N.D.A. Skiing. The individual's birth certificate must indicate that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

ELIGIBILITY:

1. To participate in the N.D.A. Championship meet, a skier must:
 - (a) Participate in the race training program, as offered including Pre NDA Races.
 - (b) All competitors must qualify for N.O.S.S.A. by competing in the district championship meet.

Exemptions - some students for reasons of sickness, etc., may not be able to attend the N.D.A. Meet. However, these students may still be admitted to attend the N.O.S.S.A. Meet on their recommendation of the area convenor and at the discretion of the

Competition Jury of N.O.S.S.A. and signed approval of the Principal of the student's school.

- (c) Any skier who is absent from a qualifying meet because of skiing in an outside meet shall not be allowed to ski in the N.D.A. Meet.

(d) **Levels**

Level I These skiers are school trained and have not raced beyond the Nancy Greene club level (Age 10).

Level II These skiers are club trained and have raced beyond the Nancy Greene level, however, are **not** members of a provincial, division, or ski academy teams and are **not** receiving an enhanced racing program. (An enhanced program racer is one who trains four (4) or more days per week)

DATE:

The N.D.A. Ski Meet shall be held at least one (1) week prior to N.O.S.S.A.

ENTRIES:

1. Entries and race order must be received by the NBSRC Chief of Timing (by email) no later than 48 hours prior to the meet. **NO LATE ENTRIES WILL BE ACCEPTED.** This is necessary due to the computer set-up time prior to the meet. Entry fees are to be paid by cheque only - payable to the NBSRC.
2. Any change to the entry dates shall be at the convenor's discretion with prior notice to the participating schools.
3. Any skier who changes levels after the seeding order has been finalized will be removed from his/her race starting position and will race last in the event for the first run.

EVENTS:

1. The events to be conducted are: Girls' Slalom, Boys' Slalom, Girls' Giant Slalom, and Boys' Giant Slalom.
2. All events are open events (i.e. no age classifications).

MEET STRUCTURE:

1. The competition shall be a one (1) day event.
2. Two (2) runs shall be held in each event when possible. The decision as to the starting time of the final race shall be left to the discretion of the convenor using 2:15 P.M. as a guideline.
3. The order of events (e.g. Giant Slalom or Slalom) which is to be run first, and the start time, is at the discretion of the NBSRC.

SCORING:

1. The competitor with the fastest total time in each event shall receive 1 point; the 2nd fastest time, 2 points; etc. In the case of ties, the competitors will be scored the same and appropriate places left out. The team with the lowest score will be declared the winner.

2. Disqualifications:

- (a) If the competitor's time is 2x or more of the winner's time, they are DQ, at the N.D.A. Championships only.
 - (b) DQ in the 1st run will not receive a second run (a provisional run may be given only by jury), at the N.D.A. Championships only.
 - (c) DQ's as in #2 (a) shall receive a score which is twice the number of DQ's or 50% of the total field, whichever is greater, added to the last proper score in that event. DQ's do not include DNS (Did Not Start), unsportsmanlike conduct, other infractions, changed numbers, etc. Such competitors will not be assigned a score.
3. (a) Boys' team scores will be calculated by adding the best three individual scores for that team in Slalom plus the best three individual scores in Giant Slalom. In the case of a tie for first place, the lowest total of individual times of the three low timed skiers will be used.
 - (b) Girls' team scores will be calculated by adding the best three individual scores for that team in Slalom plus the best three individual scores in Giant Slalom. In the case of a tie for first place, the lowest total of individual times of the three low timed skiers will be used.
4. The combined team score will be the total of boys' and girls' Slalom and Giant Slalom team scores. Ties will be broken as in #3.

EXPENSES:

1. An entry fee shall be charged which shall be sufficient to cover all costs of the Championship and the operation of the Alpine program.
2. Each school shall be assessed a school season race fee of \$10.00 per racer, per race and payable to the NBSRC.

EQUIPMENT:

All skis must be equipped with ski brakes. It is mandatory that a C.S.A. approved helmet be worn by all racers in the slalom and giant slalom events.

RULES AND OFFICIALS:

The F.I.S. Rule Book shall govern competition at the N.D.A. Championship with the following exceptions:

1. Coaches may seed their team at their discretion for the first run. Same order - Bibbo or reverse seed to be used for second run. The choice at the discretion of the convenor who must advise participating coaches prior to the meet the method to be used.
2. Late starters - skiers not at the start at the correct time will ski last or fit in as stated in F.I.S..
3. On each course there should be: a starter and assistant starter, a chief timekeeper and assistant, a chief of the course, and a chief gatekeeper and gatekeepers as required.
4. No competitor may shadow (skiing parallel to) the course, or go through the gates in any way prior to the race, unless a "side slip" is requested by the chief of course or T.D.
Penalty - DSQ.
5. Electrical timing equipment is recommended.

