**THE PORTAGE LA PRAIRIE SCHOOL DIVISION**

INTERSCHOOL SPORTS ACTIVITIES

**MIDDLE YEARS RULES AND REGULATIONS**

**2012-13**

**Revised June 22, 2012**

**\* All current changes are highlighted\***

The Portage la Prairie School Division recognizes and supports the need to co-ordinate the various interschool sports activities.

The establishment of a divisional set of operational guidelines, endorsed by the Administrative Council will be the basis upon which interschool sports at the middle years’ level shall be conducted.

The Middle Years Physical Education teachers will be responsible for preparing recommendations for the basic guidelines and for subsequent revisions. These are to be submitted to the Administrative Council for approval as a divisional document.

The Middle Years Physical Education teachers shall make recommendations to address:

* Grade requirements
* Eligibility
* Awards
* Officials fees
* Penalties and protests
* Schedules and location of championships
* Specific rules for each of the following sports:

Cross-country

Volleyball\*

Basketball\*

Badminton

Track and field

\*Volleyball and basketball shall require the use of rosters. These rosters shall be submitted to the convener of that sport, who in turn will submit a copy of each teams’ roster to each school in the league.

The Portage la Prairie Physical Education Teachers Association shall select a chairperson to liaise with the chairperson of the Principal's Council and the Superintendent's Department

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Issues that are not resolved by the Physical Education teachers shall be referred to the Principal's Council for resolution.

24 Hour Rule (June 2004): A parent/guardian may not approach a teacher and/or coach regarding a concern that involves their child and his/her participation in an athletic event until 24 hours after the concern was noted. Examples of a concern that would fall under the 24 hour rule would be playing time, coaching techniques, disciplinary issues etc. Concerns that involve the direct safety of the child do not fall under the 24-hour rule. At the end of the 24-hour period the parent may contact the schools’ administration in consultation with the schools’ physical education department to express their concerns

All teams who do not have a teacher as a coach are expected to have a teacher on the bench to act as a supervisor for that team.

This applies to instances when you have non-teaching staff or community members coaching a middle years’ team. Supervision expectations extend to after all games until all students from that team have been picked up and have left the school venue.

Chain of Communication (June 2010)

The correct method for communicating concerns or requests from one school to another school, is for the requesting school’s phys.ed. teacher to approach the home schools’ phys.ed. teacher regarding the concern or request.

The PLPPETA does not support members from one school community personally contacting another school’s phys.ed. teacher regarding a request or concern. Should this happen that person shall be requested to follow the appropriate chain of communication before the concern or request will be addressed.**CROSS COUNTRY RUNNING**

(OVS)

# ENTRIES

Each school is permitted to enter as many teams in each of the four classifications as may be desired.

The four classifications are:

Grade 5&6 boys and girls

Grade 7&8 boys and girls

# BANNERS

Championship banners shall be awarded to:

Grade 5&6 aggregate winners

Grade 7&8 aggregate winners

Overall aggregate winners (grade 5-8).

Each top runner in all four categories shall receive an individual award (Grade 5 and 6 boys, grade 5 and 6 girls, grade 7 and 8 boys, grade 7 and 8 girls). *That runner must have participated in all three meets to qualify for this award.*

*In the event of a tie in points for the team banner(s) a co-winner shall be declared.*

# AGE ELIGIBILITY

Students shall compete in their grade level except when there is a grade gap of two grades at which time that student shall run in the grade level higher than they are currently at.

Meets

September 18, 2012 @ 4:00PM

September 25, 2012 @ 4:00PM

October 2, 2012 @ 1:00PM

### **SPECIFIC RULES**

* All teams are restricted to a minimum of 5 and a maximum of 8 team members*. Any runner who wishes to attend the final meet of the year must have competed in at least one of the first two meets.*
* There are an unlimited number of teams per category.
* The grade 7 and 8 runners shall run first (boys first, girls second) followed by the grade 5 and 6 runners.
* The placing of the best 5 runners per team will be totaled to determine team placing.
* Team points will be awarded to the top 5 teams: 10, 7, 5, 3 and 1.
* There will be three cross-country meets that will count for the grade 5/6 and 7/8 divisional championships.
* All teams must be registered with the convener on or before the FRIDAY before the meet.
* The distance run shall be 3 km for grades 7 and 8, and 2km for grades 5 and 6.
* Scratches will be done at the meet.
* Any additions or changes must be finalized the Friday before the meet**.**
* Students will be allowed to compete for their school only, no piggy backing with larger schools.
* In k-6 schools, a student who is in grade 6 but should be in grade 8 can compete but any points that they accumulate will not count in the standings.

