CISAA POLICY

2026-27

CALGARY INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION

(revised AUG 2026)

2026-27 **0**
CALGARY INDEPENDENT SCHOOLS ATHLETIC ASSOCIATION 0
A. Code of Ethics 1
B. Membership 4
C. General 4
D. Eligibility 6
E. Team competition and player participation 8
F. Discipline Procedures 10
1. Player ejection 10
2. School team/coach/spectator misconduct 11
3. Intention to participate at the SSA Provincial Championships - “Failure to show” 12
G. Finances 12
H. Awards 13
1. CISAA Individual awards 13
2. CISAA Banners 15
I. Dates for Championship Competitions 15
1. Volleyball 15
2. Basketball 16
4. Track and Field 16
J. Zone Challenges 16
K. League formats 17
1. Volleyball 17
2. Basketball 19
3. Track and field 21
4. Soccer 22
5. Floor Hockey 22
6. Senior High Rugby 22
L. Rules of Competition 22
1. Volleyball 22
2. Basketball 25
3. Wrestling 26
4. Golf 26
5. Cross Country 26
6. Track and Field 27
7. Badminton 29
8. Senior High Curling 31

9. Soccer 31
10. Junior High floor hockey 31
M. Playing equipment 32
N. Amendments 32
Appendix 1 **32**

A. Code of Ethics

Adults who work with students in interscholastic activities should present a positive role model for them to emulate. Students who represent a school in interscholastic activities must strive to be model school citizens.

The CISAA recognizes that the school administration is responsible for all athletic programs and the conduct of all school representatives, whatever the level and location of the competition. In recognition of this authority and responsibility, the CISAA presents the following general guidelines.

1. All competitions must be conducted with a high standard of courtesy, fair play and sportsmanship. All those involved share a responsibility.
    - 1.1 **Coaches**

      The coaches must demonstrate qualities of courtesy and good sportsmanship. These are evidenced by the proper acceptance of officials' judgment, positive encouragement of player performance and bench behaviour.
    - 1.2 **Athletes**

      The athletes must demonstrate qualities of courtesy and good sportsmanship by proper acceptance of officials' judgment, and by showing proper respect for opposing athletes as well as for teammates.
    - 1.3 **Spectators**

      The spectators, both students and adults, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement of their team, not against their opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment.

2. Administrators and teachers must demonstrate courtesy and good sportsmanship by positive examples.
    - 2.1 Every school team must be coached or supervised by a staff member of that school or an agent of the board. The CISAA can appoint a member school representative to act as a League Representative at provincial competitions.
        - 2.1.1 School with the most qualified athletes will be deemed League Representative.
        - 2.1.2 Duties will be discussed prior to Provincials with other attending schools and Executive
        - 2.1.3 Financial reimbursement will be discussed prior to Provincial with the Executive and Treasurer

2.2 During a competition, every school team must be accompanied by a teacher-coach, teacher- supervisor or an agent of the board.

2.2.1 Agent of the board:

Definition of 'agent' of the school board they represent: The 'agent' does not have to be a teacher, but can be any individual who has school board approval to coach student athletes. It is highly recommended that schools and boards complete the appropriate police checks and volunteer forms before any non-teachers are involved in coaching school students.

2.2.2 Teacher-coach, teacher-supervisor or an agent of the board must be on the bench or on the sideline with the players and other coaches

2.2.3 Documentation needs to be sent to CISAA President from Principal stating the approval of Agent of the Board

2.3 Athletic Recruitment and Undue Influence

2.3.1 To maintain the proper relationship between the academic purposes of schools and their athletic activities, all member schools of the CISAA and anyone directly connected to the school (including alumni associations, booster clubs and parent groups) must refrain from recruitment, inducement or other forms of undue influence that would encourage a student to enroll in or transfer to a school primarily for athletic purposes for CISAA governed activities.

2.3.2 Administrators, teacher-coaches, advisors or an agent of the board must assume responsibility for the implementation of this code. School administrators must be advised of breaches of desirable practices on the part of students or coaches. Commissioners will alert the CISAA Executive to discipline problems associated with the conduct in competitions.

2.4 Any breaches of these ethical standards will be considered for disciplinary actions in accordance to our Disciplinary Procedures policies (Section F).

B. Membership

1. Membership in the CISAA shall be open to any Junior or Senior High School in the CISAA district (as per bylaws) which has paid its annual fee according to the following scale.

1.1 Senior High Schools $600.00 annually

1.2 Junior High Schools $600.00 annually

2 Senior High Schools must register with the provincial body, the SSA, to be eligible for CISAA competition. School registration fees must be paid by October 31st of the current school year Otherwise, a late fee of $300.00 will be applied.

2.1 A payment of $500.00 will be required from a school if that school does not provide a commissioner or a member of the Executive.

3. Any school in arrears with their membership/league fees will not be permitted to participate in any CISAA sports.

3.1 Principals and ADs of schools in arrears will be notified by the President at the start of every school year.

4. All member schools must have a gymnasium or an available competition venue for league play which must be available until 7:00pm. If hosting Senior Basketball games, a shot clock is mandatory.

C. General

1. Each school within the CISAA shall be allowed one vote on general business matters.

1.1 If a school is a member of both the Junior High (grades 7-9) and High School (grades 10-12) division, they are permitted to have a second person present at the General Meeting, in order to have a vote

1.2 Policy or bylaw changes pertaining to division-specific changes may only be voted on by the representative from the school in that division (ie: one vote per school).

2. Athletic Activities

2.1 All athletic activities are governed by the CISAA By-Laws and Policies.

2.2 Each CISAA competition shall be organized and administered by a sports coordinator in conjunction with the commissioner.

2.3 Each activity shall be governed by a code of rules as stated in the policy for that activity.

2.4 In order for a sport to have a league championship, there must be at least three school teams participating in a category.

3. Commissioners

3.1 The conditions of appointment of Sports Commissioners shall be as follows;

3.1.1 Appointments to the roster of sport commissioners shall be ratified by the general Membership at the Spring Meeting every year.

3.1.2 They shall be appointed from among the school staff members of CISAA member schools.

3.2 Duties and Responsibilities of Commissioners shall include the following;

3.2.1 Before a season starts, ensure the online calendar is up to date and accurate.

3.2.2 Before the season starts, coordinate and/or distribute information to coaches regarding current season of play (i.e. coaches meeting, online information etc.)

3.2.3 Review all policies regarding the sport and make recommendations for changes at the Spring General Meeting.

3.2.4 Be familiar with new developments in rules, equipment, coaching best practices etc.

3.2.5 Ensuring that the records are recorded and yearly reports are written and shared at the Spring General Meeting. Results must also be forwarded to the Sports Coordinator.

