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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 brings 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"/"B"

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"/"B"**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:

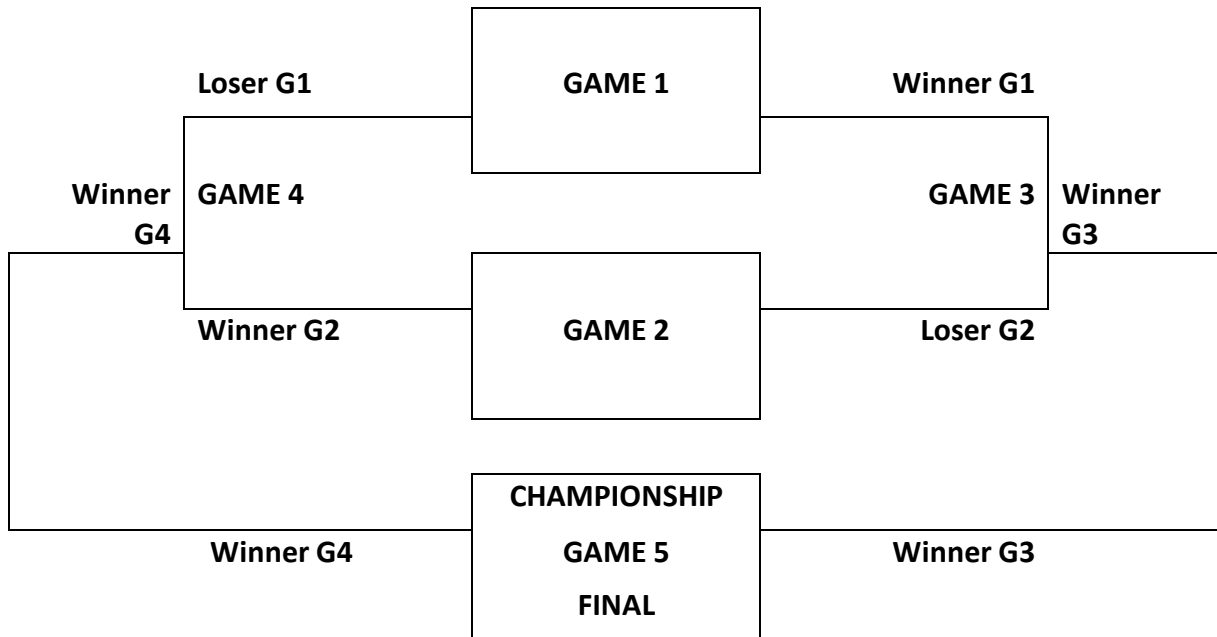
- a) Champions
- b) That the number of individual awards to be provided be unlimited

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.
6. Any player or coach who is ejected from a NOSSA festival/tournament must serve an additional one game suspension to be served the next league, NOSSA game or OFSAA game whichever comes first.

BOYS BASKETBALL "A"/"B"

(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.
8. Any player or coach who is ejected from a NOSSA festival/tournament must serve an additional one game suspension to be served the next league, NOSSA game or OFSAA game whichever comes first.

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	SUD 2/NS	NDA 1	2	SUD 2	SUD 1
3	SAULT 1	SAULT 2/NS	3	SAULT 1	SAULT 2	3	NDA1	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.
 9. Any player or coach who is ejected from a NOSSA festival/tournament must serve an additional one game suspension to be served the next league, NOSSA/OFSAA game whichever comes first.

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. If 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 Districts must declare their intention to compete by May 10th.

DATE:

After the submission of a region's intent to compete at the NOSSA soccer championship, if a school fails to attend the championship after qualification, it will result in the school's ineligibility for the next year's competition.

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.

BOYS SOCCER (cont'd)

- b) At the completion of the game players and coaches shall again shake hands with all opponents.

**TOURNAMENT
STRUCTURE AND
PROCEDURE –
“AA”/“AAA”**

Boys' "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
11:30am	Jr AA Semi #1
1:30pm	A2 Vs A3
3:00pm	Jr AA Final
5:00pm	A1 Vs A3

Site #2

10:00am	B1 Vs B2
11:30am	Jr AA Semi # 2
1:30pm	B1 Vs B3
3:00pm	Jr AAA Final (if req'd)
5:00pm	B2 Vs B3

Day 2**Site #1**

9:00am	1st A Vs 2nd B
12:00pm	Win Semi 1 vs Win Semi 2

Site #2

9:00am	1st B Vs 2nd A
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BOYS SOCCER (cont'd)

- 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.

"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 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.

BOYS SOCCER (cont'd)

- ELIGIBILITY (cont'd):** iii) meet the following age requirements:
- Senior - the individual's birth certificate indicates that he has not reached his 20th birthday by December 31st of the current school year.
 - Junior - the individual's birth certificate indicates that he has not reached his 16th birthday by December 31st of the current school year.
- iv) be in Grades 9-12.

