



***PRINCE EDWARD ISLAND***  
***SCHOOL ATHLETIC ASSOCIATION***

**Policy & Procedures**

**Last Updated January 15, 2026**



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## Background

In 2011, the PEI School Athletic Association (herein referred to as the “PEISAA”) celebrated 50 years of service to Island schools and students. From 1961-1999, the PEISAA was an informal, self-governed, organization of educators who had undertaken the task of governing school sports in Prince Edward Island. As a member of the Canadian School Sport Federation, and an affiliate with the National Federation of State High School Athletic Associations, the PEISAA has consistently provided leadership and functioned as an alliance with member schools, Provincial school boards, the Department of Education, Early Learning and Culture, and other community and sport organizations and businesses. In 2010, the PEISAA was realigned within the Government of Prince Edward Island through the Department of Education, Early Learning and Culture. The functions and responsibilities of the PEISAA did not change but the governance, organizational, and financial structures shifted. The PEISAA was “designated as the body responsible to administer school sport in the province of Prince Edward Island according to the rules and expectations of the Department of Education, Early Learning and Culture and the provincial school boards, under the auspices of the *School Act*,” R.S.P.E.I. 1988, Cap. S-2.1. In 2016, this legislation was changed to the *Education Act*, R.S.P.E.I. 1988, Cap.E-02. In addition to the outlined role of the PEISAA, the governance authority, educational value of school athletics and the major responsibilities of PEISAA were outlined in the Ministers Directive 2010 (Appendix A). A new set of rules governing the operation of the PEISAA were also developed outlining the executive, participants, administration and consultation (see Administrative Regulations Section).

The PEISAA coordinates and administers school sport in Prince Edward Island. It does this through selected and appointed members to the executive and a paid employee of the Department of Education, Early Learning and Culture (known herein as the School Sport Coordinator). All members of the Executive must be employees of the Department or of the Education Authorities. Member schools of the PEISAA are able to affect change by bringing their concerns and recommendations forward to the executive, who lead a consultative process with Education Authorities (Public Schools Branch and Commission scolaire de langue française) and the Department in addressing issues and changes to the PEISAA programming and its roles and responsibilities.

## Purpose

The attached policies support administrative and educational services of the PEISAA and identify the sport programs and initiatives, including corresponding guidelines and rules, available to schools and students across the Province. These policies align with Provincial Acts and Regulations and Ministerial Directives:

### Education Act

Home Education Regulations, Section 107 of the *Education Act*  
 Education Authority Regulations, Section 107 of the *Education Act*  
 Students and Parents Regulations, Section 107 of the *Education Act*  
 Student Transportation Regulations, Section 107 of the *Education Act*  
 School Calendar Regulations, Section 107 of the *Education Act*  
 School Calendar Ministers Directive  
 School Closure Regulations, Section 107 of the *Education Act*  
 School Authority Policies (various)

The PEISAA recognizes its responsibility under the PEI *Human Rights Act* to ensure that all students, staff coaches, managers, trainers or other persons affiliated with the PEISAA have the right to participate in PEISAA activities without discrimination on the basis of age, color, creed, disability, ethnicity or national origin, family status, gender expression, gender identity, marital status, political belief, race, religion, sex, sexual orientation or source of income.

Department and Education Authority policies have a significant role in governing expectations and responsibilities for school sport in the province. Member schools are expected to offer programs so students have appropriate opportunities for sport participation. Participation and behavior of students in sport programs is governed by “*Safe and Caring Learning Environment*” policy of the Public Schools Branch (PSB) and “*Milieu scolaire exempt d’intimidation*” policy of La Commission scolaire de langue française (CSLF). While the PEISAA does not currently have a policy on hazing or initiations it views both activities as humiliating and dangerous. Initiation and hazing activities will not be tolerated by students or schools. Any incidents observed at a PEISAA school sanctioned event will be brought to the member school and the education authority for further action.

Member schools are expected to follow the Physical Education Safety Guidelines adopted by the Department in 2010 and applicable health and safety, insurance and risk management requirements. The programs and activities administered by the PEISAA are sanctioned events of the Department, education authorities and member schools. Therefore, it is the responsibility of school principals and teachers “*to maintain proper order and discipline in the school, on the school premises, and during activities sponsored or approved by the Education Authority*”. Education Authority policies further emphasize that “*students must be supervised during school-sponsored or Department-sponsored events by adults authorized by the Principal or designate*”. It is the responsibility of the PEISAA executive to assist in coordinating this supervision when PEISAA activity or event is not hosted at a member school.

## ARTICLE I – NAME

The name of the association is Prince Edward Island School Athletic Association, hereinafter referred to as the PEISAA or the Association.

## ARTICLE II – MEMBERSHIP

### Participating Members

1. The membership of the Association shall be open to the following:
  - a) Schools that are part of the Public Schools Branch and La Commission Scolaire de la Langue Française of the Province of PEI.
  - b) Any independent school or private school, “registered pursuant to the *Private Schools Act* R.S.P.E.I. 1988 Cap. P-20.01”. Independent or private schools seeking membership MUST complete a Party Indemnification Agreement Form (available from PEISAA) and have it submitted along with PEISAA Registration Form and fees before being granted membership.

## ARTICLE III – ELIGIBILITY

### SECTION 1 – PERIOD of ELIGIBILITY

1. Intermediate – A student in grade 7, 8, or 9
2. Senior – Students shall be eligible for a maximum of three (3) consecutive school years from the first day of the school year when they entered grade 10.  
\*\*Note - If a grade 10 student turns 17 before September 1, they must participate in Senior for Individual events (not Juvenile). If a student turns 19 or older before September 1, they are not eligible to participate in PEISAA sanctioned activities.

### SECTION 2 – STUDENT ELIGIBILITY

1. A student is eligible for play under the following rules:
  - a. The school is a member of the Prince Edward Island School Athletic Association and registered in the sport in which the student plans to compete.
  - b. For each semester, the student is enrolled in at least 70 % of a full-time course load, comprised of courses where attendance is recorded and the courses are recognized by the Department of Education, Early Learning and Culture as part of the student’s education program at the school.
    - i.) The student must provide verification of any external credit(s) that apply to their full-time course load to the school they attend. Without this, students are not considered eligible.



- c. The student must play the sport at the school which they attend when the school has a particular sport team at the student's appropriate classification. See ARTICLE V (SECTION 1) Classification of Students.
- d. The student may participate on only one interscholastic major sport team per season. The major team sports are: soccer, senior men's baseball, field hockey, volleyball, basketball, softball, flag football and rugby. All other sports shall be considered minor sports including Intermediate boys baseball.
- e. A grade 4 student is not permitted to participate in the Novice Division. A school may apply to the PEISAA under a special circumstance when a Grade 4 student is required to fill a team such as doubles in badminton. Therefore a maximum of one (1) student per school may be approved in this situation.
- f. A grade 6 student may play for an intermediate team at their school, if approved by the principal and the PEISAA is notified through the school sport coordinator. A grade 6 student is NOT permitted to play for an intermediate team at another school.
- g. A grade 9 student enrolled in a 9-12 grade school may only participate on the school intermediate team, unless the school does not have an intermediate team. If there is no intermediate team in the school, the student is eligible to participate on the senior team, ONLY if the sport is offered at the intermediate level. A grade 9 student may be called up to the senior team when that team is short players. Notification of the call up must be made to the sport coordinator prior to the game and approved by the sport coordinator before the grade 9 student can participate.
- h. The school principal may approach the executive regarding an exceptional case.
- i. A Home Education Program student may participate in an individual or team PEISAA sport with permission from the school sport coordinator. The parent/guardian of the home education program student acknowledges that insurance coverage is not provided and the student athlete participates at their own risk. A PEISAA release of liability form must be completed, signed, and returned to the school sport coordinator before participation can take place. Home education program students are required to pay the appropriate sport registration fees. For a home education program student to be included in team sports a Request To Play form must also be filled out in addition to the liability release form and submitted to the sport coordinator for approval. Normal Request To Play rules apply.
- j. A student's name must appear on a minimum of two (2) league games to be able to participate in a PEISAA sanctioned provincial championship. This includes all playoff games. Submission of a doctor's certificate in a case of injury or sickness will be considered by the school sport coordinator in determining eligibility.
- k. A student who has entered school after October 15 of a school year is ineligible to participate in school sport until their eligibility is approved by the school sport coordinator.
- l. In any interscholastic game the use of an ineligible player shall result in the team forfeiting the game and all points won in that game.

## 2. Athlete Absences and Injury Exemption Policy

The purpose of this policy is to provide a process to request an exemption from PEISAA eligibility rules for athletes that are unable to attend/participate in a qualifying event, due to an injury or other extenuating circumstances. Requests will be reviewed and considered on a case-by-case basis. PEISAA reserves the right to determine program eligibility for all requests.

### **SECTION 3– GENDER IDENTITY**

The PEISAA recognizes its obligation to respect the gender identities of all students. Gender identity is not dependent upon physical appearance or medical procedures. A student's self-identification is the sole measure of their genderidentity.

- a. Any student may participate fully and safely in gender designated sport activities in accordance with their lived gender identity or preference (for non-binary and gender-fluid students).

### **SECTION 4 – GENDER DESIGNATED TEAMS**

PEISAA encourages its member schools to offer equal programs for male and female student athletes and opportunities for students of all genders

- b. Students who identify as girls or women can play on a team designated for girls or women, and students who identify as boys or men can play on a team designated for boys or men. All genders can compete on a team designated as a "co-ed" sport, in accordance with the sport-specific roster allocations.

The only exception to this rule is students who identify as girls or women may play on a team designated for men or boys only if the school does not offer a girls' or women's team in that sport, at the appropriate classification, during the same school year. A letter from that particular student's principal confirming that a girls' or women's team will not be offered that year at the school must accompany the appropriate player registration form.

### **SECTION 5 – TRANSFER POLICY**

- a. A student transferring to a new school (from in-province or out-of-province) must submit a transfer form (Appendix D - Pg 63) to the school sport coordinator. This form must be submitted by the incoming school and approved by the school sport coordinator before the student is eligible to participate in PEISAA events.
- b. A student who transfers to a new school after submission of the team roster shall be eligible to participate on the team provided the school sport coordinator is notified, in writing, of the addition to the team roster and this notification is received at least two (2) weeks prior to provincial championship play. To be eligible for provincial championship play the student must have participated in at least two (2) league games with the new school. The transfer eligibility form must have been completed and approved.

## **SECTION 6 – RECRUITMENT POLICY**

Recruiting students from other schools is NOT PERMITTED in the PEISAA. Any school representative approached by a student or their family that attends another school, can only direct them to speak to the Athletic Director of their current school about the Request To Play procedure. Any Coach that participates in activity to try to convince a student athlete to circumvent PEISAA Policies to play for their team at another school, will be treated as a very serious violation of the PEISAA Policy and overall goals of school sport.

### **PENALTY**

If the PEISAA receives a written complaint from the school the student is attending that they feel recruiting has taken place, the School Sport Coordinator will establish a Discipline Committee to investigate. The Principal and Athletic Director of the school that the Coach belongs to will be notified. The Coach will then have an opportunity to respond.

If it is deemed that recruiting has taken place, the Coach will be suspended for the remainder of the current season and not able to coach any sport in the PEISAA for the remainder of the year and one full calendar year following.

The school has the opportunity to Appeal the decision according to the PEISAA Appeal Policy.

## **SECTION 7 – JOINT SCHOOL TEAMS**

In the effort to give more students the ability to participate, the PEISAA will consider an application for joint school teams. (See Appendix D for Joint Team application form)

- a. Application for more than one (1) school to combine, to provide team activities (volleyball, soccer, baseball, field hockey, basketball, rugby, and softball) may be made to the school sport coordinator. Such application, if approved, will only be in effect for that sport and one (1) season.
- b. Factors to be considered, but not limited to:
  - i) The ability of the school to offer this program on its own
  - ii) Geographical proximity
  - iii) Agreement to combine by affected schools athletic directors and principals
  - iv) Student population of the schools involved
  - v) Diversity factors beyond numbers
- c. Improving the quality of the team (i.e. – better win/loss record) shall not be a criterion in deciding whether approval will be granted.
- d. If approved, for insurance and travel purposes, students remain the responsibility of the school they attend.

## **SECTION 8 – SPECIAL CIRCUMSTANCES**

- a. In the spirit of ensuring equity and diversity measures are included, if a member school does not have a particular athletic program, a student from that particular member school may apply to be placed on another member school team. Application must be made to the school sport coordinator and signed by the student's principal. Application must be submitted prior to the start of the sport season. The PEISAA Eligibility Committee shall determine which member school the student will be directed to. For application, see Request to Play for Another School form (Pg. 58).

Factors that will be considered, but not limited to:

- i. The student must meet the eligibility requirements
- ii. A member school requiring additional players
- iii. Geographical proximity of the student's place of residence

\* Please note: Application does not guarantee placement at another member school.

- b. Players who receive permission to play in another school's program are the administrative responsibility of the school principal offering the program while the student participates in that sport. Insurance and travel arrangements will be the responsibility of the school the student attends.
- c. Any appeal regarding eligibility may be made following the appeal process: Article XIII Protests and Appeals, Section 5 – Procedure for Appeal.

## **SECTION 9 – PEISAA EXECUTIVE AUTHORITY**

The PEISAA executive has been given authorization by the education authorities and Department of Education, Early Learning and Culture to consider exceptions to Article III (Eligibility) of the PEISAA policies where it is considered to be in the best educational interest of the student.

## **ARTICLE IV – APPROVED SPORTS, RULES and REGULATION AUTHORITIES**

### **SECTION 1 – APPROVED SPORTS AND SEASONS OF PLAY**

#### **a. Approved Sports**

The PEISAA shall conduct competition in the following sports with executive approval. Sport rules and regulations shall be based on the following authorities, with the executive having the right to approve modifications as outlined in the PEISAA sport regulations.

Badminton	Badminton Canada
Ball Hockey	Hockey Canada
Baseball	Baseball Canada
Basketball	Canada Basketball
Cross-Country Running	Athletics Canada
Field Hockey	Field Hockey Canada
Flag Football	Canadian Flag Football Association
Golf	Golf Canada
Gymnastics	Gymnastique/Gymnastics Canada
Power Lifting	Canadian Power Lifting Association
Rugby	Rugby Canada
Soccer	Canadian Soccer Association
Softball	Softball Canada
Track and Field	Athletics Canada
Triathlon	Triathlon Canada
Volleyball	Volleyball Canada
Wrestling	Wrestling Canada Lutte

#### **b. PEISAA Seasons of Play Policy (Effective September 2026)**

##### **i. Winter Season Tryouts**

Official tryouts for the winter season may begin no earlier than two weeks before the conclusion of volleyball, which is assumed to be the final fall sport to finish.

- For intermediate, this means two weeks before the AA medal games.
- For senior, this means two weeks before the AAA medal games (for example, 2025 year the senior tryout window would have opened on Saturday, November 1).  
This timeline applies to all schools, regardless of which fall sports they offer in any given year.

#### ii. Spring Season Tryouts

Official tryouts for the spring season may begin only after both the AA and AAA winter seasons of play have **fully** concluded.

#### iii. Open Sessions

Any sessions held by a school for any sport outside these designated tryout periods must be open in nature and cannot be official tryouts. All current full-time students must be eligible to participate if they wish. These sessions must not be invite-only or advertised as tryouts.

All students should have equal opportunity to engage in tryouts and all teams should have similar timelines.

#### iv. Fall Tryouts

No official tryouts shall take place before the first day of school for students.

## SECTION 2 – ADDING SPORTS to the PEISAA CALENDAR

- a. Member schools may request to add a sport to the PEISAA calendar by making application to the executive for a sport pilot for one (1) year.
- b. A sport pilot must involve a minimum of three (3) member schools from at least two (2) of the five (5) school sport zones.
- c. An application that includes purpose, time for the sport, possible facilities, possible conflicts, league format, playoff procedure, etc. must be presented to the executive before the last scheduled regular executive meeting of the school year.
- d. Upon approval of a sport pilot application the executive shall make a decision once the pilot is complete regarding the possible addition of the sport to the provincial sport calendar.

## ARTICLE V – CLASSIFICATION OF STUDENTS and SCHOOLS

### SECTION 1 – CLASSIFICATION of STUDENTS

#### INDIVIDUAL SPORTS

- **Pre-Novice**: Currently in Grade 3 or 4
- **Novice**: Currently in Grade 5 or 6
- **Bantam**: Currently in Grade 7 or 8
- **Intermediate**: Currently in Grade 9

- **Juvenile:** 1<sup>st</sup> year of high school eligibility
- **Senior:** 2<sup>nd</sup> or 3<sup>rd</sup> year of high school eligibility

## TEAM SPORTS

- **Intermediate:** Currently in Grade 7, 8, or 9
- **Senior:** Currently in first, second or third year of high school eligibility
  - a. All schools must have students appropriately classified.
  - b. All schools are responsible for assuring that student athletes meet the requirements outlined in ARTICLE III (ELIGIBILITY) SECTIONS 1 & 2 of the PEISAA Policy & Procedures.

## SECTION 2 – CLASSIFICATION of SCHOOLS

Competition as outlined in Article III (Approved Sports, Rules and Regulation Authorities) and Article IV, Section 1(a) shall be classified and sanctioned as follows:

**SENIOR** – Schools with Grade 10, 11 and 12 shall be designated ‘senior’ and register according to the following table:

Enrollment	Classification	Registration for Sport Options
400 or over	AAA	AAA, AA, and A
Under 400	A	A and/or AAA, AA

**Senior Exceptions:** Schools having an enrolment of 400 or more may indicate in writing to the PEISAA at the time of registration to register “A” in any sport without registering “AAA” or “AA”. Each case should outline the necessity for such a request. The PEISAA, in conjunction with the appropriate sport commissioner, shall rule on the request. If approval is granted, the team will enter the league on the same basis as all other “A” teams.

**INTERMEDIATE** – Schools with grade 7, 8 and 9 shall be designated ‘intermediate’ and register according to the following table:

Enrollment	Classification	Registration for Sport Options
300 or over	AA	AA, A Tier 1 and A tier 2*
Under 300	A	AA and/or A
		*ONLY as needed

**Intermediate Exceptions:** Schools with an enrolment greater than 300 in Grade 7, 8 and 9 must play at the “AA” level unless they have a second team; that team may play at the “A” level. Schools who wish to register at a different classification level must indicate in writing to the PEISAA for approval to do so. Each case should outline the necessity for such a request. The school sport coordinator, in conjunction with the appropriate sport commissioner, shall rule on the request.

- a. Schools that register teams in “AA” or “AAA”, and “A”, will be allowed a total of three (2) teams with not more than two (2) in any one (1) classification with the exception of flag football.
- b. Provincial competition is sanctioned in the sports listed in Article IV (SECTION 1).

### **SECTION 3 – CLASSIFICATION of DIVISIONS**

For the purpose of competition, “team sports” shall be classified as senior “AAA”, “AA” and “A” within senior high schools and intermediate “AA” and “A” at the intermediate school level. In senior high school leagues, if there are two divisions only, they shall be called AAA and A. If there are three divisions, then the divisions will be “AAA”, “AA” and “A” in descending team ability.

### **ARTICLE VI – TEAM ROSTERS**

- a. All schools are responsible for ensuring that their participants meet the required classification and eligibility requirements as outlined (ARTICLES III, IV and V).
- b. Schools are required to submit team rosters to the school sport coordinator by the date established at each AD meeting in the Fall, Winter, and Spring. Any roster changes after submission MUST be passed o to the school sport coordinator.
  - i) Penalty – Schools will be fined \$25 for every regular season or play-off game that a team participates in before roster being submitted to the school sport coordinator after the established date.
- c. Schools are expected to forward final team rosters to the sport commissioner and the host school for production of provincial championship competitions and/or event programs.

## ARTICLE VII – AFFILIATE PLAYERS

Affiliate players are used in emergency situations whereby a team is unable to field a team and is in jeopardy of forfeiting a regular season game. When this situation arises, the guidelines below must be followed:

- a. The school sport coordinator must be informed in writing in advance by the athletic director before an affiliate player is used for competition. This would include the team, the level of play, the athlete's name, date of the game, and the reason for using the affiliate player.
- b. Affiliate players are permitted only for movement up, not down, in classification/division. For example – senior "A" to "AAA", intermediate "A" to "AA". The exception to this is rugby, refer to the rugby guidelines under "pool players".
- c. An affiliate player may move from intermediate "A" or "AA" to senior "A" or "AAA" provided the school has both intermediate and senior programs. This only applies to grade 9 student athletes.
- d. An affiliate player must be identified on the game sheet with an "AP" beside the player name.
- e. An affiliate player can only play two (2) games with the higher-level team. Under no circumstances can the same player be used as an affiliate for more than two (2) games. If a team is found to have used the same player more than two (2) games, the player would be considered ineligible and resulting in forfeit of the games played as per ARTICLE III, SECTION 2 (l), Student Eligibility.
- f. The student's name on a game report or appearance of the player in uniform will be considered participation whether or not the player actually takes part in the game.
- g. Exhibition games, matches, and tournaments are not included in the count of games towards an affiliate player. Player movement can only be from a lower classification to a higher classification. This movement is at the discretion of the school and can be used for development and not just emergency situations. PEISAA does not require notification in this circumstance.



## ARTICLE VIII – ZONE, INTER-ZONE and PROVINCIAL PLAY

### SECTION 1 – PROVINCIAL CHAMPIONSHIPS and LEAGUES

The PEISAA shall conduct activities and declare provincial championships in sports as described in Article IV and as outlined in the provincial championship calendar for the current academic year.

- a. Zone or Inter-Zone competition shall be required as a prerequisite for qualification in Provincial Championships for all sports on the PEISAA championship calendar, unless the sport has a competition format which is a provincial league.
- b. The PEISAA shall sanction provincial leagues in team sports in the senior and intermediate classifications.
- c. The PEISAA shall not conduct provincial championships nor declare provincial champions in dual and individual sports at the intermediate and senior “A” classifications (except senior golf).
- d. Novice and bantam individual and dual sports may progress to provincial competitions but team sports at these levels shall be sanctioned for provincial championships.
- e. Provincial interscholastic champions shall not be declared in a sport unless there are three (3) registered schools at the time of the withdrawal deadline.
- f. The executive shall be responsible for provincial play-off format and schedules.
- g. The qualification method for provincial championships of a sport will be determined by athletic directors and commissioners at their pre-season scheduling meeting.
- h. The date and location of the provincial tournament, along with the designated meet manager, will be sent to schools by the school sport coordinator at least three (3) weeks in advance of championships.
- i. All sites hosting provincial championships are recommended to display signage of fair play, safety, health, code of conduct, and the corporate sponsors of the PEISAA. These will be provided by the PEISAA office and their use is the responsibility of the meet manager.
- j. The PEISAA, in consultation with the sport commissioner, shall approve provincial championship sites.
- k. The meet manager is responsible for ensuring that a protest committee for championship play is in place so necessary decisions on protests may be made and to facilitate the conclusion of the championship on time.

## **SECTION 2 - ZONE LEAGUES**

- a. The organization and administration of zone leagues and/or exhibition games created by schools in close proximity to each other shall be the responsibility of the zones concerned.
- b. Participating schools shall be responsible for the financial obligations incurred in zone and inter-zone play.
- c. Zone representatives should provide all schools in their zone with the date, time and location of the championship tournament along with the designated tournament manager, at least three (3) days in advance of the tournament.
- d. All schools participating in zone championships of that sport need to register with the PEISAA.