3.2.6 In competitions where medals are required, commissioners will contact the CISAA Executive who will order medals at the beginning of the season and have them delivered to host playoff schools a minimum of one week before playoffs begin.

3.2.7 In competitions where banners are required, commissioners will contact the CISAA Executive will order banners at the beginning of the season and have them delivered to host playoff schools a minimum of one week before playoffs begin

3.2.8 It is imperative that the commissioners ensure awards are presented at the Championships. If they are unable to attend, they must have a plan communicated well in advance to ensure awards are presented.

3.2.9 The commissioning school must ensure that representatives attend Championship games (semi-finals and finals) in Volleyball, Basketball, Soccer, and Floor Hockey to read a CISAA sportsmanship script before the game(s) begin. This will be addressed to the players, coaches and fans. A sound system should be made available in large spaces.

3.2.10 The commissioner will transfer documents such as permits, templates etc. to the incoming commissioner.

3.2.11 The commissioners will create, and/or review a tech package and/or rule summary sheet and/or set scoresheet (as applicable to their sport). These documents will be available on the CISAA website in the "page" section year-round.

4. New Activities

4.1 New activities to be sponsored by the CISAA, shall be adopted according to the following procedures;

4.1.1 The activity may be proposed, after due notice of motion without detailed policy at a meeting of the general membership.

4.1.2 If approved, the activity may be implemented by an assigned commissioner to conduct on a trial basis. The commissioner will prepare a detailed policy for the initial competition. Policies are established and presented for membership approval as a CISAA sponsored event.

4.1.3 After trial basis, the activity will be brought back to the general membership to vote for permanent adoption.

D. Eligibility

1. All questions regarding eligibility of players except as herein provided, must be referred to an eligibility committee that shall consist of the Executive Committee. For Senior High, all eligibility is based on SSA policy and may change according to SSA updates.

1.1 The competitor must be a bona fide student of a CISAA member school. A student becomes a bona fide student of a school, on September 30th. In the case of transfer from one school to another; the student shall become a bona fide student in the new school upon the date of their first attendance of their transfer-in by the Principal and when the SSA transfer form is completed in its entirety.

1.2 The Senior High competitor must be under the age of nineteen years on September 1st of the school year. The Junior High competitor must be under the age of seventeen years on September 1st of the school year they are enrolled in.

1.3 It must be the opinion of the Principal of the school that it is in the best interest of the competitor and the school board as a whole for them to participate.

1.4 Any student who is or has been registered and in attendance at a post-secondary institution shall not be eligible for High School competition.

1.5 Students shall be eligible for three years of competition after registering in Grade 10, following the policies of the SSA.

1.6 For Senior High volleyball and basketball, and soccer "1A and 2A" classified schools, Grade 9 students who are on site with grade 10, 11, and 12 students may register and participate on Senior High team in either Tier 3, Tier 2 or Tier 1.

1.7 For Senior High volleyball and basketball and soccer, 3A, and 4A classified schools, grade 9 students who are on site with grade 10, 11, and 12 students may register and participate at the Senior High level in JV only for participation.

1.8 The Principal of each school shall be responsible for the eligibility of the school's competitors for any competition.

1.9 Competitors may represent their school in the same sport, in the same year, in Junior and Senior High CISAA league play to a maximum of 3 competitions. Players that exceed the three competitions are ineligible to play further games in the Junior High league. All games will be defaulted if violation of this rule occurs.

1.9.1 Teams may call up players from a classification below when circumstances are dedicated, to a maximum of three competitions prior to year end Tournaments. The interpretation is not that each player is able to play 3 games with another, rather a team has 3 games total to receive assistance. Players are only eligible to compete in one CISAA Year End tournament or CISAA sponsored playoffs per season.

1.10 1J and 2J schools may apply in writing to the CISAA executive to request participation of grade 6 students for Junior High CISAA competition. The request must include an acceptable risk agreement from the child's parent as well as from the administration of the school. Each case will be examined individually as a special request for that present school year.

1.11 Schools that have a high school model that includes grade 9 may make a joint team request with a school that doesn't have any grade 9s on their campus. Should they elect to not join another school, they will compete as a grade 9 school only.

2. Junior High School Classification:

4J 325 plus or 100 plus grade 9's

3J 160-324 with less than 100 grade 9's
2J 90-159 with less than 60 grade 9's
1J 1-89 with less than 40 grade 9's

E. Team competition and player participation

1. Competitors, coaches, spectators, and teams guilty of misconduct either before, during or after a competition must be reported by both schools to the CISAA Executive and Commissioner in charge of that sport division. Misconduct includes but is not limited to the consumption of alcohol and non-medical use of drugs.

2. All participants must be bona fide students of the same school or registered as joint schools with the SSA (High School).

3. Teams participating in a CISAA competition are required to wear a uniform which complies with each individual sport governing body's and SSA standards.

4. In CISAA, Zone and Provincial competition, a school may elect to enter a team in a given activity in the classification above its school classification while still retaining its right to enter teams in other activities in the proper classification of the school.

5. In Senior High volleyball, basketball and soccer; schools may choose to enter Tier 1 (premiere), Tier 2 or Tier 3 division. Junior Varsity can compete in the Junior Varsity league or in Tier 2 or Tier 3 Senior Varsity.

6. In order to be eligible to represent your given level at the Provincial Championships, a team must compete in the CISAA Tier 1 division.
    - 6.1 The representatives for 2A-4A basketball and Volleyball will be determined at a challenge game/tournament held between CISAA schools and CSHSAA schools no later than 2 weeks prior to Provincials
    - 6.2 All other provincial representatives will be determined by the final standings in CISAA league playoffs.

7. Any school electing to enter a team in the activities of volleyball and basketball in a classification Above its school classification must so decide according to SSA policies. Otherwise a school's classification for competition in these activities shall be in accordance with CISAA policy

8. A female teacher or female adult chaperone shall supervise a girls' team and a male teacher or male adult chaperone shall supervise a boys' team where overnight accommodation is required.

F. Discipline Procedures

The CISAA prides itself as a league which strives to provide competition for its students in a safe, respectful and sportsmanlike environment. It is the responsibility of each CISAA member school to ensure that coaches, athletes and spectators from their member school provide this environment. In the event that problems arise, the Review Board will be empowered to deal with the situation and institute consequences or penalties.