RULES AND OFFICIALS:

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

- a) Length of Play - All single game championships will consist of two forty-five (45) minute halves, with a five (5) minute rest period between halves. All "A" championship games will consist of two forty (40) minute halves with a five (5) minute rest period between halves. All "AA"/"AAA" games will consist of two thirty (30) 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

AGE & ELIGIBILITY: See Constitution, ARTICLE VII.

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.

TOURNAMENT FINANCING: Expenses for the NOSSA Championships shall be the responsibility of the host district. 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:

"B"	Varsity
"A"	Junior/Senior
"AA"/"AAA"	Junior/Senior

HOST ROTATION: 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.

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

1. The "B" tournament shall rotate amongst the four districts.
2. The "A" tournament shall rotate amongst shall rotate amongst North Shore, Nipissing and Sudbury until such time that the Sault Ste. Marie District has a junior league and can host both junior and senior divisions.
3. The "AA" and "AAA" tournaments shall rotate among North Shore, Nipissing and Sudbury until such time that the that the Sault Ste. Marie District wishes to host and/or has a junior league and can host both junior and senior divisions.

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

“B” and “A” tournaments:

Junior – Sudbury (1), Nipissing (1), North Shore (1), Sault (1)

Senior - Sudbury (1), Nipissing (1), North Shore (1), Sault (1)

“AA”/“AAA” tournament:

Junior – Sudbury (2), Nipissing (2)

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

In the event that the 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.

Senior – Sudbury (2), Nipissing (2), Sault (2)

The North Shore district retains the right to (1) one entry. Should the North Shore district wish to enter a team, the Sault district will only advance one (1) entry from their district.

DECLARATION:

By October 31st of the current season, each District must declare, in writing 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.

ENTRY DEADLINE:

Each district must declare its specific entrant(s) by the Wednesday prior to the N.O.S.S.A. “B”, “A” or “AA”/“AAA” championships. Failure to do so shall mean forfeiture of the district entrant(s).

FORMAT:

The “B”, “A” and junior “AA/AAA” tournaments shall be a round-robin schedule that shall be played with a final between the first and the second place teams to decide the championship.

Continued ...

BOY'S VOLLEYBALL (cont'd)

FORMAT (cont'd): The combined "AA"/"AAA" Senior Championship shall be a 6 team - cross pool round robin tournament (2- NDA, 2 - Sudbury, 2- Sault). After round robin play, the top two teams in each pool will play a semi-final game. Winners of the semi-final game will advance to the final. At the conclusion of the senior NOSSA "AA/AAA" Championship Final, the 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."

All matches will be the best two out of three games except the senior final, which will be a three out of five games.

A team playing consecutive games will be given a 30-minute rest between games when possible. However, the half hour rest between matches may not be possible due to schedule limitations.

When possible, all participating teams shall play an equal number of matches on the first day of the tournament if the tournament runs on two days.

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.

If there are two local teams entered, they may be scheduled to play in the first round.

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.

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

The height of the nets for each division shall be :
Juniors 2.35 m
Seniors 2.43 m.

BOY'S VOLLEYBALL (cont'd)**PLAYING RULES:**

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.

All 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. If both coaches, the referees and the convener (or the convener's representative) agree to play earlier than the scheduled time, this is acceptable.

A team may dress and play a maximum of 17 players for a match. All persons on the bench are considered a part of the team and are liable for any sanctions applicable.

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

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

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

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

Student-athletes must remain fully clothed in an appropriate team uniform in the competition area and use the designated locker room or change area to change to and from competition attire.

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

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.

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.

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.

BOY'S VOLLEYBALL (cont'd)

- OFFICIALS:** The convener or their 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. Where possible, the convener 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.
- GAME BALL:** NOSSA will adopt the same game ball as OFSAA.
- AWARDS:** Second place teams in Junior and Senior Final matches will be awarded silver medals or second place ribbons.

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

Schedule #1: This schedule is a 6 team - cross pool round robin tournament for both junior and senior on 2 courts over 2 days. (2- NDA, 2 - Sudbury, 2- Sault). After round robin play, the top two teams in each pool will play a semi-final game. Winners of the semi-final game will advance to the final.

