

NORTHERN ONTARIO SECONDARY SCHOOL ATHLETICS (N.O.S.S.A.)



H A N D B O O K

Organizational Information, Constitution and Playing Regulations

UPDATED: June 2022



Pic: NOSSA Alpine Skiing group picture @ Adanac Ski Hill

NORTHERN ONTARIO SECONDARY SCHOOL' ATHLETICS

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Alpine Skiing - Team - Level 2 Slalom
Alpine Skiing - Team - Level 1 Giant Slalom
Alpine Skiing - Team - Level 2 Giant Slalom
Alpine Skiing - Team - Level 1 Combined
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VI GIRLS' CHAMPIONSHIPS AND RECORDS (information available on website)

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Senior "A" Volleyball
Junior "AA" Volleyball
Senior "AA" Volleyball
Junior "AAA" Volleyball (DeMarco Brothers Trophy)
Senior "AAA" Volleyball

VII BOYS' CHAMPIONSHIPS AND RECORDS (information available on website)

Novice Basketball
Junior "A" Basketball (Levack High School Trophy)
Senior "A" Basketball (Mattawa Students' Council Cup)
Junior "AA" Basketball (McDonald Trophy)
Senior "AA" Basketball
Junior "AAA" Basketball (Gabor Cup)
Senior "AAA" Basketball (Patton Cup)
Novice Cross Country Running
Junior Cross Country Running (Dorst Trophy)
Senior Cross Country Running (Follis Memorial Trophy/McDouglas Trophy)
Cross Country Running (Grand Aggregate) (Nichol Memorial Trophy)
Curling (Imperial Esso Trophy)
Junior Football (Mansell Cup)
Senior Football (Poupore Cup)
Golf - Individual (Whittan Jewellery Trophy)
Golf - Team (Dr. Terry O'Shaughnessy Trophy)
Gymnastics
Hockey (Ennis Cup)
Alpine Skiing - 3 way (Pepsi Cup/Timmins Lions Club Trophy)
Alpine Skiing - Individual Level 1 Slalom
Alpine Skiing - Individual Level 2 Slalom
Alpine Skiing - Individual Level 3 Slalom
Alpine Skiing - Individual Level 1 Giant Slalom
Alpine Skiing - Individual Level 2 Giant Slalom
Alpine Skiing - Individual Level 3 Giant Slalom
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VIII COED CHAMPIONSHIPS AND RECORDS

Badminton - Novice Team Champions (Larry Bobbie Trophy)
Badminton - Junior Team Champions (Jim Muchmore Trophy)
Badminton - Senior Team Champions (Bumbacco Trophy)
Badminton - Combined Team (Steve Chen Trophy)
Badminton - Overall District (Lucio Fabris Trophy)
Cross Country Running - Combined
Alpine Skiing - Level 1 Combined (Pepsi Cup)
Alpine Skiing - Level 2 Combined
Nordic Skiing - Junior Combined (Brunelle/Ellen Trophy)
Nordic Skiing - Senior Combined (Coaches' Trophy)
Tennis
Track and Field Combined Aggregate

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

NOSSA PAST PRESIDENTS

YEAR	NAME	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
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

NOSSA PAST PRESIDENTS

YEAR	NAME	SCHOOL
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 -10	Jim Pedatella	St Basil SS
2011- 14	Tim Lowe	Esc Algonquin
2014- 17	Kim Chezzi MacLennan	Lively DSS
2017- 19	Nigel Good	Central Algoma SS
2020-	Dave Zagordo	St Mary's College

N.O.S.S.A. EXECUTIVE 2022-2023

Role	Name	School	School Ph.	Email
<u>BOARD OF DIRECTORS</u>				
Director	Karin Augenstein	Lockerby Composite	705-522-1750	augensk@rainbowschools.ca
Director	Sean Mullan	West Ferris SS	705-475-2333	sean.mullan@nearnorthschools.ca
Director	Jason Jacques	Espanola HS	705-869-1590	jacquej@rainbowschools.ca

Role	Name	School	School Ph.	Email
<u>ADDITIONAL OFFICERS</u>				
Honourary President	Helen Holomego			
Honourary VP	Carolyn Chesney			

Role	Name	School	School Ph.	Email
<u>OTHER OFFICERS</u>				
President (Sault)	Jared Klooster	Superior Heights C&VS	705-945-7170	kloostj@adsb.on.ca
	Terri-Lynn Della Penta	Superior Heights C&VS	705-945-7170	dellapt@adsb.on.ca
1st VP (Nipissing)	Sean Mullan	West Ferris SS	705-475-2333	sean.mullan@nearnorthschools.ca
2nd VP (Sudbury)	Marc Bertrand	Es du Sacré-Coeur	705-566-5511	marc.bertrand@nouvelon.ca
	Darren Michelutti	St Charles College	705-566-9605	darren.michelutti@sudburycatholicschools.ca
3rd VP (North Shore)	Jillian Peltier	Wikwemikong HS	705-859-2870	jpeltier@wbe-education.ca

Role	Name	School	School Ph.	Email
<u>DISTRICT SECRETARIES</u>				
Nipissing	Scot Quarrington	West Ferris SS	705-475-2333	scot.quarrington@nearnorthschools.ca
North Shore	Jillian Peltier	Wikwemikong HS	705-859-2870	jpeltier@wbe-education.ca
Sault Ste. Marie	Michelle Guzzo	St Mary's College	705-945-5540	michelle.guzzo@hscdsb.on.ca
	Marco Bernabucci	Korah Collegiate	705-945-7180	bernabm@adsb.on.ca
Sudbury	Dave Makela	RDSB Training Lab	705-675-0215 x8301	makelad@rainbowschools.ca

Role	Name	School	School Ph.	Email
<u>DISTRICT TREASURERS</u>				
Nipissing	Brandon Grube	FJ McElligott	705-472-5720	brandon.grube@nearnorthschools.ca
North Shore	Jillian Peltier	Wikwemikong HS	705-859-2870	jpeltier@wbe-education.ca
Sault Ste. Marie	Kim Policchio	Korah Collegiate	705-945-7180	lidstok@adsb.on.ca
Sudbury	Dave Winsa	Lo-Ellen Park SS	705-522-2320	winsad@rainbowschools.ca

Role	Name	School	School Ph.	Email
<u>NOSSA DELEGATES TO OFSAA</u>				
President	Dave Zagordo	St Mary's College	705-945-5540	david.zagordo@hscdsb.on.ca
Principals' Rep	Yves Poirier	Sudbury Secondary	705-674-7551	poiriev@rainbowschools.ca
Female Rep	Kim Chezzi MacLennan	Lively DSS	705-692-3671	chezzik@rainbowschools.ca
Male Rep	Tim Lowe	Esc Algonquin	705-472-8240	lowet@franco-nord.ca

Role	Name	School	School Ph.	Email
<u>NOSSA SECRETARY-TREASURERS</u>				
Treasurer	Laura Aubertin	Retired	705-969-4596	laura.aubertin2016@gmail.com
Secretary	Dave Makela	45 Spruce, Garson, P3L 1P8	705-675-0215 x8301	makelad@rainbowschools.ca

OTHER N.O.S.S.A. REPRESENTATIVES 2022-2023 (cont'd)

Role	Name	School	School Ph.	Email
<u>NOSSA REPS TO OFSAA SAC</u>				
Badminton	Peter Hausenblais	Elliot Lake SS	705-848-0103	hausenp@adsb.on.ca
Basketball	Dave Zagordo	St Mary's College	705-945-5540	david.zagordo@hscdsb.on.ca
Cross Country Running	Dave Gallant	Espanola HS	705-869-1590	galland@rainbowschools.ca
Curling	Lance Gorman	Lasalle SS	705-566-2280	gormanl@rainbowschools.ca
Nordic Skiing	Ryan Lafraniere	Lockerby Composite	705-522-1750	lafranr@rainbowschools.ca
Football	Marco Bernabucci	Korah Collegiate	705-945-7180	bernabm@adsb.on.ca
Golf	Patrick Lalonde	Esc Algonquin	705-472-8240	lalondep@franco-nord.ca
Hockey	Danika Brabant	Collège Notre-Dame	705-674-7484	danika.brabant@nouvelon.ca
Ski - Alpine	Karen Passi	Lasalle SS	705-566-2280	passik@rainbowschools.ca
Snowboarding	Colin Veevers	Lo-Ellen Park	705-522-2320	veeversc@rainbowschools.ca
Soccer	Mark Hopper	Chippewa HS	705-475-2341	mark.hopper@nearnorthschools.ca
Swimming	Janet Jorgensen	Lockerby Composite	705-522-1250	jorgenj@rainbowschools.ca
Track and Field	Dave Gallant	Espanola HS	705-869-1590	galland@rainbowschools.ca
Volleyball	Sherry Green	Lo-Ellen Park	705-522-2320	greenesh@rainbowschools.ca
	Dane MacVeigh	Lo-Ellen Park	705-522-2320	macveid@rainbowschools.ca
Wrestling	Trevor Manchester	Korah Collegiate	705-945-9180	manchet@adsb.on.ca

Role	Name	School	School Ph.	Email
<u>BOARD OF REFERENCE</u>				
	Yves Poirier	Sudbury Secondary	705-674-7551	poiriev@rainbowschools.ca
	Joey Turco	ADSB	705-945-7111	turcoj@adsb.on.ca
	Martin Punkari	Confederation SS	705-869-1590	punkarm@rainbowschools.ca

Role	Name	School	School Ph.	Email
<u>STEERING COMMITTEE</u>				
	Laura Aubertin	Retired	705-969-4596	laura.aubertin2016@gmail.com
	Jillian Peltier	Wikwemikong HS	705-859-2870	jpeltier@wbe-education.ca
	Ian Lawson	Chippewa SS	705-475-2341	ian.lawson@nearnorthschools.ca

Role	Name	School	School Ph.	Email
<u>RESOLUTIONS COMMITTEE CHAIRPERSON</u>				
	Heather Chambers	Retired	705-474-7681	0621chambers@gmail.com

Role	Name	School	School Ph.	Email
<u>N.O.S.S.A. ANNUAL MEETING</u>				

The 2023 Annual Meeting will be held in the North Bay District on **Thursday, April 27th**.

Role	Name	School	School Ph.	Email
<u>SIGNING AUTHORITY</u>				
	Laura Aubertin	Retired	705-969-4596	laura.aubertin2016@gmail.com
	Dave Makela	45 Spruce, Garson, P3L 1P8	705-675-0215 x8301	makelad@rainbowschools.ca

Role	Name	School	School Ph.	Email
<u>OFSAA</u>				
Executive Director	tbd	305 Milner Avenue, Suite 207	416-426-7438	
		Toronto, Ontario M1B 3V4		
Assistant Director	Shamus Bourdon	305 Milner Avenue, Suite 207	416-426-7440	shamus@ofsaa.on.ca
		Toronto, Ontario M1B 3V4		



N.O.S.S.A. ACTIVITY CALENDAR 2022-2023

Refer to web calendar for event details - nossa.rainbowschools.ca






SPORTS	AGE GROUPS	CLASS.	DATE	OFSAA ENTRY	CONVENERS	SCHOOL	EMAIL
FALL SPORTS							
Golf	Open	n/a	Mon, Oct 3	Thu, Oct 6	Dez Collins	West Ferris SS	dezgolf73@gmail.com
Cross Country Running	Nov/Jr/Sr	n/a	Wed, Oct 26	Tue, Nov 1	Ryan Travers	St Joe/Scollard Hall	traversr@npsc.ca
Football (Final)	Jr	n/a	Sat, Nov 5	n/a	Marco Bernabucci	SSMAA	bernab@adsb.on.ca
Football (Semi Final)	Sr	n/a	Sat, Nov 5	n/a	Brandon Dougan	Lasalle SS	douganb@rainbowschools.ca
Football (Final)	Sr	n/a	Sat, Nov 12	Tue, Nov 22		TBD	
Basketball - Girls	Open	B	Thu, Nov 17	n/a	Kareena Lindsay	Elisabeth-Bruyère	lindsayk@franco-nord.ca
					Tori Martin	FJ McElligott	tori.martin@nearnorthschools.ca
Basketball - Girls	Jr/Sr	A	Fri-Sat, Nov 18-19	Sat, Nov 19	Sean Mullan	West Ferris SS	sean.mullan@nearnorthschools.ca
					Sean Madigan	West Ferris SS	sean.madigan@nearnorthschools.ca
Basketball - Girls	Jr/Sr	AA/AAA	Fri-Sat, Nov 18-19	Sat, Nov 19	Davie Zagordo	St Mary's College	david.zagordo@hscdsb.on.ca
Volleyball - Boys	Open	B	Thu, Nov 17	n/a	Erin Bourgeois	Elisabeth-Bruyère	erin.bourgeois@nearnorthschools.ca
					Carter Hodgson	FJ McElligott	carter.hodgson@nearnorthschools.ca
Volleyball - Boys	Jr	A	Thu, Nov 17	n/a	Andrew Argall	Manitoulin SS	argalla@rainbowschools.ca
	Sr	A	Fri, Nov 18	Sat, Nov 19	Andrew Argall	Manitoulin SS	argalla@rainbowschools.ca
Volleyball - Boys	Jr/Sr	AA/AAA	Thu-Sat, Nov 17-19	Sat, Nov 19	Craig Nodwell	Chippewa SS	craig.nodwell@nearnorthschools.ca
WINTER SPORTS							
Nordic Skiing - B&G	Jr/Sr	n/a	Thu, Feb 16	Sat, Feb 18	Andrew Koski-Harja	Chippewa SS	andrew.koskiharja@nearnorthschools.ca
Alpine Skiing - B&G	Open	Lev I & II	Wed, Feb 15	Tue, Feb 21	Tom O'Grady	Elliot Lake SS	ogrady@adsb.on.ca
Snowboarding	Open	n/a	Wed, Feb 22	Thu, Feb 23	Colin Veevers	Lo-Ellen Park SS	veeverc@rainbowschools.ca
Swimming-B&G	Open	n/a	Fri, Jan 13	Wed, Mar 1	Laura Stanyon	Lockerby CS	stanyol@rainbowschools.ca
					Janet Jorgensen	Lockerby CS	jorgeni@rainbowschools.ca
Wrestling - Boys and Girls	Open	n/a	Fri, Feb 17	Wed, Mar 1	Sergio Campioni	St Mary's College	sergio.campioni@gmail.com
Basketball - Boys	Open	B	Fri, Feb 24	n/a	Anne Blanchette	ES Hanmer	anne.blanchette@cspgno.ca
Basketball - Boys	Jr/Sr	A	Fri-Sat, Feb 24-25	Tue, Feb 28	Sam Levack	West Ferris SS	samuel.levack@nearnorthschools.ca
Basketball - Boys	Jr/Sr	AA/AAA	Fri-Sat, Feb 24-25	Tue, Feb 28	Jeff Giovanatti	White Pines C&VS	giovani@adsb.on.ca
Volleyball - Girls	Open	B	Sat, Feb 25	n/a	Marc Bertrand	Es Sacré-Coeur	marc.bertrand@nouvelon.ca
Volleyball - Girls	Jr/Sr	A	Fri, Feb 24	Tue, Feb 28	Patrick Gervais	Esc l'Horizon	patrick.gervais@nouvelon.ca
Volleyball - Girls	Jr/Sr	AA	Thu, Feb 23	Tue, Feb 28	Nancy Cirullo	St Joe/Scollard Hall	cirullon@npsc.ca
Volleyball - Girls	Jr/Sr	AAA	Fri, Feb 24	Tue, Feb 28	Terri-Lynn Della Penta	Superior Heights	dellapt@adsb.on.ca
Curling - Boys and Girls	Open	n/a	Tue-Wed, Mar 7-8	Thu, Mar 9	Nigel Good	Central Algoma HS	goodn@adsb.on.ca
Hockey - Boys	Senior	A/AA, AAA	Mon-Tue, Mar 6-7	Thu, Mar 9	Mike Oliveira	Lourdes Cath. ES	mike.oliveira@hscdsb.on.ca
Hockey - Girls	Open	A/AA,AAA	Mon-Tue, Mar 6-7	Thu, Mar 9	René Dubuc	Esc Franco-Cite	dubucr@franco-nord.ca
SPRING SPORTS							
Badminton - B&G	Nov/Jr/Sr	n/a	Thu-Fri, Apr 27-28	Sat, Apr 29	Brigitte Marleau	Esc Franco-Cite	marleaub@franco-nord.ca
Baseball - Boys	Open	n/a	Tue-Wed, May 30-31	Thu, Jun 1	Jean-Gilles Larocque	St Charles College	jeangilles.larocque@sudburycatholicschools.ca
Gymnastics - Girls	Open	n/a	Tue, Mar 28	n/a	Heather Theijsmeijer	Manitoulin SS	theijsh@rainbowschools.ca
Tennis - Boys and Girls	Open	n/a	Fri, May 26	Tue, May 30	Jordan Smith	Manitoulin SS	smithjo@rainbowschools.ca
Track and Field - B&G	Nov/Jr/Sr	n/a	Wed-Thu, May 31-Jun 1	Sat, Jun 3	Laura Stanyon	Lockerby CS	stanyol@rainbowschools.ca
					Karin Augenstein	Lockerby CS	augensk@rainbowschools.ca
Soccer-Boys	Jr/Sr	A	Fri, Jun 2	Sat, Jun 3	Sean Mullan	West Ferris SS	sean.mullan@nearnorthschools.ca
Soccer-Boys	Sr	AA/AAA	Fri-Sat, Jun 2-3	Sat, Jun 3	Matt Cootes	Lasalle SS	cootesm@rainbowschools.ca
Soccer-Boys	Jr	AA	Fri, Jun 2	n/a	Matt Cootes	Lasalle SS	cootesm@rainbowschools.ca
Soccer-Boys	Jr	AAA	Fri, Jun 2	n/a	Matt Cootes	Lasalle SS	cootesm@rainbowschools.ca
Soccer-Girls	Open	A	Fri, Jun 2	Sat, Jun 3	Sean Mullan	West Ferris SS	sean.mullan@nearnorthschools.ca
Soccer-Girls	Open	AA/AAA	Fri-Sat, Jun 2-3	Sat, Jun 3	Christopher Czop	St Mary's College	christopher.czop@hscdsb.on.ca

N.O.S.S.A. FOUR YEAR ACTIVITY CALENDAR




ACTIVITY		2022-2023	2023-2024	2024-2025	2025-2026	NOTES
FALL						
Golf		Nipissing	Sudbury	North Shore	Nipissing	
Cross Country Running		Nipissing	Sudbury	Sault	North Shore	
Junior Football - Final		B @ Sault	@ Sud	@ Sault	@ Sud	
Senior Football - Semi		B Sault @ Sud	Sault @ Nip	Sud @ Sault	Nip @ Sud	2009-2021 balanced
Senior Football - Final		B @semi winner	@semi winner	@semi winner	@semi winner	
Basketball Open	B	G Nipissing	Sudbury	Sault	North Shore	
Basketball (J-S)	A	G Nipissing	Sault	Sudbury	North Shore	
Basketball (J-S)	AA/AAA	G Sault	Nipissing	Sault	Sudbury	
Volleyball Open	B	B Nipissing	North Shore	Sudbury	North Shore	
Volleyball (J-S)	A	B North Shore	Nipissing	Sudbury	Nipissing	
Volleyball (J-S)	AA/AAA	B Nipissing	Sudbury	Nipissing	Sudbury	
ACTIVITY						
WINTER						
Nordic Skiing		Nipissing	Sudbury	Nipissing	Sudbury	
Alpine Skiing		North Shore	Sudbury	North Shore	Sudbury	
Swimming		Sudbury	North Shore	Sudbury	Nipissing	
Wrestling		Sault	Sudbury	North Shore	Sault	
Curling		North Shore	Nipissing	Sault	Sudbury	
Basketball (Open)	B	B Sudbury	North Shore	Sault	Nipissing	
Basketball (J-S)	A	B Nipissing	North Shore	Sudbury	Sault	
Basketball (J-S)	AA/AAA	B Sault	Sudbury	Nipissing	Sault	
Volleyball Open	B	G Sudbury	North Shore	Sault	Nipissing	
Volleyball (J-S)	A	G Sudbury	Nipissing	North Shore	Sudbury	
Volleyball (J-S)	AA	G Nipissing	Sault	Sudbury	Nipissing	
Volleyball (J-S)	AAA	G Sault	Sudbury	Nipissing	Sault	
Hockey	A/AA, AAA	B Sault	Sudbury	Nipissing	Sault	
Hockey	A/AA,AAA	G Nipissing	Sudbury	Nipissing	Sudbury	
ACTIVITY						
SPRING						
Badminton		Nipissing	Sault	Sudbury	Nipissing	
Tennis		North Shore	Sudbury	Nipissing	North Shore	NDA addition to rotation in 2021
Gymnastics		G Sudbury	Sudbury	Sudbury	Sudbury	
Track & Field		Sudbury	Nipissing	Sault	Sudbury	
Baseball	Open	B Sudbury	Sudbury	Sudbury	Sudbury	
Soccer Sr	A	B Nipissing	Sault	Sudbury	Nipissing	
Soccer Sr	AA/AAA	B Sudbury	Nipissing	Sault	Sudbury	AA & AAA combined in 2023
Soccer Sr	AAA	B n/a	n/a	n/a	n/a	
Soccer Jr	A	B Nipissing	Sault	Sudbury	Nipissing	
Soccer Jr	AA	B Sudbury	Nipissing	Sault	Sudbury	AA jr & sr in same city
Soccer Jr	AAA	B Sudbury	Nipissing	Sault	Sudbury	
Soccer Open	A	G Nipissing	Sault	Sudbury	Nipissing	
Soccer Open	AA/AAA	G Sault	Sudbury	Nipissing	Sault	AA & AAA combined in 2023
Soccer Open	AAA	G n/a	n/a	n/a	n/a	
ACTIVITY						
OTHER						
Annual Meeting		Nipissing	North Shore	Sudbury	Sault	
Pete Beach Award		Nipissing	North Shore	Sudbury	Sault	
InnVest Hotels Award		Nipissing	North Shore	Sudbury	Sault	

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. Districts have until first Friday of the school year to confirm their participation in NOSSA junior boys football.

<u>NIPISSING DISTRICT</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
1. E.S.C. Algonquin (NOAL) 555 Algonquin Avenue North Bay, Ontario P1B 4W8 Ph. 472 8240 FAX 472-8476  @EcolesecondairecatholiqueAlgonquin  @ESCAAlgonquin	Tim Lowe lowet@franco-nord.ca Pat Lalonde lalondep@franco-nord.ca	Maroon/White Barons "A"
2. E.S. Franco-Cite (NOFC) 90 Rue Main Sturgeon Falls, Ontario P2B 2Z7 Ph. 753-1510 FAX 753-5370  @escfc  @FauconsFC	René Dubuc dubucr@franco-nord.ca Michelle Goulard goulardm@franco-nord.ca	Orange/Black/ White Patriotes "A"
3. Chippewa Secondary School (NOCW) 539 Chippewa St. W. North Bay, Ontario P1B 6G8 Ph. 475-2341 ext 7 FAX 476-0845  @cssraiders  @CSS_CarpeDiem	Ian Lawson ian.lawson@nearnorthschools.ca	Scarlet/Gold Raiders "AA"
4. E.S.C. Élisabeth-Bruyère (NOEB) 359, rue Brydges, C.P. 1010 Mattawa, Ontario. P0H 1V0 Ph. 744-5505  @ESCEBMattawa  @ESCEB_Mattawa	Kareena Lindsay lindsayk@franco-nord.ca	Purple/Grey/Black Loups "A"/"B"
5. F.J. McElligott (NOME) 370 Pine Street Mattawa, Ontario. P0H 1V0 Ph. 472-5720 FAX 744-0786  @  @FJMVoyageurs	Erin Bourgeois erin.bourgeois@nearnorthschools.ca	Blue/Gold Voyageurs "A"/"B"
6. Northern SS (NONO) 175 Ethel Street Sturgeon Falls, Ontario P2B 2Z8 Ph. 472-5322 and 753-2888 FAX 753-2400  @EcoleSecondaireNipissingOuest  @	Daniel Stevens daniel.stevens@nearnorthschools.ca	Silver/Red Braves "A"/"B"

<u>NIPISSING DISTRICT (cont'd)</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
7. Ecole Secondaire Nipissing Ouest (NONW) 175 Ethel Street Sturgeon Falls, Ontario P2B 2Z8 Ph. 472-5322 and 753-2888 FAX 753-2400  @EcoleSecondaireNipissingOuest  @	Pamela Sullivan pamela.sullivan@cspne.ca	Royal blue/Turquoise Les Aigles "A"/"B"
8. St. Joseph-Scollard Hall (NOSJ) 675 O'Brien North Bay, Ontario P1B 9R3 Ph. 494-8600 FAX 494-4778  @SJSHBears  @AthelticsSjsh	Ashley Hummel (ext 40245) hummela@npsc.ca David Wieggers (ext 40440) wieggerd@npsc.ca	Green/Gold Bears "AA"
9. West Ferris Sec. School (NOWF) 60 Marshall Park Drive North Bay, Ontario P1A 2P2 Ph. 475-2333 FAX 497-7945  @West-Ferris-Updates  @wftrojans	Sean Mullan sean.mulan@nearnorthschools.ca	Green/White Trojans "A"
10. ESP Odyssée (NOEO) 480 Norman Avenue North Bay, Ontario P1B 0A8 Ph. 474-5500 x238 FAX 474-6600  @esp.odyssee  @cspne.ca	Luc Villeneuve luc.villeneuve@cspne.ca	Blue/Silver/White Phénix "A"/"B"

NORTH SHORE DISTRICT SCHOOL	CONTACT PERSONS	COLOURS TEAM NAME CLASSIFICATION
1. Central Algoma S. S. (NOCA) Kensington Road Desbarats, Ontario. P0R 1E0 Ph. 782-6263 FAX 782-4288  @Central-Algoma-Secondary  @CAIS_CASS	Nigel Good goodn@adsb.on.ca	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  @WCEaket  @WCEaket	Jonathan Lauricella lauricj@adsb.on.ca Brian Beauchamp beauchb@adsb.on.ca	Blue/Gold Royals "A"/"B"
3. Elliot Lake S. S. (NOEL) 303 Mississauga Avenue Elliot Lake, Ontario P5A 1E8 Ph. 848-7162 FAX 848-0103  @Elliot-Lake-Secondary-School-Friends  @ELSS_INFO	Liam Halligan halligl@adsb.on.ca	Red/White Atoms "A"
4. Espanola High School (NOES) 147 Spruce St. Espanola, Ontario P5E 1R7 Ph. 869-1590 FAX 675-0229  @EspanolaHighSchool  @	Jason Jacques jacquej@rainbowschools.ca Tim Greenough greenot@rainbowschools.ca	Green/White Spartans "A"
5. Manitoulin Sec. School (NOMI) Box 307, M'Chigeeng, Ontario P0P 1G0 Ph. 368-7000 FAX 368-7001  @manitoulinsecondaryschool  @	Jordan Smith smithj@rainbowschools.ca	Black/Gold Mustangs "A"
6. E.S.C. Jeunesse Nord (NOJN) C.P. 117, Blind River, Ontario P0R 1B0 Ph. 356-1688 FAX 356-2435  @Esc-Jeunesse-Nord  @	Eric Simons eric.simons@nouvelon.ca	Burgundy/ Grey/Black "A"/"B"