1. Player ejection

1.1 If a player is ejected from an athletic competition by the official, he/she must miss the next game/match/competition. In addition, a report must be filed by the coach of each team participating to the executive within 48 hours. In consultation with an executive member, the commissioner of the sport the official(s) and an unbiased CISAA representative have the authority to eject a player, team, coach(s) and/or spectator(s) from a CISAA sanctioned event.

1.2 Review Board Members

- 1.2.1 Vice President for the affected level (unless involved the other Vice President presides).
- 1.2.2 One other executive member is chosen by the Vice President.
- 1.2.3 An unbiased CISAA representative chosen by the Vice President.

1.3 Process

- 1.3.1 Vice President to receive reports from coaches and officials.
- 1.3.2 Discussion with the review committee and unanimous agreement on consequence
- 1.3.3 Vice President to inform CISAA representative from the member school of the consequence.

1.4 Appeal

- 1.4.1 The appeal must be submitted to the CISAA President within 48 hours of the decision. There will be a $100.00 appeal fee which will be refunded if the appeal is granted.
- 1.4.2 The Review Board will discuss and unanimously agree on upholding or amending the decision.

1.5 Consequences

1.5.1 At the discretion of the Review Board, consequences can range from a one game suspension to a permanent suspension.

2. School team/coach/spectator misconduct

2.1 A report must be filed within 48 hours of the competition to the Vice President (unless involved the other Vice President presides) of the affected level.

2.2. Upon receipt of the report the Vice President will inform the member school that has been reported.

2.3 The school must respond to the report within 48 hours.

2.4 The Review Board will discuss and unanimously agree on any recommendation for the member school.

2.4.1 Student, coach, teacher or school staff member may become ineligible for CISAA competition.

2.4.2 School suspension for CISAA activities for a length of time that the executive deems appropriate.

2.4.3 School CISAA membership revoked and the SSA notified

2.5 A member of the executive will contact the CISAA representative of the member school and inform them of recommendations.

2.6 If a report is filed on the same individual or group twice in one year or three times in three years, the CISAA representative of the member school must appear before the Review Board. The purpose of this meeting is to ensure that steps are being taken to remediate these concerns.

2.7 If problems persist, the Review Board can call another meeting or bring the issue to the fall or spring meeting.

2.8 With one vote for each school, a 75% approval will remove a team/coach/spectator from competition. A school's membership may be suspended if they demonstrate a history of Inappropriate participation or conduct.

3. Intention to participate at the SSA Provincial Championships - "Failure to show"

3.1 Any team that confirms attendance at the Provincials as a zone / regional representative and then withdraws or fails to show is required to pay the host the entry.If the late withdrawal results in significant work being required to find a replacement team, the offending school will be fined up to $500.00. The Executive will have the sole discretion to impose the penalty based on the rationale provided by the school that withdrew.

4. Communication expectations

4.1 Communication from spectators, parents, fans directed to other schools' coaches, athletic directors, supervisors, and/or administration:

- Individuals, other than Athletic Directors or School administration **(Heads of School/Superintendents)**, who attempt to communicate directly with other schools' coaches, athletic directors, supervisors, and/or administration **(Heads of School/Superintendents)**, should not expect a response from the receiving CISAA school. Any attempt to contact other schools through social media posts, emails, text messaging, voicemail, or related communications should be directed to the CISAA executive and assessed as a potential discipline concern according to CISAA Policy F.2.1

G. Finances

1. The intent is that all CISAA competitions be organized in such a manner as to be self-sufficient while keeping the costs to participating teams/individuals minimal.

2. The finances of the CISAA will not be used to support competitors who compete at regional or Provincial competitions.

3. The league may invoice any CISAA member school $300.00 if they fail to support the league (ie: providing hosting space & time, undertaking adequate commissioning duties or providing specific event support).

4. A team that forfeits a game is responsible for the total cost of all major and minor officials for that game. The opponent will not be held financially accountable for the officials.

5. Fees associated with each sport will be sent via digital invoice prior to or soon after the completion of the season. Schools are expected to pay these invoices within a month of receipt.

6. Outstanding fees must be paid prior to June 30th otherwise schools will be put into arrears to Start the following school year.

7. Host Fees:
   - 7.1 Junior High - Volleyball minor official (scorekeepers) $10/game per official up to 2 officials max
   - 7.2 Junior High - Volleyball officials $30 - 1 official per game
   - 7.3 Junior High - Volleyball total $50 a game
   - 7.4 Junior High - Basketball minor official (scorekeepers) $15/game per official up to 2 officials max
   - 7.5 Junior High - Basketball officials $50 per official - 2 officials
   - 7.6 Junior High - Basketball total $130 a game
   - 7.7 Senior High - Volleyball minor official (scorekeeper) $15/game per official up to 2 officials max
   - 7.8 Senior High - Volleyball officials $40 - if no Senior High official shows
   - 7.9 Senior High - Basketball minor official (scorekeeper) $15/game per official up to 3 officials max
   - 7.10 Senior High - Basketball officials $60 per official - if no Senior High official shows

H. Awards

1. CISAA Individual awards

- 1.1 Cross Country
  - 1.1.1 Sr. High boys and girls. Junior, Intermediate and Senior classifications; Ribbons 1st-6th will be awarded at all CISAA races. Medals will be awarded for top aggregate point earners for each category
  - 1.1.2 Jr. High boys and girls U13, U14 and U17 classifications; Ribbons 1st-6th will be awarded at all CISAA races. Medals will be awarded for top aggregate point earners for each category
- 1.2 Golf
  - 1.2.1 Sr. High boys and girls; medals 1st- 3rd for each category
  - 1.2.2 Jr. High boys and girls; medals 1st - 3rd for each category
- 1.3 Volleyball
  - 1.3.1 Sr. High boys and girls Tier 1, Tier 2 and JV; medals for 1st, and 2nd
  - 1.3.2 Jr. High boys and girls Tier1, Tier 2 and Tier 3; medals for 1st, 2nd and 3rd place

