

# OCSSAA Playing Regulations

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## ***Section 1 Tournament Guidelines for Badminton***

- a) All rules, as set out by the Ontario Badminton Association, will be followed with the exception of the girls' singles game point cap, which will be 15 points instead of 11.
- b) The OFSAA sponsored shuttlecocks are to be the shuttlecocks of choice for the OCSSAA badminton tournament
- c) Age classifications for the OCSSAA badminton tournament are as follows:
  - Juniors – under 16 prior to January 1
  - Seniors – under 19 prior to January 1
- d) Each member school may have one entry in each of the ten divisions:
  - Girls' Singles – Junior and Senior
  - Boys' Singles – Junior and Senior
  - Girls' Doubles – Junior and Senior
  - Boys' Doubles – Junior and Senior
  - Mixed Doubles – Junior and Senior
- e) Participants may not enter more than one division. Participants must wear white or a team uniform or forfeit the match. Participants have ten minutes of the scheduled time to show up for a match or forfeit the match.
- f) The convenor is required to supply game report sheets for each match during the tournament. Both teams are required to fill out and submit the report to the score table after the match.
- g) Team scoring is determined using the following point system:
  - 1<sup>st</sup> place – 6 points
  - 2<sup>nd</sup> place – 5 points
  - 3<sup>rd</sup> place – 4 points
  - 4<sup>th</sup> place – 3 points
  - 5<sup>th</sup> place – 2 points
  - 6<sup>th</sup> place – 1 point

h) Awards for the OCSSAA badminton tournament are as follows:

Gold, Silver for each category for 3 flights A, B, C:

Junior Female Singles

Junior Female Doubles

Junior Male Singles

Junior Male Doubles

Junior Mixed Doubles

Senior Female Singles

Senior Female Doubles

Senior Male Singles

Senior Male Doubles

Senior Mixed Doubles

Overall Championship Plaques for the following categories:

Junior

Senior

Overall

## ***Section 2 Tournament Guidelines for Basketball***

- a) All rules, as set out by the National Federation Rule Book, will be followed at the OCSSAA tournaments.
- b) Games shall be officiated by two-person teams of officials. The convenor must obtain officials through the local Board of Basketball Officials and pass on a copy of the OCSSAA Code of Conduct. Convenors are also responsible for organizing the coverage of minor officials (scorers and timers).
- c) Age classification for the OCSSAA basketball tournament is as follows:  
Seniors – under 19 prior to January 1

- d) Tie breaking in pool play will be determined by: (i) head to head results, (ii) lowest points allowed, (iii) lowest point differential.
- e) Awards for the OCSSAA basketball tournament are as follows:
  - 15 Gold medallions for members of the 1<sup>st</sup> place team in the “A” flight
  - 15 Silver medallions for members of the 2<sup>nd</sup> place team in the “A” flight
  - Annual trophy for the 1<sup>st</sup> place team in “A” flight
  - Annual trophy for the 1<sup>st</sup> place team in “B” flight
- f) If a team requires more than 15 medallions, additional medallions can be purchased from the secretary/treasurer for \$5 each.

### ***Section 3 Tournament Guidelines for Cross Country Running***

- a) Distances at OCSAA meets are as follows:
  - Midget girls/boys: 4 km
  - Junior girls/boys: 5 km
  - Senior girls/boys: 6 km
  - Para: 3 km
- b) A mandatory coach’s meeting is to be held prior to the meet.
- c) Age classifications for the OCSSAA cross country meet are as follows:
  - Midget – under 15 prior to January 1
  - Junior – under 16 prior to January 1
  - Senior – under 19 prior to January 1
- d) Team scoring is determined using the following point system
  - 1<sup>st</sup> place runner – 1 point
  - 2<sup>nd</sup> place runner – 2 points
  - 3<sup>rd</sup> place runner – 3 points and so forth

The top four runners from each team will count towards the team standings.

The team with the lowest score wins the division.

In case of a tie, the placing of the 4th place runners breaks the tie.
- e) Awards for the OCSSAA cross country meet are as follows:
  - Gold medallions for the 1<sup>st</sup> place runner in each of the male divisions
  - Silver medallions for the 2<sup>nd</sup> place runner in each of the male divisions
  - Bronze medallions for the 3<sup>rd</sup> place runner in each of the male divisions
  - Gold medallions for the 1<sup>st</sup> place runner in each of the female divisions
  - Silver medallions for the 2<sup>nd</sup> place runner in each of the female divisions
  - Bronze medallions for the 3<sup>rd</sup> place runner in each of the female divisions

Annual trophy for the winning male team  
Annual trophy for the winning female team

#### **Section 4 Tournament Guidelines for Soccer**

a) All rules, as set out by the FIFA Rule Book, will be followed.