## **SECTION 3 - SCHEDULE PLANNING**

- a. The health and safety and instructional program of students should be the first consideration in all scheduling.
- b. PEISAA activities shall not take place on Sunday and the PEISAA shall not sanction any provincial interscholastic competition on Sunday.
- c. Participation in an out of province competition on a Sunday and/or statutory holiday must receive prior approval from the school sport coordinator and the respective school authority and principal (sanction form submitted and approved).
- d. No PEISAA activity shall take place on the statutory holiday.  
The only exception to this is the PEISAA Triathlon which is held on May long Victoria Day Monday due to pool availability.
- e. Considerations may be made for cultural and religious observances.
- f. At the sport scheduling meeting, the athletic directors will determine the league(s) schedule(s).
- g. When scheduling leagues, every effort will be made to reduce the amount of time required for travelling.
- h. When scheduling competitions, league play, playoffs and championships, the PEISAA will endeavor to minimize the amount of instructional time any student will miss.

## **SECTION 4 – SCHEDULE CHANGES**

- a. If a team will be late arriving for a game due to unforeseen and unavoidable circumstances the late team should call the host school and arrange a later starting time, if possible.
- b. A game should only be cancelled by direct communication between athletic directors, and/or principals. Coaches must contact their school AD first for notification of any game cancellations.
- c. If a change must be made to an original scheduled game, the schools affected, the commissioner of the sport, the school sport coordinator, the officials' assignor, and the media contact must all be contacted on the day of the change.
- d. When an originally scheduled game must be changed, the two member schools involved must identify a new playing date. They will have 72 hours from the original date and time to identify the new playing date. This new playing date must be scheduled to allow appropriate time before any playoff competition.
- e. If the teams involved cannot come to an agreement within the 72 hours, the school sport coordinator in cooperation with the sport commissioner, will schedule the game.
- f. If a team forfeits a game that has been scheduled, the game will be awarded to the opposing team. The forfeiting team will be fined \$100 and ALL fees from officials, facility, etc that result from this forfeit. The score of the game will be determined by the sport commissioner, as set out before the start of the season.

## **SECTION 5 - MODIFIED SCHEDULES**

- a. Registered teams have the option of playing a modified schedule.
- b. A modified schedule shall consist of at least 50% of the scheduled games.
- c. Any team playing a modified schedule is required to play any team in the league that requests to play against them.
- d. In the case of a team playing a modified schedule the team's points will be adjusted to reflect a full schedule.

## **SECTION 6 – PROVINCIAL CHAMPIONSHIPS**

Where possible, the sport commissioner is required to circulate the championship schedule to the school sport coordinator and participating schools at least three (3) days before the event.

## **SECTION 7 – RESPONSIBILITIES OF MEMBERSCHOOLS**

Member schools must:

- a. Member schools (home team) must add game results to the PEISAA website following the completion of the game. Every effort must be made to submit results as quickly as possible.
- b. All athletic directors are required to keep all game sheets on file throughout the season. When requested, must submit a game sheet to the sport commissioner.
- c. Submit game results from all exhibition play to the sport commissioner within seventy-two (72) hours.

## **SECTION 8 – SUPERVISION OF ATHLETES**

- a. Any student or team entered in a PEISAA sponsored or approved competition must be under the supervision of a staff member, or a school-designated coach, from that school.
- b. No PEISAA student or team shall be permitted to commence play without a coach or school-designated coach.
- c. Any student or school team, when attending events that require an over-night stay, must have a school-approved adult attend the entire event.
- d. ALL coaches MUST follow the “rule of two”, never being alone with a student athlete and always having another coach or athlete present.
- e. In all sports, if a coach is ejected from a game and there is no adult assistant coach or manager present, whose name appears on the score-sheet, and there is no member of the offending team’s instructional staff who is willing to take responsibility for the team, the game shall be forfeited.

## **SECTION 9 – SCHOOL SUPERVISION RESPONSIBILITIES**

- a. It is the responsibility of the home (Host) team to provide adequate supervision at all PEISAA sanctioned competition.
- b. The home school is expected to provide supervision at its facilities, at all times, when PEISAA sanctioned sports occur. This means that a school designate, such as a coach, coach liaison, teacher, administrator, etc., is on hand to ensure the safety and respectful behavior of all participants - athletes, spectators, and coaches.
- c. All host teams must have someone present for all games with up-to-date safety training in First-Aid/CPR and Safe Sport.

- d. The school designate is expected to provide "in the area" supervision for all practices, games and competitions. "In the area" supervision means that the designate is accessible and at least one of the following criteria is in place:
  - i. Designate is visible
  - ii. Designate is circulating on the same site
  - iii. Designate is at the same location and whereabouts are known, or
  - iv. Designate location or contact information is known

The level of supervision must be commensurate with the level of risk and the physical and emotional maturity of the athletes and spectators as assessed by the school designate.

- e. The designate is expected to facilitate whatever control is required to maintain the safety of the event.
- f. Each home school shall have its own procedures in place to ensure their home facilities are supervised for PEISAA sanctioned activities and that athletes and spectators conduct themselves according to the policies of the PEISAA and education authority.
- g. When a visiting team has reason to believe that a large number of their supporters will be attending a game, they should notify the host school and the visiting school should help provide some supervision.
- h. When a provincial championship is hosted at a non-member school sport facility, appropriate supervision must be provided. The involved member schools and host staff security under direction of site staff, the sport commissioner, the meet manager, school sport coordinator and school principals must ensure this is arranged.

## **SECTION 10 – FAIR PLAY AND SPORTSPERSONSHIP**

All PEISAA competitions must be conducted with a high standard of courtesy, fair play and sportspersonship. Everyone involved shares in this responsibility.

- A) Coaches – The Coaches must demonstrate qualities of courtesy and good sportspersonship. These are evidenced by proper acceptance of officials' judgement, positive encouragement of student athletes and bench behavior.
- B) Athletes – The athletes must demonstrate qualities of courtesy and good sportspersonship. These are evidenced by proper acceptance of officials' judgement and coaches' choices and by showing proper respect for opposing athletes as well as teammates and coaches.
- C) Spectators – Both student and adults, must demonstrate courtesy and good sportspersonship by positive cheers of encouragement for their team, not against the opposing team. Spectators must also show proper acceptance of officials' judgement and coaches' choices.
  - i) Artificial Noisemakers – These are not permitted at indoor PEISAA events. These include items that are not intended for cheering at sporting events and include but are not limited to: air horns, pots & pans, garbage can lids, etc. The host school supervisor

and/or game official can ask that any item be refrained from being used. The host school supervisor and/or game official have the authority to eject from the competition facility individuals, who following a warning, refuse to comply with this requirement.

## SECTION 11 – SOCIAL MEDIA POLICY

**Social Media Policy** – this refers to ALL public communications through such internet mediums and websites as Twitter, Facebook, Instagram and any other social media network that allows users to communicate online.

It is recognized that social media comments are on the record and instantly published and available to the public. You should conduct yourself in an appropriate and sportsmanlike manner at all times.

The following are examples of conduct through social media that are considered violations of the PEISAA Social Media Policy and may be subject to disciplinary action by the PEISAA executive.

- A) Any statement deemed to be publicly critical or detrimental to the welfare of a student athlete, coach, official, PEISAA official or individual.
- B) Any form of bullying, harassment or threats against players or officials.
- C) Photographs, video or comments promoting negative influences or criminal behavior, including but not limited to:
  - Drug use;
  - Alcohol abuse;
  - Public intoxication;
  - Hazing;
  - Sexual exploitation; etc.
- D) Online activity that contradicts the current policies of the PEISAA and the spirit of school sport.

### **Discipline**

When the executive becomes aware of a violation of this social media policy, they may refer it to the member school to deal with where possible and practical. If the executive is required to deal with the violation, the Discipline Committee will review and hand out the penalty if warranted.

## SECTION 12 – TRAVEL

- a. Teams should be transported to all PEISAA sanctioned sports as per PSB and CSLF transportation policies respectively. This includes students of private schools who are a member of a PSB or CSLF team. Private/independent schools sending their own teams are not included as they are under their own insurance program and MUST arrange their own separate transportation.

Teams travelling over-night must have a school-approved supervising adult(s)

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**ARTICLE IX – COMPETITION OUTSIDE of the PEISAA****SECTION 1 – COMPETITION with NON-MEMBERS**

- a. PEISAA member schools shall not compete in exhibition or tournament games with teams who are not registered with their home school sports governing body.
- b. PEISAA member schools are not allowed to compete against community club teams.

**SECTION 2 – PURPOSE of SANCTIONS**

A Sanction Policy is designed for the purpose of monitoring member school competition outside the regular PEISAA schedule. As outlined below (Section 3), the monitoring of play outside the regular schedule is a joint effort between school administration and the executive of each provincial school sports governing body.

**SECTION 3 – SANCTION PROCEDURES**

- a. All requests for sanctions must go through the school sport coordinator. The sanction form is available on the PEISAA website.
- b. Member schools must obtain PEISAA sanction when hosting any tournament that involves three or more teams.
- c. A sanction request must be submitted 21 days in advance of the planned event.
- d. Member schools hosting an exhibition game or games with another member school do not need the sanction. Arrangements are to be worked out between the two (2) participating schools.

- e. Member schools planning to play in tournaments outside the Province must receive sanction from the PEISAA 21 days in advance of the tournament date. Exceptional circumstances may be considered by the school sport coordinator.
- f. Member schools planning to participate in games or tournaments sponsored by non-school organizations (e.g. universities, colleges, amateur sport organizations, private corporations), either in or out of province, must obtain sanction 21 days in advance of the event. Exceptional circumstances may be considered by the school sport coordinator
- g. Games or tournaments, in province, sponsored by non-school organizations must be co-hosted by a member school.
- h. Competition must meet PEISAA regulations.
- i. A player, manager, coach or team may be declared ineligible for interscholastic competition by the executive for unsportsmanlike conduct at sanctioned events.
- j. Two (2) or more member schools registered for a sport cannot combine to represent any one (1) member school in a sanctioned competition of that sport.

#### **SECTION 4 – PENALTIES**

- a. Strict adherence to sanction form deadlines and to provincial league schedules is expected.
- b. Missed deadlines may result in the sanction being denied.
- c. Schools will be fined according to the following schedule when they fail to request a sanction and meet required deadlines.
 

First Offence	Warning in Writing
Second Offence	\$50.00
Third Offence	\$100.00
- d. A school which has been fined shall be exonerated from the fine schedule after 12 months have passed since the last violation.
- e. Deliberate breach of sanction policy will result in the offending school being placed on probation for one (1) year. For example - A member school receives notification that a sanction is required but does not submit the request to PEISAA, or the sanction was refused and the school proceeds to participate in the event. Terms and conditions of such probation will be set by PEISAA executive.



## **SECTION 5 – INTERNATIONAL PLAY**

- a. Member schools requesting sanction for international competition must apply in writing to the school sport coordinator.
- b. Application for an international sanction must be received 60 days before the event.
- c. Teams applying for sanction in athletic events outside of the country must show proof of appropriate travel and medical insurance with the original request.

## **ARTICLE X – REGISTRATION**

### **SECTION 1 – REGISTRATION and ADMINISTRATIVE FEES**

- a. To become a member of the PEISAA, a school shall pay sport registration and membership fees. The fees vary from sport to sport depending on the number of teams sharing the expenses to administer the leagues and provincial championships.
- b. The PEISAA registration form must be received on or before third Friday of September of the school year that precedes the registration year.
- c. The PEISAA registration fees must be received prior to the third Friday in September of the registration year. Failure to do so will result in a \$25.00 fine.
- d. The PEISAA Executive will review and amend, as necessary, the fees each year. The amended registration form will be sent to all member schools prior to May 30.

### **SECTION 2 – WITHDRAWALS**

- a. Schools may withdraw from a sport in which they have registered, without penalty, prior to the start of the sport:
  - i. For team sports, schools may withdraw before the pre-season scheduling meeting.
  - ii. For individual and dual sports, schools may withdraw after the zone qualifying meet or event.
- b. In individual and dual sports, no substitutions are permitted any later than three (3) days prior to the event.
- c. A fine of \$25.00 shall be levied against any school withdrawing an entry from a sport after the withdrawal deadline, or the school's failure to attend the event. The registration fee will not be refunded.
- d. A member school shall be levied a fine of \$10.00 for each individual or dual entry that withdraws from an individual or dual sport after the withdrawal deadline, or fails to participate in the qualified event(s). The registration fee will not be refunded.

## ARTICLE XI – COACHES

### SECTION 1 – QUALIFICATION of COACHES

- a. Coaches of school teams should be physical educators or coaches who are certified through the National Coaching Certification Program (NCCP).
- b. All coaches of teams competing in the PEISAA MUST have completed the free concussion course and Safe Sport training recommended by the PEISAA before the start of league play. Any coach who has not completed this training will be ruled ineligible, this includes practice and games.
- c. Any Coach that is still participating will result in a fine of \$50 to the school. If a coach continues to be involved after school being fined, this will be taken to Executive to determine next steps.
- d. The coach MUST ensure the team has a first-aid kit with them during ALL competitions and practices.
- e. Coaches must ensure an injury awareness and management protocol is in place for proper care of athletes (i.e. concussion, heat management).
- f. ALL coaches MUST follow the “rule of two”, never being alone with a student athlete and always having another coach or athlete present.
- g. Prior to the start of the season, ALL rugby coaches MUST have completed the following:
  - i. the free concussion course determined by the PEISAA.
  - ii. the on-line “Rugby Ready” program offered by World Rugby and with verification of completion to the athletic director.
  - iii. participation in the Safe Rugby Program, a practical program offered by PEISAA in conjunction with Rugby PEI. A course will be offered in the East and in the West.

### SECTION 2 – SUSPENSION of COACHES

- a. In all sports, if a coach is ejected from a game, the coach will automatically serve a minimum one (1) game suspension. The suspension will be served in the next game of the team schedule.
- b. The coach is to remain suspended until notified by the school sport coordinator that their eligibility to coach has been reinstated.
- c. Coaches disqualified in tournaments are subject to the rules of the host school provincial school association and/or tournament host school. Disqualified coaches are expected to contact the PEISAA before their next scheduled games to discuss eligibility. The PEISAA Discipline Committee may be required to make a final decision regarding a coach’s eligibility for future games if a regular executive meeting is not scheduled in an appropriate time frame. The discipline committee will include the school sport coordinator (ex-officio), and at least three (3) members of the executive who are not in a conflict of interest position.

### **SECTION 3 – DURATION OF SUSPENSIONS**

- a. All suspensions are in effect from the time of the incident in question until a decision is rendered by the executive. (See Article XIII – Section 3)
- b. Suspensions will apply to the team's schedule at the time of the incident.
- c. Suspensions for individuals which extend beyond season play will be served in the next interscholastic sport season in which they participate.

### **SECTION 4 – EXTERNAL SUSPENSIONS**

- a. The PEISAA may honour, if requested, suspensions imposed by governing jurisdictions of sport bodies other than the PEISAA.
- b. The PEISAA school sport coordinator will work with provincial sport organizations to encourage mutual support for jurisdictional suspensions.

## **ARTICLE XII – SPORT ADMINISTRATION**

### **SECTION 1 – SPORT COMMISSIONERS**

The Executive shall appoint Sport Commissioners for sports, as necessary. The appointments shall be for one school year and will involve duties as outlined in Article XXIV – Section 3.

### **SECTION 2 – OFFICIALS ASSIGNOR**

The PEISAA shall solicit an officials' assigner when necessary for each team sport. The officials' assignor will be responsible for assigning and the arrangement of payment for officials in their respective sport in accordance with interscholastic rules.

### **SECTION 3 – GAME OFFICIALS**

- a. Certified officials shall officiate all PEISAA sanctioned competitions.
- b. All competitions shall be governed by a full complement of certified or qualified officials, as per inherent risks in the sport. Competition without appropriate officials will not occur.
- c. Persons officiating in PEISAA sports shall be trained and certified by the appropriate provincial sport organization.
- d. The host school shall contact the commissioner of that sport if a competition is not able to proceed with appropriate officials.

## **ARTICLE XIII – PROTESTS and APPEALS**

### **SECTION 1 – PURPOSE**

The purpose of this article is to outline a procedure for protesting and/or appealing PEISAA sport rules, regulations and/or policy decisions. Member schools have the right to protest any decision of the PEISAA.

PEISAA member schools are expected to resolve disputes or concerns in a professional, informal and respectful manner that will lead to a satisfactory resolution for all. The school sport coordinator, sport commissioner, and/or executive will work with the member schools to facilitate an agreed upon solution to such situations. If a dispute or concern cannot be resolved informally any of the member school's involved can proceed with filing a protest and/or appeal through the PEISAA.

### **SECTION 2 – PROTEST COMMITTEE**

- a. The executive will rule on member school protests of the interpretations and consequences applied towards PEISAA sport policies and rules. To ensure decisions are made in a timely manner, where a regular meeting of the executive is not planned, the protest committee will be called to rule on the issue. (See Article XIII – Section 4h)
- b. At provincial championships the meet manager is responsible for ensuring a tournament protest committee is in place. This committee is required to allow the continuation of the tournament without the formal application process. However, all protests shall be documented, referencing the rule violations in question, and signed by a school designate. The protest committee will use PEISAA sport policies and rules to support decisions.

### **SECTION 3 – DISCIPLINE COMMITTEE**

- a. The PEISAA executive shall have the authority to suspend, fine or penalize any athlete, coach or member school for the violation of PEISAA sport policies and rules. To ensure decisions are made in a timely manner, when a regular meeting of the executive is not planned the discipline committee will be called to rule on the situation. The decision of the discipline committee will be communicated by the school sport coordinator to the parties involved and the PEISAA executive. The committee will be comprised of the school sport coordinator (ex-officio) and at least three (3) members of the executive who are not in a conflict-of-interest position or 2 members of the executive and the commissioner of the sport involved. The commissioner can be replaced by a non-executive member.

## SECTION 4 – PROCEDURE FOR PROTEST

- a. All protests submitted to the PEISAA must be:
  - i. in written form
  - ii. from a member school, and
  - iii. Signed by the member school principal
- b. No individual protest shall be recognized by the PEISAA
- c. The protest must be received by the PEISAA school sport coordinator within 48 hours following the incident in question.
- d. Sundays and holidays as set out in Section 8 of the School Calendar Regulations, are not included in the 48 hour deadline for protests.
- e. The letter of protest must clearly identify the sport rules, regulations and/or policy in question. The judgement of officials is not considered grounds for a protest.
- f. A copy of the letter of protest is to be sent to the other school(s) involved.
- g. All protests must be accompanied by a fee of \$50.00. If the protest is upheld, this fee shall be returned.
- h. A protest committee will be appointed by the chair to deal with each protest and shall consist of the school sport coordinator (ex-officio and non-voting) and three (3) others, with at least one (1) being a member of the executive. The chair will not sit on the protest committee. The decision of the protest committee will be forwarded to the executive. The executive will convey the decision to the member school(s) involved.
- i. The protest committee has 72 hours from receipt of the protest to render a decision.
- j. Executive members who appear in a “conflict of interest” will not serve on the protest committee.

## **SECTION 5 – PROCEDURE FOR APPEAL**

- a. In order for a school to appeal a decision it must provide evidence that the rules of play or policies of the PEISAA have been misinterpreted or not applied in the original decision and/or provide information which was not available when the original decision was reached.
- b. The appeal letter should be directed through the school sport coordinator to the executive of the PEISAA within 48 hours of receiving notification of the protest or discipline decision.
- c. Sundays and statutory holidays are not included in the 48 hour deadline for appeals.
- d. The appeal letter must be signed by the principal and the superintendent or director of the appropriate education authority, accompanied by all evidence in support of the appeal, and a \$100.00 fee (which is refundable if the appeal is upheld).
- e. The appeal will be heard by the appeal committee.
- f. The school sport coordinator will provide the letter of appeal, supporting documentation and the written decision of the protest committee (if any) to the appeal or discipline committee. The school sport coordinator will facilitate the appeal committee hearing.
- g. In appeals involving two (2) schools, the member schools named in the appeal may be represented at the hearing.
- h. The appeal committee shall make a complete report to the executive on the outcome of the hearing and appeal.
- i. The executive will convey the decision within five (5) days of receiving the report.
- j. The decision of the appeal is final.

## **SECTION 6 – SELECTION of the APPEAL COMMITTEE**

- a. The appeal committee will be appointed by the chair and shall consist of school sport coordinator (ex-officio and non-voting) and three (3) others of which one must be an executive member.
- b. Committee members will be appointed based upon their record and reputation as qualified, experienced individuals with knowledge of the sport in question and a thoughtful approach to the role of athletics in the school framework.
- c. An additional two (2) members may be identified in the event that conflict of interest and/or availability becomes an issue.

- d. The school sport coordinator:
  - i. Will arrange the time and place for the appeal committee to meet
  - ii. Will provide the letter of appeal, supporting documentation, and the written decision of the protest committee to the appeal committee; and will be available for clarification if required

## **ARTICLE XIV – FINANCIAL**

### **SECTION 1 – PEISAA EXECUTIVE and COMMISSIONER HONORARIUM**

- a. Executive member responsibilities may extend beyond the school calendar year to include the PEISAA fiscal year. At times, executive members may be required to perform activities during the summer months.
- b. Executive and commissioner honorariums are determined by roles and responsibilities outlined in the ARTICLE XXI on Page 32 and will be reviewed by the executive in May of each year. The honorarium rates are listed in Appendix C (Page 53).
- c. The following standards apply to Honorariums:
  - i. New executive members will start at the listed base fee
  - ii. Executive members and commissioners will receive a 10% base fee honorarium increase each consecutive year they remain in the position, and
  - iii. The yearly 10% increase is in effect to a maximum of 5 years
- d. The secretary-treasurer will track each commissioner's years of service, inform the executive, and pay accordingly.
- e. Commissioners will not be paid until their respective reports have been approved by the PEISAA executive.

### **SECTION 2 – EXPENSES**

- a. All claimed expenses must be accompanied by a receipt.
- b. Travel allowances and rates will be provided and determined by the PEISAA executive.
- c. The PEISAA shall pay an annual membership fee to School Sport Canada (SSC).
- d. The PEISAA shall pay an annual membership fee to the National Federation of State High School Associations (NFSHSA).
- e. Expenses of the authorized delegate(s) to the SSC annual meeting shall be paid by the PEISAA.

- f. Expenses of the authorized delegate(s) to the SSC EMC (Executive Management Council) annual meeting shall be paid by the PEISAA.
- g. Expenses of zone representatives of the executive are the responsibility of the respective education authority.
- h. Authorized expenses of elected executive members shall be the responsibility of the PEISAA.
- i. Substitute teachers and travel rates to attend executive meetings are the responsibility of the respective education authority and are paid according to government approved rates.
- j. Other expenses deemed necessary for the normal function of the PEISAA will be paid by PEISAA, upon documentation and approval by the executive.

## **ARTICLE XV – ADVERTISING**

Any commercial advertising associated with PEISAA activities shall be approved by member school principals and must be in accordance with existing education authority policies and the PEISAA Corporate Partnerships Policy (Article XVI).

## **ARTICLE XVI – PEISAA CORPORATE PARTNERSHIPS**

Many schools solicit outside sponsorship or partners as a way of funding the costs associated with their school athletic program. The coordination and administration of such must be pursued in a manner that will guarantee the school retains full control of the athletic programs, as outlined in PEISAA and Education Authority Policies.

- a. All PEISAA leagues and provincial tournaments will utilize corporate partners negotiated by the PEISAA (i.e. P.E.I. School Milk Foundation).
- b. Zone-administered tournaments and meets may have outside partnerships. These partners may contribute only money. This money is to be used to defray operating costs. Only zone-sponsored awards may be presented.
- c. Schools may solicit outside partnership of teams or individuals in school athletics, but this relationship must be approved by the education authority. Partnerships are permitted to defray operating costs of school-based tournaments and meets.

