

N.O.S.S.A.

Northern Ontario Secondary School Athletics



Handbook and Playing Regulations

Updated only May 2010

NOSSA PAST PRESIDENTS

YEAR	NAME	SCHOOL
1946	Major Leo Troy	North Bay Collegiate (now Algonquin Composite)
1947	Alex MacPherson	Sudbury Mining & Technical School (now Sudbury Secondary School)
1948	Charlie Cerre	Sudbury High School (now Sudbury Secondary School)
1949	Ellis Hazen	Sudbury Mining & Technical School (now Sudbury Secondary School)
1950	Tom Tipton	Sault Collegiate
1951	Bruce Marwick	Cochrane High School
1952	Greg Murray	Cobalt High School
1953	Tom Foster	North Bay Collegiate (now Algonquin Composite)
1954	Ellis Hazen	Sudbury Mining & Technical School (now Sudbury Secondary School)
1955	Tom Tipton	Sault Collegiate
1956	Ralph Ellis	South Porcupine High School
1957	Forest Hanmer	New Liskeard High School
1958	Major Leo Troy	Algonquin Composite School
1959	Dan Tovey	Sheridan Technical School (now Sudbury Secondary School)
1960	C. Jo Forman	Sir James Dunn C. & V.S.
1961	Warren Sparks	Schumacher High School
1962	John Elford	New Liskeard High School
1963	John Grosse	Scollard Hall, North Bay
1964	Jack McKenzie	Lasalle Secondary School
1965	Ben Littner	Sault Technical & Commercial
1966	Len Eller	O'Gorman High School, Timmins
1967	Peter Randle	West Ferris Secondary School
1968	Robert Zeisner	Confederation Secondary School
1969	Ben Littner	Lakeway Collegiate & V. S.
1970	Jim Mallory	Scollard Hall, North Bay
1971	Gabe Guzzo	Garson-Falconbridge Secondary
1972	Colin Gosselin	Blind River Secondary School
1973	Jim McLean	St. Mary's College, Sault
1974	Grant Bull	Widdifield Secondary School
1975	Bob Gawalko	Sudbury Secondary School
1976	Colin Gosselin	W.C. Eaket Secondary School
1977	Dan Carmichael	Lakeway Collegiate & V.S.
1978	John Marshall	Chippewa Secondary School
1979	Fern Delorme	Hanmer Secondary School
1979	Marg Holgate	Bawating C. & V.S.
1980	John Catterick	Central Algoma Secondary School
1980	Heather Chambers	West Ferris Secondary School
1981	Pat Nardini	St. Mary's College
1981	Karen Skilling	Mount St. Joseph College
1982	Tom Cook	Widdifield Secondary School
1983	Jim Dickson	Sudbury Secondary School
1984	Colin Gosselin	W.C. Eaket Secondary School
1985	Peter Horsford	Sir James Dunn Collegiate
1985	Linda Vetrie	Sir James Dunn Collegiate

NOSSA PAST PRESIDENTS

YEAR	NAME	SCHOOL
1986	Heather Chambers	West Ferris Secondary School
1987	Clyde Sheppard	Levack District High School
1988	Daniel Robitaille	Villa Française des Jeunes
1989	Jerry Bumbacco	Bawating
1989	JoAnne McKinnon	Bawating
1990	Bill Hartley	St. Joseph/Scollard Hall
1991	Linda MacKenzie	Marymount College
1991	Brian Ceppetelli	St. Charles College
1992	Don McIntyre	Espanola High School
1993	Marg Holgate	Bawating
1993	Gary Cormier	Bawating
1994	Roger Beauchemin	E.S. Franco Cité
1995	Dick Johnstone	Lively District High School
1995	Rae Beynon	Lively District High School
1996	Jim Nichol	Elliot Lake Secondary School
1997	Jim Pedatella	St Basil Secondary School
1997	Joanne McKinnon	Korah Collegiate & Vocational School
1998	Sam DeMarchi	Confederation Secondary School
1998	Barb Parker	Confederation Secondary School
1999	Peter Kategiannis	Manitoulin Secondary School
2000	Mary Lynn Palarchio	Mount St. Joseph
2000	Richard Maunu	St Mary's College
2001	Tim Lowe	ESC Algonquin
2002	Lynn MacLean	ESC Champlain
2002	Michel Leroux	ESC Champlain
2003	Jackie Balleny	W.C. Eaket Secondary School
2004	Barry Rushon	White Pines C & VS
2004	Karen McLean	St Mary's College
2005	Sean Mullan	Widdifield SS
2006	Ron Dubuc	ES du Sacre-Coeur
2006	Denis Gauthier	Lasalle SS
2007	Margo Dequanne	ES Jeunesse Nord
2008	Jim Pedatella	St Basil SS
2009	Jim Pedatella	St Basil SS

N.O.S.S.A. EXECUTIVE 2010-2011

BOARD OF DIRECTORS

Lynn MacLean - Horizon
Seth Cond – Superior Heights

John Wilson - St Joe/Scollard
Tony Yachuk - Espanola

ADDITIONAL OFFICERS

Honorary President
Honorary Vice-President

Miss H. Holomego
Lynn Kelman

Kingston
OFSAA President

OTHER OFFICERS

President (Sault)

Jim Pedatella

St Basil SS

1st Vice-President (Sudbury)

Bill Gordon
Marc Savage

Sudbury Secondary School
Es Macdonald Cartier

2nd Vice-President (North Shore)

Vincenzo Dagostino

Esc Franco-Ouest

3rd Vice-President (Nipissing)

Rick Mitchell

West Ferris S.S.

DISTRICT SECRETARIES

Nipissing

Mike Tignanelli

West Ferris

North Shore

Vincenzo Dagostino

Esc Franco-Ouest

Sault Ste. Marie

Shawna Wooton
Mike Cowan

Superior Heights S.S.

Sudbury

Dave Makela

Rainbow DSB Training Lab

N.O.S.S.A. DELEGATES TO O.F.S.A.A.

President
Principal's Representative
Alternate Principal's Reps
Female Representative
Male Representative

Jim Pedatella
Martin Punkari
Debbie Piekarski or Dave Brazeau
Laura Aubertin
Tim Lowe

St Basil SS
Espanola HS
St Joe/Scollard or Chelmsford
Confederation SS
ESC Algonquin

N.O.S.S.A. SECRETARY-TREASURERS

Treasurer

Robert Gawalko
412 Pine Street
Sudbury, Ontario
P3C 1Y2
Phone 586-9132 - Fax 675-0216 (c/o Dave Makela)
Email: rompg@eastlink.ca

Secretary

Dave Makela
c/o RDSB Training Lab
Northeastern Elementary School
45 Spruce, Garson, ON P3L 1P8
Phone: 675-0215 - Fax: 675-0216
Email: makelad@rainbowschools.ca

AUDITORS (APPOINTED)

Mr. D. Makela
Mr. J. Pidutti

Rainbow DSB Training Lab – Northeastern Elementary School
Sudbury Secondary School

N.O.S.S.A. REPRESENTATIVES TO O.F.S.A.A. SPORTS COMMITTEES

Badminton	Janis Hogan	Korah
Boys' Basketball	Mitch Lalonde	Lasalle
Girls' Basketball	Bill Gordon	Sudbury Secondary
Cross Country Running	Dave Wilkinson	St Joseph/Scollard Hall
Curling	Cindy Watson	St Benedict
Nordic Skiing	Kevin Ellsworth	Lo-Ellen Park
Football	Barry Rushon	White Pines
Boys' Golf	Kent Rendell	Sudbury Secondary
Girls' Golf	Kim Chezzi	Lively DSS
Boys' Hockey	John Wilson	St Joseph/Scollard Hall
Girls' Hockey	Michèle Albert	College Notre Dame
Ski - Alpine	Karin Augenstein	Lockerby
Soccer	Heather Windrem	Widdifield
Swimming	Janet Laliberté	Lockerby Composite
Track and Field	Mike Ohlman	ESC Algonquin
Volleyball	Laura Aubertin	Confederation
Wrestling	Ted Fryia	Superior Heights

BOARD OF REFERENCE

Ms. Lynn MacLean	Esc l'Horizon
Mr. Ron Zagordo	St Basil SS
Mr. Mark Zorzit	White Pines
Mr. Martin Punkari	Espanola HS
Ms. Debbie Piekarski or	St Joseph/Scollard Hall or
Mr. Todd Gribbon	E.S. Northern S.S.

STEERING COMMITTEE

Ms. Laura Aubertin	Confederation
Ms. Jillian Peltier	Wasse Abin
Mr. Dez Forget	Chippewa

RESOLUTIONS COMMITTEE CHAIRPERSON

Heather Chambers (ret.)

N.O.S.S.A. ANNUAL MEETING

The 2011 Annual Meeting will be held in the Sudbury District on Friday, April 29th, 2011.

SIGNING AUTHORITY

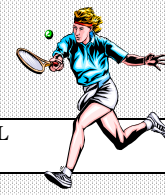
Mr. D. Makela	Northeastern Elementary
Mr. R. Gawalko	

O.F.S.A.A. EXECUTIVE DIRECTOR

Doug Gellatly (doug@ofsa.on.ca)
3 Concorde Gate, Suite 204
Toronto, Ontario M3C 3N7
Ph: (416) 426-7391 Fx: (416) 426-7317



