

JUNIOR HIGH ATHLETICS



***Edmonton Public Schools
Physical Education Services
2009-2010***

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JUNIOR HIGH ATHLETICS

The decision to provide athletic opportunities for students is the responsibility of each school.

The Junior High Athletic Advisory Council consists of representatives from each of our junior high schools. Physical Education Services provides advice, assistance and performs organizational tasks for league and championship scheduling. Decisions concerning league organization and play are made at the school level by the principal and teacher coaching staff, presented in the form of Notices of Motion at the annual general meetings (December and June) or specific activity organizational meetings and voted on by a representative from each school.

Included in this handbook are guidelines, recommendations and calendar of activities for 2009-2010, as well as the roles and responsibilities and organizational tasks that are performed by P.E. Services.

The main communication link to the schools regarding handbook and activity schedules will be through the Consulting Services Physical Education / Athletics website <http://consultingservices.epsb.net/physicaleducation/>.

To best assist in the smooth operation of junior high athletic activities for students, this information should be shared with all individuals who volunteer as coaches. It is recommended that coaches attend all zone, tier and general meetings. Schools are encouraged to develop their own athletic handbooks as a reflection of their school's mission statement and share this information with teacher coaches, students, parents and out-of-school coaches. The following may assist schools with the development of athletic philosophies in keeping with our District Priorities, 2008-2011.

The success of schooling is dependent on public support, funding to ensure adequate sustainable investment in public education, co-ordinated service delivery for children, and the co-operative efforts of staff, students, parents and the community in providing an appropriate learning experience for each student in an environment that:

- is safe and caring
- promotes a broad view of student success
- develops the potential of each student
- promotes a well-rounded learning experience including the arts, physical education and technology
- respects individual differences and cultural diversity
- strengthens program delivery for Aboriginal students
- responds to the linguistic and cultural needs of English language learners
- nurtures physical well-being, self-worth and dignity
- ensures early literacy cultivates life-long learning
- promotes development of productive global citizens
- promotes collaboration and supports professional development for all staff
- values the contributions of all staff

The success of schooling is largely dependent on the contributions, co-operative efforts and the acceptance of responsibility by all staff, students, parents and the community, in providing an appropriate and challenging learning experience for each student in a secure environment. In its continuing commitment to excellence in public education, the board has adopted the following district priorities for 2008-2011.

- To ensure every student is successful in their program of studies, with an emphasis on literacy and numeracy.
- To instill in each student the attributes of citizenship and good character in a learning environment that promotes health, well-being and positive relationships.
- To provide a collaborative, healthy and innovative workplace that recognizes individual contributions and supports opportunities for growth and professional development.

Our success is measured in many ways:

- student achievement, personal growth, responsibility and satisfaction;
- staff effectiveness and satisfaction;
- exemplary leadership and service of all staff and the Board of Trustees;
- parent satisfaction, involvement and support;
- community support, engagement and partnerships;
- provision and maintenance of functional, safe and well-kept facilities; and
- Alberta Education's mandated Accountability Pillar.

Board Policies

Reference(s):

[HGDJ.BP](#) - Participation in Interschool Athletic Activities

[HGDJ.AR](#) - Participation in Interschool Athletic Activities

The board recognizes participation in interschool athletic activities as an important component of the total school experience. It enhances students' skills, knowledge, and character development; it encourages healthy lifestyles; and it promotes positive attitudes within and among participating schools. The board's commitment to providing a safe learning environment for all students extends to students' participation in all forms of interschool athletic activities.

Benefits of Athletics

Athletic opportunities support the Edmonton Public Schools Vision Statement for students, staff, parents, community and board in that these athletic opportunities are an extension of an excellent educational program. Students who participate in athletic programs tend to have higher academic success, better attendance, lower dropout rates and fewer discipline-related concerns.

Participation in athletics provides students with valuable educational lessons in teamwork, sportsmanship, fair play, winning and losing, work ethic, goal setting, self-discipline, building self-esteem and confidence developing skills, to handle challenging situations. The community at large expects schools to provide students with these skills so they may become responsible and productive adults and citizens.

Participation in athletics fosters success in post-secondary education, a career choice and becoming a positive contributing member of our community and society.

Safety Guidelines for Secondary Interschool Athletics in Alberta

Teachers and coaches should become familiar with *Safety Guidelines for Secondary Interschool Athletics in Alberta (Gr. 7-12 June 2003)*. To be announced - revised edition 2009-2010.

The intent of this document is to focus attention on safe coaching practices in order to minimize inherent risk. Well-planned interschool athletic activities reduce the frequency and severity of injuries. By implementing safe instructional practices, such as use of logical teaching progressions, as well as the inclusion of age appropriate activities in practice preparations, planning and regular practices, the teacher/coach guards against foreseeable risks. A guideline alone does not eliminate risk regardless of how well it is written or how effectively it is implemented. Safety awareness, based on up-to-date information, common sense observation, the teacher/coach's ability to maintain a safe environment, action and foresight are keys to safe programming.

All interschool athletic activities, regardless of complexity or simplicity of the action, have an inherent level of risk. Variable factors such as skill level, previous experience of the student athletes and teacher/coach, weather conditions, facilities and equipment, may all affect the level of risk of any activity.

If you require any assistance or clarification of the information provided in this handbook, please call Don Zabloski 780-429-8341, FAX 780-424-8503, e-mail don.zabloski@epsb.ca

ACTIVITY CALENDAR

Note: Season is defined as the period during which all league games and playoffs take place.

LEAGUE	SEASON	DECLARE TIER REPRESENTATIVES	CITY CHAMPIONSHIPS AND PLAYOFFS
Cross Country Running	Sept. 2 to date of City Final	--	Tuesday, Oct. 6 @ Gold Bar Park
CHEERLEADING Co-ed	Sept. 2 to date of City/Zone championship	Register through AB Cheerleading Ass'n. www.albertacheerleading.ca	Saturday, Feb. 13 @ TBA
CURLING Co-ed	December 1 to March 19	--	December-March @ Saville Centre & Derrick Club
BADMINTON Girls & Boys	April 6 to date of City championship	Friday, May 1	May 3-14 @ TBA
SOCCER (Outdoor) Girls & Boys	Sept. 2 to date of City championship	Friday, October 2	Oct. 5-16 @ TBA
SOCCER (Indoor) Co-ed	Jan. 4 to date of City championship		Week of March 8 - 15
VOLLEYBALL Girls & Boys	Sept. 2 to date of City championship	Friday, Nov. 27	Dec. 3, 4, 5 Finals @ JP
BASKETBALL Girls & Boys	Jan. 4 to date of City championship	Wed. Feb. 24	March 1 - 12 Finals – March 16-17 @ JP
WRESTLING Girls/Boys	Nov. 2 to date of City championship	Mon. Feb. 8	Feb. 11 & 12 at WPW
TRACK AND FIELD Girls & Boys	April 6 to June 7	<u>RMAF</u> Zone A – May 25 Zone B – May 26 Zone C – May 27 Zone D – May 28	Tues. June 1 @ RMAF RO Date - TBA
SLOW PITCH Co-ed	April 6 to date of City championship	Friday, June 4	June 7 -18 Finals @ TBA
RUGBY (Flag) Co-ed	April 6 to June 5	--	Sat. June 5 @ Ellerslie - Rugby Park
TRIATHLON Girls & Boys	April 6 to event final	--	Sunday, June 27

Additional Activities

- Triathlon - Active Kid's Triathlon - Contact: Don Zabloski 780-429-8341
- Lacrosse - Edmonton Lacrosse Association
- Team Handball - Alberta Team Handball Federation, Contact: 780-415-2666
- Flag Football - Football Alberta

TIER STRUCTURE

Tier Organizational Meetings

Edmonton Public junior high schools are arranged into three tiers for the purpose of organizing for competition. A detailed listing of schools within each tier is included on page 11 of this manual. Activities are listed on page 5 of this manual. School population: Tier 1 – 450+; Tier 2 – 200-449; Tier 3 – 199 and under.

Tier Meetings

The activity calendar for 2009-2010 is included in this handbook. To assist in the operation of the leagues (seasons), tiered activity meetings should be held at specific times throughout the year.

