



Park West School Division

Middle Years Athletics Handbook

2026–2027 School Year

Introduction & Philosophy

Our Philosophy

At PWSD, Middle Years athletics are designed to support student growth, development, and positive experiences through sport. Our division believes that school athletics should provide opportunities for all students to participate, improve skills, build confidence, and develop strong character both on and off the playing surface.

We are committed to promoting:

- Player development and skill progression
- Sportsmanship and respect
- Fair play and inclusion
- Teamwork and leadership
- “FUN-dementals”, participation, and school pride

Grade 5/6 Philosophy

The Grade 5/6 level is focused primarily on development, learning, and participation. Students are encouraged to explore new sports, build foundational skills, and gain confidence in a supportive environment. Modified rules and formats may be used to maximize touches, engagement, safety, and enjoyment for all participants.

Grade 7/8 Philosophy

The Grade 7/8 level continues to emphasize development while gradually increasing competitiveness and game structure. Students are encouraged to refine skills, improve teamwork and strategy, and prepare for higher levels of play while maintaining strong sportsmanship and respect for others.

Middle Years Athletics Handbook	1
Introduction & Philosophy	2
Golf	4
Cross Country	5
Volleyball	6
Archery	8
Basketball	10
Curling	11
Badminton	12
Soccer	13
Track and Field	15
Appendix: Links & Resources	16

Golf

Overview

Grade 5/6 and Grade 7/8 golf tournaments are held each fall.

Team Entries

- Each school may enter 4 players per grade.
- **Preferred format:** 2 girls, 2 boys.
- Adjustments may be made based on school circumstances.
- Extra players may be accepted if space allows.

Tournament Format

- Groups assigned by convenor.
- Staff supervisors assigned to each group.
- General course rules apply.

Scoring Modifications

- **Fairway:** 10-stroke maximum. The player moves to green after 10 strokes.
- **Green:** 5-putt maximum. Score equals fairway strokes plus 5 putts.
- **Hazards and Out of Bounds:** Ball dropped nearest entry point. 1-stroke penalty added.

Tie Breakers

1. Lowest score holes 8–9
2. Lowest score holes 6–9
3. Lowest score holes 4–9
4. Lowest score holes 2–9
5. Lowest score hole 1

Cross Country

To Be Added

This section will include:

- Race divisions
- Distances
- Team entries
- Scoring procedures
- Safety expectations
- Course supervision
- Sportsmanship guidelines

Volleyball

Divisions

- Grade 5/6 (Triple Ball Format): Boys, Girls, Co-ed
- Grade 7/8: Boys, Girls, Co-ed
- *Divisional champions have the opportunity to attend Volleyball Manitoba provincials as representatives of PWSD.*

Rules

- Volleyball Manitoba rules apply.
- Volleyball Canada rulebook applies.
- [Triple Ball: A New Approach \(Volleyball Manitoba\)](#)
- [Triple Ball: A New Approach \(YouTube\)](#)
- [Sask Volleyball/Saskapalooza Triple Ball Video Rules \(YouTube\)](#)
- [Volleyball MB Age Class Handbook](#)
- [Volleyball Canada Rulebook](#)

Court Specifications

- Standard court: 18m x 9m.
- Attack line: 3m from net.
- Standard sized courts only.
- *Mini-tournament format can utilize 2 cross-court playing areas where possible.

Net Heights & Ball

Division	Height	Ball
14U Boys	2.20m	Mikasa VQ200W-CAN
14U Girls	2.15m	Mikasa VQ200W-CAN
Co-ed	2.15m	Mikasa VQ200W-CAN

Scheduling

- Games held outside school hours.
- Target start time: 4:00-4:30 PM.
- Three-team mini-tournament format.
- Best-of-three sets.
- Matches approximately 45–60 minutes.

Warmup Procedure

- **First Match:** 10-minute official warmup.
- **Subsequent Matches:** Maximum 10-minute warmup.
- **Official Warmup Structure:**
 - 5 minutes general warmup
 - 3 minutes hitting per team
 - 2 minute combined serving

Officiating

- Officials should have high school volleyball experience or higher.
- Officials should know hand signals and procedures.

Archery

Overview

Schools can **ONLY** enter students who have prior knowledge, training, practice, and experience shooting a bow prior to competition. All competitions must follow NASP Archery protocols.

Equipment

- Competition uses 80 cm NASP target faces.
- Shooting occurs in one direction only.
- **Approved bows:**
 - Recurve Bow not exceeding 25 lbs.
 - NASP certified Genesis Compound Bow (10–20 lbs.)
- No sight aids allowed.
- Students may bring their own bows.
- NASP “Tournament Approved” Easton Genesis Arrows will be provided.
- Personal arrows are permitted only if they are NASP approved Easton Genesis Arrows and must be clearly marked.

Match Format & Scoring

- 1 warm-up end of 5 arrows.
- 6 scoring ends of 5 arrows.
- Total of 30 arrows (Maximum score: 300).
- Bounce back arrow will be gathered and reshot at end of each round.
- Arrow breaking/splitting the target score line within the target, counts up to the higher point total for that arrow.
- FITA 80 cm target with 10 scoring zones.

Score	Colour		Score	Colour
10	Yellow		5	Blue
9	Yellow		4	Black
8	Red		3	Black
7	Red		2	White
6	Blue		1	White

Whistle Signals

- **Two whistles:** Get bow, approach line.
- **One whistle:** Begin shooting.
- **Three whistles:** Retrieve arrows and score.
- **Five whistles:** Stop shooting immediately.