N.O.S.S.A. ACTIVITY CALENDAR 2010-2011



SPORTS	AGE GROUP	CLASS.	DATE	OFSAA ENTRY	CONVENERS	SCHOOL	EMAIL
COED SPORTS							
Alpine Skiing	Open	Lev I & II	Wed, Feb 16	Thu, Feb 17	Karin Augenstein	Lockerby CS	augensk@rainbowschools.ca
Badminton	Mid/Jr/Sr	n/a	Fri-Sat, Apr 29-30	Wed, May 5	Shawn Tilander	Sudbury Secondary	tilands@rainbowschools.ca
Cross Country Running	Mid/Jr/Sr	n/a	Fri, Oct. 29	Sun, Oct 31	Kerry Abols	Lockerby CS	abolsk@rainbowschools.ca
Nordic Skiing	Jr/Sr	n/a	Thu, Feb 10	Tue, Feb 15	Monique Dubytz	Esc Algonquin	dubytzm@franco-nord.ca
Curling	Open	n/a	Tue-Wed, Mar 8-9	Thu, Mar 10	Christiane McNeil	Franco-Cité	mcneilc@franco-nord.ca
Golf	Open	n/a	Thu, Sep 30	Mon, Oct 4	Kent Rendell	Sudbury Secondary	rendelk@rainbowschools.ca
Tennis	Open	n/a	Thu, May 19	Sun, May 22	Dave Winsa	Chelmsford VDCS	winsad@rainbowschools.ca
Track and Field	Mid/Jr/Sr	n/a	Wed-Thu, May 25-26	Sun, May 29	Gilbert Briscoe	Confederation SS	briscog@rainbowschools.ca
Wrestling	Open	n/a	Fri, Feb 18	Tue, Feb 22	Brigitte Marleau	Franco-Cité	marleab@franco-nord.ca
BOYS' SPORTS							
Basketball	Open	B	Fri, Feb 25	n/a	Denis Ouellette	Notre-Dame DGL	denis.ouellette@nouvelon.ca
Basketball	Jr/Sr	A	Thu-Fri, Feb 24-25	Tue, Mar 1	Vincenzo Dagostino	Esc Franco-Ouest	vincenzo.dagostino@nouvelon.ca
Basketball	Jr/Sr	AA	Thu-Fri, Feb 24-25	Tue, Mar 1	Loris Pecile	St Mary's College	
Basketball	Jr/Sr	AAA	Thu-Fri, Feb 24-25	Tue, Mar 1	Clare Beatty	Lockerby CS	beatty@rainbowschools.ca
					Angie McDonald	Lockerby CS	
Football Sr (Final)	Senior	n/a	Sat, Nov 13	TBA	Barry Rushon	White Pines	rushonb2@email.adsb.on.ca
Hockey	Senior	A/AA	Mon-Tue, Mar 7-8	Wed, Mar 9	Bob Boal	Chippewa SS	raiderathletics@hotmail.com
Hockey	Senior	AAA	Mon-Tue, Mar 7-8	Wed, Mar 9	Ian Gray	Lockerby CS	grayi@rainbowschools.ca
					Dave Makela	RDSB Training Lab	makelad@rainbowschools.ca
Soccer	Jr/Sr	A,AA,AAA	Fri, May 27	Sun, May 29	Paul Hatzis	Lockerby CS	hatzisp@rainbowschools.ca
Soccer	Sr	AA	Fri, May 27	Sun, May 29	Sergio Iacoe	Korah Collegiate	
Volleyball	Open	B	Sat Nov 20	n/a	Vicky Desrochers	Rivière-des-Français	desrocv@cspgno.ca
Volleyball	Jr/Sr	A	Fri, Nov 19	Sun, Nov 21	Vincenzo Dagostino	Esc Franco-Ouest	vincenzo.dagostino@nouvelon.ca
Volleyball	Jr/Sr	AA	Fri-Sat, Nov 19-20	Sun, Nov 21	Mark Hopper	Widdifield	hopperm@nearnorthschools.ca
Volleyball	Jr/Sr	AAA	Fri-Sat, Nov 19-20	Sun, Nov 21	Mark Hopper	Widdifield	hopperm@nearnorthschools.ca
GIRLS' SPORTS							
Basketball	Open	B	Sat, Nov 20	n/a	Vincenzo Dagostino	Esc Franco-Ouest	vincenzo.dagostino@nouvelon.ca
Basketball	Jr/Sr	A	Fri-Sat, Nov 19-20	Sun, Nov 21	Tim Lowe	Esc Algonquin	timothy.lowe@sympatico.ca
Basketball	Jr/Sr	AA	Fri-Sat, Nov 19-20	Sun, Nov 21	Luc Giroux	Collège Notre-Dame	luc.giroux@nouvelon.ca
Basketball	Jr/Sr	AAA	Fri-Sat, Nov 19-20	Sun, Nov 21	Anna Bastos	St Basil S.S.	abastos@live.ca
Gymnastics	Open	n/a	tba	tba	Jo-Anne Bradley	Esc Champlain	joanne.bradley@nouvelon.ca
Hockey	Open	A/AA	Mon-Tue, Mar 7-8	Wed, Mar 9	Sean Mullan	Widdifield	wssathletics@hotmail.com
		AAA	Mon-Tue, Mar 7-8	Wed, Mar 9	Sean Mullan	Widdifield	wssathletics@hotmail.com
Soccer	Senior	A & AAA	Fri, May 27	Sun, May 29	Laurie Vezina	St Joseph/Scollard Hall	vezinal@npsc.edu.on.ca
Soccer	Senior	AA	Fri, May 27	Sun, May 29	Sergio Iacoe	Korah Collegiate	
Volleyball	Open	B	Fri, Feb 25	n/a	Vicky Desrochers	Rivière-des-Français	desrocv@cspgno.ca
Volleyball	Jr/Sr	A	Fri-Sat, Feb 25-26	Wed, Mar 2	Vincenzo Dagostino	Esc Franco-Ouest	vincenzo.dagostino@nouvelon.ca
Volleyball	Jr/Sr	AA	Fri-Sat, Feb 25-26	Wed, Mar 2	Richard Breault	Lo-Ellen Park SS	breaulr@rainbowschools.ca
Volleyball	Jr/Sr	AAA	Fri-Sat, Feb 25-26	Wed, Mar 2	Laurie Vezina	St Joseph/Scollard Hall	vezinal@npsc.edu.on.ca

NORTHERN ONTARIO SECONDARY SCHOOLS' ATHLETIC ASSOCIATION

FOUR YEAR ACTIVITY CALENDAR

ACTIVITY	2010-2011	2011-2012	2012-2013	2013-2014
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CO-ED

Annual Meeting	Sudbury	North Shore	Sault	Nipissing
Alpine Skiing	Sudbury	Sudbury	Sudbury	Sudbury
Badminton	Sudbury	North Shore	Nipissing	Sault
Cross Country Running	Sudbury	Sault	North Shore	Nipissing
Nordic Skiing	Nipissing	Sudbury	Nipissing	Sudbury
Curling	Nipissing	Sault	Sudbury	North Shore
Golf	Sudbury	North Shore	Nipissing	Sudbury
Pete Beach Award	Sudbury	North Shore	Sault	Nipissing
Tennis	Sudbury	North Shore	Sudbury	North Shore
Track & Field	Sault	Sudbury	Nipissing	Sudbury
Wrestling	Nipissing	Sudbury	Sault	Nipissing

BOYS'

"B" Basketball (Open)	Sault	Sudbury	North Shore	Sault
"A" Basketball (J-S)	North Shore	Sudbury	Nipissing	North Shore
"AA" Basketball (J-S)	Sault	North Shore	Nipissing	Sudbury
"AAA" Basketball (J-S)	Sudbury	Sault	Nipissing	Sudbury

Senior Football - Final	Sault	Nipissing	Sault	Nipissing
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"A"/"AA" Hockey	Nipissing	Sault	Sudbury	Nipissing
"AAA" Hockey	Sudbury	Nipissing	Sault	Sudbury

Soccer (Sr A and AAA)	Sudbury	Nipissing	Sudbury	Nipissing
Soccer Sr AA	Sault	Sudbury	Nipissing	Sault
Soccer (Jr A, AA, AAA)	Sudbury	Nipissing	Sudbury	Nipissing

"B" Volleyball	Sudbury	North Shore	Sudbury	North Shore
"A" Volleyball	North Shore	Nipissing	Sudbury	Nipissing
"AA" Volleyball	Nipissing	Sudbury	North Shore	Nipissing
"AAA" Volleyball	Nipissing	Sudbury	Nipissing	Sudbury

GIRLS'

"B" Basketball Open	North Shore	Sault	Sudbury	Sudbury
"A" Basketball Jr./Sr.	Nipissing	Sudbury	North Shore	Nipissing
"AA" Basketball Jr./Sr.	Sudbury	Nipissing	North Shore	Sault
"AAA" Basketball Jr./Sr.	Sault	Nipissing	Sudbury	Sault

Hockey (A/AA, AAA)	Nipissing	Sudbury	Nipissing	Sudbury
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Soccer "A" and "AAA"	Nipissing	Sudbury	Nipissing	Sudbury
Soccer "AA"	Sault	Nipissing	Sudbury	Sault

"B" Volleyball Open	Sudbury	Nipissing	Sault	North Shore
"A" Volleyball Jr./Sr.	North Shore	Sudbury	Nipissing	North Shore
"AA" Volleyball Jr./Sr.	Sudbury	Sault	North Shore	Nipissing
"AAA" Volleyball Jr./Sr.	Nipissing	Sault	Sudbury	Nipissing

Gymnastics	Sudbury	Sudbury	Sudbury	Sudbury
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Conveners must notify all schools of changes in playing dates at least one month in advance.

District Secretaries must bring a list of conveners to the Resolutions Meeting for activities for which their district is responsible. If a district is unable to host an activity due to a strike or work to rule, then the convenership of that activity will go to any other district who requests it.

**NIPISSING DISTRICT
SCHOOL****CONTACT
PERSONS****COLOURS
TEAM NAME
CLASSIFICATION**

- | | | | |
|----|---|--|--|
| 1. | E.S.C. Algonquin (NOAL)
555 Algonquin Avenue
North Bay, Ontario P1B 4W8
Ph. 472 8240 FAX 472-8476
Email: hottel@franco-nord.ca
Email: sneddor@franco-nord.ca | Lisa Hotte
Bob Sneddon | Maroon/White
Barons
"A" |
| 2. | E.S. Franco-Cite (NOFC)
90 Rue Main
Sturgeon Falls, Ontario P2B 2Z7
Ph. 753-1510 FAX 753-5370
Email: lachancr@franco-nord.ca
Email: marleaub@franco-nord.ca | Rock Lachance
Brigitte Marleau | Orange/Black/
White
Patriotes
"A" |
| 3. | Chippewa Secondary School (NOCW)
539 Chippewa St. W.
North Bay, Ontario P1B 6G8
Ph. 472-4010 ext 226 FAX 476-0845
Email: raiderathletics@yahoo.com | Dez Forget | Scarlet/Gold
Raiders
"AA" |
| 4. | E.S. F.J. McElligott (NOME)
370 Pine Street
Mattawa, Ontario. P0H 1V0
Ph. 472-5398 FAX 744-0786
Email: martels@franco-nord.ca
Email: qscot@hotmail.com | Sue Martel
Scott Quarrington | Blue/Gold
Voyageurs
"A" |
| 5. | E.S. Northern (NONO)
175 Ethel Street
Sturgeon Falls, Ontario P2B 2Z8
Ph. 472-5322 FAX 753-2400
Email: lachanr@csdne.edu.on.ca
Email: leroych@nearnorthschools.ca | Richard Lachance
Chantal Leroy | Silver/Red
Braves
"A" |
| 6. | St. Joseph-Scollard Hall (NOSJ)
675 O'Brien
North Bay, Ontario P1B 9R3
Ph. 494-8600 FAX 494-4778
Email: vezinal@npsc.edu.on.ca
Email: whittetj@npsc.edu.on.ca | Laurie Vezina
John Whittet | Green/Gold
Bears
"AAA" |
| 7. | West Ferris Sec. School (NOWF)
60 Marshall Park Drive
North Bay, Ontario P1A 2P2
Ph. 475-2333 x8563 FAX 497-7945
Email: smithp@nearnorthschools.ca
Email: mitchellr@nearnorthschools.ca | Peggy Smith (ext 8567)
Rick Mitchell (ext 8563) | Green/White
Trojans
"AA" |