Recommendations for League Play

Notices of Motion for changes to league play can be submitted to PE Services prior to the Annual General Meeting dates or specific activity organizational meetings. Notices of Motion will be discussed and voted on at the AGM (1 vote per school).

PARTICIPATION FORM - FALL SPORTS

Website: <http://consultingservices.epsb.net/physicaleducation/> Please refer to "Calendar at a Glance".

School:	PE/Athletics Dept. Head:	
PE Teachers:	Tier 1 – 450+ <input type="checkbox"/> Tier 2 – 200-449 <input type="checkbox"/> Tier 3 – 199 + under <input type="checkbox"/>	Population : <i>(As of September 30, 2009)</i>

Please 'x' if entering a team.

ACTIVITY	PARTICIPATION	COACHES
Cross Country Running <i>(refer to website for schedule)</i>	Girls <input type="checkbox"/> Boys <input type="checkbox"/>	
Soccer <i>League starts Monday, Sept. 14th (no meeting)</i> <i>Let me know by Friday, September 4, 2009</i> <i>Schedule posted by Sept. 10th</i>	Girls <input type="checkbox"/> Boys <input type="checkbox"/>	
Volleyball <i>Season starts: Tues. Oct. 13th</i>	Sr. Girls <input type="checkbox"/> Sr. Boys <input type="checkbox"/> Jr. Girls <input type="checkbox"/> Jr. Boys <input type="checkbox"/>	
Cheerleading <i>Zone Championship</i> <i>Saturday, February 2010 - TBA</i> <i>Host School: TBA</i>	Division 1 <input type="checkbox"/> Division 2 <input type="checkbox"/> POM <input type="checkbox"/>	
Curling – Co-ed	Tue. @ Derrick <input type="checkbox"/> or Wed. @ Derrick <input type="checkbox"/> or Fri. @ Saville <input type="checkbox"/>	1 team <input type="checkbox"/> 2 teams <input type="checkbox"/> <i>(max 2 teams/school)</i>
Wrestling <i>Meeting – Tues. Nov. 3rd - 4:15 p.m. @ CFE</i>	Girls <input type="checkbox"/> Boys <input type="checkbox"/>	
Basketball <i>Meeting – Mon. Dec. 14th 4:15 .p.m. @ CFE</i> <i>League Organization & Rules Presentation</i>	Sr. Girls <input type="checkbox"/> Sr. Boys <input type="checkbox"/> Jr. Girls <input type="checkbox"/> Jr. Boys <input type="checkbox"/>	

Please e-mail completed form to don.zabloski@epsb.ca by 4:00 p.m. Friday, September 25, 2009, by clicking on 'forward'. Do not click on 'reply' as computer will not save your answers.

PARTICIPATION FORM - SPRING SPORTS

Website: <http://consultingservices.epsb.net/physicaleducation/> Please refer to "Calendar at a Glance".

School:	PE/Athletics Dept. Head:	
PE Teachers:	Tier 1 – 450+ <input type="checkbox"/> Tier 2 – 200-449 <input type="checkbox"/> Tier 3 – 199 + under <input type="checkbox"/>	Population : <i>(As of September 30, 2009)</i>

Please check (x) if entering a team.

ACTIVITY	GIRLS	BOYS	COACH
Badminton <i>Jr. – born 1997-1998-1999</i> <i>Sr. – born 1994-1995-1996</i>	Jr. <input type="checkbox"/> Sr. <input type="checkbox"/>	Jr. <input type="checkbox"/> Sr. <input type="checkbox"/>	
Slow Pitch <i>(Co-ed – 7-3 Combination)</i>	Tier 1 <input type="checkbox"/>		
	Tier 2 <input type="checkbox"/>		
	Tier 3 <input type="checkbox"/>		
Non-contact Rugby <i>(Co-ed)</i> <i>10 players per side (Ideally 5 boys,</i> <i>5 girls with minimum of 3 girls on</i> <i>the field at one time.</i>	Tier 1 <input type="checkbox"/>		
	Tier 2 <input type="checkbox"/>		
Track and Field	<input type="checkbox"/>	<input type="checkbox"/>	

Organizational Meetings – 4:15 p.m.

Activity	Date	Location	Seasons of Play
Badminton	Tuesday, March 23	CFE	April 6 to May 14
Slow Pitch <i>Co-ed</i>	Schedules will be sent out by April 30	CFE	April 6 to June 18
Rugby <i>Non-contact</i>	Monday, April 12	CFE	April 6 to June 5
Track & Field <i>Zones A, B, C, D</i>	HyTek Inservice - TBA Monday, April 26 or Tuesday, April 27	CFE	April 6 to June 4

Please e-mail or fax (780-424-8503) completed form to don.zabloski@epsb.ca by 4:00 p.m., Friday, March 12, 2010.

Criteria for Tiers

Tier 1

- **school population – 450+**
- highest level of competition
- district-wide play?
- use of carded officials; e.g., BB – EBOA
- 2 games/week
- player expertise; e.g., community/club
- coaches expertise; e.g., Level 1-2 minimum, attend clinics, other PD
- game length/rules; e.g., close to governing body, few modifications
- facilities; e.g., gymnasium size – upper end
- volunteer/parental/community support; e.g., transportation, spectators
- tournament play; e.g., enter 3-4 per season
- administrative support high
- fee for participation; e.g., \$25 plus
- junior program; e.g., Gr. 7/8 teams

Tier 2

- **school population 200-449**
- geographical play
- officials – carded, teachers, students
- 1-2 games per week
- player expertise; e.g., 1-2 with exceptional skills
- most receive majority of instruction at school
- coaches expertise; e.g., Level 1, variety of background
- game length/rules; e.g., may require modifications
- volunteer/parental support; e.g., varies for each school
- tournament play; e.g., 0-2 per season
- administrative support high – varies
- fee for participation may vary – e.g., \$0-\$25

Tier 3

- **school population under 199 + under**
- geographical play
- officials – carded, teachers, students
- 1-2 games per week
- player expertise; e.g., 1-2 with exceptional skills
- most receive majority of instruction at school
- player participation; e.g., team size may vary, mixed teams
- coaches expertise; e.g., Level 1, variety of background
- game length/rules; e.g., may require modifications
- volunteer/parental support; e.g., minimal
- tournament play; e.g., 0-2 per season
- administrative support high – varies
- fee for participation may vary – e.g., \$0-\$25

General Criteria

- graduating grade 9's
- ability of grade 7's and grade 8's; e.g., community programs
- time spent by teacher/coach during season
- other support; e.g., administration, staff, parents, community
- quality of junior program
- cost of program; e.g., athletic fee, league fee

- coaches expertise

SCHOOLS BY TIERS

TIERS	SCHOOL	TEAM NAME	MASCOT	COLORS
Tier 1 450+	1. Avalon	Knights		red, white
	2. Dan Knott	Dragons	dragon	red, white, blue
	3. D.S. MacKenzie	Trojans	Trojan head	gold, black
	4. Hillcrest	Mustangs		blue, gold
	5. John D. Bracco	Bruins		green, back, grey
	6. Kate Chegwin			
	7. Londonderry	Lions	lion	blue, orange, white
	8. Mary Butterworth	Mavericks		red, white, blue
	9. Ottewell	Titans		black, red, white
	10. Parkview	Panthers		blue white
	11. Riverbend	Centurions		green, gold
	12. Rosslyn	Road Runners		burgundy, white, black
	13. S. Bruce Smith	Scorpions		teal, black
	14. Steele Heights	Eagles	eagle	black, silver
	15. T.D. Baker	Bulldogs	bulldog	black, white, burgundy
	16. Vernon Barford	Blues	blue notes	blue, white
	17. Vimy Ridge	Lancers		green, gold
	18. Westminster	Warriors		burgundy, grey, white
Tier 2 200-450	1. Allendale			red, white
	2. Balwin	Bulldogs	bulldog	royal blue, white, light blue
	3. Britannia	Bears	bear	royal blue, gold
	4. Crestwood	Crusaders	knight's helmet	navy blue, light blue
	5. Dickinsfield	Panthers		black, gold, grey
	6. Edith Rogers	Royals	lion	black, silver, white
	7. Ellerslie	Tigers		orange, black
	8. Hardisty	Hornets		gold, black
	9. Highlands	Hurricanes		blue, gold, white
	10. Kenilworth	Knights		royal blue, white, black
	11. Killarney	Kodiak (b) Koala (g)	Leprechauns	dark green, white, gold
	12. Lawton	Road Runners		yellow, blue
	13. McKernan	Mustangs		blue, gold
	14. Victoria			red, white
	15. Westlawn	Wildcats		navy blue, white, orange
	16. Westmount	War Lords		red, royal blue
Tier 3 199 & under	1. Academy at King Edward			
	2. Amiskwacy			
	3. Avonmore NM (Girls)			blue, white
	4. Bannerman NM (Girls)			
	5. Donnan	Dragons		white, black
	6. Edmonton Christian W			
	7. Edmonton Christian NE	Lions	lion	blue, gold
	8. Edmonton Islamic Academy*			
	9. Gabrielle Roy*			
	10. Grandview	Eagles		blue, gold
	11. Laurier Heights	Lions	lion	black, silver
	12. L.Y. Cairns	Colts	horse	royal blue, powder blue, white
	13. Major General Griesbach	Warriors		blue, gold
	14. McCauley	Mustangs		red, black
	15. Meadowlark Christian			
	16. Millwoods Christian	Royals	lion	blue, burgundy, harvest gold
	17. Oliver NM (Girls)	Nellie McClung	dove	navy, forest green, white
	18. Parkdale	Phoenix		blue, red, yellow
	19. Parkland Immanuel*			blue, white
	20. Ritchie	Rams		blue, gold
	21. Stratford			
	22. Spruce Avenue	Spartans		black, red
	23. Talmud Torah			
	24. Winterburn	Wildcats	wild cat	teal, burgundy