<u>NORTH SHORE DISTRICT (cont'd)</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
7. Villa Francaise Des Jeunes (NOVF) 11 Avenue Edinburg Elliot Lake, Ontario P5A 2M3 Ph. 848-2259 FAX 848-2390  @Ecole-secontaire-Villa-Francaise-des-Jeunes  @	Christian Giroux christian.giroux@cspgno.ca	White/Black/Orange/ Elite "A"/"B"
8. Wikwemikong High School (NOWH) 34 Henry Street Wikwemikong, Ontario P0P 2J0 Ph. 859-2870 FAX 859-2407  @Wikwemikong-High-School-Students'-Council  @wasseabinwhs	Jillian Peltier jpeltier@wbe-education.ca Cameryn Beaudry cbeaudry@wbe-education.ca	Red/White/Black Warriors "A"/"B"
9. E.s.c. La Renaissance (NOFO) 301 Church Street Espanola, Ontario P5E 1B3 Ph: 869-3530  @Ecole-Secontaire-Catholique-Franco-Ouest  @	JoAnne Gagnon Beauchamp joanne.gagnonbeauchamp@nouvelon.ca	Blue/White Lynx "A"/"B"

SAULT STE. MARIE
DISTRICT SCHOOL

CONTACT
PERSONS

COLOUR
TEAM NAME
CLASSIFICATION

- | | | |
|---|--|--|
| 1. Korah Collegiate and Vocational School (NOKO)
636 Goulais Avenue
Sault Ste. Marie, Ont. P6C 5A7
Ph. 945-7180 FAX 945-0750
 @korahBSM
 @KorahCollegiate | Greg Arbour
arbourg@adsb.on.ca
Kim Policicchio
lidstok@adsb.on.ca | Brown/Gold
Colts
"AA" |
| 2. Notre-Dame-du-Sault (NODS)
250 St. Georges Avenue, East
Sault St. Marie, Ont. P6B 1X5
Ph. 945-5541 FAX 942-5512
 @NotreDameduSault
 @ | Louis Charbonneau
louis.charbonneau@nouvelon.ca | Royal Blue/
Grey
"A"/"B" |
| 3. St. Mary's College (NOSM)
868 Second Line East
Sault Ste. Marie, Ont. P6B 4K5
Ph. 945-5540 FAX 945-5561
 @smcssm
 @SMC_Council | Dave Zagordo
dave.zagordo@hscdsb.on.ca
Michelle Guzzo
michelle.guzzo@hscdsb.on.ca | Black/Maroon/White/
Silver
Knights
"AA" |
| 4. Superior Heights C & VS (NOSH)
750 North Street
Sault Ste. Marie, ON P6B 2C5
Ph. 945-7170 Fax 945-8737
 @Superior-Heights
 @SHSteelhawks | Jared Klooster
kloostj@adsb.on.ca
Terry Lyn Della Penta
dellapt@adsb.on.ca | Royal Blue/Silver
Steelhawks
"AA" |
| 5. White Pines Collegiate and Vocational School (NOWP)
1007 Trunk Road
Sault Ste. Marie, Ont. P6A 5K9
Ph. 945-7181 FAX 945-0726
 @White-Pines-Collegiate
 @WPCVS | Wendy Basawa
basawaw@adsb.on.ca
Mike Cowan
cowanm@adsb.on.ca | Forest Green/White
Wolverines
"A" |

<u>SUDBURY DISTRICT</u> <u>SCHOOL</u>	<u>CONTACT</u> <u>PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
1. Bishop Alexander Carter CSS (NOAC) 539 Francis Street Hanmer, Ontario P3P 1E6 Ph. 969-2212 FAX 969-8133  @bishopcartercss  @BishopCarterCSS	Laura Tagliafierro laura.tagliafierro@sudburycatholicschools.ca	Gold/Navy/White Golden Gators "A"
2. ESC Champlain (NOCH) 61 Rue Brookside Chelmsford, Ont. P0M 1L0 Ph. 855-9046 FAX 855-9048  @escchamplain  @CSCNouvelOn	Miguel Bélanger miguel.belanger@nouvelon.ca	Red/Black Requins (Sharks) "A"/"B"
3. Chelmsford Valley District Composite School (NOCV) 3594 Highway 144 Chelmsford, Ont. P0M 1L0 Ph. 675-0225 FAX 675-0226  @cvdcsrcainbowschools  @cvdcsrcflyers	Glenn Murray murrayg@rainbowschools.ca Michael McQuarrie mcquarm@rainbowschools.ca	Royal Blue/White Flyers "A"/"B"
4. Confederation S. S. (NOCF) Box 1000, 1918 Main Street Val Caron, Ont. P3B 2R8 Ph. 671-5948 FAX 671-5949  @HomeoftheChargers  @ConfederationSS	Brad Smith smithbr@rainbowschools.ca	Green/Gold/White Chargers "A"
5. Ecole Secondaire Hanmer (NOHA) 4800, rue Notre-Dame Hanmer, Ont. P3P 1X5 Ph. 969-4402 FAX 969-3643  @eshanmer  @eshanmer	Anne Blanchette anne.blanchette@cspgno.ca	Orange/Navy Sabres "A"/"B"
6. E. S. du Sacre-Coeur (NOSA) 261 Notre Dame Sudbury, Ont. P3C 5K4 Ph. 566-5511 FAX 566-5688  @Ecole-secondaire-du-Sacre-Coeur  @	Marc Bertrand marc.bertrand@nouvelon.ca	Grey/Royal/White Griffon "A"/"B"

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

- | | | |
|--|---|--|
| <p>7. E. S. Catholique l'Horizon (NOLZ)
 1650 Valley View Rd.
 Val Caron, Ont. P3N 1S2
 Ph. 897-2503 FAX 897-2504
  @eschorizon
  @eschorizon</p> | <p>Paul Renaud
 paul.renaud@nouvelon.ca
 Patrick Gervais
 patrick.gervais@nouvelon.ca</p> | <p>Green/White
 Aigles
 "A"</p> |
| <p>8. Lasalle Secondary School (NOLS)
 1545 Kennedy St.
 Sudbury, Ontario. P3A 2G1
 Ph. 566-2280 FAX 671-5951
  @Lasalle-Secondary-School
  @LSSLancerNews</p> | <p>Stephane Jacques
 jacquest@rainbowschools.ca
 Karen Passi
 passik@rainbowschools.ca</p> | <p>Black/White/Orange
 Lancers
 "AA"</p> |
| <p>9. Lively District Sec School (NOLI)
 265 5th Avenue, Box 430
 Lively, Ont. P3Y 1M4
 Ph. 692-3671 x6454 FAX 692-9510
  @Lively-District-Secondary-School
  @LivelySecondary</p> | <p>Mike Asunmaa
 asunmam@rainbowschools.ca
 Kim Chezzi
 chezzik@rainbowschools.ca</p> | <p>Black/White/Gold
 Hawks
 "A"</p> |
| <p>10. Lockerby Composite School (NOLK)
 1391 Ramsey View Crt
 Sudbury, Ont. P3E 5T4
 Ph. 522-1750 x6555
  @lockerbyvikings
  @LockerbySports</p> | <p>Karin Augenstein
 augensk@rainbowschools.ca
 Stephen Beausoleil
 beausos@rainbowschools.ca</p> | <p>Forest Green/Gold
 Vikings
 "A"</p> |
| <p>11. Lo-Ellen Park Secondary School (NOLO)
 275 Loach's Road
 Sudbury, Ont. P3E 2P8
 Ph. 522-2320 FAX 522-2322
  @loellenss
  @loellenpark</p> | <p>Sherry Green
 greenish@rainbowschools.ca
 Dane MacVeigh
 macveid@rainbowschools.ca</p> | <p>Purple/White/Gold
 Knights
 "AA"</p> |
| <p>12. E. S. Macdonald-Cartier (NOMC)
 37 Lasalle Blvd. West
 Sudbury, Ont. P3A 1W1
 Ph. 566-7660 FAX 566-3433
  @esmacdonaldcartier
  @ESMCsudbury</p> | <p>Ron Poulin
 poulinr@cspgno.ca
 Marc Savage
 savagem@cspgno.ca</p> | <p>Red/White/Blue
 Pantheres
 "A"</p> |

<u>SUDBURY DISTRICT (cont'd)</u>	<u>CONTACT PERSONS</u>	<u>COLOURS</u> <u>TEAM NAME</u> <u>CLASSIFICATION</u>
<u>SCHOOL</u>		
13. Marymount Academy (NOMM) 165 D'Youville St. Sudbury, Ont. P3C 5E7 Ph. 674-4231 FAX 674-5619  @MarymountAcad  @MarymountAcad	Ashley Gattoni ashley.gattoni@sudburycatholicschools.ca Rob Van Mierlo robert.vanmierlo@sudburycatholicschools.ca	White/Navy/Burgundy Regals "A"
14. College Notre-Dame (NOND) 100 Rue Levis Sudbury, Ont. P3C 2H1 Ph. 674-7484 FAX 674-9054  @College-Notre-Dame-Sudbury  @College_N_Dame	Joey DiMaio joey.dimaio@nouvelon.ca	Navy/White Alouettes "A"
15. ES Riviere-des-Francais (NOFR) 11 Lahaie St, Box 160 Noelville, Ont. POM 2N0 Ph. 898-2282 FAX 898-2134  @rivieredesfrancais  @	Eric Quenneville eric.quenneville@cspgno.ca	Red/White/Black Muskies "A"/"B"
16. St. Benedict Secondary School (NOBE) 2993 Algonquin Road Sudbury, Ontario P3E 4X5 Ph. 523-9235 x325 FAX 523-4115  @StBenedictBears  @StBenedictSud	Troy Brushett troy.brushett@sudburycatholicschools.ca	Sky Blue/Navy/ White Bears "A"
17. St. Charles College (NOSC) 1940 Hawthorne Drive Sudbury, Ont. P3A 1M8 Ph. 566-9605 ext 1311 FAX 566-9603  @St-Charles-College  @SCCcards	Darren Michelutti darren.michelutti@sudburycatholicschools.ca	Cardinal Red/Grey Cardinals "AA"
18. Sudbury Secondary School (NOSU) 154 College Street Sudbury, Ont. P3C 4Y2 Ph. 674-7551 FAX 674-5383  @sudburysecondary  @SudburySec	Bill Gordon gordonb@rainbowschools.ca Kent Rendell rendelk@rainbowschools.ca	Blue/White/Red North Stars "A"


SUDBURY DISTRICT (cont'd)
SCHOOL

CONTACT
PERSONS


COLOURS
TEAM NAME
CLASSIFICATION

Dave Makela, Athletic Administrator – Sudbury District, Secretary - NOSSA
 Rainbow DSB Training Lab – Northeastern Elementary School
 45 Spruce, Garson, ON, P3L 1P8
 Ph. 675-0215 ext 8301 FAX 675-0216
 Email: makelad@rainbowschools.ca

 @sdssaasudbury

 @sdssaa1

Website address: sdssaa.rainbowschools.ca

 @nossanorthernontario

 @NOSSASports

Website address: nossa.rainbowschools.ca

PETE BEACH AWARD SELECTION

Click here for a
list of past
winners

1.
 - a) Nominees may be active, retired or deceased teachers-coaches.
 - b) The selection of a recipient will be rotated amongst the four N.O.S.S.A. Districts according to the order set in the Four Year Calendar.
 - c) The selection of a recipient will be left to the discretion of the nominating district.
2.
 - a) The district selection committee shall announce the name of the recipient to the April Annual Meeting.
 - b) The Secretary Treasurer shall inform O.F.S.A.A. of the name of the recipient by May 15.
 - c) The recipient shall be presented with the award at the annual meeting of the district or at some other suitably arranged time.

THE PETE BEACH AWARD

The Pete Beach Award is named in honour of Mr. N. A. Pete Beach, a former Executive Director of O.F.S.A.A., who died in 1984. Mr. Beach recognized, early in his career, that school sport possessed a substantial and verifiable trait of the capacity to contribute beyond sport to a young persons's future career and life. For the next fifty years, he devoted his energy to the organizational development of school sport and thus to the service of young people.

In view of the complexity of the developmental process, it is a rare educator indeed who has the capacity to utilize the medium of school sport in such a way as to positively and sufficiently influence students in the remainder of their lives. That educator is one who consistently provides an impression of stability and optimism; one who enjoys the company, and the respect of young people; one who embodies and initiates by example, the highest traditions of the sports person; one who best typifies the true function of the teacher-coach - a source of discipline, a mentor and a friend.

<u>CRITERIA</u>	
1. During his/her career the nominee has been: <ul style="list-style-type: none"> a) Active as a teacher-coach. b) Active as a convener. c) Active in the administration of N.O.S.S. activities. d) Influential in the development of their student athletes as a source of discipline, as a mentor and as a friend. 	
NOMINEE:	DISTRICT:
1. CONTRIBUTIONS AS A TEACHER-COACH	
2. CONTRIBUTIONS IN ATHLETIC ADMINISTRATION	
3. PERSONAL ATTRIBUTES.	

NORTHERN ONTARIO SECONDARY SCHOOL ATHLETICS
N.O.S.S.A.



ARTICLE I: NAME

This Association shall be known as the Northern Ontario Secondary School Association Incorporated (N.O.S.S.A.).

ARTICLE II: PURPOSE

The Purpose of this Association shall be the establishment and operation of an athletics association for:

- a) encouraging and promoting interschool athletic competition among the students of secondary schools located in Northern Ontario.
- b) establishing a closer relationship among the secondary schools in Northern Ontario for interschool competition
- c) arranging competitions and establishing and granting awards and distinctions
- d) fostering goodwill and sportsmanship among secondary school interschool athletic competitions and such other complementary purposes not inconsistent with these objectives
- e) all N.O.S.S.A. events shall be smoke free

ARTICLE III: MEMBERSHIP**SECTION 1**

This Association shall consist of all secondary schools in Northern Ontario located between the following areas currently within the jurisdiction of:

- a) On the East - Eastern Ontario Secondary Schools Athletic Association
- b) On the South - Georgian Bay Secondary Schools Athletic Association
- c) On the West - Northwestern Ontario Secondary Schools Athletic Association
- d) On the North - Northeastern Ontario Secondary Schools Athletic Association

That schools stay in their historically preceded areas unless the school involved requests or consents to move and has the consent of the district it wishes to move from and the permission of the district it wishes to move to.

SECTION 2

This Association shall be divided into Districts as follows:

- | | |
|---------------------|------------------------------|
| 1. Nipissing | 3. North Shore District |
| 2. Sudbury District | 4. Sault Ste. Marie District |

SECTION 3

The Boundaries of these Districts shall be determined by the Association. Requests to change District Boundaries or the request of a school to change District must be made in writing to the District concerned and presented to the Annual Association meeting for approval.

SECTION 4

In order to be eligible for N.O.S.S.A. competition in a league or individual sport, the athlete or team must have played in the local league or tournament at the District level where available..

SECTION 5

- a) This Association may include in its membership, schools from outside the geographic boundary of N.O.S.S.A. Such schools shall be granted associate member status for specific purposes and limitations as described at the time of admission. Voting rights shall apply to these limitations only.
- b) Any school requesting membership must make written application to the District concerned. If the application is accepted according to the constitution of that District that school shall then be eligible to enter N.O.S.S.A. competition.

ARTICLE IV: OFFICERS AND DUTIES**SECTION 1**

Each District shall have an Executive.

SECTION 2

- a) The Executive shall be directed to meet at least once in addition to the Annual meeting, at the end of November after the fall sport season, to address concerns of the Association.
- b) The corporation shall consist of four first directors.
- c) The N.O.S.S.A. Executive shall consist of additional officers who shall be named at the Annual Meeting:
 - Honorary Presidents. Miss H. Holomego (Kingston)
 - Honourary Vice President The President of OFSAA
 - Past President N.O.S.S.A. President of preceding year
 - President A District President or designate
 - 1st Vice President..... A District President or designate
..... (of next District to be President)
 - 2nd Vice President A District President or designate
..... (of next District to be 1st Vice-President)
 - 3rd Vice President A District President or designate
..... (of next District to be 2nd Vice-President)
 - Secretary Appointed by the Association
 - Treasurer (one male and one female/permanent appointments)
- d) Other Officers
 - i) District Secretaries
 - ii) District Treasurers – Nipissing, North Shore, Sault Ste. Marie, Sudbury
 - iii) OFSAA Representatives (elected for 2 year period)
 - a) CGA Rep. (Committee for Girls Activities) - elected for a minimum two year period. Alternate election year with CBA rep (2004).
 - b) CBA Rep. (Committee for Boys Activities) - elected for a minimum two year period. Alternate election year with CGA rep (2003).
 - c) 1 Principal's Rep.
 - d) The Association President
 - e) Officers of the President and Vice-President shall be a three year term following the rotation listed below. Each district is to determine their own process for selecting a President and Vice-President. The Vice-President will attend the OFSAA AGM when the President is unable to do so.

<u>Year</u>	<u>President</u>	<u>Vice President</u>	<u>NOSSA AGM</u>
2020-2021	Sault Ste. Marie	Nipissing	(cancelled)
2021-2022	Sault Ste. Marie	Nipissing	Sault Ste. Marie
2022-2023	Sault Ste. Marie	Nipissing	Nipissing
2023-2024	Nipissing	Sudbury	North Shore
2024-2025	Nipissing	Sudbury	Sudbury
2025-2026	Nipissing	Sudbury	Sault Ste. Marie
2026-2027	Sudbury	North Shore	Nipissing
2027-2028	Sudbury	North Shore	North Shore
2028-2029	Sudbury	North Shore	Sudbury
2029-2030	North Shore	Sault Ste. Marie	Sault Ste. Marie
2030-2031	North Shore	Sault Ste. Marie	Nipissing
2031-2032	North Shore	Sault Ste. Marie	North Shore

SECTION 3

All officers of the Executive shall be chosen only from those persons engaged in the staffs of Association member schools in their respective Districts.

SECTION 4: DUTIES OF THE PRESIDENT

- a) to preside over Executive meetings
- b) to preside over the Annual Association Meeting
- c) to appoint a Steering Committee for the Annual Meeting
- d) to appoint special committees when necessary

SECTION 5: DUTIES OF THE SECRETARY AND TREASURER

- a) to deposit all monies received by the Association into a separate bank account held for this sole purpose
- b) to disburse any debts of the Association
- c) to present a financial statement of income and disbursements to the Annual Meeting of the Association.
- d) to record the business of the Association
- e) to issue pertinent information to member schools and Districts
- f) to compile a list of District Conveners to be sent to each school along with the usual fall package.

SECTION 6: DUTIES OF THE EXECUTIVE

- a) to convene at the President's request or at the request of three of the District Presidents
- b) to authorize disbursements exceeding \$150 at times other than the Annual Association Meeting or payment for NOSSA Championship banners, medals and insurance.
- c) The Executive Committee of the Association shall consist of the regular Officers and they shall exercise full control over all funds of the organization and over all matters pertaining to the management of the Association, subject to an appeal to the Association as a whole, at the written request of any three(3) schools in the Association.
- d) The Executive will serve as the Classifications Committee and will meet at the request of any school in the Association on classification appeals.
This Committee shall rule on situations not specifically covered by the Constitution.

SECTION 7: DUTIES OF DISTRICT SECRETARY

- a) to communicate with their District Schools regarding N.O.S.S.A. business
- b) to represent their District at N.O.S.S.A. Appeal hearings
- c) to collect information from time to time as requested by the N.O.S.S.A. Secretary or Treasurer and/or the President
- d) to submit to the N.O.S.S.A. Secretary and Treasurer their District intents to participate in N.O.S.S.A. Championships
- e) to submit requests to the N.O.S.S.A. Board of Reference on behalf of a school
- f) to direct District concerns to the Chair of the N.O.S.S.A. Ad Hoc Committee
- g) circulate to all District Secretaries a list of their Sport Conveners, including school and contact information
- h) District Secretaries shall be responsible for obtaining final reports from conveners in their District and forwarding them to the N.O.S.S.A. Secretary and Treasurer by the Annual Meeting (exceptions: badminton, soccer and track and field). Districts will be fined \$25.00 for each report that is not submitted on time.

SECTION 8: DUTIES OF NOSSA CGA/CBA REPS

The NOSSA CGA or CBA rep will sent all OFSAA order paper results to the NOSSA Secretary to be posted on the NOSSA website and in an email to be forwarded to all NOSSA contacts.

ARTICLE V: COMMITTEES, MEETINGS & OFSAA REPRESENTATIVES**SECTION 1: SPECIAL COMMITTEES**

- a) When required, special committees may be appointed by the President, the Executive or the Association. The membership and the mandate of each committee shall be determined by the appointing body.
- b) All Committee Chairpersons and special representatives of the Association must submit a written report to the N.O.S.S.A. Secretary and Treasurer for distribution to relevant members.
- c) All correspondence for the Ad Hoc Committee should be circulated to all members of the committee. All correspondence should also be sent to the NOSSA President.

SECTION 2: RESOLUTIONS COMMITTEE

A Resolutions Committee shall:

- a) assist with the administration of the Annual Meeting
- b) consist of the District delegates (male & female), the N.O.S.S.A. Secretary and Treasurer, a chairperson who will be appointed at the previous Annual Meeting, the N.O.S.S.A. President and the OFSAA CGA, CBA and Principals' Rep.
- c) convene on the evening preceding the Annual Association Meeting.
- d) approve the following for presentation the next day:
 - i) to screen all the notices of motion (from each District) which are to be presented at the Annual Association Meeting to prevent duplication, to combine similar motions, but not to reject any motion.
 - ii) to prepare a slate of officers, conveners, delegates to OFSAA and committees, all of which shall be presented to the Annual Meeting for approval.
 - iii) to submit names of auditors to the Annual Meeting for approval.
- e) present the changes to Playing Regulations in reverse alphabetical order in alternating years (odd numbered years, ie. 1991).

SECTION 3: ANNUAL MEETING

- a) The annual Meeting of the Association shall be held on the last Friday of April. The time and location shall be approved at the previous meeting.
- b) Each District shall prepare and submit the following information to the resolutions committee:
 - i) slate of District Officers, to include Other Officers – President, 1st Vice President, etc., whichever applies by rotation,
 - ii) District Secretaries,
 - iii) NOSSA Reps to OFSAA SAC Committees – whichever may be required,
 - iv) Names of Principal Reps to serve on the NOSSA Board of Reference – one per district,
 - v) Steering Committee Members – as required.

- c) i) All notices of motion to amend the Constitution or Playing Regulations must be in writing to the appropriate Secretary-Treasurer three weeks prior to the Annual Meeting. A copy of these notices-of-motion shall be mailed to each district secretary at the same time.

Exceptions

- 1) Badminton and any other sport that may end after the convener's district meeting but prior to the Annual Meeting, the convener may submit them directly to the appropriate Secretary-Treasurer.
 - 2) Soccer and Track & Field and any other sport that may end after the Annual Meeting must be submitted through the convener's district meeting for next year's Annual Meeting.
- d) During the Annual Meeting, no motions should be accepted under new business which might have been submitted as a notice-of-motion, unless the motion is approved by the Steering Committee and then must be passed by a two-thirds majority.
 - e) At the Annual Association Meeting, the District shall provide a continental breakfast and noon-hour meal for all attending members and guests. The expenses for the AGM and the Resolutions meeting shall also be covered by the host district. The Association shall cover the expenses for the Resolution Committee members as outlined in Section 2: Resolutions Committee (b).
 - f) Dates for the Activity Calendar as submitted by the host District Secretaries may be changed at the Annual Meeting to have them reflect the specifics of the Playing Regulations for each activity.
 - g) Dates for the Activity Calendar as set at the Annual Meeting may only be changed as follows.
 - i) Following the OFSAA meeting in June our Male and Female Representatives, having noted a change in OFSAA dates, may suggest a similar change in N.O.S.S.A. dates and these changes will be forwarded immediately to each N.O.S.S.A. Secretary and recorded on the Activity Calendar.
 - ii) Conveners may change a date only after getting unanimous approval of District Conveners and if this is done at least 30 days prior to the scheduled date.
 - iii) If a convener requests a date change to the NOSSA activity calendar and both conditions stated in Section ii) above cannot be met; then the NOSSA convener must request that a Board of Reference be held to rule on the proposed date change. All efforts will be put forth to hold a Board of Reference, however if a Board of Reference cannot be convened in time to make a date change, then the original date MUST stand.
 - iv) The same high school cannot host two (2) NOSSA championships within the same season if the schedules cannot be accommodated within the specified dates.

SECTION 4: OTHER MEETINGS

- a) Special meetings of the Association other than the annual meeting shall be held either at the request of the Executive or as a result of a request from the principals of any three (3) member schools of the Association.
- b) All meetings of any special committee shall be held at the request of the chairperson of that committee.

SECTION 5: REPRESENTATIVES TO OFSAA COMMITTEES

- a) OFSAA AGM - N.O.S.S.A. shall appoint four (4) representatives to the Council, one of whom shall be a Principal or Vice-Principal, one the President, one male representative and one female representative.
- b) OFSAA Representative Council - the male and female representatives from (a) above.
- c) Committee for Boys Activities and Committee for Girls Activities - the male and female representatives from (a) above (these positions are for two (2) year terms).
- d) OFSAA Sports Committee Representatives will be determined at the Annual Meeting.

ARTICLE VI: VOTING

The Constitution and Playing Regulations shall be amended only at the Annual Meeting.

SECTION 1: VOTING ON CONSTITUTIONAL AMENDMENTS

- (a) written proxy votes are allowed and must be registered at the beginning of the AGM. No other proxy votes will be allowed after the original count for proxy votes is completed,
- (b) each school gets two votes (1 male, 1 female) and must be present to cast their vote with the exception of proxy votes that have been registered at the beginning of the AGM,
- (c) two-thirds majority of the votes cast by the membership (who are present during the vote) and all proxy votes that have been registered at the beginning of the AGM is required to pass motions providing there is a quorum. Abstentions will not be included in the calculation of the number of votes cast.