Sudbury Hosting

Pool A	Pool B
Sudbury 1 (A1)	NDA 1 (B1)
NDA 2 (A2)	Sudbury 2 (B2)
Sault 2/North Shore (A3)	Sault 1 (B3)

NDA Hosting

Pool 1	Pool 2
NDA 1 (A1)	Sudbury 1 (B1)
Sudbury 2 (A2)	NDA 2 (B2)
Sault 2/North Shore (A3)	Sault 1 (B3)

Day 1

Time	Senior Site	Junior Site
1:00 pm	A1 vs B2	A1 vs B2
2:30 pm	A2 vs B3	A2 vs B3
4:00 pm	A3 vs B1	A3 vs B1
5:30 pm	A2 vs B2	A2 vs B2
7:00 pm	A1 vs B1	A1 vs B1
8:30 pm	A3 vs B3	A3 vs B3

Day 2

Time	Senior Site	Junior Site
8:30 am	A2 vs B1	A2 vs B1
10:00 am	A1 vs B3	A1 vs B3
11:30 am	A3 vs B2	A3 vs B2
1:00 pm	Semi (1st pool A vs 2nd pool A)	Semi (1st pool A vs 2nd pool A)
2:30 pm	Semi (1st pool B vs 2nd pool B)	Semi (1st pool B vs 2nd pool B)
4:00 pm	Final (Best of 5)	Final (Best of 3)
If finalists played the 2:30pm semi-final game they are entitled to a 30 minute rest.		

SCHEDULES

<u>SCHEDULE #2:</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 #3:</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 #4:</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 #5:</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 #6:</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 #7:</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 #8:</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 "A" event, with an effort to seed entries)
"A"	Junior/Senior
"AA"/"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.
- f) Any player or coach who is ejected from a NOSSA festival/tournament must serve an additional one game suspension to be served the next league, NOSSA or OFSAA game whichever comes first.

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.

GIRLS' BASKETBALL (cont'd)**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.

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:

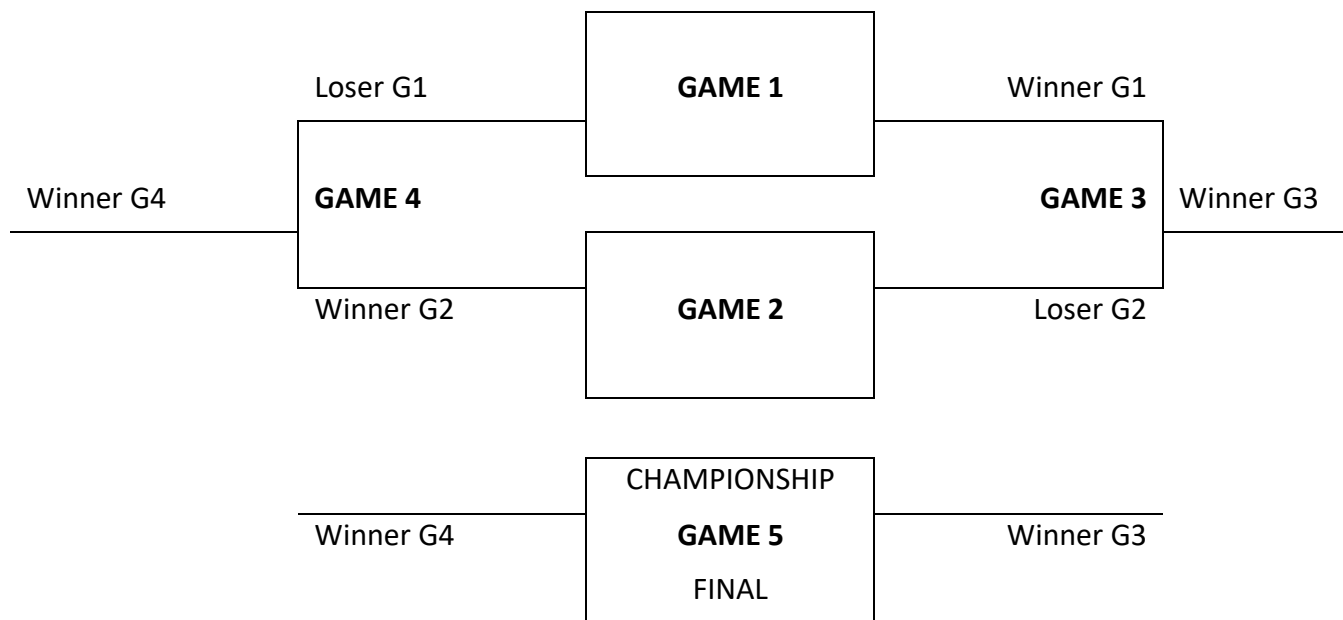
There will be four entries as follows:

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/B BASKETBALL

FOR THE ____ TROPHY

ENTRIES:

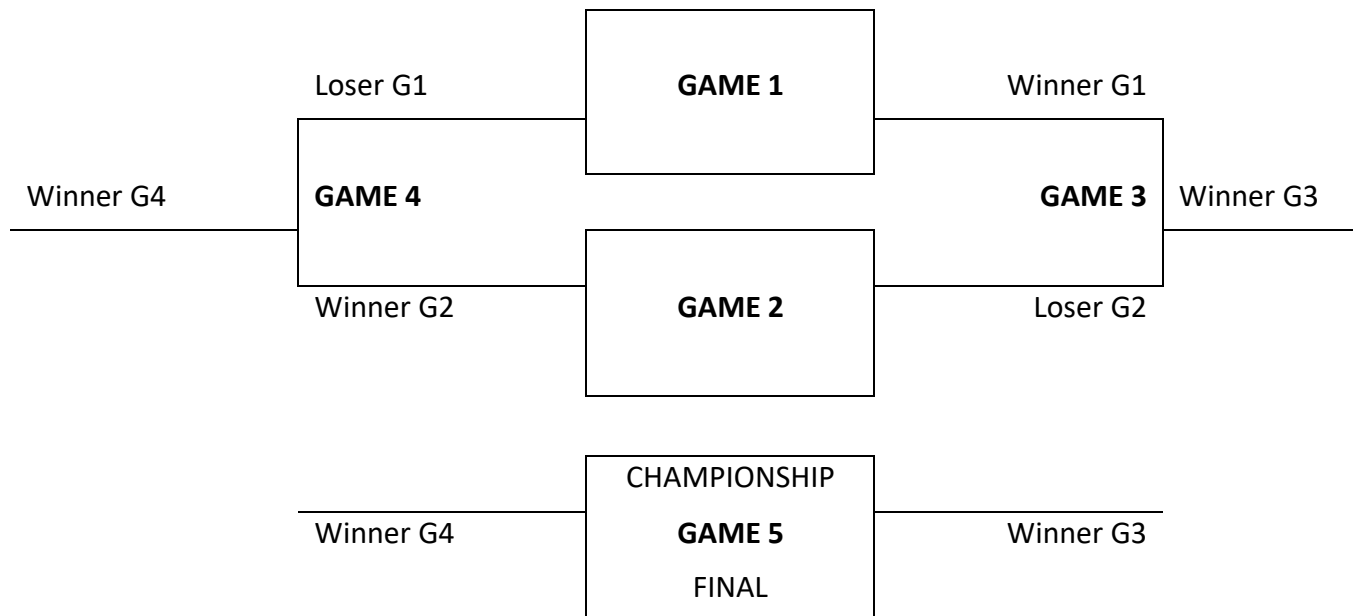
There will be four entries as follows:

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/B 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	SUD 2/NS	NDA 1	2	SUD 2	SUD 1
3	SAULT 1	SAULT 2/NS	3	SAULT 1	SAULT 2	3	NDA1	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 following equation shall come into effect:

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

The team with the higher number shall advance.

GIRLS' HOCKEY (cont'd)

- If still tied, the team which won the game between the two tied teams during pool play shall receive the position
- If their pool game was a tie, then the team with the greater goal differential ("goals for" minus "goals against") shall receive the position
- (ii) If three (3) teams are tied for one playoff position:
 - The following equation shall come into effect:
"goals for" minus "goals against" divided by "goals against"
The team with the higher number shall advance.
 - If still tied, 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
- (iii) If three (3) teams are tied for more than one playoff position
 - The following equation shall come into effect:
"goals for" minus "goals against" divided by "goals against"
The team with the higher number shall advance.
 - 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 following equation shall come into effect:
"goals for" minus "goals against" divided by "goals against"
The team with the higher number shall advance.
 - If still tied, 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)
- (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).

GIRLS' HOCKEY (cont'd)

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

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

ENTRY:

- (a) NO APPLICATION OF ENTRY RULES SHALL PROVIDE FOR MORE THAN TWO (2) ENTRIES FROM ANY ONE ASSOCIATION.
- (b) Entries must be received by the Convenor no later than Thursday of the week prior to the start of the Championships. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee.
- (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;

GIRLS' HOCKEY (cont'd)

- (b) No competitor is eligible for NOSSA-sanctioned events whose name has appeared on a game sheet, and has dressed, after December 1st for any of the following Senior AAA teams: The Aeros, Durham Telus Lightning, Brampton Thunder, Ottawa, or Mississauga Ice Bears, or any expansion team in this league, or who is a member of the National Junior or Senior team.
- (c) To be considered a team eligible for NOSSA Girls' Hockey Championship play, a team must play in an Association approved league and play a minimum of a six game schedule and/or participate in a minimum of six exhibition/tournament games.
- (d) Any athlete participating in an NOSSA Championship or an NOSSA qualifying event must have participated as a member of a bona fide high school program during the current season under the supervision of a teacher-coach as certified by the school principal.

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.

GIRLS' HOCKEY (cont'd)

- (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.
- (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.

GIRLS' HOCKEY (cont'd)**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.
- (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
 1:00pm A2 Vs A3
 4:00pm A1 Vs A3

Site #2

10:00am B1 Vs B2
 1:00pm B1 Vs B3
 4:00pm B2 Vs B3

Day 2

Site #1

9:00am 1st A Vs 2nd B
 12:00pm Gold: Semi Winners

Site #2

9:00am 1st B Vs 2nd A
 12:00pm Bronze: Semi Losers

- 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 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 "A" championship games will consist of two forty (40) minutes halves with a five (5) minute rest period between halves. All "AA"/"AAA" games will consist of two thirty (30) minute 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

"B"	Varsity
"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:

"B", "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 will be given a 30-minute rest between games.