GENERAL INFORMATION

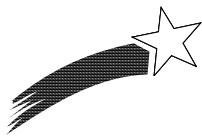
1. Participation - any registered junior high student.
2. Schedules - each school within each tier has input into league schedules.
3. Play-offs – included with each schedule.
4. Out of School Volunteer Coaches – Out of school volunteer coaches are required to have a record check (September 2007). For more information go to the EPS website <http://personnel.epsb.ca/forms.htm#publications>
5. Officiating
 - (a) It is the responsibility of the league convenor to obtain association officials for tier City playoffs. Each home school is responsible for booking their own officials for league games.
 - (b) Since high school referees (boys and girls) have given excellent service in officiating over the years, it is suggested that high schools within each zone be contacted well in advance of league play to ask co-operation in supplying and training officials. Other sources: U of A Physical Education and Education Faculties, Grant MacEwan, and parents.
 - (c) Schools should determine payment of referees that they arrange on their own.
 - (d) Minor Officials - the home team shall provide both an 'official' scorer and a 'check' scorer; and an 'official' timer and a 'check' timer. The 'check' timers and scorers shall check the records kept by the chief officials and assist with such duties as recording time-outs, reporting player's number, etc.
6. Supervision

Student Athletes - The coach is responsible for the conduct and deportment of team at all times. Supervision does not end until the school (including school grounds) is entirely cleared of players. Supervised spectators at both league and playoff games are permitted at the discretion of the host school. Each school should provide a supervisor(s) other than the coach for its spectators. Any visiting school planning to bring spectators should first check with the home school to see if spectators are allowed.

Refer to current EPS field trip policy HICA.AR: <http://www.epsb.ca/policy/index.shtml>
7. Sportsmanship and Conduct

Due to age and temperament of junior high school students, incidents of poor sportsmanship and temper may occur. The coach must, by his/her own attitude, deportment and method of assistance to student athletes demonstrating such behaviours, stress the importance of fair play and sportsmanlike behaviour.

8. Coach, manager and players only shall occupy the bench position during a league or playoff game.
9. Please refer to Fair Play Codes.
10. League games to begin between 4:00 and 4:30 p.m. Please allow for travel and suitable warm-up time. If officials and teams are ready before that time, the game may begin.
11. Cheerleading is at the discretion of the home school. Teams must provide supervision of their own cheerleaders.
12. Host schools will make arrangements for supplies based on discussion at zone meetings (score sheets, timer, score clock, mats, game ball, etc.).
13. Duties of Coaches
 - (a) To inform parents/guardians of participating students of practices, league and playoff games.
 - (b) To have timers and scorers trained in their duties according to rulebook.
 - (c) To arrange for return transportation of team members.
 - (d) To encourage good sportsmanship by instructing team members to be courteous to officials and opponents. Visiting teams should be welcomed and treated as guests; visitors should leave gymnasium and changing area free of litter.
 - (e) To help officials improve by giving positive feedback before and after games.
 - (f) Report any exhibition games to principals and caretakers.
14. Rule books for activities may be obtained by contacting the appropriate Alberta Sport Organization (i.e., Alberta Basketball Association, Alberta Volleyball Association) offices at the Percy Page Centre, 11759 Groat Road, Edmonton, Alberta, T5M 3K6.



PROTESTS

Contact Physical Education Consultant who will confer with the school principals and coaches involved. Protests must be resolved at the school level by the schools.

BADMINTON

Playing rules will be according to the current rules utilized by IBF Laws of Badminton, available through Badminton Alberta, 11759 Groat Rd., Edmonton, Alberta, 453-8536, FAX 453-8553.

There will be league play within each tier; i.e., dual meets.

Competition Levels

- Junior – students born in 1997, 1998, 1999
- Senior – students born in 1994, 1995, 1996

Junior and senior girls and boys in the following events:

- girls/boys singles
- mixed doubles
- girls/boys doubles

Students can be entered in only one event each to support increased student participation. Two representatives from each school in each competitive category advance to City championship finals.

City Championship Format

Date:

- declare school reps by Thursday, April 29, 2010
- City playoffs – May 3 to 14, 2010

Format:

- TBA - to be determined by number of entries

Playoffs:

- quarter finals – 1 game – boys to 11 points, girls to 11 points
- semi-finals – 1 game – boys to 11 points, girls to 11 points
- championship finals – 1 game – boys to 11 points, girls to 11 points – gold and bronze medal matches
- location: High School TBA – City Championships and variety of schools for zone championships

BASKETBALL

Rule books may be purchased from Basketball Alberta, 11759 Groat Road, Edmonton AB T5M 3K6, Phone 427-9044, www.basketballalberta.ab.ca

Playing rules will be according to the current rules utilized by FIBA (new 2007-08) with the following modifications for junior high play.

1. Man-to-man defence during league play (including playoffs); zone full court press may be utilized. When ball crosses centre line defensive team reverts to man-to-man play.
2. Use of possession arrow for both boys and girls: possession arrow used after the initial tip off. Possession arrow will determine who controls the ball in place of a jump ball. Possession arrow determines control of the ball to start the second half.
3. Over and back line on small courts will be determined by coaches and referees before start of game.
4. Use of wide key where available (FIBA rule).
6. Leather game ball: girls size 6; boys size 7.
7. **Four ten-minute quarters - stopped time.** Overtime play - 5 minutes. During the last minute of the second half of the final minute for subsequent extra period, the game clock shall not be stopped following a successful field goal.
8. City championship playoffs – March 17-19, 2009 @ Jasper Place School

FIBA vs NCAA

The key rule differences between the NCAA rule system (presently followed by most levels of the game in the province) vs. the FIBA game are detailed in the chart below. Highlights include...

- 8 second back court count (vs. 10 seconds)
- 24-second shot clock for levels which use a shot clock (vs. 30 seconds)
- games played under 4 quarters (vs. 2 halves)
- a wider key (19.69 feet wide at the baseline vs. 12 feet) - illustration below
- further 3-point line (20.5 feet vs. 19 feet 9 inches)
- 5 timeouts per team (2 full in first half; 3 in second half with no carry over) per game to be called at next stop in play (vs. 4 full and 2 - 30 sec timeouts called at anytime)
- 2 shot free throws ('double bonus') on the 5th team foul per quarter (vs. 7 single bonus and 10 on the double bonus per half)
- timeouts to be requested through the score table and granted at the next stoppage in play (vs. on the fly)
- More details below..