Partners may be recognized on programs and appropriate posters or signage. This recognition cannot be part of a team uniform, apparel or equipment.



**PRINCE EDWARD ISLAND**

**SCHOOL ATHLETIC**

**ASSOCIATION**

***ADMINISTRATIVE  
POLICIES***

**ARTICLE XVII – PEISAA PROVINCIAL SCHOOL SPORTCALENDAR:**

<b>Date</b>	<b>Deadline /Event</b>
2nd Thursday after school opens or September 18th (whichever comes first)	Withdrawal deadline: all fall sports cross country, field hockey, senior golf, soccer, volleyball
1 <sup>st</sup> full week Wednesday of October	Intermediate Golf Championship
2nd full week Tuesday of October	Senior Golf Championship: A & AA
3rd full week Saturday of October	Cross Country Championships: Pre-novice- Intermediate
October 15	Withdrawal deadline: Basketball, Powerlifting
3 <sup>rd</sup> week of October Last week of October	Cross country championships: Senior Soccer & Field Hockey Championships: All divisions
1st full week Fri & Sat of November (subject to change re: exam schedule)	Volleyball Championships: Senior A & AAA
2nd full week Fri & Sat of November	Volleyball Championships: Intermediate
February 1	Withdrawal deadline: Badminton; Gymnastics; Wrestling
2 <sup>nd</sup> full week Fri & Sat of February	Gymnastics Championships: All divisions
3rd Fri & Sat of February	Basketball Championships: Intermediate
4 <sup>th</sup> full week of Feb. and 1 <sup>st</sup> Mon and Tues of March	Basketball Championships : Senior A, AA & AAA
April 1 Deadline to set spring meeting	Withdrawal deadline: Flag Football, , Rugby, Softball, Track & Field, and Triathlon;
2nd Friday and Saturday of April	Wrestling Championships : All divisions
2 <sup>nd</sup> last Thursday and Saturday of April	Badminton Championships: All divisions
Holiday Monday in May.	Triathlon Championships: All divisions
1st week of June (subject to change re: exam schedule)	Rugby Championships: All divisions
1st Wednesday of June	Softball Championships: Senior
1st Saturday of June  (subject to change re: exam schedule)	Track & Field Championships : All division
2nd Tuesday of June	Softball Championships: Intermediate
2 <sup>nd</sup> Wednesday and Thursday of June	Flag Football Championships

## ARTICLE XVIII – SEEDING PROCESS for PEI SCHOOLSPO

When placement of teams for championships from provincial leagues is requested by member schools, a ranking process may be used. A committee will be established that includes the school sport coordinator (ex-officio), senior basketball league commissioner, and two to three other individuals who have no administrative conflict with the teams involved.

The decision-making process is not a scientific one but one of careful consideration through numerous sources of information from the play of teams during the season. The decisions of the committee may be rationalized if questioned but are not subject to appeal.

**\*Note: If the committee is unable to agree on the position of teams, it has the power to recommend a game(s) be played to establish final position. Official's expenses related to this game(s) will be the responsibility of the PEISAA.**

There are several seeding releases made during the season. In senior basketball leagues a ranking is done by Christmas Break, a second done at the end of first semester, a third one completed in mid-February, and the final ranking at end of season. The positions obtained by the teams, as ranked, are the positions schools are expected to play during the provincial championships regardless of the school classification.

Information used for seeding consideration include:

- a. Games played during the league.
- b. Games played in exhibition or tournaments involving league teams which are on the championship side of the draws. Games played once a team has lost in a tournament are not considered.
- c. The strength of schedule.
- d. Improvement of play versus the same competition as the season progresses.
- e. The seeding.

## ARTICLE XIX – PEISAA PROVINCIAL SCHOOL SPORT AWARDS

Provincial champions in all team sports receive a championship bar for permanent display in the school and a banner (intermediate and senior) for display during the championship year. Individual team members receive championship medals. Provincial champions in individual sports, badminton, cross country, golf, gymnastics, power-lifting, track and field, and wrestling receive ribbons or medals.

### SECTION 1 – TEAMSPORTS

- a. Ball Hockey, baseball, Basketball, golf, field hockey, flag football, rugby, soccer, softball, Unified Bocce, and volleyball team members will be awarded medals.
- b. Champions: Gold - 1st, Silver - 2nd, Bronze - 3rd.
- c. A pre-defined number of medals have been designated for each sport as follows: ball hockey 19, baseball (18), basketball (16), golf (5), field hockey (20), flag football (12), rugby (21) soccer (20), softball (18), and volleyball (15).
- d. Schools with more players than medal allocations may purchase additional medals from PEISAA.

### SECTION 2 – INDIVIDUAL and DUAL SPORTS

For individual and dual sports, awards are follows:

- a. Badminton: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd.
- b. Cross-Country: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd; Ribbons for participants placing 4th - 10th.
- c. Golf: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd.
- d. Gymnastics: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd of the total point aggregate in each classification and Ribbons for 4th-10th in total point aggregate; Ribbons for 1st, 2nd and 3rd in each event.
- e. Triathlon: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd
- f. Track and Field: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd of the total point aggregate in each classification and Ribbons for 1st, 2nd and 3rd in each event.
- g. Wrestling and Powerlifting: Medals for Gold - 1st, Silver - 2nd, Bronze - 3rd.

## **ARTICLE XX – PEISAA SENIOR LEAGUE ALL-STAR SELECTIONPROCESS**

“All Stars” may be selected in any sport on the recommendation of the sport commissioner and upon approval by the executive. Individuals chosen as “All Stars” shall be acknowledged with a certificate.

### **SECTION 1 – NOMINATION and VOTING PROCEDURE**

Coaches and schools within the PEISAA want all-stars to be selected for senior league team play. To facilitate this, the following procedure enables an equitable and representative process so that the best players can be selected as league all-stars. This does not imply that each team will have a league all-star, yet all schools need to completely support the process in order for it to be successful.

- a. An email notice will be sent each season to all senior high athletic directors and sport commissioners to discuss nominations and begin the selection of all-stars.
  - i. Nomination Form will be forwarded with the above email.
  - ii. Athletic directors are expected to forward the information and form to their coaches and show support for the concept, the players, the school and the league. The included deadline is expected to be met.
  - iii. The nomination process for ‘most’ sports uses a descending number of nominations per school depending on their placing in the league. Field hockey, arranges a coaches meeting and at that meeting the All-Stars are selected. If school coaches decide to not nominate any players as All-Stars, they may still submit a voting ballot. The included nomination form asks for players name, position, number if available and grade, plus a two to three sentence description of that player’s skill and value to the team. The schools are clearly reminded to submit their players in the descending order of the position they are felt to maintain on the team. For example - #1 placing team may nominate six players maximum, #2 team may nominate five (5) players maximum and so on down to a maximum of two (2) players for the lowest seeded team. A team does not have to nominate the maximum number.
  - iv. The athletic director is asked to review the nominations before sending. This is to make sure all needed info is included and ballot completed with thought.
  - v. The nominations will be received by the all-star commissioner and a master list of nominations will be compiled and returned to the school athletic directors. All information and player profiles will be compiled in a manner easy for the coaches to read and also understand the value of certain players to the team. The voting coaches may not remember certain players from games played and also may now know the players’ coaches consideration of each player.

- vi. A ballot will be included with the master list, emailed back to athletic director with return deadline, and vote shall be tabulated. Teams are not to vote for players on their own teams. The athletic director is asked to review the ballot before sending it in to make sure all needed info is included and ballot completed with thought.
- b. Coaches are encouraged to note athletes from other schools who play well during the season and to consider information provided about players with whom they are not familiar (due to scheduling or other reasons).
- c. The vote results will not be released to the athletic directors until the playoffs are completed for the various leagues. Results will be included on website and submitted to the social media options. It is expected the athletic directors will inform their coaches of the results.
- d. Each coach will vote for the top twelve players (in order), without voting for their own players.
  - i. Each coach must vote for 12 players, if available
  - ii. Twelve (12) points will be awarded for a number one listing and one (1) point will be awarded for a number 12 listing. Using this listing, the commissioner will make the final decision for all-stars.
- e. Coaches are expected to vote objectively. All information exchanged is confidential and not to be discussed.
- f. All-star certificates will be delivered to the student's school for distribution.

## **SECTION 2 – ALL-STAR TEAM ALLOCATIONS**

- a. Field Hockey: “AAA” women – eleven (11-13) players, subject to agreement by commissioner and coaches.
- b. Softball: Women – nine (9) players each per division.
- c. Rugby: “AAA” and “AA” Men and Women – 15 players each; “A” men and women teams – two (2) eight (8) player teams.
- d. Basketball: “AAA” Men and Women – a first and second team of five (5) players each. Players will be selected from team eligible for “AAA” medals.

Basketball: “AA” Men and “AA” Women – a first and second team of five (5) players. Players will be selected from teams eligible for “AA” medals.

Basketball: “A” Men and “A” Women – a first and second team of five (5) players. Players will be selected from all remaining teams including those eligible for “A” medals.

- e. Soccer: “AAA” and “A” Men and Women – eleven (11) players each plus an additional Goalie All-Star.
- f. Volleyball: “AAA” Men and Women and “A” Women – a first and second team of six (6) players each. If “A” league is in 2 divisions, each division will have an all-star team of six (6) players
- g. If the vote ends in a tie for the last position(s), the all-star commissioner may add the number of all-stars required to include all those tied.

#### **ARTICLE XXI – PEISAA HONOURARIUM RECIPIENTS:**

Chair Past	Coach Commissioner
Chair	Intermediate Golf
Vice-chair	Senior Golf
Secretary-Treasurer	Gymnastics
All-Star Commissioner	Rugby
Officials Commissioner	Power Lifting
Publicity Coordinator	Intermediate Soccer, East & West
Web Site Manager	Senior Soccer
Badminton	Intermediate Softball
Ball Hockey	Senior Softball
Baseball	Track and Field
Intermediate Basketball, East &	Triathlon
West Senior Basketball	Intermediate Volleyball
Cross-Country	Senior Volleyball
Flag Football	Wrestling
Field Hockey	

Qualifying executive members and commissioners receive a 10% base fee honorarium increase each year they remain in the position. New commissioners start at the listed base fee. Commissioners will receive the yearly increase to a maximum of five (5) years.

The PEISAA secretary-treasurer will keep track of each commissioner’s years of service and how much commissioners are to be paid each year.

- Commissioners will be paid following approval of their final report by the executive.
- Honorarium rates for each year are posted in appendix C (Page 51).
- The honorariums will be reviewed by the executive in May of each year.

## **ARTICLE XXII - PEISAA PROVINCIAL CH'SHIP SITE SELECTION PROCESS:**

- a. The protocol for the selection of the provincial championship site locations reflects what the PEISAA considers to be in the best interest of the majority of the schools involved.**
  - i. Schools should be given the opportunity to volunteer to host provincial play downs.
  - ii. Championships should be hosted by a school which is expected to qualify for the play downs.
  - iii. Provincial play downs should be held in a location where the facilities, as they relate to peripheral space, and standardization of equipment and court, allow for the fair and equal playing of the sport.
  - iv. The selection of a championship site shall adequately provide for the disability accessibility and physical, emotional, and interpersonal safety of the athletes, coaches, officials and fans.
  - v. Provincial play downs should alternate locations throughout the Province.
  - vi. Consideration should be given to expected place of finish in league play.
- b. The criteria for Championship site selection are as follows:**
  - i. Whenever possible, league play, zone play downs and provincial play downs shall proceed as stated in the individual sport's "Sport Regulations."
  - ii. In team sports which use a "series" format as the basis for their play downs, play should feature alternating home and away games with the odd game, if necessary, going to the team that place higher during the regular season.
  - iii. In those team sports which use a "tournament" format as the basis for their championship play, the following criteria should be considered for site selection:
    - The host site should meet physical accessibility standards for people with disabilities.
    - All schools should be encouraged to volunteer to host provincial championship play.
    - Those schools which volunteer will be considered.
    - Should no schools volunteer, the executive, through the sport commissioner, or school sport coordinator, should approach individual schools.



- Qualifying teams which have hosted the same championship within the last two (2) years shall have their application tabled. Preference shall then be given to the highest placing regular season qualifying team.
- Should no other team be left for consideration, the team which hosted two years previously, may be considered.
- Should no other team be left for consideration, then the team which hosted the previous year may be considered.
- The executive, in consultation with the sport commissioner and school sport coordinator, shall approve championship sites.

**c. Provincial Tournament Allowable Expenses**

The tournament expense budget must be pre-approved by the Executive. Allowable expenses for hosting a Provincial tournament may include:

- i. Officials
- ii. Custodians (if necessary)
- iii. Security
- iv. Rental of a non-school facility (if necessary)
- v. Awards within the PEISAA policy
- vi. Purchase of equipment or transportation of equipment (if necessary)
- vii. Programs and/or advertising, where approved
- viii. First-aid care on hand or on call
- ix. Other related costs

## ARTICLE XXIII – SCHOOL SPORT COORDINATOR RESPONSIBILITIES

### a. Administration

- Shall manage the day-to-day affairs of the PEISAA.
- Shall be the custodian of the records, correspondence and other property of the PEISAA.
- Shall prepare the annual activity calendar.
- Shall order and distribute provincial championship awards.
- Shall oversee all aspects of school membership, team registration, player eligibility and insurance.
- Shall prepare a variety of written reports and documents including summary reports for the minister and reports of conferences attended.
- Shall maintain records of provincial champions.
- Shall coordinate special projects.
- Shall attend competitions when feasible.
- Shall recruit, as required, commissioners to administer the various sanctioned sports.
- Shall provide leadership to assist the PEISAA executive and commissioners to carry out their volunteer work for the PEISAA.
- Shall maintain ongoing communication with, and providing advice and support to member schools, athletic directors, education authorities, corporate sponsors, and volunteers.
- Shall recruit four individuals to serve as appeal committee members by middle of September annually.

### b. Meeting

- Shall meet with the chair and department representative to prepare the agenda for all PEISAA executive meetings.
- Shall facilitate meetings of the PEISAA executive every 6-8 weeks, scheduling workshops in September, November and April for the seasons of play on the intermediate and senior High School activity calendar, and professional development workshops.
- Shall keep the chair and department representative informed of controversial matters and shall regularly report on all activities to the PEISAA executive.
- Shall arrange conference calls or special meetings when required.
- Shall be an ex-officio member of all PEISAA committees.

### c. Financial

- Shall arrange for the preparation of the annual review engagement financial statements, administrate and monitor in collaboration with the PEISAA secretary-treasurer the financial matters of the PEISAA.
- Shall identify and negotiate school sport financial sponsorship.
- Shall develop and maintain service sponsors for the academic recognition program for student athletes.

**d. Insurance and Coaching Certification**

- Shall ensure Student Accident Insurance Program is maintained.
- Shall prepare, administer and monitor financial and liability insurance matters relating to school sport.
- Shall monitor and keep records of incident reports provided by PSB, CSLF and private schools and report on such at the June meeting.
- Shall provide direction to education authorities and support schools in developing action plans to ensure that coaches of school teams are staff members or volunteers that are trained physical educators or persons trained through NCCP.
- Shall provide direction to education authorities and support schools in developing action plans to ensure that all coaches complete training from NCCP or equivalent, within two years of coaching an interscholastic team.
- Shall provide direction to education authorities and support schools in developing action plans to ensure all coaches have up-to-date training in first-aid for athletic injuries.
- Shall develop and implement an educational and promotional program for all stakeholders regarding fair play and inclusive practices, safety and injury prevention within and surrounding school sport.

**e. Public Relations**

- Shall monitor and facilitate the maintenance, with school athletic directors and principals, of the all-star process.
- Shall monitor, support and facilitate the media exposure of sanctioned PEISAA sport activities and programs.
- Shall monitor the production of PEISAA social media platforms.
- Shall organize and facilitate all school sport championships and publicity required for both championship play and leagues.
- Shall facilitate the maintenance and development of the PEISAA website.
- Shall respond to, facilitate and provide leadership in dealing with school sport discipline issues, meetings of the PEISAA appeal committees and the other association and program issues.
- Shall maintain and foster relationships with sport governing bodies and the officials associations that correspond to PEISAA activities.

**f. Professional Development**

- Shall maintain liaison with the Canadian School Sport Federation and the National Federation of State High School Association.
- Shall serve as a resource person regarding current trends, developments and issues in Canadian sport.
- Shall liaise with other department and government staff and community organizations, regarding school sport and project/initiatives undertaken by PEISAA.

**g. General:**

- Shall perform other related duties as required.

## **ARTICLE XXIV – PEISAA VOLUNTEER ROLES and RESPONSIBILITIES**

### **SECTION 1 – EXECUTIVE**

- a. Members of the executive are expected to attend all executive meetings.
- b. Executive member responsibilities may extend beyond the school calendar year and may include the PEISAA fiscal year. At times, executive members may be required to perform responsibilities during the summer months.
- c. Send notice seeking hosts for the various provincial championships to schools no later than four (4) weeks prior to championship date.
- d. In conjunction with the sport commissioner, school sport coordinator and existing site selection policy, determine championship site and manager.
- e. Approve the budget submitted by meet manager.
- f. A PEISAA executive member is expected to attend provincial championships, assist with the awards ceremony and serve on the Championship Protest Committee, if needed.

### **SECTION 2 – SCHOOL SPORT ZONE REPRESENTATIVES**

- a. The zone representatives, as members of the executive, shall attend all executive meetings. It is expected that zone representatives maintain awareness of issues as communicated by the school sport coordinator and prepare for meetings so to facilitate effective decision-making on pending issues.
- b. Coordinate seasonal meetings of all physical education teachers and coaches within the school sport zone. At these meetings, conduct the business of the school sport zone which will consist of the following:
  - i. Schedule qualifying tournament(s) for all sports on the PEISAA's athletic calendar which involve schools within the school sport zone.
  - ii. Arrive at a decision on how the school sport zone winners are to be declared and ensure that winners will be declared in time for the PEISAA deadline.
  - iii. Arrange for tournament managers.
- c. Contact other school sport zone representatives when inter-zone play is involved.
- d. Keep the chair, school sport coordinator and sport commissioner informed on the progress of play within the school sport zone. Forward a copy of the schedule to the school sport coordinator and sport commissioner.
- e. Encourage member schools to publicize game results in the media.
- f. Ensure that adequate financial arrangements are made to provide for inter-zone competition.

- g. Ensure that all physical education teachers and coaches within the school sport zone are informed of PEISAA executive meeting decisions.
- h. Act as the liaison between the PEISAA and representative schools and also as a liaison between the PEISAA and the education authority.
- i. Ensure that a qualified first-aid provider will be present and identified for all school sport zone and provincial championships.
- j. Submit a report annually to the education authority and the Department of Education, Early Learning and Culture, as required.

### **SECTION 3: SPORT COMMISSIONER**

- a. Become familiar with PEISAA rules, sport regulations and policies.
- b. Ensure the qualification method approved at the pre-season scheduling meeting is applied to that particular sport.
- c. Receive all team rosters to ensure player eligibility.
- d. On occasion, the sport commissioner may also be the meet manager. These roles reflect responsibilities outlined by both.
- e. Forward updated league standings to the school sport coordinator or publicity coordinator.
- f. Ensure the PEISAA web site has updated league standings by a fixed day each week of league play.
- g. Monitor all cards/penalties issued for sport or situations which may require suspension by the executive.
- h. Automatic game card suspensions may be handled by the commissioner. The school sport coordinator and the member school must be informed.
- i. Attend meetings of the executive upon request.
- j. Coordinate all scheduling in consultation with zone representatives and the school sport coordinator.
- k. Serve on a protest committee as requested by the chair.
- l. Assist in selection of the host school for provincial championship play.
  - i. Confirm the eligibility of players and provide meet manager with information on participating teams - standings, etc.
  - ii. Submit an expense claim supported by receipts.

- m. Arrange for clinics, if requested.
- n. Submit a final report on the year's activity using the PEISAA format. Include play-off procedure, tournament results, standings, participation, and recommendations for the future.
- o. Establish and maintain liaison with the appropriate provincial amateur sport governing body.
- p. Attend the provincial championships or arrange for a designate if more than one event occurs simultaneously.
- q. Individuals cannot hold more than two (2) Commissioner roles during a school year.

#### **SECTION 4 – ATHLETIC DIRECTOR**

**\*\* Although some of these may be completed by a coach, it is responsibility of athletic director to ensure they have been completed as necessary.**

- a. Keep principal (or designate) informed of all matters relating to the team.
- b. Advise students who are trying out for any sport of the PEISAA eligibility rules. Complete the PEISAA player/coach information form and submit to school sport coordinator by prescribed time.
- c. Send rosters to the school sport coordinator before the start of the season. Submit changes to roster such as additions, deletions or jersey number changes to school sport coordinator.
- d. Oversee game conditions for home games.
- e. Complete game reports immediately following each home game and fax/email to commissioner of that sport.
- f. Complete a game report on the PEISAA website on the same day as competition occurs.
- g. Ensure that factual information is given to the media immediately following each home game.
- h. Apply for sanctions.
- i. Make some provision for reasonable control of your team fans at away games.
- j. Make sure coaches have the required Making Headway and Safe Sport courses before they participate with any teams or athletes or are added to the coach database. Keep the coach database updated.

## **SECTION 5 – COACH**

- a. Coach while remembering that school sports are part of the educational process.
- b. Keep athletic director informed of all matters relating to the team.
- c. Ensure that, before during and after competition, all athletes will only change uniforms in the change rooms provided.
- d. For all league and exhibition games, the coach of the host team should ensure that all facilities are safe and functional for the purposes of the game to be played.
- e. For purposes of contacting medical assistance, all teams must ensure that one coach has a cell phone and able to call 911 if needed.
- f. The coach of the host team should be aware of emergency procedures in the area where PEISAA activities are taking place.
- g. For games played outdoors, all activity should be suspended at the approach of an electrical storm. Players, officials, and student spectators should take shelter indoors until the storm passes.
- h. Understand and adhere to all PEISAA policies (i.e. Sanctions, suspensions, protests, appeals, reporting, coaching requirements, etc.) and Provincial Safety Guidelines.

## **SECTION 6 - PROVINCIAL MEET MANAGER**

- a. Work in consultation with sport commissioner and school sport coordinator.
- b. Ensure a protest committee is in place for provincial championship play.
- c. Prepare a tournament budget and forward a copy to executive for approval at least two(2) weeks prior to the tournament/championship.
- d. Arrange for facilities and oversee their preparation and maintenance for duration of the competition. These facilities must align with the Provincial Sport Guidelines:
  - i. opening-closing facility
  - ii. equipment (including game ball)
  - iii. display banners and signs
  - iv. canteen facilities, if necessary
  - v. proper lining of fields, etc.
  - vi. awards presentation ceremony
  - vii. sound system
  - viii. scorebooks/clocks, etc.
  - ix. changing rooms: officials and athletes
  - x. supervision, security, tickets

- e. Check with host school and/or “offsite staff” to verify arrangements for adequate supervision and security.
- f. Verify eligibility of players with commissioner.
- g. Arrange to have awards available and presented to the winners, as follows:
  - i. Banner - intermediate, juvenile and senior only
  - ii. Bars - all Divisions
  - iii. Ribbons - individual sports
  - iv. Medals - top three finishers all sports
  - v. Certificates - individual and dual sports may be sent to schools after provincial championships
- h. In conjunction with the school sport coordinator, arrange for tickets and ticket sales, accounting and banking.
- i. Arrange for all minor officials.
- j. Arrange hospitality - coaches, officials, where applicable.
- k. Arrange for a first-aid provider to be present and identified.
- l. Prepare program with assistance from commissioner and school sport coordinator.
- m. Arrange ongoing publicity of game results.
- n. Arrange award presentation
- o. In cooperation with the host school, oversee the closing down of the facility following the tournament.
- p. Submit a report and expense claim, with receipts, to the commissioner following the tournament.
- q. Payment of officials, minor expenses and accounting
  - i. Pay minor officials and other miscellaneous expenses from float. When possible, all expenses, excluding the meet manager’s honorarium, should be paid from money collected during competition. Include amounts in final report.
  - ii. If event produces a *net gain*: forward net gain amount as a cheque to the PEISAA in care of the school sport coordinator. Please do not send cash.
  - iii. Any substantial amount of cash received at the gate for any tournament should be left overnight in a financial institution for safe-keeping and protection of all individuals involved.
  - iv. If event results in a *net loss* (i.e. expenses are greater than the amount collected): make a summary of all outstanding debts and submit to PEISAA secretary-treasurer through the school sport coordinator.