**VOLLEYBALL**

(LVS/CVS)

#### ENTRIES

* A school may floor as many grade 7/8 teams as they choose. Each team will be allowed to floor no more than 15 players per matcheven if their roster exceeds 15 players.
* There is no limit to players on a roster.

#### AGE ELIGIIBILITY

The league is open to students in grade 7 and 8 only.

**Small School Rule**

***In the case where a small school cannot have 8 or more players for a particular match they can “call up” a grade 6 for an emergency basis. Grade 6’s can only play if they are less than 8 grade 7/8 players available for that match for a small school.***

# BANNERS

Championship banners shall be awarded to the winning school in each category (boys and girls).

# MATCHES

***Rosters due October 2, 2012 (fax directly to Kirk)***

The league starts the week of October 3, 2012

Divisional tournament: October 27, 2012

## SPECIFIC RULES

* All players must get to play in one of the three games with the exception of playoff matches. Breach of this rule will result in a forfeit except where there is an arrangement made between the coaches ahead of time.
* Matches consist of a best of 3 games up to 25-rally point (no cap). Game 3 is up to 15 (no cap). The 3rd game shall be played even if it is not needed and will not count in the standings.
* CVA rules apply and we will follow the Manitoba Volleyball age class rule of no setting/setting motion off of a serve. The substitution rule will follow the MHSAA (unlimited subs).No libero player.
* All matches shall be played cross-court, including play-offs.
* The top 4 teams in the regular season shall qualify for the play-offs.
* The net height shall be 2.15 meters.
* **The first pass from a serve must not be a set or setting motion. Any overhead pass (set or setting motion) no matter how cleanly played will be called as a carry ball.**

# ROSTERS (please read carefully)

* Each school shall be required to submit to the volleyball convener, a roster of each team that their school wishes to enter into the league.
* Schools that enter more than 1 team for each league must ensure that the rosters are evenly dispersed and equal in terms of playing skill level in order to ensure that teams are not “stacked” and that the league is fair to all. ***This will be the job of that schools physical education staff to ensure that all players are equally and fairly placed onto teams. Coaches of these teams can have input but this is the responsibility of that school’s physical education staff.***
* Players who are “rostered” can only play for the team that they are rostered on. This includes all league play ***and school division sanctioned tournaments.*** Once a player is placed on a roster for a team, he/she may not move to a different team at any time throughout the season, including if their team is knocked out of play-off contention, if a team does not have enough players to play a specific game etc. In special circumstances where a player wishes to move to a different team, a request must be made in writing to the PLPPETA and the association shall rule on it.
* Teams that use players not on their roster submitted to the convener at the beginning of the season shall forfeit all games that were played with the ineligible player.
* New players can be added to a roster throughout the season.

# OFFICIATING

* Schools are in charge of supplying their own officials.
* Officials shall be paid $16 per match for the regular season and $20 per match for the playoffs.
* All officials for the league championship matches must be neutral or agreed upon in advance by both head coaches of the teams involved.
* All matches shall use one official only.

**SCHEDULING & SANCTIONS**

* Schedules made for the season are not to be changed without permission from the convener.
* Any violation that occurs to rules results in the forfeit of the game, set, and match.

(25-0) for each set, (2-0) for the match.

**BASKETBALL**

**(LVS/CVS)**

#### ENTRIES

* A school may floor as many grade 7/8 teams as they choose. Each team will be allowed to floor no more than 15 players per game even if their roster exceeds 15 players.
* There is no limit to players on a roster**.**

#### AGE ELIGIBILITY

The league is open to students in grade 7 and 8 only.

**Small School Rule**

***In the case where a small school cannot have 8 or more players for a particular game, they can “call up” a grade 6 for an emergency basis. Grade 6’s can only play if they are less than 8 grade 7/8 players available for that match for a small school.***

# BANNERS

Championship banners shall be awarded to the winning school in each category (boys and girls).