FIBA	NCAA
Game Times 4 – 10 minute quarters Bonus is on the 5 th team four per quarter	Game Times 2 - 20 minute quarters Bonus is on 7 th team four per half
Substitution Same during playing time. During free throws - substitution must be made before the ball is given to the free thrower for the first free throw.	Substitution During free throws - substitution can be made before the last free throw
Time Outs 2 full in the first half and 3 full in second No carryovers. Requested by coach at the scorer table and granted at the next stoppage of play or if scored upon.	Time Outs 4 full + 2 (30) called anytime. Can be called by a player or coach when in control of ball or any dead ball.
Bonus Double bonus (2 shots) on the 5th team foul per quarter	Bonus One and one on the 7th team foul per half. Double bonus (2 shots) on the 10th team foul per half.
Free Throw Violations By either team (excluding the shooter) are ignored if the free throw is successful.	Free Throw Violations If offense violates it is called immediately and no point can be scored.
Blocked Shot Player returning to the floor without losing control of the ball – travel	Blocked Shot Player returning to the floor etc - held ball
5 Second Count On a player holding the ball anywhere on the court.	5 Second Count 5 sec. count on a player holding or dribbling the ball in the front court.
Half-court Count 8 seconds to advance the ball into the front court. You do not get a new count if the ball is knocked out of bounds.	Half-court Count 10 seconds to advance ball. You get a new count for all stoppages in play.
Shot Clock (if used) 24 seconds	Shot Clock (if used) 30 seconds
Back Over Center Once you touch front court, you are in front court. Includes throw in. If you are in front court you cannot throw the ball back over center.	Back Over Center Must have 3 points (feet and ball) before you are in front court. Throw in can be thrown anywhere in the court including back court.
Basket Interference The ball gets one chance to score. Once it rebounds of the rim, it may be touched by either team.	Basket Interference Neither team can touch the ball in the cylinder
Technical Fouls 2 shots and possession of the ball at centre court	Technical Fouls 2 shots and play resumes at the point of interruption.

CHEERLEADING

Competition Policies

Competition is according to Alberta Cheerleading Association (ACA). All competing schools must register with ACA www.albertacheerleading.ca.

Divisions

1. Junior High Division 1 (4-20 participants including males, stunt and gymnastic restrictions as per ACA rules).
2. Junior High Division 2 (4-20 participants including males)
3. Junior High Pom (4-20 participants including males)

If a division has less than 3 teams registered, the category will be cancelled for that year.

Rules

- As per EPS Athletic participation and ACA policies (included in this package).

Zone

- Would match the Alberta Schools Athletic Association high school cheerleading zone
- Includes schools from Edmonton Public and Metro Edmonton.

Date

- Zone Final, Saturday, February 13, 2010; 1:00 to 5:00 p.m. @ TBA
- New 2010 – Junior High provincials @ Austin O'Brien High School, Edmonton, Saturday, February @ TBA.

Host Site

- To be determined but will require a gymnasium with a high ceiling and space for 800-1000 spectators and have the ability to elevate the judges as per ACA policy.

Fees

- League fees will be assessed per team to cover cost of officials, trophies, medals, school rental, athletic therapists and other costs yet to be determined.
- Half of the \$5.00 admission charge will be put towards the cost of the event to reduce league fees and the other half will go the host school. Community sponsorship of the event and awards will be determined.

Awards Presented at Championships

1. One zone championship trophy and banner per category: Division 1, Division 2, Pom (trophies to be passed from champion to champion each year – engraving costs will be incurred by the winning team).
2. One zone championship trophy per category: Division 1, Division 2, Pom to be kept by the championship teams each year.
3. Individual medals to recognize 1st, 2nd and 3rd place teams in each category – 24 provided per team.
4. Sportsmanship Award – one large plaque and banner to be passed from champion to champion each year. One smaller plaque to be kept by the school team.

CROSS COUNTRY RUNNING

1. Age Categories

Junior	- students born in 1997 or later
Intermediate	- students born in 1996
Senior	- students born in 1995 or earlier

2. Distances

Junior Girls	- 2000 m	Intermediate Boys	- 3000 m
Junior Boys	- 2000 m	Senior Girls	- 3000 m
Intermediate Girls	- 2000 m	Senior Boys	- 4000 m

3. Season

- (a) One scheduled meet per week to the City championships.
Scheduled meets: Vernon Barford, CAHPERD, Rundle Park, Laurier Park
- (b) Competitors should enter at least two of the scheduled meets to qualify for City championship
- (c) Orienteering run introduced to schedule Fall 2008

4. Awards

- 2003 – Tiers 1, 2 and 3 – aggregate trophies to be awarded according to school population and team results
- participation ribbons - all competitors
- pennants - top 3 from each school in each age category take the places of the top 3 runners of each school:

example: 2, 10, 15 = 27 points (winner)
1, 11, 17 = 29 points

- medals - individual - gold, silver, bronze

In the event of a tie - the best place finish of the first runner is considered.

5. City championships: Tuesday, October 6, 2009 at Gold Bar Park

CURLING

Rules	Rule books are available from: Northern Alberta Curling Association #110, 9440 – 49 St. Edmonton, Alberta - naca@planet.eon.net .
League Fees	Per team fee will be announced prior to start of season.
Location	<ul style="list-style-type: none">• Saville Sports Centre U of A Foote Field 11601 – 68 Ave.• Derrick Golf & Winter Club 3500 – 119 St. Other facilities may be booked as numbers of participants increase.
Instructional Clinics	First 2 or 3 sessions are instructional clinics conducted by NACA representatives using the junior curling manual for instruction. Teachers will be asked to assist with on-ice coaching of students with the NACA reps.
League Play	2 or 3 instructional clinics followed by league play. Each participating school will be scheduled into one night of play, from 4:00-5:30 p.m. during December, January, February and March.
Equipment	Students should dress comfortably for activity. Change of footwear for use on ice will be mandatory. Schools must provide brooms and sliders for their teams.

SOCCKER (Outdoor)

1. Playing rules will be according to the current rules utilized by FIBA Soccer.
2. Dress and Footwear

All players must wear appropriate attire (i.e., shin pads, proper gym shoes, shorts and matching tops). Players may wear either running shoes or rubber soccer cleats.
3. All games will be composed of two 30-minute halves.
4. Game Ball

Leather - Size 5
5. Field Markings

Each field should be clearly lined, and pylons or flags used at the four corners and halfway. Community Services assistance can be obtained for lining of fields.
6. In tier league play and playoffs, and City playoffs, if the score is still tied after regulation time, the outcome shall be decided by playing two 5-minute overtime periods as follows:
 - (a) Play a maximum of two 5-minute periods
 - (b) If teams are still tied at the end of two 5-minute periods, a shoot-out occurs; 5 shots from each team (5 different players) alternate shots between teams.
 - (c) Only those players from each team who are on the field participating in the game at the end of the final overtime period will be allowed to take part in the shoot-out.

Coaches should be aware of the following:

 - (a) Coaches establish first 5 shooters, which must shoot in order (list given to referee).
 - (b) If still tied after first 5 shooters, then shoot-out becomes sudden death with players 6 through 11 that were on the field at the end of the second overtime period.
 - (c) If still tied, sudden death shoot-out continues with players 1 through 11 in the same previous order.
7. City championship playoffs: October 5 to 9, 2009.

SOCCKER (Indoor)

1. Playing rules will be according to the current rules utilized by Edmonton Minor Soccer Association (EMSA).
2. Co-ed league - 2 girls on the field of play at all times, 1 can be the goalie
3. Games start – 4:00, 4:15, 4:30 p.m. at Edmonton indoor soccer centers.
4. Game length – two 25-minute halves
5. Tie game – go directly to shoot-out from penalty kick area
6. League fees include:
 - Rental of indoor soccer centers
 - Referees – 2 per game
 - Awards – medals, trophy, transportation
 - Consulting fees
7. League play – January, February, March – 1 game per week on Mondays

SLOWPITCH

League Play

For rules not covered, default to Alberta Softball (AASA).