- v. All bills and receipts pertaining to a provincial tournament should be retained and included with the final tournament-meet budget form.
  - vi. Payment of major officials: current rates as approved by executive.
  - vii. Payment of minor officials: subject to a number of factors such as leadership, assignment, etc. Please check with sport commissioner or school sport coordinator for further information.
- r. Where schools involve their leadership class in the organization of provincial championships including minor officiating, ticket taking, security, etc., they are eligible for a small honorarium upon application to the executive. Some schools make this type of involvement a part of required course load and therefore do not compensate their students. However, in some cases where significant saving is a result of leadership class involvement, schools may wish to at least cover student lunches.
- s. Providing lunches for minor officials and meet managers is left to the discretion of the sport commissioner. Organizers and officials of sports that take up a good part of the day would be eligible to receive lunch. Meet managers should include this item in their budget.

A cheque from the PEISAA to cover the meet manager's and sport commissioner's honorarium will be forwarded upon completion of the sport commissioner's final report.

**PRINCE EDWARD ISLAND**

**SCHOOL ATHLETIC**

**ASSOCIATION**

***ADMINISTRATIVE***

***REGULATIONS***

## Background

Pursuant to the *Education Act*, the Minister issued a directive granting authority to the Prince Edward Island School Athletic Association, "PEISAA", to coordinate and administer school sports in Prince Edward Island, "PEI."

Pursuant to s. 4(2) of the Act, the Minister of Education, Early Learning and Culture "...may, after consultation with an education authority, develop and issue directives respecting policies, guidelines and rules for the provision and coordination of education and administrative services by the education authority, with respect to ... the development of combined or shared services for education authorities..."

The rules governing the operation of the PEISAA are set out below.

## Definitions:

In these rules, the following definitions shall apply:

- a. "Department" - means the Department of Education, Early Learning and Culture;
- b. "Minister" - means the Minister of Education, Early Learning and Culture;
- c. "Program" is that part of an overall school's athletic program which is specific to the operation and development of a particular team in a particular sport and classification within the PEISAA;
- d. "Province" - means the Province of Prince Edward Island;
- e. "School" - means a school, public or private;
- f. "Education Authorities" - means the Public Schools Branch, La Commission scolaire de langue française, or any one or more of them;
- g. "School Reps" - means the athletic director or such other representative from each participating school that attends the PEISAA meetings on behalf of that school;

## REGULATION 1 – EXECUTIVE

### 1.1 Subject to paragraph 1.2, the PEISAA Executive, the "Executive", shall consist of the following positions and responsibilities:

- a. **Past Chair** - a non-voting member who will serve a term of one (1) year following the selection of a new chair. The past-chair shall serve as a liaison for the new chair during this transition period.
- b. **Chair** - shall be selected by the school reps (5 zone reps, principal's rep and Phys ed rep) at the regular June meeting. This position is a two-year term and can only serve two consecutive terms. The chair shall preside at all PEISAA meetings and shall only cast a vote in the event of a tie. The chair shall be the PEISAA's representative to the Canadian School Sport Federation's Board of Directors. The chair shall be the main contact person with respect to the Department, the media and the public. The chair shall be a non-voting member of each committee struck by the PEISAA.

- c. **Vice chair** - shall be selected by the school reps (5 zone reps, principal's rep and Phys ed rep) at the regular June meeting. This position is a two-year term and can only serve two consecutive terms. The vice-chair shall carry out the duties of the chair in the chair's absence. In addition, the vice chair shall serve as chair of the awards committee.
- d. **Secretary-Treasurer**- shall be selected by the school reps at the regular June meeting. This position is a one year term and open to subsequent re-selection. The secretary-treasurer shall be responsible for the preparation of minutes, implement the fiscal policies as directed by the executive, prepare full and accurate accounts of the receipts and disbursements, deposit all monies in the name of and to the credit of the PEISAA, disburse funds as authorized by the executive and provide financial reconciliation at every executive meeting.
- e. **The Principal's Representative** - shall be appointed by the High School Principal's Association. The principal's representative shall attend executive meetings, act as liaison between the member schools and the PEISAA and report to the High School Principal's Association on the activities of the PEISAA
- f. **Officials' Representative** - shall be selected through the collaboration of the PEISAA executive and various provincial sport associations. The officials' representative shall attend executive meetings, act as liaison between the officials of the various Provincial Sport Associations, Provincial Officials Associations and the PEISAA. This position is a one-year term and open to reappointment.
- g. **School Zone Representatives (5 positions)** - shall be appointed by the superintendent or director of the appropriate school authorities. The five (5) school zone representatives shall represent the five (5) former geographical school districts in PEI, namely units 1-5 inclusive. There shall be four (4) representatives from Public Schools Branch and one (1) representative from La Commission scolaire de langue française. The chair shall not be permitted to act as a school sport zone representative. The school sport zone representatives shall attend executive meetings, ensure that all school administrators and athletic personnel within their school zone are informed of PEISAA decisions that pertain to them, distribute minutes of executive meeting to their school zone principals, and report to their respective director and education authority as required.
- h. **Department Representative** - shall be appointed by the deputy minister of the department.
- i. **School Sport Coordinator** - shall be a non-voting member of the executive and an employee of the department. The duties of the school sport coordinator may include, but are not limited to, those listed in **ARTICLE XXIII** (Page 35), in Administrative Policies.

## 1.2 Call For Nominations

The school sport coordinator will notify schools by e-mail no later than May 24 of an election year for the positions available. The chair and vice-chair positions will be elected in even numbered years for two-year terms. The secretary-treasurer position is voted on

annually. All names interested in being considered for these positions must be submitted to the school sport coordinator no later than June 21 of that year. If no names are submitted, the school sport coordinator, the principals' representative and the Phys ed representative will form a nominating committee to seek interested individuals. If more than one candidate comes forward, the five zone reps, principals' rep and Phys ed rep would be called on to vote.

Nominations cannot be made from the floor during the election process.

- 1.2 All members of the executive shall be employees of the department or of the education authorities. Notwithstanding the foregoing, if the past chair is a first year retiree, they shall be allowed to remain on the executive at the pleasure of the department and the education authorities.
- 1.3 Any vacancy that may occur on the executive from time to time, shall be filled by executive appointment, and in the case of the school sport zone representative(s), by the respective education authority. The executive may declare a vacancy due to inactivity on the part of an executive member.
- 1.4 A member of the executive may resign from their position by delivering notice of such resignation to the school sport coordinator.
- 1.5 The chair and the school sport coordinator shall collaborate to prepare the agendas for all executive meetings.
- 1.6 Executive meetings shall be called by the chair and held at regular intervals (generally every 6-8 weeks) and at a location and date determined by the chair in consultation with the executive. Special meetings may be called on the request of any two executive members, provided that they request in writing to the chair that a meeting be called and the purpose thereof.
- 1.7 Six members of the executive shall constitute a quorum.
- 1.8 Each member of the PEISAA executive, except the chair, the past-chair and the school sport coordinator, shall be entitled to a vote at all meetings of the executive. Notwithstanding the foregoing, the chair shall vote in the case of a tie.

## **REGULATION 2 – PARTICIPANTS**

- 2.1 Any school in Prince Edward Island may become a member of the PEISAA upon payment of the annual membership and registration fees. The annual membership and registration fees shall be set by the Executive by June 30<sup>th</sup> each year for the following school year.

- 2.2 A school shall be deemed to be in good standing provided that it has paid its membership fees and is not subject to disciplinary investigation/action of the PEISAA.
- 2.3 A school not in good standing with the PEISAA may be placed on probation for a period of time determined by the PEISAA executive.
- 2.4 If a school violates the PEISAA rules, guidelines or policies, and after advisement and consultation with the PEISAA and the education authority responsible, the offending school may be subject to disciplinary action by the executive upon the recommendation of a majority vote of the executive and with the approval of the education authority and the department.

### **REGULATION 3 – ADMINISTRATION**

- 3.1 The fiscal year of the PEISAA shall be from the period of July 1 to June 30.
- 3.2 The secretary-treasurer shall prepare bank account reconciliations on a monthly basis. These reconciliations shall be distributed to all executive members.
- 3.3 The review engagement of the financial records of the PEISAA shall be prepared every year by an independent accountant utilizing generally accepted accounting principles.
- 3.4 The signing officers of the PEISAA shall be any two or more of the following: the chair, vice-chair, department representative, and/or school sport coordinator. Additional signing officers may be appointed by the executive from time to time. A signing officer may not sign any cheque payable to themselves.

### **REGULATION 4 – CONSULTATION**

- 4.1 It is intended that all participants in the PEISAA work in a consultative and collaborative manner to assist the Minister in developing guidelines and policies for the organization and administration of school sport in Prince Edward Island. The PEISAA shall submit guideline and policy recommendations to the Minister for consideration, variation and implementation. Once implemented, the guidelines and policies should be made available to all schools and other interested parties.
- 4.2 The education authorities, the department and the PEISAA executive shall consult and attempt to reach a consensus when issues arise that have a provincial impact.

# **Prince Edward Island School Athletic Association**

## ***Appendices***

**APPENDIX A  
MINISTER'S DIRECTIVE**

**NO. MD 2018-07**

**Prince Edward Island School Athletic Association**

Pursuant to clause 4(2)(l) of the Education Act R.S.P.E.I. 1988, Cap. E-02, I hereby issue the following Minister's Directive concerning the mandate of the Prince Edward Island School Athletic Association (the "PEISAA"):

1. The PEISAA is designated and continues as the body responsible for administering school sport in the province of Prince Edward Island, in cooperation with the education authorities, and in accordance with the Education Act and its regulations.
2. The authority of the PEISAA to administer provincial school sport is subject to the direction of the Department of Education, Early Learning and Culture.
3. The PEISAA shall promote competition in amateur athletics among all schools in a manner consistent with the educational goals and objectives established by the Department and education authorities.
4. The PEISAA shall equalize athletic opportunities by standardizing rules of eligibility for individuals, and classifying for competitive purposes, the schools in the province which are members of the PEISAA.
5. The PEISAA shall cultivate the ideals of sportspersonship in its relationship to the development of character as part of the complete education of a student athlete.
6. The PEISAA shall plan school sport in such a way as to cause minimal interference with school attendance.
7. The PEISAA shall establish and maintain standards for coaching practices, team travel for the purposes of school sport and the conduct of student athletes and spectators.
8. The PEISAA shall encourage positive communication and cooperation among schools, sport governing bodies and community sport groups.
9. The PEISAA shall maintain a list of PEISAA sanctioned sporting events.
10. The PEISAA shall promote all round educational growth of students and not elite development.
11. The PEISAA shall foster, facilitate and govern its activities such that the Department and education authorities value school sport as educational and recreational endeavors, beneficial to students and worthy of active encouragement and support.



12. The PEISAA shall govern according to the *PEISAA Policy and Procedures Manual* (as updated from time to time) and the rules governing the operation of the PEISAA executive, school athletes, administration and consultation contained within the Manual, and as approved the Director, within the Department as designated by the Minister as having responsibility for the PEISAA.

This Minister's Directive is effective September 14, 2018

DATED at Charlottetown this 14th day of September, 2018.

A handwritten signature in blue ink, appearing to be 'JB', is written over a faint, light blue circular stamp.

Jordan K.M Brown  
Minister of Education, Early Learning and Culture

## Appendix B – Definitions

A ‘registered’ school is a member school which has submitted its registration form and payment of applicable fees to the PEI school sport coordinator.

A ‘member school’ is a school with registration paid in full and not subject to any probations or suspensions.

A ‘league’ shall be defined as a schedule, involving teams from more than two (2) PEISAA registered schools or a series of tournaments scheduled over more than 15 consecutive days.

An ‘interscholastic season’ in any sport is defined as that period of time from the date of the first regular scheduled league game until the end of the provincial championships in that sport.

A ‘game’ when referenced regarding a team sport such as soccer, field hockey, basketball, flag football, golf, softball would imply the next game as per the team’s schedule, either exhibition or league, as in place at beginning of appropriate season.

A ‘match’ when referenced regarding a team sport such as volleyball, would imply the next match, either best of three or best of five, as normal per the team’s schedule, either exhibition or league, as in place at beginning of appropriate season.

A ‘full course load’ refers to the amount of class-room instruction time representing a minimum of 70% of the school day.

‘Conflict of Interest’ refers to a situation in which a person has a private or personal interest sufficient to appear to influence the objective exercise of their official duties.

‘Hazing’ refers to any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.

‘Probation’ shall be defined as a formal warning to a “player, coach, team or member school”, as to their pending eligibility to participate in interscholastic sport.

‘Provincial School Entry Date’ is the school year date in which students of appropriate age may register for kindergarten. (See Appendix B for Student Athlete Age Classification)

A ‘Sanction’ is the formal permission of a member school or individual to attend out-of-province events or tournaments, or to host an event or tournament involving three or more schools including at least one out-of-province school.

A ‘School Designated Coach’ is an adult approved by a school principal or principal designate to be an interim school coach.

‘Suspension’ is the temporary removal of a player(s), coach(es), team(s) or member school(s) from participating in school sport.

A ‘trial’ for any individual in a team sport is the number of interscholastic games at a higher level in which a player may participate. The school sport coordinator must be informed of all trials before they occur.

Sport Commissioner – a person(s) appointed by the executive to convene specific sport activities of the PEISAA.

## Appendix C

### ***PEISAA EXECUTIVE AND COMMISSIONER HONORARIUMS***

POSITION/ SPORT	BASE	POSITION/ SPORT	BASE
Chair	650	Power Lifting	250
Vice-Chair	325	Gymnastics	300
Past Chair	325	Wrestling	300
Sec./ Tres	800	Badminton	350
Sr. Soccer	500	Flag Football (E)	250
Int. Soccer W	250	Flag Football (W)	250
Int. Soccer E	250	Rugby	350
Sr. Volleyball	500	Sr. Softball	300
Int. V'ball	400	Int. Softball	300
Field Hockey	400	Track & Field	350
Cross Country	300	Triathlon	250
Jr. High Golf	250	Baseball	300
Sr. High Golf	250	Officials	450
Sr. Basketball	700	All-Star Coor	400
Mid.W B'ball	300	Publicity Hon.	800
Mid.E B'ball	300		

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## **PEI School Athletic Association Registration 2025-2026**

Name of school: \_\_\_\_\_

Grades: \_\_\_\_\_

Enrollment: \_\_\_\_\_

Date: \_\_\_\_\_

### **Individual and Dual Sport Registration:**

Badminton	\$30.00/school	\$ _	Unified Bocce	\$30.00/school	\$ _
Cross Country	\$30.00/school	\$ _	Gymnastics	\$30.00/school	\$ _
Powerlifting	\$30.00/school	\$ _	Wrestling	\$30.00/school	\$ _
Triathlon	\$30.00/school	\$ _	Track & Field	\$30.00/school	\$ _
<b>Individual SubTotal:</b>					<b>\$ _____</b>

### **TEAM SPORT REGISTRATION (Please list number of teams per column)**

Sport	Cost (per team)	Int. Girls # of teams	Int. Boys # Teams	Sen Women # Teams	Sen Men # Teams	Total # of teams	Total Cost
Basketball	\$40.00/team						
Field Hockey	\$40.00/team		N/A		N/A		
Golf	\$40.00/team						
Rugby	\$40.00/team	N/A	N/A				
Soccer	\$40.00/team						
Softball	\$40.00/team		N/A		N/A		
Volleyball	\$40.00/team						
Flag Football	\$40.00/team						
Baseball	\$40.00/team	N/A					
Ball Hockey	\$40.00/team	N/A		N/A			

**Team Sport Sub Total:** \$ \_\_\_\_\_

**Individual Sub Total (from above):** \$ \_\_\_\_\_

### **School Registration:**

**Elementary:** \$70     **Int/Senior:** \$200

**School Registration Total:** \$ \_\_\_\_\_

**\*\*Please Note-** School pays the fee based on highest Grade offered.

**Registration Total:** \$ \_\_\_\_\_

I certify that during the 2025-2026 academic year this school will participate in the sports checked above in accordance with the rules and regulations contained in the Constitution of the PEISAA

\$ \_

**Total Owing** \$ \_

\_\_\_\_\_  
Athletic Director

Registration Deadline: Sept 15<sup>th</sup>, 2025

\_\_\_\_\_  
Principal

Payment Deadline: September 15<sup>th</sup>, 2025

Please make cheques payable to: PEISAA/250 Water Street/Summerside, PEI/ C1N 1B6 ([mconnolly@gov.pe.ca](mailto:mconnolly@gov.pe.ca))



250 Water St, Suite 101, Summerside, PEI C1N 1B6  
Phone: 902-438-4846 | info@peisaa.ca | www.peisaa.ca

## Joint Team Application

Please scan this form and email it to info@peisaa.ca.

As per **Article III, Section 6** - Joint School Teams, schools are permitted to make an application to the PEISAA to sponsor a joint team.

Member schools who join together and are approved by the School Sport Coordinator, are eligible to compete in all competition in a PEISAA activity ( league play, playoffs, and provincials).

### Team Information

(Note: if schools are joining for more than one sport, a form must be submitted for each team. Also, if more than 2 schools involved, an application for each school looking to join the Host school must be submitted and approved)

Sport: \_\_\_\_\_

Male/Female: \_\_\_\_\_ Level (A, AA or AAA & Int/Sr): \_\_\_\_\_

### School Information

Host School (School making the application)

School name: \_\_\_\_\_

Joining School (School(s) wishing to join the host)

School name: \_\_\_\_\_

Please provide the names and birthdates of the students that will be playing from the joining school.

Student name (first, last)	Student date of birth (year, month, day)	Student Grade

Explain the reason for requiring a joint team (please see Article III, Section 6, Page 6 of PEISAA Policy Manual):



250 Water St, Suite 101, Summerside, PEI C1N 1B6  
Phone: 902-438-4846 | info@peisaa.ca | www.peisaa.ca

We certify that we have obtained all necessary permissions from all school(s), and other involved bodies. We understand any implications that may exist regarding supervision and insurance.

**Hosting School:**

Athletic Director name: \_\_\_\_\_ Athletic Director signature: \_\_\_\_\_

Principal name: \_\_\_\_\_ Principal signature: \_\_\_\_\_

**Joining School:**

Athletic Director name: \_\_\_\_\_ Athletic Director signature: \_\_\_\_\_

Principal name: \_\_\_\_\_ Principal signature: \_\_\_\_\_

**PEISAA:**

The PEISAA approves of the joint team application between the schools indicated on this form.

PEISAA  
School Sport Coordinator

Signature: \_\_\_\_\_



### REQUEST TO PLAY FOR ANOTHER SCHOOL

Completed forms must be forwarded to the PEISAA office no later than 1 month prior to the start of the season for the sport you are applying for. Approval will only be granted if a school has space on a team. If approved, the PEISAA will determine which school the student may play with.

*\*This section to be filled out and signed by the Student's school.*

Student's Name: \_\_\_\_\_

Student's School: \_\_\_\_\_

Sport: \_\_\_\_\_

Does your school offer a program for the sport in question? \_\_\_\_\_

Give a brief history of the sport in question at your school:

---



---



---



---

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Principal

\_\_\_\_\_  
Athletic Director

---

*\*This section to be filled out and signed by the school the student is placed on by PEISAA.*

School Student has been approved to play for: \_\_\_\_\_

How many students does this team currently have? \_\_\_\_\_

Will all players from your school who want to participate be able to play? \_\_\_\_\_ (Yes\No)

\_\_\_\_\_  
Principal

\_\_\_\_\_  
Athletic Director

Date Received by PEISAA: \_\_\_\_\_

Approved by PEISAA: \_\_\_\_\_  
School Sport Coordinator



**PEISAA SANCTION REQUEST**

**PART A- HOSTING A TOURNAMENT IN PEI**

SCHOOL \_\_\_\_\_

TOURNAMENT DATES: \_\_\_\_\_

SPORT: \_\_\_\_\_ M ☐ F ☐

LOCATION (if different than school): \_\_\_\_\_

INVITED SCHOOLS: CITY / PROVINCE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

\_\_\_\_\_  
PRINCIPAL SIGNATURE ATHLETIC DIRECTOR SIGNATURE

*Sanction Granted:* ☐ *Mike Connolly (PEISAA School Sport Coordinator)*

Signature \_\_\_\_\_

\*\*\*\*\*

**PART B- ATTENDING A TOURNAMENT IN A PROVINCE OTHER THAN PEI**

SCHOOL APPLYING TO TRAVEL: \_\_\_\_\_

DATE: \_\_\_\_\_

HOST SCHOOL: \_\_\_\_\_ Province \_\_\_\_\_

SPORT: \_\_\_\_\_ M ☐ F ☐

LOCATION: \_\_\_\_\_

\_\_\_\_\_  
PRINCIPAL SIGNATURE ATHLETIC DIRECTOR SIGNATURE

*Sanction Granted:* ☐ *Mike Connolly (PEISAA School Sport Coordinator)* Office Use: Faxed Back

\_\_\_\_\_ Emailed \_\_\_\_\_ Complete \_\_\_\_\_

Signature \_\_\_\_\_



## PEISAA INDIVIDUAL and DUAL SANCTION REQUEST

\*\*\*\*\*

**ATTENDING A TOURNAMENT IN A PROVINCE OTHER THAN PEI:**

**SCHOOL APPLYING TO TRAVEL:** \_\_\_\_\_ \

**HOST SCHOOL:** \_\_\_\_\_ **Province** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**SPORT:** \_\_\_\_\_ **M** ☐ **F** ☐

**COACH:** \_\_\_\_\_

**Participants attending the Meet or Tournament:**


\_\_\_\_\_  
**PRINCIPAL'S SIGNATURE**

\_\_\_\_\_  
**ATHLETIC DIRECTOR'S SIGNATURE**

Office Use: Faxed Back \_\_\_\_\_ Emailed \_\_\_\_\_ Complete \_\_\_\_\_

\*\*\*\*\*



## **RELEASE – SPECIFIC ACTIVITIES**

### **Home School Student**

**PLEASE READ CAREFULLY**

Name of student: \_\_\_\_\_  
(please print)

The above-noted student is wanting to participate in activity(ies) on the following date(s):

A description of the activity(ies) is as follows:

THIS FORM MUST BE READ AND SIGNED BY EVERY PARENT/GUARDIAN OF A STUDENT UNDER THE AGE OF 18 FOR A STUDENT TO PARTICIPATE IN THE SPECIFIED ACTIVITY(IES).

THIS FORM MUST ALSO BE READ AND SIGNED BY EVERY STUDENT AGE 13 YEARS OF AGE OR OLDER WHO WISHES TO PARTICIPATE IN THE SPECIFIED ACTIVITY(IES).