1.4 Basketball

1.4.1 Sr High boys and girls Tier 1,Tier 2 and JV; medals for 1st, and 2nd

1.4.2 Jr. High boys and girls Tier1, Tier 2 and Tier 3; medals for 1st, 2nd and 3rd place

1.5 Curling

1.5.1 Sr. High Men's, Women's, Open, and Mixed Zone medals for 1st, 2nd, and 3rd

1.6 Badminton

1.6.1 Sr. High boys and girls Junior, Intermediate and Senior; medals for 1st, 2nd and 3rd place

1.6.2 Jr. High boys and girls U13, U14 and U17; medals for 1st, 2nd and 3rd place

1.7 Track and Field

1.7.1 Sr. High boys and girls Junior, Intermediate and Senior; ribbons 1st - 4th place

1.7.2 Jr. High boys and girls U13, U14 and U17; ribbons 1st - 4th place

1.8 Soccer

1.8.1 Sr High boys, girls, and co-ed Tier1, Tier 2 and JV; medals for 1st, and 2nd.

1.8.2 Jr. High boys, girls and co-ed Tier 1, Tier 2 and Tier 3; medals for 1st, 2nd and 3rd place

1.9 Wrestling

1.9.1 Sr. High Boys, and Girls 1st, 2nd and 3rd medals for each weight class and 4th and 5th place ribbons

1.9.2 Jr. High Boys, and Girls 1st, 2nd and 3rd medals for each weight class and 4th and 5th place ribbons

1.10 Rugby

1.10.1 Zone medals for 1st, 2nd, and 3rd.

1.11 Floor Hockey

1.11.1 Jr. High boys and girls medals for 1st, 2nd and 3rd place, for the respective divisions each year.

2. CISAA Banners

2.1 Team sports

2.1.1 Volleyball, basketball, curling, rugby, soccer.

2.1.2 Banners will be ordered once registrations for each team have been submitted. Each classification and Tier with 3 or more teams registered will compete for a championship banner.

2.2 Individual sports

2.2.1 Team Banners in Cross Country, Badminton, Wrestling, and Track and Field will be awarded for each of the following Championships:

- 1J - one for grade 7-9
- 2J, 3J, 4J (or combined if necessary), one for grade 7-8 and one for grade 9.

I. Dates for Championship Competitions

1. Volleyball

1.1 Senior High Plays-offs will begin immediately after completion of league play.

1.2 Junior High play-offs/year end tournament will occur immediately after league play.

2. Basketball

2.1 Senior High Plays-offs will begin immediately after completion of league play.

2.1.1 There will be at least one day between the Semi-Finals and the final game in the CISAA playoffs.

2.2 Junior High play-offs/year end tournament will occur immediately after league play.

4. Track and Field

4.1 Senior High to be held the week preceding the City Divisional Meet

4.2 Junior High to be held in the month of May and/or June

J.

K. League formats

1. Volleyball

1.1 Senior Varsity and/or Junior Varsity

1.1.1 Best of 3 games sets. Scoring will be the best of three sets: the first two sets to 25 points and the third sets to 15 points with all sets played to a two-point difference with no cap.

1.1.2 Competitions will be held on Monday and Wednesday nights. Start times at 4:00 and 5:15 p.m.

1.1.3 Officials are provided by the CVOA. Minor officials are provided by the host school.

1.1.4 League competition in grade 9 and Senior High volleyball and basketball will attempt to complete a double round robin for all schools. If the tier has <= 7 teams (less than or equal to) then a double round robin will be scheduled. This equates to a home and away maximum of 12 games per team, before playoffs. If the tier has > 7 teams (greater than) the tier will be split into 2 pools with a double round robin in your pool and a single game against members of the other pool. Pool selection will be as balanced as the commissioner can provide, given input from teams in that tier.

1.1.5 League Tier options:

- Tier 1
- Tier 2
- Tier 3
- JV
- Additional Tiers or Split Tiers if needed

1.1.6 Senior Varsity Tier 1 Volleyball games will be played on full (not split) courts in league and playoff games

1.2 Junior High

1.2.1 Competitions will be held and we will attempt to hold playoff games on Tuesday and Thursday nights.

1.2.2 8/9 League

1.2.2.1 Teams will play the best of 3 sets. The first game starts at 4:00 p.m. Second game is scheduled to start at 5:15 p.m. or earlier if possible. The second game will begin 10 min. at the conclusion of the first game

1.2.2.2 Match officials and minor officials to be provided by the host school

1.2.3 Grade 7 and 7/8 league

1.2.3.1 Teams will play the best of 3 sets or play for the hour

1.2.4 League competition in grade 9 and Senior High volleyball and basketball will attempt to complete a double round robin for all schools. If the tier has <= 7 teams (less than or equal to) then a double round robin will be scheduled. This equates to a home and away maximum of 12 games per team, before playoffs. If the tier has > 7 teams (greater than) the tier will be split into 2 pools with a double round robin in your pool and a single game against members of the other pool. Pool selection will be as balanced as the commissioner can provide, given input from teams in that tier.

1.2.5 Grade 7 and Grade 7&8 Tier 1 & 2 will be combined for regular season. Tiering for the year-end tournament will be on record from regular season. Every effort will be made to have everyone play each other.

1.2.6 For team sports, commissioners and sports coordinator will establish a fair format for CISAA league play, year-end tournament and playoffs, utilizing the following structures for the Grade 7 and 7/8 Leagues in Volleyball year-end tournament:

3 Teams: 1 Pool Round Robin, followed by 1st vs 2nd

4 Teams: 1 Pool Round Robin, followed by 1st vs 2nd (Gold) and 3rd vs 4th (Bronze)

5 Teams: 1 Pool Round Robin, followed by 1st vs 2nd (Gold) and 3rd vs 4th (Bronze)

6 Teams: 2 Pools of 3, followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games

7 Teams: 2 Pools (1 of 3 and 1 of 4), followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games

8 Teams:	2 Pools of 4, followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games
9 Teams:	2 Pools (1 of 4 and 1 of 5), followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games
10 Teams:	2 Pools of 5, followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games
11 Teams:	3 Pools of 3 and 1 Pool of 2, followed by crossover (A1 vs B2 and C1 vs D2 // B1 vs C2, D1 vs A2), followed by Semi Finals, followed by Bronze and Championship Games
12 Teams:	4 Pools of 3, followed by crossover (A1 vs B2 and C1 vs D2 / B1 vs C2, D1 vs A2), followed by Semi Finals, followed by Bronze and Championship Games
13+ teams:	Separate into 2 or more Championships

1.3 Playoff format

1.3.1 (Senior High) When a league has <= 7 teams, playoffs will use the top 4 teams at the conclusion of the season. Semi-finals are 1st vs 4th and also 2nd vs 3rd. Winners of the semi-finals advance to the Gold medal finals. When a league has >7 teams, playoffs will use the top 3 in each pool at the conclusion of the season. 1st place in pool A and pool B receive a bye in the first round of playoffs. Round 1 crossover has pool A2 vs pool B3 and also pool A3 vs pool B2. Round 2 (semi-finals) has pool A1 vs winner of (Round 1: pool A3 vs B2) as well as B1 vs winner of (Round 1: pool A2 vs B3). Round 3 has winners from round 2 meeting in the gold medal finals.

