



Uniforms / Jerseys – Team Colours

- 1.0** In league play where conflict is unavoidable, the **HOME TEAM shall wear uniforms of contrasting colours.**
- 2.0** In all playoff schedules, the team finishing league play with the highest placement shall be declared the home team and shall wear the normal designation of uniform as stated in the playing rules for that sport.
 - 2.1. If no color is designated then the higher placed team shall have its choice of sweater/uniform color.
 - 2.2. If the teams have equal league records and the two teams cannot reach agreement on sweater/uniform designation, then the Executive Committee shall make the decision and that decision shall be binding on all involved parties.
- 3.0** Football – home team will wear dark jerseys, visitors will wear light jerseys.
- 4.0** Jerseys/uniforms and uniform numbers must conform to the standards of the SSA and respective sport governing body (FIBA, CVA, CSA, IBF, ACA, IAAF, CCA, CAF, 19 Rugby, IHF, CAWA, etc.)

Trophies and Banners:

- 1.0** Each league may have its own trophies and shall declare the basis of selection of the award.
- 2.0** The acquisition of further trophies shall be recommended by the league and approved by the Executive Committee.
- 3.0** Banners will be presented for each Metro League Championship (effective. Sept. 1997)
 - 3.1. Exception: Cross Country will be presented to the top 1A/2A; 3A; 4A and 5A schools winning the team aggregate;
 - 3.2. Track & Field will be presented to the top 1A/2A; 3A; 4A and 5A schools winning the team aggregate

Medals & Ribbons

- 1.0** The Metro League custom medals may be awarded to all members of Championship Teams and the individual winners in each classification (non-team sports) at the City Championships.
- 2.0** Other awards (medals, ribbons) may be awarded as determined by specific leagues.
- 3.0** The cost of these awards will be borne by participating schools.

Tournaments:

- 1.0** Invitations to tournaments will be forwarded to schools as requested.
- 2.0** Participation in all tournaments is subject only to the approval of the Principal.

Limits of Competition:

- 1.0** Badminton, Basketball, Cross Country, Football, Curling, Golf, Track and Field, Team Handball, Volleyball, Rugby and Wrestling are the approved activities for Provincial-level competition.
- 2.0** Championships will be provided in the eleven activities cited above; plus soccer (indoor and outdoor), flag football, Slo-Pitch, Cheerleading and Swimming.

Competitions: Leagues, Zones & Provincials

- 1.0** To ensure that all schools have an opportunity to offer a program and to promote equal and fair competition at all levels and in all sports, each sport league will determine its structure within the following parameters:
 - 1.1.** Each division within a league will require a minimum of six (6) teams in order to be scheduled
 - 1.2.** Basketball – a maximum number of allowable games in the season (including playoffs) will be fourteen (14)
 - 1.3.** Football – a maximum number of allowable games in the season (including playoffs) will be ten (10)
 - 1.4.** Rugby – a maximum number of allowable games in the season (including playoffs) will be seven (7)
 - 1.5.** Soccer – a maximum number of allowable games in the indoor season (including playoffs) will be fourteen (14); in the outdoor season (including playoffs) will be ten (10)
 - 1.6.** Team Handball – a maximum number of allowable games in the season (including playoffs) will be fifteen (15)
 - 1.7.** Volleyball – a maximum number of allowable games in the season (including playoffs) will be fourteen (14)
- 2.0** Any alterations to the above league structures must be approved through the Metro Office, who will seek guidance, if needed, from the Metro Executive Committee.
- 3.0** It shall be the responsibility of each League, at a duly called organizational meeting, to determine the type of competition for that league.
- 4.0** All athletic competitions are to be scheduled outside of the regular school day unless prior approval has been obtained from the Executive Committee.
- 5.0** Any major change in league schedules or any change indicating cost implication must be reviewed by the Executive Committee.
- 6.0** Schools have the right to enter one junior team and one senior team to participate in league play.
- 7.0** All teams participating in the Metro Athletic Association Leagues must be school based and must carry the traditional school name.
- 8.0** Team standings shall be calculated pursuant to the standard practices for each sport, unless an alternate system is approved at the preseason meeting for that sport or expressly stated in this document.
- 9.0** In league playoff games, if the higher ranked school team (home) is unable to host, they have the opportunity to make the necessary arrangements to play at another Metro School facility. The game will be played on the same date and time as would normally be scheduled unless a change of date and time is mutually agreed upon by the home team and the visiting team.
- 10.0** In the event the home team is unable to make satisfactory arrangements to play at another Metro School facility, their playoff game will be played at the opposing team's facility.
- 11.0** With respect to City Championships, the highest ranked team in league standings will receive the advantage. (All Championship locations are considered "neutral" sites.)
- 12.0** School teams and individual athletes must compete in the Metro League schedule to be eligible for Zone Qualifier or Provincial competitions. With respect to team sports, at the 3A; 4A and 5A classifications, the school team must participate in the Senior League to be eligible to compete in Zone Qualifier Competitions. At the 1A and 2A classifications, the school team may participate in either the junior or senior leagues to be eligible in Zone Qualifier competitions.
- 13.0** Schools may bid to host Metro Championships in Volleyball, Basketball, Wrestling, Cheerleading and Unified.
- 14.0** Bids must be provided prior to Spring Meeting of the Metro Membership.
- 15.0** There will be no admission charge for league games, with the exception of Football.
- 16.0** Admission will be charged at Volleyball; Basketball and Cheer City Championships. Typical gate admission will be \$5.00 (12 and under no charge) for volleyball and basketball; and \$7.00 for cheer (unless otherwise noted)



17.0 Players are prohibited from being equipped with an electronic, mechanical or other signal devices for the purpose

of communicating with any source (Exception: A medically prescribed hearing aid of the sound-amplifier type for hearing-impaired players). The use of prohibited devices will result in forfeiture of the game and any other sanctions deemed appropriate by the Metro Edmonton High School Athletic Association.

18.0 Television replay or monitor equipment is prohibited at the sidelines or other locations within the playing enclosure for coaching or officiating purposes during the game.

19.0 Only voice communication between the press box and team area is permitted. Football headsets which allow communication between coaches are acceptable.

20.0 The use of any new technology must be approved by the Metro Edmonton High School Athletic Association.

21.0 Schools must provide SSA approved game balls for all home games.(approved game balls are listed in the SSA handbook)

22.0 Rugby Canada Safe Rugby Training Course - One coach from each rugby team is required annually, to take the Rugby Canada Safe Rugby Training Course or update for Coaches.

22.1. Note: It is recommended that all Coaches take the Canada Rugby Safe Training Course.

23.0 A no change zone is in effect in all gymnasiums for all indoor sports.

23.1. Any players (male or female) who need to change must report to the dressing room.

Participating in SSA Competitions involving Inter-Zone Travel:

1.0 The official travelling party will be designated by the Metro Manager for teams composed of more than one school (Zone Teams - Cross Country, Track, Wrestling and Badminton).

2.0 Individual school teams (Volleyball, Football, Golf, Curling, Basketball, Rugby and Team Handball) are responsible for designating their own travelling party subject to their district policy.

3.0 Travel shall be public commercial vehicle or approved school bus, or a means of conveyance acceptable to the Principal(s) involved.

4.0 Teams shall be supervised by school personnel for the entire duration of the trip.

5.0 Team members must travel to and return from the competition in the transportation provided.

5.1. Other arrangements may be made only with the prior approval of the Principal in consultation with the Metro Manager.

6.0 The conduct and deportment of team members shall be governed by such further regulations as may be established by the league, the school, and/or the teachers in charge.