SECTION 2: VOTING ON CO-ED PLAYING REGULATIONS

- (a) proxy votes are not allowed.
- (b) each school gets two votes (1 male, 1 female) and must be present to cast their vote,
- (c) straight majority of the votes cast by the membership who are present during the vote is required to pass motions providing there is a quorum. Abstentions will not be included in the calculation of the number of votes cast.
- (d) in case of a tie vote, the chairperson shall cast the deciding vote.

SECTION 3: VOTING ON NON CO-ED PLAYING REGULATIONS

- (a) proxy votes are not allowed.
- (b) each school gets one vote and must be present to cast their vote,
- (c) straight majority of the votes cast by the membership who are present during the vote is required to pass motions providing there is a quorum. Abstentions will not be included in the calculation of the number of votes cast.
- (d) in case of a tie vote, the chairperson shall cast the deciding vote.

ARTICLE VII: ELIGIBILITY**SECTION 1: AMATEUR RULE**

A student who has played in a scheduled game in a recognized professional league, or has participated as a professional in any individual sport shall be ineligible for competition in the sport in which he/she has been classed as a professional (it is not the intent that students who are employed as life-guards, caddies or playground supervisors should be affected by this ruling).

SECTION 2: AN ELIGIBLE COMPETITOR IS ONE WHO

- a) is enrolled as a day student at the school for which he/she competes on or before September 20th of the current school year, or has enrolled at least ten (10) school days prior to the contest concerned.
- b) is in attendance at least 75% of the regular school days intervening between the date of registration and the date of the contest except where school is legally closed by a municipality and except where there is a disabling illness.
- c) is taking a scheduled program in a cycle which is not less than 50% of school cycle minutes in each semester or during the full year.
- d) first satisfies all the requirements of the District that he/she is representing. (i.e. Districts have the right to make their own restrictions beyond N.O.S.S.A. restrictions).

SECTION 3

- a) A principal may at any time declare a student of his own school to be ineligible.
- b) Expulsion or suspension from school shall render the competitor ineligible until reinstated by the principal.

SECTION 4: PARTICIPATION REQUIREMENTS

- a) A player may participate (play, dress to play or have his/her name on the scoresheet) in only one (1) District league match (not applicable to exhibition matches) in a higher age division and still be eligible for N.O.S.S.A. in the lower age division.
- b) A player may not play in one age division in District play-offs and another in N.O.S.S.A..
- c) A player must have played in at least two (2) regular league games (exclusive of play-off games) in the District to be eligible for that age division at N.O.S.S.A..

- d) No student who is registered in one school shall be eligible to participate for another school.
Exceptions:
- 1) In Badminton Boys' and Girls' separate schools may combine for mixed doubles
 - 2) F.J. McElligott H.S. and E.S.F.J. McElligott are allowed combined entry in all N.O.S.S.A. sports.
- e) No students may participate in a N.O.S.S.A. final in more than one age division with the exception of Track & Field Relays.

SECTION 5: ELIGIBILITY LISTS

- a) Eligibility lists signed by the Principal, Head of Physical Education and coach must be submitted to the District convener in all activities at all age divisions. The signators are responsible for the accuracy of the lists.
- b) The District Convener must submit these lists to the N.O.S.S.A. Convener.
- c) Eligibility lists must include:
- i) Competitor's full name
 - ii) Competitor's date of birth (name of month must be written)
 - iii) Competitor's age as of midnight December 31st of the current school year
- d) False statements on the eligibility lists will mean loss of games in which an ineligible player participated.
- d) All N.O.S.S.A. schools will be required to utilize the O.F.S.A.A. Hub eligibility list system effective the fall of 2021.

SECTION 6: AGE DIVISIONS

- a) All age restriction dates are as of 11:59 p.m., December 31st of the current school year.
- b) Age Divisions and restrictions are:
- i) Novice - under fifteen (15)
For the school year 2021-2022, all students born on or after 2007.
 - ii) Junior - under sixteen (16)
For the school year 2021-2022 all students born on or after 2006.

SECTION 6: AGE DIVISIONS (cont'd)

- iii) Senior - under twenty (20)
For the school year 2021-2022 all students born on or after 2002.
- iv) NOSSA "B" will only consist of an open division rather than junior and senior.
- c) Each competitor shall furnish upon request of a convener, or of the executive, an official birth certificate or an official certificate of age.
- d) Student athletes are eligible for one team per sport that is offered by NOSSA, notwithstanding existing regulations pertaining to age classifications Article 7, Section 6: Age Divisions.

SECTION 7: SCHOOL CLASSIFICATIONS

- a) All schools within NOSSA shall be classified according to school population numbers (taken as full time equivalent enrolment numbers – FTE numbers) from Oct 31st of 2019. This number shall be used to classify the member schools. These classification category numbers are:

"B": 1 - 250
"A": 1 – 600
"AA": 601 – 1000
"AAA": 1001+

- b) To determine classification of all-male or all-female schools (public or private), they shall multiply their enrolment by 2 and then use this number as its classification.

The following Additional Guidelines **may** be used by the Association when classifying schools. These may be used for **each school as a whole and by sport** after Association has placed a school in its classification category outline in a).

- i) Location of School
 - The location of a school could allow an Association to shift the classification of the school in either direction. For example, a large school in an isolated area may be moved to a lower classification category.
 - consideration of urban vs. rural advantages and disadvantages

- ii) School Composition
 - Program focus may require a shift of a school from one classification to another (i.e. collegiate vs. composite).
 - Schools with a residential component have definite benefits and may warrant a shift to a higher classification category.
 - High performance sport schools should be considered for a shift to a higher classification category.
- iii) Team Composition
 - Any of the following may create a shift of a school in a specific sport to a higher classification category: majority of team playing in outside league, Provincial team players, National team members.
- iv) Competition
 - Consideration should be given to shifting teams to a higher classification category if the team plays out-of-season, or plays an exceptional number of games.
 - School teams playing in two leagues at the same time should be shifted to a higher category.
- v) OFSAA Success
 - Regular medallists at any level of OFSAA competition should be shifted to a higher classification category.
- vi) General
 - The Association may only shift a school one level below what their student population numbers designate.
 - Schools may be shifted up any number of classifications if several of the above guidelines apply to a specific school or to a specific sport within a school.
 - a school may participate in only one school classification of competition in any one sport during a school year.
- vii) Appeal process
 - An appeal process shall be in place which allows schools to appeal the placement of their school/team in a specific classification by the Association to the OFSAA Classification Committee. The appeal must come through the Association and shall include an outline of the rationale for the Association's decision, and the school's rationale for their appeal. Appeals must be resolved by May 15th of the current school year so as to be effective for the next school year.

ARTICLE VIII: DUTIES OF CONVENERS**SECTION 1: DISTRICT RESPONSIBILITIES**

- a) Each District must submit the name and school of conveners for approval to the Annual Meeting for sports they will host according to the 4 year calendar.
- b) The convener or co-convener must be a teacher (current or retired) from a member school of the District hosting the event.
- c) The person in charge of athletics is responsible to give the convener a copy of Article VIII: Duties of Conveners, as well as applicable Playing Regulations.
- d) Should a convener be unable to fulfil his/her duties, a new convener shall be appointed by the District concerned if possible at least 30 days prior to the N.O.S.S.A. event. District Conveners, as well as the secretary and treasurer, must be notified of the change.
- e) In cases where a District is unable to take their turn hosting a N.O.S.S.A. event or a convener is not available, a volunteer District will be sought at the Annual Meeting. If no volunteer is found, then the next District on the 4 year calendar shall host the event. As a result of this change, the 4 year calendar will not change other than the volunteer District may keep or give their next turn to the defaulting District.
- f) All conveners must provide a contact email address to facilitate communication among conveners, coaches and executive members as required.

SECTION 2: N.O.S.S.A. CHAMPIONSHIPS

- a) A convener shall:
 - i) send out pertinent information at least 3 weeks prior to the event.
 - ii) include the current information and links that are provided by InnVest Hotels and promote the booking of accommodations that are designated for rebate to NOSSA.
 - iii) encourage media coverage of the event which includes allowing press photographs during the event.
- b) To see that adequate and regulation facilities are available. Where possible the event should not be given to a school where these conditions cannot be met.
- c) Prepare a schedule of games. In doing so, assume for the purpose of seeding that the first team from each District is the team who won their District playoff in cases where the District submits 2 entries.

- d) Inform all Coaches of the exact time that they will play their first game. This is to be done well in advance of the tournament so that travel and accommodation arrangements can be made.
- e) Arrange for officials.
- f) Receive the eligibility sheets prior to the competition.
- g) Rule on protests.
- h) Arrange for the appropriate trophies to be present, in good condition, at the site of the tournament or meet. The maintenance of N.O.S.S.A. trophies as required shall be the responsibility of the school holding the trophy and the expenses shall be paid by that school.
- i) Arrange for the presentation of trophies, banners and medals (banners and medals are carried in stock by NOSSA). Awards for each championship will be delivered by a Sudbury team participating in the event or shipped if necessary. District treasurers will be invoiced for the cost of the awards that must be paid within thirty (30) days of the completion of the event. Late payments will result in a \$50. fine.
- j) Submit entry forms to OFSAA.
- k) Submit a N.O.S.S.A. Conveners Report including a financial statement to the N.O.S.S.A. Secretary within one month of conclusion of the event.
- l) Pass on a check list and information of the event to the next convener.
- m) N.O.S.S.A. entry fees for each team sport shall be charged to all participating teams. Allowable expenses to be budgeted for by the convener include the following: officials' fees, accommodation and transportation of officials (where necessary), minor officials' fees (timers, scorers, linespersons), awards as prescribed by Article XI, and production of a program (photocopying). When the aforementioned expenses have been budgeted for, the entry fee will be calculated by dividing the total expenses by the total number of participating teams.

If, after allowing for the expenses indicated above, a team sport championship still derives a profit of \$50/team or more, the convener shall be required to refund each participating team an equal share of the profit to render a zero balance. Gate revenue is not to be included in the calculation of event profits.
- n) For all individual sports, the NOSSA convener be responsible to forward a single cheque in payment of OFSAA entry fees and participation fees on behalf of all NOSSA schools participating.

- o) Publish and post in their gymnasia the OFSAA Code of Behaviour for spectators. The school administration will see that this code is adhered to.

SECTION 3: OFSAA CHAMPIONSHIPS

When a District hosts an OFSAA competition on behalf of N.O.S.S.A., the District shall have the sole responsibility of determining which team(s) to invite to facilitate the draw, if necessary, after each Association has indicated their representative. The District may, if it wishes, turn this decision over to its convener.

ARTICLE IX: FINANCES**SECTION 1: FEES**

- a) N.O.S.S.A. fees for all member schools shall be forty cents per student, for each school based on the enrolment on October 31st of 2019.
- b) The above fees shall be collected by the District Secretaries and one cheque for each district shall be forwarded to the NOSSA Treasurer by June 30th of the current or upcoming school year. Late fee payments shall be penalized 10% up to November 15th. After November 15th, an additional fine of \$5.00 per school day shall be imposed to a maximum of \$50.00. NOTE: If the deadline falls on a weekend or holiday, the due dates shall be considered as the next official school day.
- c) Any school delinquent in payment of fees will be refused participation in further N.O.S.S.A. events until the fees are paid.
- d) The cost of the Liability and Crime Insurance coverage will be offset in part or full with rebate revenues from InnVest Hotels and approved at the annual general meeting. Starting September 2015, the partnership agreement with InnVest Hotels be extended for five years with an annual web sponsorship fee of \$850.00 and a rebate of 5% for rooms booked through Sophie Mountain (sophie.mountain@innvesthotels.com).

SECTION 2: DISBURSEMENTS

- a) All disbursements shall be made by "The Signing Authority".
- b) The Treasurer shall be authorized to disburse any Association debt up to and including the sum of one hundred and fifty dollar (\$150.00), upon the signatures mentioned in Section 4. Any disbursements exceeding the sum of \$150.00 shall be paid only with the authority of the Executive or the Association at the Annual Meeting. Exceptions: Annual meeting expenses, payment of NOSSA championship banners and medallions and payment of Liability and Crime Insurance.
- c) The Secretary-Treasurers shall receive an honorarium of \$900.00 per annum as approved at the Annual Meeting.

SECTION 3: AUDITING

The Association's books shall be audited annually prior to the Annual meeting. Two auditors for the ensuing year shall be appointed by the Association at the Annual Meeting.

SECTION 4: EXPENSES FOR ANNUAL MEETING

- a) Expenses will be paid by the Association for the following delegates:
- i) Resolution Committee Members (one male and one female delegate per district)
 - ii) Special N.O.S.S.A. Committee Members
 - iii) OFSAA delegates
 - iv) Resolutions Chairperson
 - v) NOSSA President
- b) Expenses will be paid at the following rates:
- i) Transportation
WITHIN N.O.S.S.A. - 40 cents per return km for distances travelled by car or airfare whichever is less. (Wherever possible, arrangements should be made for delegates from the same district to travel in the same vehicle. One claim per vehicle shall be made.)
OUTSIDE N.O.S.S.A. - same as within N.O.S.S.A. or total airfare where only one delegate is going from one city. Special permission may be obtained from the Executive to deviate from these guidelines eg. it may be cheaper to fly and save on one less night's hotel accommodation
 - ii) Hotel - total amount of room cost
 - iii) Meals - Breakfast \$8.00, Lunch \$10.00, Dinner \$22.00
 - iv) Parking - \$3.00 per night or taxis \$12.00.

ARTICLE X: PROTESTS AND BOARD OF REFERENCE**SECTION 1: PROTESTS**

- a) Line of Appeal
 - i) District convener or District Board of Reference - only on issues regarding entries to N.O.S.S.A..
 - ii) N.O.S.S.A. Convener - who may utilize a Jury of Appeal (Some playing regulations call for one).
 - iii) Board of Reference for protests over Convener and/or Jury of Appeal decisions.
- b) Entries Protests

Any disputes over entries from a District to N.O.S.S.A. must be settled by the District (convener, secretary or Board of Reference) subject to District procedures.
- c) Eligibility Protests

Failure to produce eligibility lists upon request shall render a contest liable to protest.
- d) Protest Bond

Protests must be accompanied by \$50.00 to be put into General N.O.S.S.A. Revenue if the protest is lost, or returned if won.

SECTION 2: APPEAL TO BOARD OF REFERENCE

- a) In the case of a protest of a convener's decision, or in the case of a protest that arises after conclusion of the competition, an appeal may be made to the Board of Reference within two school days of receiving the convener's decision or conclusion of the competition.
- b) No action should be taken which is outside N.O.S.S.A. at least until the Board of References has decided upon the protest. If such outside action is taken before N.O.S.S.A. has dealt with the protest, N.O.S.S.A. will render the protest invalid.
- c)
 - i) Requests may be submitted only by:
 - 1) N.O.S.S.A. Executive
 - 2) Convener
 - 3) District Secretary on behalf of a school
 - ii) Requests must be in the form of a letter or fax to the N.O.S.S.A. President
 - iii) 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.

SECTION 3: BOARD OF REFERENCE

- a) The Board shall rule on written protests of conveners decisions. It is empowered to interpret articles of the Constitution and Playing Regulations to decide the point at issue. The Board's interpretation is binding until the next Annual Meeting.
- 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.
- e) A coach who is sanctioned by NOSSA is not permitted to be affiliated with any team that is participating in a NOSSA activity in any capacity during the term of the sanction. A coach who has been sanctioned by NOSSA is not permitted to be in the playing area or observe the activity as a spectator in the immediate playing area. Infractions of a sanction may be directed to the NOSSA Board of Reference which may result in further sanctions.

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. Silver medals will be awarded for all championships except cross country running. In addition, ribbons for sports such as track and field, tennis, cross country running, curling and alpine skiing will be stocked by NOSSA with delivery as per Article VIII, section 2, part (i).
- 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. banners shall be presented to championship teams and the cost shall be included in the entry fee. 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) Championship awards, to meet district yearly requirements according to the awards schedule and the current activity calendar, will be shipped to District Secretaries by October 15th of each school year.
- f) Full payment for awards as invoiced, including shipping costs, must be paid in full by September 24th. Late payments will be subject to a fine of \$100.00. If September 24th falls on a weekend or holiday, the due date shall be considered as the next official school day.
- g) InnVest Hotels Hospitality Award – This award will be presented annually to a coach/team/school from the district hosting the annual meeting based on one or more of the following criteria: (i) Positive contribution to school, district and NOSSA activities (also OFSAA), (ii) Enhances school and community image, (iii) Volunteer efforts throughout district, NOSSA and OFSAA Associations. The selection of the award recipient is at the discretion of the hosting district athletic association.

COED	Banners	Gold	Silver	Bronze	Ribbons
Alpine Skiing	4	12	12	0	12 each (3 rd to 6 th)
Badminton	1	24	24	0	n/a
Cross Country Running	3	48	0	0	48 each (2 nd & 3 rd), 6 ea (4 th to 6 th)
Nordic Skiing	2	24	24	0	n/a
Curling	2	12	12	0	n/a
Golf	2	12	12	0	n/a
Swimming	2	100	100	0	100 each (3 rd to 8 th Place)
Tennis	1	8	8	0	8 each (3 rd & 4 th Place)
Track & Field	3	125	125	0	125 each (3 rd to 8 th Place)
Wrestling	2	30	30	0	n/a
BOYS SPORTS	Banners	Gold	Silver	Bronze	Ribbons
Baseball	1	20	20	0	n/a
Basketball Open B	1	15	15	0	n/a
Basketball Junior A	1	15	15	0	n/a
Basketball Senior A	1	15	15	0	n/a
Basketball Junior AA/AAA	1	15	15	0	n/a
Basketball Senior AA/AAA	1	15	15	0	n/a
Football	1	50	50	0	n/a
Hockey A/AA/AAA	1	25	25	0	n/a
Soccer Jr A, AA, AAA	3	60	60	0	n/a
Soccer Sr A, AA, AAA	3	60	60	0	n/a
Volleyball Open B	1	15	15	0	n/a
Volleyball Jr A	1	15	15	0	n/a
Volleyball Sr A	1	15	15	0	n/a
Volleyball Jr AA	1	15	15	0	n/a
Volleyball Sr AA	1	15	15	0	n/a
Volleyball Jr AAA	1	15	15	0	n/a
Volleyball Sr AAA	1	15	15	0	n/a
GIRLS SPORTS	Banners	Gold	Silver	Bronze	Ribbons
Basketball Open B	1	15	15	0	n/a
Basketball Junior A	1	15	15	0	n/a
Basketball Senior A	1	15	15	0	n/a
Basketball Junior AA/AAA	1	15	15	0	n/a
Basketball Senior AA/AAA	1	15	15	0	n/a
Gymnastics Open	1	40	40	20	n/a
Hockey A/AA/AAA	1	20	20	0	n/a
Soccer A, AA, AAA	3	60	60	0	n/a
Volleyball Open B	1	15	15	0	n/a
Volleyball Jr A	1	15	15	0	n/a
Volleyball Sr A	1	15	15	0	n/a
Volleyball Jr AA	1	15	15	0	n/a
Volleyball Sr AA	1	15	15	0	n/a
Volleyball Jr AAA	1	15	15	0	n/a
Volleyball Sr AAA	1	15	15	0	n/a

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.	Three weeks 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
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 October 31 - penalty date November 15
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) i. If a District is unable to honour its confirmation of intent to participate in any championship, and the convener is able to find a replacement, the District shall be charged half of the entry fee for that championship which will be forwarded to the convener of the NOSSA championship in question plus a \$100 fine which will be retained in the NOSSA account. Failure to comply will result in a 10% late payment penalty (effective September 2002).
- ii. If a District is unable to honour its confirmation of intent to participate in any championship, and the convener is unable to find a replacement, the District shall be charged the entry fee for that championship which will be forwarded to the convener of the NOSSA championship in question, plus a \$100.00 fine which will be retained in the NOSSA account. 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.

SECTION 3

By entering a NOSSA team championship, a school team agrees to fulfill any/all obligations to OFSAA should it qualify to advance. If a qualifying team for some reason cannot attend the corresponding OFSAA championship, it will be their responsibility to find a replacement with the convener's assistance. If a replacement is not found, the qualifying team will bear sole responsibility for any/all ensuing OFSAA sanctions.

If a team has been declared ineligible for OFSAA competition, then that team will not be considered eligible to participate at the NOSSA level.

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.

ARTICLE XVI: N.O.S.S.A. GENDER EQUITY POLICY

Gender equity in school sport is the belief and practice which ensures fair access for female student-athletes, coaches, officials and administrators to participate, compete and lead. Equity does not necessarily mean that all persons must be treated exactly the same. People may need to be treated differently in order to be treated fairly.

VISION

Women and girls will enjoy a full and equitable range of opportunities for participation, officiating, competition and leadership in school sport activities.

GOAL

Through the implementation of this policy, it is our intent to raise awareness, educate, and change attitudes and behaviours which increase and improve the opportunities for girls and women in school sport.

POLICY STATEMENTS

- (a) NOSSA is committed to gender equity as highlighted in the guiding principles of the Association's Strategic Plan.
- (b) NOSSA is committed to educating and providing support to its members through the development and distribution of a gender equity policy.
- (c) Believes that the elimination of barriers to participation will contribute to the achievement of gender equity.
- (d) NOSSA believes that gender equity should serve as a guiding principle for all decisions and operations of the Association and is a key consideration when developing, updating or delivering Association programs, policies and projects.

PROCEDURES**A. Championship Opportunities**

Statement: NOSSA will strive to provide equitable championship opportunities for male and female student-athletes.

Actions: NOSSA will continue to do needs assessments through the Championship Review Committee. Gender equity will act as a guideline for determining the composition of the Championship Calendar. NOSSA will strive to recognize and promote girls and boys Championships in an equitable manner.

B. Board and Committee Structure

Statement: NOSSA will strive to have equitable gender representation on all committees.

Actions: NOSSA will encourage Associations to make a conscious effort to involve more women in the leadership of Association committees and activities. NOSSA will continue to offer mentoring and leadership opportunities at sports schools. NOSSA will continually monitor committee representation.

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 female volleyball player may be eligible to participate in both boys and girls volleyball competition to fulfill their obligations to both seasons. By doing so the school that chooses this approach commits to NOSSA "B" in both seasons. The program leader must declare to Dave Makela in September of their intentions in participation in NOSSA "B".

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.

ARTICLE XVII: N.O.S.S.A. TOBACCO-FREE POLICY**COMMITMENT**

NOSSA recognizes that there is ample research demonstrating the health hazards caused by the use of tobacco products, including smoking, smokeless tobacco and breathing second-hand smoke, and understand our responsibility to the participants of our program to model and promote tobacco-free lifestyles.

We stress to leaders, teachers, coaches, officials, parents, spectators, and all others involved, the importance of maintaining a tobacco-free environment while working with young people.

POLICY

All NOSSA games, activities, tournaments, competitions, sponsored events, and other performances will be tobacco-free. Tobacco free means no smoking, snuffing, dipping, or chewing tobacco by players/participants, coaches/leaders, parents, spectators, and officials.

<p><i>We will promote the tobacco-free policy at all our activities by:</i></p> <ul style="list-style-type: none"> ▪ Having coaches/leaders explain the policy to players/members and ask them to explain the policy to their parents and others who may come to their game/activity/performance. ▪ Including the policy in the NOSSA handbook and website so all new and returning participants, their parents/guardians, coaches/leaders and officials/managers know about the policy from the start. ▪ Making the policy visible throughout the year/season wherever possible, including logos on uniforms, banners at events and encouraging coaches and older players/members to promote active, healthy, tobacco-free lifestyles. 	<p><i>We will reinforce the tobacco-free policy at all our activities by:</i></p> <ul style="list-style-type: none"> ▪ Encouraging all coaches/leaders, players/ members, and parents to respectfully remind someone using tobacco about the tobacco-free policy – being able to point to a tobacco-free logo on a uniform or banner makes this easier. ▪ Consistently applying consequences with people who repeatedly break the policy – repeated violations by players/members or their parent/guardian may result in a verbal and written warning from the coach/leader, or the association executive in the case of a repeat coach/leader violation. Following a written warning the individual violating the policy again may be asked to leave the activity or game.
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ARTICLE XVIII: NOSSA Honourary Lifetime Membership**The Robert “Sonny” Gawalko Award for NOSSA Honourary Lifetime Membership**

Robert “Sonny” Gawalko dedicated 40 years of volunteering to the success of NOSSA. Sonny was involved in NOSSA as a long time coach, department head, convener, administrator, treasurer, mentor, and (above all) a leader that NOSSA called upon to provide guidance and expert advice through many years of involvement. Sonny truly cared about high school sports in general. His involvement will forever stand as the gold standard to aspire to for NOSSA members in their efforts to develop the best possible regional high school sports championships.

The recipient of this award should:

- a) Have been active at the local level for a minimum of 20 years in any capacity;
- b) Have demonstrated a minimum of 15 years involvement in NOSSA activities;
- c) Have served in different roles at the NOSSA level including coach, convenor, or AGM voting delegate;
- d) Have espoused the highest possible standard of conduct throughout all levels of involvement.
- e) Have been a teacher/coach who is retired or currently employed as a teacher.

Each year, the four districts of NOSSA may nominate individual(s) who shall be awarded The Robert “Sonny” Gawalko Award and inducted into the NOSSA Honourary Lifetime Membership List. The individual(s) will be presented the award at the Annual NOSSA AGM. Districts must ensure that the individual(s) are worthy of this award as well as recognizing that a balance between the genders is considered each year.

The district that submits the award recipient(s) is responsible for submitting the following form to the NOSSA Secretary four full weeks prior to the scheduled date of the NOSSA AGM. The information to be submitted will include a biography and a recent photo of the award recipient. The NOSSA Secretary will include the list of the recipients (including biography, photo and district) of this award on the NOSSA website and will update it on a yearly basis. As well, the NOSSA Secretary will include the names of the new recipients in her/his annual report. A presentation will be made at the annual general meeting.

The award will include an engraved plaque and a NOSSA Honourary Lifetime Membership Card. The plaque is to be ordered through the NOSSA Secretary and the cost of the award(s) will be billed back to the nominating district. The NOSSA Honourary Lifetime Membership Card (upon presentation) will allow the card holder free entry into all games (district, NOSSA and OFSAA levels) that are played within the NOSSA area. The recipient(s) of this award will also be entitled to attend the NOSSA AGM luncheon.