6. Race bibs are to be worn "on the outside" while on the hill or in the chalet at all times. Failure to do so may result in being DSQ.
7. No competitor may enter inside the banner tape of a course on race day, unless authorized by a race official. Penalty - DSQ.
8. Ski off - Ski out: Should a competitor lose a ski during a race, then that competitor is declared DSQ and must immediately leave the course.

DEPORTMENT:

A staff member, or Principal designated alternate from the school represented by each team must be present and responsible for the behaviour and welfare of his/her team members for the duration of all Meets and Training Sessions.

CONDUCT:

Flagrant unsportsmanlike conduct such as "destroying a course" after an obvious DSQ. - disrespect of an official, employee of the host facilities, member or guest of that club, will result in:

1. Banning from further participation that day - if applicable
and/or
2. Banning from the next race - if applicable
and/or
3. Assessment of 20 penalty points to his/her team for that meet.

This will be at the sole discretion of the Convenor on the advice and recommendation of the Competition Jury.

COMPETITION JURY:

It is recommended that the F.I.S. Jury System be used for matters which fall within the jurisdiction of race officials.

1. A coach of a "protest skier" may not be a member of the Jury Committee for the skier or support witness (es).
2. A protest must be submitted by the coach, not racer, together with a \$25.00 fee, (refundable if protest is upheld) to the Meet Convenor within one half hour of the incident which is being protested, after it has been time-posted.

APPEALS:

Appeals shall be submitted to the Chief of Race and the referee Chief of Gates.

ROTATION OF CONVENORS:

The rotation of schools responsible for convening N.D.A. Alpine Skiing shall be as follows:

St. Joseph/Scollard Hall; West Ferris Secondary School; Chippewa Secondary School; Widdifield Secondary School; École Catholique Secondaire Algonquin;

If a school fails to honour their responsibility of acting as the convenor, their name shall remain at the top of the list and they shall convene the year they return or at the time determined by the Alpine Committee.

AWARDS:

1. Team Trophies to be presented:

Level I

Boys	Red Bédard Trophy (GS &SL)
Girls	Eliza Johnston Award (GS &SL)
Combined	Hugh MacDonald (Boys & Girls)

Level II

Boys	OPP Trophy (GS &SL)
Girls	City Police Trophy (GS &SL)
Combined	Bruce Schoales Trophy (Boys & Girls)

Each of these trophies is to be held by the winning school for the championship year.

2. Pennants to be presented:

Level I Alpine Girls Team
Level I Alpine Boys Team
Level II Alpine Girls Team
Level II Alpine Boys Team

Each of these pennants is to be retained by the winning school. (Obtain from N.D.A. Secretary)

3. Ribbons to be presented:

Ribbons are to be awarded to the first, second and third place finishers in each event - Slalom, Giant Slalom, Alpine combined. (Six Awards - Lowest Total time breaks ties). No other individual awards are to be presented. No awards are to be presented at Pre-N.D.A. Meets.

BADMINTON

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

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Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "affects school time", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

- Midget:** the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.
- Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

DATE:

The tournament is to be held at least one (1) week prior to the N.O.S.S.A. Tournament and be held at the school of that year's NDA convenor.

ENTRIES:

Two (2) entries will be allowed from each school in the district. If one school does not enter two (2) teams, the host school may supply an additional entry, providing the total number of entries does not exceed 16. A competitor may enter one (1) event only. If a player due to injury or sickness cannot attend the final N.D.A. tournament another player from that school may be substituted in his/her place in the draw. To compete at the NDA Championships competitors must have participated in a minimum of one (1) Pre-NDA tournament in any category.

FINANCING:

Financing is at the discretion of the Convenor. Fees should be sufficient to cover the cost of birds, awards, draw sheets and other miscellaneous expenses. The previous year's entry fee should be used as a guide.

RULE BOOK:

Canadian Badminton Association rule book will be used for all NDA competition.

OFFICIALS:

Staff members, coaches and players (no payment).

SEEDING:

Seeding is decided by the Convenor and coaches on the basis of regular season competition play - first seed at top of draw, second at the bottom, third and fourth in mid-draw positions. Teams from the same school are placed in opposite halves of the draw.

