

HALIFAX
REGIONAL
CENTRE FOR
EDUCATION

JUNIOR HIGH SPORTS



2025-26 Handbook



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HRCE Junior High Sports Technical Package

Importance of the Technical Package

This package contains information specific to each sport and guidelines for play. The HRCE falls under the sport umbrella of the School Sport Nova Scotia (SSNS). It is expected that all three zones adhere to SSNS and HRCE guidelines for play so sport in the region is consistent.

Technical Package Contents

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B Sport Guidelines / Information (11 Sports Total)

HRCE Sports	SSNS Sports
<ul style="list-style-type: none">- Soccer- Volleyball- Basketball- Flag Football- Softball	<ul style="list-style-type: none">- Cross Country- Wrestling- Skiing- Badminton- Table Tennis- Track and Field

The HRCE follows the guidelines as outlined in the [SSNS handbook](#) for school athletics. Please refer to SSNS guidelines at www.SSNS.ca for more information. Some sport offerings are unique to the HRCE and the dates and guidelines for play are outlined in this package.

List of Participating Schools (50)

(Schools listed in red are not HRCE schools but may choose to participate in HRCE coordinated sports)

<u>Akerley</u>	<u>Citadel</u>	<u>Mariner</u>
Astral Drive Junior High	Armbrae Academy	AJ Smeltzer Junior High
Bicentennial School	Clayton Park Junior High	Bedford Academy
Caledonia Junior High	Cunard Junior High	Brookside Junior High
Dartmouth South Academy	École Mer et Monde	École Secondaire du Sommet
East Coast Varsity	Elizabeth Sutherland Junior High	Five Bridges Junior High
Eastern Passage Education Centre	Fairview Junior High	Georges P. Vanier Junior High
Eastern Shore Consolidated School	Gorsebrook Junior High	Harold T. Barrett Junior High
École du Carrefour	Halifax Central Junior High	Leslie Thomas Junior High
Ellenvale Junior High	Halifax Christian Academy	Madeline Symonds Junior High
Eric Graves Junior High	Halifax Grammar School	Ridgecliff Middle School
Graham Creighton Junior High	Halifax Independent School	Rocky Lake Junior High
John Martin Junior High	Herring Cove Junior High	Sackville Heights Junior High
Marine Drive Academy	Highland Park Junior High	Summit Academy
Musquodoboit Rural High School	Oxford Junior High	West Bedford High School
Oyster Pond Academy	Park West School	
Ross Road School	Rockingstone Heights School	
Sir Robert Borden Junior High	Sacred Heart School of Halifax	
	Shambhala School	
	St. Agnes Junior High	

Structure of Competitive Championships

Zone Championships – Most sports have zone championships within the HRCE. Champions are declared upon completion of playoff/tournament play. Champions in each zone are awarded a zone championship banner.

Regional and Provincial Championships - SSNS does not currently offer championships at the regional or provincial level for the sports supported by HRCE (Soccer, Volleyball, Basketball, Flag Football and Softball).

Seasons of Play / Dates

The SSNS releases a site/date list for seasons and play and championships. This can be found on the [SSNS website](#) starting on Page 30. Please refer to the guidelines for seasons of play. Some sport offerings do not apply to the HRCE Junior High schools as they are only offered at the high school level. Some of our sport offerings in the HRCE are also unique or modified so please refer to the dates and guidelines stated in the individual sport offerings for HRCE play later in this package.

Sport	Tentative Dates
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Soccer	September - October
Volleyball	Late October - November
Basketball	January - February
Flag Football	April - May
Softball	Late May - June

Start Up Dates

7.12 *Start-Up Dates* (from [SSNS Handbook](#))

7.12.1 The start-up date means that NO organized team try-out, team practice or game may be held until the first day approved annually by the Board of Governors as per Regulation 16. This does not preclude activities open to all students in the school. It is directed at team functions. Prior to the start-up date, schools may not conduct team activity sessions or organize any team or individual event, which is part of the selection process. On the start-up date, it is understood that all eligible students shall have a meaningful opportunity to try out.