### **1. BACKGROUND**

The activity(ies) described above may involve certain elements of risk. Accidents may occur while students are participating in or travelling to and from such activities. An accident could occur and cause an injury, sickness or death, or damage to or loss of property without fault on the part of the Prince Edward Island School Athletic Association (PEISAA), Public Schools Branch, French Language School Board, their employees, volunteers, representatives, agents, or the facility where the activity or event is taking place. In allowing the student to participate, the parent/guardian (if the student is under 18 years of age) assumes the potential risk. If a student is 18 years of age or over, the student assumes the potential risk.

**NOTE: If signed permission is not provided, the student will not be permitted to attend the activity(ies) described above.**

### **2. ACKNOWLEDGEMENT AND PERMISSION**

I have read the above, and give permission for the student stated above to attend or participate in the activity(ies) described above, for which he/she may be eligible.

I recognize the potential for injury, sickness or death, or damages or losses to property, and agree to assume the risks associated with the activity(ies) described above. I also recognize that failure on the part of the student to obey PEISAA rules or failing to follow the rules or instructions laid out by teachers, administrators, volunteers, chaperones, or others associated with the activity(ies) described above may result in the student being subjected to disciplinary action.

I/We understand that \_\_\_\_\_ has no coverage under the Public Schools Branch or  
(Name of Student)

the French School Board accident policies, details of which can be found on the following links:

[https://edu.princeedwardisland.ca/psb/wp-content/uploads/2013/01/sai\\_policy.pdf](https://edu.princeedwardisland.ca/psb/wp-content/uploads/2013/01/sai_policy.pdf).

<https://csfipe.wordpress.com/programme-scolaire-dassurance-accident/>

NOTE: The exclusion for Home Schooled students can be found under Definitions - Student 2).

X

\_\_\_\_\_  
Signature of Parent/Guardian (for a student under the age of 18)

\_\_\_\_\_  
Date

X

\_\_\_\_\_  
Signature of Student (if student is 13 years of age or older)

\_\_\_\_\_  
Date

### 3. RELEASE AND INDEMNIFICATION

In consideration of the PEISAA allowing the student to participate in the activity(ies) listed above, I hereby release, hold harmless and indemnify, the Prince Edward Island School Athletic Association (PEISAA), Public Schools Branch, French Language School Board, their employees, volunteers, representatives, agents, and their respective heirs, executors, administrators, successors and assigns from any and all actions, causes of action, claims, suits and demands of whatever nature including negligence, (except for the gross negligence of the PEISAA, the Public Schools Branch, the French Language School Board, their employees, volunteers, agents and representatives). I understand that this release applies to any injury, sickness or death and damages or losses of any kind, including property loss or damage sustained while participating in or being transported to or from this activity.

X

\_\_\_\_\_  
Signature of Parent/Guardian (for a student under the age of 18)

\_\_\_\_\_  
Date

X

\_\_\_\_\_  
Signature of Student (if student is 13 years of age or older)

\_\_\_\_\_  
Date

### 4. EMERGENCY SITUATION AND ON SITE SUPERVISION

In the event of an Emergency Situation, I authorize the PEISAA representatives to take whatever immediate action is considered reasonably necessary under the circumstances which may include rendering basic first aid, obtaining and following instructions from a physician or other licensed health practitioner, and providing or arranging transportation of the student to the nearest or most appropriate health care facility. I hereby release the Prince Edward Island School Athletic Association (PEISAA), Public Schools Branch, French Language School Board, their employees, volunteers, agents, and representatives, and their respective heirs, executors, administrators, successors and assigns, from any and all liability for any injury, loss or damage which may be sustained as a result of providing treatment, including transportation to facilitate such treatment.

I understand that, in order for the student to participate in the above-noted PEISAA activity, I will provide adult supervision for the student at all times during the activity. The adult that will be on site providing the supervision is: \_\_\_\_\_

(Please Print)

X

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

X

\_\_\_\_\_  
Signature of Student (if 18 years of age or older)

\_\_\_\_\_  
Date

Applicable to first paragraph only



## PLAYER TRANSFER FORM

This is to indicate that \_\_\_\_\_ has been officially  
(Student name)

transferred from: \_\_\_\_\_  
(Previous school and address)

to: \_\_\_\_\_  
(New school and address)

Date: \_\_\_\_\_

Reason for transfer: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Principal's Signature (new school)

This form is to be mailed to:

P.E.I. School Athletic Association  
Holman Centre  
250 Water Street, Suite 101  
Summerside, P.E.  
C1N 1B6

**PRINCE EDWARD ISLAND SCHOOL ATHLETIC ASSOCIATION  
PROVINCIAL CHAMPIONSHIP BUDGET AND TOURNAMENT COSTFORM**

**INSTRUCTIONS:**

Please send initial budget copy to secretary-treasurer PEISAA at least 3 weeks prior to provincial tournament. Keep photocopy of initial budget and return completed form when actual costs are calculated.

Commissioner's Name: \_

Sport: \_\_\_\_\_ Initial Budget Submission Date: \_\_\_\_\_

Provincial Championship Date(s): \_\_\_\_\_ Championship Site: \_\_\_\_\_

Tournament Manager: \_\_\_\_\_

**TOURNAMENT EXPENSES (PROJECTED ANDACTUAL)**

Proposes Budget Items	Amount Budgets	Summary of Actual Cost	Paid From Revenue
1. Tournament Manager			
2. Game Official's Fee			
3. Minor Officials			
4. Official's Travel			
5. Official's Accommodations			
6. Custodial Fees			
7. Hospitality Room + Oranges			
8. Promotion Materials(Posters)			
9. Ticket Takers – Security			
10. Equipment Purchase/Rental			
11. Site Preparations			
12. Other			
*Tournament Manager Rates: 1 day - \$100.00 2 days - \$150.00			
<b>TOTALS</b>	<b>-1</b>	<b>-2</b>	



## **PEISAA PROVINCIAL CHAMPIONSHIP TOURNAMENT / MEET RESPONSIBILITIES**

### **EXECUTIVE:**

1. Send notice to schools seeking hosts for the various provincial championships (no later than two (2) weeks prior to sport scheduling meeting).
2. In conjunction with sport commissioner, executive director and existing site selection policy, determine championship site and manager.
3. Approve budget submitted by meet manager.
4. Arrange for all awards to be delivered to championship site on time for presentation ceremony.
 

(a) Banner	- Intermediate and Senior High only
(b) Bars	- All Division
(c) Ribbons	- Individual Sports
(d) Certificates	- Team Sport Champs
(e) Medals	- Top Three Finishers All Sports
5. Assist with awards ceremony if requested by manager.
6. Arrange for any complimentary passes that are to be issued for major championship events.

### **COMMISSIONER: (on some occasion may be the meet manager as well)**

1. Assist executive in determining most suitable host school in accordance with existing policy.
2. Communicate with host school-manager re: site preparation, minor officials, ticket takers, security, and equipment.
3. Arrange for tournament - meet publicity (pre-post) provincial coverage. Work with meet manager and publicity coordinator.
4. Provide meet manager with information on participating teams - standings, etc.
5. Arrange for officials through assigning officer.
6. Head protest committee.
7. Confirm player eligibility (zone reps).
8. Include tournament results in final report.
9. Individual and dual sport commissioners prepare tournament-meet budget and forward copy to executive for approval.

## **TOURNAMENT: MEET MANAGER**

1. For team sports only, prepare a tournament budget and forward a copy to executive for approval:
2. Arrange for site preparation:
  - a. opening-closing facility
  - b. display PEI School Milk Foundation banner – signs
  - c. proper lining fields, etc.
  - d. supervision - security – tickets
  - e. sound system
  - f. equipment (including game ball)
  - g. canteen facilities if necessary
  - h. awards presentation ceremony
  - i. scorebooks/clocks, etc.
  - j. changing rooms - Officials – athletics
3. Arrange for all minor officials.
4. Arrange hospitality - coaches, officials, team hostesses where applicable.
5. Arrange for a first-aid provider to be present and identified.
6. Prepare program (assistance from commissioner and school sport coordinator).
7. Assist commissioner with publicity (ongoing) game results.
8. Arrange award presentations.
9. Look after the payment of minor officials and other miscellaneous expenses from float. Summarize debts to be covered by the Association.



## **GUIDELINES FOR PAYMENT OF OFFICIALS AND OTHER EXPENSES:**

When possible, all expenses excluding meet manager's honorarium should be paid from money collected during competition.

If expenses are greater than the amount collected, the meet manager is requested to make a summary of all outstanding debts and submit list to PEISAA secretary-treasurer through the school sport coordinator.

All bills and receipts pertaining to provincial tournament should be retained and included with final tournament-meet budget form.

### **PAYMENT OF MAJOR OFFICIALS:**

These rates are subject to change every year or two. Schools will be notified of future changes.

### **PAYMENT OF MINOR OFFICIALS:**

The payment is subject to a number of factors, leadership, assignment, etc. Please check with sport commissioner or school sport coordinator for further information.

### **LEADERSHIP CLASS INVOLVEMENT:**

Where schools involve their leadership class in the organization of provincial championships including some minor officiating, ticket taking, security, etc., they are eligible for a small honorarium upon applying to the executive for such. Some schools make this type of involvement a part of required course load and therefore do not compensate their students.

However, in some cases where significant saving is a result of Leadership class involvement, schools may wish to at least cover student lunches.

### **LUNCHES - MINOR OFFICIALS - MEET MANAGERS:**

This expense is left to the discretion of sport commissioner and meet manager. Organizers and officials of sports that take up a good part of the day would be eligible to receive lunch.

Commissioner - Managers of such sports should include this item in their budget submissions.

### **MEET MANAGERS / COMMISSIONERS HONORARIUM:**

A cheque from the PEISAA will be forwarded upon completion of commissioner's final report.

### **MEET-MANAGER RATES:** (as of September 2017)

1 day tournament	\$100.00
2 day tournament	\$150.00

## **PEISAA Final Report**

Name:

### **1. SPORT PARTICIPATION NUMBERS**

Male Female

### **2. PROVINCIAL CHAMPIONSHIP SITE AND MEET-MANAGERS**

**Classification Site**

**Manager**

### **3. PROVINCIAL CHAMPIONS**

**Classification School**

**Coach(es)**

### **4. GENERAL COMMENTS**

### **5. RECOMMENDATIONS**

### **6. LEAGUE AND CHAMPIONSHIP RESULTS**

## PEISAA AWARD - NOMINATION FORM

PERSON NOMINATED: \_\_\_\_\_

AWARD NOMINATED FOR (Please check appropriate award)

*Builder's Award* \_\_\_\_\_ *Coaching Award* \_\_\_\_\_

*Officials Award* \_\_\_\_\_ *Merit Award* \_\_\_\_\_

SCHOOL OR ASSOCIATION AFFILIATION: \_\_\_\_\_

INFORMATION SUPPORTING NOMINATION:

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NOMINATION SUBMITTED BY: \_\_\_\_\_

NOMINATIONS MUST BE SUBMITTED TO UNIT REP BY 2<sup>nd</sup> FRIDAY IN APRIL

ZONE REP FORWARD SELECTIONS TO AWARD COMMITTEE CHAIR BY 3<sup>RD</sup> FRIDAY IN APRIL

AWARDS COMMITTEE CHAIR  
Vice - Chair, PEISAA

## THE AWARDS COMMITTEE

The awards committee shall be a permanent committee with the mandate to advise the executive on the following:

1. status of awards being currently presented
2. new awards that may be developed
3. selection of recipients of individual awards.

The Awards Committee should meet at least twice per year under the Chair of the Vice-President of the Prince Edward Island School Athletic Association.

The Awards Committee will be composed of one representative from each of the Prince Edward Island School zones plus the Vice-President of the Prince Edward Island School Athletic Association. Committee members will be selected by the Prince Edward Island School Athletic Association zone representatives.

It is recommended that committee members serve no more than three consecutive years but a complete turnover of members in one year should be avoided.

All voting will be by secret ballot with all committee members voting.

The results of voting must be ratified by the executive of the School Athletic Association before being implemented.

### **TIMELINE for NOMINATION and SELECTION:**

1. Nomination forms sent to schools first Friday in February.
2. Nomination forms returned to unit rep by second Friday in April.
3. Unit rep sends forms to selection committee by third Friday in April.
4. Selection committee makes final decision by first Friday in May.
5. Selection committee present report to PEISAA planning meeting in May.

## **PROCESS for SELECTION of PEISAAWARDS**

1. Call for nominations from any active member or school nomination papers sent to general membership by the first Friday in February of the current school year. Nomination papers returned to PEISAA zone representative by the second Friday in April.
2. School zones can select one candidate (per award) for submission to awards committee. The PEISAA zone representative and zone awards representative meet to select candidates.
3. Unit rep submits candidates' names to awards committee chair by the third Friday in April.
4. Awards committee meets and selects recipients by first Friday in May.
5. Awards committee chair presents candidates' names to PEISAA executive at the May meeting for ratification.
6. PEISAA representative should make every effort to present the award at well attended event to best promote the individual and the PEISAA.

## **THE MERIT AWARD**

The Merit Award is an award presented by the Prince Edward Island School Athletic Association. The Merit Award is presented to one (1) active member of the PEISAA per year to recognize a career of outstanding contribution to P.E.I. school athletics.

### CRITERIA FOR THE MERIT AWARD

In order to be nominated for a Merit Award, a member must be active in the School Athletic Association in any of the following:

**A. PEISAA Administration**

- (1) Executive Member
- (2) Sport Commissioner
- (3) Committee Member
- (4) Provincial Tournament Manager
- (5) Zone Tournament Manager

**B. Extra-Curricular Involvement**

- (1) Coaching
- (2) Managing
- (3) Officiating

**C. Professional Development**

Has shown professional growth through:

- (1) Courses
- (2) Seminars
- (3) Clinics
- (4) Conferences
- (5) Exchanges

**D. Demonstrated an adherence to the objectives of the School Athletic Association.**

## THE “COACH of the YEAR” AWARD

The “Coach of the Year Award” is an annual award presented by the Prince Edward Island School Athletic Association. This award is presented to one active member of the PEISAA per year in recognition of a significant contribution to coaching during that interscholastic year.

It is the position of the awards committee that this award emphasize the “*humanitarian aspect*” and not necessarily focus solely on “*competitive success*”.

### CRITERIA FOR THE AWARD

In order to be nominated for this award, the member coach must have contributed to school athletics in the following:

- (A) Professional Development:
  - (1) Courses
  - (2) Seminars
  - (3) Clinics
  - (4) Conferences
  - (5) Exchanges
- (B) Dedication:
  - (1) Athletics
  - (2) Program
  - (3) School
- (C) Educational:
  - (1) Curriculum
  - (2) Philosophy
- (D) Emphasis on “Fair Play:”
  - (1) Demonstrate
  - (2) Promote
- (E) Adherence to PEISAA objectives:
- (F) Humanitarian Component

## THE PEISAA “OFFICIALS” AWARD

The “*Officials Award*” is an annual award presented by the Prince Edward Island School Athletic Association. This officials award is presented to one active member of a PEI Officials Association per year in recognition of a significant contribution to the officiating of PEISAA sanctioned events.

### CRITERIA FOR THIS AWARD

In order to be nominated for the officials award, an individual must have contributed to the officiating of school athletics in the following:

- A. Professional Development:
  - Organized, developed or provided in-service
    - Courses
    - Seminars
    - Clinics
    - Conferences
- B. Administration:
  - Executive Member (Officials / Sport Association)
  - Officials Assignor for PEISAA
- C. The candidate must demonstrate an understanding of the objectives of PEISAA sanctioned athletics.
- D. The candidate must demonstrate recognition of the value of school sport.
- E. The candidate must be an active member of a PEI Officials Association.



## THE PEISAA “Charlie Ballem” Builder’s Award

The “*Builders’ Award*” is an Annual Award presented by the Prince Edward Island School Athletic Association. This *Builders’ Award* is presented to a former member of the PEISAA to recognize an outstanding contribution towards the promotion and development of school athletics in Prince Edward Island.

### CRITERIA FOR THE AWARD

In order to be nominated for this award, the individual must have contributed to school athletics in any of the following:

- (A) Administrator:
  - (1) Executive Member
  - (2) Sport Commissioner
  - (3) Committee Member
  - (4) Tournament Manager
- (B) Builder:
  - (1) Sport
  - (2) Program
  - (3) Constitution/By-Laws
- (C) Promoter - Advocate:
  - (1) Education
  - (2) School Athletics
  - (3) Sport
  - (4) Fair Play
- (D) Volunteer:
  - (1) Coach
  - (2) Manager / Liaison
  - (3) Official
- (E) Recognition of the Values of School Athletics

In nominating an individual for this award, the nominator must be able to demonstrate how this nominee influenced the growth and development of school athletics on Prince Edward Island.

## THE PEISAA “SCHOOL SPORT ADMINISTRATOR’S AWARD”

The “*School Sport Administrator’s Award*” is an annual award presented by the Prince Edward Island School Athletic Association. This Administrator’s Award is presented to one active member of the PEISAA per year to recognize the outstanding contribution of the nominee to sport within the PEISAA mandate.

### CRITERIA FOR THE AWARD

In order to be nominated for the Administrator’s Award, a member must be active in sport administration with the school athletic association and should meet several of the following criteria.

- A. Administration:
  - (1) Sport Commissioner / Coordinator
  - (2) PEISAA Executive Member
  - (3) Assignor of Officials
  - (4) School Athletic Director
- B. Extra Curricula Involvement
  - (1) PEISAA Committee Members
  - (2) PEISAA Tournament Manager
  - (3) School Sport Liaison
  - (4) Manager of School Sport
- C. Promoter - Advocate:
  - (1) Education through Sport
  - (2) School Athletics
  - (3) Fair Play
  - (4) SAA Constitution / By Law
- D. Professional Development in Administration
  - (1) Conferences
  - (2) Courses
  - (3) Seminars
  - (4) Clinics

## PEISAA SPORTS OFFICIAL ASSOCIATIONS SPECIAL REPORT FORM

This form is to be used by “Officials” to report any matter concerning the players, coaches, administration of, or officiating of any school affiliated game on P.E.I. The form is designed as a reporting mechanism for coaches and officials to air compliments and/or complaints re: the above list. The form will be used by the PEISAA and officials associations in disciplinary action against players, coaches, or officials, as a means of communicating to both officials and school compliments directed their way by “Officials” involved in the game, to inform schools or officials of a perceived problem that needs to be addressed. The form is to be filled out in triplicate the original to PEISAA a copy to school or official, a copy to be kept by the originating party.

This form was designed by a committee consisting of the officials commissioner and a representative of both the P.E.I.H.S. Basketball Coaches Association and the P.E.I.B.O.A.

Check (✓) appropriate sport:

Volleyball	{ }	Soccer	{ }	Field Hockey	{ }
Basketball	{ }	Rugby	{ }	Softball	{ }

Report on the game involving \_\_\_\_\_ and \_\_\_\_\_

on (date) \_\_\_\_\_

The matter concerns:

1. Player(s) \_\_\_\_\_ 2. Coach(es) \_\_\_\_\_

3. Referee(s) \_\_\_\_\_ 4. Fan(s) \_\_\_\_\_

5. Administration of the game \_\_\_\_\_

Details of the incident or events:

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Date: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_

Signature: \_\_\_\_\_ “Officials” can include any party involved with the organization, Coaching and/or officiating of a PEISAA sporting contest.

## PRINCE EDWARD ISLAND SCHOOL ATHLETIC ASSOCIATION OUTSIDE CORPORATE SPONSORSHIP -POLICY

It is recognized that many schools solicit outside sponsorship as a way of coping with the cost associated with the school athletic program. The coordination and administration of outside sponsorship must be pursued in a manner which will guarantee that the school and the School Athletic Association retain full control of the athletic programs. The following are guidelines for achieving this purpose.

1. All School Athletic Association leagues and provincial tournaments will be sponsored by the P.E.I. Milk Marketing Board as well as any other sponsorship negotiated by the PEISAA.
2. Zone administered tournaments and meets may have outside sponsorship. These outside sponsors may contribute only money. This money is to be used to defray operating costs. Only zone sponsored awards may be presented.
3.
  - A. There may be outside sponsorship of teams or individuals in school athletics, but this policy must be sanctioned by the school board in which the school is based.
  - B. Outside sponsorship is permitted to defray operating costs of school-based tournaments and meets. These operating costs could include:
    - 1) Travel
    - 2) Officials
    - 3) Lodging - Meals
    - 4) Janitorial and Security
    - 5) Awards
  - C. Individual awards may not cost in excess of \$15 and team championship trophies may not cost in excess of \$50.  
  
 Individual awards may be presented to:
    - 1) All - stars
    - 2) M.V.P.'s
    - 3) Game Stars
    - 4) Championship team members
  - D. Outside sponsors may be recognized on programs and on appropriate posters or signage. This recognition cannot be any part of a team's wearing apparel or equipment.

## PEISAA TIE BREAKING POLICY

### PART A: If two teams are tied:

1. the record between the two teams
2. points (goals) against between the two teams
3. points (goals) against in the league
4. points (goals) for in the league
5. sudden death game - neutral site

### PART B: If three or more teams are tied:

1. Record among the teams tied
2. (+) (-) game differential involving tied teams
3. (+) (-) point differential involving tied teams
4. Points against among the teams tied
5. Points against in the league
6. Points for in the league

For reference in using tie breaking policy please keep in mind:

When using any of the above criteria to break a three way tie the intent is to determine the highest not the lowest place finisher.

e.g.: If three teams are tied in standings and are also tied in their record against each other and the point differential is as follows:

A (+3)  
B (-2)  
C (-1)

Teams are no longer tied therefore standings would be A-1st, C- 2nd, B-3rd.

For the same situation with a point differential of A (+4), B (-2), C (-2) A would be 1<sup>st</sup>. We now have a two way tie between B and C for 2<sup>nd</sup> so we would revert to using criteria for a two way tie. PART A (record between tied teams)

For the same situation with a point differential of A(+2), B(+2), C(-4) we have a two way tie for 1<sup>st</sup> so we would revert to criteria for a two way tie for determining 1<sup>st</sup> and 2<sup>nd</sup>, C would be 3<sup>rd</sup>.

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## TIEBREAKERS CONTINUED

### Volleyball

If two or more teams are tied at the end of the round, the following criteria will be applied, in order:

1. The team having the best ratio of won/lost whole games, considering games played between the tied teams, will be ranked higher.
2. The team having the best ratio of won/lost sets, considering matches played between the tied teams, will be ranked higher.
3. The team having the best ratio of set points for/against, considering games played between the tied teams, will be ranked higher.
4. The team having the best ratio of won/lost sets, considering all matches of the round, will be ranked higher.
5. The team having the best ratio of set points for/against, considering all games played during the round, will be ranked higher.
6. Toss of coin

When you apply this rule to break a tie, you should follow this sequence:

1. When two teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken.
2. When three or more teams are tied, the tie-breaking criteria are applied one after the other until all the tied teams have been ranked.

### INDIVIDUAL SPORTS

Cross Country – If schools tied for Team Championship, the team whose 5<sup>th</sup> pace runner finished higher would be declared Champions.