EVENTS:

Ladies' Singles, Mens' Singles, Ladies' Doubles, Mens' Doubles, Mixed Doubles

TOURNAMENT FORMAT:

1. N.D.A. shall be a full double elimination tournament with back door entry so as to allow a consolation winner the opportunity to challenge the yet undefeated winner. The challenge shall be a match (best 2 out of 3 games to 21). In the event that there are four (4) or less entries in a given draw, this draw shall be a round robin with matches consisting of the best two (2) of three (3) games to twenty one (21) points. If there are no ties for position after round robin matches, there will be no further play in the draw. In the case of ties, point differential shall be used to determine rankings. If a two-way tie between teams exists, ties shall be decided by a match (best two (2) out of three (3) games to twenty one (21) points. In the case of a three-way tie, second and third place will play a semi-final match (best two (2) out of three (3) games to twenty one (21)). The winner shall advance to the final match (best two (2) out of three (3) games to twenty one (21) against the first place player.
2. Match Length:

All play at the NDA Championship shall be best two (2) out of three (3) to twenty one (21). All Pre-NDA competition match length shall be determined by convener and coaches.
3. A ninety (90) second rest period shall be allowed between game one (1) and two (2) of a match with games to twenty one (21) points. Players must remain on the court during the ninety (90) second rest periods. A five (5) minute rest period shall be allowed between game two (2) and three (3) of a match with games to twenty one (21) points. A maximum of a fifteen (15) minute rest period shall be allowed in between the challenge match and championship match if the extra match is needed. Coaching is allowed during all rest periods.
4. First and second place winners qualify to compete in N.O.S.S.A. If either the first or second place team chooses not to advance to N.O.S.S.A., the third place team, failing that the fourth place team will compete.

EQUIPMENT:

N.D.A. will adopt the same shuttle as N.O.S.S.A.

SCORING:

Scoring for the N.D.A. tournaments is as follows:

1st place - 5 points	4th place - 2 points
2nd place - 4 points	5th place - 1 point
3rd place - 3 points	6th place - 1 point

UNIFORM:

1. All players must be dressed in gym shorts of mainly solid colour and a predominantly white t-shirt (or white collared shirt) – No Fluorescent colours.
2. School, Association or OFSAA logos are permitted insignia in the competitive area. The brand name of the uniform manufacturer is permitted to be visible. Badminton related shirts are acceptable.

3. School team badminton uniforms are accepted. The shirts do not have to be white if the singles player or matching double/mixed partners are wearing matching team uniforms.
4. Doubles and mixed players from the same team must wear matching, solid coloured shorts.
5. Headgear is not acceptable in the competitive area with exception of sweat bands.
6. When two or more players are warming up or competing on court, approved eyewear is mandatory for all levels of NOSSA badminton.

AWARDS:

1. Trophy to be presented:

The N.D.A. Badminton Combined Team Championship Trophy (presented by Widdifield S.S. 1983) is to be presented to the Combined Team (Girls and Boys) which accumulates the most points.

The N.D.A. Badminton Senior Team Championship Trophy (donated by Evan's Sports of Sturgeon Falls in 1992) is to be presented to the Combined Senior Team which accumulates the most points.

The N.D.A. Badminton Junior Team Championship Trophy (donated by Wrightway Sports of North Bay in 1992) is to be presented to the Combined Junior Team which accumulates the most points.

The N.D.A. Badminton Midget Team Championship Trophy (donated by Nicole Murray of Mattawa in 1992) is to be presented to the Combined Midget Team which accumulates the most points.

2. Pennants to be presented:

- | | |
|-----------------|-------------------|
| (a) Midget Team | (c) Senior Team |
| (b) Junior Team | (d) Combined Team |

3. Ribbons to be presented:

Ribbons are to be awarded to first, second, third and fourth place finishers in each event in each division. No other individual awards are to be presented.

CROSS COUNTRY RUNNING

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

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CROSS COUNTRY RUNNING

The starting time for the NDA meet shall be no earlier than 11:00 a.m.

DIVISIONS:

Midget: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

TEAMS:

One (1) team from each school will be allowed. Teams will consist of an unlimited number of runners with the best four (4) finishers to count. Schools are welcome to enter individual runners.

COURSES:**BOYS**

1. Midget - 5 km.
2. Junior - 6.5 km.
3. Senior - 7 km.

GIRLS

1. Midget - 3 km.
2. Junior - 4 km.
3. Senior - 5 km.

(A difference of 400 metres (plus or minus) is acceptable.) The courses should be basically "cross country" with as little road running as possible.