Those that choose to attend the luncheon must notify their district secretary one month prior to the NOSSA AGM who in turn, will notify the host district secretary so the numbers can be included for the luncheon. The costs for the honorary members’ luncheons are to be covered by the district that put forth the member’s name.

**THE ROBERT "SONNY" GAWALKO AWARD FOR
NOSSA HONORARY LIFETIME MEMBERSHIP**

SUBMISSION FORM

NAME: _____

DATE: _____ DISTRICT: _____

SCHOOL(S) AS TEACHER: (Please list most recent first.)

1) School - _____ Dates - _____

2) School - _____ Dates - _____

3) School - _____ Dates - _____

4) School - _____ Dates - _____

5) School - _____ Dates - _____

ROLE(S) AND YEAR(S) ACTIVE IN DISTRICT:

ROLE(S) AND YEAR(S) ACTIVE IN NOSSA:

DISTRICT SECRETARY: _____ DATE: _____

NOSSA SECRETARY: _____ DATE: _____

A current photo of the recipient must be included with this application. Applications must be received by the NOSSA Secretary four weeks prior to the scheduled date of the NOSSA AGM.

BOY'S BASEBALL

AGES: Refer to the Constitution.

DECLARATION Districts must declare their intention to participate by April 15th.

DATE:

SCHEDULE: "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 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. 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.
3. 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.
4. The tournament champions will represent NOSSA at OFSAA Championships.
5. The rotation for convening the NOSSA Baseball Tournament will be Sudbury, Nipissing and Sault Ste. Marie.

RULES:

- a) All games shall be seven (7) innings except when a team is leading by 10 or more runs after five (5) innings or four and a half (4 1/2) innings if the home team is ahead. Then the mercy rule will apply and the game is ended.

BOY'S BASEBALL (cont'd)**RULES (cont'd):**

- b) Tie games will be broken as follows:
The teams will place a runner at second base (last player who made an out) and play extra innings until a winner is declared;
- c) Each pitcher shall be subject to Baseball Ontario Pitch Count Limit as Outlined in Appendix 'A'
- d) Base runners shall be permitted to slide, however they shall make every attempt to avoid the fielder. If the base runner maliciously runs into a fielder he shall be declared out and shall be ejected from the game. As well, if a fielder maliciously tags a base runner, they shall be automatically ejected from the game.
- e) All bats used must conform to the Ontario Baseball Association rule that a bat cannot weigh more than three ounces less than the length of the bat. (For example, a 33-inch long bat cannot weigh less than 30 ounces.) The bat cannot have a diameter at its thickest part of more than 2 and 5/8 inches. Only solid wood or composite bats shall be permitted.
- f) Players shall be permitted to wear rubber or metal cleats.
- g) Base coaches shall be required to wear a protective batters helmet while on the field.
- h) Catchers must wear a helmet and mask with adequate throat protection at all times. Note: this includes practice and warm-ups. Coaches must wear at least a mask in all practice and warm-up situations.
- i) The use of all tobacco products including smokeless tobacco by all on-field participants (players, coaches, managers, trainers, umpires, etc.) is prohibited at all times and is subject to automatic ejection from the game.
- j) No visible jewellery is allowed.
- k) The home team (as designated by the League schedule) shall be responsible for the Official Scoresheet and Pitch Count Sheets.
- l) A team must have at least 9 players to start a game. If they do not have 9 players, they shall forfeit the game.

BOY'S BASEBALL (cont'd)

- RULES (cont'd):**
- m) If a player is ejected and the team is reduced to 8 players, the game shall continue with the ejected player's batting spot being skipped (not counting as an automatic out). If the ejection of a player bring the number of players in the game to less than 8, that team shall forfeit the game.
 - n) All players that have been ejected from a game shall also be assessed an automatic game suspension and shall miss their team's next game. If a player is ejected twice in the same season they shall be suspended from play for the remainder of the season (League and playoffs).
 - o) Injured players who cannot return to the game shall be skipped in the line-up to the next batter and shall not be recorded as an out.
 - p) If injuries or ejections reduce the number of players to 8, the game shall continue. However if there are 7 or less players following injury or ejection, the game shall be forfeited to the team with the allowable number of players.
 - q) With 2 outs and the catcher on base, the catcher must be substituted for by the last batter to make an out.
 - r) The Official SDSSAA Team Line-up Card must be presented to the opposing Head Coach (or assigned substitute) prior to the start of the game. Upon completion of the game, the Home team shall submit the Official Scoresheet as well as the Official Pitch Count sheets to the League convener. All Scoresheets and Pitch Count Sheets shall include the full name (first and last names) of each player as well as their uniform number.

UNIFORMS:

Each school should have baseball uniforms with numbers on the back of each jersey. If team colours are similar, the home team will be required to change their colours for the game.

**TIE BREAKING
PROCEDURES:**

1. In all cases of two-way ties for any position in the league standings, the convener will take into consideration the following procedures for breaking the tie(s) in the sequence in which they appear.

BOY'S BASEBALL (cont'd)**TIE BREAKING
PROCEDURES
(cont'd):**

- (a) The won-lost record of the teams tied as they appear against each other.
 - (b) Run differential (runs scored minus runs allowed=net score)
 - (c) The team that has the fewest runs against.
 - (d) A coin toss. (Away team of game versus each other chooses side of coin).
2. In all cases of three-way ties for any position after round robin play, the convener will take into consideration the following procedures for breaking the tie(s) in the sequence in which they appear. Once a team has been eliminated using the three way tie-breaking procedure, the tie between the two remaining teams will be broken by the two-way tie-breaking procedure.
- (a) The won-lost record of the teams tied as they appear against each other.
 - (b) The difference between runs for and against with the teams tied as they appear against each other. The team with the most positive difference (or least negative) shall be awarded the higher standing.
 - (c) The season's won-lost record of each teams tied as they appear against every other team in the league
 - (d) The season's difference between the runs for and against of the teams tied as they appear against every other team in the league.
 - (e) The team that has the fewest runs against.
 - (f) A coin toss (away team of game versus each other chooses side of coin).

**TOURNAMENT
FORMAT:**

1. Four team tournament, round robin with the top 2 teams advancing to the championship game.
2. Three team tournament, round robin with the top 2 teams advancing to the championship game.
3. Two team tournament, best two out of three tournament.

During round robin the home team will be determined by a coin toss.

In the championship game, the highest ranked team will be the home team.

In the event of a two team tournament, the host team will be home for the first game with the visiting school being the home team in the second game. If there is a third and deciding game, home team will be determined by a coin toss.

BOY'S BASEBALL (cont'd)

AWARDS:

Team:

Banner presented to championship team.

Individual:

(a) Gold medallions to members of championship team.

(b) Silver medallions to members of finalist team.

BOY'S BASEBALL

APPENDIX 'A'

BASEBALL ONTARIO PITCH COUNT LIMITS

A pitcher, who pitches 75 or more pitches, cannot pitch the next calendar day.

A pitcher, who pitches 100 pitches maximum per day, must be removed.

A pitcher may not pitch on 3 consecutive calendar days unless the pitcher threw 30 pitches or less on each of the first 2 days and the maximum pitches on the 3rd day is 50.

Pitch Count Limits**Action**

If the maximum limit is reached while facing a batter, the pitcher may pitch to the earlier of

- i) The completion of that batter, or
- ii) The end of the inning.

It is the Manager's Responsibility to remove the pitcher from the pitching position and must not wait for the umpire to check the pitch counts

Special Notes:

When counting pitches, a balk will be considered a pitch if the ball is thrown.

- 1) An official Pitch Count Recorder must be identified by the score keeper and must provide the pitch count to either manager or the umpires.
- 2) It is the Pitch Count Recorder's responsibility to inform the home plate umpire that the pitch count limit is reached. If Pitch Count Recorder fails in this action, it is still the responsibility of the defensive team's manager to remove the pitcher.
- 3) A player in –eligible to pitch or removed from pitching can play in another position

BOY'S BASKETBALL "A"

AGES: Refer to the Constitution.

DECLARATION Districts must declare their intention to participate by January 15th.

DATE:

SERIES: Teams from North Bay, North Shore, Sault Ste. Marie and Sudbury must confirm their school classification for the N.O.S.S.A. championship to the tournament convener at least one week before the District playoffs.

1. The tournament will rotate among the participating districts in the order appearing on the four year calendar.
2.
 - a) The date of the tournament shall be at least one week prior to the OFSAA tournament.
 - b) The Junior and Senior Tournaments shall be held on the weekend under the convenership of one school.
 - c) The NOSSA basketball championships shall take place on Friday and Saturday.
3. The tournament shall be composed of one team from each of the four Districts. In the event that a District does not commit to sending an entry, the other Districts will have the opportunity to fill vacancies. The host area is to have the first option to fill vacancies with one team and the remaining spots (if any) will be filled by a draw.
4. The tournament champions shall represent NOSSA at the OFSAA tournament.
5. The tournament shall be called the Rainbow Basketball Tournament.
6. Tournament format is indicated on page three.
The first game cannot start prior to one o'clock pm.

FINANCING: The entry fee shall be at the convener's discretion.

RULEBOOK: All games shall be played according to the rules as adopted by the OFSAA Sport Advisory Committee. NOSSA will adopt the Federation 3 pt line for the next two years.

OFFICIALS: The host city shall avail itself of at least two (2) qualified I.A.A.B.O. officials. Officials must be a minimum level 2 to 3 official under NOCP. The referee of a given game may not be a student, player, staff member, coach or immediate family member of the teams involved. Immediate family members may include parents, siblings, aunts, uncles, grandparents and/or cousins.

Officials shall not be allowed to officiate three consecutive games in NOSSA championships.

BOY'S BASKETBALL "A"**OFFICIALS:**
(cont'd)

For all NOSSA basketball championships, each district will send two (2) officials where possible (Sault – 2, Sudbury – 2, North Bay – 2, North Shore – 2).

AWARDS:

At the discretion of the convener, suitable awards shall be presented as follows:

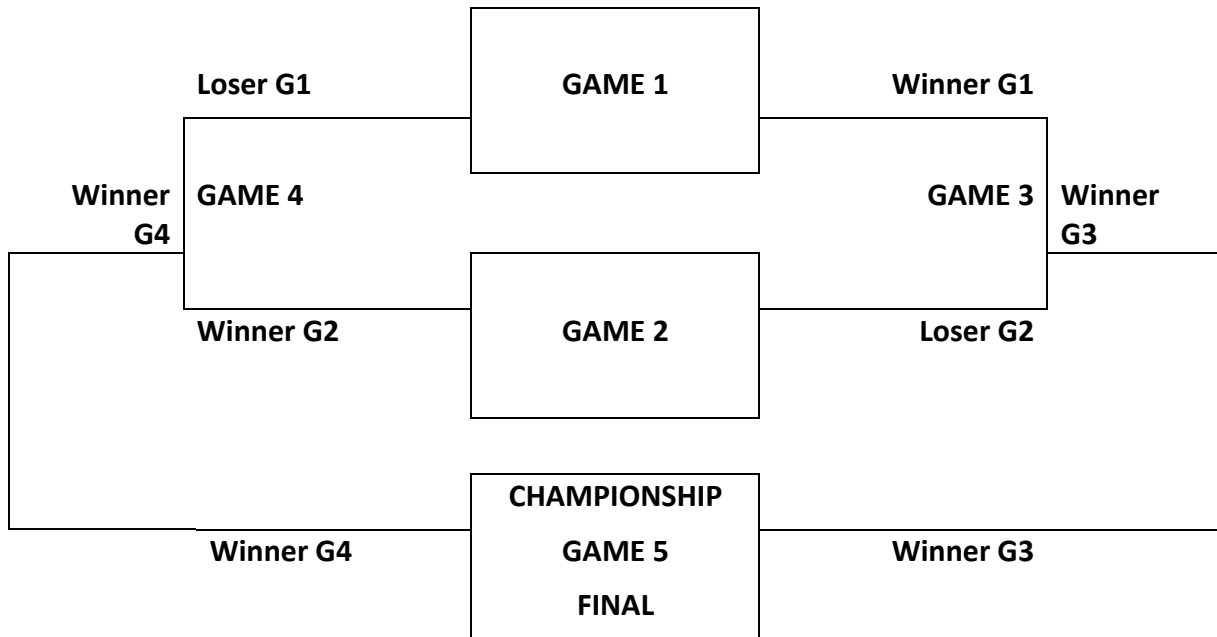
- a) Champions
- b) That the number of individual awards to be provided be unlimited

GENERAL:

1. A school may participate in one category, ie. "A", "AA", "AAA" in Junior and a different category in senior.
2. That the number of players a team may dress for a game be defined as "unlimited".
3. That each Basketball convener be responsible for checking with the NOSSA convener re the possibility of teams competing well in advance of the tournament date.
4. NOSSA representatives from all Districts must be determined no later than the Tuesday prior to the NOSSA Championship.
5. NOSSA will use the OFSAA official ball for all games.

BOYS BASKETBALL 'A'

(a) TOURNAMENT FORMAT – 4 team Tournament Draw



Game times and tournament fees will be determined by the Convener. Teams who have the farthest to travel should be given later starting times.

(b) TOURNAMENT FORMAT - 3 Team Tournament Draw

1 vs. 3 2 vs. 3 1 vs.2 (Round robin)

- The top 2 (two) teams play in Championship

- Tie breaker Procedure

1) Points for vs. points against to determine +/-

2) If there are still 2 teams tied, head to head record with the 2 tied teams

(c) TOURNAMENT FORMAT - 2 Team Tournament Draw

Best of 3 series (1vs.2, 1vs.2 1vs.2)

(d) TOURNAMENT FORMAT - 1 Team Tournament Draw

Team automatically qualifies for OFSAA

BOY'S BASKETBALL "AA"/"AAA"

AGES: Refer to the Constitution.

DECLARATION Districts must declare their intention to participate by January 15th.
DATE:

SERIES:

1. The tournament will rotate among the participating districts in the order appearing in the attached schedule.
2. The Junior and Senior tournament shall be held on the same weekend.
3. The NOSSA basketball championships shall take place on Friday and Saturday.
4. The tournament should consist of four teams, such that each district will be represented. If another team is required to round out the tournament, it will be chosen from the host district.
5. The tournament champions shall represent NOSSA.
6. The tournament draw shall be according to the attached schedule.
7. The first game cannot start prior to one o'clock pm.

FINANCING: The entry fee shall be at the convener's discretion.

RULEBOOK: All games shall be played according to the rules as adopted by the OFSAA Sport Advisory Committee. NOSSA will adopt the Federation 3 pt line for the next two years.

OFFICIALS: The host city shall avail itself of at least two (2) qualified I.A.A.B.O. officials. Officials must be a minimum level 2 to 3 official under NOCP. The referee of a given game may not be a student, player, staff member, coach or immediate family member of the teams involved. Immediate family members may include parents, siblings, aunts, uncles, grandparents and/or cousins.

Officials shall not be allowed to officiate three consecutive games in NOSSA championships.

For all NOSSA basketball championships, each district will send two (2) officials where possible (Sault – 2, Sudbury – 2, North Bay – 2, North Shore – 2).

AWARDS:

1. At the discretion of the convener, suitable awards shall be presented to the championship team.
2. That the number of individual awards to be provided will be as per NOSSA constitution.

BOYS' BASKETBALL "AA"/"AAA"**ELIGIBILITY:**

A student must have played in at least two regular league games in that division before being eligible for NOSSA.

GENERAL:

1. A school may participate in one category, i.e. "A", "AA", "AAA" in junior and a different category in senior.
2. That the number of players a team may dress for a game be defined as "unlimited".
3. NOSSA Representatives from all Districts must be determined no later than the Monday prior to the NOSSA Championship.
4. If a position opens up at a NOSSA Championship because another region does not fulfill their commitment, the league convener must be contacted by the Athletic Administrator and the NOSSA Convener. At this time, the appropriate schools will be contacted.
5. NOSSA will use the OFSAA official ball for all games.
6. At the conclusion of the NOSSA Championship Final, the Senior winner will have the opportunity to choose their intent to participate for OFSAA "AA" or "AAA", provided they do not displace a second place team from an OFSAA entry. The second place finisher would then fill the next OFSAA position.
7. To break all other ties in final pool play standings, the following criteria will be used:
 - (I) Head to head results, with the winning team being seeded highest.
 - (II) If there is still a tie, the team that has allowed the fewest points in games involving the tied teams will get the highest seed.
 - (III) If still tied, point differential (points for less points against) amongst the games involving the tied teams, the team with the highest differential getting the highest seed.
 - (IV) Should the teams still be tied, then the overall point differential between common opponents shall be used.

BOYS' BASKETBALL "AA"/"AAA" SCHEDULE

Years 1/4/7 - Sudbury			Years 2/5/8 - North Bay			Years 3/6/9 - Sault		
	POOL A	POOL B		POOL A	POOL B		POOL A	POOL B
1	SUD 1	SUD 2	1	NDA 2	SUD 1	1	SAULT 1	SAULT 2
2	NDA 2	NDA 1	2	SAULT 1	NDA 1	2	NDA 1	SUD 1
3	SAULT 1	SAULT 2/NS	3	SUD 2/NS	SAULT 2	3	SUD 2	NDA 2/NS
	POOL A	POOL B		POOL A	POOL B			
	A1 VS A2	B1 VS B2		A1 VS A2	B1 VS B2			
	A1 VS A3	B1 VS B3		A1 VS A3	B1 VS B3			
	A2 VS A3	B2 VS B3		A2 VS A3	B2 VS B3			
	SITE #1 – SENIOR			SITE #2 – JUNIOR				
DAY 1	1:00 PM	A1 VS A2		1:00 PM	A1 VS A2			
	2:30 PM	B1 VS B2		2:30 PM	B1 VS B2			
	4:00 PM	A2 VS A3		4:00 PM	A2 VS A3			
	5:30 PM	B1 VS B3		5:30 PM	B1 VS B3			
	7:00 PM	A1 VS A3		7:00 PM	A1 VS A3			
	8:30 PM	B2 VS B3		8:30 PM	B2 VS B3			
DAY 2	9:00 AM	1st Place Pool A vs 2nd Place Pool B (Semi-Final #1)						
	10:30 AM	1st Place Pool B vs 2nd Place Pool A (Semi-Final #2)						
	2:00 PM	JUNIOR FINAL			(Winner of Semi #1 vs Winner of Semi #2)			
	4:00 PM	SENIOR FINAL			(Winner of Semi #1 vs Winner of Semi #2)			

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.

FOOTBALL

- GENERAL (cont):**
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.
 5. NOSSA junior football shall adopt the four (4) down system as recommended at the OFSAA Sport Committee Meeting. A one yard neutral zone will be in affect.

Effective November 2017, NOSSA senior football will move to full Canadian Amateur Football rules (3 down football).
 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.
 7. In the event that an agreement to exchange game film in advance of NOSSA playoff games, then the film must be of each team's championship final.
 8. The NOSSA host will be responsible to provide first aid, with qualifications as defined in the OPHEA safety guidelines, to both teams playing in the game.

HOCKEY

AGES: Refer to the Constitution.

DECLARATION Districts must declare their intention to participate by January 15th.

DATE:

TOURNAMENT: There shall be one championship hosted. Two representatives to OFSAA will be declared from the NOSSA boys hockey championship, one for "A"/"AA" and the other for "AAA". The NOSSA champion shall select their OFSAA event of choice first, provided their choice does not prevent the finalist from qualifying. If a third representative is needed, the team that finishes with the best record during pool play will qualify.

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.
 - iii) If teams are still tied, then goal differential (goals for divided by goals against) for all games in the N.O.S.S.A. tournament pool play are used.
 - iv) If two teams remain tied, the winner will be determined by the team with the least number of penalty minutes throughout the tournament.

HOCKEY (cont'd)**SERIES (cont'd):**

- 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.
 - 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 rotation for convening the NOSSA Hockey Tournament will be Nipissing, Sault Ste. Marie and Sudbury. If the district hosting OFSAA wins the NOSSA Tournament, then the host district will also have the second entry into the OFSAA Championship.
- 7. The Ennis Cup will be awarded to the team that wins the combined NOSSA Championship.

HOCKEY (cont'd)

ELIGIBILITY: Refer to the Constitution.

No competitor is eligible whose name has appeared on a game sheet, and has dressed, after the first association regular season game, for a team in any level of major junior, junior, intermediate, senior or GMHL league or any league deemed equivalent. Exception: a junior "C" or "D" team is allowed to AP a high school goalie and be called up in an emergency situation and appear on a game sheet and/or play up to a maximum of two exhibition/league and/or playoff games in total during the season after the association's first regular season game.

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. All games will employ a two-referee, two linesmen assignment where possible.

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 protectors (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.
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.

HOCKEY (cont'd)**GENERAL (cont'd):**

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 each team be allotted one 30 second time out per game.
8. That the number of players dressing per game shall be according to each District's local playing regulations.
9. 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.
10. 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.f still tied, the remaining players will take alternating shots until a winner is determined.
11. The scoreclock shall run straight time in the event that the score reaches eight (8) or more goal differential.
12. Any contact with a goalie as he freezes the puck, initiated by an opposing player, shall result in a face off outside the zone.

BOYS SOCCER

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"/"AAA" Championship, and a Junior "A", "AA" and "AAA" Championship. *The Junior Boys' "AA" championship will be hosted in the same city as the Senior Boys' "AA"/"AAA" championship to accommodate schools with the same junior and senior coaches.*

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 – "A": 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 two 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.

BOYS SOCCER (cont'd)**TOURNAMENT
STRUCTURE AND
PROCEDURE –
“AA”/“AAA”**

Boys' and girls' "AA" and "AAA" teams will combine both classifications into one event, with the winner and runner up filling OFSAA spots for "AA" and "AAA" events. A 2-day format will be adopted (the Friday and Saturday prior to the date of the OFSAA championships).

Years 1/4/7 - Sudbury		Years 2/5/8 - North Bay		Years 3/6/9 - Sault	
Pool A	Pool B	Pool A	Pool B	Pool A	Pool B
Sud 1	Sud 2	NDA 2	Sud 1	Sault 1	Sault 2
NDA 2	NDA 1	Sud 2/NS	NDA 1	Sud 2	Sud 1
Sault 1	Sault 2/NS	Sault 1	Sault 2	NDA 1	NDA 2/NS

Sr Boys AA/AAA	
Pool A	Pool B
A1 v A2	B1 v B2
A1 v A3	B1 v B3
A2 v A3	B2 v B3

Day 1**Site #1**

10:00am A1 Vs A2
 12:00pm Jr AA Semi #1
 2:00pm A2 Vs A3
 4:00pm Jr AA Final
 6:00pm A1 Vs A3

Site #2

B1 Vs B2
 Jr AA Semi # 2
 B1 Vs B3
 Jr AAA Final (if req'd)
 B2 Vs B3

Day 2**Site #1**

9:00am 1st A Vs 2nd B
 1:00pm Win Semi 1 vs Win Semi 2

Site #2

9:00am 1st B Vs 2nd A

- Should there be a vacancy in one of the pools, the host district shall have the first opportunity to fill the open spot.
- At the conclusion of the NOSSA Championship Final, the Senior Winner will have the opportunity to choose their intent to participate for OFSAA "AA" or "AAA", provided they do not displace the second place team from an OFSAA entry. The second place finishers will then fill the next OFSAA position.
- As per the rotation and pool organization, the furthest travelling district each year shall not play the 10am games.

BOYS SOCCER (cont'd)**"AA"/"AAA"**
TIE-BREAKER:

To break all other ties in final pool play standings, the following criteria will be used:

- Head to Head results, with the winning team being seeded the highest
- If there is still a tie, the team that has allowed the fewest goals against in games involving tied teams will get the highest seed.
- If still tied, goal difference (goals for - goals against) amongst the games involving tied teams, the team with the with the greatest goal difference getting the highest seed.
- Should teams still be tied, then overall goal difference between common opponents shall be used

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.

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 by December 31st of the current school year.
- iv) be in Grades 9-12.

BOYS SOCCER (cont'd)**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 - All single game championships will consist of two forty-five (45) minute halves, with a five (5) minute rest period between halves. All other championship games will consist of two forty (40) minute halves with a five (5) minute rest period between halves.
- b) Number of Players –
 - i) Each team may register twenty-four (24) participants.
 - ii) Each team may dress a maximum of twenty (20) players for each game
 - iii) Students that are not of the game roster must not be dressed in any team attire and are not permitted to warm-up with the team. However, these students are permitted within the competition (bench) area.
- 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.

BOYS SOCCER (cont'd)**RULES AND OFFICIALS (cont'd):**

- 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. All NOSSA Championship games must be played with a full three person officials crew, unless the convener and both involved coaches agree to proceed with the game with a fewer number of officials.

UNIFORMS AND EQUIPMENT:

Teams must provide a second set of uniforms or a set of legally numbered markers of a different colour in case two opposing teams have uniforms of a similar colour. A coin toss shall decide which team shall change.

The NOSSA Convener shall be responsible for providing good playing facilities and equipment including goal posts with nets and corner field flags. Fields shall be clearly marked according to soccer regulation.

Each team must bring two game balls to the championship.

AWARDS:

Members of Championship team shall receive NOSSA medallions (to a maximum of 22). Members of the finalist team shall receive NOSSA silver medallions (to a maximum of 22).

The championship teams will also received the following trophies:

- A - John Sikora Trophy
- AA - Peter Christakos Memorial Trophy
- AAA - L.U. Soccer Ball
- Junior Boys - Nina Grossi Memorial Trophy

BOY'S VOLLEYBALL

ELIGIBILITY: The NOSSA Volleyball competition shall be divided into two divisions: Junior and Senior

NOSSA Constitution, ARTICLE VII and OFSAA.

EVENT DATE: NOSSA A, AA, AAA, B Volleyball shall schedule the NOSSA Championships either on the Thursday, Friday or Saturday prior to the OFSAA Championships depending upon officials' availability.

DECLARATION DATE: Districts must declare their intention to compete by October 31st.

- SERIES:**
1. The "A" tournament shall rotate amongst the four districts. The "AA" and "AAA" tournaments shall rotate among North Shore, Nipissing and Sudbury until such time that the Sault Ste. Marie District applies for entry at the Annual NOSSA Meeting. The rotational order in Boys' Volleyball should be aligned such that one District does not host more than one (1) category in any given year.
 2.
 - a) Each District shall be allowed one representative with the host district having two (2) entries in both Junior and Senior. Each District must declare its entrant(s) by the **Wednesday** prior to the NOSSA "AAA", "AA", "A": tournaments. Failure to do so shall mean forfeiture of the district entrant(s).
 - b) Each district shall attempt to send their best teams to represent them in each of the "A", "AA" and "AAA" tournaments. Each district Convener will declare to the NOSSA Convener(s) on October 31st whether the district will be represented in each classification. After doing so, should there be openings left unfilled, the convener may, in consultation with the local conveners, choose the best possible team(s) from any NOSSA region to complete the tournament.
 3. The NOSSA Volleyball Tournament shall be a 4 team round robin tournament with the top (2) teams going on to a playoff match.
 4. The round robin matches shall be 2 out of 3 games. The playoff match shall be the best 2 of 3 games.