Track & Field – If schools tied in points for top Team, the tie will be broken in the following order:

- 1) Team with most 1<sup>st</sup> place finishes
- 2) Team with most 2<sup>nd</sup> place finishes
- 3) Team with most 3<sup>rd</sup> place finishes
- 4) Team with most 4<sup>th</sup> place finishes

Badminton – See tiebreaker under the Badminton section

**PRINCE EDWARD ISLAND**

**SCHOOL ATHLETIC**

**ASSOCIATION**

***SPORT REGULATIONS***

## BADMINTON

1. **Rules:**  
Rules of the Canadian Badminton Association shall govern all PEISAA badminton play-offs, (PEISAA classifications apply).
2. **Qualifying Competition:**  
Individuals must compete in a qualifying meet at the zone and or regional level. Two (2) singles players and two (2) doubles teams shall advance from the zone and or regional tournament to provincial competition in each classification – senior, juvenile, intermediate, bantam, and novice (male and female).
3. **Provincial Competition:**
  - a. The provincial format to be a two division round robin affair made up of the top two teams from each of the four zones.
  - b. Students be permitted to participate in both singles and doubles play.
  - c. No single person may be replaced on a doubles team, the whole team must be replaced.
  - d. The provincial format to be two-four draw round robin with the top two teams from each division crossing over.
  - e. Format for round robin play to be as follows:

Pool A	Pool B
1st in Zone 1	2nd in Zone 1
1st in Zone 2	2nd in Zone 2
2nd in Zone 3	1st in Zone 3
2nd in Zone 4	1st in Zone 4

The top two ranked players in each division play last in round robin play. If the following numbering system is used for matches, 1 vs 4, 2 vs 3, 1 vs 3, 4 vs 2, 1 vs 2, 3 vs 4, and the number one players are places as 3's and 4's they will play last.

- f. Round robin play will consist of full matches, best 2 of 3 with setting, (modifications may be used for some levels).
- g. Crossover play-off round will be regulation matches (best 2 out of 3 games), (modifications may be used for some levels).
- h. Tie breaking as per PEISAA policy.
- i. All coaches have a schedule with times prior to the meet.



#### 4. **Awards**

Medals shall be awarded to 1st, 2nd and 3rd place finishers in all divisions. PEISAA bars shall be awarded in each classification to the winning school, as well as banners for intermediate, juvenile and senior champions.

Point structure for team Bars\Banners be as follows:

##### Singles

1 <sup>st</sup>	5pts
2 <sup>nd</sup>	3pts
3 <sup>rd</sup>	2pts
4 <sup>th</sup>	1pt

##### Doubles

1 <sup>st</sup>	5pts
2 <sup>nd</sup>	3pts
3 <sup>rd</sup>	2pts
4 <sup>th</sup>	1pt

If two or more schools are tied in points the following criteria will be used until one school is determined the winner. If still tied after A) then proceed to B) and so on.

Using just the Medal matches that a school's students participated in:

- A) The school that had the highest overall placing. For example 2 schools with 5 points, a school had a 1<sup>st</sup> and another school had a 2<sup>nd</sup> and 3<sup>rd</sup>, the school with the 1<sup>st</sup> would be declared the winner.
- B) Best +/- of games in medal matches played by each school's students
- C) Best +/- of points in medal matches played by each school's students

## **BADMINTON SITE REQUIREMENTS**

### **For Hosting Provincial Tournaments**

#### **1. Courts**

- Minimum of 3 regulation courts marked for both doubles (44 x 20) and singles (44 x 17)
- preference given to schools with 4 or more regulation courts

#### **2. Dimensions of floor**

- Minimum of 2 metre feet clearance from base line to wall
- preference given to schools with greater clearance

#### **3. Ceiling Height**

- Minimum 22 feet
- preference to schools with 22 plus fee clearance

#### **4. Floor**

- Hardwood or composite preferable to tile

#### **5. Amount of Seating Available**

- It is expected that there will be enough seating for the number of registered competitors
- preference will be given to those schools with bleacher facilities

#### **6. Lighting**

- indirect fluorescent or mercury vapor preferable to incandescent

#### **7. Change rooms**

- Minimum of 2 change rooms necessary. Preference given to schools who have change rooms and showers available.

#### **8. Lunch Facilities**

- an area set up to provide a lunch room area for participants is the minimum requirement
- preference given to those schools able to provide canteen service during event

## **BASEBALL**

### **1. Rules:**

Rules of Baseball Canada shall govern all PEISAA baseball play, in particular the intermediate category.

There are rule modifications:

- a. All batters will start with a count of 1-1 (1 ball and 1 strike)
- b. If after or during the home team's at bat in 5th inning, there is a 10 run differential, the game shall be called.
- c. If after or during the home team's at bat in 4th inning, there is a 15 run differential, the game shall be called.
- d. Pitchers shall have a maximum of 100 pitches in any 1 week period.
- e. Players on teams may be male or female.

### **2. Qualifying Competition:**

League play shall consist of a single round robin competition with regularly scheduled games

### **3. Officials:**

- a. Officials shall be assigned by PEIBOA and rates applied will be Baseball PEI intermediate baseball rates. All teams shall pay equally the total cost of all league and playoff competition.

### **4. Awards:**

- a. Medals shall be awarded to 1st, and 2<sup>nd</sup>. 3rd place finishers for Sr only as they are categorized as a major sport. No 3<sup>rd</sup> place game for Int as they are categorized as a minor sport. PEISAA bar and banner shall be awarded to the winning school.

## **5. BASEBALL SITE REQUIREMENTS**

### **For Hosting Provincial Tournaments:**

- a. Facilities must meet Baseball Canada specifications for intermediate aged championships.
- b. Due to the possibility of darkness, playing facilities must have working lights for play.
- c. A working PA system would be beneficial for tournament play.

## **6. Roster Size**

- a. Teams can carry a maximum roster size of 22 players. All 22 players can be accommodated on the game sheet and are eligible to play.
- b. Total of 18 medals will be available to first and second place finishers and third for Sr only
- c. Additional medals can be purchased from PEISAA.

# BASKETBALL

## 1. Rules:

The official rules of PEISAA basketball shall be those of F.I.B.A. (PEISAA classifications apply.)

Exceptions to FIBA rules:

- Intermediate size 6 basketball to be used for intermediate program starting 1991 -92
- Intermediate will play 8 minute quarters.
- Teams may dress more than 10 players per game
- Technical Fouls – Player or Coach that accumulates Technical or Unsportsmanlike fouls will receive the following:  
     3 Fouls – 1 game suspension  
     2 more fouls – 1 game suspension  
     Every technical from then on – 1 game suspension  
     The count will revert to zero at start of PlayOffs

## 2. Officials:

For all S.A.A. basketball games officials shall be assigned by the P.E.I.I.A.B.O. Fee structure for Officials shall be in accordance with the schedule of fees submitted by the P.E.I.I.A.B.O and ratified by the PEISAA Executive.

## 3. Qualifying and Provincial Competition:

- a. There shall be A and AA provincial tournaments each for intermediate boys and girls and A, AA and AAA championships for senior men and women.
- b. Provincial league and playoff format will be established and confirmed at ANNUAL SCHEDULING MEETING.
- c. In the Intermediate competition there shall be two league divisions, East and West the top 2 teams in each division shall advance to the Provincial tournament in both an AA and an A Division, which shall be a single elimination consolation. In the first round of play: the number 1 team of West vs. the number 2 team of the East and the number 1 team of the East vs. the number 2 team the in West.

## 4. Awards:

- a. Championship bars to denote provincial winners.
- b. Banners awarded to intermediate and senior provincial winners.
- c. Medals for all participants of the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place teams (max 16)
- d. All stars may be chosen.

## 5. Max Roster Size:

- a. Max roster size is 18 with only 15 being eligible to play on the game sheet each game.
- b. The 15 can be any combination of the 18 and can change from game to game.

## **BASKETBALL SITE REQUIREMENTS**

Safety mats must be placed on the end walls of the gymnasium, during basketball games, to protect competitors during play.

### **1. Courts**

- a. Minimum: 1 Regulation Court

### **2. Dimensions of Floor**

- a. Court size as per Basketball Canada Regulations.
- b. Minimum 2 metre clearance from all walls.

### **3. Ceiling Height**

- a. Minimum 22 feet.

### **4. Floor**

- a. Hardwood or composite.

### **5. Amount of Seating**

- a. Minimum seating required to handle the number of registered competitors.
- b. Preference given to schools with bleacher facilities.

### **6. Change Rooms**

- a. Minimum of two change rooms necessary.
- b. Preference given to schools with change rooms and showers available.

## CROSS - COUNTRY

### 1. Rules:

- a. The official rules of PEISAA cross country shall be those of the CTFA (PEISAA classifications apply).

**b. Classifications and Distances:**

Pre-Novice Boys	1.5 km	Pre-Novice Girls	1.5 km
Novice Boys	2.0 km	Novice Girls	2.0 km
Bantam Boys	3.0 km	Bantam Girls	3.0 km
Intermediate Boys	3.0 km	Intermediate Girls	3.0 km
Juvenile Men	3.5 km	Juvenile Women	3.5 km
Senior Men	5.0 km	Senior Women	5.0 km

- c. No limit to the number of runners from a school at the zone level. Schools must compete at the zone level to be eligible for provincial championships. The top 5 teams from each zone qualify for provincial championships.
- d. Each school which qualifies from a zone meet in the pre-novice, novice, bantam and intermediate divisions may send a maximum of 7 runners per classification to the provincials. Qualifying schools in the juvenile and senior divisions may send 10 runners per classification. Runners must have completed in the zone meet. Only the top 5 runners shall count in the scoring. The individuals competing in the team competition must be identified by the school prior to competing.
- e. Individual runners who have competed at the zone meet and finished in the top 20 shall be permitted to compete as individuals at the provincial meet. Their orders of finish shall not be considered in determining team scores. They shall, however, be eligible for individual awards.

### 2. Awards:

- a. Medals for the top 3 finishers in each division and ribbons for all competitors in the top 10
- b. Championship bar for the top team in each division based on the finish of 5 members of the Team
- c. Championship banner for the top team in intermediate, juvenile and senior divisions

**\* In the team results, ties are broken by the order of finish of the 5<sup>th</sup> runner on the tied teams.**

## FIELD HOCKEY

### 1. Rules:

- a. C.W.F.H.A rulebook shall govern PEISAA field hockey with the following special rules. (PEISAA classifications apply)
- b. Duration of Games:
 

Intermediate	-	2 thirty minute halves
Senior	-	2 thirty-five minute halves

 Unless otherwise agreed upon before the game.
- c. Substitution:  
A team shall be permitted unlimited substitution during a stoppage of play, except for the award of a corner, penalty corner, or penalty stroke.
- d. Time Outs:  
A team shall be permitted 1 one minute time out per half of play, during a stoppage, except for the award of a corner, penalty corner or penalty stroke. Time outs are not accumulative.
- e. Breaking Ties: (During play-offs only)
  1. Two 7 1/2 minute halves of overtime
  2. Five penalty stroke, each team (5 different players).
  3. Sudden death penalty strokes, each team takes one.

### 2. Qualifying Competition:

- a. The format shall be decided by commissioner and coaches prior to start of regular season play.

### 3. Awards

- a. Championship bars for provincial winners. Banners and bars for intermediate and senior championship will be presented as well as medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams. (max 20)

### 5. Uniforms and Equipment

- a. Goaltenders:  
Goaltenders are required to wear a shatterproof full facemask designed so that openings are not large enough for a field hockey ball or stick to pass through and contact the face. Goaltenders must wear a uniform shirt of a colour different than that of the two teams.
- b. Players:  
All players must wear mouth-guards and shin pads

### 6. Max Roster Size

- a. Max roster size is 22 with only 18 being eligible to play on the game sheet each game.
- b. The 18 can be any combination of the 22 and can change from game to game.

## **GOLF**

### **Senior Golf**

#### **1. Rules:**

- a. Rules of Golf Canada shall govern all golf competitions for PEISAA

#### **2. Qualifying Competitions:**

- a. All registered senior men and women's teams must enter one 18 hole qualifier prior to provincial championships. All registered senior women teams must enter 1 tournament prior to provincial championships.
- b. The commissioner will schedule 4 tournaments per year, two of which must be on a Saturday.
- c. Each school can enter up to 12 golfers per tournament (Men and Women) but must have a minimum of 3 in order to participate.
- d. The weekly tournaments must have a minimum of 2 schools registered.

#### **3. Provincial Competition**

- a. Each school may enter one team only in each championship classification and a maximum 4 golfers. The top 3 scores (gross) will make up the team score in determining provincial champions.

#### **4. Awards:**

- a. Medals awarded to top three individuals (gross score).
- b. Medals awarded to top three teams in each classification. (gross score). (max 4)

Championship bar and banner awarded to championship team of the Men's senior A and AA classification and women's AA classification.



## **PEISAA Intermediate Golf**

**\*\* Players may participate in both Individual and Team Scramble play.**

### **ZONE QUALIFIERS**

#### **INDIVIDUAL**

For all Zone Qualifiers the following applies:

- a) Maximum of 5 over par per hole. Example, par 4, pick ball up at 9 and mark score of 9.
- b) Must be within 15 strokes of low score to qualify for Provincials, even if they are in the number of spots allotted to that Zone.

#### **Zones 1 & 2 (combined)**

- Host one 9 hole qualifier for Boys and Girls
- Top 12 Boys and Top 12 Girls qualify for Provincials (see note b above)

#### **Zone 4**

- Host one 9 hole qualifier for Boys and Girls
- Top 8 Boys and Top 8 Girls qualify for Provincials (see note b above)

#### **Zone 3**

- Host one 9 hole qualifier for Boys and Girls
- Top 16 Boys and Top 16 Girls qualify for Provincials (see note b above)

### **TEAM SCRAMBLE (3 person team)**

For all Zone Qualifiers the following applies:

- a) Maximum of 5 over par per hole. Example, par 4, pick ball up at 9 and mark score of 9.
- b) Must be within 15 strokes of low score to qualify for Provincials, even if they are in the number of spots allotted to that Zone.
- c) Must count 2 tee shots of each of the 3 members.
- d) All 3 players hit, they then go to ball they want to play and pick up other 2 balls. They all hit from spot of ball they want to play. This continues until ball is holed. Must keep in mind rule mentioned in c.

#### **Zones 1 & 2 (combined)**

- Host one 9 hole qualifier for Boys and Girls teams
- Top 6 Boys teams and Top 6 Girls teams qualify for Provincials (see note b above)

#### **Zone 4**

- Host one 9 hole qualifier for Boys and Girls teams
- Top 4 Boys teams and Top 4 Girls teams qualify for Provincials (see note b above)

#### **Zone 3**

- Host one 9 hole qualifier for Boys and Girls teams
- Top 8 Boys teams and Top 16 Girls teams qualify for Provincials (see note b above)

### **PROVINCIALS**

Individual and Team Play to take place on same day at same venue

**INDIVIDUAL CHAMPIONSHIP**

36 Boys (Maximum)

36 Girls (Maximum)

Shot gun start at 11:00am

Boys on front nine and Girls on back nine (or vice versa)

Pick up ball when 4 strokes over par is reached on any hole.

Medals awarded to top 3 Boys and top 3 Girls

Points toward Championship banner are:

1<sup>st</sup> - 6

2<sup>nd</sup> - 4

3<sup>rd</sup> - 3

4<sup>th</sup> - 1

**TEAM SCRAMBLE CHAMPIONSHIP**

18 Boys teams (Maximum)

18 Girls (Maximum)

Shot gun start at 2:00pm

Boys on front nine and Girls on back nine (or vice versa) this will be opposite of what was used for Individual play.

Pick up ball when 4 strokes over par is reached on any hole.

Medals awarded to each member of top 3 Boys teams and top 3 Girls teams

Points toward Championship banner are:

1<sup>st</sup> - 6

2<sup>nd</sup> - 4

3<sup>rd</sup> - 3

4<sup>th</sup> - 1

School that earns the most points in Boys Individual and Team Scramble would receive the Boys Championships Golf banner.

School that earns the most points in Girls Individual and Team Scramble play would receive the Girls Championships Golf banner.

**Awards**

a) Medals awarded to top three in Individual play (gross score)

b) Medals awarded to each member of top three teams in 3 person team scramble.  
(gross score)

c) Championship banner and bar awarded for Intermediate AA Boys and Intermediate AA Girls to the schools that earn the most total points in Individual and 3 person team scramble play.

## PEISAA GOLF TIE BREAKING POLICY

### Team Competition

1. Tie for first place - The fourth player's score will be added to the team total. The lowest team total will be placed first.
2. If there is still a tie - All members of each team will play the first playoff hole (The #1 hole).  
The three lowest scores for each team will be added. The team with the lowest total will be placed first.
3. If there is still a tie - The fourth player's score will be added to the team total. The lowest team total will be placed first.
4. If there is still a tie than the above process will continue on the second playoff hole (The 2 hole) and so on until a winning team has been determined.

If conditions are determined to be unplayable (weather, darkness, etc.) by the commissioner than the following procedure will be used.

5. Retrogression on the total scores of the last three holes. Holes 16 - 18 (the three lowest golfers on 18 hole total will be used.)
6. If there is still a tie than the fourth player's scores will be added to the team total.
7. If there is still a tie than retrogression on the total of holes 13 - 15 will be used.
8. If there is still a tie than the fourth player's scores will be added to the team total
9. If there is still a tie the above procedure will continue through the other holes in groups of three until a winning team has been determined.

Tie breaking for second, third, and so on places will be determined by first using rule #1 and if need be rules 5, 6, 7, 8, and 9 in that order.

### Individual play

Ties for first place will be broken by playoff holes if conditions are suitable starting at hole #1 and continuing until a winner has been determined

If conditions are determined to be unsuitable for play by the commissioner than retrogression will be used for total scores for holes 16-18, and if need be holes 13 - 15 and so on until a winner has been determined..

Tie breaking for second, third, and so on places will be determined by retrogression using the total of holes 16 - 18, and if need be holes 13 - 15 and so forth until the placements have been determined.

## GYMNASTICS

Here is a description of the PEISAA handbook. It is arranged to correspond with the Gymnastics Canada Gymnastique Gym Can Program and the Junior Olympic level 2 and 3 program.

### OBJECTIVES

This program is designed to promote participation and to make it easier for coaches or physical educators to prepare gymnasts while still giving attention to other programs.

### Points to Remember

1. Gymnasts should be dressed without jewelry or anything which would catch on apparatus or dig into the gymnast.
2.
  - a) Gymnasts must use bare feet or gymnastics slippers during competition.
  - b) All gymnasts must wear shorts and a t-shirt or a body suit.
  - c) All gymnasts should have their hair done up so it does not fall in their face during floor exercise.
3.
  - a) In floor exercise, in all categories, a gymnast must present a pose at the beginning and at the end of their routine on the mat surface. **This pose will be part of their score.**
  - b) Gymnasts must signal judges on the gymnastics floor prior to their floor routine/vault.
4. Skills are to be done as listed in the handbook in all categories. Any additional skills or modifications of skill are subject to execution deductions. Example; cartwheel vs. one hand cartwheel.
5. Connecting moves are permitted however they are evaluated on their execution although they may not appear in this handbook. e.g., 1/2 turns on floor, dive roll finish with feet cross, etc.
6. Additional skills or poses are permitted, but they will also be subject to deductions when not executed properly. In a routine, the number of skills means the number of "different skills". (See list of skills attached)

7. A gymnast must use the skills from their level classification.

### **Advancing from Unit to Provincial Championships**

All classifications - the top 20 gymnasts, including the top three teams will advance to provincials from the Unit meet with a maximum of seven gymnasts per school. No school will be allowed to bring more than 7 gymnasts per. category. However, if there are only 2 schools participating at the Unit meet, each of these schools may bring an extra 3 gymnasts for a total of 10. The seven gymnasts designated to represent their school must be identified by the school's coach / designate before the beginning of the PEISAA Provincial Championship. Failing to do so, the team will be eliminated from team competition.

### **Awards**

- \* Individual events - six top gymnasts per event will receive ribbons
- \* Top individual - the top three will receive medals the remaining top ten will receive ribbons
- \* The winning team in each classification will receive a championship bar

### **All Around Team Championship**

#### **Team Score:**

Team scores are tabulated by adding the top 5 vaults and top 5 floor routines.

To constitute a team, a school must have at least 5 gymnasts. If you have 4 or less they can participate but cannot win a team award.

## GYMNASTICS JUDGING

It is recommended that for each event a referee be appointed.

### Duties of Referee

1. Count the skills in the participants' routine.
2. Identify the skills from the appropriate category.
3. Add one point or more for each **different** skill from the appropriate category and give total to the judges.

### Duties of Judges

It is recommended that for each event a minimum of two judges be appointed.

Judges deduct points or fractions of points on the execution of each skill. The judges then total these deductions for each routine and subtract the total from the number supplied by the referee.

### RECOMMENDED DEDUCTIONS

Small Faults	0.10	<b>slightly bent leg/arms</b>
Medium Faults	0.30	<b>more pronounced bent legs/arms</b>
Large Faults	0.50	<b>legs/arms bent more than 90</b>
	<b>1.0</b>	<b>fall on 1 or both hands, knees, or hips</b>

### Body Posture Faults (form break)

-poor foot, head position (i.e. feet not pointed, head out in handstand, etc.	0.1 each
-bent arms in support, or bent knees	<b>0.1-0.3/0.5 each</b>
-leg separation	0.1-0.3 each
-relaxed leg/body/trunk posture throughout exercise	0.1 each
-insufficient height of gymnastics leaps and jumps	0.1-0.3-0.5 each
-insufficient height of acrobatic elements with flight	0.1-0.3-0.5 each
-insufficient tuck, pike, or stretch position	0.1-0.3-0.5 each
-insufficient split position	0.1-0.3 each
-imprecise turn	0.1 each

### Age Categories

Pre Novice	Presently in grade 3 or 4
Novice	Presently in grade 5 or 6
Bantam	Presently in grade 7 or 8
Intermediate	Presently in grade 9

## Pre Novice Boys/Pre Novice Girls/Novice Boys/Bantam Boys/Intermediate Boys

### Scoring

All floor routines must contain 8 skills, non-difficult and difficult skills. It must also include a starting pose and an ending pose. Start value should be 10.0 **for other values see below.**

Start value is the maximum amount of points that judges may begin their deductions such as bent knees, improper body angles, falls etc.

All floor routines must contain at least eight (8) skills of which 2 skills must be from the difficulty list provide in the PEISAA handbook.

All floor routines must also contain a starting and ending pose worth .5 each.

In Pre Novice Girls only, with reference to the beginning and ending poses, gymnasts must **create** a pose to start and end a routine on the mat. Be creative.

For Pre Novice Boys Novice Boys and Bantam Boys the beginning and ending poses will consist of raising one arm prior and at the end of his routine on the mat. Judged on execution only.

A beginning signal will consist of raising one arm prior to stepping on the mat. Judges will signal first to let gymnasts know they are ready for them. An ending signal will consist also of raising one arm after their ending pose to signal that they have finished their routines. There is no value for the beginning and ending signals.

### Start values:

For a routine to have a starting value of **10** points a gymnasts must have:

* Beginning and ending poses	2	.5 each	1.0 points
* 6 non difficult skills	6 skills	1.0 each	6.0
* 2 difficult skills	2 skills	1.5 each	3.0
<b>Total 10 points</b>			

If your gymnast is missing 1 difficult skill you must replace it with a non-difficult skill and have a starting value of **9.5**

* Beginning and ending poses	2	.5 each	1.0 points
* 7 non difficult skills	7 skills	1.0 each	7.0
* 1 difficult skill	1 skill	1.5 each	1.5
<b>Total 9.5 points</b>			

If your gymnast does not have any difficulty skills at all you must have 8 non difficult skills and have a starting value of **9.0**

* Beginning and ending poses	2	.5 each	1.0 points
* 8 non difficult skills	8 skills	1.0 each	8.0
* 0 difficult skill	0 skill	1.5 each	0.0
<b>Total 9.0 points</b>			

## Novice Girls/Bantam Girls/Intermediate Girls

### Scoring

All routines must contain 8 skills which includes poses; non difficult and difficult skills. Start value should be 10. **For other values see below.**

The start value is the maximum amount of points where judges begin their deductions such as bent knees, improper body angles, falls etc.