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.

A team may dress and play a maximum of 17 players for a match. All persons on the bench are considered a part of the team and are liable for any sanctions applicable.

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.

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.

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.

VOLLEYBALL (cont'd)

TIE-BREAK (cont'd): 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.

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.

VOLLEYBALL (cont'd)

- 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.
- If there are two local teams entered, they may be scheduled to play in the first round.
- 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)**SCORING (incl):**

In the event of a tie for the aggregate banner awarded, that tie will be broken using points per entry ratio (number of points divided by the number of entries). In the event that it is still a tie, the banner will be awarded to the school with the greatest number of first place finishes or subsequently the number of second place finishes.

**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.

BADMINTON (cont'd)

UNIFORMS (incl.):

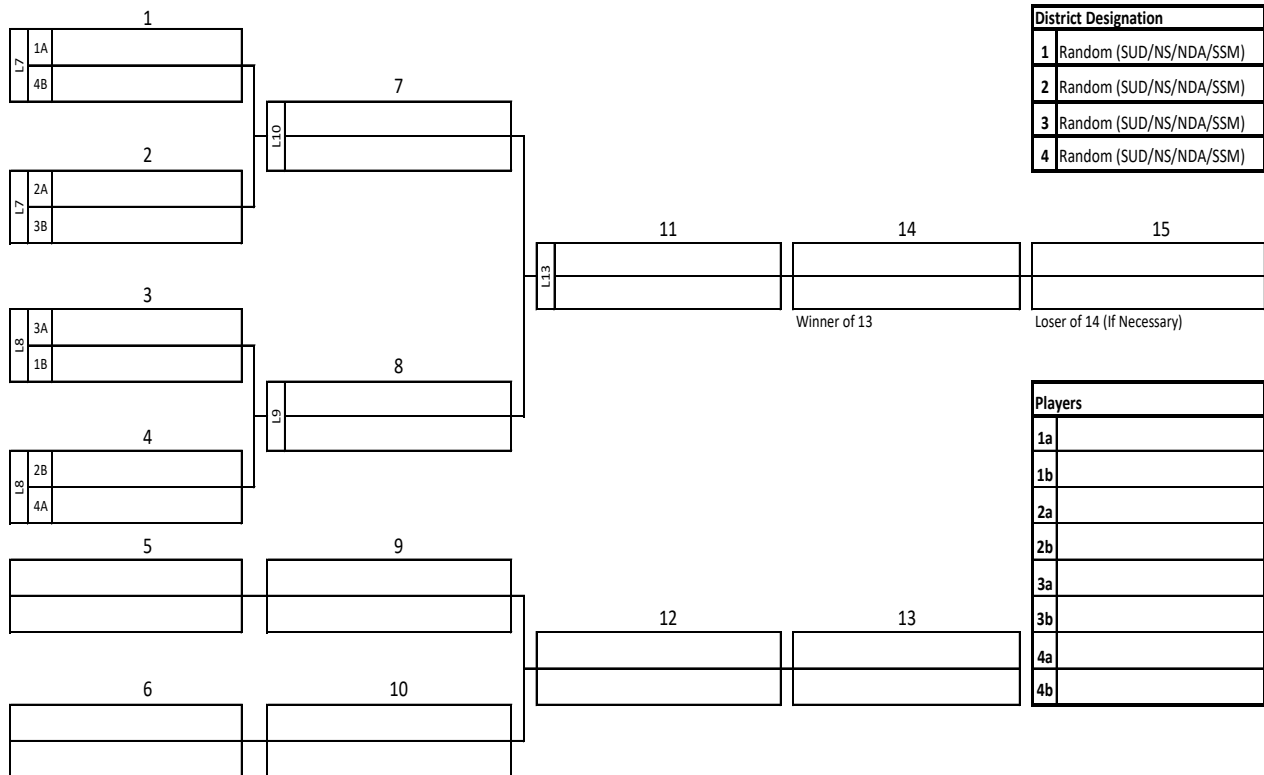
Headgear is not acceptable in the competitive area with the exception of sweat bands.

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

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.

SAMPLE DRAW:



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	Senior	Girls
11:32am	Senior	Boys
12:00pm	Junior	Girls
12:30pm	Junior	Boys
01:00pm	Para	
01:45pm	Novice	Girls
02:30pm	Novice	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 six (6) 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.
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:

A team with 5 or 6 players may substitute a maximum of two players at the beginning of any end throughout the game. A substituted player may play any position on the team. Once a player has been substituted, they may not enter back into the same game (unless there is an illness or injury to a remaining player). However, they are allowed to begin the next game during competition. 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.
- (iii) When no spares are available, a team of three (3) eligible players may continue to play the remainder of the competition. A team may play with three (3) players with the first two (2) players each delivering three (3) consecutive stones in each end. Under no circumstances may a team play with fewer than three (3) players delivering stones.