With the exception of the following:

1. Substitutions are unlimited
2. Substitutions may occur on goal kicks, goals scored, half time, and on your own throw in.
3. Piggy-back substitutions are permitted
4. Substitutions will be granted at referees discretion if an injury warrants it.
5. Substitutions for yellow card is mandatory, the player may re-enter the game at a later substitution time.
6. Red cards – player must leave the field for the remainder of the game. The team plays short-handed for the remainder of the game. That player may not play in the next game. (except for a deliberate hand ball saving a goal)
7. If a player receives a second red card, they are ejected from the rest of the tournament. (except for a deliberate hand ball saving a goal)
8. The accumulation of 3 cards will also result in a one game suspension. The accumulation of the 4th card will result in the ejection of the player for the rest of the tournament.
9. Sports spectacles are strongly recommended, glasses must be worn with a strap.
10. Players with casts may only wear a soft cast, hard casts are not permitted.
11. For players wearing a brace which consists of a hard material, the brace must be covered and they may not play with the exposed brace.
12. No jewellery may be worn during play
13. Medical alert bracelets may be worn provided they are taped to the body with the emblem of the condition visible.
14. Earrings must be taped if not removed, with the permission of the referee.

b) Teams are limited to a maximum of 180 minutes of regulation time soccer per day.

c) Age classifications for the OCSSAA soccer tournament are as follows: Seniors – under 19 prior to January 1 - Up to a maximum of 5 years after entering grade 9.

d) If a tie exists at the end of regulation play in playoff games, the following tie breaking steps shall be followed:

Two 5-minute overtime periods (golden goal)

Penalty kicks with five kicks for each team

Alternating penalty kicks until the tie is broken

e) Teams will provide a primary uniform and a secondary colour (Ex. Pinnies if needed)

f) Tie breaking in pool play will be determined by:

- (i) head to head results,
  - (ii) lowest goals allowed,
  - (iii) lowest goal differential (max goal differential of 5 per game)
  - (iv) original ranking coming into the tournament
- g) Awards for the OCSSAA soccer tournament are as follows:
- 20 Gold medallions for members of the 1st place team in the “A” flight
  - 20 Silver medallions for members of the 2nd place team in the “A” flight Annual trophy for the 1st place team in “A” flight
  - Annual trophy for the 1st place team in “B” flight
- h) If a team requires more than 20 medallions, additional medallions can be purchased from the secretary/treasurer for \$5 each.

General guidelines which we feel applies to all sports:

- Only student representatives from the school may participate in tournament games.
- Teams must provide their own practice balls and first aid kit.

### ***Section 5 Tournament Guidelines for Track & Field***

- a) Age classifications for the OCSSAA track and field meet are as follows:
- Novice – under 15 prior to January 1
  - Juniors – under 16 prior to January 1
  - Seniors – under 19 prior to January 1
- b) Each member school may have three entries in all events.
- c) Each member school may have one entry in each of these eight relay events:
- |                |            |                      |
|----------------|------------|----------------------|
| 4 x 100 metres | girls/boys | Novice junior/senior |
| 4 x 400 metres | girls/boys | open                 |
- d) Each athlete is permitted to enter three individual events and two relays.
- e) An athlete is permitted to move into a higher age category but must compete in that category for all individual events (relays excepted).
- f) The names of all possible athletes must be submitted 10 days prior to meet.
- g) Additions to events can be made up to and including the Friday before the meet by 2:00 p.m.. No additions to events may be made on the day of the meet.
- h) Any direct substitutions must be made prior to the meet.

- i) All athletes participating in track or field events must wear a school uniform. All members of a relay team must wear the same top. Failure to wear a team uniform will result in disqualification, if detected prior to the event.
- j) When scheduling conflicts occur, track events take priority, then all other field events. The athlete must notify the field event official of his/her intention to compete, then return within five minutes after the conclusion of the track event. In vertical jumps, the athlete must re-enter the competition at a height determined by the event supervisor. .
- k) Athletes must use the throwing implements provided by the official. Weights for throwing implements are as follows:
- |           |  |
|-----------|--|
| Discus:   | 1 kg for girls and novice boys<br>1.6 kg for junior and senior boys  |
| Shot put: | 4 kg for girls and novice boys<br>5.45 kg for junior and senior boys |
| Javelin:  | 600 g for girls and novice boys<br>800 g for junior and senior boys  |
- l) In high jump, the bar is raised 5.0 cm at a time until only five competitors remain; then the bar is raised 3 cm at a time. Starting heights for high jump are as follows:
- |              |             |
|--------------|-------------|
| Novice girls | 1.25 metres |
| Junior girls | 1.30 metres |
| Senior girls | 1.30 metres |
| Novice boys  | 1.40 metres |
| Junior boys  | 1.50 metres |
| Senior boys  | 1.60 metres |
- m) Scoring for individual and team awards for the twelve individual events are as follows:
- |                       |          |
|-----------------------|----------|
| 1 <sup>st</sup> place | 5 points |
| 2 <sup>nd</sup> place | 4 points |
| 3 <sup>rd</sup> place | 3 points |
| 4 <sup>th</sup> place | 2 points |
| 5 <sup>th</sup> place | 1 point  |
- n) Relays will count toward team points but not towards individual points.
- o) Awards for the OCSSAA track & field meet are as follows:
- Gold medallions for 1<sup>st</sup> place participants in each of the six divisions
  - Annual trophy to the small school champion (200 students or less)
  - Annual trophy to the large school champion (over 200 students)