All floor routine must contain at least eight (8) skills of which 2 skills must be from the difficulty list provided in the PEISAA handbook.

The floor routine must also contain a starting and ending pose worth .3 each.

Beginning and ending poses in Novice Girls and Bantam Girls, gymnasts must create a pose to start and end a routine on the mat. They should be creative.

The beginning signal will consist of raising one arm prior to stepping on the mat. The judges will signal first to let gymnasts know they are ready for them. An ending signal will consist of raising one arm after their ending pose to signal that they have finished their routines. There is no value for the beginning and ending signals.

The routine will also include originality. Originality will now encompass all aesthetic elements of the routine. Judging how the routine is created and composed. See below:

1. Beginning and ending pose.
2. Expression of style - this means how you add style, dance & personality to your routine.
3. Continuity and flow - this means how a routine is put together so that all skills connect to give a nice flow to your routine. This includes levels such as high and lows and the rhythm of the routine.
4. Use of entire floor - gymnasts must make an effort to cover at least 3/4 of the length of the floor space.

### Start values:

For a routine to have a start value of **10.0** a gymnasts must have:

Beginning and ending poses	2	.3 each	0.6 points
* 6 non difficult skills	6 skills	1.0 each	6.0
* 2 difficult skills	2 skills	1.5 each	3.0
* Expression of style		0.1	
* Continuity and flow		0.2	
* Use of entire floor		0.1	

**Total 10 points**



If your gymnast is missing 1 difficult skill you must replace it with a non-difficult skill. Value of the routine **9.5**

* Beginning and ending poses	2	.3 each	0.6 points
* 7 non difficult skills	7 skills	1.0 each	7.0
* 1 difficult skill	1 skill	1.5 each	1.5
* Expression of style			0.1
* Continuity and flow			0.2
* Use of entire floor			0.1

**Total 9.5 points**

If your gymnast does not have any difficult skills at all you must have 8 non difficult skills and have a starting value of **9.0**

* Beginning and ending poses	2	.3 each	0.6 points
* 8 non difficult skills	8 skills	1.0 each	8.0
* 0 difficult skill	0 skill	1.5 each	0.0
* Expression of style			0.1
* Continuity and flow			0.2
* Use of entire floor			0.1

**Total 9.0 points**

### PRE NOVICE GIRLS/ NOVICE GIRLS/ BANTAM GIRLS/ INTERMEDIATE GIRLS

Competitors are not permitted to use music

Pre Novice (presently in grade 3-4)

Novice (presently in grade 5-6)

Bantam (presently in grade 7-8)      Intermediate (presently in grade 9)

<b>Static or Supports</b> (Non-difficult skills)	<b>Turns</b> (Non-difficult skills)	<b>Locomotion</b> (Non-difficult skills)
<p> <u>*Pike inverted support</u> (toes touch floor)  <u>*Straddle sit</u> (chest to floor)  <u>*V-sit</u> (with hands off the floor)  <u>*Arabesque scale</u> (Back flexion 90 degrees)  <u>*Shoulder balance</u> (body straight , perpendicular to floor)  <u>*Headstand (tripod balance)</u> (can be done in a variety of ways) <u>*Knee scale</u>  <u>*Back bridge</u>  <u>*Y standing leg scale</u> (Heal at head height, with leg straight)         </p>	<p> <u>*Jump full turn</u>( take off from two feet) <u>*1/1 turn on one foot</u> </p>	<p> <u>*Prone fall from feet</u>  <u>*Front support hold to rear support</u> (held two seconds)  <u>*Handstand forward roll</u> (hold two seconds)  <u>*Handstand</u> (hold 2 sec.)  <u>*Forward straddle roll</u> ( finish on feet, arms off floor, show control)  <u>*Forward tuck roll</u>  <u>*Backward straddle roll to your feet</u> (arms off floor, show control)  <u>*One hand cartwheel</u> (Straight line , no deviation)  <u>*Cartwheel</u> (Straight line , no deviation)  <u>*Round off</u> ( 3 running steps, including hurdle)  <u>*Back shoulder roll</u>  <u>*Backward tuck roll</u>  <u>*Cat leap</u> (Knees pass hips)  <u>*Stag leap</u>  <u>*Hollow body log roll</u>  <u>*Scissor leap</u>  <u>*Tuck jump</u>  <u>*Wolf jump</u> </p>

<b>Bonus static skills</b> (Difficult skills)	<b>Bonus turns</b> (Difficult Skills)	<b>Bonus locomotion skills</b> (Difficult skills)
<u>*Splits, front or side (only one)</u> <u>*Stand to back bridge</u> <u>*Handstand to back bridge</u>	* 2/1 turn on one foot 720 degree	<u>*Dive roll</u> (Finish on feet, arms off floor, show judges) <u>*Backward roll to handstand</u> <u>*Front walkover</u> <u>*Back walkover</u> <u>*Split leap</u> <u>*Split jump</u> <u>*Straddle jump</u> (must show horizontal) <u>*Pike jump</u> (must show horizontal) <u>*Front handspring</u> <u>*Back handspring</u> <u>*Switch split leap</u> <u>*Press to handstand</u> <u>*Front limbers</u> (Handstand to bridge to stand up) <u>*Back limbers</u> (Stand to back bridge to stand up) <u>*Front tuck</u> <u>*Back tuck</u> <u>*Tuck jump 1/1 turn</u> <u>*Cat leap 1/1 turn</u> <u>*Free aerial cartwheel</u>

## PRE NOVICE / NOVICE BOYS / BANTAM BOYS/ INTERMEDIATE BOYS

Competitors are not permitted to use music

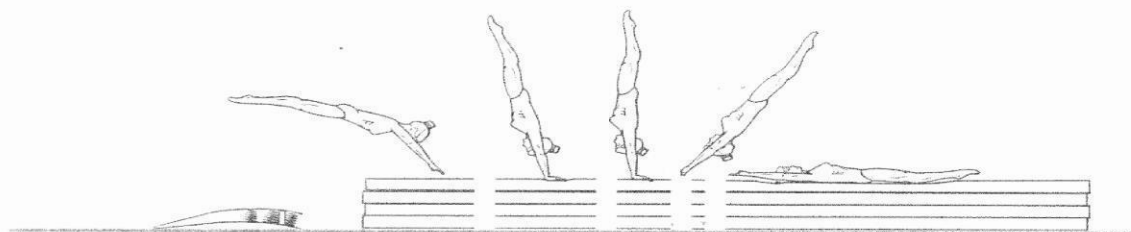
Pre Novice (presently in grade 3-4)

Novice (presently in grade 5-6)

Bantam (presently in grade 7-8)      Intermediate (presently in grade 9)

<b>Static or Supports</b> (Non-difficult skills)	<b>Turns</b> (Non-difficult skills)	<b>Locomotion</b> (Non-difficult skills)
<u>*Pike inverted support</u> (toes touch floor) <u>*Straddle sit</u> (chest to floor) <u>*V-sit</u> (with hands off the floor) <u>*Front scale</u> (body parallel with floor) <u>*Shoulder balance</u> (body straight , perpendicular to floor) <u>*Headstand tripod balance</u> (can be done in a variety of ways) <u>*Y- standing leg scale</u> ( heal at head height, leg straight) <u>*Kn Scale</u> <u>*L-Hold</u> <u>*Back bridge</u>	<u>*Jump full turn</u> (take off from two feet)	<u>*Prone fall from feet</u> <u>*Front support hold to rear support</u> (held two seconds) <u>*Handstand forward roll</u> (hold two seconds) <u>*Handstand</u> (hold 2 sec.) <u>*Forward straddle roll</u> ( finish on feet, arms off floor, show control) <u>*Forward tuck roll</u> <u>*Backward straddle roll</u> ( finish on feet, arms off floor, show control) <u>*One hand cartwheel</u> (Straight line , no deviation) <u>*Cartwheel</u> (Straight line , no deviation) <u>*Round off</u> ( 3 running steps, including hurdle) <u>*Back shoulder roll</u> <u>*Backward tuck roll</u> <u>*Round off - 2 turn</u> <u>*Hollow body log rolls</u> <u>*Tuck jump</u>

Bonus static skills (Difficult skills)	Bonus turns (Difficult Skills)	Bonus locomotion skills (Difficult skills)
<u>*Splits , front or side (only one)</u> <u>*Back bridge</u> <u>*Stand to back bridge</u> <u>*Handstand to back bridge</u>		<u>*Dive roll</u> <u>*Backward roll to handstand</u> <u>*Single leg circle ( free leg 360)</u> <u>*Front handspring</u> <u>*Back handspring</u> <u>*Press to handstand</u> <u>*Front tuck</u> <u>*Straddle jump</u> <u>*Back tuck</u> <u>*Tuck jump 1/1 turn</u>



### Pre Novice/Intermediate Vault

## **Jump to handspring onto a raised mat surface; fall to straight lying position on the back**

The run should even and strong, accelerating to the hurdle onto the board.  
Rebound(punch) off the board.

As a combination of the hurdle arm swing, reach for the mat stack. Keep the body extended, rotating to an inverted position by diving the legs/heels backward-upward, landing in a HANDSTAND position with straight arms, extending through the shoulders. The head remains neutral with focus on the hands. Maintain a straight body position with legs together and hips extended. Land on the skill cushion in a STRAIGHT LYING POSITION ON THE BACK.

### **Vaulting**

#### Pre Novice Girls/ Pre novice Boys

## **JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE FALL TO STRAIGHT LYING POSITION ON THE BACK**

\*The Gymnasts may perform two vaults, with the better score to count.

\*Three running approaches are permitted if the gymnasts has not touched the springboard and/or the mat stack. A fourth approach is not permitted.

\*The suggested number of running steps is approximately seven to nine steps before executing a hurdle onto the board. There is no deductions for more or less steps.

\*Repulsion from the hands is not required.

## Matting Requirements:

**Mat stack- Maximum of 28"** (3 crash mats of 8 inches each and a 4 inch landing mat) the landing mat is the height of two folds of the new basketball mats we have on our walls in the gym. They fold in three. To reach the 28" height you can use any combinations of mats.

1. A tape line must be placed on the upper most surface of the mat stack at 32" from the front edge of the landing surface (this where the gymnasts will land their hands) The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone.
2. The tape line should also extend down the side of the mat (Provincials)
3. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.

## Novice Girls / Novice Boys

### **JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE FALL TO STRAIGHT LYING POSITION ON THE BACK**

- \*The Gymnasts may perform two vaults, with the better score to count.
- \*Three running approaches are permitted if the gymnasts has not touched the springboard and /or the mat stack. A fourth approach is not permitted.
- \*The suggested number of running steps is approximately nine to eleven steps before executing a hurdle onto the board. There is no deductions for more or less steps.
- \*Repulsion from the hands is not required.

## Matting Requirements:

**Mat stack- Maximum of 36"** (4 crash mats of 8 inches each and a 4 inch landing mat) the landing mat is the height of two folds of the new basketball mats we have on our walls in the gym. They fold in three. To reach the 36" height you can use any combinations of mats.

1. A tape line must be placed on the upper most surface of the mat stack at 32" from the front edge of the landing surface (this where the gymnasts will land their hands) The area on the mat

from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone.

2. The tape line should also extend down the side of the mat (Provincials)
3. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.

### Bantam Girls / Bantam Boys

### Intermediate Girls/ Intermediate Boys

## **JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE FALL TO STRAIGHT LYING POSITION ON THE BACK**

\*The Gymnasts may perform two vaults, with the better score to count.

\*Three running approaches are permitted if the gymnasts has not touched the springboard and /or the mat stack. A fourth approach is not permitted.

\*The suggested number of running steps is approximately nine to eleven steps before executing a hurdle onto the board. There is no deductions for more or less steps.

\*Repulsion from the hands is not required.

### **Matting Requirements:**

**Mat stack- Maximum of 36"** (4 crash mats of 8 inches each and a 4 inch landing mat) the landing mat is the height of two folds of the new basketball mats we have on our walls in the gym. They fold in three. To reach the 36" height you can use any combinations of mats.

1. A tape line must be placed on the upper most surface of the mat stack at 32" from the front edge of the landing surface (this where the gymnasts will land their hands) The area on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone. The hands should make contact with the mat within this zone.
2. The tape line should also extend down the side of the mat (Provincials)
3. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long.



## **GYMNASTICS SITE REQUIREMENTS PROVINCIAL TOURNAMENTS**

**Floor:** hardwood, uni-turf or tile (no spring floor)

**Dimensions:** minimum of 50' width, 80' length (free of bleachers)

**Amount of Seating Available:** seating required must handle 400 spectators  
(Bleachers or balcony area)

**Change Rooms:** minimum of 2 rooms needed

**Lunch Facilities:** A lunch area is required for participants

**P.A. System:** A working P.A. system operating from the gymnasium is necessary  
Preference given to schools able to provide canteen service

**Equipment:** Floor exercise - good quality mats which adhere together well  
Minimum 2 strips - 40'x 6" each

- 2 landing mats 18' x 7'6"
- 8 crash mats 5' x 10' x 8" high.
- 2 vaulting runway

### **Vaulting mats**

- 2 landing mats 18'
- 8 crash mats 5' x 10' x 8" high.

### **Vaulting Board:**

- Minimum - 2 vaulting board

## RUGBY

### 1. Rules:

Rules of the Canadian Rugby Union shall govern PEISAArugby.  
(PEISAA classifications apply) (PEISAA modifications apply)

**\*Please see Guidelines for Rugby Coaches and Officials Document**

### 2. Qualifying Competition:

League and play-off format shall be decided by the commissioner and athletic directors

### 3. Provincial Championship:

Provincial championship tournament with site to be determined by commissioner as directed by championship site policy guidelines.

### 4. Awards:

Championship bars for provincial winners and a banner for senior A, AA and AAA championships.

Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place team members in all classifications.  
(Max "A" 16: "AA" 21: AAA 21)

# **PEISAA Rugby League**

## **Guidelines for**

### **Coaches and Referees**

**Version 1.8**

**April 13, 2017**

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Dates	Changes	Version
4/12/2005	Initial release of document to athleticdirectors	1.0
4/30/2005	Added information specific to referees, altered Team registration wording, added additional law variations and interpretations, updated substitution policy to allow for unlimited substitutions, added note about players needing mouthguards, molded cleats are legal, updated bench penalty to indicate type of penaltykick and location, added note of length of half-time	1.1
4/19/2006	Updates to sin bin policy in overtime, contact information, substitution policy and timeouts, game reimbursement schedule, playing eligibility of pool players, added player sent-off report for Officials	1.2
4/27/2007	Updated amounts for games, added note on changes to scrum laws. Added note under timeout policy related to time-wasting.	1.3
4/26/2010	Added: Player Reduction due to foul play or injury.	1.4
4/18/2011	Added: Wheeling the Scrum "If a wheel reaches 45 degrees...and the same Team throws the ball in	
4/23/2012	Added: Player Card Sanction	1.5
4/24/2013	Scrum Law Changes-2013; Scrum Engagement –CROUCH-TOUCH-SET	1.6
4/24/2014	Scrum Law Changes-2014; Scrum Engagement –CROUCH-BIND-SET Player Sanction System	1.7

## Preface

This document is meant to serve as a source of information for PEISAA Rugby League rules and guidelines. Readers are encouraged to always consider the welfare of their school's players, their opponents, and the laws and spirit of the game as a starting point when making decisions. Sportspersonship and the principles of fair play are the cornerstones of the league.

## Game Officials

### ***Referee Registration***

All Referees are encouraged to register with Rugby Canada through the PEIRugby Union and must be certified at World Rugby level one. No PEISAA match may be officiated by someone other than those referees who are certified. Certification lasts four years. If you wish to inquire about certification, contact Tim Hockin with the P.E.I. Rugby Referee Association.

### ***Game Reimbursement Schedule***

Senior AAA	\$27.00	Senior AA	\$27.00	Senior A	\$17.00
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### ***Travel Allowance for Referees***

Travel is paid at a set PEISAA flat rate based on where the referee is travelling to and from. The set rate is \$0.35 per kilometer.

### ***Payment of Referees***

Payment of game fees and travel remuneration will be paid at the conclusion of the Season (League & Championships) by cheque. The assignor will invoice the PEISAA who will in turn present invoices to member schools.

### ***Referee Game Reporting Requirements***

Referees are asked to review and sign the game form before leaving the field.

All bin violations, bench penalties, and ejections must be recorded by the referee and e-mailed or called into the referee-in-chief before 10 p.m. on the day of the infraction. The following information must be reported for each infraction.

Name: last and first name of player

Team: name of school

Level: AAA, AA, A

Division: Men's or Women's

Type: bin, ejection, bench penalty

Coach: name of Coach responsible

Name of Referee

### ***Cancellations by Referees***

If a referee is scheduled to provide services and becomes unavailable, it is their responsibility to contact the referee-in-chief. Please contact Anthony Scott (anthony-scott@hotmail.com, 902-314-1325).

If after 12 p.m. on game day, in addition to contacting one of them, you should also leave a message with the athletic director of the home Team to inform them that you are unavailable and that a message has been left for the referee-in-chief.

## **Game Cancellation Procedure**

In the event that a game must be cancelled, it is the responsibility of the canceling school to:

- a. Contact the opponent school
- b. Contact the commissioner
- c. Contact the referee assignor
- d. Inform the commissioner of the alternate date that has been discussed with the opposition
- e. Inform the referee assignor of the alternate date. You will receive an e-mail from the referee assignor confirming the rescheduled date.

In cases where the assigned referee cannot be reached, the school responsible for the cancellation may also be required to pay the day's game fees and travel expenses.

## **Team Registration**

- Schools are encouraged to compete at the highest level possible.
- A school can register to compete at the "A" level only if they are willing to do so **without grade 12 players**.
- If a school plans to have grade 12 players included in their program, it must register Teams at the "AA" or "AAA" level.
- Schools may register more than one Team at a level such as "AAA"
- A school may register at more than one level.

### ***“A” Level as a Development League***

In the interests of safety and player development, the “A” league is designated as a development league and as such, in general circumstances, grade 12 players are not eligible to compete at this level.

In exceptional circumstances, schools may make application to the commissioner for permission to enter a grade 12 player at the A level. Coaches should include the players name, size, height, weight, and rationale. Consideration will be made and communicated to all schools. In addition, the Commissioner may, at their discretion, view the player in question to assess suitability to "A" level rugby.

## **Rosters**

### ***Establishment of Pool Players***

Pool players must be established by the mid-season point of each individual Team. Coaches should choose pool players with care. The selection of pool players should not contravene the spirit of the game or lead to situations where schools could gain an unfair advantage due to their selection of pool players. Special care should be taken when selecting pool players that will drop a level as is the case for pool players moving from “AAA” to “AA” or from “AA” to “A”. Possible reasons to include a player in the pool would be: less experience, smaller size, lower confidence level, less strength, or less skill. If, at any point in the season, one or more of a Team’s designated pool players becomes injured, the next appropriate player on the roster may be designated as a replacement pool player.

Note: A grade 12 player may not serve as a pool player on an “A” roster.

### ***Playing Eligibility of Pool Players***

Pool players are regular members of Team Rosters and can be used as a Coach sees fit. Pool players may only be used to bring a Team’s game day roster to an appropriate number of players, not the maximum roster level. The appropriate game day roster levels are as follows: AAA and AA - 21 members, A - 12 members.

### ***Roster Submission Dates***

Rosters must be submitted to the PEISAA office on or before the first game day and can be adjusted until each individual Team’s mid-season point. Rosters must clearly indicate pool players.

## **Laws of the Game**

The Laws of the Game are available for viewing and download at:

<http://laws.worldrugby.org/index.php?&language=EN>



## ***PEISAA League Law Variations and Interpretations***

The PEISAA Rugby League follows World Rugby U-19 law variations. Also, the following law variations are in effect:

### ***Length of Match***

“A” – 2 X 12 minute halves  
 “AA” – 2 X 25 minute halves  
 “AAA” – 2 X 25 minute halves

### ***Length of Half Time***

“A” – 3 minutes  
 “AA” – 5 minutes  
 “AAA” – 5 minutes

### ***Timeouts***

Each Team may take 1 tactical timeout per half. Timeouts last for 1 minute. Players must return to play once the referee has blown the whistle to indicate the end of the timeout period. Failure of players to return to play may result in a free kick sanction for time-wasting.

### ***Players' Clothing***

1. Referees should allow special clothing which conforms to IRB specifications or that bear the IRB approval mark. Referees are asked to inspect clothing to ensure that it is safe.
2. Molded plastic cleats with blade-shaped studs are considered legal. The studs do not have to be round.
3. Players **MUST** wear a mouth guard.

### ***Binding in Lineout Play***

New amendment for PEI to re-align with World Rugby laws. The laws for the lineout are as follows:

**Lifting and supporting.** Players may assist a Team-mate in jumping for the ball by lifting and supporting that player providing that the lifting and/or supporting players do not support the jumping Team-mate below the shorts from behind or below the thighs from the front.

**Sanction:** Free Kick on the 15-metre line

**Pre-gripping is permitted.** Players who are going to lift or support a Team-mate jumping for the ball may pre-grip that Team-mate providing they do not pre-grip below the shorts from behind and below the thighs from the front.

**Sanction:** Free Kick on the 15-metre line

### ***13, 12 or 11 A-Side Rugby***

In the interest of safety, the league has adopted the general stance that the number of players can be reduced to 13, 12 or 11 where a school cannot field enough players to play 15s for a given game. Schools should contact the opposition and the commissioner to inform of their intent to play 13, 12 or 11 a-side. The 13, 12 or 11 a-side option may only be used when a school does not have enough experienced players to fill all 15 positions. For example, if a Team has 15 players but only 5 have played or trained in forward positions, that Team may request to play 13s. Teams must play with the highest

number of players they can safely field. The 13, 12 or 11 a-side rule can only be invoked when Teams have either 13 or 14 able players at match time. Once a game starts as a 15 a-side match, it must remain a 15 a-side match. In other words, if a Team starts a match with only 15 players and incurs an injury, that Team must play shorthanded for the remainder of the match.

### ***Substitution Policy***

In the interests of safety and player development, the PEISAA has made additional substitution allowances that are in addition to the IRB Laws.

- a. Substitutions can be made at any stoppage in play except penalty or free kicks. Teams are encouraged to sub on their own lineout throw or scrum put-in, to avoid taking an advantage from the offensive Team. These players must be ready and waiting to enter the field. If the referee deems that the substitution is taking too long, they may restart play and the substitution can occur at the next opportunity.
- b. No limitations are placed on substitutions; a player may leave and rejoin a game unless the player leaves the match due to injury.

### ***Player Reduction Due to Foul Play***

1. When a Team is reduced by one player, and that player is not a scrum player, there will not be any player reduction in the scrum. (eight players in the scrum)
2. When a Team is reduced by a scrum player, the number of players in the scrum will remain at eight players. The proper temporary substitution may be made at the next scrum provided that there is a suitably trained substitution.
3. In the case where a Team has been reduced to thirteen players during the game or prior to kick off, the scrum will remain at eight players and five players in the backfield.
4. If at any time a Coach feels that their Team's scrum is unable to compete for safety reasons, a request for uncontested scrums can be made to the referee. That request **WILL** be granted. The referee may also make that determination. **Uncontested scrums means that the Teams will go through the scrum engagement sequence of "CROUCH-BIND-SET" but, there will NOT be any push, and the Team putting the ball in will win the scrum.**

### ***Coaches within the Playing Enclosure***

To enhance Coaching during the first half of the season, Coaches may Coach from their side of the field anywhere along the line of touch. After the arbitrary mid-season date of May 18th in each year, Coaches must remain between the 10 m lines.