SCORING:

1. Aggregate winner in boys' and girls' divisions is to be determined by team position in each age category.

1st place - 10 points
2nd place - 8 points
3rd place - 6 points

4th place - 4 points
5th place - 2 points
6th place - 1 point

2. In the event of a tie, the lowest aggregate division score shall be declared the winner. The aggregate division score is the total number of position points accumulated by the top four (4) runners in all in all three age divisions **or the number of age divisions that the tied schools competed in.**

3. If a tie exists between two or more schools for an aggregate title that the first tie breaker (after most points) be the team with the most first be declared the winner. If still tied the team with the most second etc...

3. Should there be a tie in an event; the position of the fourth runner shall determine the winner.

RULES:

1. Age class changes are not allowed after the registration forms have been submitted to the convenor.
2. Each team shall be allowed to form two (2) rows at the start of a race if the required space is available.
3. A "funnel" system must be used at the finish of a race.
4. The course must be clearly marked by stakes, flags, paint, etc. and/or marshals. Marshals should wear distinctive markings of some type.
5. No runner may run in more than one (1) race.
6. All members must wear identical singlets or T-shirts so that they can be recognized as belonging to the same team.
7. The following will be the order of rules interpretation:
 - (a) N.D.A. Regulations
 - (b) C.T.F.A. Handbook

AWARDS:**1. Trophies to be presented:**

The Scollard Trophy - for 1st place Midget Boys' Team
N.D.A. Trophy - for Individual Midget Boys' Champion
Peter Thompson Intermediate Trophy - for 1st place Jr. Boys' Team
Peter Thompson Individual Trophy - Individual Junior Boys' Champion
Greg Duhaime Trophy - for 1st place Senior Boys' Team
Eric Salkeld Trophy - for Individual Senior Boys' Champion
E.S.A. Trophy - Boys' Aggregate
Athlete's World Award - for 1st place Midget Girls' Team
N.D.A. Trophy - for Individual Midget Girls' Champion
Athlete's World Award - for 1st place Junior Girls' Team
N.D.A. Trophy - for Individual Junior Girls' Champion
Athlete's World Award - for 1st place Senior Girls' Team
N.D.A. Trophy - for Individual Senior Girls' Champion
Athlete's World Award - for Girls' Aggregate

2. Pennants to be presented:

N.D.A. Cross-Country Running Champions banners for Midget, Junior, Senior and Aggregate categories for boys and girls. Each of these pennants is to be retained by the school.

3. Ribbons to be presented:

Ribbons are to be awarded to the first, second and third place finishers in each division. Ribbons are awarded to all members of first, second and third place teams in each division. No other individual awards are to be presented.

CROSS COUNTRY SKIING

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league games on Sundays or holidays.

Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "affects school time", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

Cross Country Skiing

Number of Meets - 4 Meets

- 1 relay*
- 1 novice*
- 1 pre-NDA*
- 1 NDA*
- these meets shall be run on different days than the Alpine meet*

Staff Allotment:

- maximum of 1 teacher per school to act as an official*
- 1 coach per school who must have no officiating duties*

Starting Time - 1:00 p.m.

DIVISIONS:

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

DATE:

The N.D.A. Cross Country Skiing Championship shall be held at a suitable date in advance of the N.O.S.S.A. Championship. The specific date shall be decided by the Convenor.

ELIGIBILITY:

There shall be no limit to the number of competitors allowed in either the boys' or girls' category.

SITE:

The responsibility of obtaining a suitable site for the Championship shall rest with the Convenor.

FINANCING:

The appropriate entry fee shall be determined by the Convenor. Upon a commitment by the school as to the number of competitors it shall send, the full entry fee shall be payable to the Convenor prior to the Championship, regardless of the number of competitors who actually compete for the school.

OFFICIALS:

1. The Convenor shall obtain knowledgeable officials for the N.D.A. Championship.

2. A first aid official should be present at the Championship.

GENERAL RULES:

1. The girls shall race 4-6 kilometres. The boys shall race 5-10 kilometres. The length of the actual race shall be left to the discretion of the Convenor, taking into consideration the safety of the skiers, the weather, and the difficulty of the course.
2. Should a skier jump the signal to start he/she shall be required to return to the starting gates.
3. Should a skier arrive after his starting time has passed he/she may enter the race upon arrival at the starting gate with the approval of the Chief Starter. His/her time shall be calculated from the time he/she should have started.
4. Failure of a skier to go through a designated checkpoint shall result in the disqualification of that skier.
5. In a single tracked course when overtaking a slower skier the faster skier shall shout "track". The slower skier then must give up at least one of the tracks - usually the left track - and allow the faster skier to pass (it is usually courteous to give up both tracks and step completely off the right of the track). In order to protect the safety of all skiers, calling "track" too soon, or failing to yield when "track" is called may result in disqualification of the racer involved.
6. In double tracked courses "tracking" will not be allowed.