1. Field and Equipment

- No metal cleats.
- **Helmets are mandatory**
- Softball bats only.
- Ball type – 12” with a COR of .47.
- **Catchers must wear a mask.**
- Mat size and shape should be consistent at all diamonds (17-inch by 3-foot).
- A strike occurs when a batter swings at a pitch or when a pitched ball is within the arc range and hits any part of the mat on its way down. The plate is part of the strike zone.
- The bases will be 65 feet apart, with the distance between the back of home plate and centre of second base being 92 feet.
- A commitment line will be marked at 20 feet from home plate. A base runner must go home once he/she has passed this line.
- A safety line will be marked which lines up with home plate and the first base line. This line will extend back towards the backstop. A base runner must take the safety line and the catcher must take the plate or the mat. If a base runner takes the mat or plate he/she will be automatically out. There will be no sliding at home.
- A safe base will be used at first. The outside or orange “safe” part of the base is located in foul territory and is the base runner’s half of first. The inside or white portion of the base is played by the first base person. A runner intending to advance to second may round first by tagging the inside of the white base and continuing on. In this situation, if there is no play at first, the first base person should not block the runner’s ability to round the base. Base runners not intending to go to second may over run first base but they must turn out to the right (or umpires discretion if they turned in but were not intending to go to second).

2. Players

- Players in the starting lineup should be arranged in a 7-3 combination for Tiers 1, 2 and 3 (exception: Nellie McClung Oliver, Avonmore and Bannerman).

- Courtesy runner may be used in case of injury. The umpire should be made aware that a courtesy runner will be required prior to the game or after an injury occurs. The players must make it to first on their own. A courtesy runner may then take his/her place at first (last recorded out).
- The players in the starting lineup may be substituted for and may subsequently be re-entered once, in the same spot in the order so that the batting order stays the same.
- Substitutions - male for male and female for female.
- Players must play defense before they can bat.

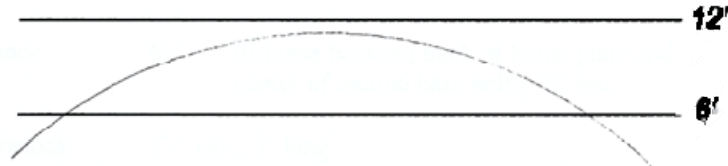
3. Game Play

- 7 inning games, maximum 7 runs per inning, 7th or final inning will be unlimited runs. After the 5th inning (including the 6th), 10 run mercy rule. Tie after 7 – International rule in effect – the batter to last bat in the previous inning goes to second as a base runner. Batting order then continues as written (may only be needed for playoffs).
- Games will be played in 1 hour 30 minutes, with no new innings starting after 1 hour 15 minutes. This does not include playoffs. Announce before last inning starts.
- If the 'home' team is leading going into the bottom of the final inning, the game will be considered complete and the home team would not bat or would not record the runs for the last bat. This needs to be consistent for points +/- within zone standings.
- Default game score is 7-0.
- No lead-offs.
- Pitches must have a 6 to 12 foot arc (umpire's discretion).
- 4 straight balls (0 strikes) to a male with a female following: male goes to second and female bats. This rule is now seen as standard to prevent teams from walking the males to get a female who may not have the equal range of hits.
- A player who makes contact with the plate or mat while batting will be automatically out.
- Infield fly rule in effect. (Runners must occupy 1st and 2nd). Must be announced.
- In intentional bunting or chopping, the batter will be out.
- A foul ball hit after a batter has 2 strikes results in an automatic out.
- Base runners may advance after a foul fly ball is caught. The base runner must tag up after the catch is made.

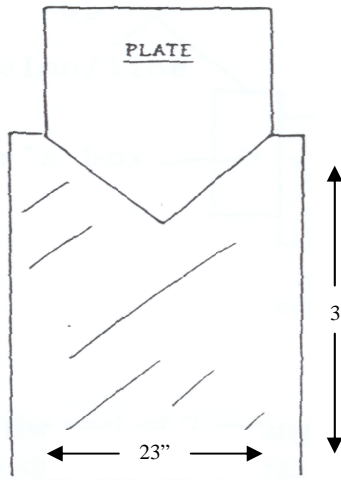
- A “fair play” rule on double plays at first and second will be enforced. If the runner going to 2nd base knows he/she will be out, it is the player’s responsibility to get out of the way by running to the right, left, ducking down or sliding so as not to obstruct or distract the throw to first base. (If in the umpire’s judgment, the runner obstructed the throw to first base in any way, the batter will also be called out, resulting in an automatic double play.)

4. Pitching Guidelines

- The distance of 45 feet is used.
- The ball must be delivered with an arch of between 6' and 12'.



- The ball is delivered underhand.
- Use of mats:
 - officiating simpler and fair
 - a strike occurs when a batter swings at a pitch or when a pitched ball is within the arc range and hits any part of the mat on its way down. The plate is part of the strike zone.



- The batter may swing on a low pitch but does not have to, as it will be called a ball.
- The batter must not step out of the batter's box until after the ball has been contacted.

Other Recommendations

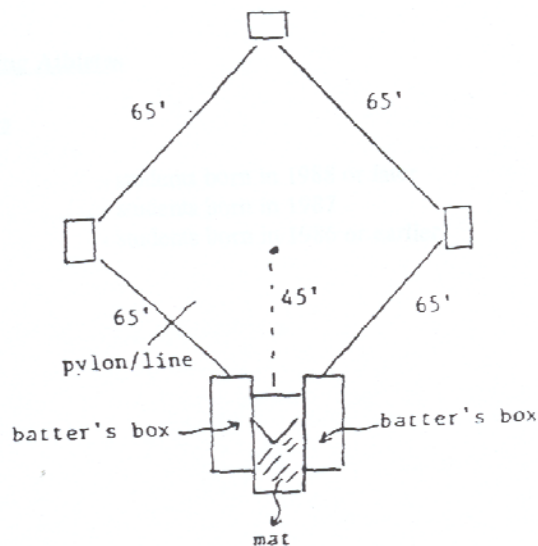
1. A spread rule might be enforced after a certain time limit or 5 completed innings.
2. Safety Rule: Once a runner has passed the mid-point line (pylon) between 3rd and home plate, he/she must continue home. The opposing catcher does not have to tag the runner just the plate (avoid collisions at home plate!).

Pitching Distance: 45'

Base Distance: 65' – distance between back of home plate and centre of second base being 92 feet

Mat Dimensions: 23" side; 3' long

Commitment Line: 20' from home plate



3. Tie Breaking

In the case of a tie (at the end of 7 innings or 1 □ hours) extra innings will be played with each team starting their next batter in the line-up as a base runner at second base.

TRACK AND FIELD

League Organization and Structure

- 4 full day zone meets – 10:00 a.m. – 4:00 p.m.
- each school may enter up to 2 competitors per event per age class in all events
- competitors must remain in their age classification for all events.
- each competitor may enter two events plus be a member of a relay team; e.g.: 2 track and relay, 2 field and relay, 1 track and 1 field, and relay
- competitor may compete at a higher classification but must compete at that classification in all other events.
- events not requiring heats will be run as finals at the designated time of the heats
- the following will qualify for the city championships
 - all laned track events (hurdles, 4 x 100 m, 100 m, 200 m, 400 m); **top 2** in each age class in each zone meet
 - all non-laned track events (800 m, 1500 m); **top 4** in each age class in each zone meet
 - all field events – top 4 in each age class in each zone meet
- entries for zone meets must be sent electronically on Hy-tek to Valerie Kemp at valeriekemp@shaw.ca by 4:00 p.m. **Wednesday, May 19, 2010.**
- record performances will be recorded at the Zone and City championship meets

Regulations Concerning Athletes

Age Categories

Junior	- students born in 1997 or later
Intermediate	- students born in 1996
Senior	- students born in 1995 or earlier

EVENTS	BOYS			GIRLS		
	JR	INT	SR	JR	INT	SR
100 m	X	X	X	X	X	X
200 m	X	X	X	X	X	X
400 m	X	X	X	X	X	X
800 m	X	X	X	X	X	X
1500 m	X	X	X	X	X	X
80 m Hurdles	X	X	X	X	X	X
4 x 100 m Relay	X	X	X	X	X	X
High Jump	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X
Shot Put (4 kilos)	-	X	X	-	-	-
Shot Put (2.7 kilos)	X	-	-	X	X	X
Turbo Javelin (300 grams)	X	X	X	X	X	X

Starting Heights for High Jump	<u>Girls</u>		<u>Boys</u>	
	Junior	1.10 m	Junior	1.20 m
	Intermediate	1.15 m	Intermediate	1.25 m
	Senior	1.20 m	Senior	1.30 m
Hurdles	Total Distance	80m		
	Distance to first hurdle	12 m		
	Distance between hurdles	8 m		
	Distance after last hurdle	12 m (8 flights)		
	Hurdle height	30 in. or 76.2 cm or .762 m		
Shot Put	Girls / Junior Boys	2.7 kilo		
	Intermediate / Senior Boys	4.0 kilo		
Turbo Javelin	Girls / Boys	300 grams		
	Junior / Intermediate / Senior			
Lane Assignments for City Championships	HyTek Results program will assign lanes according to times.			