1.3.2 (Junior High 8/9 Leagues) When a league has <= 7 teams, playoffs will use the top 4 teams at the conclusion of the season. Semi-finals are 1st vs 4th and also 2nd vs 3rd. Winners of the semi-finals advance to the Gold medal finals. When a league has >7 teams, playoffs will use the top 3 in each pool at the conclusion of the season. 1st place in pool A and pool B receive a bye in the first round of playoffs. Round 1 crossover has pool A2 vs pool B3 and also pool A3 vs pool B2. Round 2 (semi-finals) has pool A1 vs winner of (Round 1: pool A3 vs B2) as well as B1 vs winner of (Round 1: pool A2 vs B3). Round 3 has winners from round 2 meeting in the gold medal finals

1.3.3 (Senior and 8/9 leagues) If after the season is complete and there is a tie between school's who placed for a play-off position. The following criteria will be used:

1. Head to head matches throughout the season.
2. If Tied then look at sets for and against between tied schools
3. If still tied after then look at sets for and against the top 4 teams.
4. If the tie is for the final play-off spot and teams are still tied after point 2 a play-in match will be required.

2. Basketball

2.1 Senior High and Junior Varsity league format

2.1.1 Competitions will be held on Monday and Wednesday nights

2.1.2 Games will start at 4:00 p.m. or 5:30 p.m.

2.1.3 Officials scheduled through the CBOA or alternative provider. Home team must supply 3 minor officials (clock, scoresheet and shot clock).

2.1.4 League competition in grade 9 and Senior High volleyball and basketball will attempt to complete a double round robin for all schools. If the tier has <= 7 teams (less than or equal to) then a double round robin will be scheduled. This equates to a home and away maximum of 12 games per team, before playoffs. If the tier has > 7 teams (greater than) the tier will be split into 2 pools with a double round robin in your pool and a single game against members of the other pool. Pool selection will be as balanced as the commissioner can provide, given input from teams in that tier.

2.1.5 League Tier options:

- Tier 1
- Tier 2
- Tier 3
- JV
- Additional Tiers or Split Tiers if needed

2.2 Junior High league format

2.2.1 Competitions will be held and we will attempt to hold playoff games on Tuesday and Thursday nights.

2.2.2 First game starts at 4:00 p.m. Second game is scheduled to start at 5:15 p.m. or earlier if possible. The second game will begin 10 min. at the conclusion of the first game.

2.2.3 Grade 7 and 7/8 league play 10 minute running time quarters. Only the last minute of each quarter will be stop time.

2.2.4 Grade 8/9 league will play 8 minute, stop time quarters.

2.2.5 Grade 8/9 league games will have a start time no later than 5:15 to respect gym rental contracts (7:00 p.m.) Grade 7 and 7/8 games must be concluded by that time.

2.2.6 League competition in grade 9 and Senior High volleyball and basketball will attempt to complete a double round robin for all schools. If the tier has <= 7 teams (less than or equal to) then a double round robin will be scheduled. This equates to a home and away maximum of 12 games per team, before playoffs. If the tier has > 7 teams (greater than) the tier will be split into 2 pools with a double round robin in your pool and a single game against members of the other pool. Pool selection will be as balanced as the commissioner can provide, given input from teams in that tier.

2.2.7 Grade 7 and Grade 7&8 will each be fully combined during the regular season. Tiering for the year-end tournament will be on record from regular season. Every effort will be made to have everyone play each other.

2.2.8 For team sports, commissioners and sports coordinator will establish a fair format for CISAA league play, year-end tournament and playoffs, utilizing the following structures for the Grade 7 and 7/8 Leagues in Basketball year-end tournament:

3 Teams:	1 Pool Round Robin, followed by 1st vs 2nd
4 Teams:	1 Pool Round Robin, followed by 1st vs 2nd (Gold) and 3rd vs 4th (Bronze)
5 Teams:	2 Pools (1 of 3 and 1 of 2), followed by crossover (A1 vs B2 and B1 vs A2), followed by Bronze and Championship Games
6 Teams:	2 Pools of 3, followed by Bronze and Championship Games (A1 vs B1 and B2 vs A2).
7 Teams:	2 Pools (1 of 3 and 1 of 4), followed by Bronze and Championship Games (A1 vs B1 and B2 vs A2)
8 Teams:	2 Pools of 4, followed by Bronze and Championship Games (A1 vs B1 and B2 vs A2).
9 Teams:	3 Pools, followed by 1st from each pool to form 1 Championship pool of 3. Results from Championship Pool are Final Placing (Gold, Silver, Bronze).

10 Teams: 3 Pools (2 of 3, and 1 of 4), followed by 1st from each pool to form 1 Championship pool of 3. Results from Championship Pool are Final Placing (Gold, Silver, Bronze).

11 Teams: 3 Pools (1 of 3, and 2 of 4), followed by 1st from each pool to form 1 Championship pool of 3. Results from Championship Pool are Final Placing (Gold, Silver, Bronze).

12 Teams: 4 Pools of 3, followed by crossover (A1 vs B1 and C1 vs D1), followed by Bronze and Championship Games

13+ teams: Separate into 2 or more Championships

2.3 Playoff format

2.3.1 Senior High: League placing is used as guidance for who will host providing the higher placing Team's gymnasium is suitable and available.

2.3.1.1 At the conclusion of the regular basketball season the team with the best record will be declared the CISAA League Champion. Separate 1A, 2A, and 3A zone tournaments will then be held, using our current structure with all teams to declare our provincial representatives and challenge match representatives.

2.3.2 Junior High;

2.3.2.1 7 & 7/8 leagues, choosing to move up or down tiers for the year-end tournament is allowed. Must notify the commissioner 3 weeks prior to the end of the season. The exception to this would be if you are leaving a tier that reduces it to fewer than 3 teams.

2.3.2.2 When a league has <= 7 teams, playoffs will use the top 4 teams at the conclusion of the season. Semi-finals are 1st vs 4th and also 2nd vs 3rd. Winners of the semi-finals advance to the Gold medal finals.

When a league has >7 teams, playoffs will use the top 3 in each pool at the conclusion of the season. 1st place in pool A and pool B receive a bye in the first round of playoffs. Round 1 crossover has pool A2 vs pool B3 and also pool A3 vs pool B2. Round 2 (semi-finals) has pool A1 vs winner of (Round 1: pool A3 vs B2) as well as B1 vs winner of (Round 1: pool A2 vs B3). Round 3 has winners from round 2 meeting in the gold medal finals.

2.3.2.3 7 & 7/8 year end tournaments, teams cannot be scheduled to play in back to back games or to play more than one game in an evening.