# GAMES

***December 13, 2012: Rosters due (fax directly to Kirk)***

League games begin the week of December 13, 2012

**SPECIFIC RULES**

FIBA rules shall be followed with the exception of the key. **We will use the “old” key.**

* Games consist of four – eight minute quarters stopped time.
* Tip-off is 4:00pm.
* No full court pressure allowed until the *final four minutes of the second and fourth quarters*, but it must be *man-to-man* pressure. Teams will not be permitted to play pressure defense if they have a 20+ point lead.
* All players must play in both halves except where there is special agreement between both coaches with the exception of play-offs.
* No zone defense allowed. 1st offense – warning, 2nd offense technical foul. *Man-to-man help defense is permitted*.
* As soon as a team has a 40 point lead over their opponent at any time during the game, the clock shall run with non stop for the rest of the game unless the losing coach requests that the game be continues with stop time.
* A size 6 basketball shall be used.

# ROSTERS (please read carefully)

* ***1 week*** before the beginning of the basketball season, each school shall be required to submit to the basketball convener, a roster of each team that their school wishes to enter into the league.
* Schools that enter more than 1 team for each league must ensure that the rosters are evenly dispersed and equal in terms of playing skill level in order to ensure that teams are not “stacked” and that the league is fair to all. **This will be the job of that schools’ physical education staff to ensure that all players are equally and fairly placed onto teams. Coaches of these teams can have input but this is the responsibility of that school’s physical education staff.**
* Players who are “rostered” can only play for the team that they are rostered on. This includes all league play ***and all school division sanctioned tournaments.*** Once a player is placed on a roster for a team, he/she may not move to a different team at any time throughout the season, including if their team is knocked out of play-off contention, if a team does not have enough players to play a specific game etc. In special circumstances where a player wishes to move to a different team, a request must be made in writing to the PLPETA and the association shall rule on it.
* Teams that use players not on their roster submitted to the convener at the beginning of the season shall forfeit all games that were played with the ineligible player.
* Players can be added to a roster throughout the season.

# OFFICIATING

* Mark is responsible for contacting Don Boddy for league officials. A request shall be made to Don Boddy that for all play-off games, neutral officials (i.e. officials not from the schools involved) be assigned.
* Play-off officiating costs shall be shared by the two teams playing so the home team does not to incur the full expense of hosting a basketball play-off game.

**SCHEDULING & SANCTIONS**

* Schedules made for the season are not to be changed without permission from the convener.
* Any violation that occurs to rules results in the forfeit of the game.

A (2-0) score will be given to the game for statistics.

BADMINTON

(EAMS)

# ENTRIES

Each school will be permitted to enter up to two entries in each category – SINGLES, DOUBLES and MIXED DOUBLES in each of the four classifications: grade 7 and 8 boys and girls.

**BANNERS**

Championship banners shall be awarded as follows:

Grade 7 aggregate

Grade 8 aggregate

Overall aggregate winners (grade 7&8)

Individual awards shall be awarded to the individual winning player(s) in each category.

**In the event of a tie in points for the team banner(s) a co-winner shall be declared.**

Students must compete in at least *2* divisional tournaments to be eligible to compete in cities. Schools must contact the conveners in advance to request an exemption of this rule for a player.

## MATCHES

### Mini tournaments are planned for the weeks of March 20th, April 10th and April 17th, 2013.

* Cities will be April 22-24th, 2013.

#### SPECIFIC RULES

* Matches are to 21 points with a cap of 30 points.
* For the City Championships, all participants will be placed into 2 pools of 4 in which the top 2 in each pool will advance to the semi finals (1st “A” vs 2nd “B” and 1st “B” vs 2nd “A”). If 2 pools of 4 are not possible then the participants will be placed into 1 pool with the top 4 advancing to the semifinals (1st vs 4th and 2nd vs 3rd).
* City Championship playoff matches will consists of one player/pair winning 2 games (best of 3).
* No playoff matches for the mini tournaments.
* A mixture of grade 7 and grade 8 players for doubles play is permissible however, the team must enter in the grade 8 division.
* Only one event per student**.**
* *1st, 2nd, 3rd, and 4th in each classification will be awarded 10, 7, 5, and 3 team points respectively*.
* All entries must be received by the convener on or before the Thursday, prior to the scheduled date of play. This includes mini tournaments and cities.
* Coaches or teacher reps need to be supervising for the duration of all matches.