Sport Coordinator (Athletic Director) Checklist

The following is a list of suggested items to consider when coordinating a sport for your zone competition and/or regional championships. This is not a complete list and not necessarily in order but simply some areas to consider.

- Follow the HRCE Junior High Extracurricular Sport Technical Package
- Ensure all safety guidelines have been followed. ([NS Guidelines](#))
- Be aware of applicable SSNS and HRCE guidelines for play
- Contact HRCE 6-9 Extracurricular Sport Leader with any questions or concerns
 - o jhsports@hrce.ca
 - o 902-478-1642
- Gather participating school and coach contact lists early
- Schedule your entire season and championships. Be aware of championship dates and flexibility for rescheduled games if they occur.
- Be communicative with coaches in terms of getting information out in a timely manner so everyone can feel prepared for play. Try to get a schedule out well in advance of the season of play. CC the administration on coach correspondence.
- Schedule and championship format and locations
- Officials rates, methods of payment, booking officials
- Game sheets and methods of reporting scores
- Expectations for schools hosting games (clock, benches, seating, etc.)

- Cancellations or rescheduling process
- Rules of Play, Rule Adaptations, Tie-Break formats
- Reporting scores to media if applicable
- Obtain banners from HRCE 6-9 Extracurricular Sport Leader

Student Eligibility (Modified from SSNS Handbook, Rule 2.2.2 a)

JUNIOR HIGH - The age limit for all student-athletes shall be UNDER 16 YEARS as of September 1st of the current school year. The grade level the student is designated as of September 1st establishes eligibility for the school year.

If a Junior High/Middle School student plays in 1 game at any high school level (D1, D2, D3, etc.) in a team sport, the student loses eligibility for junior high/middle school sport for that activity for the remainder of the school year.

Protests and Appeals

The following procedure for protests within the HRCE was created on September 1, 2016. From time to time, disputes may arise among member schools which require arbitration. A member school shall have the right to protest or to appeal any decision of an agent of the Federation. The judgment of game officials is not considered grounds for protest. In instances where a school wishes to protest or appeal, the following shall apply:

At Zone Level (Akerley, Citadel, Mariner Zone)

1. A letter must be sent (faxed or emailed) within 24 hours of the event in question. The Administration of the school filing the protest must sign the letter/e-mail indicating approval.
2. With the letter include a detailed account of the events surrounding the protest, as well as names of the individuals involved, witnesses, and contact numbers.
3. The League Coordinator shall be the first level to hear and rule upon protests and appeals.
4. The League Coordinator gathers all information and then either meet in person or via a conference call to discuss and determine the final outcome of the protest.
5. Regardless of the outcome, the school(s) involved in the protest will receive in writing a follow up letter detailing the final decision reached by the protest committee.
6. In order for a school to appeal a decision to the next level, it must:
 - provide evidence that the established rules of play for their Zone or the Regulations of the

SSNS have been misinterpreted or not applied in the original decision and/or provide information which was not available when the original decision was reached.

7. Should any school wish to appeal a decision rendered, it may do so by requesting the next level of the protest or appeal process. The levels of appeal shall be:

- a) League Coordinator
- b) HRCE 6-9 Extra-curricular Sports Leader
- c) Capital Region Jr. High Coordinator - SSNS
- d) Capital Regional Director - SSNS
- e) SSNS Executive Director

** Any appeal or protest at the Regionals will follow the process found in the SSNS handbook –[Regulation 10 – Protests and Appeals.](#)*



Soccer

[Handbook \(Technical Package\)](#)

[JH Soccer Website](#)



Volleyball

[Handbook \(Technical Package\)](#)

[JH Volleyball Website](#)



Basketball

[Handbook \(Technical Package\)](#)

[JH Basketball Website](#)



Flag Football

[Handbook \(Technical Package\)](#)

[JH Flag Football Website](#)



Slo-Pitch

[Handbook \(Technical Package\)](#)

[JH Slo-Pitch Website](#)