2.3.3 (Senior and 8/9 leagues) If after the season is complete and there is a tie between school's who placed for a play-off position. The following criteria will be used:

1. Head to head matches throughout the season.
2. If Tied then look at points for and against between tied schools
3. If still tied after then look at points for and against the top 4 teams.
4. If the tie is for the final play-off spot and teams are still tied after point 2 a play-in match will be required.

3. Track and field

3.1 Senior High will have 1 qualifying meet prior the the City/Zone Championship. They will have a designated mini-meet for pentathlon and 300m hurdles.

3.2 Junior High will be divided into Red/Blue meet with the top 8 from each event qualifying for the League Championship Meet. Optional mini-meets will be offered ahead of the Red/Blue meets. Penathlon and 2000m would be held at their own mini-meet.

4. Soccer

4.1 Junior and Senior High

4.1.1 ASA (Alberta Soccer Association) rules shall be used to govern the games.

The following criteria shall be used to determine the final standings:

(a) Most points in all group matches

(b) If two (2) teams are tied in points in all group matches:

(i) Greater number of points in matches between the teams concerned (head to head competition).

(ii) Results for all group matches.
(iii) Greater goal difference in all group matches.
(iv) Greater number of goals scored in all group matches.
(v) Kicks from the penalty mark as per FIFA Laws of the Game, at a time and place decided by the Canada Soccer Representative. Players under suspension are not eligible to participate; however this does not constitute the serving of any

4.1.2 Teams are male, female, and co-ed

4.1.3 Format left to the Commissioner / Sport Coordinator upon approval of the Executive

5. Floor Hockey

5.1

6. Senior High Rugby

6.1 League format will be at the discretion of the Commissioner/ Sport Coordinator

6.2 CISAA will have the option to play a rugby 7s and/or 15s format for league play for Junior and Senior Varsity boys and girls.

6.3 If there are less than 4 schools interested in league play, a school may submit two teams in the same division.

6.4 SSA handbook used for guidelines for all other rules and regulations.

L. Rules of Competition

1. Volleyball

1.1 Senior High policies

1.1.1 Competitions will follow the rules as outlined by the SSA.

1.1.2 The rules of the AVA shall govern the CISAA volleyball competition with the exception of the provisions listed below.

1.1.3 The CISAA recognizes the Alberta Volleyball Association as the official organization for training and certifying of officials and gives its full support through the use of certified neutral officials.

1.1.4 In CISAA competition it is the responsibility of the host to provide and ensure that the minor officials, linesmen and scorekeeper are properly trained.

1.1.5 The CISAA will use the SSA tie breaking procedures.

1.1.6 Winning teams must use the CISAA website to report the scores within 2 business days.

1.2 Grade 7, 7/8, and 8/9 leagues

1.2.1 For 7 and 7/8 leagues the first contact off the serve must be played with the forearm pass. Any attempt to play the ball with the fingers in a setting/volleying motion is not permitted. The referee will stop play and indicate a double contact infraction. 8/9 leagues may receive the serve with their hands.

1.3 Grade 9 leagues

2.3.1 Will refer to the AVA rules with the exception that a libero is permitted.

2.3.2 Winning teams must use the CISAA website to report the Scores within 2 business days.

1.4 Grade 7/8 league

1.4.1 Will follow AVA rules with the following exceptions;

a. If a player serves a maximum of 5 consecutive serves the team does not lose the serve but the team rotates to the next server.

b. Overhand serves are allowed

c. Net height 2.15 meters

d. Fair Play rules apply

- All players listed on the scoresheet must start the first or second set
- Substitutions are not permitted in the first or second set:
- If a team has a roster greater than 12 then substitutions may be made in the second set after 12 points.
- In the case of injury, an Exceptional Substitution may be made
- The injured/ill player may not return to the same set but may return to play in subsequent sets
- If a player is expelled or disqualified, there must be a legal substitution for the set to continue.
- Any line-up can be used at the start of the third set

e. No “official’ game results are kept

f. Games are exhibition so play as many sets as possible in the hour allotted.

g. All teams are eligible for league championships

h. Year end tournament format to be decided by the Commissioner

1.4.2 Girls in grade 7/8 may compete on a boys team during league play and during the final tournament provided there are no other girls team for them to participate on from their school.

1.6 Grade 7 Triple Ball

1.6.1 Three points will be awarded each round

1.6.2 Overhand serve is permitted as rotation occurs after a round of 3 balls is Completed.

1.6.3 Protocol for each round;

- Team A serves to Team B - rally is completed.
- Coach of Team B who is standing on Team A's court must throw a ball to his/her player in position 6 - rally is completed.
- Coach of Team A who is standing on Team B's court must throw a ball to his/her player in position 6 - rally is completed.
- Team B then rotates and serves which initiates the beginning of the next Round.

1.6.4 During the regular season of play, a free ball will be allowed to be returned to the opponent on first contact. For the year end tournament if a tossed free ball is returned directly to the opponent, the referee will stop play and a re-toss will be allowed. However, if the second tossed free ball is again returned directly to the opponent a point will be awarded to the opposing team.

1.7 Volleyball net heights as follows:

1.7.1 Volleyball net heights as follows:

- Gr. 7 Girls - 2.15m
- Gr. 7 boys - 2.20m

- Gr. 7/8 Girls - 2.15m
- Gr. 7/8 Boys - 2.20m

- Gr. 9 Girls - 2.20m
- Gr. 9 Boys - 2.24m

- Sr High Girls - 2.24m
- Junior Varsity Boys - 2.35m
- Senior Varsity Boys - 2.43m

2. Basketball

2.1 General policy for Junior and Senior High leagues is that there shall be as many competitions as there are school classifications for both senior teams and Junior High teams.

2.2 Senior High

2.2.1 The playing rules governing basketball shall be the rules adopted by the SSA

2.2.2 The Calgary Basketball Officials Association is recognized to provide officials for CISAA playoff competitions.

2.2.3 All byes in the playoff competition must occur in the first round.

2.3 Grade 7 and 7/8 league specific policies

2.3.1 In all CISAA sanctioned events, ALL PLAYERS must participate in EACH HALF.

2.3.2 Man to man defense

2.3.3 No intentional double-teaming or traps on the ball carrier is allowed.

2.3.4 Any player without the ball cannot be double-teamed.

2.3.5 Full court man to man press is permitted in the second half of all 7/8 regular season games and T1 playoff games. Press must be taken off if up 15 points.

2.3.6 Each defensive player must be responsible for guarding one offensive player.

2.3.7 On Ball Defense - When defensive players are guarding a player with the ball they need to be at a maximum of two arm length away from the player with the ball (Canada Basketball calls this gap distance). No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.