BOY'S VOLLEYBALL (cont'd)**SERIES (cont'd):**

5. The suggested starting time shall be 10 00 hours, with each succeeding match starting on the hour. The Junior playoff shall begin after the completion of the round robin. The Senior playoff shall begin immediately after the Junior playoff.
6.
 - i) Award 2 points for a match win and 0 for the loss.
 - ii)
 - a) If 2 teams are tied the team which won the match between the two teams shall be given the highest placing.
 - b) If 3 teams are tied and one team has beaten both the other teams, that team shall be given the highest placing.
 - c) The team having the best ratio won/lost games in the entire preliminary round robin will be ranked higher; for example: Team A and B are tied with a 4 win 1 loss record in matches. Team A has a 12 win 4 loss record in games and Team B has a 13 win 5 loss record in games. $A = 12/4$ or 3.00, $B = 13/5$ or 2.60 (carry as many decimal places as necessary). Therefore, Team A is placed higher in the standings
 - d) In the event of a tie after the above, the team having the best point ratio for and against in the entire preliminary round robin will be ranked higher. The same division of points won divided by points lost as in games above will be used.
7. Warm-ups before matches will follow a 10-5-5 format. Warm-up for the senior match will commence once the junior match has ended and the net height has been adjusted. Ten (10) minutes will be a common time for on court warm-up; five (5) minutes hitting and serving for serving team first. Repeat for the receiving team.

GAME**PROCEDURES:**

When the first referee indicates for the teams to change sides at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court.

SCHEDULES:

See appendices following these playing regulations for examples to follow.

BOY'S VOLLEYBALL (cont'd)**LIBERO:**

The player that is designated as the libero for any set may be team captain or game captain.

Each Team has the right to designate up to two (2) specialist defensive players: Liberos U-5 ii) All Liberos must be recorded on the scoresheet with the team roster. iii) The number of the Libero or Liberos is to be recorded on the lineup sheets for all sets iv) Coach may re-designate Liberos each set v) Only one Libero may be on the court at any time vi) The Libero CAN be either team captain or game captain at the same time as performing as a Libero.

RULEBOOKS:

Rules to be followed as outlined in the current C.V.A. Rulebook.

UNIFORMS:

A team is to wear matching uniform tops and matching (at first glance) shorts at all times or the player(s) will not play. Student-athletes must remain fully clothed in 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. Officials must inform the players of ineligibility to continue. 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.

OFFICIALS:

Every effort must be made to obtain the best qualified O.V.A. officials that are available. The host of the NOSSA tournament must provide suitably trained linespeople for all matches.

FINANCES:

Each representative will be responsible for its own cost. An entry fee may be charged to cover cost of officials and awards.

AWARDS:

The type of awards to be at the discretion of the convener with an eye toward encouraging the sport.

GENERAL:

1. For Junior competition, the net height shall be 2.35m.
2. All matches will be best two of three sets except the senior final, which will be a three out of five set match.
3. If only 3 teams enter an event, use the 3-team round robin format. If only two 2 teams enter an event, use only the playoff match.
4. The official game ball will be the current OFSAA sanctioned ball.

BOY'S VOLLEYBALL (cont'd)

- GENERAL (cont'd):** 5. There will be a "A" Championship and a combined "AA/AAA" Championship.

Tournament Format - Championships will be a single round robin with the top two teams advancing to the finals.

Junior/Senior AA/AAA NOSSA Championship

There will be 4 entries as follows:

2 - Sudbury (SDSSAA)

2 - North Bay (NDA)

North Shore – retains the right to (1) one entry, increasing the draw to (5) five teams. A (5) five team draw will only take place if North Shore chooses to send a team. Efforts will be made to maintain a (4) four team draw.

In the event that a Sudbury or North Bay district does not commit to sending an entry, the host area will have the opportunity to fill the first vacancy. If there is more than one vacancy, the remaining spots (if any) will be filled by a draw.

Host sites will alternate annually between Sudbury and North Bay.

At the conclusion of the NOSSA Championship Final, the Senior winner will have the opportunity to choose their intent to participate for OFSAA "AA" or "AAA", provided they do not displace a second place team from an OFSAA entry. The second place finisher would then fill the next OFSAA position."

BOY'S VOLLEYBALL (cont'd)**SCHEDULES**

<u>SCHEDULE #1:</u>			
This schedule is a 4 team round robin for both Jr and Sr, using best 2 of 3 matches. It guarantees one half hour rest between matches.			
COURT #1	TIME	DIVISION	COURT #2
a vs d	9:00	JR	b vs c
A VS D	10:15	SR	B vs C
a vs c	11:30	JR	d vs b
A VS C	12:45	SR	D vs B
a vs b	2:00	JR	c vs d
A vs B	3:15	SR	C vs D
JR FINAL	5:00	JR	
	6:30	SR	SR Final

FEWER THAN 4 ENTRIES:

In case a team that qualified declines to enter, the following procedure must be undertaken by the convener to fill the tournament draw:

1. Contact the convener of the declining district to invite the next team in the school classification involved,
2. If no team can be picked up from declining district, invite the next team that has qualified from another district that has fewer than two entries already,
3. If no team can be picked up from any district within the limitations of item (2), then go to a 3-team schedule.
4. When a 3-team schedule is necessary, round robin matches be 2 of 3 and the final match be 3 of 5.
5. When a 2-team schedule is necessary, a 3 of 5 match (final) be played.

BOY'S VOLLEYBALL (cont'd)
SCHEDULES

SCHEDULES FOR 3 TEAM TOURNAMENTS (or combined 3-Team and 4-Team)

<u>^SCHEDULE #2:</u>		
3 team round robin for both JR and SR. Final Match - best 2 of 3. For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.		
<u>COURT #1 SENIORS</u>	<u>TIME</u>	<u>COURT #2 JUNIORS</u>
<u>B vs C</u>	<u>10:00</u>	<u>b vs c</u>
<u>A vs C</u>	<u>12:00</u>	<u>a vs c</u>
<u>A vs B</u>	<u>2:00</u>	<u>a vs b</u>
	<u>4:30</u>	<u>JR FINAL</u>
<u>SR FINAL</u>	<u>6:00</u>	

<u>SCHEDULE #3:</u>			
4 team SR and 3 team JR round robin. Final match best 2 of 3. For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.			
<u>COURT #1</u>	<u>TIME</u>	<u>DIVISION</u>	<u>COURT #2</u>
	9:00	JR	b vs c
A vs D	10:15	SR	B vs C
	11:30	JR	a vs c
A vs C	12:45	SR	D vs B
	2:00	JR	a vs b
A vs B	3:15	SR	C vs D
	5:00	JR	JR FINAL
SR FINAL	6:30	SR	

BOY'S VOLLEYBALL (cont'd)**SCHEDULES**

<u>SCHEDULE #4:</u> 3 team SR and 4 team JR round robin. Final match best 2 of 3. For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.			
<u>COURT #1</u>	<u>TIME</u>	<u>DIVISION</u>	<u>COURT #2</u>
a vs d	9:00	JR	b vs c
B vs C	10:15	SR	
a vs c	11:30	JR	d vs b
A VS C	12:45	SR	
a vs b	2:00	JR	c vs d
A vs B	3:15	SR	
SR FINAL	5:00 6:30	JR	JR FINAL

<u>SCHEDULE #5:</u> 4 team SR and 4 team JR round robin. Final match best 2 of 3. Single venue.			
<u>DAY</u>	<u>DIVISION</u>	<u>TEAMS</u>	<u>TIME</u>
1	JR	Sud #1 vs Sud #2	4:00pm
1	JR	North Shore vs Nip	5:00pm
1	SR	Sud #1 vs Sud #2	6:00pm
1	SR	North Shore vs Nip	7:00pm
2	JR	Sud #2 vs North Shore	9:00am
2	JR	Sud #1 vs North Bay	10:00am
2	SR	Sud #2 vs North Shore	11:00am
2	SR	Sud #1 vs North Bay	12:00pm
2	JR	Sud #2 vs North Bay	1:00pm
2	JR	Sud #1 vs North Shore	2:00pm
2	SR	Sud #2 vs North Bay	3:00pm
2	SR	Sud #1 vs North Shore	4:00pm
2	JR	CHAMP FINAL	5:00pm
2	SR	CHAMP FINAL	6:15pm

BOY'S VOLLEYBALL (cont'd)**SCHEDULES**

<u>SCHEDULE #6:</u> 4 team round robin in both seniors and juniors, but at separate venues. All matches are 2 out of 3. If there are just 3 teams in either junior and/or senior the schedule will start at 10:00 am. (A vs C, B vs C, and A vs B)		
<u>COURT #1 JUNIORS</u>	<u>TIME</u>	<u>COURT #2 SENIORS</u>
A VS D	9:00 a.m.	A VS D
B VS C	10:15 a.m.	B VS C
A VS C	11:30 a.m.	A VS C
B VS D	12:45 a.m.	B VS D
A VS B	2 :00 p.m.	A VS B
C VS D	3:15 p.m.	C VS D
JR. FINAL	4:30 p.m.	SR. FINAL

<u>SCHEDULE #7:</u> 5 team round robin in both seniors and juniors, but at separate venues. All matches are 2 out of 3.		
<u>COURT #1 JUNIORS</u>	<u>TIME</u>	<u>COURT #2 SENIORS</u>
A VS D	Friday 4:00 p.m.	A VS D
B VS C	5:00 p.m.	B VS C
D VS E	6:00 p.m.	D VS E
A VS C	7:00 p.m.	A VS C
B VS E	8:00 p.m.	B VS E
C VS D	Saturday 10:00 a.m.	C VS D
A VS B	11:00 a.m.	A VS B
C VS E	12:00 a.m.	C VS E
B VS D	1:00 p.m.	B VS D
A VS E	2:00 p.m.	A VS E
JUNIOR FINAL	3:30 p.m.	SENIOR FINAL

GIRLS' BASKETBALL

HISTORY AND AWARDS:

The NOSSA basketball championships were resumed in 1952 with Sudbury as the host team. For some years prior, just exhibition games had been played. The trophy awarded in 1952 was a can covered with aluminum foil. North Bay took home the coveted award.

By the time the 1953 tournament had arrived a trophy had been donated by Mr. J. H. Owens, A North Bay business man. It was known as the Owens trophy.

Holder of the OWENS TROPHY:

1952	North Bay
1953	Sault Technical School
1954	Kirkland Lake
1955	Sault Technical School and Timmins (tied)

Travelling to the far north became impossible after 1956. Without any definite constitution, two divisions, a northern and a southern were formed. The J.H. Owens Trophy was given to the Sault Technical School which had won it three (3) times.

In 1957 the TRUSSLER Trophy, again a donation from a North Bay businessman, was awarded to the winner of the Senior League.

In 1955 Bumbacco Sports in Sault Ste. Marie donated a trophy to the winner of the Junior A and Senior B competition. It was won in 1955 and 1956 by Copper Cliff.

AGE AND ELIGIBILITY:

See Constitution.

NOSSA will host the following tournaments:

"B"	Open (same schedule format as the "AA" event, with an effort to seed entries)
"A"	Junior/Senior
"AA"	Junior/Senior
"AAA"	Junior/Senior

EACH DISTRICT SHALL ATTEMPT TO SEND ITS BEST TEAMS TO REPRESENT IT IN EACH OF THE A, AA AND AAA TOURNAMENTS. EACH DISTRICT MUST DECLARE BY OCTOBER 31st OF THE CURRENT SCHOOL YEAR ITS COMMITMENT TO SEND A TEAM TO EACH TOURNAMENT.

Winners in each district must be declared one week prior to the NOSSA tournament. The convener must have the names of competitors and the eligibility list of the teams by the Monday before the tournament.

GIRLS' BASKETBALL (cont'd)**IN ALL NOSSA TOURNAMENTS THE FOLLOWING SHALL APPLY:****CONVENER:**

Each district shall appoint a local convener. The host district shall appoint a NOSSA convener. The NOSSA convener shall appoint a Jury of Appeal consisting of the convener and one representative from each district. This jury will rule on any protests that arise during the course of the tournament. If a member of this jury is a coach whose team is involved in the protest, another representative will be appointed to assist in the ruling.

RULES AND OFFICIALS:

- a) The rules shall be according to the official rules as per O.F.S.A.A. Sport Advisory Committee.
- b) the #6 (size 6) basketball shall be used. NOSSA will use the OFSAA official ball for all games. The brand of ball used by OFSAA will be reviewed at the start of the girls' season.
- c) In all games, both officials shall be rated officials holding an I.A.A.B.O. rating. Officials must be a minimum level 2 to 3 official under NOCP. Officials shall not officiate three consecutive games in NOSSA Championships.
- d) The referee of a given match may not be a student, player, staff member, coach, convener or immediate family member of the teams involved. Immediate family members may include: parents, siblings, aunts, uncles, grandparents and/or cousins.
- e) Minor officials (timekeepers, scorer and shot clock operator) will be provided for each of the games at the NOSSA championships.

TOURNAMENT FINANCING:

Expenses are the responsibility of the host district. An appropriate entry fee may be charged to off-set tournament expenses. Any profit/loss shall be returned to/covered by the host district.

AWARDS:

Each member of the championship team shall be given a NOSSA medallion. See specific tournament information about the appropriate team trophy. The winner of a team trophy is responsible for care and maintenance of the trophy, engraving and transportation to the next tournament.

GIRLS' BASKETBALL (cont'd)**SCHEDULING:**

All NOSSA Basketball games will be held at the scheduled time unless:

- a) one or more teams have not had the prescribed one hour of rest, in which case the game will be played later than the scheduled time; or
- b) both coaches, the referees, and the convener or the convener's representative, agree to play earlier than the scheduled time.
- c) For each NOSSA championship (including the finals), a specific gym location must be declared prior to the start of the tournament.

JUNIOR GIRLS A BASKETBALL

FOR THE LOUGHEED TROPHY

ENTRIES:

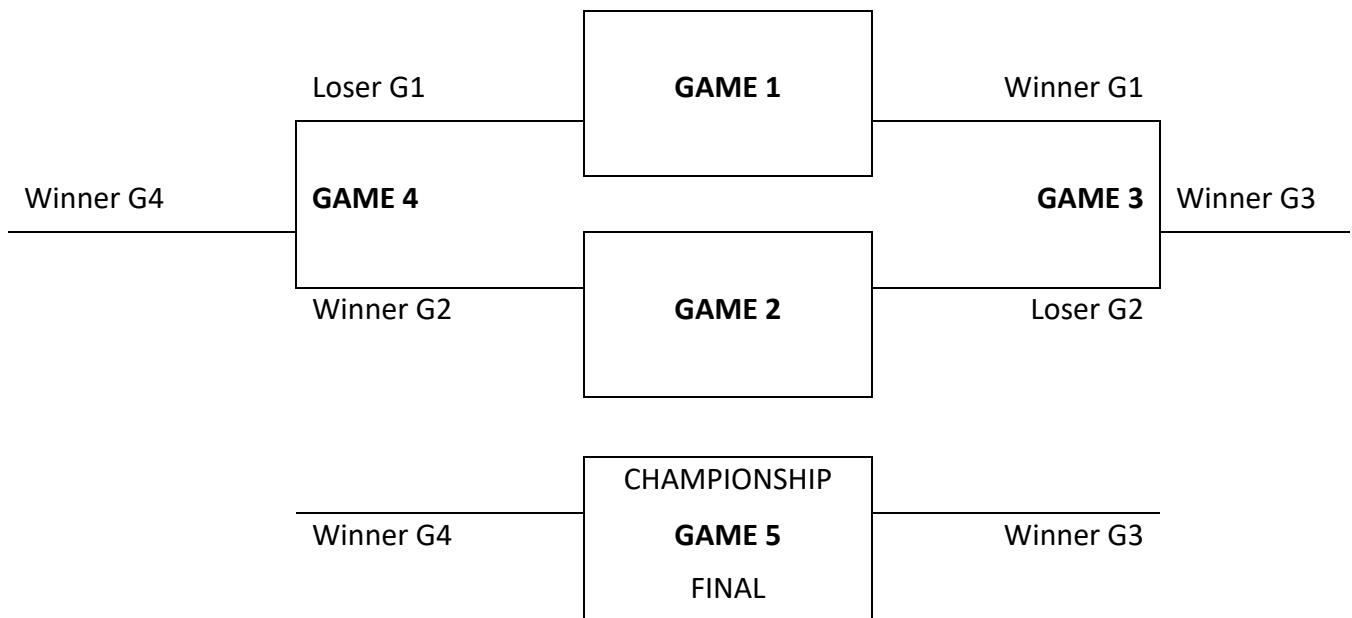
There will be four entries as follows:

Nipissing	1
North Shore	1
Sault Ste. Marie	1
Sudbury	1

In the event that a district does not commit to sending an entry, the other districts will have the opportunity to fill vacancies. The host area is to have the first option to fill vacancies with one team and the remaining spots (if any) will be filled by a draw.

TOURNAMENT SCHEDULE AND FORMAT:

(a) Four Team Tournament Draw



- At the convenor's discretion, Games (1) and (2) may be reversed.
- Game times and tournament fees will be determined by the Convener.
- Teams who have the farthest to travel will receive later starting times.
- The first game cannot start before one o'clock in the afternoon.

JUNIOR GIRLS A BASKETBALL (cont'd)**TOURNAMENT SCHEDULE AND FORMAT (cont'd):****(b) TOURNAMENT FORMAT - 3 Team Tournament Draw**

1 vs. 3 2 vs. 3 1 vs.2 (Round robin)

- The top 2 (two) teams play in Championship
- Tie breaker Procedure
 - 1) Points for vs. points against to determine +/-
 - 2) If there are still 2 teams tied, head to head record with the 2 tied teams

(c) TOURNAMENT FORMAT - 2 Team Tournament Draw

Best of 3 series (1vs.2, 1vs.2 1vs.2)

(d) TOURNAMENT FORMAT - 1 Team Tournament Draw

Team automatically qualifies for OFSAA

SENIOR GIRLS A BASKETBALL

FOR THE ____ TROPHY

ENTRIES:

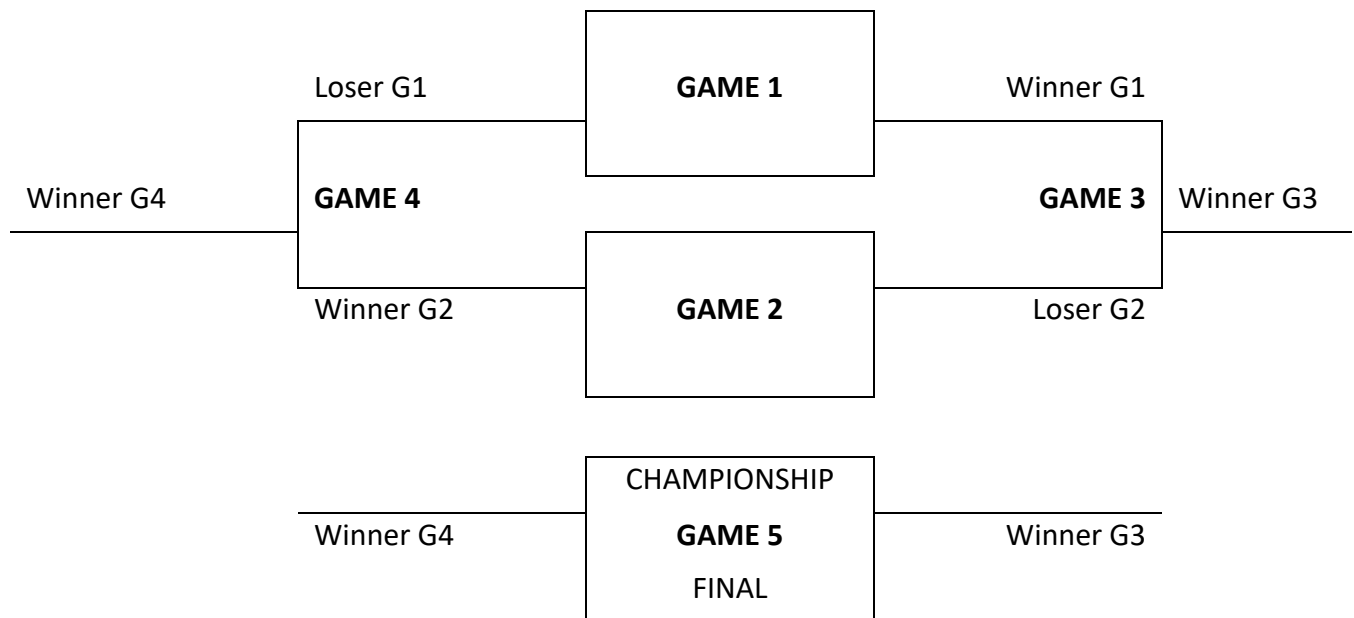
There will be four entries as follows:

Nipissing	1
North Shore	1
Sault Ste. Marie	1
Sudbury	1

In the event that a district does not commit to sending an entry, the other districts will have the opportunity to fill vacancies. The host area is to have the first option to fill vacancies with one team and the remaining spots (if any) will be filled by a draw.

TOURNAMENT SCHEDULE AND FORMAT:

(a) Four Team Tournament Draw



- At the convenor's discretion, Games (1) and (2) may be reversed.
- Game times and tournament fees will be determined by the Convener.
- Teams who have the farthest to travel will receive later starting times.
- The first game cannot start before one o'clock in the afternoon.

SENIOR GIRLS A BASKETBALL (cont'd)**TOURNAMENT SCHEDULE AND FORMAT (cont'd):****(b) TOURNAMENT FORMAT - 3 Team Tournament Draw**

1 vs. 3 2 vs. 3 1 vs.2 (Round robin)

- The top 2 (two) teams play in Championship
- Tie breaker Procedure
 - 1) Points for vs. points against to determine +/-
 - 2) If there are still 2 teams tied, head to head record with the 2 tied teams

(c) TOURNAMENT FORMAT - 2 Team Tournament Draw

Best of 3 series (1vs.2, 1vs.2 1vs.2)

(d) TOURNAMENT FORMAT - 1 Team Tournament Draw

Team automatically qualifies for OFSAA

JUNIOR/SENIOR GIRLS AA/AAA BASKETBALL

ENTRIES: There will be six entries as follows:

Nipissing	- 2
Sault Ste. Marie	- 2
Sudbury	- 2

North Shore – retains right to one entry reducing allotment above based on the district hosting (see schedule herein).

In the event that a district does not commit to sending an entry, the other districts will have the opportunity to fill vacancies. The host area is to have the first option to fill vacancies with one team and the remaining spots (if any) will be filled by a draw.

In the event that only two district are participating in the tournament a single game will be played between the top teams from each district. The coaches of the qualifying teams may request to play a best 2 of 3 series when they submit their entry to the NOSSA convenor. Both coaches must agree to the request, otherwise a single game will be played.

ROTATION: The AA/AAA Basketball Tournament shall rotate between Nipissing, North Shore, Sudbury and Sault Ste. Marie. Should one district not have any teams the tournament would be hosted by the next team in the rotation.

TROPHIES:

JUNIOR	-	The J. H. Owens Trophy
SENIOR	-	The N.O.S.S.A. Trophy (AA) / The Trussler Trophy (AAA)

TOURNAMENT SCHEDULE AND FORMAT:

	Years 1/4/7 - Sudbury			Years 2/5/8 - North Bay			Years 3/6/9 - Sault	
	POOL A	POOL B		POOL A	POOL B		POOL A	POOL B
1	SUD 1	SUD 2	1	NDA 2	SUD 1	1	SAULT 1	SAULT 2
2	NDA 2	NDA 1	2	SAULT 1	NDA 1	2	NDA 1	SUD 1
3	SAULT 1	SAULT 2/NS	3	SUD 2/NS	SAULT 2	3	SUD 2	NDA 2/NS
	POOL A	POOL B		POOL A	POOL B			
	A1 VS A2	B1 VS B2		A1 VS A2	B1 VS B2			
	A1 VS A3	B1 VS B3		A1 VS A3	B1 VS B3			
	A2 VS A3	B2 VS B3		A2 VS A3	B2 VS B3			
	SITE #1 – SENIOR			SITE #2 – JUNIOR				
DAY 1	1:00 PM	A1 VS A2	1:00 PM	A1 VS A2				
	2:30 PM	B1 VS B2	2:30 PM	B1 VS B2				
	4:00 PM	A2 VS A3	4:00 PM	A2 VS A3				
	5:30 PM	B1 VS B3	5:30 PM	B1 VS B3				
	7:00 PM	A1 VS A3	7:00 PM	A1 VS A3				
	8:30 PM	B2 VS B3	8:30 PM	B2 VS B3				
DAY 2	9:00 AM	1st Place Pool A vs 2nd Place Pool B (Semi-Final #1)						
	10:30 AM	1st Place Pool B vs 2nd Place Pool A (Semi-Final #2)						
	2:00 PM	JUNIOR FINAL			(Winner of Semi #1 vs Winner of Semi #2)			
	4:00 PM	SENIOR FINAL			(Winner of Semi #1 vs Winner of Semi #2)			

At the conclusion of the NOSSA Championship Final, the Senior winner will have the opportunity to choose their intent to participate for OFSAA "AA" or "AAA", provided they do not displace a second place team from an OFSAA entry. The second place finisher would then fill the next OFSAA position.

GYMNASTICS

RULES	All rules and regulations as per O.F.S.A.A. handbook playing regulations with the exception of the following.
DATE	The S.D.S.S.A.A./N.O.S.S.A. Girls' Gymnastics Championship will be held two weeks following the March break. The venue will be booked in September and the date will be confirmed at the pre-season meeting.
LOCATION	A tentative location will be identified at the post-season meeting, to be confirmed at the pre-season meeting of the following year.
MEET STRUCTURE AND PROC- EDURE	<ul style="list-style-type: none">(a) The S.D.S.S.A.A./N.O.S.S.A. Championships shall be a one day competition with optional exercises only.(b) The competition schedule will be available once entries have been received.(c) A coaches' meeting will be held during morning general warm-up and the post season meeting held immediately following the competition.
ENTRY	<ul style="list-style-type: none">(a) Entries must be received by the convener by the designated date, usually one month prior to competition.(b) Scratches and substitutions can be made during general warm-up at the computer table.
EXPENSES	Sport committee funds will cover the cost of officials and schools will be charged for other costs incurred based on the number of athletes.
ELIGIBILITY	Petitions for change of level must be made to the convener in writing by January 1st, and submitted to O.F.S.A.A. by the coach. Decisions regarding competitive levels will be made by the convener, the coach involved, and another randomly selected coach.