High Jump Information for Officials

Competition

1. A competitor should take off from one foot.
2. A competitor fails if after the jump, the bar does not remain on the supports because of the action of a competitor while jumping.
3. Extraneous Forces – when it is clear that a force not associated with the competitor has displaced the bar; e.g., gust of wind, if such displacement occurs after a competitor has cleared the bar without touching it, then the attempt should be considered successful or, if such displacement occurs under any other circumstances, a new attempt should be awarded.

Measurement

1. Before starting a competition, judges should announce starting heights and successive later heights intended.
2. A competitor may start jumping at any height above starting height and may jump or not at their own discretion at any subsequent height. Thus, they may “pass” their 2nd or 3rd attempt at a height (after failing first try) and still jump at a later height.
3. Three consecutive failures, regardless of the height at which they occur, disqualify the competitor.
4. The winner is entitled to continue jumping until they have failed 3 consecutive times.
5. Circle to height for each competitor.

Ties

1. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
2. If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
3. If the tie still remains:
 - (a) If it concerns the first place, the competitors tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not, 2 cm for the High Jump and 5 cm for the Pole Vault. They shall then attempt one jump at each height until the tie is resolved. Competitors so tying must jump on each occasion when resolving the tie (see example).
 - (b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

Note: This rule will not apply to combined events.

High Jump Example

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.84m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

Competitor	Heights							Failures	Jump Off			Position
	1.75m	1.80m	1.84m	1.88m	1.91m	1.94m	1.97m		1.94m	1.92m	1.94m	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

O = Cleared

X = Failed

- = Did not Jump

A, B, C and D all cleared 1.88m.

The rule regarding ties now comes into operation; the judges add up the total number of failures, up to and including the height last cleared; i.e., 1.88m.

“D” has more failures than “A”, “B” or “C”, and is therefore awarded fourth place. “A”, “B” and “C” still tie and as this concerns the first place, they shall have one more jump at 1.94m where “A” and “C” lost their right to continue jumping.

As all the competitors tying failed, the bar is lowered to 1.92m for another jump-off. As only “C” failed to pass 1.92m, the two other tying athletes “A” and “B” shall have a 3rd jump-off at 1.94m, which only “B” has cleared and is therefore declared the winner.

Turbo Javelin Information for Officials

Turbo Javelin

1. The javelin should be thrown from within the javelin runway and released prior to the inner edge of the arc.
2. The javelin should be held at the grip.
3. It should be thrown over the shoulder or upper part of the throwing arm and not be slung or hurled.
4. A throw is good only if the tip of the head strikes the ground before any other part of the javelin and it lands within the landing sector.
5. At no time during the throw, until the javelin has been discharged into the air, may a competitor turn completely around, so that their back is towards the throwing arc.

Measurement

1. In all throwing events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape at landing area).
2. The measurement of each throw should be made immediately after the attempt: in javelin, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.
3. Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.
4. This is a new event for 2003 – 300 gram implement for all age categories.

Shot Put Information for Officials

Competition

1. The shot should be put from the shoulder with only one hand. At the time a competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot should not be taken behind the line of the shoulders.
2. In throws, a competitor may not touch top of the stop board, circle or line. May touch inside of stop board iron circle.
3. In throws, a competitor must leave circle from rear half after implement has landed.
4. Each competitor is allowed 3 trials, best top half of competition allow 3 additional trials.
5. Girls and junior boys – 2.7 kilo shot; Intermediate and senior boys – 4.0 kilo shot.

Measurements

1. In all throwing events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing area).
2. The measurement of each throw should be made immediately after the attempt: from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line to the centre of the circle.
3. Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.

Triple Jump Information for Officials

Competition

The rules for long jump apply to triple jump with the following additions:

1. The triple jump should consist of a hop, a step and a jump in that order.
2. The hop should be made so that a competitor lands first on the same foot as that from which they have taken off; in the step they should land on the other foot from which, subsequently, the jump is performed.
3. It should not be considered a failure if a competitor, while jumping, touches the ground with the "sleeping" leg.
4. Each competitor is allowed 3 trials, best top half of competition allowed 3 additional trials.

Measurement

1. In all horizontal jump events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing area).
2. All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

Long Jump Information for Officials

Competition

1. A competitor fails if he:
 - (a) while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping; or
 - (b) takes off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - (c) he touches the ground between take-off line and the landing area; or
 - (d) he employs any form of somersaulting while running up or in the act of jumping; or
 - (e) in the course of landing, he touches the ground outside the pit closer to the take-off line than the nearest break made in the sand; or
 - (f) when leaving the landing area, his first contact with the ground outside the pit is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the pit but closer to the take-off line than the initial break made on landing.

Note: It is not a foul if a competitor runs outside the white lines marking the runway at any point.

It is not a foul if a part of a competitor's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

It is not a foul, if a competitor walks back through the landing area after having left the landing area in a correct way.

2. Except as shown in 1(b) above, if a competitor takes off before reaching the board it shall not, for that reason, be counted as a failure.
3. Each competitor is allowed 3 trials, best top half of competition allowed 3 additional trials.

Measurement

1. In all horizontal-jumping events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing pit).
2. All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended (paragraph 1(f) above). The measurement shall be taken perpendicular to the take-off line or its extension.
3. Ties are resolved by comparing 2nd best trials or 3rd best trials, etc.

Junior High Track and Field Zone Organization 2009-2010

***Please let Don Zabloski know of any date changes.**

Tues. May 25, 2010 Rollie Miles 10:00 a.m. – 4:00 p.m. Zone A	Wed. May 26, 2010 Rollie Miles 10:00am – 4:00 pm Zone B	Thurs. May 27, 2010 Rollie Miles 10:00 a.m. – 4:00 p.m. Zone C	Fri. May 28, 2010 Rollie Miles 10:00 a.m. – 4:00 p.m. Zone D
Crestwood Dan Knott Edmonton Christian NE Hardisty Hillcrest John D. Bracco Mary Butterworth Meadowlark Christian Ottewell Spruce Avenue Westlawn	Amiskwacyi Britannia D.S. MacKenzie Dickinsfield Gabrielle Roy Highlands Laurier Heights Millwoods Christian Riverbend Westminster Winterburn	Allendale Avalon Edith Rogers Edmonton Christian W Kate Chegwin Killarney L.Y. Cairns McKernan Londonderry Parkland Immanuel Rosslyn S. Bruce Smith Steele Heights Woodside	Academy at KE Avonmore NM Eilerslie Grandview Kenilworth Major General Griesbach McCauley Parkdale Parkview T D Baker Vernon Barford Victoria Westmount
<p>Hy-tek Entries: To Val by Wednesday, May 19, 2010</p> <p>City Finals: Tuesday, June 1, 2010 @ Rollie Miles Athletic Field 4:00 – 8:00 p.m.</p> <p>Finals Rainout Day: TBA</p> <p>Zone Rainout Day: Monday, May 31, 2010 @ Foote Field</p>			

ORDER OF EVENTS - ZONE MEETS

TRACK EVENTS

- start times are estimated and will be adjusted during the day
- each school may enter a maximum of 2 boys and 2 girls per category per event
- each school may enter a maximum of 2 relay teams per category per event

Qualify to City Championships

- laned track events - top 2 in each age class in each zone meet
- non-laned track events - top 4 in each age class in each zone meet
- record performances recorded at the zone and city championship meets

10:00 a.m. 4 x 100 Metre Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	400 Metre Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
100 Metres Heats <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	100 Metre Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
1500 Metre Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	800 Metre Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
Hurdles Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	
200 Metre Timed Final <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	

FIELD EVENTS

- each school may enter a maximum of 2 boys and 2 girls per category per event
- record performances recorded at the zone and city championship meets
- start times are definite – please make students aware of these times
- track events take precedent over field events – students should check into field event then proceed to track event. Officials please accommodate these students as best as possible.