2.3.8 Off Ball Defense - A defensive player must move spots on the court when the offensive player they are covering moves spots on the court. Off ball defenders should not be standing in the middle of the key, they to move as the player they are guarding moves and or the ball moves, and should only have one foot in the key if their offensive check is off the lane (more than 2 steps of the key). No excessive sagging on defense on or off the ball, this is discerned by referees or a league official.

2.3.9 Help Side Defense - A player may leave their check to help on an opposing player who is entering the key with the ball. If the ball leaves the key so should the help side. Stopping the ball in the key is not considered a double team.

2.3.10 4 X 10 minute running time quarters with stop time in the last minute of each quarter.

2.3.11 Time stops on foul shots

2.3.12 After a time out the ball becomes live when the official indicates that time will resume.

2.3.13 Size 6 (28.5) basketball

2.3.14 Set isolation plays are not permitted and will result in a turnover.

2.3.15 Basketball Overtime Rules
- 3 minute OT
- Starts with a jump ball, not with possession arrow.
- Teams remain shooting the same direction as the second half.
- Team fouls carry over from the 4th quarter.
- One additional timeout is granted to each team (no carryover from the second half).
- If there is still a tie after the 3 min OT it goes to sudden death off a jump ball with no clock running. First team to score a point wins.

2.4 Grade 8/9 league specific policies

2.4.1 4 X 8 minute stop-time quarters

2.4.2 Zone defense is permitted

2.4.3 Size 7 basketball for boys

2.4.4 Size 6 basketball for girls

2.4.5 Full court press must be removed any time a team is up by 20 points.

2.4.6 Basketball Overtime Rules
- 3 minute OT
- Starts with a jump ball, not with possession arrow.
- Teams remain shooting the same direction as the second half.
- Team fouls carry over from the 4th quarter.
- One additional timeout is granted to each team (no carryover from the second half).
- If there is still a tie after the 3 min OT it goes to sudden death off a jump ball with no clock running. First team to score a point wins.

3. Wrestling

3.1 Senior High follows SSA rules

3.2 Junior High follows AAWA rules

4. Golf

4.1 Senior High to follow SSA rules

4.2 Junior High format left to the commissioner upon approval of the Executive.

5. Cross Country

5.1 Senior High to follow SSA rules

5.2 Junior High to follow SSA rules

6. Track and Field

6.1 Senior High

6.1.1 The International Amateur Athletic Federation (IAAF) rulebook will govern all zone competitions subject to any modifications accepted by the SSA

6.1.2 Each school will be allowed three entries in each event, per category except relays where one entry is allowed.

6.1.3 CISAA representatives at City Zone Championships are the first and second place finishers in all events. Competitors unable to attend the City Zone Championships or Provincial Championships must leave a notice of intent with the CISAA competition host to avoid financial responsibility for costs incurred by the CISAA at further competitions (with exceptions for 3rd place in events designated by SSA).

6.1.4 CISAA competitions will be governed by SSA regulations with the exception of those mentioned above.

6.1.4.1 SEE APPENDIX 1

6.2 Junior High

6.2.1 The International Athletic Federation (IAAF) rulebook will govern all CISAA competitions subject to any modifications accepted by the senior high parent organization, the SSA.

6.2.2 Each school will be allowed three entries in each event, per category except the relays where one entry is allowed.

6.2.3 A competitor may enter a maximum of 4 events plus a relay. An athlete may enter 3 track events which do not include the relay.

6.2.4 A competitor may only enter one of the following age classifications.

6.2.4.1 U13: under 13 as of September 1 of the school year.

6.2.4.2 U14: under 14 as of September 1 of the school year.

6.2.4.3 U17: under 17 as of September 1 of the school year.

6.2.5 The following events will be scheduled at the CISAA competition for boys and girls;

- 100 m (U13 / U14 / U17)
- 150 m (U13 / U14 / U17)
- 300 m (U13 / U14 / U17)
- 800 m
- 1200 m

- 2000m
- 80 m Hurdles (U13 / U14/ U17 girls)
- 100m Hurdles (U17 boys)
- 4 x 100 m relay
- 4 x 400 m relay (open)
- Long Jump
- Triple Jump
- High Jump
- Discus
- Javelin
- Shot Put

6.2.6 Pentathlon (open event – 100m, HJ, LJ, SP, 800m)

6.2.7 Technical specifications for boys and girls Hurdles and Field events

	Hurdles	**High Jump**	**Shot Put**	**Discus**	**Javelin**
U13	27” or 30”height 12 m to first 7.5 m between	Start height 100 cm, increments of 5 cm	3kg	750g	400g
U14	30” height 12 m to first 8m between	Start height 105 cm Increments of 5 cm	3kg - girls 4kg - boys	1kg	500g - girls 600g - boys
U17	30” height 13 m to first 8.5 m between	Start height 110 cm Increments of 5 cm	3kg - girls 4kg - boys	1kg	500g - girls 600g - boys

7. Badminton

7.1 Senior High competition

7.1.1 The rules governing Senior badminton shall be the laws of badminton as Adopted by the International Badminton Federation and the Canadian Badminton Association **with the exception** of scoring.

7.1.2 A High School member team will consist of Three competitors in singles (boys and girls), doubles (boys and girls) and mixed doubles in the three age classifications set by the SSA (Junior, Intermediate and Senior).

7.1.3 The competition will attempt to be a two-section round robin consisting of one game, these matches will be played to 15, win by 2, cap 21. Semi-final and medal games are single games won at 21 points by 2, cap 30. (At the discretion of the commissioner adjusting the scoring may occur to account for time constraints.)

7.1.4 Tie breaking procedure: If two or more teams are tied the following criteria will be applied in the following order:

7.1.4.1 All ties for first and second place shall be determined by the result of the match between the tied teams.

7.1.4.2 If a three-way tie exists for advancing spot in the playoff round (to determine to moves on to attend the Zone Championships), ties are broken as follows:

- 3-way tie for 1st
  - 1st place team based on +/- gets 1st place berth, 2nd/3rd place play to 15, win by 2
- 3-way tie for 2nd
  - New Playoff - Top seed determined by +/- amongst tied teams. Bottom two play game to 15, win by 2.
  - Winner plays top seed in one game, to 15, win by 2.

7.1.4.3 Extra playoff game through the use of a coin toss to decide which Team receives a bye while the other two playoff a single game.

7.1.5 A competitor may enter only one event.

7.2 Junior High competition

7.2.1 The rules governing Junior badminton shall be the current laws of badminton as adopted by Badminton Canada with the exception of scoring.