GYMNASTICS

RULES OF COMP- PETITION	(a)	A safety zone will be allowed on vault for levels 1,2,3. The coach will be allowed to stand between the board and the horse, as long as they do not block the judges.
	(b)	OGF certified judges are to be hired where possible and paid according to OGF standards. To insure panels of three judges, members of the gymnastics community outside of the high school setting may be used at a cost determined by the convener relative to the OGF standard.
COMPETITIVE DIVISIONS		Each school may enter six athletes per event in levels 1, 2 and 3.
UNIFORM	(a)	Competitor numbers must be written clearly on hand of competitor for both warm up and competition.
	(b)	S.D.S.S.A.A./N.O.S.S.A competitors will have the option of wearing tights over their body suit. Only black, bike length tights are acceptable.
REGISTRATION		Registration materials may be picked up by the coach or teacher associated from the convener after entry forms have been received, usually three weeks prior to competition.
JUDGES - JURY OF APPEAL		Judges Jury of Appeal shall consist of the convener and the Superior Judge and shall have jurisdiction over material stated in 18.0 and 19.0 of O.F.S.A.A. regulations.
COMPETITION COMMITTEE		The Competition Committee shall consist of the convener and one S.D.S.S.A.A. N.O.S.S.A. Board of Reference member.

GIRLS' HOCKEY

DATE: The NOSSA Girls' Hockey Championships shall be held during the week prior to March break unless extraordinary circumstances dictate a change.

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

FORMAT: The NOSSA girls hockey championship will consist of a single four team championship. Two representatives to OFSAA will be declared from the NOSSA girls hockey championship, one for "A"/"AA" and the other for "AAA". If a third representative is needed, the team that finishes with the best record during round robin play will qualify. In the event that two qualifiers to OFSAA are permitted from the same NOSSA Girls Hockey championship, the NOSSA champion shall have the first right to choose their OFSAA event of choice, providing their choice does not displace the NOSSA finalist from a chance to participate.

**TOURNAMENT
STRUCTURE
AND
PROCEDURE:**

In the event that two districts confirm participation in any level of NOSSA girls hockey, each district shall be permitted two entries to bring the total number of entries to four.

Should a third district formally declare their intent to participate by January 15th in accordance with NOSSA rules, the host site will be permitted a second entry and a four team round robin tournament will be scheduled as follows.

Should a fourth district formally declare their intent to participate by January 15th in accordance with NOSSA rules, all four shall receive an entry in each school classification and a four team round robin will be scheduled as follows:

- (a) All teams are guaranteed three (3) games with a minimum of two hours between games.
- (b) Each team shall play two (2) games on the first day and at least one (1) game on the second day with playoffs to follow.
- (c) Tie Breaking Procedures to Determine Standing in Pool Play:
Note: A maximum of a five (5)-goal point spread, regardless of the score, will be used to determine goal differential.
 - (i) If two teams are tied for a playoff position:
 - The team which won the game between the two tied teams during pool play shall receive the position

GIRLS' HOCKEY (cont'd)

- If their pool game was a tie, then the team with the greater goal differential ("goals for" minus "goals against") shall receive the position

- If still tied, the following equation shall come into effect:

"goals for" minus "goals against" divided by "goals against"

The team with the higher number shall advance.

(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

"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:

"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.

GIRLS' HOCKEY (cont'd)**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.
- (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.

GIRLS' HOCKEY (cont'd)

- (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.

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. Inner mouth guards are strongly recommended but are not mandatory.
- (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) fifteen-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.

GIRLS' HOCKEY (cont'd)

- (g) Teams are permitted one 30 second time-out for all games played in the tournament.
- (h) In the event of a tie game at the end of regulation time, the following will apply:
 - (i) one ten-minute sudden victory overtime period using a three-on-three system shall be played until a winner is declared;
 - (ii) in 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. At the expiration of the penalty the penalized player shall return to the ice and the teams shall play four-on-four until the first whistle at which time the teams shall revert to three-on-three.
 - (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 a shootout;
 - (iv) if the game is still tied, a one (1) girl simultaneous sudden victory shootout shall take place using the same players in the same order as above.
- (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 team shall receive gold NOSSA medallions (25). The school represented by the Championship teams shall receive a banner to be retained by the school.

GIRLS' HOCKEY (cont'd)

- (b) Members of the runner-up team 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.

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 "A" Soccer championship games are not to begin before 11:00am to allow out-of-town teams to travel. The NOSSA "AA"/"AAA" championship games are not to begin before 10:00am and the teams travelling the greatest distance may not play in the first championship games to allow for 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"/"AAA" championships contested in Open Girls Soccer.
For the girls "A" championship, 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 two 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.

SOCCER (cont'd)**TOURNAMENT
STRUCTURE AND
PROCEDURE –
“AA”/“AAA”**

Girls’ “AA” and “AAA” teams will combine both classifications into one event, with the winner and runner up filling OFSAA spots for “AA” and “AAA” events. A 2-day format will be adopted (the Friday and Saturday prior to the date of the OFSAA championships).

Years 1/4/7 - Sudbury		Years 2/5/8 - North Bay		Years 3/6/9 - Sault	
Pool A	Pool B	Pool A	Pool B	Pool A	Pool B
Sud 1	Sud 2	NDA 2	Sud 1	Sault 1	Sault 2
NDA 2	NDA 1	Sud 2/NS	NDA 1	Sud 2	Sud 1
Sault 1	Sault 2/NS	Sault 1	Sault 2	NDA 1	NDA 2/NS

Sr Boys AA/AAA	
Pool A	Pool B
A1 v A2	B1 v B2
A1 v A3	B1 v B3
A2 v A3	B2 v B3

Day 1**Site #1**

10:00am A1 Vs A2
 2:00pm A2 Vs A3
 6:00pm A1 Vs A3

Site #2

10:00am B1 Vs B2
 2:00pm B1 Vs B3
 6:00pm B2 Vs B3

Day 2**Site #1**

9:00am 1st A Vs 2nd B
 1:00pm Win Semi 1 vs Win Semi 2

Site #2

9:00am 1st B Vs 2nd A

- Should there be a vacancy in one of the pools, the host district shall have the first opportunity to fill the open spot.
- At the conclusion of the NOSSA Championship Final, the Senior Winner will have the opportunity to choose their intent to participate for OFSAA “AA” or “AAA”, provided they do not displace the second place team from an OFSAA entry. The second place finishers will then fill the next OFSAA position.
- As per the rotation and pool organization, the furthest travelling district each year shall not play the 10am games.

SOCCER (cont'd)

"AA"/"AAA" **TIE-BREAKER:**

To break all other ties in final pool play standings, the following criteria will be used:

- Head to Head results, with the winning team being seeded the highest
- If there is still a tie, the team that has allowed the fewest goals against in games involving tied teams will get the highest seed.
- If still tied, goal difference (goals for - goals against) amongst the games involving tied teams, the team with the greatest goal difference getting the highest seed.
- Should teams still be tied, then overall goal difference between common opponents shall be used

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.

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 her school belongs.
- ii) be certified as eligible by the Principal of the school.
- iii) meet the following age requirements:
 - the individual's birth certificate indicates that she has not reached her 20th 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 - All single game championships will consist of two forty-five (45) minute halves, with a five (5) minute rest period between halves. All other championship games will consist of two forty (40) minutes halves with a five (5) minute rest period between halves.

SOCCER (cont'd)

RULES AND OFFICIALS (cont'd):

- b) Number of Players -
- i) Each team may register twenty-four (24) participants.
 - ii) Each team may dress a maximum of twenty (20) players for each game
 - iii) Students that are not of the game roster must not be dressed in any team attire and are not permitted to warm-up with the team. However, these students are permitted within the competition (bench) area.
- c) Substitution - There is unlimited substitution. Substitution may occur at stoppage of play 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 only if possessing team substitutes. The yellow carded player is the only player who may be replaced at that time and she may re-enter the game at a regular substitution period.

If a player receives a red card she must leave the field for the remainder of that game (no substitution allowed) and may not play in her 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) Teams must register thirty minutes before the first game time and must be ready to play when scheduled in subsequent games or face forfeiture.
- f) The NOSSA Convener shall be responsible for obtaining OSA-certified officials for all championship games, wherever possible. All NOSSA Championship games must be played with a full three person officials crew, unless the convener and both involved coaches agree to proceed with the game with a fewer number of officials.

SOCCER (cont'd)

UNIFORMS AND EQUIPMENT:

Teams must provide a second set of uniforms or a set of legally numbered markers of a different colour in case two opposing teams have uniforms of a similar colour. A coin toss shall decide which team shall change.

The NOSSA Convener shall be responsible for providing good playing facilities and equipment including goal posts with nets and corner field flags. Fields shall be clearly marked according to soccer regulation.

Each team must bring two game balls to the meet.

AWARDS:

Members of Championship team shall receive NOSSA medallions (to a maximum of 20).

The championship teams will also received the following trophies:

- A - SDSSAA Trophy
- AA - SCC Cardinal Trophy
- AAA - Lloyd Rebeiro Trophy

VOLLEYBALL

AGE AND ELIGIBILITY:

See Constitution, Article VII

TOURNAMENT FINANCING:

Expenses for the NOSSA volleyball tournaments shall be the responsibility of the host area. An entry fee will be charged at the discretion of the convener to off-set tournament expenses. Any profit/loss is to be returned to/covered by the host district.

TOURNAMENTS:

NOSSA will host the following tournaments

"A"	Jr/Sr.
"AA"	Jr/Sr.
"AAA"	Jr/Sr.

The host sites for the NOSSA championships must be confirmed and announced through the district secretaries one week prior to the NOSSA championship.

ENTRIES:

"A", "AA" and "AAA" tournament:

JUNIOR: Sudbury 1, Nipissing 1, North Shore 1, Sault 1.

SENIOR: Sudbury 1, Nipissing 1, North Shore 1, Sault 1.

DECLARATION OF DISTRICT REPRESENTATION DEADLINE:

By January 15th of the current volleyball season, each District must declare in writing to each of the three N.O.S.S.A. conveners, whether or not a district will have an entry in both the senior and junior tournaments. It is not necessary to specify a school. If a district has not declared by the set date they will not be permitted an entry to the tournament for that year. Furthermore, each NOSSA convener will confirm this entry by January 31st in writing as well.

Each district must declare its entrant(s) by the Wednesday prior to the N.O.S.S.A. "AAA", "AA", "A", tournaments. Failure to do so shall mean forfeiture of the district entrant(s).

ENTRY DEADLINE:

Each district must declare its entrants and notify the convener no later than the Monday immediately prior to the NOSSA tournament. Failure to do so shall mean forfeiture of the district entrant(s).

VOLLEYBALL (cont'd)

FACILITIES:

The Convener shall make every effort to schedule games on regulation size courts, with height of gym and size of serving area as suggested in the CVA Rules.

Teams should be notified in advance of any necessary changes in gym height or serving area size and also if there are any overhead obstructions. This information is to be included in the general information sent to each District well in advance of the tournament. Rulings on overhead obstructions (local ground rules) shall be made by the host district.

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. No exposed jewelry to be worn, taping/covering of piercing is allowed. Jewelry such as rings, bracelets and necklaces and any other items deemed unsafe by competition officials shall be removed.

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).

VOLLEYBALL (cont'd)

RULES (cont'd):

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.

SCORING:

Tournament - each match won shall earn a team two points, each match lost shall earn a team 0 points.

VOLLEYBALL CANADA TIE BREAKING PROCEDURE:

If two or more teams are tied at the end of the preliminary round, the following criteria will be applied, in order:

- a) The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher.
- b) The team having the best ratio of won/lost games, considering matches played between the tied teams, will be ranked higher.
- c) The team having the best ratio of won/lost games, considering all matches of the round robin, will be ranked higher.
- d) The team having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher.
- e) The team having the best ratio of points for/against, considering all games played during the round, will be ranked higher.

VOLLEYBALL (cont'd)

TIE-BREAK (cont'd): When you apply this rule to break a tie you should follow this sequence:

1. When two teams are tied, the tie breaking criteria are applied one after the other until the tie has been broken.
2. When three or more teams are tied, the tie breaking criteria are applied one after the other until all the tied teams have been ranked.

Note: This means that if there is a tie among teams X, Y and Z and criteria "b" is able to determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken.

However, if criteria "b" determines X as first and there is still a tie between Y and Z, then the ranking of the remaining teams will be determined by proceeding to criteria "c" and so on, if necessary. Do not start at "a" again, continue through the sequence of criteria.

OFFICIALS:

The convener or her appointee(s) shall attempt to arrange for a sufficient number of provincially-rated (OVA) or higher-rated officials so that there will be at least one working each match of the tournament, and two working any final match. The official with the highest rating shall be the referee, not the umpire.

At the NOSSA Volleyball Tournaments (A, AA, AAA), the Convener, where possible, must use trained or rated people to serve as lines people.

CONVENER:

The convener shall appoint a Jury of Appeal consisting of the convener and one representative from each District to rule on any protests that may arise during the course of the tournament. If a member of this Jury is a coach whose team is involved in the protest, another representative will be appointed to assist in the ruling.

The convener is reminded to direct coaches to the latest NOSSA Constitution found on the NOSSA website.

DATE:

All championship tournaments ("A", "AA" and "AAA") involving four teams or less will be hosted on a Friday.

When two volleyball NOSSA events are being held in the same officials' pool area, at the discretion of one of the conveners, one of the events may be moved to Saturday.

VOLLEYBALL (cont'd)

- GAME PROCEDURES:** When the first referee indicates for the teams to change sides at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court.
- LIBERO:** The player that is designated as the libero for any set may be team captain or game captain.
- SCHEDULE:** A round-robin schedule shall be played with a final between the first and the second place teams to decide the championship. All matches will be the best two out of three sets except the senior final, which will be a three out of five sets.
- All participating teams shall play an equal number of games on the Friday of the NOSSA Tournament.
- The Convener is to inform outside districts of the exact time that they are to play their first match, so that travel arrangements can be made. The Convener has the discretion to change the playing schedule when two sites are utilized. The half hour rest between matches may not be possible due to schedule limitations.
- Be it resolved that when two teams from the same district are involved in one particular NOSSA tournament, that the two teams from that same district play each other in the second round of the tournament (exception: 6 team draw)..
- Example: 2 Sudbury Reps and 2 Sault Reps. These 2 teams from the same district will play each other in the second round of the tournament.
- WARM-UPS:** Warm-ups will consist of a 5-5-5 format for on court warm-up when the court is made available to the competing teams. Five (5) minutes will be common time for on court warm-up; five (5) minutes for team serving first at net; five (5) minutes for team receiving first at net.
- GAME BALL:** NOSSA will adopt the same game ball as OFSAA.
- AWARDS:** Second place teams in Junior and Senior Girls' Volleyball Final matches will be awarded silver medals or second place ribbons.

VOLLEYBALL (cont'd)

<u>SCHEDULE #1:</u>			
This schedule is a 4 team round robin for both Jr and Sr, using best 2 of 3 matches. It guarantees one half hour rest between matches.			
COURT #1	TIME	DIVISION	COURT #2
a vs d	9:00	JR	b vs c
A VS D	10:15	SR	B vs C
a vs c	11:30	JR	d vs b
A VS C	12:45	SR	D vs B
a vs b	2:00	JR	c vs d
A vs B	3:15	SR	C vs D
JR FINAL	5:00	JR	
	6:30	SR	SR Final

FEWER THAN 4 ENTRIES:

In case a team that qualified declines to enter, the following procedure ***must be used*** by the convener as a method to round out the tournament.

1. Contact the convener of the declining district to invite the next team that qualifies from that district.
2. If no team can be picked up from that district, then invite the next team that has qualified from another district that ***has fewer than three entries*** already.
3. If no team can be picked up from any district within the limitations of #2, then go to a 3-team schedule.
4. When a 3-team schedule is necessary, longer matches than 2 of 3 are suggested.

VOLLEYBALL (cont'd)**SAMPLE TOURNAMENT DRAW TEMPLATES:**

<u>SCHEDULE #2:</u>		
3 team round robin for both JR and SR. Final Match - best 2 of 3. For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.		
<u>COURT #1 SENIORS</u>	<u>TIME</u>	<u>COURT #2 JUNIORS</u>
B vs C	10:00	b vs c
A vs C	12:00	a vs c
A vs B	2:00	a vs b
	4:30	JR FINAL
SR FINAL	6:00	

<u>SCHEDULE #3:</u>			
4 team SR and 3 team JR round robin. Final match best 2 of 3. For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.			
<u>COURT #1</u>	<u>TIME</u>	<u>DIVISION</u>	<u>COURT #2</u>
	9:00	JR	b vs c
A vs D	10:15	SR	B vs C
	11:30	JR	a vs c
A vs C	12:45	SR	D vs B
	2:00	JR	a vs b
A vs B	3:15	SR	C vs D
	5:00	JR	JR FINAL
SR FINAL	6:30	SR	

VOLLEYBALL (cont'd)**SCHEDULE #4:**

3 team SR and 4 team JR round robin. Final match best 2 of 3.

For Single "A", If at all possible, if a second gym is available, the court #2 schedule will be used at the second gym and all finals will be at the gym designated by the convener.

<u>COURT #1</u>	<u>TIME</u>	<u>DIVISION</u>	<u>COURT #2</u>
a vs d	9:00	JR	b vs c
B vs C	10:15	SR	
a vs c	11:30	JR	d vs b
A VS C	12:45	SR	
a vs b	2:00	JR	c vs d
A vs B	3:15	SR	
	5:00	JR	JR FINAL
SR FINAL	6:30		

SCHEDULE #5:

4 team round robin in both seniors and juniors, but at separate venues.

All matches are 2 out of 3.

If there are just 3 teams in either junior and/or senior the schedule will start at 10:00 am. (A vs C, B vs C, and A vs B)

<u>COURT #1 JUNIORS</u>	<u>TIME</u>	<u>COURT #2 SENIORS</u>
A VS D	9:00 a.m.	A VS D
B VS C	10:15 a.m.	B VS C
A VS C	11:30 a.m.	A VS C
B VS D	12:45 a.m.	B VS D
A VS B	2 :00 p.m.	A VS B
C VS D	3:15 p.m.	C VS D
JR. FINAL	4:30 p.m.	SR. FINAL

BADMINTON**DIVISION:**

Novice - 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).

BADMINTON

SEEDING:

Each district will be assigned a number designation from 1-4 at random for each event independently. The first placed athlete team from each district in each event will be designated the "A" athlete/team and the second place athlete team "B". "A" athletes/teams will play "B" athletes/teams from another district in the first round. "B" athletes/teams 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.

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 90 seconds between consecutive games.
- c) 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.
- d) 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.
- e) [NOSSA badminton will take place on a Thursday/Friday, 2-3 weeks before OFSAA, with games 1-8 in the draw being played on the Thursday night.](#)

BADMINTON (cont'd)

- FORMAT (cont'd):**
- f) If a team defaults after the beginning of the tournament, and can no longer continue in the competition, their subsequent opponents will receive a Bye. No eliminated team will be brought back to compete.
 - g) Players switch sides at 11 points in the event of a 3rd game. Coaching may also occur at this time (only in 3rd game).
 - h) Water breaks at 11 points in all games.
 - i) In the senior boys/girls draws, if a "high school trained" player is eliminated from the competition from an "open" player, he/she will have the right to have a challenge match for the second position to OFSAA in the event that he/she has not already lost to the person in the second OFSAA position.

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.
- c) Review uniform regulations
- d) Discuss post season meeting that will take place after the NOSSA awards presentation.

SHUTTLE: NOSSA shall use the Mavis 350 yellow as the official bird.

SCORING: Points for determining final school results will be awarded as follows:
5 points for first place,
3 points for second place,
1 point for third place.

BADMINTON (cont'd)**OFSAA****QUALIFICATION:**

NOSSA will advance the two (2) highest finishing senior men's and women's singles players to OFSAA. At least one (1) competitor must be classified as a high school trained athlete.

NOSSA will advance the two finalist teams in the following categories:

- Senior Girls Doubles
- Senior Boys Doubles
- Senior Mixed Doubles.

TROPHIES:

The following team trophies shall be presented at the conclusion of the NOSSA competition:

- (a) The Steve Chen Trophy - Combined Team Champion
- (b) The Bumbacco Trophy - Senior Team Champion
- (c) The Larry Bobbie Trophy - Novice Team Champion
- (d) The Jim Muchmore Trophy - Junior Team Champion
- (e) The Lucio Fabris Trophy - Overall District Winner

UNIFORMS:

All players must be dressed in gym shorts of mainly solid colour and a predominantly white T-shirt (or white collared shirt) - **No fluorescent colours.** Shorts must be above the knee and no spandex permitted.

School, Association or OFSAA logos are permitted insignia in the competitive area. The brand name of the uniform manufacturer is permitted to be visible. Badminton-related shirts are acceptable.

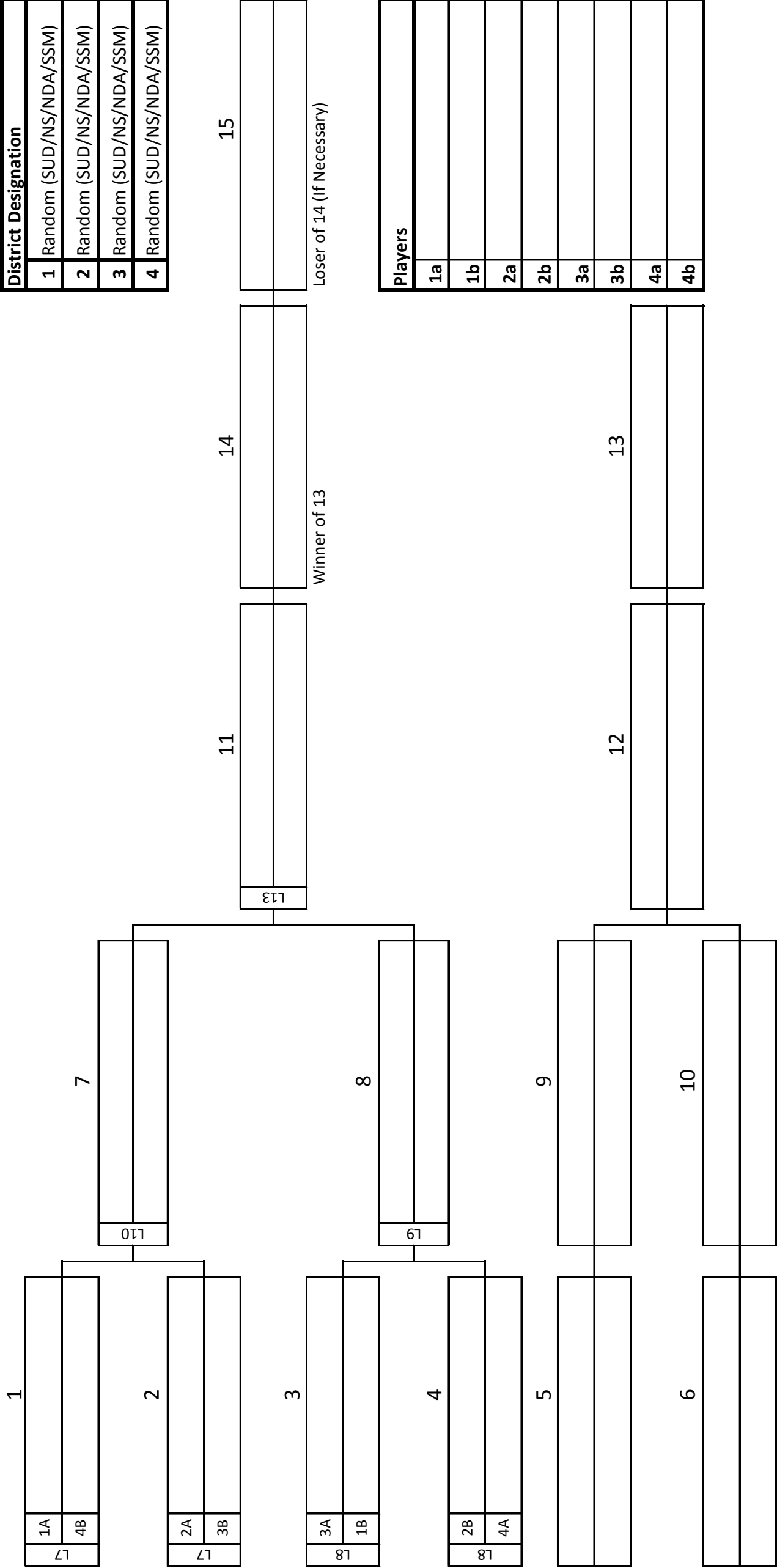
School team badminton uniforms are accepted. The shirts do not have to be white if the singles player or matching double/mixed partners are wearing matching team uniforms. Doubles and mixed players from the same team must wear matching, solid coloured shorts.

Headgear is not acceptable in the competitive area with the exception of sweat bands.

When two or more players are warming up or competing on court, approved eye-wear is mandatory for all levels of NOSSA badminton.

BADMINTON (cont'd)**CONDUCT:**

Athletes displaying flagrant unsportsmanlike behaviour on the courts will be warned by the convenor or his/her designate. A second offence will result in disqualification of the athlete from the match. Any further offences will result in the athlete being disqualified from the tournament.



Seeding will maintain the “A” athlete/team from one district playing the “B” athlete/team from another district in the first round, but the convener reserves the right to assign district number designations to ensure adequate separation of Open players

CROSS COUNTRY RUNNING

AGES:

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

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

(iii) Novice: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

ELIGIBILITY:

To comply with OFSAA Regulations.

All competitors at NOSSA must have been eligible for and participated in their respective district championship meet. [Athletes must compete in the same age category for both the district championship and NOSSA championship. As per Noss Constitution Article VII: Eligibility, Section 4: Participation requirements b\) A player may not play in one age division in District play-offs and another in N.O.S.S.A..](#)

SERIES:

A combined Novice, Junior and Senior Championship for boys and girls to be held on the Wednesday in the week prior to 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.