NOSSA ELIGIBILITY:

To enter the NOSSA Nordic Ski Championships an NDA racer must have entered and completed at least one of either the Pre-NDA or the NDA Nordic Ski Championships. Exemptions from this rule must be approved by the NDA convenor, after consultation with the NDA coaches.

AWARDS:

1. **Trophies to be presented:**

Jr.Boys, Jr.Girls, Sr.Boys, Sr.Girls North Bay Nordic Trophies
Each of these trophies will be held by the winning school for the championship year.

2. **Pennants to be presented:**

- (a) Sr.Girls - N.D.A. Cross Country Skiing
- (b) Sr.Boys - N.D.A. Cross Country Skiing
- (c) Jr.Girls - N.D.A. Cross Country Skiing
- (d) Jr.Boys - N.D.A. Cross Country Skiing

Each of these pennants is to be retained by the school.

3. **Ribbons to be presented:**

Ribbons are to be awarded to the first, second and third place finishers in each event in each division. No other individual awards are to be presented

CURLING

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

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Any incidences of player or coach misconduct must be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

There are no age divisions in N.D.A. Curling. The individual's birth certificate must indicate that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

ELIGIBILITY:

Eligibility lists as specified in the N.O.S.S.A. Constitution must be sent to the N.D.A. Convenor at least two (2) weeks prior to the N.O.S.S.A. Championship.

DATE:

The Championship shall take place at a convenient date in February or March at least two (2) weeks prior to the N.O.S.S.A. playoffs. This date is to be determined by the Convenor.

FORMAT:

1. The N.D.A. Curling Championship will be a double knock-out format.
2. Each school may enter only one team in each of the girls and boys Curling NDA Championship.
3. The site of the Pre-NDA Bonspiel and the NDA Curling Championships will be determined by the convenor as soon as facilities can be arranged.

FINANCING:

1. An entry fee for each competing team must accompany the eligibility list. This entry fee shall be determined by the Convenor.
2. Each school will finance its own team.

RULE BOOK:

Canadian Curling Association as applied to Junior Boys Curling.

Regarding Substitutions:

In the case of injury or illness during a competition, a substitute shall be permitted. The substitute shall act as a sweeper only for the duration of the game in which he/she was allowed to act as a substitute. If the regular player is unable to return for the subsequent game, the substitute must then compete in all subsequent games; however, he/she shall have all the privileges of a regular member of the team in these subsequent games. Substitution is allowed between games at the coaches' discretion.

OFFICIALS:

The Convenor shall obtain qualified officials: one (1) shall be present for each round.

RULES:

1. All games shall be 8 ends in length with teams playing until one team runs out of rocks.
2. Artificial ice and matched rocks must be available at the site recommended.
3. A five (5) minute break should be allowed after four (4) ends of play so the coaches have an opportunity to consult with the teams.
4. Teams should play a minimum of six ends unless both coaches agree to allow the game to end sooner.

5. No team shall play more than three (3) games in one day with the exception of one additional championship game if both skips agree and the convenor allows this game to be played

COURTESY RULES:

6. The following are courtesy rules which have become part of the tradition of curling over the years. There is no penalty for not observing them other than being known as a person who does not live up to the best traditions of the game.
 - A. Extend the same consideration and courtesy to other curlers as you expect of them.
 - B. It is courteous to be on time for a game.
 - C. Only Skips or Vice-Skips stand in or behind the house.
 - D. Coaches are not permitted to signal instructions from behind the glass.

Players are expected to abide by the rules and call any infractions on themselves or their team-mates.

AWARDS:

1. **Pennants to be presented:**

An N.D.A. pennant shall be presented to the Boys' and Girls' Tournament Champions. These pennants will be kept by the winning schools. If there are no tournaments, the pennants will be presented to the League Champions.

2. No additional awards shall be given to each member of a Championship Team.

GOLF

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league games on Sundays or holidays.

Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "affects school time", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

There are no age divisions in N.D.A. Golf. The individual's birth certificate must indicate that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

FORMAT:

1. The N.D.A. Golf Championship will be determined by an 18-hole medal play tournament on the 3rd week in September (subject to the Convenor's arrangements). Preference should be given to an 18-hole golf course for the tournament.