##### DRESS

* All players must wear a solid white shirt (small upper left school logo), and solid dark athletic shorts (preferably black) not dropping below the knees. Students who do not adhere to the dress code shall not be permitted to play until they are wearing an acceptable badminton uniform.
* Protective eye-wear is mandatory, prescriptive eye-wear is acceptable. Sunglasses are not acceptable.
* Proper indoor footwear required.
* No jewelry allowed when playing.

##### SCHEDULING & SANCTIONS

* Schedules made for the season are not to be changed without permission of the convener.
* Any violation that occurs to the rules, results in the forfeit of the match.

###### TRACK & FIELD

**(YQS)**

**ENTRIES**

Each school is responsible for entering their own team members on the appropriate entry forms. The school holding the first meet is responsible for starting the entry forms and passing them on to the school holding the next meet and so on.

Athletes can be entered in no more than 5 events in a 3:2 ratio; the relay does not count as an event.

**Each school is responsible for holding their own track meet.**

**AGE ELIGIBILITY**

Students in grades 5, 6, 7 and 8 shall be eligible to compete.

Students shall compete in their grade level except when there is a grade gap of two grades at which time that student shall run in the grade level higher than they are currently at.

# BANNERS

Championship banners shall be awarded to:

Grade 5/6 aggregate winners

Grade 7/8 aggregate winners

Grade 5-8 overall aggregate winners

***In the event of a tie in points for the team banner(s) a co-winner shall be declared.***

**DATES**

May 16 2013: EAMS

May 21&22, 2013: OVS, NMS, FLR

May 23, 2013: LVS

May 24, 2013: YQS

May 28, 2013: 3000m **10:00AM start**

May 29, 2013: Cities

*City track block: May 30 to June 7, 2013 will be the time where the city track and field meet is scheduled for it’s make –up dates. The rain date for the city meet will be the next day after the city meet was to be scheduled. If that day is rained out then the next available date within this time frame will be the cities date and so on. If the meet is continually postponed until after June 8, then the city meet will be canceled outright. Schools are reminded that if field trips are planned within this time frame, the meet will not be postponed to accommodate that field trip. Only weather or track condition related issues will cause the city meet to be postponed during this time frame.*

# SPECIFIC RULES

The following track events shall be run: 80m hurdles, 100m, 200m, 400m, 800m, 1500, 3000, 4X100 relay. The following field events shall be run: shot put, discus, long jump, high jump, triple jump. **All field events are given 3 attempts.**

Grades 5 and 6 *will not be allowed* to compete in the discus or hurdles. They are eligible in all other events.

Discus Size 1.00 kg. - All classifications

Shot Put

4 lbs. - Grade 5&6

6 lbs. - Grade 7&8

Hurdle Ht. - 30 inches - all classifications

- 12m to first hurdle, 7.5m the rest, 8 total

Relays - Relay teams, 1 per school, can be made up from grade levels only (5, 6, 7, 8), boys and girls

Field Events

* High Jump - 3 consecutive misses, the athlete is out
* 3 consecutive approaches without a jump equals a fault.
* **Grade 5 girls: 1.0 m**
* **Grade 5 boys:1.0m**
* **Grade 6 girls: 1.0m**
* **Grade 6 boys: 1.10m**
* **Grade 7 girls: 1.10m**
* **Grade 7 boys: 1.15m**
* **Grade 8 girls: 1.15m**
* **Grade 8 boys: 1.20m**

3000 meters **- 10:00 am** the Thursday before the meet RAIN OR SHINE. *Schools shall be permitted to run their own 3000m at the same time as cities. Students entering the 3000m must be able to complete it within 25 minutes.*

Entries - 2 entries per classification per school

**ENTRY DEADLINE** - 4 pm the day before the meet

- 3000m entries shall be done by fax to YQS. All other entries are done via the event sheets

**SCHEDULING** - As per order of events sheet

**POINTS**- 1st, 2nd, 3rd and 4th in each

classification shall be awarded 10, 7, 5,

and 3 team points respectively.