CROSS COUNTRY RUNNING (cont'd)**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	Novice	Girls
11:32am	Para	
12:00pm	Novice	Boys
12:30pm	Junior	Girls
01:00pm	Junior	Boys
01:45pm	Senior	Girls
02:30pm	Senior	Boys

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

**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. All races should use an electronic timing system in which each individual runner's performance is measured electronically. If an electronic system is used:
 - (a) there must be a backup system in place to record times and places
 - (b) a visual recording of the finishing order utilizing cameras is recommended as an emergency backup to the electronic timing systems
4. If an electronic system is not being used (see #4 -#5), a "Funnel" system must be used at the finish of the race.
5. Finishing cards must be issued to every competitor who completes the course.
6. At least one finishing judge must be at the head of the finishing funnel.
7. The course must be clearly marked by stakes, flags, paint, etc. and/or marshalls. Marshalls should wear distinctive marking of some type.

CROSS COUNTRY RUNNING (cont'd)**RULES OF****COMPETITION:**

(cont'd)

8. No runner may run in more than one race.
9. That no more than two runners from any one team may run side by side.
10. Runners may not use any Personal Electronic Devices (PED's) during competition.

COURSES:

1. Course distances must be updated to the current O.F.S.A.A. regulations.
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.

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 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 of tied competitors.
2. Between Teams - should two or more teams be tied in points, the order of finish shall be determined by placing of the fourth (4) place runner. Should a tie still exist, then by placing of the third (3) place runner, etc.

CROSS COUNTRY RUNNING (cont'd)**TIES (cont'd):**

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.

**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.

**RECOMMEN-
DATIONS:**

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.

CROSS COUNTRY RUNNING (cont'd)

- PARA ELIGIBILITY:**
- (a) A Para athlete is an individual that due to physical and / intellectual disability is at a disadvantage to compete in an able-bodied race.
 - (b) All Para athletes must attend team practices.
 - (c) Para athletes are expected to compete at a race/s throughout the season prior the NOSSA Championships.
 - (d) Para athletes with an intellectual classification (T/F 20), must not have attained their 21st birthday by January 1st prior to the start of the school year in which the competition is held.
 - (e) All other Para athletes are only eligible to compete at NOSSA for 5 years (as per able-bodied athletes).
 - (f) All athletes in the Para Race will receive a finisher's ribbon. There will not be an official NOSSA winner in this race until such time as a fair classification system is in place. The top 6 individual finishers in this combined event may receive an award (as the other categories at NOSSA do).
 - (g) Coaches are asked to submit the OFSAA PARA XC Athlete Information Form for all athletes wishing to compete at NOSSA prior the Registration deadline. This allows the NOSSA Convenor the opportunity to be made aware of all athletes that will be participating. Para athletes must only be registered online IF these forms are submitted.

PARA ATHLETE DECLARATIONS: Refer to the Para-Athletics Information Page (Athletics Canada) when completing the registration form if more classification info is required:
<http://athletics.ca/disciplines/para-athletics/>

- PARA-ATHLETICS DESIGNATIONS:**
- (a) Athletes with an amputation and Les Autres (amp)
 - (b) Athletes with Cerebral Palsy (cp and other neutro)
 - (c) Athletes with an Intellectual impairment (intell)
 - (d) Athletes with a visual impairment (vis)

PARA RACE DESCRIPTION: The NOSSA Para Race will be run as a COED combined cross-country race. The race distance will be approximately 3000 metres and run immediately after the Novice girls race. For safety reasons, Para athletes who require a guide must bring their guide, a parent, coach or supervisor during their pre-race walk.

CROSS COUNTRY RUNNING (cont'd)**PARA GUIDES:**

1. To ensure athlete safety, Para athletes can use a guide.
2. Guides must meet the volunteer standards set out by their local school.
3. Where required, athletes MUST provide their own guide.
4. Due to issues of liability, safety and privacy NO individual personal guides will be provided by the NOSSA Cross Country Organizing Committee.
5. According IPC standards, coaches and their guides should review pages 42 and 43 of the IPC Athletics Rules and Regulations 2011 – 2012, Giving Assistance – Guide Runner and Method of Guidance, sections # 3, #4, #6, #7, #8.
http://www.paralympic.org/sites/default/files/document/120831090842500_2011_2012_ipc_athletics_rules_regulations_updated_mar+2012_0.pdf

CURLING

AGES: See NOSSA constitution, Article VII.

SERIES:

1. The NOSSA School Curling Championship will be a round robin pool play 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. If a club with less than four sheets is used, then the boys and girls competition must be split. If another club cannot be found to host, then the event should be extended to three days.

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.

ENTRY:

1. A team may consist of five (5) players any four (4) of whom may be designated to play in a game. All five (5) curlers must be listed on the entry form. Every team must have four (4) players available to start the competition.
2. All games must start with 4 eligible players.

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.

CURLING (cont'd):**FINANCING**
(cont'd)

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.

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.

CURLING (cont'd):

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. **Neither the Coach or team members may confer in the house.** 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.

In the event of a tie at the conclusion of a game, an extra end towards the home end shall be played until such time as a winner is declared. If the game goes into extra ends, there shall be a three (3) minute break for consultation between the coach and curlers at the end of the eighth end. Each team may call one 60-second time-out during each extra end. Time-outs shall not be carried forward to the extra end(s) or from one extra end to another.

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.

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.

CURLING (cont'd):

6. A minimum of 30 minutes prior to game time, the opposing vices will meet behind the glass of their designated sheets to toss a coin for choice of last rock or rock colour. The team with last rock will have first practice.
7. No high school students shall be used as on-ice officials. (Except timeouts, NOSSA convener may appoint student volunteers.)
8. Permanent hog-line judges shall not be introduced part way through a competition.
9. The C.C.A. rules regarding the "Free Guard Zone" will be in effect for both Boys' and Girls' playdowns.
10. 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).
11. Awards (ribbons) shall be provided to the Consolation Champions.
12. 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).
13. All games including playoffs shall be eight (8) ends, but can be conceded at any time. In the event of a tie at the conclusion of a game, an extra end towards the home end shall be played until such time as a winner is declared.
14. Teams must not be required to play more than three games in one calendar day of competition.
15. Spare Pool Selection: Curlers selected to be in the NOSSA Spare Pools must be comprised of eligible students who have curled in a minimum of two (2) games in the Association League Play as designated by OFSAA curling rules.

CURLING (cont'd):

16. Equipment: SAC Guidelines for curling brooms:
 - No horse hair or corn brooms used for sweeping
 - No hard inserts
 - No swapping of brooms
17. Before each team's pool game, after practice, a different player (tracked by the official/convener) shall draw to the button for hammer. That shot shall be measured. The three (3) shots' cumulative score shall be used as a tiebreaker if necessary. The teams shall determine who the three (3) players are. Playoffs will reset the throwers.

Each team's draw to the button for the first four round robin games will be measured in cm. A rock covering the button will be measured as zero (0) cm. Rocks that are not in the house receive a measurement of 185 cm. The sum in cm of all of a team's draws to the button will be used for tie-breaking.

CURLING ROUND ROBIN POOL PLAY SCHEDULE

At a minimum set up 2 pools of 4 teams in a 2-day event on 4 sheets of ice. If a club has 5 sheets—use 4 sheets. If a club has 6 or 8 sheets draw can be modified so boys and girls play at the same time but same format

All teams would be guaranteed 3 games.

Boys Pool A

North Shore 1
SSM 1
Sudbury 2
North Bay 2

Boys Pool B

Sudbury 1
North Bay 1
North Shore 2
SSM 2

Girls Pool A

North Shore 1
SSM 1
Sudbury 2
North Bay 2

Girls Pool B

Sudbury 1
North Bay 1
North Shore 2
SSM 2

Time		Sheet 1	Sheet 2	Sheet 3	Sheet 4	
8:00am	Boys	A1 vs A2	A3 vs A4	B1 vs B2	B3 vs B4	Shootout
11:00am	Girls	A1 vs A2	A3 vs A4	B1 vs B2	B3 vs B4	Shootout
2:00pm	Boys	B1 vs B3	B2 vs B4	A1 vs A3	A2 vs A4	
5:00pm	Girls	B1 vs B3	B2 vs B4	A1 vs A3	A2 vs A4	
8:00am	Boys	B2 vs B3	A1 vs A4	A2 vs A3	B1 vs B4	
11:00am	Girls	B2 vs B3	A1 vs A4	A2 vs A3	B1 vs B4	
2:00pm	Boys	1 st A vs 2 nd B		1 st B vs 2 nd A		Semi finals
2:00pm	Girls		1 st A vs 2 nd B		1 st B vs 2 nd A	Semi Finals
5:00pm			Boys Final	Girls Final		

- Same tie breaker rules would apply for round robin play as the current set up.
- Nobody can possibly play more than 3 games.
- Odd years boys will play at 8am and even years girls will play at 8am.

GOLF

- AGE:** Under 20 on December 31st of the competing year.
- SERIES:**
- a) All schools.
 - b) Invitational Team Tournament.
 - c) Invitational Individual Tournament.
 - d) Schools participating in the NOSSA Golf Tournament will be allowed to enter according to the following formula when entries have to be limited: NIPISSING 4; NORTH SHORE 2; SUDBURY 4; SAULT STE MARIE 4.
 - e) If less than 14 entries are received, the convener may invite additional schools from any district of NOSSA to complete the draw.
 - f) If a champion from a District meet is not on a Team participating at NOSSA, he should be invited to NOSSA by the convener.
 - g) Each district - Nipissing, North Shore, Sudbury and Sault Ste. Marie may send a maximum of the top five girls from their respective tournaments as a district girls team. The top THREE scores will count for team score in girls competition. Note - a district must have a minimum of three golfers to compete in the girls "team" championships.
 - h) The top four individual girls and boys scores from each District may advance to the NOSSA championships.
- DATE:** That the NOSSA Golf Tournament be held on the 4th Friday after the opening of school in September, subject to the convener being able to arrange for a course at the time. A shotgun start is recommended.
- ELIGIBILITY:** Eligibility lists as specified in the Constitution and By-Laws must be sent to the convener by the deadline date as set by the convener.
- FINANCING:**
- a) Entry fee will be at the discretion of the conveners.
 - b) No money for travelling expenses.
 - c) Billets at the discretion of convener.
- RULEBOOK:** R.C.G.A. Rulebook obtained at the Golf Club.
- OFFICIALS:** At the discretion of the convener.
- RULES:**
- 1. That power carts and/or caddies not be allowed in NOSSA competition.
 - 2. That a dress code be in effect for all future tournaments. (Dress code to mean no jeans, track pants, cut offs, etc.)

GOLF (cont'd):**RULES (cont'd):**

3. Coaching during the tournament is not allowed.

GENERAL:

- a) Events - each competitor plays 18 holes. Results will be obtained by using "medal play" or number of strokes.
- b) Representation in the N.O.S.S.A. Golf Tournament:
- (i) Each school shall be allowed to enter a team of five (5) boys who shall compete for the Boys Team Championship. ##The NOSSA boys championship shall be determined by the top four scores from an individual school.
 - (ii) Each district shall be allowed to enter a team made up of the five (5) top females from that district to compete for the Girls Team Championship."
- c) All competitors shall be eligible for the individual Low Gross Championship.
- d) Subject to the availability of the course, which is to be confirmed and announced by the convener prior to the start of the tournament, first place ties for team or individual championships shall be settled as follows:
- (i) Team Championship Ties;
The tie is to be broken by a sudden death play-off involving the eligible scorers (boys - top 4; girls - top 3) from each tied team. All players are to play the same hole, or holes, in sequence, as designated by the convener, until the tie is broken.
 - (ii) Low Gross Individual Ties:
The tie is to be broken by sudden-death playoff between the individuals involved as described in d) (i).
 - (iii) Should the occasion arise wherein there is a tie for the Team Championship and the Individual Championship, the playoff may be held simultaneously, and not separately, at the convener's discretion.
- e) Any team without a duly appointed supervisor at the NOSSA Tournament will not be allowed to participate in the tournament.
- f) Girls will play only in the girl's competition and boys will play only in the boy's competition.

GOLF (cont'd):**GENERAL (cont'd):**

- g) Girls will play from the women's tees.
- h) The winning girls' team will be awarded the Sandra Post Trophy donated to NOSSA by Hugh MacDonald.

TROPHIES:**BOYS:**

- 1. Individual Championship - T. O'Shaughnessy Trophy
- 2. Team Championship - (no name).

GIRLS:

- 1. Individual Championship - MacDonald-Tulisalo Trophy
- 2. Team Championship - Sandra Post Trophy.

ALPINE SKIING

DATE: The NOSSA Coeducational Alpine Skiing Championship shall be held on the Monday or Tuesday of the second or third full week in February, or the following Monday, unless extraordinary circumstances dictate a change, as OFSAA is normally scheduled for the third or fourth week in February.

LOCATION: The location of the Championship shall be in the convener's area, at a site of his/her choice.

EVENTS: The events to be conducted are:
Girls' Slalom Girls' Giant Slalom
Boys' Slalom Boys' Giant Slalom
All events are open events. The competitor must not have reached his/her 20th birthday by August 31st prior to the start of the school year.

MEET STRUCTURE: The competition shall be a one day event. This is to be a two run Giant Slalom to constitute a race and a one run Slalom to constitute a race for boys and girls. The decision as to the starting time of the final race shall be left to the discretion of the convener using 2:15 p.m. as a guideline. The order of events (eg. Giant Slalom or Slalom) which is to be run first is at the discretion of the convener. Two runs shall be held in the Slalom event when possible.

ENTRY:

- a) Entries must be received by NOSSA Convener no later than one week prior to the meet. No late entries will be accepted.
- b) Entries to be mailed to schools 30 days prior to the meet, by the convener. Any changes to entry dates shall be at the convener's discretion with prior notice to various associations.

Teams shall be made up as follows. NOSSA will coincide its level system to follow the OFSAA levels as they are currently recognized. Racer profile sheets (same as OFSAA) must be provided for each racer:

Boys/Girls: No limit on the number of members allowed to race in each event, any three to count. Members may include:

- 1 Level I team, or,
- 1 Level II team, or,
- 1 Level I team and 1 Level II team.

ALPINE SKIING (cont'd):

Individual entries will be permitted where schools lack sufficient numbers of male or of female skiers to form a Level I or Level II team. These schools will not qualify for official team results, but will have individual placements in slalom and/or giant slalom races.

Three results sheets will be posted:

- 1) will include all entries,
- 2) official results sheet - only teams that qualify for official team results

Racers and alternates must be declared on the entry form. Any substitution of a spare must be declared at the coaches' meeting immediately prior to the event. Such a spare must ski in the same running order as the skier being replaced.

START LISTS:

Two seeded start lists will be developed, sorted by level, with high school level skiers starting first and open level skiers second.

EXPENSES:

An Entry Fee shall be charged which shall be sufficient to cover all costs of the Championship. Individual entries shall be charged to schools unable to supply full team numbers.

ELIGIBILITY:

- a) Only students who were entered as members of a school's team of a minimum of three skiers in the case of girls/boys in the Area Meet, where held, are eligible to participate for that team in the NOSSA Championship.
- b) All competitors must qualify for NOSSA by competing in their area championship meet.

Exemptions - Some students for reasons of sickness, etc. may not be able to attend a qualified meet. However, these students may still be admitted to the NOSSA meet on the recommendation of the area convener and at the discretion of the competition jury and signed approval of the Principal.

- c) Members of current Northern Ontario Divisional teams are ineligible for the NOSSA meet.
- d) All competitors must have a signed accident release form. (tentative)

ALPINE SKIING (cont'd):**RULES AND OFFICIALS:**

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

- a) Coaches may seed their team at their discretion for the first run.
- b) On each course, there should be:
 - one starter, one assistant starter
 - chief timekeeper and assistant
 - chief of the course
 - chief gatekeeper and gatekeepers as required
- c) No competitor may shadow (ski parallel to) the course, or go through the gates prior to the race, unless a side slip is requested by the convener or other official.
- d) Electrical timing equipment is recommended, but is not mandatory if not available, for all events.
- e) A competitor must wear his/her bib on the outside at all times, on the hill and in the chalet.
- f) A racer can climb or continue if it does not interfere with the next racer. It will be the coach's responsibility to inform the racers of this rule and it will be clarified at the coaches' meeting prior to the race.

EQUIPMENT:

All skiers must wear safety straps or ski brakes. It is mandatory that a CSA approved helmet be worn by all racers in the slalom and giant slalom events. Face masks, example - conquest type are acceptable for slalom races only. By the year 2002, a Giant Slalom helmet must be worn for Slalom events.

SCORING:

- a) The competitor with the fastest total time in each event shall receive 1 point; the 2nd fastest time, 2 points; 3rd, 3 points; etc. In case of ties, the competitors will be scored the same and appropriate places left out. The team with the lowest score is declared the winner.

ALPINE SKIING (cont'd):

- b) Disqualifications:
- i) If the competitor's time is 2 times or more of the winner's time, the competitor is disqualified.
 - ii) DQ in the 1st run will not receive a second run (a provisional run may be given only by the jury).
- c) Team scores will be calculated by adding the best three individual scores for that team in Slalom plus the best three individual scores in Giant Slalom. In the case of a tie for first place, the lowest total of individual times will be used.
- d) The combined team score will be the total of boys' and girls' Slalom and Giant Slalom team scores. Ties will be broken as in (c).

AWARDS:

The following awards will be presented:

- a) Individual (medals) for Level I and II
- | | | |
|--------------------|--------------------------|----------------------|
| Boys Slalom - 1st | Boys Giant Slalom - 1st | Boys Combined - 1st |
| Girls Slalom - 1st | Girls Giant Slalom - 1st | Girls Combined - 1st |
- Total: 6 x 2 = 12 medals (lowest total times break ties)
- b) Ribbons shall be given out for sixth, fifth, fourth, third and second for Boys' and Girls' Level I and II, Slalom, Giant Slalom and Combined.
- Total: 12 ribbons for each placing, second to sixth (lowest total times break ties)
- c) Team Trophies
- Level I Boys - The total points using the lowest three scores in each event
Level I Girls - The total points using the lowest three scores in each event
Level I Combined - The lowest total points using the sum of the boys' events and the sum of the girls' events.
- Level II Boys - The total points using the lowest three scores in each event
Level II Girls - The total points using the lowest three scores in each event
Level II Combined - The lowest total points using the sum of the boys' events and the sum of the girls' events.

ALPINE SKIING (cont'd):

Trophies to be presented:

Level I Boys - SSS Alpine Coaches Trophy

Level I Girls - Hugh MacDonald Trophy

Level I Combined - Ed Mounce Trophy

Level II Boys - No Name Trophy

Level II Girls - Jo-Anne Perry Trophy

Level II Combined - Ellis Hazen Trophy

**MEDICAL
PERSONNEL:**

Provision shall be made by the convener to have ski patrol members readily available on both Giant Slalom and Slalom courses. Qualified first aid personnel and equipment should be available at the championship site.

JURY OF APPEAL:

- a) Jury of Appeal shall consist of three (3) individuals or their designates: the convener for Alpine Skiing, and two (2) members of the Meet Convening Committee. The Jury of Appeal handles disputes which do not fall within the jurisdiction of the officials.
- b) A protest must be submitted in writing together with a \$50.00 fee (refundable if the protest is upheld) to the Meet Convener within 15 minutes of the incident which is being protested, or within half hour if the gatewatchers cards have been stripped after every 30 skiers or within 10 minutes of the end of the run.
- c) DSQs are to be posted and time noted. The decision of the convener or his designated official is final; or if F.I.S. Jury Team is employed, their decision is final. The choice of the Jury system is at the sole discretion of the convener and is to be published in advance of the meet. The F.I.S. Jury is recommended.

CONDUCT:

Flagrant, unsportsmanlike conduct (eg. a DSQ who strips the course, using foul language directly or indirectly during the meet), will result in the participant being disqualified from the event in progress (slalom or giant slalom) and his/her team being penalized. This is at the discretion of the convener, with the recommendation of the Jury members. The team may be:

- a) disqualified from further races, and/or
- b) penalized 10 points.

ALPINE SKIING (cont'd):**ENTRY TO
OFSAA**

At least one (1) coach, school representative or designate from each school involved must attend the post-meet coaches' meeting to discuss entry arrangements to OFSAA. If a team is not represented they will not be granted entry into OFSAA

NORDIC SKIING

- DATE:** The NOSSA Cross Country Championship shall be held at least one week in advance of the OFSAA Championship. The specific date shall be decided by the Convener.
- ELIGIBILITY:**
- a) All competitors must be bonafide school students.
 - b) All competitors must pay the entry fee before the meet.
 - c) All competitors at Nossa must have been eligible for and participated in their respective district championship meet.
- FINANCING:** At the discretion of the Convener an entry fee shall be levied against each competitor. The appropriate fee shall be determined by the Convener. Upon a commitment by a school as to the number of competitors it shall send, the full entry fee shall be payable to the Convener prior to the Championship, regardless of the number of competitors who actually compete for that school.
- AGES:** Senior competitors are to be under 20 as of Dec. 31st of the current school year. Junior Competitors are to be under 16 as of Dec. 31st of the current school year.
- ENTRIES:** Teams must notify the convener by telephone or in writing of their intention to enter by the date specified by the convener or else be considered ineligible.
- SCORING:**
- a) In the individual Cross Country event the competitor with the fastest time shall receive 1 point, the 2nd fastest 2 points, the 3rd fastest 3 points, etc. Where ties exist the same score is awarded and the appropriate number of places left out.
 - b) To calculate team scores for individual Cross Country the OFSSA scoring shall be applied.
 - c) The following DQ's - lost or broken equipment, DNF, will receive a score 1.5 times the last proper score. Unsportsmanlike conduct, changing numbers, improper equipment change and DNS will receive no score.
 - d) If in calculating the team winner scores, a tie occurs for first place the lowest total times in the individual races will count.
- TEAM SIZE:** Any one school may enter a maximum of 10 boys and/or 10 girls in each age group or a greater number if decided upon by the convener.

NORDIC SKIING (cont'd)**AWARDS:**

NOSSA Medallions shall be given to the first and second place **open division** female individual winner and to the first and second place **open division** male individual winner in each age group and NOSSA Medallions shall be given to the first and second place **high school division** female individual winner and to the first and second place male **high school division** individual winner in each age group. Refer to Ofsaa Nordic skiing playing regulations for description of Open and High school divisions.

NOSSA Medallions are to be presented to the first and second place 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) [Race distances: as per OFSAA. \(this temporary change has been made on an emergency basis with approval of all districts involved\)](#)

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.

NORDIC SKIING (cont'd)

- GENERAL** (cont'd):
- 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 downhills. 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.
 - 10) A competition jury will consist of the convener and two neutral coaches chosen by the convener.
 - 11) Since the NOSSA Ski Association is not part of the National Ski Association, racing cards are not needed.
 - 12) No skating or lane changes shall be allowed in the starting zone and no skating or tracking shall be allowed in the finish area. Competitors who violate this rule shall be disqualified.
 - 13) There must be a qualified individual assigned to the meet whose sole responsibility will be to provide first aid wherever necessary.

SWIMMING

- AGES:** As per NOSSA constitution – Article VII: Eligibility, Section 6 – Age Divisions
- SERIES:**
- | | | | | |
|--------|------------|------------|------------|----------|
| Boys: | (a) Novice | (b) Junior | (c) Senior | (d) Open |
| Girls: | (a) Novice | (b) Junior | (c) Senior | (d) Open |
- DATE:** The championship meet will be hosted prior to the Christmas break each school year, at a date approved by district representatives attending the NOSSA resolutions meeting in April of the school year prior.
- LOCATION:** The tournament location and convenership shall rotate amongst the participating districts.
- OFFICIALS:** Volunteers, coaches, players, parents, or other responsible people who may be in attendance and/or may be selected by the convener.
- RULES:** As per OFSAA. Starts, strokes and turns, for all strokes shall be as per the latest SNC regulations.
- ENTRIES:** Entries will be accepted from the district convener only. Competitors may enter up to four (4) events; three (3) of which may be individual events. Each school may place an unlimited number of entries in any event if the swimmers meet the requirement of the category. However, only a maximum of two (2) swimmers per any school per event may advance to the finals. In the event that there are eight swimmers or less, all swimmers advance to the final round.
- FINANCING:** Entry fees should be set on a per competitor basis. Amount of fee is left to the discretion of the convener but should be sufficient to cover all championship meet costs.

SWIMMING (cont'd)**MEET STRUCTURE:** (a) **Open Division**

A swimmer who has competed for and/or trained with and/or been registered with a SNC club or equivalent as of November 1st of the year prior to the current school year shall be eligible to compete in the Open Division only provided that he/she is a bona fide member of the school team.

A swimmer who, during the current school year, has competed for and/or trained with and/or been registered with a non-SNC competitive swim club* shall be T-2 eligible to compete in the Open Division only, provided that he/she is a bona fide member of the school team. If a **grade 9 swimmer** has ceased to compete for and/or practise with and/or is no longer registered with a club after November 1st of the current school year, he/she shall be eligible to swim in the high school division.

A "non-SNC competitive swim club" is defined as a club which practices outside the school curricular and/or extra curricular programs and whose athletes compete in scheduled swim meets for the club during the school swim season.

(b) **High School Division - Junior and Senior Events**

All other swimmers (i.e. not Para-swimmers or Open swimmers as defined above) who meet the eligibility requirements as outlined in Regulation #7, and who are bona fide members of the school team compete in this division.

AWARDS:

Individual – NOSSA medallions shall be presented to the first two (2) finishers in each event.

Team - Banners will be presented to the Boys team scoring the highest number of points in the meet. and the Girls team scoring the highest number of points in the meet.

SWIMMING (cont'd)**SCORING:**

(a) The first eight places of the finals will receive points in each event.

(b) SCORING FOR

	(i) <u>INDIV</u>	(ii) <u>RELAYS</u>
1st	9	9
2nd	7	7
3rd	6	6
4th	5	5
5th	4	4
6th	3	3
7th	2	2
8th	1	1

(c) The above scoring system will be used to determine team awards. Individual awards will be determined by the first, second and third place finish.

1st	5
2nd	3
3rd	1

In the event of a tie, the placing of the swimmer in all his events will be taken into consideration.

(d) Individual awards will be presented in all categories: Novice, Junior, Senior and Open.

(e) Relay points count only for team points.

TENNIS

ELIGIBILITY AGE: One Division - Competitors must be under twenty on December 31st of the competing year.

TOURNAMENT DATE: The tournament will be played near the end of may or early June. The date will be set at the April meeting of NOSSA in the previous school year.

LOCATION: The tournament location and convenership shall rotate amongst the participating districts.

OFFICIALS: Volunteers, coaches, players, parents, or other responsible people who may be in attendance.