Grade 5/6 Competition

- **Location:** Waywayseecappo Community School.
- Schools may enter: 2 girls, 2 boys.
- Team score uses top 3 scores.
- Competition distance: 10 meters.

Grade 7/8 Competition

- **Location:** Birtle Collegiate.
- Maximum 8 competitors per school.
- Team score uses top 2 girls and top 2 boys scores.
- Competition distance: 12 meters.

Basketball

Divisions

- Grade 5/6: Boys, Girls, Co-ed
- Grade 7/8: Boys, Girls, Co-ed

League Format

- Exhibition regular season.
- Mini-tournaments Tuesdays and Thursdays.
- 4-week season plus playoffs.

General Rules

- Basketball Manitoba / FIBA rules apply.
- Basketball size 6 / 28.5.
- [FIBA Basketball Scoresheets Resource](#)
- [FIBA Rulebook](#)

Grade 5/6 Rules

- 12–16 minute halves.
- 2-minute shifts.
- Running clock.
- No overtime.
- Man-to-man defense only.
- If a shooting foul takes place, 2 points are awarded in lieu of free throws.
- No full-court pressure.

Grade 7/8 Rules

- If only one game is being played, the length of the game is at discretion of the coaches (16 - 20 minute halves).
- If multiple games are being played, games will consist of 2 12 minute halves.
- Stop-time games.
- Overtime for playoffs.
- Man-to-man defense only.
- Limited full-court pressure allowed.
- No shot clock.

Curling

Overview

PWSD Middle Years Curling tournaments are held annually for Grade 5/6 and Grade 7/8 students.

Team Structure

- Boys, girls, or co-ed teams.
- Minimum 4 players.
- Extra players may rotate.
- Stick curling permitted.

Tournament Format

- Formats vary based on number of teams.
- A-side, B-side, and C-side championships may be awarded.

Rules

- Standard curling rules apply.
- Five Rock Guard Rule used.
- Grade 5/6 games: 3 ends.
- Grade 7/8 finals: 4 ends.
- Hammer alternates each end.

Expectations

- Teachers supervise safety and rules.
- Sportsmanship emphasized.
- Students should bring proper equipment (clean indoor shoes/grippers).

Badminton

To Be Added

This section will include:

- Singles and doubles divisions
- Tournament format
- Eligibility rules
- Scoring system
- Equipment expectations
- Sportsmanship guidelines

Soccer

Grade 5/6 Soccer - Game Format

- Two 15-minute halves with a 5-minute halftime.
- Games may end in ties.
- 35 minutes total game slot.
- Warmups occur off-field.
- Possession is determined by: Coin toss or Rock/paper/scissors.

Players

- Host determines game format based on entries: 11 vs 11, 9 vs 9, 7 vs 7, or 5 vs 5.
- Goalkeepers must wear different coloured jerseys.

Ball Contact

- No hand balls except goalkeeper in the crease.
- Free kick awarded for infractions.
- Intentional hand balls may result in yellow card.

Offside

- Cherry-picking is offside.
- The defending team awarded a free kick.

Ball Out of Bounds

- **Throw-ins:** Two feet on ground, two hands on ball, ball thrown over head.
- **Goal Kicks:** The goalkeeper places the ball and kicks from the penalty area.
- **Corner Kicks:** Awarded when the defending team last touches the ball over the goal line.
- **Free Kicks:** Taken from the point of infraction. Defenders must remain 5 meters away.

Fouls

- **Yellow Card Fouls:** Holding, pushing, tripping, dangerous kicking, body checking, inappropriate language.
- **Red Card Fouls:** Intentional tripping, dangerous contact, abusive language, third yellow card.
- *Red cards result in removal from the game and possible suspension.*

Track and Field

Annual Planning

After spring break, the Coordinator contacts schools (Middle Years teachers, Gym teachers, Principals, High school event leaders).

Event Preparation

- **Facilities:** Ensure grass is mowed; prepare track lines; set up shot put and discus areas; arrange high jump equipment; organize a sound system and generator.
- **Supplies:** First aid kit, ice packs, measuring tape, paint, flags, pencils, tape, scissors, Chromebook, highlighters.

Event Operations

- High school students help time races.
- Book substitute teachers for event support.
- Arrange porta potties and canteen.
- Prepare ribbons and records area.

Additional Considerations

- Announce records throughout the day.
- Display school points standings.
- Prepare emergency procedures.
- Review ribbon inventory after the event.

Appendix: Links & Resources

General Track and Field Resources

- [PWSD Middle Years Track and Field Record Book \(2024\).xlsx](#)
- [2025 PWSD Middle Years Track Events](#)
- [PWSD Middle Years Track and Field Letter 2025](#)
- [Special Olympics Status.docx](#)
- [Special Olympics Entry Form New for 2025](#)

Volleyball

- [Volleyball MB Triple Ball Info](#)
- [Sask Volleyball/Saskapalooza Triple Ball Video Rules](#)
- [Volleyball Canada Rulebook](#)

Basketball

- [Learn to Referee Basketball: Intro to Two-Person Mechanics](#)
- [FIBA Rulebook](#)
- [FIBA Basketball Scoresheets](#)

Archery

- [11 STEPS TO ARCHERY SUCCESS](#)
- [Official NASP Score Card](#)

Curling

- [Learn Curling \(YouTube\)](#)
- [How to Play Curling: Rules, Scoring, and Strategy \(YouTube\)](#)

Soccer

- [Intro to Soccer Officiating](#)