Qualify to City Championships

- all field events - top 4 in each age class in each zone meet

1. High Jump (Pit 1) • Junior Girls • Intermediate Girls • Senior Girls	11:00 a.m. 12:30 p.m. 2:00 p.m.	High Jump (Pit 2) • Junior Boys • Intermediate Boys • Senior Boys	11:00 a.m. 12:30 p.m. 2:00 p.m.
2. Long Jump (Northeast) • Senior Girls • Junior Girls • Intermediate Girls	11:00 a.m. 12:30 p.m. 2:00 p.m..	Long Jump (Southeast) • Senior Boys • Junior Boys • Intermediate Boys	11:00 a.m. 12:30 p.m. 2:00 p.m.
3. Triple Jump (Northeast) • Intermediate Girls • Senior Girls • Junior Girls	11:00 a.m. 12:30 p.m. 2:00 p.m..	Triple Jump (Southwest) • Intermediate Boys • Senior Boys • Junior Boys	11:00 a.m. 12:30 p.m. 2:00 p.m.
4. Shot Put I • Senior Girls • Junior Girls • Intermediate Girls	11:00 a.m. 12:30 p.m. 2:00 p.m..	Shot Put 2 • Senior Boys • Junior Boys • Intermediate Boys	11:00 a.m. 12:30 p.m. 2:00 p.m.
5. Turbo Javelin – Discus • Intermediate Girls • Senior Girls • Junior Girls	11:00 a.m. 12:30 p.m. 2:00 p.m.	Turbo Javelin (East) • Intermediate Boys • Senior Boys • Junior Boys	11:00 a.m. 12:30 p.m. 2:00 p.m.

ORDER OF EVENTS

CITY CHAMPIONSHIPS @ Rollie Miles

EVENT NO.	TRACK EVENTS	FIELD EVENTS
1. 80 m Hurdles	1. Junior Girls 2. Intermediate Girls 3. Senior Girls 4. Junior Boys 5. Intermediate Boys 6. Senior Boys	High Jump – Pit 1 - South Fan 1. Junior Girls 2. Intermediate Girls 3. Senior Girls High Jump – Pit 2 - South Fan 1. Junior Boys 2. Intermediate Boys 3. Senior Boys
2. 4 x 100 m Relay	7. Junior Girls 8. Intermediate Girls 9. Senior Girls 10. Junior Boys 11. Intermediate Boys 12. Senior Boys	Long Jump – North East (Infield) 1. Intermediate Girls 2. Senior Girls 3. Junior Girls Long Jump - South East (Infield) 1. Intermediate Boys 2. Senior Boys 3. Junior Boys
3. 1500 Metres	13. Junior Girls 14. Intermediate Girls 15. Senior Girls 16. Junior Boys 17. Intermediate Boys 18. Senior Boys	Triple Jump – South East 1. Senior Girls 2. Junior Girls 3. Intermediate Girls Triple Jump – South West 1. Senior Boys 2. Junior Boys 3. Intermediate Boys
4. 400 Metres	19. Junior Girls 20. Intermediate Girls 21. Senior Girls 22. Junior Boys 23. Intermediate Boys 24. Senior Boys	Shot Put 1 - North Park 1. Junior Girls 2. Intermediate Girls 3. Senior Girls Shot Put 2 – North Park 1. Senior Boys 2. Junior Boys 3. Intermediate Boys
5. 200 Metres	25. Junior Girls 26. Intermediate Girls 27. Senior Girls 28. Junior Boys 29. Intermediate Boys 30. Senior Boys	Turbo Javelin – South East 1. Intermediate Boys 2. Senior Boys 3. Junior Boys Turbo Javelin – South Fan 1. Senior Girls 2. Junior Girls 3. Intermediate Girls
6. 800 Metres	31. Junior Girls 32. Intermediate Girls 33. Senior Girls 34. Junior Boys 35. Intermediate Boys 36. Senior Boys	
7. 100 Metres	37. Junior Girls 38. Intermediate Girls 39. Senior Girls 40. Junior Boys 41. Intermediate Boys 42. Senior Boys	

Time: 4:00 – 8:00 p.m.

**EDMONTON JUNIOR HIGH SCHOOL ATHLETICS
GIRLS TRACK AND FIELD RECORDS AS OF 2009 ZONE MEETS**

JUNIOR

Event	Name	School	Year	Record
80 m Hurdles	Krista Kaert	Vernon Barford	1998	13.03
4 x 100 Relay	Rossllyn	Rossllyn	1978	:53.80
1500 m	Hailey Puznak	Riverbend	2007	5:06.10
400 m	Monica Highbaugh	Edith Rogers	1986	1:00.12
200 m	Cheryl Allen	D.S. MacKenzie	1985	:25.46
800 m	Nicola Fairbairne	Vernon Barford	1981	2:25.80
100 m	Cheryl Allen	D.S. MacKenzie	1985	:12.71
High Jump	Irene Okolo	Wellington	1980	1.55
Long Jump	Carolyn Kolton	Stratford	1976	4.84
Shot Put	April Houle	Stratford	1979	10.91
Triple Jump	Courtney Smith	Vernon Barford	2002	9.68
	Christine Ho	Vernon Barford	2002	9.68
Turbo Javelin	Madison Clark	Kate Chegwin	2009	29.40

INTERMEDIATE

80 m Hurdles	Angela Whyte	Westminster	1994	:12.26
4 x 100 Relay	D.S. MacKenzie	D.S. MacKenzie	1986	:51.99
1500 m	Nicole Soderburg	Avalon	2006	4:54.07
400 m	Kelly Kryzanowski	Laurier Heights	1982	:59.70
200 m	Cheryl Allen	D.S. MacKenzie	1986	:25.12
800 m	Hayley Degaust	Crestwood	2004	2:23.95
100 m	Cheryl Allen	D.S. MacKenzie	1986	:12.25
High Jump	Colleen Whitmore	Riverbend	1985	1.58
Long Jump	Joanne Johnson	D.S. MacKenzie	1986	5.06
Shot Put	Gaylene Fajenki	Highlands	1981	11.30
Triple Jump	Ruth Ginther	McKernan	1995	10.64
Turbo Javelin	Ihan Ibrahim	Rossllyn	2005	38.17

SENIOR

80 m Hurdles	Angela Whyte	Westminster	1995	:11.88
4 x 100 Relay	D.S. MacKenzie	D.S. MacKenzie	1978	:50.40
1500 m	Chelsea Graham	Ottewell	2007	4:43.23
400 m	Cheryl Allen	D.S. MacKenzie	1987	:55.58
200 m	Janelle Lee Pong	Meadowlark Christian	2005	:25.53
800 m	Kirsten Puznak	Riverbend	2009	2:19.49
100 m	Janelle Lee Pong	Meadowlark Christian	2005	11.90
High Jump	Stephanie Shultz	D.S. MacKenzie	1987	1.61
Long Jump	Joanne Otto	Grandview Hts.	1981	5.50
Shot Put	Amanda Menzies	Sherbrooke	1980	11.99
Triple Jump	Kelty Schwindt	Vernon Barford	1998	10.71
Turbo Javelin	Jessica Anderson	T.D. Baker	2005	40.68

**EDMONTON JUNIOR HIGH SCHOOL ATHLETICS
BOYS TRACK AND FIELD RECORDS AS OF 2009 ZONE MEETS**

JUNIOR

Event	Name	School	Year	Record
80 m Hurdles	Tim Dzenick	Hardisty	1975	:11.90
	Jacob Rozon	Vernon Barford	2005	:11.90
4 x 100 Relay	Vernon Barford	Vernon Barford	1994	:50.67
1500 m	Isaac Kornelson	Avalon	2004	4:44.18
400 m	Davis Foth	Riverbend	1991	:57.34
200 m	Brian Ewing	Killarney	1978	:25.10
800 m	Glen Assheton-Smith	Kenilworth	1977	2:15.50
100 m	Parvis Najate	Dan Knott	1986	:12.16
High Jump	Rick Vogel	Stratford	1975	1.67
Long Jump	Steven Dawes	Balwin	1988	5.83
Triple Jump	Chris Muchena	Vernon Barford	1999	11.34
Shot Put	Cam McArthur	Hardisty	1993	14.05
Turbo Javelin	Zach Reiersen	T.D. Baker	2007	39.86