NIPISSING DISTRICT (cont'd)
SCHOOL**CONTACT**
PERSONS**COLOURS**
TEAM NAME
CLASSIFICATION

8. Widdifield Sec. School (NOWI)
320 Ski Club Road
North Bay, Ontario P1B 7R2
Ph. 472-5711 FAX 474-4223
Email: wssathletics@hotmail.com
Email: hwindrem@hotmail.com

Sean Mullan
Heather Windrem

Navy/White/Red
Wildcats
"AAA"

9. E.S. Odyssee (NOOD)
820, croissant Norman
North Bay, Ontario P0A 1A8
Ph. 474-5500 x238 FAX 474-6600
Email: oueller@csdne.edu.on.ca

Ray Ouellette

"A"
Blue/Silver/White
Phenix

NORTH SHORE DISTRICT
SCHOOL**CONTACT**
PERSONS**COLOURS**
TEAM NAME
CLASSIFICATION

1. Central Algoma S. S.(NOCA)
Kensington Road
Desbarats, Ontario.
P0R 1E0
Ph. 782-0539 FAX 782-4288
Email: gowletr@email.adsb.on.ca
Email: huntfoc@email.adsb.on.ca

Ray Gowlett
Carol Hunt-Ford

Gold/Red/Black
Huskies
"A"

2. W.C.Eaket S. S. (NOEA)
Box 2000
Blind River, Ontario.
P0R 1B0
Ph. 356-2221 FAX 356-2596
Email: tarantm@email.adsb.on.ca
Email: lidstok@email.adsb.on.ca

Mark Tarantini
Kim Lidstone

Blue/Gold
Royals
"A"

3. Elliot Lake S. S. (NOEL)
303 Mississauga Avenue
Elliot Lake, Ontario
P5A 1E8
Ph. 848-7162 FAX 848-0103
Email: ogradyt@email.adsb.on.ca

Tom O'Grady

Red/White
Atoms
"A"

4. Espanola High School (NOES)
147 Spruce St.
Espanola, Ontario P5E 1R7
Ph. 869-1590 FAX 675-0229
Email: yachukt@rainbowschools.ca

Tony Yachuk

Green/White
Spartans
"A"

NORTH SHORE DISTRICT
SCHOOL (cont'd)**CONTACT**
PERSONS**COLOURS**
TEAM NAME
CLASSIFICATION

- | | | | |
|----|---|--|-------------------------------------|
| 5. | Manitoulin Sec. School (NOMI)
Box 307, West Bay, Ontario P0P 1G0
Ph. 368-7000 FAX 368-7001
Email: kategip@rainbowschools.ca or katman33@yahoo.com | Peter Kategoianis | Black/Gold
Mustangs
"A" |
| 6. | E.S. Jeunesse Nord (NOJN)
C.P. 117, Blind River, Ontario P0R 1B0
Ph. 356-1688 FAX 356-2435
Email: eric.simons@nouvelon.ca | Eric Simons | Burgundy/
Grey/Black
"A" |
| 7. | Villa Francaise Des Jeunes (NOVF)
11 Avenue Edinburg
Elliot Lake, Ontario P5A 2M3
Ph. 848-2259 FAX 848-2390
Email: cgiroux@cspgno.ca
Email: hacquap@cspgno.ca
Email: johnstc@cspgno.ca | Christian Giroux
Pamela Hacquard
Carole Johnston | White/Black/Orange/
Elite
"A" |
| 8. | Wasse-Abin High School (NOWH)
34 Henry Street
Wikwemikong, Ontario P0P 2J0
Ph. 859-2870 FAX 859-2407
Email: jpeltier@amtelecom.net
Email: marecollet@amtelecom.net | Jillian Peltier
Marcel Recollet | Red/White/Black
Warriors
"A" |
| 9. | E.S. Franco-Ouest (NOFO)
147 Spruce Street
Espanola, Ontario P5B 1R7
Ph: 862-7437
Email: vincenzo.dagostino@nouvelon.ca | Vincenzo Dagostino | Blue/White
"A" |

SAULT STE. MARIE
DISTRICT SCHOOL**CONTACT**
PERSONS**COLOUR**
TEAM NAME
CLASSIFICATION

- | | | | |
|----|---|-----------------------------|-----------------------------|
| 1. | Alexander Henry H. S. (NOAH)
232 Northern Avenue
Sault Ste. Marie, Ont.P6B 4H6
Ph. 945-7179 FAX 945-7866
Email: markpalumbo@hotmail.com | Mark Palumbo | Red/White
Hawks
"A" |
| 2. | Korah Collegiate and
Vocational School (NOKO)
636 Goulais Avenue
Sault Ste. Marie, Ont.P6C 5A7
Ph. 945-7180 FAX 945-0750
Email : carusos@email.adsb.on.ca
Email: hoganj@email.adsb.on.ca | Steve Caruso
Janis Hogan | Brown/Gold
Colts
"AA" |

<u>SAULT STE. MARIE DISTRICT (cont'd)</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOUR</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
3. Ecole Notre Dame des Grands Lacs (NONG) 250 St. Georges Avenue, East Sault Ste. Marie, Ont. P6B 1X5 Ph. 945-5541 FAX 942-5512 Email: dusters@shaw.ca	Randy Supak	Royal Blue/ Grey "A"
4. St. Basil S.S. (NOSB) 250 St. Georges Avenue, East Sault Ste. Marie, Ontario P6B 1X5 Ph. 945-5542 FAX (705) 945-5544 Email: jim-teacher@hotmail.com Email: abastos@live.ca	Jim Pedatella Anna Bastos	Black/Silver/White Saints "AA"
5. St. Mary's College (NOSM) 130 Wellington St. East Sault Ste. Marie, Ont. P6A 2L5 Ph. 945-5540 FAX 945-5561 Email: davzagordo@imail.hscdsb.on.ca Email: sconway1977@yahoo.ca	Dave Zagordo Shauna Conway	Maroon/White Knights "AA"
6. Superior Heights C & VS (NOSH) 1601 Wellington St. East Sault Ste. Marie, ON P6A 2R8 Ph. 945-7177 Fax 945-8737 Email : conds@email.adsb.on.ca Email : wootons@email.adsb.on.ca	Seth Cond Shawna Wooton	Royal Blue/Silver Steelhawks "AAA"
7. White Pines Collegiate and Vocational School (NOWP) 1007 Trunk Road Sault Ste. Marie, Ont. P6A 5K9 Ph. 945-7181 FAX 945-0726 Email: rushonb2@email.adsb.on.ca Email: basawaw@email.adsb.on.ca	Wendy Basawa Barry Rushon	Forest Green/White Wolverines "A"

**SUDBURY DISTRICT
SCHOOL****CONTACT
PERSONS****COLOURS
TEAM NAME
CLASSIFICATION**

- | | | | |
|----|--|--------------------------------------|--|
| 1. | Bishop Alexander Carter CSS
539 Francis Street (NOAC)
Hanmer, Ontario P3P 1E6
Ph. 969-2212 FAX 969-8133
Email: larocqj@scdsb.edu.on.ca | Jean Gilles Larocque | Gold/Navy/White
Golden Gators
"A" |
| 2. | ESC Champlain (NOCH)
61 Rue Brookside, Box 1988
Chelmsford, Ont. P0M 1L0
Ph. 855-9046 FAX 855-9048
Email: suelynn.boudreault@nouvelon.ca
Email: johnnycoconut40@hotmail.com | Sue-Lynn Boudreault
Michel Leroux | Red/Black
Requins (Sharks)
"A" |
| 3. | Chelmsford Valley District
Composite School (NOCV)
3594 Highway 144
Chelmsford, Ont. P0M 1L0
Ph. 675-0225 FAX 675-0226
Email: winsad@rainbowschools.ca
Email: murrayg@rainbowschools.ca | Dave Winsa
Glenn Murray | Royal Blue/Wht/Gold
Flyers
"A" |
| 4. | Confederation S. S. (NOCF)
Box 1000, 1918 Main Street
Val Caron, Ont. P3N 1B4
Ph. 691-5948 FAX 691-5949
Email: briscog@rainbowschools.ca
Email: aubertl@rainbowschools.ca | Gilbert Briscoe
Laura Aubertin | Green/Gold/White
Chargers
"A" |
| 5. | Ecole Secondaire Hanmer (NOHA)
Box 1000, 4800 rue Notre-Dame
Hanmer, Ont. P3P 1V2
Ph. 969-4402 FAX 969-3643
Email: pageg@cspgno.ca | Gilbert Page | Royal Blue/Orange/
White
Sabres
"A" |
| 6. | E. S. du Sacre-Coeur (NOSA)
261 Notre Dame
Sudbury, Ont. P3C 5K4
Ph. 566-5511 FAX 566-5688
Email: julianne.bergeron@nouvelon.ca | Julie-Anne Bergeron | Grey/Royal/White
Griffon
"A" |
| 7. | E. S. Catholique l'Horizon (NOLZ)
1650 Valley View Rd.
Val Caron, Ont. P3N 1S2
Ph. 897-2503 FAX 897-2504
Email: marc.dubuc@nouvelon.ca | Marc Dubuc | Green/White
Aigle
"A" |

<u>SUDBURY DISTRICT (cont'd)</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
8. Lasalle Secondary School (NOLS) 1545 Kennedy St. Sudbury, Ontario. P3A 2G1 Ph. 566-2280 FAX 566-1008 Email: gauthid@rainbowschools.ca Email: woodcom@rainbowschools.ca	Denis Gauthier Millie Wood Colton	Black/White/Orange Lancers "AAA"
9. Lively District Sec School (LINO) 265 5 th Avenue, Box 430 Lively, Ont. P3Y 1M4 Ph. 692-3671 FAX 692-9510 Email: cootesm@rainbowschools.ca Email: chezzik@rainbowschools.ca	Matt Cootes Kim Chezzi	Black/White/Gold Hawks "A"
10. Lockerby Composite School (NOLK) 1391 Ramsey View Crt Sudbury, Ont. P3E 5T4 Ph. 522-1750 FAX 522-1240 (P.E.) Email: augensk@rainbowschools.ca Email: greens@rainbowschools.ca	Karin Augenstein Sean Green	Forest Green/Gold Vikings "AAA"
11. Lo-Ellen Park Park Secondary School (NOLO) 275 Loach's Road Sudbury, Ont. P3E 2P8 Ph. 522-2320 FAX 522-2322 Email: poiriey@rainbowschools.ca Email: greensh@rainbowschools.ca	Yves Poirier Sherry Green	Purple/White/Gold Knights "AA"
12. E. S. Macdonald-Cartier (NOMC) 37 Lasalle Blvd. West Sudbury, Ont. P3A 1W1 Ph. 566-7660 FAX 566-3433 Email: poulinr@cspgno.ca Email: savagem@cspgno.ca	Ron Poulin Marc Savage	Red/White/Blue Pantheres "A"
13. Marymount Academy (NOMM) 165 D'Youville St. Sudbury, Ont. P3C 5E7 Ph. 674-4231 FAX 674-5619 Email: bartold@scdsb.edu.on.ca Email: vanmier@scdsb.edu.on.ca	Dan Bartolucci Rob Van Mierlo	White/Navy/Burgundy Regals "A"
14. College Notre-Dame (NOND) 100 Rue Levis Sudbury, Ont. P3C 2H1 Ph. 674-7484 FAX 674-9054 Email: luc.giroux@nouvelon.ca Email: Claudette.loranger@nouvelon.ca	Luc Giroux Claudette Loranger	Navy/White Alouettes "AA"