ENTRIES:

1. Each school will be allowed to enter as many players as they wish.
2. N.O.S.S.A. qualification requirements will be followed.
 - (a) The four (4) lowest gross scores will be used to determine the boys' team championship. Ties will be broken by a sudden death playoff by all four (4) team members. The score for each team will be added up at the end of each hole and play will continue until a winner is determined.
 - (b) The three (3) lowest gross scores will be used to determine the girls' team championship. Ties will be broken by a sudden death playoff by all three (3) team members. The score for each team will be added up at the end of each hole and play will continue until a winner is determined.

SCORING:

1. The Individual N.D.A. Golf Champion will be the player with the lowest gross score. Ties will be broken by means of a sudden death playoff.
2. Schools entering the tournament with fewer than four (4) boys and/or three (3) girls will not be eligible for the Team Championship. However, their members will be eligible for the Individual Championship.

RULES:

1. The rule book for the NDA Golf Championship shall be the current RCGA rule book.

AWARDS:

1. **Trophies to be presented:**

Boys' Tournament Champions - Mattawa Golf and Ski Resort Trophy sponsored by Mr. Mike Martel

Girls' Tournament Champions - Sandy Post Trophy donated by Hugh McDonald

Other Trophies:

Boys' Individual Low Gross - Bob Barringer Trophy

Girls' Individual Low Gross - Gen. Barringer Plaque

2. **Pennants to be presented:**

An N.D.A. pennant shall be presented to the Boys' and Girls' Tournament Champions. These pennants will be kept by the winning school. If there is no tournament, the pennants will be presented to the League Champion.

3. No additional awards shall be given to each member of a championship team.

TRACK AND FIELD

ALL SPORTS

Eligibility - See the NDA Constitution.

Schedules -

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league games on Sundays or holidays.

Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "affects school time", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct but be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

TRACK AND FIELD

Number of Meets - One Meet

Starting Time - 9:00 a.m.

Staff Allotment:

Coaches: Each school must provide coaches according to the following guidelines:

- (a) Each school must release a minimum of two (2) coaches, in addition to their complement of officials, and these coaches must have no officiating duties.*
- (b) Where a school has 51-70 athletes on its team, a minimum of three (3) coaches must be released to coach.*
- (c) Where a school has over 70 athletes on its team, a minimum of four (4) coaches must be released to coach.*
- (d) If a school has more than four (4) coaches on their staff, the remainder must be prepared to be part of the school's allotment of officials.*
- (e) The functions of the field referee, track referee and three (3) members of the Jury of Appeal must be filled by coaches.*

Officials: 45 staff will be used in the following capacities:

- 1. Meet Director*
- 2. Announcer (x2)*
- 3. Starters Assistant (Clerk) (x3)*
- 4. Starter (x3) plus one coach for the hurdles*
- 5. Finish Line Recorders (x2)*
- 6. Results, implement weigh-ins, ribbons (x4)*
- 7. Hurdle crew, steeplechase crew, relay and track marshals (x3)*

8. Javelin (Boys and Girls) (x2)
9. High Jump (Boys and Girls) (x2)
10. Discus (Boys and Girls) (x2)
11. Long Jump (Boys and Girls) (x2)
12. Triple Jump (Boys only)
13. Shot Put (Boys and Girls) (x2)
14. Pole Vault (Boys only)
15. Timers (x5)
16. Finish Line Judges (x8)
17. Field Preparation (x2)

The determination of the 45 officials will be as follows:

The convenor, will determine the number of staff required by participating schools in order to generate 40 officials.

The other 5 officials must be provided by the host school.

DIVISIONS:

- Midget:** the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.
- Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

DATE:

The meet shall be held at least one week prior to the N.O.S.S.A. Track and Field Meet, (weather permitting) as a co-educational event.

ENTRIES:

1. Three athletes per school will be permitted except in the relays where only one (1) team per school will be entered. In the three (3) per event, only the top two (2) from that school will count for point placement and but all three (3) may qualify for N.O.S.S.A. competition.

2. Each contestant may compete in three (3) events, one (1) age class relay (his own or higher) and one (1) open relay.
3. There shall be no post entries. However, substitutions will be allowed as follows:
 - (a) No substitutions after 9:40 for events between 10:00 - 10:30
 - (b) Substitutions for other events will be allowed up to 20 minutes before the event.
4. Spares shall be permitted if listed.