GENERAL:

1. Games will be 8 ends in length and extra ends will be added to break any ties.

CURLING (cont'd):

- GENERAL (cont'd):**
2. The Districts of NOSSA designate that they will be participating in the NOSSA Curling Championship Bonspiel at the beginning of the season. If they do so and renege, then the District shall be responsible for paying the entry fee that was forthcoming.
 3. In the event that NOSSA is entitled to two entries at OFSAA when it is not hosting the event, the second place team in the NOSSA Curling Playdowns shall be the second representative to OFSAA according to rules of OFSAA eligibility, item #3.
 4. Time-outs: A maximum of three (3) minutes consultation between the coach and curlers shall be allowed on the ice only, at the completion of the fourth end. In addition, two (2) one minute time-outs (i.e. one time out of one minute) may be called at any time while a team is in control of the house. The team that called the time out may access the playing surface. 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.

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

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

6. A minimum of 30 minutes prior to game time, the opposing vices (thirds) will meet behind the glass of their designated sheets to toss a coin for choice of stone color. The team who chooses top of scoreboard color will have first practice and throw the clockwise turn for their last stone draw (LSD) to determine which team will have last stone in the first end of play. The team who has bottom of the scoreboard color will have second practice and will throw the counter clockwise turn for their last stone draw (LSD) to determine which team will have last stone in the first end of play.
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 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).
10. 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.
11. Teams must not be required to play more than three games in one calendar day of competition.

CURLING (cont'd):

- GENERAL (cont'd):**
12. 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.
 13. Equipment: SAC Guidelines for curling brooms:
 - No horse hair or corn brooms used for sweeping
 - No hard inserts
 - No swapping of brooms
 14. Before each team's round robin game, after the pre-game practice, a different player (tracked by the official/convenor) shall throw their team's last stone draw (LSD) to determine which team will have last stone in the first end of play. The team whose last stone draw (LSD) is closest to the pin (measured in cm) will have last stone in the first end of play. Each team's draw to the button for the round robin games will be measured in cm. A stone covering the button will be measured as zero (0) cm. Stones that are not in the house receive a measurement of 185 cm. The sum in cm of the last stone draws thrown by each team during round robin games shall be used as a tiebreaker if necessary. The teams shall determine who the three (3) players are. Playoffs will reset the throwers. Warm-ups are seven (7) minutes in length, simultaneous start and should be run/timed by the official.
 15. Tiebreakers for pool play:
 - 1 - Head-to-head results.
 - 2 - Last stone draw cumulative scores.
 - 3 - Prior to the final pool game, if team's last stone draw scores are the same, teams will have their 4th player draw to the button. If teams remain tied, players will continue to draw to the button until the tie is broken, using skip-to-lead as the order.

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 4; 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) 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.
 - g) The top four individual girls and boys from each district that placed in the top ten who are not already on a district girls' or boys' team that is advancing to NOSSA 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. NOSSA Alpine will constitute, two GS runs done first, and one slalom run done after GS. When time permits, two slalom runs will take place. The decision to complete a second slalom run will be at the discretion of the convenor. The order of athletes is: girls high school, girls open, boys high school, boys open; no bibbo on second run.

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 High School team, or,
- 1 Open team, or,
- 1 High School and 1 Open 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 O.F.S.A.A. playing regulations 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 must ski off course if forward progress has stopped and race resumption would cause a delay.

EQUIPMENT:

All skiers must wear a CSA approved helmet in accordance with OPHEA and OFSAA regulations.

SCORING:

- a) Scoring shall be the result of adding the time of both runs if there are two.
- b) The person with the fastest total time shall receive 1 point. The person with the second fastest total time - 2 points. The person with the third fastest total time - 3 points.
- c) DNF's and DQ's in the first run will receive a second run where applicable.

ALPINE SKIING (cont'd):**SCORING (cont'd):**

- d) DNF's and DQ's shall receive a score which is twice the number of disqualifications or 50% of the total field whichever is greater, added to the last proper score in the event, so long as this result does not displace a team without any DNF's or DQ's.
- e) DQ's referenced in 3-4-5 above, do not include: DNS (did not start), profanity, unsportsmanlike conduct, other infractions, changed numbers, etc. Such competitors will not be assigned a score.
- f) 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.
- g) 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 **High School and Open levels:**
Boys Slalom - 1st Boys Giant Slalom - 1st Boys Combined - 1st
Girls Slalom - 1st Girls Giant Slalom - 1st Girls Combined - 1st
Total: **12 x 2 = 24 medals** (lowest total times break ties)
- b) Ribbons shall be given out for sixth, fifth, fourth and third for Boys' and Girls' **High School and Open levels**, Slalom, Giant Slalom and Combined.
Total: 12 ribbons for each placing, **3rd to 6th** (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):**AWARDS (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):**OFSAA ENTRY:**

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 Ski Championship shall be hosted on the Tuesday of the week preceding the OFSAA Championship. The convener may need to adjust based on site availability and weather conditions.
- 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: Senior Boys' and Girls' will ski the same course which is to be between 6.5 and 7.5 km in length. Junior Boys' and Girls' will ski the same course which is to be between 4.5 and 5.5 km in length.