<u>SUDBURY DISTRICT (cont'd)</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
15. ES Riviere-des-Francais (NOFR) Box 160 Noelville, Ont. P0M 2N0 Ph. 898-2282 FAX 898-2134 Email: desrocv@cspgno.ca	Vicky Desrochers	Red/White/Black Muskie "A"
16. St. Benedict Secondary School (NOBE) 2993 Algonquin Road Sudbury, Ontario P3E 4X5 Ph. 523-9235 x322 FAX 523-4115 Email: roccaf@scdsb.edu.on.ca	Frank Rocca	Sky Blue/Navy/ White Bears "A"
17. St. Charles College (NOSC) 1940 Hawthorne Drive Sudbury, Ont. P3A 1M8 Ph. 566-9605 FAX 566-9603 Email: mackenk@scdsb.edu.on.ca Email: kristymac17@hotmail.com	Kristy MacKenzie	Garnet/Grey Cardinals "AA"
18. Sudbury Secondary School (NOSU) 85 Mackenzie Street Sudbury, Ont. P3C 4Y2 Ph. 674-7551 FAX 674-5383 Email: gordonb@rainbowschools.ca Email: rendelk@rainbowschools.ca	Bill Gordon Kent Rendell	Blue/White/Red North Stars "AA"

Dave Makela, Athletic Administrator – Sudbury District
Rainbow DSB Training Lab – Northeastern Elementary School
45 Spruce, Garson, ON, P3L 1P8
Ph. 675-0215 FAX 675-0216
Email: makelad@rainbowschools.ca
SDSSAA website: <http://www.rainbowschools.ca/sdssaa>
NOSSA website: <http://www.rainbowschools.ca/nossa>

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- b) The Board of Reference shall consist of three of the four principal's representatives. The N.O.S.S.A. President shall chair the meeting as a non-voting member.
- c)
 - i) The President will convene a conference call to also include 3 members of the Board of Reference. Each District involved may have one person included in the conference call to give information after which the Board of Reference will be alone to make their decision.
 - ii) Copies must be sent to the appropriate N.O.S.S.A. Secretary as well as each of the members of the Board of Reference and the N.O.S.S.A. Convener.
- d) Immediately following a decision all parties will be informed verbally and the chairperson will confirm the decision in writing.

ARTICLE XI: AWARDS

- a) ^N.O.S.S.A. championship medals are to be awarded to 1st place champions, team members or individuals in each category or division as approved by N.O.S.S.A.. Second place medals are to be awarded in the following team sports: basketball, hockey, soccer, curling, football and volleyball.
- b) ^Additional awards (ribbons, medals, trophies, etc.), unless otherwise stated in the playing regulations, may be given at the discretion of the convener. Expenses for these additional awards are not to be included in the tournament entry fee.
- c) That the cost of awards for all N.O.S.S.A. activities be the responsibility of the convener of each activity and the host District.
- d) ^N.O.S.S.A. (championship) banners shall be presented to championship teams and the cost shall be included in the entry fee (+exception: NOSSA will absorb cost in 2009-2010). °If a championship banner is not awarded in any year, banners for that championship will not be ordered for the following year. If indeed the championship is hosted, it will be back ordered.
- e) °NOSSA championship banners and medals will be shipped to conveners automatically according to the formula listed below. Conveners may revise these numbers to meet their needs by providing a minimum seventy-two (72) hours notice. Representatives of Sudbury teams competing in each championship unless otherwise requested will transport awards for each event. Any shipping charges will be added to the total cost of the awards.

COED	Banners	Gold	Silver	Bronze
Alpine Skiing	4	12	12	0
Badminton	1	24	24	0
Cross Country Running	3	48	0	0
+ Nordic Skiing	2	24	24	0
Curling	2	12	12	0
Golf	2	12	12	0
Tennis	1	8	8	0
Track & Field	3	125	125	0
€Wrestling	2	30	30	30

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BOYS SPORTS	Banners	Gold	Silver	Bronze
Basketball Open B	1	15	15	0
Basketball Midget A	1	15	15	0
Basketball Junior A	1	15	15	0
Basketball Senior A	1	15	15	0
Basketball Midget AA	1	15	15	0
Basketball Junior AA	1	15	15	0
Basketball Senior AA	1	15	15	0
Basketball Junior AAA	1	15	15	0
Basketball Senior AAA	1	15	15	0
Football	1	50	50	0
Hockey A/AA	1	25	25	0
Hockey AAA	1	25	25	0
Soccer Jr/Sr A, AA, AAA	6	120	120	0
Volleyball Open B	1	15	15	0
Volleyball Jr A	1	15	15	0
Volleyball Sr A	1	15	15	0
Volleyball Jr AA	1	15	15	0
Volleyball Sr AA	1	15	15	0
Volleyball Jr AAA	1	15	15	0
Volleyball Sr AAA	1	15	15	0

GIRLS SPORTS	Banners	Gold	Silver	Bronze
Basketball Open B	1	15	15	0
Basketball Junior A	1	15	15	0
Basketball Senior A	1	15	15	0
Basketball Junior AA	1	15	15	0
Basketball Senior AA	1	15	15	0
Basketball Junior AAA	1	15	15	0
Basketball Senior AAA	1	15	15	0
€Gymnastics Open	1	40	40	20
Hockey A/AA	1	20	20	0
Hockey AAA	1	20	20	0
Soccer A, AA, AAA	3	60	60	0
Volleyball Open B	1	15	15	0
Volleyball Jr A	1	15	15	0
Volleyball Sr A	1	15	15	0
Volleyball Jr AA	1	15	15	0
Volleyball Sr AA	1	15	15	0
Volleyball Jr AAA	1	15	15	0
Volleyball Sr AAA	1	15	15	0

+ =09, @ =08, ° =07, € =06, ## =05, # =04, ** = 03, * =02, ^ =01

- f) € For 2010-2011, there shall be no charge for banners, with the cost covered in full by rebate revenue received from the Westmont Hospitality Group.
- g) € A gas allowance of \$100/year will be allotted for transportation costs incurred in the distribution and delivery of NOSSA awards.

ARTICLE XII: COACHING PERSONNEL & DEPARTMENT

- a) All school teams must be in the charge of a person designated by the school which that person will represent, who will be responsible to the Association for competitions.
- b) Players and coaches who are guilty of criticizing officials who act in their games, whether the criticism is to him or her in person or in public or who are guilty of unsportsmanlike conduct, are open to CENSURE from this Association and are liable to this Association for their actions.
- c) Misconduct on the part of players or coaches should be noted within 48 hours of the competition in a letter to the convener and to the appropriate N.O.S.S.A. Secretary-Treasurer. If the letter requests a Board of Reference ruling the N.O.S.S.A. Secretary-Treasurer will forward the letter to the appropriate N.O.S.S.A. Co-President and District Secretary.

ARTICLE XIII: DATES DEADLINES & TIME LIMITS

Annual Meeting	End of April
District Meetings	One month prior to Annual Meeting
Notices of Motion to N.O.S.S.A.	One month prior to Annual Meeting
Notices of Motion back to school	2 weeks prior to Annual Meeting
Eligibility	Enrolled by September 20. In attendance 10 school days prior. In attendance 75% of time. Taking scheduled program in a cycle which is not less than 50% of school cycle minutes.
**Age Divisions cut off date	11:59, December 31
**Age Divisions	Mgt. - under 15 Jr. - under 16 Sr. - under 20

+ =09, @ =08, ° =07, € =06, ## =05, # =04, ** = 03, * =02, ^ =01

*Intent to Compete	Fall Sports (G-BB, B-VB) - Oct. 31 Winter Sports (B-BB, G-VB, Hock, Curl) - Jan 15 Spring Sports (Soccer) - May 10 Each District Secretary will submit a list to the N.O.S.S.A. Secretary and Treasurer who will inform each convener regarding district intent to participate
School Classification declaration date	Nov. 5
N.O.S.S.A. Fees	°Based on enrolment of Oct 31 of previous school year Due date November 15 - penalty date November 30
Protests	Within 48 hours of contest
Board of Reference replies	Immediately
Misconduct reported	Within 24 hours

ARTICLE XIV: SANCTIONS

SECTION 1

##District confirmations must be received by the deadline dates established for fall, winter and spring sports respectively. Districts will not be eligible to compete in any activity which is not confirmed by the deadline dates.

SECTION 2

- (a) €If a District is unable to honour its confirmation of intent to participate in any championship, the District shall be charged the entry fee for that championship plus a \$100 fine. Payment will be due to the convener on the date of the championship. Failure to comply will result in a 10% late payment penalty (effective September 2002).
- (b) ##Schools found to be in default of championship entry fees will not be permitted into any subsequent NOSSA event until such time as they convener of said championship confirms payment.

ARTICLE XV: N.O.S.S.A. UNIFORM SPONSORSHIP POLICY

All competitors are expected to dress for Association Championships in uniforms that are neat, clean, conform to uniform requirements outlined in the Playing Regulations, and which maintain the integrity of the school's name, colours and logos. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in a single or multi sport programs

A uniform is defined as a top, a bottom, warm-up T-shirt and a track suit.

(a) **Commercial Sponsorship Criteria**

Commercial sponsorship may be recognized on athletes; uniforms at Association Championships/events provided the following criteria is met:

- (i) the product and/or service provided by the sponsor must be commensurate with the philosophical practices and policies of the Association, the school, and the local Board of Education;
- (ii) *only the same singular sponsor may be recognized on a team's set of uniforms;
- (iii) the manufacturer of the uniform may be recognized as the sponsor. If the manufacturer is not the sponsor, then the manufacturer's logo must be displayed very discreetly (i.e. smaller than 64 cm.sq. and not longer than 10 cm.)
- (iv) this criteria must be met both on and in the immediate vicinity of the competitive area.

(b) **Commercial Sponsorship Placement Guidelines**

(i) Singlets/Vests/Jerseys

Where uniform tops have sleeves, recognition of the sponsor must appear on one only of either the left or right sleeve. The maximum area to be covered by the advertising on the sleeve is 64 cm.sq. (maximum length 10 cm.).