FINANCING:

The entry fee shall be at the discretion of the Convenor on a per capita basis, based on the eligibility sheets.

STUDENT OFFICIALS:

Student officials should be used only to assist those teachers who are in charge of their particular event. Although the number of student officials and the placement of them should be left to the discretion of the Convenor, it is recommended that at least ten (10) students assist as timers and at least ten (10) students assist as finish line judges. At no time should a student be left in charge of an event.

RULE BOOK:

The following will be the order of rule interpretation:

- (a) N.D.A. Regulations
- (b) I.A.A.F. Rule Book
- (c) C.T.F.A. Rule Book

RULES:

1. No competitor shall be allowed to compete unless he is attired in a suitable track uniform.
2. It is the competitor's responsibility to report to the head official immediately after first call. This should be done before the start of the event if he/she is competing in another event at the time.
3. The order of events must be followed as in the schedule on pages 17 to 19 but any changes to the schedule of events as dictated by time allocations or field conditions must be approved at a meeting of coaches held with the Convenor at least 1 week prior to the meet.

SCORING:

1. 1st place - 10 points
2nd place - 8 points
3rd place - 6 points
4th place - 4 points
5th place - 2 points
6th place - 1 point
2. (a) Points won in open events shall be credited to the individual, to the school, and to the division in which the competing athletes are registered.
(b) Points won in the open relay shall be credited to the school in the division of the highest age category of any member of that relay team.

(c) Points won in special needs events, recognized by OFSAA Track & Field, (wheelchair, blind...) shall be credited to the individual, to the school, and to the division in which the competing athletes are registered.

3. If there are ties for any position, the points shall be divided as follows: Add together the points for that position plus those for the next one and divide them in half for each person; award points as usual to the third position after the position for which there is a tie.

TRACK EVENTS:

1. The start of the 800m, 2000m, 3000m and steeplechase races shall be on the international curved line.
2. The start of the 200m, 400m, and 400m hurdles shall be staggered. The following parameters apply to hurdle events:

Age	Dist	Ht	#H	D. to 1st	D. between	D. last to fin
Mid.Jr.G.	80 m	0.762 m	8	12.00 m	8.00 m	12.00 m
Sr.G.-Mid.B.	100 m	0.840 m	10	13.00 m	8.50 m	10.50 m
Jr.B.	110 m	0.914 m	10	13.72 m	9.14 m	14.02 m
Sr.B.	110 m	0.990 m	10	13.72 m	9.14 m	14.02 m
Open G.	400 m	0.762 m	10	45.00 m	35.00 m	40.00 m
Open B.	400 m	0.914 m	10	45.00 m	35.00 m	40.00 m

3. Lanes or positions for races in which heats are not run will be pre-drawn by the meet organizers.
4. Lanes for all finals in running events in which heats have been run will be determined by the qualifying times from the heats.

<u>8 Lanes</u> 1 Runner Number 7 Time			<u>6 Lanes</u> 1 Runner Number 5 Time		
2 "	5 "		2 "	3 "	
3 "	3 "		3 "	1 "	
4 "	1 "		4 "	2 "	
5 "	2 "		5 "	4 "	
6 "	4 "		6 "	6 "	
7 "	6 "				
8 "	8 "				

5. If the fastest seconds are to be used, the following method of selection shall apply:
 - (a) Take the official times
 - (b) If too many ties - average all watches used
 - (c) If still too many ties - use the time of the fastest watch
 - (d) If still too many ties - re-run those concerned at noon if agreeable (delete any not agreeable)
6. **Qualifications to finals:**

100m - 2 heats - top 3 in each heat plus the next 2 fastest times.
 200m + 400m - 2 heats - top 2 in each heat + next 2 fastest times.
 - 3 heats - winner of each heat + 3 fastest times.

FIELD EVENTS:

1. The Convenor must supply official equipment for the shot put, javelin and discus events.
2. Upon completion of the preliminary round in all field events (with the exception of high jump and pole vault) the top eight (8) competitors will be allowed into the competition round. The order of competitors in the competition round will remain the same as it had been during the preliminary round.
 - (a) Junior and Senior Boys' Shot - 5.443 kg.
 - (b) All Girls' and Midget Boys' Shot - 4 kg.
 - (c) Junior and Senior Boys' Discus - 1.613 kg.
 - (d) All Girls' and Midget Boys' Discus - 1 kg.
 - (e) Junior and Senior Boys' Javelin - 800 grams
 - (f) All Girls' and Midget Boys' Javelin - 600 grams
3.
 - (a) The compulsory heights and raises in the BOYS HIGH JUMP are:
Midget 1.40m- 1.45m- 1.48m- up no more than .02m.
Junior 1.45m- 1.50m- 1.55m- up no more than .02m.
Senior 1.50m- 1.60m- 1.65m- up no more than .02m.
 - (b) The compulsory heights and raises in the GIRLS HIGH JUMP are:
Midget 1.20m- 1.25m- 1.30m- up no more than .02m.
Junior 1.25m- 1.30m- 1.35m- up no more than .02m.
Senior 1.25m- 1.30m- 1.35m- up no more than .02m.
 - (c) The compulsory heights and raises in the POLE VAULT are:
Midget 2.30m- 2.45 m- 2.60m - up no more than .07m or less than .02m.
Junior 2.45m- 2.60m- 2.75m - up no more than .07m or less than .02m.
Senior 2.60m- 2.75m - 2.90m - up no more than .07m or less than .02m.
4. In both the high jump and pole vault, the cross-bar must not be raised to tie a record, but shall be raised until the height exceeds the record by at least 0.5 cm. in the HIGH JUMP and by at least 2.5 cm. in the POLE VAULT.
5. Foam rubber landing pits must be used for all pole vault and high jump events.
6. Competitors are required to supply their own poles for the pole vault competition, but, the Convenor should supply at least one pole for general use.

CONFLICT OF EVENTS:

With the exception of high jump and pole vault, when a competition has a conflict of a track and field event, or two (2) field events, the competitor reports to the official in the field event (the conflict) and he/she shall be allowed his/her first trial in that field event immediately. After he/she returns from his/her track event he/she shall be allowed a trial in the round that is in progress. (e.g. if he/she returns in the 3rd round he/she shall be allowed his/her 3rd trial but he/she misses his/her 2nd trial). If the field event is finished when he/she returns, he/she will receive no more trials. When the event judge is made aware of a conflict of events, the judge must allow a minimum of 15 minutes per round for the preliminary rounds and a minimum

of 10 minutes per round in the final round. If the judge has not been notified of a conflict, the event may proceed without delay.

ORDER OF EVENTS - N.D.A. TRACK AND FIELD MEET

(a) Footnote to Track schedule: adjustments will be made to the Track schedule in order to accommodate special needs events when necessary.

FIELD EVENTS:

	BOYS	GIRLS
9:30	Midget - High Jump Junior - Long Jump Senior - Triple Jump	Midget - Discus Junior - Javelin Senior - Shot Put Open - Pole Vault
10:45	Midget - Javelin Junior - Shot Put Senior - Discus Midget - Pole Vault	Midget - High Jump Junior - Long Jump Senior - Triple Jump
12:00	Midget - Long Jump Junior - Triple Jump Senior - High Jump	Midget - Javelin Junior - Shot Put Senior - Discus
1:15	Midget - Discus Junior - Javelin Senior - Shot Put Junior - Pole Vault	Midget - Triple Jump Junior - High Jump Senior - Long Jump
2:30	Midge - Triple Jump Junior - High Jump Senior - Long Jump	Midget - Shot Put Junior - Discus Senior - Javelin
3:45	Midget - Shot Put Junior - Discus Senior - Javelin Senior - Pole Vault	Midget - Long Jump Junior - Triple Jump Senior - High Jump

AWARDS:

1. Trophies to be presented:

Girls Division Champions: Midget - M.E. Wales Plaque
Junior - P.L. Morgan Plaque
Senior - M.B. Walton Plaque

Boys Division Champions: Midget - N.D.A. Championship Plaque
Junior - N.D.A. Championship Plaque
Senior - N.D.A. Champions

Aggregate Champions - M.L. Troy

Other Trophies: Fergie Dowdall Trophy – Co-ed MVP

Each of the team trophies will be held by the winning school for the championship year.

2. **Pennants to be presented:**

Girls: Midget Team
Junior Team
Senior Team

Boys: Midget Team
Junior Team
Senior Team

Girls' Aggregate

Boys' Aggregate

3. **Ribbons to be presented:**

Ribbons are to be awarded to the first, second and third place finishers in each event in each division. No other individual awards are to be presented.

4. In the event of a tie for a division, aggregate, or individual championship, the schools or individuals involved shall share the championships. In the case of team ties, their names shall be engraved on the trophy. In the case of individual ties, N.D.A. shall supply a duplicate award. Relay points will not count in the individual totals.

5. All team trophies are to be returned to the Convenor one (1) week prior to the meet.