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.

SNOWBOARDING

- DATE:** The NOSSA Snowboarding Championship shall be held on the Wednesday or Thursday of the third or last week in February, unless extraordinary circumstances dictate a change, as OFSAA is normally scheduled for the last week of February or first week of March.
- LOCATION:** The location of the Championship shall be in the convener's area, at a site of his/her choice.
- FORMAT:** The event will be hosted on one day and will contest as many runs possible (minimum of two) within the venue booking time frame.
- ENTRY:** A team will consist of a minimum of three athletes in the same gender from the same school. No limits will be imposed on team size.
- Individual entries are permitted for schools not able to enter a team.
- Entries will be classified in accordance with OFSAA definitions.
- EXPENSES:** An Entry Fee shall be charged which shall be sufficient to cover all costs of the Championship. A post-event invoicing system may be employed at the convener's discretion.
- START ORDER:** A start order will be developed by random draw and this start order will remain intact for all runs during the competition.
- COURSE:** FIS rules will apply to course inspection. Racers will be allowed to sideslip the course. Running gates or shadowing is forbidden. The course is closed until inspection direction has been given by the Jury prior to the race. Any changes to this are at the discretion of the Technical Delegate.
- The "racer down" yellow flag warning system shall be used for blind areas on the course. Failure to respond to the yellow flag may result in disqualification.
- DNS:** In the case of the racer missing his/her start time, the racer will race at the end of the start line and will race in bib order. If the racer misses the start time at the end of the line up, they are considered DNS.

SNOWBOARDING (cont'd)

SCORING:

1. Scoring shall be the result of adding the time of both runs if there are two.
2. The person with the fastest total time shall receive 1 point. The person with the second fastest total time - 2 points. The person with the third fastest total time - 3 points.
3. DNF's and DQ's in the first run will receive a second run where applicable.
4. DNF's and DQ's shall receive a score which is twice the number of disqualifications or 50% of the total field whichever is greater, added to the last proper score in the event, so long as this result does not displace a team without any DNF's or DQ's.
5. DQ's referenced in 3-4-5 above, do not include: DNS (did not start), profanity, unsportsmanlike conduct, other infractions, changed numbers, etc. Such competitors will not be assigned a score.

EQUIPMENT:

- I. All athletes must follow resort guidelines for snowboard leashes including step-in/step-on bindings requiring a leash to be worn.
- II. A protective helmet designed for snowboarding or skiing must be worn by all racers while on snow.
- III. No cameras or video devices are to be worn while on the race course.

AWARDS:

INDIVIDUAL WINNERS – N.O.S.S.A. medallions will be awarded to the individual competitors who place first, second and third in each event.

TEAM CHAMPIONS - A N.O.S.S.A. banner will be awarded to the top overall boys' and girls' school in each level.

- I. Boys' Team - the school having the lowest aggregate for three racers.
- II. Girls' Team - the school having the lowest aggregate for three racers.

RACE JURY:

The race jury shall consist of any of the following:

- I. Former convener
- II. Teacher/coach from participating school not involved in the protest
- III. Technical delegate, chief of race, course referee, Dave Makela.

PROTESTS:

Protests against disqualifications must be submitted in writing to the Referee within 15 minutes of the posting of the Referee's report on the official scoreboard at the finish area of the race course. Protests must be substantiated in detail and submitted to the convener.

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 following the Christmas break each school year, at a date selected by the convener based on pool availability.
- 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):**

- i) All implements that are brought to NOSSA track and field by individual schools must be checked in by the technical manager prior to the start of the first field events on that day. All implements brought in for evaluation after the start of the first field events on that day (Day 1 or Day 2) will not be allowed to enter competition. (this includes implements brought directly to the respective event)
- ii) All implements entered in for competition shall remain in the field for all competitors to use for the duration of the day. Implements may only be collected from the technical area on the completion of the entire day's competition, with the following exceptions:
 - a. Schools are leaving the venue and are not returning to the venue and the event the implement was used in has been completed in full. The implement in question has been returned to the technical area.
 - b. Boys Sr Javelin (800gm), Boys Sr Shot Put (12lb) and Boys Sr Discus (1.6kg), where the school's implement may be retrieved from the technical area after the respective event has been completed in full.
- iii) No item checked in for competition may be removed from the event by a school/participant. All items in the field must be returned to the technical area for tracking purposes.