INTERMEDIATE

80 m Hurdles	Colin Amsbaugh	D.S. MacKenzie	1998	11.07
4 x 100 Relay	D.S. MacKenzie	D.S. MacKenzie	1984	:46.07
1500 m	Cole Peterson	Vernon Barford	2007	4:26.64
400 m	Dave McNeil	D.S. MacKenzie	1984	:53.81
200 m	John Odai	Steele Heights	1984	:23.54
800 m	Lee Miller	D.S. MacKenzie	1980	2:06.00
100 m	Tyson Day	Parkview	2005	:11.28
High Jump	Stephen Parker	Killarney	1993	1.81
Long Jump	Ryan Sweeney	Vernon Barford	1995	6.32
Triple Jump	Derek Proudfoot	Vernon Barford	1998	12.02
Shot Put	Gordon Whittaker	Grandview Hts.	1980	13.86
Turbo Javelin	Chris Madie	Avalon	2005	43:35

SENIOR

80 m Hurdles	Randy Korchinski	Rossllyn	1983	:10.60
4 x 100 Relay	Dan Knott	Dan Knott	1981	:45.00
1500 m	Aaron Robson	Vernon Barford	2001	4:19.46
400 m	Elvis Haughton	J.D. Bracco	1997	:52.12
200 m	Karl Jones	Killarney	1985	:22.50
800 m	Mike Loschack	T.D. Baker	2007	2:03.31
100 m	Tim Kong	Vernon Barford	2009	:10.87
High Jump	Matt Cardoza	Vernon Barford	2004	1.90
Long Jump	Travis Davson	Edith Rogers	1995	6.38
Triple Jump	Chris Muchena	Vernon Barford	2001	13.08
Shot Put	Greg Ganton	Ritchie	1975	15.33
Turbo Javelin	Tyler Nguyen	Riverbend	2009	51.80

1. Playing rules will be according to the current rules utilized by CVA.
2. Net height is measured as close as possible to 2.13 m for girls and 2.24 m for boys. (June 16, 1999 AGM)
3. The modified 12-substitute rule will be used. The rule is as follows:

No. 8 - Substitutions 8.1.4 page 23 CVA
 - (a) There is no limit to the number of times a player may leave or re-enter the set as long as the maximum number of 12 substitutions is adhered to and as long as they leave or re-enter for the same player.
 - (b) Once you have a designated partner that is the only player that you may leave or re-enter that set for (this may change between sets).
 - (c) These substitutions may occur at any point in the set.

Examples: 7 for 12; 12 for 7 (2 subs) x 6 = 12 subs
7 for 12; 12 for 7 (2 subs) x 2 = 4 subs
8 for 6; 6 for 8 (2 subs) x 4 = 8 subs
Total 12 subs
4. Extent of Play – to be determined by coaches prior to start of matches

Play best of 3 matches. Then play the next 2 games as exhibition with non-starters.

Rally Point – all games are played rally point to 25 (win by 2 points), no cap; 5th game to 15 points, in by 2, no cap
5. Ground Rules - Rules of the school in which games are being played will apply. The coach of the home school will announce these prior to start of evening play.
6. In the gymnasium where there is insufficient room to serve from behind the end line, masking tape should be placed on the floor to designate a service line, 2 metres forward from the wall.
7. Playoffs – It is suggested that if playoffs are to be completed on one evening's play, the best 2 out of 3 games/matches might be used. If semi-finals occur on a separate day, best 3 out of 5 games/matches could be used.
8. City Playoffs/Championships – December 3, 4, 5, 2009 @ Jasper Place.

Libero

Player Actions:

1. the Libero is allowed to replace any player in the back row position.
2. he/she is restricted to perform as a back row player and is not allowed to complete an attack hit from anywhere (including playing court and free zone), if at the moment of contact the ball is entirely higher than the top of the net.
3. he/she may not serve, block or attempt to block.
4. a player may not complete an attack hit from higher than the top of the net, if the ball is coming from an overhand finger pass by a Libero in the front zone.

The ball must be freely attacked if the Libero makes the same action from behind the front zone.

The Libero may be re-designated after each set.

Please refer to the Volleyball Canada rulebook for more information on replacement players, and re-designation of a new Libero.

Libero Uniform:

The Libero must wear a different colour uniform top, in contrast to the other members of the team. The Libero uniform does not have to be the same design, but it must be numbered.

taken from: 2001-2002 ASAA Policy Handbook

1. Affiliations

The wrestling league shall be responsible directly to Edmonton Public Schools. Teams may affiliate with the AAWA. This affiliation provides weekend liability insurance, chance for team championships and up-to-date wrestling information through the AAWA Newsletter.

2. Schedules

Drawing up of the zone schedules shall be the responsibility of the zone convenors. League and exhibition matches shall conform to dates as set by the competing schools. In drawing up schedules, consideration should be given to recommendations from previous year.

3. Competition Levels

- (a) Students born in 1997, 1998, 1999
- (b) Students born in 1994, 1995, 1996
- (c) Girls weight categories will be determined each year by interest at school level (February 1992)

4. City Championship Meet - Structure to be decided by PE Services and school coaches. Date of entry meeting – Monday, February 8, 2010. City Championships are February 11, 2010 at W.P. Wagner.

5. Weigh-ins - Zone meets and semi-finals - as determined by convenors; championship meet as determined at the organizational meeting. In weight classes with single or double entrants, the weigh-in shall be at 12:00 noon on the day of the meet, or as otherwise determined by the committee.

Weight Categories

- (a) Junior Male Age Category - Born in 1997, 1998, 1999
31 kg & under, 33, 35, 37, 39, 41, 43, 45, 47, 49, 51, 54, 57, 60, 63, 67, 67+
- (b) Senior Male Age Category - Born in 1994, 1995, 1996
36 kg & under, 39, 41, 43, 45, 47, 49, 51, 54, 57, 60, 63, 67, 71, 77, 87, 87+
- (c) Junior Female Category - Born in 1997, 1998, 1999
34 kg & under, 36, 38, 40, 42, 45, 48, 51, 55, 59, 63, 68, 75, 75+
- (d) Senior Female Category - Born in 1994, 1995, 1996
36 kg & under, 38, 40, 42, 45, 48, 51, 55, 59, 63, 68, 75, 80, 80+

A weight allowance of 1 kg will be permitted at all official weigh-ins.

6. Rules and Regulations - Wrestling will be governed by rules and regulations as set by AAWA, taken from FILA rules. Bouts are to be one 3-minute stop time rounds.

7. Point System – pro-rated points times the number of competitors in each category.

No. of wrestlers →	6+	5	4	3	2	1
1 st	10	8	7	5	4	3
2 nd	7	6	5	3	2	
3 rd	5	4	3	2		
4 th	3	2	1			
5 th	2	1				
6 th	1					

Usually only one wrestler per team is awarded points in the same weight category. If a team is tied with another team, the team breaks the tie with the most 1^s and so on through 2nd place finishes down to the 6th place finishes.

8. Awards

(a) Trophies

Aggregate	Miles F. Palmer Memorial Trophy
Junior Boys	EPJHSAA Trophy
Senior Boys	EPJHSAA Trophy
Quality Team Award	Ford of Canada Award
Girls Division	

(b) Medallions - Winners in each category will receive a gold medallion. Second and third place in each case above will receive a silver and bronze medal. All others - ribbons.

(c) Pennants - Age category team winners - junior, senior boys; girls division.

9. Uniforms - Runners or appropriate wrestling shoes and gym shorts or proper wrestling gear must be worn. Headgear is optional; mouth guards are mandatory (September 2002).
10. Officiating - Referees may be acquired through the head official and the EAW Official's Association (Alberta Wrestling Association, Percy Page Centre, 453-8661).
11. Medical Supervision - Shall be provided for all zone finals and the City meet. Zone convenors are responsible for this at the zone level and the championship meet director will be responsible at the City level.
12. Official EPS junior high wrestling entry forms may be obtained from PE Services (780-429-8341).