Uniform tops without sleeves may display sponsorship on the left or right breast of the uniform top. The maximum area to be covered by the advertising on the uniform top without a sleeve is 24 cm.sq. (maximum length 8 cm.)

(ii) Shorts/Bottoms

One piece of advertising, similar in nature to that permitted on the top of the uniform, will be permitted on the left or right thigh. The maximum area to be covered by the advertising on the shorts/bottoms is 64 cm.sq. (max length 10 cm.).

(iii) Warm-Up T-Shirts/Track Suits

The permitted advertising on warm-up T-shirts and track suits will conform to the criteria for uniform tops and bottoms. Schools may choose whether to recognize sponsors on the sleeve or breast area of the uniform top.

If the manufacturer's logo is discrete (i.e. smaller than 64 cm.sq. and not longer than 10 cm.), then the sponsor's name may be displayed on the warm-up T-shirt and/or track suit.

- (c) **Failure to abide** by all aspects of this Section may result in disqualification from the Association Championship.

C. Student-Athlete Participation

Statement: NOSSA will continue to provide equitable opportunities for students in co-curricular activities.

Actions: € If a sport activity is not available for a female on a girls' team, she is eligible to participate on a boys' team following a successful try-out. € Where a sport activity is available for a female on a girls' team, she is eligible to participate on a boys' team if she demonstrates comparable skill and ability during a successful try-out. If a sport activity does not exist for a boy, he is not eligible to participate on a girls' team.

A student may appeal her eligibility to participate on a boys' team on the basis of program equity as described above.

Gender Equity Appeal Process:

1. The appeal by a student of her eligibility must be received in writing including the reasons for the appeal. The appeal shall be directed to NOSSA and to the NOSSA Board of Reference and shall be received no later than thirty (30) days prior to the competition in question. The appeal must be accompanied by a \$50.00 fee, refundable if the student is declared eligible to participate on a boys' team.
2. Upon receipt of an appeal, the Board of Reference shall notify the student and the student's principal, in writing, of the date, time and place that the appeal will be heard.
3. The Board of Reference shall notify the student and the student's principal of the date, time and place of the appeal, by way of letters post-marked or delivered, no later than fourteen (14) days before the date of the appeal hearing.
4. At the hearing, the student and/or representative may attend and may call whatever witnesses or make whatever submissions he/she/they choose(s) and the Board of Reference shall permit in its sole and exclusive discretion.
5. The Board of Reference shall render its decision, in writing, and in so doing shall state briefly the reason(s) for its decision. The decision of the Board of Reference shall be final and conclusive and there shall be no right of appeal to any body or court of competent jurisdiction.

D. Sponsorship

Statement: Sponsorship monies shall be apportioned equitably between male and female championships.

Actions: The above statement shall be part of the NOSSA Business Plan.

E. Equity Partnerships

Statement: NOSSA will continue to interact with organizations that include the promotion of gender equity in their mandate (e.g., Canadian Association for the Advancement of Women and Sport and Physical Activity).

Actions: - NOSSA will continue to share mailing lists and resources with such organizations, and will continue to work on projects that promote gender equity. - NOSSA will search out new partnerships with organizations that support gender equity initiatives.

F. Education

Statement: NOSSA will continue to raise awareness and educate about the issue of gender equity.

Actions: - NOSSA will distribute and promote its gender equity policy.

- NOSSA will encourage Districts to use the OFSAA Gender Equity Checklist as a guideline for developing policies and procedures in their Associations.

- NOSSA will continue to distribute gender equity information through its publications (Bulletin and web site).

G. Research, Evaluation and Monitoring

Statement: NOSSA will continue to monitor and evaluate all policies, programs and initiatives to ensure their adherence to gender equity.

Actions: - NOSSA will continue to gather research material and relevant data to use in this monitoring and evaluating process.

FOOTBALL

AGES: Refer to the Constitution.

SERIES: "AA" School - Senior
Eastern N.O.S.S.A. - Nipissing District S.S.A.A.
Western N.O.S.S.A. - Sault Ste. Marie S.S.A.A.
#Central N.O.S.S.A. – Sudbury District S.S.A.A.

~ The NOSSA Final shall be hosted on the second Saturday in November.

*The winner of Jr NDA will play the winner of the Sault area on the same day at noon prior to the Senior NOSSA Final. All expenses (medals & referees) to be shared by an entry fee.

ELIGIBILITY:

1. Refer to the Constitution and the By-Laws.
2. Use the official eligibility sheets.

FINANCING:

1. The cost of the officials shall be borne by the Home Team.
2. No entry fee will be charged in NOSSA Football.

RULEBOOK: The Canadian Amateur Football Association rulebook will be used with amendments as outlined in the General Section of the Playing Regulations.

OFFICIALS:

1. There shall be four officials for the semi-finals and also for the finals. All officials for Senior NOSSA semi-final and final shall be provided by the host district. The source of these officials shall be at the discretion of the convener. The home team shall pay all expenses.
2. The Host team shall notify the convener of the:
 - a) time and date
 - b) place
 - c) colour of jerseys
 - d) area from which the officials have been chosen.

GENERAL:

1. Each team can dress as many players as it wishes with unlimited substitutions.
2. The convener shall include among his responsibilities the proper policing of the field during the game.
3. A participating coach shall be relieved of the duty of convening the game and shall appoint a "pro-tem" convener.
4. ~ Teams will be allowed to use their own football in the NOSSA playoffs. The football must be the official CIS / CFL size and weight.

FOOTBALL

- GENERAL** (cont):
5. NOSSA shall adopt the four (4) down system as recommended at the OFSAA Sport Committee Meeting. The neutral zone is to be removed between the offensive and defensive teams with the ball being scrimmaged at any point up to the goal line.
 6. @ Playing time as outlined in the CAFA rulebook. Twelve (12) minute quarters with the last three minutes of the second and fourth as stop time.

HOCKEY**AGES:** Refer to the Constitution.**DECLARATION DATE:** *Districts must declare their intention to participate by January 15th.**TOURNAMENTS:** *There shall be a Senior “A”/”AA” and Senior “AAA” championship.**SERIES:** **“A”/”AA” and “AAA” Schools:

1. a) A round robin tournament will be held at least one week prior to the OFSAA Tournament with the location to be decided at each annual meeting.
- b) That the teams finishing 1st and 2nd after the Round Robin tournament play an additional game for the Championship.
- c) ##Where both round robin games on the second day of the championship do not have a bearing on which teams advance to the Final, the convener can cancel these games upon mutual consent of the teams involved.

2. Ties shall be broken in the following manner.

€A maximum of five (5) goal spread, regardless of the actual score, will be used to determine goal differential or a goals for calculation.

- a) Two Way Tie:
 - i) The team which won the game between the two teams during round robin play shall get the higher position.
 - ii) If the game between the two tied teams was a tie, then the team with the greater goal differential (goals for minus goals against) during all round robin games shall receive the higher position.

If the teams are still tied after a) i) and a) ii) of the constitution, then the procedure of dividing goals for divided by goals against during all round robin games shall be used.

- b) Three Way Tie:
 - i) If one team defeated the other two during the round robin play it shall get the higher position.
Only scores of games involving the three tied teams shall be considered.
 - ii) The team with the greater goal differential among the three tied teams shall get the higher position.
 - iii) If teams are still tied after b) i) and b) ii) above, then positions shall be determined by dividing goals for by the goals against of the games involving the teams which were originally tied.
 - iv) If two teams are still tied after b) iii) above, then the higher position shall be determined by reverting back to the game involving the two tied teams. The team which won that game would be declared the winner.

HOCKEY (cont'd)

- v) *If teams are still tied, then goal differential (goals for divided by goals for plus goals against) for all games in the N.O.S.S.A. tournament pool play are used.
 - vi) If two teams remain tied the winner will be determined by the team with the least number of penalty minutes throughout the tournament.
3. There should be at least one representative from each of the four established districts; otherwise the convener will accept two teams from the host city as chosen by the local association.
 4. No school will be eligible to proceed into the playdowns for the NOSSA title unless during the season it competed in a regular schedule of games with other school teams, consisting of a minimum of six (6) league games or six (6) exhibition games and taking place over at least one month period.
 5. If there are three or more groups competing, then each group is to declare a representative one week prior to the NOSSA tournament.
 6. The tournament champions will represent NOSSA at OFSAA Championships.
 7. °The rotation for convening the NOSSA Hockey Tournament will be Nipissing, Sault Ste. Marie and Sudbury (“A”/”AA”), and Sudbury, Nipissing and Sault Ste. Marie (“AAA”). If the district hosting OFSAA wins the NOSSA Tournament, then the host district will also have the second entry into the OFSAA Championship.

ELIGIBILITY:

Refer to the Constitution.

RULEBOOK:

The C.H.A. rules are to be in force except for any amendments or deletions passed by NOSSA. That all C.H.A. rulebooks be interpreted to read Board of Reference. Except for icing (the two line pass is no longer whistled down). NOSSA to adopt the OFSAA rule for two line passes.

The red line shall be eliminated with regard to the off-side and thus the following special rules apply:

- (i) the legal number of players must be on the ice for each face-off (to prevent gaining positional advantage after the drop of the puck).

OFFICIALS:

The Convener will be responsible for the officials.

GENERAL:

1. Each school will be responsible for the conduct of their players and spectators.
2. ##All goalies and players must wear C.S.A. approved face masks, throat proectors (neck guards), helmets and mouthguards to participate in NOSSA Hockey.
3. Any player given a penalty for fighting shall also receive game misconduct penalty and be suspended from the next league or playoff game.

HOCKEY (cont'd)

- GENERAL** (cont'd)
4. a) ##Suspensions from major penalties will be derived from the current OHF suspension list for minor hockey.
 - b) If in the opinion of the convener, the incident is deemed to warrant further action, he may refer the matter to the Board of Reference.
 5. For NOSSA Hockey there shall be no overtime during round robin play.
 6. + Games will consist of three 15 minute stop time periods with a flood after each period when time permits.
 7. That any player intentionally striking the helmet or face mask be given a 5 minute penalty for contact above the shoulders.
 8. That each team be allotted one 30 second time out per game.
 9. Any intentional contact after the whistle will result in a minor penalty for unsportsmanlike conduct.
 10. That the number of players dressing per game shall be according to each District's local playing regulations.
 11. If any player is suspended in any contest - league, exhibition, tournament or playoffs, the suspended player must sit out the required number of games before participating again. If the season is over, the suspension will continue into the next season. For league and playoff suspensions the suspended player must sit out league contests. For suspensions during exhibition games or tournaments league and exhibition games shall count.
 12. ~ In the event of a tie game at the end of regulation time in playoffs, the following will apply:
 - i) 1) one ten (10) minute overtime – (5 on 5) – stop time
2) one ten (10) minute overtime – (4 on 4) – stop time
3) series of five (5) minute overtime periods – (3 on 3) until a winner is determined
 - ii) all overtime periods are stop time
 - iii) overtime is sudden victory
 - iv) A penalty shot system may be used if an emergency develops after one ten (10) minute overtime period has taken place. It will involve a penalty shot system using a total goals of a five player pool from each team. If still tied, the remaining players will take alternating shots until a winner is determined. If still tied, the remaining players will take alternating shots until a winner is determined.