- 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:

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

- 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
800's Should be run with a 1 turn stagger cutting in after 100 metres, run in 2 boxes. Each box of the two boxes will contain two of the top finishers from each district. 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.
- 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.

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

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
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.

TRACK AND FIELD (cont'd)

- GENERAL (cont'd):**
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.
 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.

TRACK AND FIELD (cont'd)

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.

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 2000M STEEPLECHASE		
98		BOYS	OPEN 2000M STEEPLECHASE		
13	3:20pm	GIRLS	NO	80M	HURDLES HEATS 2'6"
45			JR	80M	HURDLES HEATS 2'6"
77			SR	100M	HURDLES HEATS 2'6"
14		BOYS	NO	100M	HURDLES HEATS 2'9"
46			JR	100M	HURDLES HEATS 3'0"
78			SR	110M	HURDLES HEATS 3'0"
5	4:20pm	GIRLS	NO	400M	HEATS
37			JR	400M	HEATS
109			WH	400M	TIMED FINAL
69		BOYS	SR	400M	HEATS
6			NO	400M	HEATS
38			JR	400M	HEATS
70			SR	400M	HEATS
9	5:20pm	GIRLS	NO	1500M	TIMED FINAL
41			JR	1500M	TIMED FINAL
73			SR	1500M	TIMED FINAL
13	5:50pm	GIRLS	NO	80M	HURDLES FINAL 2'6"
45			JR	80M	HURDLES FINAL 2'6"
77			SR	100M	HURDLES FINAL 2'6"
14		BOYS	NO	100M	HURDLES FINAL 2'9"
46			JR	100M	HURDLES FINAL 3'0"
78			SR	110M	HURDLES FINAL 3'0"
10	6:20pm	BOYS	NO	1500M	TIMED FINAL
42			JR	1500M	TIMED FINAL
74			SR	1500M	TIMED FINAL
5	6:50pm	GIRLS	NO	400M	FINAL
37			JR	400M	FINAL
69			SR	400M	FINAL
6		BOYS	NO	400M	FINAL
38			JR	400M	FINAL
70			SR	400M	FINAL
31	7:30pm	GIRLS	NO	400M	RELAY TIMED FINAL
63			JR	400M	RELAY TIMED FINAL
95			SR	400M	RELAY TIMED FINAL
32		BOYS	NO	400M	RELAY TIMED FINAL
64			JR	400M	RELAY TIMED FINAL
96			SR	400M	RELAY TIMED FINAL

TRACK EVENT SCHEDULE

THURSDAY					
EVENT NO.	TIME	G/B	EVENT		
1	9:00am	GIRLS	NO	100M	HEATS
33			JR	100M	HEATS
65			SR	100M	HEATS
2		BOYS	NO	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	NO	200M	HEATS
35			JR	200M	HEATS
107			WH	200M	TIMED FINAL
67		BOYS	SR	200M	HEATS
4			NO	200M	HEATS
36			JR	200M	HEATS
68			SR	200M	HEATS
	11:30am				TRACK BREAK
7	11:45am	GIRLS	NO	800M	TIMED FINAL
39			JR	800M	TIMED FINAL
71			SR	800M	TIMED FINAL
8		BOYS	NO	800M	TIMED FINAL
40			JR	800M	TIMED FINAL
112			BL	800M	TIMED FINAL
72			SR	800M	TIMED FINAL
1	12:45pm	GIRLS	NO	100M	FINAL
33			JR	100M	FINAL
65			SR	100M	FINAL
101		BOYS	AMB	100M	FINAL
2			NO	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	1:15pm	GIRLS	NO	300M HURDLES 2'6"	TIMED FINAL
47			JR	300M HURDLES 2'6"	TIMED FINAL
79			SR	400M HURDLES 2'6"	TIMED FINAL
16		BOYS	NO	300M HURDLES 2'9"	TIMED FINAL
48			JR	300M HURDLES 2'9"	TIMED FINAL
80			SR	400M HURDLES 3'0"	TIMED FINAL
43	2:30pm	GIRLS	JR	3000M	FINAL
44		BOYS	JR	3000M	FINAL
3	3:00pm	GIRLS	NO	200M	FINAL
35			JR	200M	FINAL
67			SR	200M	FINAL
4		BOYS	NO	200M	FINAL
36			JR	200M	FINAL
68			SR	200M	FINAL
11	3:30pm	GIRLS	NO	3000M	FINAL
12		BOYS	NO	3000M	FINAL
99	4:00pm	GIRLS	OPEN	1600M RELAY	FINAL
100		BOYS	OPEN	1600M RELAY	FINAL
PRESENTATION OF AWARDS					

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	NONB
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.