7.2.2 An area or division team will consist of two teams in the boys singles and doubles, girls singles and doubles and mixed doubles in the three age classifications.

7.2.2.1 U13: Under 13 as of September 1 of the school year.
7.2.2.2 U14: Under 14 as of September 1 of the school year.
7.2.2.3 U17: Under 17 as of September 1 of the school year.

7.2.3 The competition will be a two-section round robin consisting of one game played to 15. Semi-final are single games won at 15 points with a cap at 21. and medal games are best of 3 to 15 win by 2 capped at 21. (At the discretion of the commissioner adjusting to 11 or 13 points may occur to account for time constraints.)

7.2.4 A competitor may enter only one event.

8. Senior High Curling

8.1 Competitions will follow SSA rules.

8.2 Format left to the commissioner/sport coordinator.

9. Soccer

9.1 Junior and Senior High soccer will allow 21 players on a roster and 21 players on a game sheet.

9.2 Players must wear shin pads and long socks.

9.3 Teams are allowed to make unlimited substitutions. Substitutions can be made during a stoppage of play by either team at the discretion of and with direct permission from the referee.

9.4 Games consist of two 25-minute halves.

9.5 Co-ed rules:

9.5.1 A minimum of 3 players of each gender on the field. If a team is unable to field the required minimum of three male or three female players due to unforeseen circumstances, the game may still proceed provided the team plays with one fewer player for each missing participant from the required gender. Failure to provide at least 1 player of each gender will lead to forfeit. Game will be played as exhibition

9.6 Slide tackles are not permitted and will be considered as dangerous play, and charged with a yellow card.

9.7 Officials are to apply all age appropriate ASA rules of play.

9.8 Use ASA guidelines for weather delays.

10. Junior High floor hockey

10.1 Teams will consist of combined grade 7s, 8s and 9s.
10.2 Girls will be permitted to play on the boys' team if their school is unable to field a girls Team.
10.3 Sticks must have plastic shafts and blades. No fibreglass shafts are allowed.
10.4 Safety goggles must be worn at all times and goalies must wear a mask.
10.5 Only regulation floor or road hockey goalie equipment is permitted.

11. Senior High Rugby

11.1 Senior High to follow SSA rules.

M. Playing equipment

1. The official playing equipment for all CISAA competitions will be agreed upon by a 75% Majority of the CISAA members.

N. Amendments

1. All items under Policy may be amended by a majority vote of the general membership providing the amendments have been circulated to member schools as notices of motion at least two weeks prior to the general meetings.
2. Notices of motion to amend Policy may be waived where such an amendment is clearly of a housekeeping nature and does not change the intent of the policy.

Appendix 1

6.1.4.1
- Events

i. Boys Events:

100m	100m - Ambulatory	100m - Wheelchair
200m	200m - Ambulatory	200m - Wheelchair
400 m	Javelin	Pole Vault
800 m	Triple Jump	Discus
1500 m	Long Jump	4x400 m Open Relay
3000 m	High Jump	4x100 m Relay
100 m Hurdles		300 m Hurdles*
Shot Put	Shot Put - Ambulatory	Shot Put - Wheelchair
Pentathlon (100m-SP-LJ-HJ-800m) - open event**(one competitor/Zone)		

ii. Girls Events

100 m	100 m - Ambulatory	100 m - Wheelchair

200 m	200 m - Ambulatory	200 m - Wheelchair
400 m	Javelin	Pole Vault
800 m	Triple Jump	Discus
1500 m	Long Jump	4x400 m Open Relay
3000 m	High Jump	4x100 m Relay
80 m Hurdles		300 m Hurdles*
Shot Put	Shot Put - Ambulatory	Shot Put - Wheelchair
Pentathlon (100m-SP-LJ-HJ-800m) - open event**(one competitor/Zone)		

* Open event

**A student athlete participating in Pentathlon may compete in one other SSA event (individual or relay)

III Mixed Events

4x400 Mixed Relay

Unified Multi-event (turbo javelin, long jump, 400m)

IV. Para Division and Physical and Intellectual Disabilities

Classifications Key – T = Track F = Field

Athletes with a Visual Impairment – Ambulatory
T/F 11–13

Athletes with an Intellectual Impairment – Ambulatory
T/F 20

Athletes with Cerebral Palsy
T/F 35–38 – (Ambulatory)

Athletes with an Amputation & Les Autres – Ambulatory
F 40–41, Short Stature
T/F 42–44 – Lower limb amputees
T/F 45-47 - Upper limb Amputees

Wheel Chair Seated
T/F 51-54
F 55-58

F 32-33
T/F 44

V. Standards

Discus	All girls use 1 kg
	Junior and Intermediate Boys use 1.5 kg
	Senior Boys use 1.75 kg
Shot Put	Junior and Intermediate Girls use 3 kg
	Senior Girls use 4 kg
	Para Girl athletes use 3kg
	Girls Pentathlon use 3 kg
	Junior and Intermediate Boys use 5 kg
	Senior Boys use 6 kg
	Para Boy athletes use 4 kg
	Boys Pentathlon use 5 kg
Javelin	Junior and Intermediate Girls use 500 g
	Senior Girls use 600g
	Junior and Intermediate Boys use 700 g
	Senior Boys use 800g
	Unified Turbo Jav use 500g

Hurdles

Category	**Distance of Race**	**Height of Hurdle**	**Distance from Start Line to 1st Hurdle**	**Distance between Hurdles**	**Number of Hurdles**
Jr. Girls	80m	76cm (30”)	12m	8m	8
Int. Girls	80m	76cm (30”)	12m	8m	8
Sr. Girls	80m	84cm (33”)	12m	8m	8

Girls	300m	76cm (30”)	50m	35m	7
Jr. Boys	100m	84cm (33”)	13m	8.5m	10
Int. Boys	100m	84cm (33”)	13m	8.5m	10
Sr. Boys	100m	91cm (36”)	13m	8.5m	10
Boys	300m	84cm (33”)	50m	35m	7

VI. All competitors in throwing events and horizontal jumping events will receive three trials with the top eight competitors receiving an additional three trials.

VII. The 4x400m relay will consist of two timed finals with random lane selection.

VIII.. All races up to and including the 400 m will be divided into two semifinals. Each race will include a maximum of one competitor from each zone. If possible, each semifinal in each event will have an equal number of competitors. Lane assignments will be selected randomly. First, second and third place finishers in each semifinal and the next two fastest competitors will advance to the finals.Lane assignments in the final will be according to the rules, using times from the semi finals.