N.O.S.S.A. SOCCER CHAMPIONSHIP

DATE: The NOSSA SOCCER Championship shall be held one week prior to the OFSAA SOCCER Championship unless extraordinary circumstances dictate a change.

DECLARATION DATE: *Districts must declare their intention to compete by May 10th.

TOURNAMENTS: @ There shall be a Senior “A”, ”AA” and “AAA” Championship, and a Junior “A”, ”AA” and “AAA” Championship.

LOCATION: The location of Championships shall be decided not later than the NOSSA Annual Meeting held in June of the school year prior to the Championship.

TOURNAMENT STRUCTURE AND PROCEDURE:

@ In the event that two districts confirm participation, the NOSSA championship will consist of a single game. Should a third district formally declare their intent to participate by May 10th in accordance with NOSSA rules, the host site will be permitted a second entry to render a four team draw, in a single elimination format. ~ In any draw involving three districts, the convener shall seed entries such that city champions do not meet in the semi final round. If three city champions are involved, the convener shall use his/her discretion to schedule the semi finals. At least four hours should be allowed between the first round and championship final game.

Should a fourth district formally declare their intent to participate by May 10th in accordance with NOSSA rules, all four shall receive an entry and a four team single elimination schedule will be developed at the convener's discretion. At least four hours should be allowed between the first round and championship final game.

*The NOSSA Soccer Championship games are not to begin before 11am to allow time for out-of-town teams to travel.

The following procedures shall take place at each game:

- a) At the beginning of the game players and coaches shall line up along their respective sides of the mid-field line and shall advance and shake hands with their opponents.
- b) At the completion of the game players and coaches shall again shake hands with all opponents.

ENTRY: *Each District must declare entry by May 10 and the deadline for team entry will be the Wednesday prior to the NOSSA Championship. ^Each City Convener or winning coach must submit to the NOSSA Convener, the eligibility lists and team rosters (with jersey numbers) 24 hours before the NOSSA Championships.

EXPENSES: An Entry Fee shall be charged which shall be sufficient to cover operating costs of the tournament.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

N.O.S.S.A. SOCCER CHAMPIONSHIP**ELIGIBILITY:**

To represent a school, a student must:

- i) be eligible for competition under the Constitution, By-Laws and Standing Rules of the Association to which his school belongs.
- ii) be certified as eligible by the Principal of the school.
- iii) meet the following age requirements:
 - **Senior - the individual's birth certificate indicates that he has not reached his 20th birthday by December 31st of the current school year.
 - **Junior - the individual's birth certificate indicates that he has not reached his 16th birthday by December 31st of the current school year.
- iv) **be in Grades 9-12.

RULES AND OFFICIALS:

The rules of Soccer as they appear in the F.I.F.A. Handbook shall govern play in the NOSSA Championship with the following exceptions:

- a) Length of Play - There shall be two (2) forty-five minute halves with a five-minute rest period.
- b) *Number of Players - Each team may have a maximum of 20.
- c) Substitution - There is unlimited substitution. Substitution may occur at goal kicks, goals scored and at half-time. In the case of an injury, substitution is permissible at the referee's discretion. Substitution for a yellow carded player is compulsory. *Substitution may occur at throw-ins (own possession). Opponents can substitute if possessing team substitutes.

The yellow carded player is the only player who may be replaced at that time and he may re-enter the game at a regular substitution period.

If a player receives a red card he must leave the field for the remainder of that game (no substitution allowed) and may not play in his team's next game in the tournament.

- d) Tied Games - If the teams are tied at the end of regulation time the following procedure shall be used:
 - i) Two 10-minute halves.
 - ii) If still tied each team will select 5 players from those on the field at the conclusion of the overtime. These 5 players will take penalty kicks alternately, the first team to kick being decided by a coin toss. The winner will be the team scoring the most penalty kicks.
 - iii) If still tied, the remaining players shall take penalty kicks one from each team alternately, the winner being that team which is ahead after any pair of penalty kicks.
- e) @ The NOSSA Convener shall be responsible for obtaining OSA-certified officials for all championship games, wherever possible.

SOCCER

DATE: The NOSSA SOCCER Championship shall be held one week prior to the OFSAA SOCCER Championship unless extraordinary circumstances dictate a change. Suggested game times are 1:00pm and 3:00pm. *The NOSSA Soccer championship games are not to begin before 11:00am to allow out-of-town teams to travel.

LOCATION: The location of Championships shall be decided not later than the NOSSA Annual Meeting held in April of the school year prior to the Championship.

TOURNAMENT STRUCTURE AND PROCEDURE:

@ There shall be “A”, “AA” and “AAA” championships contested at the senior level.

@ In the event that two districts confirm participation, the NOSSA championship will consist of a single game

Should a third district formally declare their intent to participate by May 10th in accordance with NOSSA rules, the host site will be permitted a second entry to render a four team draw, single elimination format. ~ In any draw involving three districts, the convener shall seed entries such that city champions do not meet in the semi final round. If three city champions are involved, the convener shall use his/her discretion to schedule the semi finals. At least four hours should be allowed between completion of the round robin and championship final game.

Should a fourth district formally declare their intent to participate by May 10th in accordance with NOSSA rules, all four shall receive an entry and a four team single elimination schedule will be developed at the convener's discretion. At least four hours should be allowed between completion of the round robin and championship final game.

The following procedures shall take place at each game:

- a) At the beginning of the game players and coaches shall line up along their respective sides of the mid-field line and shall advance and shake hands with their opponents.
- b) At the completion of the game players and coaches shall again shake hands with all opponents.

ENTRY: *Each District must declare their intent to participate by May 10 and the deadline for team entry will be the Wednesday prior to the NOSSA Championship.

EXPENSES: An Entry Fee shall be charged which shall be sufficient to cover operating costs of the tournament.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

VOLLEYBALL

PLAYING RULES:

The rules used shall be from the most recent CVA rule book with the exception of the ping pong rule.

For juniors and seniors, the height of the net shall be 2.24m.

No tensor bandages may be worn on wrists or arms. Elastoplast may be used to tape an injured area; fingers may be taped to protect injured joints. @ All jewelry must be removed. Violations will be penalized with a yellow card and a delay of game warning issued to the offending team.

A team playing consecutive games, both in NOSSA Volleyball and Basketball will be given time to rest; in Basketball one hour and in Volleyball 30 minutes.

All NOSSA Volleyball matches are to be run at the scheduled time unless the teams have not had their prescribed rest period between matches, in which case they shall play later than the scheduled time or both coaches, the referees and the convener (or the convener's representative) agree to play earlier than the scheduled time.

€Eighteen dressed players shall be allowed to sit on the bench and up to eighteen players may be on the scoresheet.

That the Junior teams' uniform numbers not be restricted to the range as outlined in Rule 5.1-4 of the Volleyball Canada Rulebook and the range be allowed from 1 to 99.

*Twelve substitutions per set will be permitted as per the Ontario Volleyball's Provincial Indoor Competitions Manual (1997-98).

Clarification: Teams are allowed a maximum of twelve substitutions in any one set. There is no limit to the number of times a player may leave or re-enter a set as long as the maximum number of substitutions is adhered to and they leave or re-enter for the same player. (Once a player has designated substitution partner in a set, that is the only player for which they may leave or re-enter in that set. Players may have a different substitution partner in subsequent sets.)

°Should a team member's uniform become soiled due to contact with blood or other bodily fluid, a "substitute uniform" may consist of another team member's uniform or a spare jersey.

°Student-athletes must remain fully clothed in an appropriate team uniform in the competition area, AND use the designated locker room or change area to change to and from competition attire. Teams in violation will receive a yellow card which carries a one point penalty.

~ All NOSSA volleyball matches must have two (2) officials.

GIRLS' HOCKEY

(ii) If three (3) teams are tied for one playoff position:

- If one team defeated the other two teams during round robin pool play that team shall receive the playoff position
- The team with the greater goal differential ("goals for" minus "goals against") among the three tied teams in pool play, **in games involving the tied teams only** shall receive the position
- If still tied then the team with the greatest goal differential in **all pool games** shall receive the position
- If still tied , the following equation shall come into effect

$$\text{"goals for" minus "goals against" divided by "goals against"}$$

(iii) If three (3) teams are tied for more than one playoff position

- If one team defeated the other two teams during pool play, it shall receive the higher position
- If this is not the case, or to determine the remaining positions follow the last three steps as outlined in (ii) above

(iv) If more than three (3) teams are tied for a playoff position

- The team(s) with the greater goal differential ("goals for" minus "goals against") among the tied teams in pool games **involving those tied teams** shall receive the position(s)
- If ties still remain the team(s) with the greater goal differential **in all pool games** shall receive the position(s)
- If ties still remain the following equations shall come into effect:

$$\text{"goals for" minus "goals against" divided by "goals against"}$$

(v) In the event that any of the above do not break the tie for pool placement, the positions will be determined by the number of penalty minutes by the teams throughout the pool play and those teams with the least number of penalty minutes shall receive the position(s).

(d) Points are awarded for pool play as follows:

~ Regulation win = 3 points, overtime win = 2 points, overtime loss = 1 point, regulation loss = 0 points.

ENTRY:

(a) **NO APPLICATION OF ENTRY RULES SHALL PROVIDE FOR MORE THAN TWO (2) ENTRIES FROM ANY ONE ASSOCIATION.**

(b) Entries must be received by the Convenor no later than Thursday of the week prior to the start of the Championships. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee.

GIRLS' HOCKEY

- (c) Any suspensions or disciplinary actions in Association play shall be carried forward into NOSSA competition. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action as an attachment to the entry form.

EXPENSES: An Entry Fee shall be charged which shall be sufficient to cover the operating costs of the tournament. This fee shall be determined by the Convenor. Any Association that does not meet its entry commitment after it has formally declared its intention to participate in the Championship may be required to submit the entry fee.

Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

- ELIGIBILITY:**
- (a) To represent a school in any activity coordinated by NOSSA, a student must:
- be eligible for competition under the Constitution, By -Laws and Standing Rules (Playing Regulations) of the Association to which his school belongs;
 - be certified as eligible by the Principal of the school;
 - **meet the following age requirement: the individual's birth certificate indicates that she has not reached her 20th birthday by December 31st of the current school year;
 - **be in Grades 9 -12;
 - be eligible under the local Transfer Policy;
 - be eligible for no more than five (5) consecutive years from date of entry into Grade 9;
- (b) No competitor is eligible for NOSSA-sanctioned events whose name has appeared on a game sheet, and has dressed, after **December 1st** for any of the following **Senior AAA teams**: The Aeros, Durham Telus Lightning, Brampton Thunder, Ottawa, or Mississauga Ice Bears, or any expansion team in this league, or who is a member of the National Junior or Senior team.
- (c) To be considered a team eligible for NOSSA Girls' Hockey Championship play, a team must play in an Association approved league and play a minimum of a six game schedule and/or participate in a minimum of six exhibition/tournament games.
- (d) Any athlete participating in an NOSSA Championship or an NOSSA qualifying event must have participated as a member of a bona fide high school program during the current season under the supervision of a teacher-coach as certified by the school principal.

GIRLS' HOCKEY

RULES AND OFFICIALS:

CHA rules shall govern play in the NOSSA Championship with the following exceptions:

- (a) CSA approved facemasks and BNQ approved throat protectors must be worn by all participants including goalies. It is mandatory for all players to wear an inner mouth guard.
- (b) The maximum number of players permitted to dress for a game is twenty (20), eighteen (18) plus two (2) goalies. A team must have a minimum of nine (9) players, eight (8) skaters and one (1) goalie to start a game. Otherwise the game is forfeited.
- (c) The red line shall be eliminated with regard to the off-side and thus the following special rule applies:
 - The legal number of players must be on the ice for each face-off (to prevent gaining positional advantage after drop of puck).
- (d) If a player receives four (4) minor penalties or three (3) stick penalties in one game, she is ejected for the remainder of the game.
- (e) If a player receives a match penalty or a major penalty her team shall play shorthanded for five (5) minutes and that player is ineligible to play in the remainder of that game and in any further tournament games.
- (f) # All games, including the Championship game, shall consist of three (3) thirteen-minute stop-time periods. If there is a spread of five (5) or more goals the final period shall be straight time. If the point spread returns to a 3-goal spread, it returns to stop time.
- (g) ~ Teams are permitted one 30 second time-out for all games played in the tournament.
- (h) ~ For all games played at NOSSA, in the event of a tie at the end of regulation time, the following will apply:
 - i) one ten-minute sudden victory overtime period using a four-on-four system shall be played until a winner is declared,
 - ii) if the event that one team is serving a penalty at the end of regulation time, it shall be four-on-three until the first whistle after the penalty has expired.
 - iii) if the game is still tied, a three (3) girl simultaneous shootout will take place. Shooters and one alternate must be declared on the game sheet prior to the start of the game. Substitution for an injured or penalized player is allowed. Penalized players may not participate in the shooout.
 - iv) if the game is still tied, a one (1) girl simultaneous sudden victory shootout will take place using the same players in the same order as above.

GIRLS' HOCKEY

- (i) The Convenor shall be responsible for obtaining qualified officials for the Championship.

UNIFORMS:

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos.

No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in Article XV, Page 21 of the NOSSA constitution.

Teams should provide a second set of school sweaters in case two (2) opponents have uniforms of a similar colour. A coin toss shall decide which team will change.

AWARDS:

- (a) Members of the Championship teams ("AAA" and "A/AA") shall receive gold NOSSA medallions (25). The schools represented by the Championship teams shall receive banners to be retained by their schools.
- (b) Members of the runner-up teams shall each receive silver NOSSA medallions (25).
- (c) NOSSA-ineligible athletes, who were permitted to compete at the local league or Association level, shall not receive awards, either at the Championship or after the event.

DEPORTMENT (Reference Page 19 - Article XII):

- (a) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- (b) Teams are open to censure for failure of its participants to abide by the rules.
- (c) All Coaches are expected to adhere to the section of the NOSSA handbook entitled coaching personnel and deportment.
- (d) All coaches are expected to adhere to the "Return to Play Guidelines".

PROTEST COMMITTEE:

The Protest Committee shall consist of three (3) individuals: NOSSA hockey tournament convenor, a tournament committee member and one (1) other member appointed by the Championship Convenor. The Protest Committee shall handle disputes involving situations that are not covered by these playing regulations.

BADMINTON

DIVISION:

**Midget - under 15 on December 31st of the competing year.

**Junior - under 16 on December 31st of the competing year.

**Senior - under 20 on December 31st of the competing year.

SERIES:

a) Two entries will be allowed from each area. If one area does not enter two teams, the host area may supply an additional entry. A competitor may enter one event only. This vacant spot in the draw shall be filled by the individual or team who has placed next in the host district's standings.

b) All competitors must have qualified in their event in their district to be eligible to compete in the same event at NOSSA.

c) No substitutions shall be allowed for any doubles or mixed doubles player who has qualified for NOSSA competition. In the case where a player who has qualified for NOSSA can not compete, the singles player or doubles team should be replaced by the individual or team who has placed next in the District standings. The same rule shall apply to NOSSA competitors who qualify for OFSAA.

DATE:

Two weeks prior to OFSAA and shall rotate among the associations.

FINANCING:

@ The NOSSA badminton fee is \$10.00 / athlete.

RULEBOOK:

Canadian Badminton Association. A convener's book was prepared in 1976 and will be passed on to the next convener.

@ NOSSA badminton will return to the current OFSAA playing regulations in all matters pertaining to format of competition, protective equipment and brand of shuttlecock to use.

OFFICIALS:

Staff members, coaches and players (no payment).

SEEDING:

€ Each district will be designated a number for each event with winners being designated "A" and runners' up "B". "A" winners will be randomly placed in first round games, one winner per game. "B" runners-up will be placed in round one on the opposite side of the draw from their same district winner. The intent of this seeding is to keep same district teams from meeting in an elimination game for as long as possible.

BADMINTON**EVENTS:**

Ladies' Singles
 Men's Singles
 Ladies' Doubles Championships only
 Men's Doubles
 Mixed Doubles

FORMAT:

- a) A true double elimination tournament as used at OFSAA. This guarantees everyone 2 matches. The finalist from the losers round must defeat the winner round finalist in 2 matches in order to win.
- b)
 - i) ##In all events, all games shall be played to 21 points. If a 15th match is required, the players are allowed a 20 minute rest period before playing that match.
 - ii) Warm-ups shall be 3 minutes.
 - iii) Players shall be allowed a rest period of no more than five minutes between consecutive games.
- c) With 10 to 12 courts available, the following timings and order of events may be used:
 - i) Tournament begins with all singles matches to finals - planning time 4 hours.
 - ii) Doubles to the finals - 4 and a half hours.
 - iii) Mixed doubles starting 1 hour after doubles - 3 and one half hours.
- d) If a player(s) is (are) given a bye, he/she (they) may have the court for a maximum of 15 minutes to warm up.
- e) A fifteen minute default rule may be enforced by the convener(s) for athletes not showing up for their game within 15 minutes of when the game was called.
- f) **Games one to eight in each draw are to be played on the Friday evening.

JUDGES:

- #The NOSSA Badminton convener will have a pre-competition meeting with all coaches to go over:
- a) Lets
 - b) @ A chief referee be instated as part of the badminton officiating needs (when needed). The chief referee will be decided upon by the incoming convener. Officiating qualifications are required for any chief referee. The chief referee will be paid an appropriate honourarium and accommodations provided by the convening group.

CROSS COUNTRY RUNNING

AGES: **Midget - under 15 on December 31st of the competing year.
 **Junior - under 16 on December 31st of the competing year.
 **Senior - under 20 on December 31st of the competing year.

ELIGIBILITY: To comply with OFSAA Regulations.

SERIES: A combined Midget, Junior and Senior Championship for boys and girls to be held in the fall season on the Friday or Saturday preceding the OFSAA Championships. There shall be no arbitrary date change - valid reasons must be given ahead of time. The starting times shall be established at the discretion of the Convener. The site of the NOSSA Cross Country Championships will rotate between North Shore, North Bay, Sudbury and Sault Ste. Marie.

ENTRIES: 1) For the NOSSA meet as opposed to the OFSAA meet, the teams shall consist of an unlimited number of runners with the best four to count. Individual entries will be allowed. Each school will be allowed one (1) team in each category. The members of each team **MUST** be declared on the date that entries are due to the convener. No age class changes can be made after this date.

 2) That all competitors be required to wear numbers issued by the convener and these numbers be visible to judges along the course.

FINANCING: a) Each school will finance its own team.
 b) That the entry fee be at the discretion of the convener.
 c) That the convener be allowed to bill participating and/or responsible schools for any damages incurred during the competition.

RULES: The following order of rules of interpretation will be used:
 a) N.O.S.S.A. Rules.
 b) O.F.S.A.A. Rules.
 c) C.T.F.A. Rules and By-Laws for the current year.
 d) I.A.A.F. Handbook for the current year.

^SCHEDULE: The schedule of events will run as follows:

11:30am	Midget	Girls
12:00pm	Midget	Boys
12:30pm	Junior	Girls
01:00pm	Junior	Boys
01:45pm	Senior	Girls
02:15pm	Senior	Boys

The convener can make changes in the starting time at his discretion.

CROSS COUNTRY RUNNING

RULES OF COMPETITION:

1. The starter should VISUALLY inspect the field before the start of the race to ensure that all competitors are in respect of the uniform requirements.
2. All races must be started by a starting pistol.
3. A "Funnel" system must be used at the finish of the race.
4. Finishing cards must be issued to every competitor who completes the course.
5. At least one finishing judge must be at the head of the finishing funnel.
6. The course must be clearly marked by stakes, flags, paint, etc. and/or marshalls. Marshalls should wear distinctive marking of some type.
7. No runner may run in more than one race.
8. That no more than two runners from any one team may run side by side.
9. € Runners may not use any Personal Electronic Devices (PED's) during competition.

COURSES:

1. The host District must conform as closely as possible to the suggested O.F.S.A.A. Distances.

	<u>BOYS</u>	<u>GIRLS</u>
MIDGET	5,000m	3,000m
JUNIOR	6,000m	4,000m
SENIOR	7,000m	5,000m (max.)

A 400 m tolerance is permitted in each race except where a maximum is indicated.

The course used must be 2/3 cross country - e.g. fields, bush trails and irregular terrain. Gravel roads, asphalt and flat running should be avoided if not eliminated completely. All courses must be adequately marked and supervised by Judges along the course.

2. That conveners of NOSSA meets set courses that will ensure the maximum safety of runners in all weather conditions.
3. When NOSSA Cross Country Championships are held at a site without washroom facilities, portable toilets must be provided.

OFFICIALS: There must be a minimum of five (5) finish judges. The convener must also provide a sufficient number of field marshalls and chute judges. The convener shall appoint a referee for the meet as well as a Jury of Appeal consisting of one representative (male/female) from each District.