RULES: Canadian Lawn Tennis Association (convener shall have the right to modify the rules to suit the facilities available).

ENTRIES: The NOSSA tournament shall be a four (4) team round-robin tournament with each district guaranteed one (1) entry. No playoff match will be played. If there is a tie between teams after the round-robin, the head-to-head matches between the tied teams will be the tiebreaker. If teams are still tied, the number of games will be looked at to break the tiebreaker.

In the case that an event has two (2) or less entries, the Open and High School divisions will be combined for the competition but will still qualify for OFSAA in their respective divisions.

When only two (2) districts compete in an event, each gets two (2) entries. When three (3) districts compete in an event the host district gets two (2) entries.

The NOSSA tournament will have two (2) divisions, as there is at OFSAA; there will be the Open Division and the High School Division.

Open: An Open Division player must have won a minimum of two (2) rounds in total (one [1] round or more in a tournament and/or at a later date wins a round in another tournament) in 3-star Ontario Tennis Association (OTA) tournaments or higher or the equivalent (USTA, European Championship) in the three years prior to the beginning of the school year. Any player who has ever played in the Canadian Nationals or any players that has ever played in any U-14, U-16, or U-18 provincial championships shall also be considered an open player. A bye, defaulted or retired match in an OTA event does not constitute a win.

ENTRIES (cont'd): **High School:** any player who has not met the above criteria for an Open player.

This means that each district may submit one (1) entry into the Open division (only if they legitimately qualify as an Open athlete), and one (1) entry into the High School division per category.

LENGTH OF GAMES: All matches will be an 8-game pro set, using no-ad scoring. Tiebreaker will be played at 7-7.

FINANCING: Entry fees should be on a competitor basis. Amount of fee is left to the discretion of the convener but should be sufficient to cover the cost of tennis balls, awards and any other essential expenses. The purchase of awards or trophies shall be at the discretion of the convener.

GENERAL:

- a) Events - girls singles, girls double, mixed doubles, boys singles, boys doubles.
- b) Competitors may only enter one event.
- c) Dress - "whites" are preferred and running shoes but school gym uniforms or sweatsuits are also acceptable.
- d) Tennis balls will be supplied for all events.

POINTS: There will be gold medals for each division winner, silver for second place finishers and ribbons for third and fourth place finishers. There will also be a championship banner for the school with the most overall points in the high school division. The following breakdown will be used to award points based on finish: 1st = 10 points, 2nd = 7 points, 3rd = 4 points, 4th = 2 points

If there is a minimum of three (3) Open players/teams, then an Open banner will also be awarded using the same points system.

In the event of a tie for points, the school with the most 1st place finishes will win the banner, if still tied, then the school with the most 2nd place finishes wins the banner and so on until the tie is broken.

TRACK AND FIELD

ELIGIBILITY: All eligibility lists are to be sent to the convener by the deadline set by the convener.

AGE: Novice, Junior and Senior established in the Constitution.

SERIES: That the NOSSA Track and Field meet be held only on an all-weather track. In order to qualify for OFSAA the NOSSA schools meet is to be held on the Wednesday and Thursday of the week prior to the OFSAA deadline for entries.

When Sault Ste. Marie hosts NOSSA track and field, Sudbury will host the pole vault competition on the Tuesday or Wednesday previous to NOSSA, with the points and results earned to count toward the NOSSA aggregate championships.

- ENTRIES:**
1. When the meet is held on a six lane track, there shall be a maximum of 12 entries in the 200 m, 400 m, all hurdle races and all relays.

Sudbury - 4, North Bay - 3, Sault - 3, North Shore - 2

In all other events there shall be a maximum of 16 entries.

Sudbury - 5, North Bay - 4, Sault - 4, North Shore - 3.
 2. Each Competitor may compete in three events plus one relay plus the open relay.
 3.
 - a) There shall be no post entries although substitution will be permitted providing each competitor is registered. Such substitution shall be made from (and with the concurrence of) the district involved.
 - b) All scratches must be submitted through the District Convener (or their designate) at least forty-five minutes before the commencement of the day's events. No substitutions (except relays) will be permitted after the meet has been seeded.
 4. "Spares" shall be permitted (if so listed) and receive competitors numbers, provided that the entry fee is paid for each.

TRACK AND FIELD (cont'd)

5.
 - a) Entries must be submitted to the NOSSA convener Friday prior to the meet when Victoria Day falls on the following Monday, or Monday prior to the meet if not a stat holiday.
 - b) Each district must decide how their athletes will qualify for NOSSA.
 - c) A copy of the district results and the master competitor sheets must accompany the district entries to NOSSA.
6. That on all lists of competitors a distinction be made for boys and girls.
7. Competitors are to be listed by number or name or both in the program or on a master list that would be available for all coaches.
8. The convener or designate will be responsible to ensure that the seeded heat/field event sheets are posted at the track prior to the start of the meet.

FINANCING:

The entry fee will be \$2.75/competitor per event when hosted in North Bay or the Sault, and \$3.00/competitor per event when hosted in Sudbury.

Fees will be paid by each school through their district Convener.

All expenses incurred by the coordinator of the North Region entries to OFSAA shall be borne by the district hosting NOSSA. Expense allowances shall be consistent with those provided for NOSSA annual meetings.

RULEBOOK:

The following order of rules interpretation will be used:

1. O.F.S.A.A. rules
2. I.A.A.F. handbook for current year with Athletics Canada revisions.

OFFICIALS:

1. At the discretion of the convener using the rulebook as guide.
2. The official starter must wear a brightly coloured "starting sleeve".

TRACK AND FIELD (cont'd)**GENERAL:**

1. It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he is competing in another event at that time.
2. Ties for any individual division championship trophy shall be broken by taking the greater number of "first" places won. If still tied, then "seconds", etc. Relay points do not count for this total.
3. In the event of a tie for a division or aggregate championship, the schools shall share the championship and the names of both schools shall be engraved on the trophy.
4. Points won in open events shall be credited to the individual, to the school, and to the division in which the competing athletes are registered provided the open event is one of their three events.
5. Competitors are allowed to bring javelins to the meet. They must sign them in at registration and pick them up after the meet.
6. Proper elevated facilities MUST be used to accommodate the finish judges and the timers.
7.
 - a) The convener must provide official equipment for the following:
 - i) Shot - 3 kg – Novice/Junior Girls
- 4 kg – Novice/Junior Boys, Senior Girls
- 5.443 kg - Senior Boys
 - ii) Discus - 1 kg – Novice/Junior Boys, All Girls' Events
- 1.61 kg - Senior Boys
 - iii) Javelin - 600 gms – Novice/Junior Boys, All Girls' Events
- 800 gms - Senior Boys
 - b) Competitors may bring their own equipment in a) above, provided they are approved by the Standards Officer.

TRACK AND FIELD (cont'd)**GENERAL (cont'd):**

8. a) Lanes for all finals in running events in which heats have been run will be determined on the basis of the qualifying time from the heats.

Lane assignments for heats will be random draw according to seed times that are submitted from each District.

- b) Timed Sections: Relays and 400 metre hurdles.

The first relay team from each district and the teams with the next fastest times should be placed in Heat 2, (fast heat). The first heat will include the other teams with the slower times, (slow heat). Wherever "times" are required to determine the order of finish, the following procedure shall be used:

- 1) Take the official times (etc.)
- 2) If too many ties, average ALL the watches used (use decimals).
- 3) If too many still tie, take the time of the fastest watch used.
- 4) If still tied, award the contestants the same order of finish and divide the points concerned equally among those so tied.

- c) 800's

Should be run with a 1 turn stagger cutting in after 100 metres.

Run in 3 boxes on a six lane track.

Run in 4 boxes on an eight lane track, with four in each box.

The top time from each district assigned to a separate box. The position on staggers will otherwise be drawn by lot by the convener.

- d) 1500's and 3000's and 2000m steeplechase

- timed finals
- the position on the line will be pre-drawn by lot by the convener.

TRACK AND FIELD (cont'd)**GENERAL (cont'd):**

- e) 80, 100, 110mm hurdles - 100's, 200's 400's
 The first two runners in each heat and the next 2 or 4 fastest times will qualify for the final on a 6 or 8 lane track.
 - If times are equal the highest place will determine position.
9. a) The following compulsory heights and subsequent raises shall be:
- HIGH JUMP:
 The lowest qualifying height from any of the four qualifying districts less 5cm.
- Thereafter (boys & girls): Max 5 cm raise at a time until there are 8 competitors left. After that the maximum raise may be 5 cm and the minimum raise 1 cm at the discretion of the judge.
- b) POLE VAULT:
 The lowest qualifying height from any of the four qualifying districts less 5cm.
- Increments shall be 15cm until three (3) competitors remain. Increments of 10cm shall be used until one (1) competitor remains. The minimum increment for the final competitor is 2cm. The convener reserves the right to modify the increments and heights slightly should the standards not be able to accommodate these exact dimensions.
10. When a competitor is elevated to compete in a relay in a division higher than that in which he is registered, his name must appear on both entry forms with a qualifying notation on both forms.
11. Staggered starts for the 800 and 1500 metre events be adopted.
12. The Scoring System shall be:
- | | | | |
|--------|-----------|---------|----------|
| First | 10 points | Fifth | 4 points |
| Second | 8 points | Sixth | 3 points |
| Third | 6 points | Seventh | 2 points |
| Fourth | 5 points | Eighth | 1 point |

TRACK AND FIELD (cont'd)

- GENERAL (cont'd):**
13. ORDER OF EVENTS - must be adhered to. All NOSSA Track and Field meets shall follow the events schedule as it appears in the playing regulations.
 14. That a foam rubber landing pit must be used for all pole vault and all high jump events.
 15.
 - a) No competitor shall be allowed to compete unless he is attired in his school's track uniform with his number visible except that field event competitors be permitted to participate in warm-up suits provided their number is visible.
 - b) For track competitors in events up to and including the 400 metres the numbers are to be worn on the back; for competitors in events of 800 metres and over, the numbers are to be worn on the front. Competitors in relays will have their numbers on the back.
 16. Competitors are required to supply their own poles for the pole vault competition but the convener should supply at least one pole for general use.
 17. In both the high jump and the pole vault, the crossbar must not be raised to tie a record but shall be raised until the height exceed the record by at least 1 cm in the high jump and by at least 1 cm in the pole vault.
 18. The officials for all field events must be in their designated areas before the first call to allow the athletes to warm up properly and to prevent accidents in the weight events.
 19. The shot put and discus areas should be constructed of cement with a metal ring insert (if possible).
 20. The open 2000m steeplechase is to be included in the list of events and will be run even if the water jump is not available.

TRACK AND FIELD (cont'd)**GENERAL (cont'd):**

21. There shall be only two calls for each event:
 - a) First call - 15 minutes prior to the event time.
 - b) Final call - 5 minutes prior to the event time.
22. That ribbons be awarded to second to eighth place finishers.
23. That a standardized short form system for all schools in NOSSA be used as included.
24. The entire name, i.e. first and last name, must be entered on all entry forms.
25. All members of relay teams must be entered on the entry sheets.
26. An athlete must participate in all events in which he or she is entered. In the event an athlete scratches he will be ineligible to participate in any subsequent events.
27. Assistance to athletes must be consistent with Rule 143 of the IAAF rule book.
28. An individual shall be assigned to the NOSSA meet whose sole responsibility will be the administering of first aid to the athletes.

OFSAA TRACK AND FIELD:

The NOSSA Convener for Track and Field (or his or her designate) shall be responsible for submitting the entry forms for the O.F.S.A.A. meet.

TEAM AWARDS AND RECORDS:

The convener of the NOSSA Track and Field meet shall be responsible for bringing the records for competition and the list of winners of all team awards up to date and must send a copy of same to all member schools.

PROTESTS:

Any protests by teams or competitors must be made immediately to the referee of that phase of competition. There shall be a Jury of Appeal, composed of a representative from each district and the convener (or one of the conveners) to handle matters which the Referee passes to them for action (Duties Rule 147 I.A.A.F.) within thirty minutes. The convener will act as chairperson.

TRACK AND FIELD (cont'd)**N.O.S.S.A. TRACK
& FIELD AWARDS:**

The top individual in each event (including relays) will receive the NOSSA medallion and ribbons will be given to the second through eighth places, inclusive. Trophies will be presented to the individuals: who accumulate the highest number of points in the following divisions:

NOVICE BOYS	NOVICE GIRLS
JUNIOR BOYS	JUNIOR GIRLS
SENIOR BOYS	SENIOR GIRLS

Team trophies will be presented to the schools that accumulate the highest number of points in the following divisions:

NOVICE GIRLS - NOVICE BOYS	Major Leo Troy Trophy
JUNIOR GIRLS - JUNIOR BOYS	Charles MacMillan Trophy
SENIOR GIRLS - SENIOR BOYS	Silver Foam Trophy

These awards will be held by the school for one (1) year only.

Team trophies will also be awarded to the following teams:

TOP BOYS TEAM	-	Canadian Legion Shield (1954)
TOP GIRLS TEAM	-	Marilyn Crowe Memorial Trophy
TOP COED TEAM	-	

TRACK EVENT SCHEDULE

WEDNESDAY					
EVENT NO.	TIME	G/B	EVENT		
97	3:00pm	GIRLS	OPEN 1500M STEEPLECHASE		
98		BOYS	OPEN 2000M STEEPLECHASE		
13	3:20pm	GIRLS	MG	80M	HURDLES HEATS 2'6"
45			JR	80M	HURDLES HEATS 2'6"
77			SR	100M	HURDLES HEATS 2'6"
14		BOYS	MG	100M	HURDLES HEATS 2'9"
46			JR	100M	HURDLES HEATS 3'0"
78			SR	110M	HURDLES HEATS 3'0"
5	4:20pm	GIRLS	MG	400M	HEATS
37			JR	400M	HEATS
109			WH	400M	TIMED FINAL
69		BOYS	SR	400M	HEATS
6			MG	400M	HEATS
38			JR	400M	HEATS
70	5:20pm	GIRLS	SR	400M	HEATS
9			MG	1500M	TIMED FINAL
41			JR	1500M	TIMED FINAL
73			SR	1500M	TIMED FINAL
13	5:50pm	GIRLS	MG	80M	HURDLES FINAL 2'6"
45			JR	80M	HURDLES FINAL 2'6"
77			SR	100M	HURDLES FINAL 2'6"
14		BOYS	MG	100M	HURDLES FINAL 2'9"
46			JR	100M	HURDLES FINAL 3'0"
78			SR	110M	HURDLES FINAL 3'0"
10	6:20pm	BOYS	MG	1500M	TIMED FINAL
42			JR	1500M	TIMED FINAL
74			SR	1500M	TIMED FINAL
5	6:50pm	GIRLS	MG	400M	FINAL
37			JR	400M	FINAL
69			SR	400M	FINAL
6		BOYS	MG	400M	FINAL
38			JR	400M	FINAL
70			SR	400M	FINAL

TRACK EVENT SCHEDULE

THURSDAY						
EVENT NO.	TIME	G/B	EVENT			
1	9:00am	GIRLS	MG	100M	HEATS	
33			JR	100M	HEATS	
65			SR	100M	HEATS	
2		BOYS	MG	100M	HEATS	
34			JR	100M	HEATS	
104			BL	100M	TIMED FINAL	
66			SR	100M	HEATS	
75	10:00am	GIRLS	SR	3000M	FINAL	
76		BOYS	SR	3000M	FINAL	
3	10:30am	GIRLS	MG	200M	HEATS	
35			JR	200M	HEATS	
107			WH	200M	TIMED FINAL	
67		BOYS	SR	200M	HEATS	
4			MG	200M	HEATS	
36			JR	200M	HEATS	
68			SR	200M	HEATS	
	11:30am	TRACK BREAK				
7	12:00pm	GIRLS	MG	800M	TIMED	FINAL
39			JR	800M	TIMED	FINAL
71			SR	800M	TIMED	FINAL
8		BOYS	MG	800M	TIMED	FINAL
40			JR	800M	TIMED	FINAL
112			BL	800M	TIMED	FINAL
72			SR	800M	TIMED	FINAL
1	1:00pm	GIRLS	MG	100M	FINAL	
33			JR	100M	FINAL	
65			SR	100M	FINAL	
101		BOYS	AMB	100M	FINAL	
2			MG	100M	FINAL	
34			JR	100M	FINAL	
66			SR	100M	FINAL	
102			AMB	100M	FINAL	

TRACK EVENT SCHEDULE

THURSDAY					
EVENT NO.	TIME	B/G	EVENT		
15	1:30pm	GIRLS	MG	300M HURDLES 2'6"	TIMED FINAL
47			JR	300M HURDLES 2'6"	TIMED FINAL
79			SR	400M HURDLES 2'6"	TIMED FINAL
16		BOYS	MG	300M HURDLES 2'9"	TIMED FINAL
48			JR	300M HURDLES 2'9"	TIMED FINAL
80			SR	400M HURDLES 3'0"	TIMED FINAL
43	2:45pm	GIRLS	JR	3000M	FINAL
44		BOYS	JR	3000M	FINAL
3	3:15pm	GIRLS	MG	200M	FINAL
35			JR	200M	FINAL
67			SR	200M	FINAL
4		BOYS	MG	200M	FINAL
36			JR	200M	FINAL
68			SR	200M	FINAL
11	3:45pm	GIRLS	MG	3000M	FINAL
12		BOYS	MG	3000M	FINAL
31	4:15pm	GIRLS	MG	400M	RELAY TIMED FINAL
63			JR	400M	RELAY TIMED FINAL
95			SR	400M	RELAY TIMED FINAL
32		BOYS	MG	400M	RELAY TIMED FINAL
64			JR	400M	RELAY TIMED FINAL
96			SR	400M	RELAY TIMED FINAL
99	5:00pm	GIRLS	OPEN	1600M	RELAY FINAL
100		BOYS	OPEN	1600M	RELAY FINAL
PRESENTATION OF AWARDS					
NORTH REGION ENTRIES TO OFSAA MEETING					

FIELD EVENTS SCHEDULE

WEDNESDAY		
TIME	Event # - BOYS	Event # - GIRLS
2:00pm	20 – NOVICE BOYS POLE VAULT 52 – JUNIOR BOYS POLE VAULT 84 – SENIOR BOYS POLE VAULT	
3:00pm	26 - NOVICE BOYS SHOT PUT 60 - JUNIOR BOYS DISCUS 94 - SENIOR BOYS JAVELIN	21 - NOVICE GIRLS LONG JUMP 55 - JUNIOR GIRLS TRIPLE JUMP 81 - SENIOR GIRLS HIGH JUMP
5:00pm	22 - NOVICE BOYS LONG JUMP 56 - JUNIOR BOYS TRIPLE JUMP 82 - SENIOR BOYS HIGH JUMP	25 - NOVICE GIRLS SHOT PUT 59 - JUNIOR GIRLS DISCUS 93 - SENIOR GIRLS JAVELIN
5:30pm		19 – NOVICE GIRLS POLE VAULT 51 – JUNIOR GIRLS POLE VAULT 83 – SENIOR GIRLS POLE VAULT
THURSDAY		
TIME	Event # - BOYS	Event # - GIRLS
9:00am	30 - NOVICE BOYS JAVELIN 58 - JUNIOR BOYS SHOT PUT 92 - SENIOR BOYS DISCUS	17 - NOVICE GIRLS HIGH JUMP 53 - JUNIOR GIRLS LONG JUMP 87 - SENIOR GIRLS TRIPLE JUMP
11:00am	18 - NOVICE BOYS HIGH JUMP 54 - JUNIOR BOYS LONG JUMP 88 - SENIOR BOYS TRIPLE JUMP	29 - NOVICE GIRLS JAVELIN 57 - JUNIOR GIRLS SHOT PUT 91 - SENIOR GIRLS DISCUS
1:00pm	28 - NOVICE BOYS DISCUS 62 - JUNIOR BOYS JAVELIN 90 - SENIOR BOYS SHOT PUT	23 - NOVICE GIRLS TRIPLE JUMP 49 - JUNIOR GIRLS HIGH JUMP 85 - SENIOR GIRLS LONG JUMP
3:00pm	24 - NOVICE BOYS TRIPLE JUMP 50 - JUNIOR BOYS HIGH JUMP 86 - SENIOR BOYS LONG JUMP	27 - NOVICE GIRLS DISCUS 61 - JUNIOR GIRLS JAVELIN 86 - SENIOR GIRLS SHOT PUT

STANDARD MEMBER SCHOOL TRACK AND FIELD ABBREVIATION**NIPISSING**

Algonquin	NOAL
Chippewa	NOCW
Elisabeth-Bruyère	NOEB
Franco-Cité	NOFC
F.J. McElligott	NOME

Nbisiing

Northern	NONO
l'Odyssée	NOEO
St. Joseph's/ Scollard Hall	NOSJ
West Ferris	NOWF

NORTH SHORE

Central Algoma	NOCA
Elliot Lake	NOEL
Espanola	NOES
Manitoulin	NOMI
Esc La Renaissance	NORE
W.C. Eaket	NOEA
Villa Francaises des Jeunes	NOVF
E.S. Jeunesse du Nord	NOJN
Wasse Abin	NOWA

SAULT STE. MARIE

Korah	NOKO
Notre-Dame-du-Sault	NODS
St. Mary's	NOSM
Superior Heights C&VS	NOSH
White Pines	NOWP

SUDBURY SCHOOLS

Chelmsford	NOCV
Confederation	NOCF
Riviere-des-Francais	NORF
Hanmer	NOHA
Lasalle	NOLS
Lively	NOLI
Lockerby	NOLK
Lo-Ellen Park	NOLO
Macdonald-Cartier	NOMC
Sudbury Secondary	NOSU
Bishop Alexander Carter	NOAC
Champlain	NOCH
E.S. du Sacre-Coeur	NOSA
E.S.C. L'Horizon	NOLZ
Marymount	NOMM
College Notre-Dame	NOND
St. Charles College	NOSC
St. Benedict	NOBE

WRESTLING

AGES &

ELIGIBILITY:

As in the Constitution Article VII.

SERIES AND

TOURNAMENT:

A NOSSA tournament must be held a minimum of 9 days prior to the OFSAA Tournament and in line with OFSAA elimination policies to the All Ontario. All schools will compete together at the NOSSA tournament. Girls will

participate only against girls, boys against boys. The NOSSA tournament will rotate between Nipissing, Sudbury and Sault Ste. Marie as indicated in the four year calendar.

FINANCING:

An invitational tournament, each school to bear their own expenses payable the day of competition.

RULEBOOK:

The official rule book will be the most recent W.C.L. rule book with OFSAA modifications

OFFICIALS:

The officials for NOSSA tournament will be selected by the convenor in consultation with the area head official. At least one Official selected from each of the competing areas provided such officials are qualified Ontario Wrestling officials and are available. Referees should be a Provincial A or higher.

ORDER OF EVENTS:

- (a) For weight classes containing five (5) or less wrestlers, a full round robin will take place. Girls and boy's weight classes will be in accordance with OFSAA Guidelines. For all other weight classes, a bracket draw will be used.
- (b) If the third place wrestler has not met the second place wrestler during the Competition, they shall meet in a special wrestle-off to determine the second place OFSAA qualifier. This match shall not be held until 20 minutes after their previous bout(s). This special match shall not affect their NOSSA placement.
- (c) The gold and bronze medal match will occur at approximately the same

time.

WRESTLING (cont'd)

WEIGH-INS:

Weigh-ins will take place the night prior to the NOSSA meet. The weigh-ins and skin checks will be the duration of one hour. If a school is located one hour away or more from the venue the coach may weigh in the wrestlers and fax or email the list of wrestlers (convener's choice) by 4 PM the day before the meet. If entries are emailed or faxed, fees must be paid on the entries submitted. Those who don't make weight on the morning of the meet will be disqualified.

COACHING:

- (a) The coach must remain seated in chairs provided at the edge of the mat during the bout except when his wrestler is injured.
- (b) The coach may encourage his wrestler, shout instructions or make gestures to his wrestler; however, he will not indicate points with his hands nor attempt to influence the referee's judgement by shouting "Passive" or other phrases used by officials.
- (c) If the coach behaves in an unacceptable fashion, the mat chairman will give the coach a yellow card. If the offence is repeated, the coach will be given a red card and ordered to leave the corner and go into the stands. He will not be allowed to continue his function as coach for the tournament.
- (d) If a coach is eliminated, the wrestler may request the services of a substitute coach.

ENTRIES:

Each school be allowed a maximum of three (3) entries per weight class and highest placed wrestler be designated as the "A" wrestler on completion of wrestling. The other wrestlers will not count toward the team total points.

SEEDING:

In a six (6) man or less weight class, the First and Second place wrestler from the same district will not wrestle against each other until the final round. Wrestlers from the same school will not meet until the final round insofar as this is possible.

WRESTLING (cont'd)

SEEDING (cont'd): In all other brackets, wrestlers shall be seeded at the coaches meeting according to O.F.S.A.A. criteria, providing they have competed in a minimum of 10 matches or 5 meets and have competed in their City or District Championships (where applicable). The second criteria will be that the First and Second place wrestlers from the same district will not wrestle against each other within the first two rounds. The third criteria will be that wrestlers from the same school shall be separated so that one wrestler is placed in the top bracket, and the other wrestler is placed in the bottom bracket (a coach may decline a wrestler under OFSAA criteria if the seed creates a problem under criteria 3 for his wrestlers).

AWARDS: Gold and silver N.O.S.S.A. medals will be provided for 1st and 2nd place respectively in each of the 29 Categories for both boys and girls.

The team championship will be decided on the basis of a 2-tiered scoring system:

For round robins - first (10 points), second (7 pts), third (4 pts), Fourth (2 pts).

In bracket draws - first (10 points), second (8 pts), third (6), Fourth (3), Fifth (2).

The boys team winners will be awarded the R.R. Donnelly Trophy. The Girls' team winners will be awarded the Mel Prodan Trophy. The combined team winners will be awarded the Ken Zayette trophy.

GENERAL:

1. A wrestler must have weighed in and participated in two (2) District sanctioned meets prior to the NOSSA Tournament.
2. A wrestler must have had at least twenty (20) hours of practice time (with his competing high school) prior to the NOSSA tournament.
3. Wrestlers will wear a proper singlet or a pre-approved uniform acceptable to the head official of the NOSSA Tournament. Wrestlers will not change uniforms at the edge of the mat or compete bare.
4. A wrestler must qualify for and participate in the District Championships to qualify for NOSSA. The only exception shall be due to medical reasons which must be accompanied by a valid Doctor's note to that effect and a release to participate at NOSSA.
5. A wrestler may have a drink of water between rounds in any bout at the NOSSA championship.