CROSS COUNTRY RUNNING

SCORING:

The method of scoring shall be as follows:

1. The first place shall be awarded one (1) point, second place two (2) points, third place three (3) points, etc. All competitors who finish the course shall be ranked and tallied in this manner.
2. If less than four (4) competitors from a school team should complete the course, then the points for all members of the team shall be disregarded in determining the team scoring.
3. The method of scoring for team aggregate awards will be as follows:
Teams placing in the top six positions in each age category will be awarded points as follows: 10, 8, 6, 4, 2, 1, which will be will be totalled to decide women's team aggregate, men's team aggregate and combined team aggregate.

TIES:

1. Between competitors - competitors who finish simultaneously be awarded the same order of finish and points determined by dividing the sum of the points concerned (as if they had finished in file) and dividing such sum by the number or tied competitors.
2. Between Teams - should two or more teams be tied in points, the order of finish shall be determined by the placing of the fourth (4) place runner. Should a tie still exist, then by the placing of the third (3rd) place runner, etc.
3. Ties for Aggregate - The school with the most team first places be awarded the aggregate title. If there is still a tie, the most team seconds, thirds and so on, be counted.

AWARDS:

The type of awards shall be:

1. First, place individual finishers.
- *2. Championship team members will receive gold medals (**NOTE: TEAM AWARDS ARE TO BE LIMITED TO 7 MEMBERS**).
- ^3. Ribbons to 2nd to 6th place individual finishers.
- ^4. Ribbons to 2nd and 3rd placed teams.
- *5. Banners shall be presented to the Boys' Aggregate, Girls' Aggregate and Combined Champions.

UNIFORMS:

Runners must compete in their school uniforms. The uniform tops of all team members should be identical. Minor inconsistencies in school tops are acceptable. **FAILURE** to abide by these regulations will result in disqualification.

CROSS COUNTRY RUNNING

O.F.S.A.A. QUALIFIERS:

1. Teams qualifying for OFSAA Competition will be accepted as teams and the individual makeup of each team is at the coach's discretion subject to existing OFSAA rules re eligibility. It is recommended to all associations that they allow their teams to compete under this ruling.
2. That registration for OFSAA take place throughout the NOSSA meet as results are posted following each event, with a brief coach's meeting to follow the conclusion of the meet.

RECOMMENDATIONS:

1. St. John Ambulance personnel on the site.
2. Washrooms available at the site (if at all possible).
3. Snack bar available.
4. Course judges should be adults and a meeting of all judges should be held to brief them on their duties.
5. Course guides should be available to all competitors through the courses prior to the meet.
6. Maps of the courses should be available to all competitors the day before the meet.

CURLING

- AGES:** + See NOSSA constitution, Article VII.
- SERIES:**
1. The NOSSA School Curling Championship will be decided by a modified double knock-out format. (See attached chart.)
 2. Each of the four Districts of NOSSA shall be allowed two (2) representative teams to compete at the NOSSA level.
 3. The site of the Curling Championship shall be on a rotation basis among North Bay, Sault Ste. Marie, North Shore and Sudbury.
 4. NOSSA Boys and Girls Curling will be held at the same location, if ice sheets are available.
- DATE:** The championship shall take place at a convenient date in February or March prior to the OFSAA School Curling Championship. The specific date is to be directed by the convener.
- RULES:** + The rules governing the play shall be that of the Canadian Curling Association. Any exceptions to be specified in the NOSSA COED Curling Playing regulations.
- €A rules session, conducted by the convener or rules official, should be conducted for all teams prior to the commencement of play.
- ELIGIBILITY:** + See NOSSA constitution, Article VII.
- FINANCING:**
1. An entry fee for each competing team must accompany the eligibility list in order to pay for ice time, trophies, etc. The entry fee shall be determined by the convener.
 2. Each school will finance its own team.
 3. ^The convener may arrange for a banquet at the NOSSA School Curling Championships. Where a banquet is being held, the non-refundable banquet fee shall be submitted with the registration fee prior to the commencement of play.
- OFFICIALS:** The convener shall obtain officials, one shall be present for each round.

CURLING

SUBSTITUTION: €Each team may substitute a maximum of two players at the beginning of an end. Coaches making a substitution should inform the opponent's coach of their intentions.

+ Where possible, the host district shall be responsible for providing a pool of curlers available for substitution.

- (i) During the competition if a team has only four (4) players and one player is unable to continue play because of illness or injury, they must select randomly from the host pool of curlers and that player shall be lead; if the original player is able to play again he/she may re-enter the competition at the beginning of a game.
- (ii) Once a player is selected from the host pool, he/she must remain that team's substitute until such time as the original player (or alternate) can return.

GENERAL:

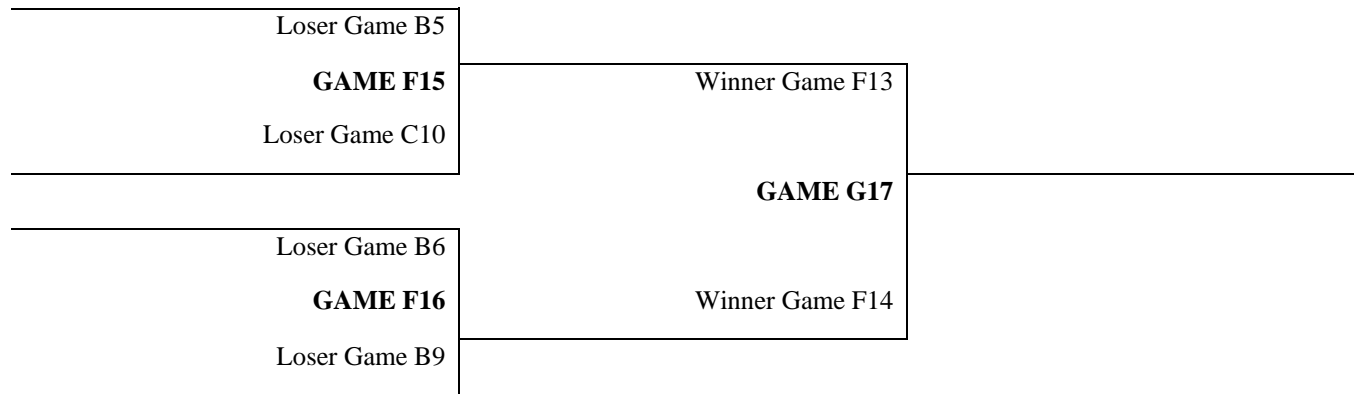
1. Games will be 8 ends in length and extra ends will be added to break any ties.
2. The Districts of NOSSA designate that they will be participating in the NOSSA Curling Championship Bonspiel at the beginning of the season. If they do so and renege, then the District shall be responsible for paying the entry fee that was forthcoming.
3. In the event that NOSSA is entitled to two entries at OFSAA when it is not hosting the event, the second place team in the NOSSA Curling Playdowns shall be the second representative to OFSAA according to rules of OFSAA eligibility, item #3.
4. + Time-outs: A maximum of three (3) minutes consultation between the coach and curlers shall be allowed on the ice only, at the completion of the fourth end. In addition, two (2) one minute time- outs (i.e. one time out of one minute) may be called at any time while a team is in control of the house. The team that called the time out may access the playing surface. Coaches must wear appropriate footwear to access the ice surface. The team that did not call the time out may confer with the coach, but may not access the playing surface. The Fair Play timeout rule shall be in effect.
5. + Jury of Appeal: The Jury of Appeal shall consist of three (3) individuals: NOSSA Convenor, a tournament committee member and one (1) other member appointed by the NOSSA Convenor who is neutral to the dispute (cannot be a student). The Jury of Appeal shall handle disputes which fall within the realm of:
 - (a) Tournament Structure and Procedure;
 - (b) Rules and Officials;
 - (c) Equipment;
 - (d) Scoring.

CURLING

Tournament structure and procedure concerns shall be addressed no later than the end of the coaches' meeting. A dispute must be submitted in writing to the Convenor or Designate together with a \$50.00 fee (refundable if dispute is upheld) within thirty (30) minutes, except as provided within specific sport governing regulations, of the conclusion of the game in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final.

6. + Practice time, to a maximum of seven (7) minutes per team, shall be made available before each game if time permits. The team with the hammer in the first end shall practise first.
7. + A minimum of 20 minutes prior to game time, the opposing vices will meet behind the glass of their designated sheets to toss for choice of last rock or rock colour. The team with last rock will have first practice.
8. + No high school students shall be used as on-ice officials. (Except timeouts, NOSSA convener may appoint student volunteers.)
9. + Permanent hog-line judges shall not be introduced part way through a competition.
10. The C.C.A. rules regarding the "Free Guard Zone" will be in effect for both Boys' and Girls' playdowns.
11. ^A Consolation draw involving teams knocked out of the Championship draw in rounds 1 and 2 will be played if there is time and facilities available (see below).
12. + Awards (ribbons) shall be provided to the Consolation Champions.
13. €Last rock advantage shall be determined by a flip of a coin for all draws in the NOSSA tournament.
14. €The starting draw will be flipped each year such that the girls will start with the early draw in one year and the boys with the early draw in the subsequent year (boys will take the early draw in 2011).

NOSSA CURLING CONSOLATION DRAW
(to accompany schedule on next page)



NORDIC SKIING

AWARDS:

NOSSA Medallions shall be given to the top female individual winner and to the top male individual winner in each age group.

€NOSSA Medallions are to be presented to the top junior and senior, boys and girls teams. NOSSA Banners are to be presented to the best overall girls and boys teams.

DeMarco Bros. Trophy for Boys and the NEHR Trophy for Senior Girls and the Coaches' Trophy for Senior Boys and Girls Combined.

^Tom Cook Trophy for Junior Boys, the Allan Garrett Trophy for Junior Girls and the Paul Brunelle Bob Ellen Trophy for the Junior Girls and Boys Combined.

GENERAL:

- ^1) The Junior Girls Race shall be 2.5 - 5 km
The Junior Boys Race shall be 4 - 6 km
The Senior Girls Race shall be 4 - 6 km
The Senior Boys Race shall be 8 - 10 km

€Sprint relays will be offered as part of the NOSSA Championship and shall be run similar to the event run at OFSAA.

- 2) Should a skier jump the signal to start, he/she shall be required to return to the starting gates and then proceed.
- 3) Should a skier arrive after his/her 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) When overtaking a slower skier the faster skier shall shout "track". The slower skier must allow the faster skier to pass. In order to protect the safety of all skiers, the call "track" shall be avoided on all downhill. Calling "track" too soon, or failure to yield when "track" is called may result in the disqualification of the racer involved.
- ^6) The 150 metre "no tracking" zone prior to the finish line means that the slower skier does not need to give up his/her lane to the faster skier.
- 7) The competitors will be seeded according to the discretion of the coaches.
- 8) The draw will be held by the convener prior to the meet.
- ^9) Appeals should be lodged immediately or within 30 minutes of the unofficial posting of results. The decision of the jury will be final.