### ***Team Bench Area***

All Team members must remain within the bench area. The bench is designated as the area between the 10 metre line. All Team members must remain on the side of the field first chosen at the beginning of the match.

### ***Bench Penalty***

A bench penalty can be given to the bench at the discretion of the referee. It will be used in cases of improper conduct of a Coach or players. Examples of this type of behavior might be inflammatory cheering by Coaches or players. The referee should always explain to the Coach in charge why the bench penalty has been rendered. A bench penalty is always assessed to the Coach. The first penalty would be a yellow card and the second an ejection from the game. Documentation of a bench penalty should be sent to the referee-in-chief.

Penalty: **Penalty Kick** awarded to non-offending Team at the place where the stoppage occurred.

### ***Limit on the Number of Players***

Teams can carry as many players as deemed appropriate by the school. In any given game, Teams may dress and indicate on the game form up to 16 players at the “A” level, and 25 players at the “AA” and “AAA” levels.

### ***Sin Bin***

In order to provide referees with an additional tool with which to better manage the game with respect to safety, sportpersonship and discipline the “Sin Bin” rule is in effect.

The referee may, at their discretion remove a player from the game for a period of five (5) minutes at the “AA” or “AAA” level and three (3) minutes at the “A” level. For this period of time the player will remain behind the dead-ball line directly behind their Team’s goalposts. The player may not rejoin the Team for time-outs but could return to the bench for half-time or for the breaks involved with overtime. The penalty time applies to playing time only.

High tackles and whip tackles are considered “dangerous play” and should be treated as serious infringements.

No player can be sent to the Sin Bin twice in a game. Ejection would apply in subsequent situations. This rule does not affect the referee’s right to disqualify a player at any time for a first offence.

The referee is responsible to keep track of penalty time and inviting the player back to the field of play when the ball first becomes dead after the time interval of the penalty has elapsed. The referee should speak to the player to reiterate the reason for the penalty.

Players serving penalties or ejections are not to be replaced by an alternate.

**Player Sanctions:**

Referee is to document on the game sheet and submit a written report.  
Home Team is responsible for recording player Sanctions to the website.

Standard Sanctions for Cards:

1. 1 Yellow Card: No further discipline that game, but cumulative Sanctions may apply.
2. In a Single Game: 1 red card or 2 yellow cards by the same player – Automatic 1 game suspension with a review done by a sanction review committee appointed by the commissioner taking into consideration the referee report.
3. Cumulative Sanctions: Multiple Yellow Cards throughout the season – 3 yellow cards during league play by a single player shall result in a single game suspension. Subsequent offences by this player shall be reviewed by the committee for the safety of the other players.
4. Second Red Card in a season – If a player receives subsequent red card Sanctions, this player shall be reviewed by the committee for the safety of the other players.
5. Team Cards – If a Team receives frequent yellow or red Cards, the Team shall be reviewed (including Coaches) for conduct detrimental to safe rugby.

**Contact Information:****PEISAA**

Mike Connolly

[mconnolly@gov.pe.ca](mailto:mconnolly@gov.pe.ca)

902-954-0343

**Commissioner:**

Ryan Lloyd

[rlloyd@upe.ca](mailto:rlloyd@upe.ca)

902-940-1965

**Referee Assignor**

Anthony Scott

[anthony-scott@hotmail.com](mailto:anthony-scott@hotmail.com)

902-314-1325

**Schools:**

School	Phone	Fax
Bluefield	675-7480	675-7482
Gray	368-6860	368-6839
Kensington	836-8901	836-8903
Kinkora	887-2424	887-7381
Montague	838-0835	838-0840
Morell	961-7345	961-7339
Rural	368-6905	368-6906
Souris	687-7130	687-7129
Three Oaks	888-8460	888-8261
Westisle	853-8626	853-8638

### **Provincial Championship Overtime Format**

Following the completion of regulation time the following formula is to be utilized.

A Division: two 6 minute halves changing ends at the break  
 AA Division: two 10 minute halves changing ends at the break  
 AAA Division: two 10 minute halves changing ends at the break

Should score remain tied, the following will be implemented:

A coin toss will take place with the Team placing highest calling the toss. The winner of the toss will have the option to attack or defend. Following commencement of play each Team will alternate defending and attacking positions for three rotations.

With full sides (no player reduction) each Team will be given 3 opportunities to score from a tap penalty commencing at any place along a line 10 meters from goal. All attempts by both sides will be taken at the same goal. The side scoring the most points following these 3 attempts will be declared the winner.

Following a try, a conversion attempt will be taken from the appropriate mark.

A drop kick at goal is only permitted from a second phase breakdown, i.e. a ruck or maul must take place to be considered second phase play.

Where the attacking side commits an infringement resulting in a penalty call, that side will have its attempt at scoring forfeited and the defending side will set up on the 10 meter mark to commence its next attempt. (No advantage is given to the defending side in this situation as both sides are scoring at the same goal).

Where the defending side commits a penalty infringement, the attacking side will line up to take the penalty at the mark. Options allowed in this situation are similar to the law. i.e.: The attacking side may attempt: a:) a tap penalty, b) a penalty kick at goal, c) opt to scrum at the mark, d) attempt an indirect kick (up and under), e) kick for touch and form a lineout at the mark.

Where a stoppage results in a scrum, lineout, penalty by the attacking side, or a free kick awarded against the attacking side, the attacking side will forfeit its attempt at goal.

Should the score remain tied following these 3 attempts each, each side will attempt in single rounds until a winner is declared.

Should a player receive a yellow card in the 2nd overtime period which does not expire at the end of that period, they will be eligible to return to play during the tap penalty phase of overtime. Each tap penalty attempt is given an arbitrary time of 30 seconds per attempt. Prior to the beginning of the tap penalty phase of overtime, the Official will determine, based on how much time is left on the yellow card offence, how many tap

penalty attempts the offending player must sit out before being eligible to return. The offending Team plays short-handed until that player is eligible to return.

There are no substitutions (with the exception of injury substitutions) permitted during the tap penalty phase of overtime.

## Referee's Report - Player Sent Off

Player's full name:		Team:			
Position:		Number:			
Date:	Match Vs.			Venue:	
Division: M W		Level: A AA AAA			
Time: $\Delta$ 1 <sup>st</sup> half $\Delta$ 2 <sup>nd</sup> half		Time elapsed: 5 10 15 20 25 30 35			
Score at time of incident:		Final score:			
Incident occurred at:	$\Delta$ Scrum	$\Delta$ Line-out	$\Delta$ Tackle	$\Delta$ Ruck	$\Delta$ Maul $\Delta$ General
Position of the incident on the field:					
Referee's position relative to the incident:					
Referee's view of the incident:					
Position of the ball in relation to the incident:					
Incident was:	Minor	Severe	Dangerous	Violent	
Were other players sin-binned or sent off in relation to the incident:					
<b>Additional Incident description</b> (use additional space, if required):          					
<b>Cautions:</b> Had a previous caution been issued? $\Delta$ Yes $\Delta$ No			If so, was it $\Delta$ Individual $\Delta$ Team		
Had the player sent off been warned earlier? <input type="checkbox"/> Yes $\Delta$ No			Had the player sent off been sin-binned earlier? <input type="checkbox"/> Yes $\Delta$ No		
Did you observe anything which may have provoked the incident?					

Did any incidents occur after the sending off which related to the incident?	
Details of injuries relating to this incident:	
Did the incident cause any opposition player to have medical treatment on the field or to leave the field for treatment?	
Touch Judge report:	
Was the sending off based on a report from a touch judge? <input type="checkbox"/> Yes <input type="checkbox"/> No	
If yes, name of the touch judge submitting additional report (Law6.B.7)	Name:
Date:	
Submitted by: (Please Print)	Signature:
Phone:	E-mail:

**This Report must be completed and provided to the Designated Union or Disciplinary Official immediately after the match.**



## **SOCCER**

### **1. Rules:**

Rules of the Canadian Soccer Association shall govern PEISAA soccer.

### **2. Qualifying Competition:**

The format shall be decided by Commissioner and Coaches prior to start of regular season play.

### **3. Provincial Competition:**

Fall planning meeting

### **4. Awards - Please Refer to Awards Section Policy Handbook**

- a. Championship bars for Provincial winners.
- b. Banner for Intermediate and Senior championship.
- c. Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Team members in all classifications (max 20).

### **5. Max Roster Size**

- a. Max roster size is 25 with only 20 being eligible to play on the game sheet each game.
- b. The 20 can be any combination of the 25 and can change from game to game.

## PEISAA SOCCER CHAMPIONSHIPS OVERTIME FORMAT

### Intermediate Overtime:

1. Regulation is 2 x 35 min. Halves
2. If Tied after regulation time then

OVERTIME: NO PLAYER REDUCTION (Please note this change)

- a. Coin toss determines end and ball
- b. 2 x 5min halves – No Golden Goal
- b. If no score – Penalty Shots

### Senior Overtime:

1. Regulation is 2 x 45 min halves
2. If Tied after regulation time then

OVERTIME: NO PLAYER REDUCTION

- a. Coin toss determines end and ball
- b. 2 x 10 min halves – No Golden Goal
- c. If no score -Penalty Shots

### Please Note:

- If Team loses a player through ejection, that Team will continue to play short throughout overtime.
- BRONZE MEDAL games at Provincials, NO overtime, straight to penalty kicks.

### DISCIPLINE CARDS (SOCCER)

When a player receives 3 yellow cards during the season - (exhibition, regular season, and tournament games) they will sit the next scheduled game, tournament included. A red card is an automatic one game suspension, depending on severity the suspension could be longer.

Player cards will revert back to zero when the playoffs begin.

If a player picks up a red card on a third yellow card on the last game before playoffs they would sit the first playoff game.

## SOFTBALL

### 1. Rules:

All games involving PEISAA Softball shall follow the rules of the Canadian Amateur Softball Association rulebook. (PEISAA classifications apply) Teams may not use steel cleats.

### 2. Regulations:

- a. A Team shall submit a roster including no more than 17 players, plus a Coach and manager.  
\* see the softball rules document found in the appendix

### 3. Officials:

- a. For zone or Inter-Zone play Officials shall be provided by the home Team, with a mutual consent of both Coaches.
- b. For Provincial play Officials shall be assigned by the Commissioner, through the P.E.I. Umpire-in-Chief.

### 4. Provincial Competition:

Provincial play-offs consist of a 4 Team single elimination consolation tournament, in each of the classifications.

### 5. Awards - Please Refer to Awards Section Policy Handbook

- a. Championship bars for Provincial winners in each classification.
- b. Banners for Provincial winners at the Intermediate and Senior level.
- c. PEI School Milk Foundation medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Team members in all classifications (max 18).

### 6. Special Notes:

Senior Women use 12" optic ball

Senior Men use 12" optic ball

Pitching Distance - Women 40', Men 46'.

Intermediate Girls use 12" optic ball

Intermediate Boys use 12" optic ball

Pitching Distance - Girls 40', Boys 42'.

- a. In the PEISAA league catchers do not have to wear regulation catcher's helmets but must wear a helmet.
- b. Chin straps on helmets are recommended but not required.

- c. Players may not wear steel cleats
- d. Home Team is to provide a new optic game ball and the second ball and the visiting Team will provide a quality 2<sup>nd</sup> optic ball
- e. It is recommended that female catchers wear a cup.
- f. The 10 Run Rule is in effect for all PEISAA games. The 15 run rule after 3 innings is not in effect
- g. ALL Games - maximum 5 run innings to end of the 5th inning, 6 & 7 inning open
- h. In the event of an injury, if all players have entered and a player gets hurt, a player may re-enter the game (minor ball rule).
- i. Safe bases are required for all PEISAA games.
- j. Catchers are required to wear chest protectors

**PEISAA Track and Field Provincial Championships**  
**Technical Package**  
**(last updated January, 2020)**

**General Information, Rules and Regulations**

1. Coaches meeting will take place at 9:30 am on the Saturday. A team meet summary will be available for coaches at the end of the meet upon request.
2. There will be a fee for spectator admission of \$3.00 for adults and \$1.00 for students. Youth under 12 are free. There will be no charge for coaches, athletes or officials. Please advise parents of this.
3. First aid services will be on site. They are to be used only for injuries during the meet. In addition, schools are asked to bring their own first aid kits.
4. Ribbons are awarded to the top four finishers in each event and to all members of the top three relay teams. Banners are awarded at the Intermediate, juvenile and senior levels.
5. Athletes may only compete in events at one classification. If an athlete moves up, he must compete at that classification in all events. Athletes may participate in a maximum of 3 events (not including relays).

**Age Classifications are as follows:**

**Novice** – grade 5/6

**Bantam** – grade 7/8

**Intermediate** – grade 9

**Juvenile** – grade 10 (first year of high school)

**Senior** – 2<sup>nd</sup> or 3<sup>rd</sup> year of high school and/or Grade 11 or 12

6. Please come prepared for all types of weather. There is some space outside the competition area for shelter but very little natural shelter.
7. In throw and jump events, each competitor will be given four (4) trials. Best of the 4 jumps will count for placing. **THIS IS A CHANGE From the past!**
8. All athletes must use the equipment, including starting blocks, supplied by the Meet Organizers. In throwing events, an athlete may request that the head official certify an athlete's implement prior to the competition. If this implement is certified it may be used but must also be made available for use by all athletes in that event.

**9. Implements:**

	Novice	Bantam	Intermediate/Juvenile	Senior
<b>Shot Put</b>	<b>3 kg or less</b>	<b>3 kg</b>	<b>W – 3 kg M – 4 kg</b>	<b>W – 4 kg M – 5 kg</b>
<b>Discus</b>		<b>750 g</b>	<b>1 kg</b>	<b>W – 1 kg M – 1.5 kg</b>
<b>Javelin</b>			<b>600g</b>	<b>W – 600 g M - 700 g</b>

**10. Starting high jump Heights:**

Senior Boys	1.45m
Senior Girls	1.25m
Intermediate Boys/Juv boys	1.40m
Intermediate Girls/Juv girls	1.25m
Bantam Boys	1.25m
Bantam Girls	1.15m
Novice Boys/Girls	1.0m

11. All relays and the 300/400m, 600/800m, 1000/1200/1500m and the 2000/3000m shall be run as timed finals. The 60/80/100m and 150/200m will have heats and then finals. The 600/800m will be run in a waterfall formation. 1000/1200/1500m and 2000/3000m will be run on a curved start line.

12. Advancement Rule – (from preliminaries to finals) -Follow IAAF guidelines.

13. In distance events of 600/800m, 1000/1200/1500m and 2000/3000, times will only be recorded for the top 6 runners unless time permits for more.

**14. All track events have the priority over field events. Competitors who are called away to a track event are to 1) let the field judge know and 2) report back as quickly as possible.** You may ask and be permitted to throw/jump ahead/after of your usual order, but once a round is finished you lose your attempt for that round. You may not throw 2 throws in one round. Please ensure your athletes understand this procedure and are proactive in discussing this with field officials and clerks of track events, but ultimately, the responsibility lies with the athlete.

15. Blocks are optional. No blocks for bantam or novice (LTAD)

16. No substitutions are allowed at provincials. Changes at the zone level must be made by the specified date.

17. False start – only one false start will be allowed for the heat. Any athlete(s) making further false starts in the race shall be disqualified from the race.

18. Only pin spikes (max 6mm) will be permitted on the track or runways. Shoes with another type of spike may lead to disqualification. This includes high jumpers.

**19. New IAAF relay rule – Instead of a 10m acceleration zone and a 20m exchange zone, there will be a 30m exchange zone.**

20. No iPods or other electronic devices may be worn by the athletes during a race.

21. Track cleats may not be worn in the VIP building.

22. New track records may only be set using the photo finish timing device. Hand held times will not be used to set new provincial records.

23. Track events -

<b>NOVICE (gr 5/6)</b>	<b>BANTAM (Grade 7/8)</b>	<b>INTERMEDIATE (grade 9)</b>	<b>JUVENILE (grade 10)</b>	<b>SENIOR (grade 11/12)</b>
60m	80m	100m	100m	100m
150m	150m	200m	200m	200m
600m	800m	300m	400m	400m
1000m	1200m	800m	800m	800m
4x100 relay	4x100 relay	1200m	1500m	1500m
		2000m	3000m	3000m
		4x100 relay	4x100 relay	4x100 relay
		4x400 relay	4x400 relay	4x400 relay

24.

**For Seniors/Juveniles** – 8 athletes will advance from each regional meet to provincials. For relays this number is reduced to 4 teams from each regional meet.

**For Intermediate** – 4 athletes will advance and 2 relay teams.

**For Novice and Bantam** – Each zone will advance 4 athletes in each event and 2 relay teams.

## VOLLEYBALL

### 1. Rules

The rules of the Canadian Volley Association shall govern PEISAA Volleyball. (PEISAA Classifications apply.)

For Intermediate Classification, net height will be 2.24 m for boys and 2.13 m for girls.

### 2. Officials:

For league play and zone and Provincial tournaments Officials shall be supplied by the P.E.I

### 3. Qualifying and Provincial Competition:

The Format shall be determined by Commissioner and Athletic Directors prior to the start of regular season play.

### 4. Award

Championship bars for Provincial winners and Banners for intermediate and senior Provincial championship.

Milk Sport medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Team members in all classifications (max 15)

### 5. Max Roster Size

Max roster size is 15 with a maximum of 12 being allowed on the game sheet. Can dress all 15 but can only play the 12 on the game sheet. If exhibition sets are played after the match has been decided then the other 3 can play in those sets.

Team wins 3-0 a fourth set is played. Referee decides if it goes to 15 or 25. If it is 3-1 is at the discretion of referee and coaches.

## VOLLEYBALL SITE REQUIREMENTS

<u>Courts</u>	-	Minimum	1 Regulation Court
<u>Dimensions of Floor</u>	-	Court size as per Volleyball Canada Regulations	
	-	Minimum 2 meter clearance from all walls	
<u>Ceiling Height</u>	-	Minimum 22 feet	
<u>Floor</u>	-	Hardwood or Uni-turf	
<u>Amount of Seating</u>	-	Minimum seating required to handle competitors	
	-	Preference given to schools with bleacher facilities	
<u>Change Rooms</u>	-	Minimum of two change rooms necessary	
		Preference will be given to schools with change rooms and showers available.	



## WRESTLING

**Age classifications for PEISAA Wrestling are as follows:**

**Novice:** Grade 5 & 6 students  
**Bantam:** Under 14 years of age as of December 01, 2013 - Dec. 1999 – Sept. 2001  
**Intermediate:** Under 16 years of age as of February 01, 2014 – Feb. 1998 – Nov. 1999  
**Senior:** 3 years of eligibility upon entrance to grade 10

**Weight classes (KG):**

**Novice (male/female):** 26, 28, 30, 32.5, 35, 37.5, 40, 43, 46, 50, 56.5, 63.5, 72.5, 80 kg.

**Bantam (male/female):** 35, 38, 41, 44, 47, 50, 53, 56, 60, 65, 70, 76, 83, 95 kg.

**Intermediate (male):** 42, 46, 50, 54, 58, 63, 66, 69, 72, 76, 80, 85, 92, 100, 115, 130 kg.

**Intermediate (female):** 38, 40, 43, 46, 49, 52, 56, 60, 65, 70, 75, 82 kg.

**Senior (male):** 46-50, 55, 60, 66, 74, 84, 96, 96-120 kg

**Senior (female):** 40-44, 48, 51, 55, 59, 63, 67, 72, 72-82 kg

- Top 3 athletes qualifying at zone competition move on to PEISAA Championships in Novice & Bantam divisions. Grade 3 & 4 wrestlers are *not* eligible to compete at the PEISAA Championships in the Novice division.
- Top 4 Intermediate athletes qualifying at zone competition move on to PEISAA Championships in Intermediate divisions.
- All Senior wrestlers qualify to move on to PEISAA Championships

**Team Points:**

Team points are awarded: 5 points – 1<sup>st</sup>, 3 points – 2<sup>nd</sup>, 1 point – 3<sup>rd</sup> for the Provincial Team Championship in each age/gender division.

If there is only one athlete registered in a weight class for the PEISAA Championships the athlete will receive a medal, but no Team points. Athlete is not required to come to the competition. They will be informed by the draw master prior to competition.

If there are two or more athletes who are registered in a weight class and an athlete comes to the PEISAA Championships prepared to fight and due to one or more no shows is not required to fight, the athlete will receive a medal and full Team points.

**Rules:**

Rules will follow the Wrestling Canada rulebook.

[http://www.wrestling.ca/Officials/rule\\_book.php](http://www.wrestling.ca/Officials/rule_book.php)

**New Wrestling Rules (previously sent out):****Technical superiority**

- 10 points for Freestyle Wrestling

**Takedown**

- From the standing or neutral position, whenever a wrestler secures control of their opponent and brings them down without back exposure, 2 points are awarded. This may occur as either an offensive or defensive maneuver
- Anything that goes directly from the feet to the back is worth 4 points. \* Novice wrestlers will *not* be permitted to complete any leg takedown while standing. They must touch a knee and complete the move from that position.

**Throws**

- 4 points for all throws. No 3 or 5 point throws

**End of Match**

- Match ends by pin, most accumulated points at end of match or 10 point superiority
- Elimination of 2 x 3 points and 1 x 5 points resulting in a victory

**Par Terre**

- Elimination of the 5 second count for the one additional back point exposure

**Passivity**

- If a wrestler is considered passive (not wrestling) they will be given a warning by the referee. If the same wrestler continues to be passive, a 30 second activity period will occur. If either wrestler scores, the activity period is not counted. If neither wrestler scores, the passive wrestler will receive a caution and their opponent will receive a point
- Novice (10 & 11 years) & Bantam (12 & 13 years) 2 rounds of 2 minutes with a 30 second break.

- Intermediate and Senior are 2 rounds of 3 minutes with 30 seconds break.
- It is no longer best out of 3. Scores are cumulative ie if it is 6-2 after round 1, round 2 starts at that score.
- A wrestler can no longer "push" an opponent out of bounds. If a wrestler pushes out of bounds, it is a caution and a point; ie If red pushes blue out of bounds, blue receives a point and red is cautioned. However, if red is attacking (shooting on the legs) and opponent goes out of bounds the attacking (red) wrestler receives a point.

## WRESTLING SITE REQUIREMENTS

- Gymnasium large enough to hold at least 3 wrestling surfaces.
- At least 2 locker rooms and showers.
- Adequate P.A. System.
- Stands or room enough to sit at least 100 wrestlers and spectators.
- Room available for weighing. This room could also be used as an Officials' room.
- Each wrestling surface should have at least a 1 meter protection area.

### PEISAA WRESTLING

#### Rules and scoring

#### Wrestling Canada Lutte Rulebook

[https://wrestling.ca/wp-content/uploads/2023/02/2023\\_Rulebook.pdf](https://wrestling.ca/wp-content/uploads/2023/02/2023_Rulebook.pdf)

#### Age equivalencies

Wrestling Canada Lutte	PEISAA
Novice / U11	Pre-Novice (Grades 3 / 4 )
Kids / U13	Novice (Grades 5 / 6)
Bantam / U15	Bantam (Grades 7 / 8)
U17	Intermediate (Grades 9 / 10)
U19	Senior (Grades 11 / 12)

#### End of Match

A match ends by pin, 10 point superiority (i.e. 10-0, 11-1, 12-2) or most accumulated points at the end of regulation time. Scores are cumulative i.e. if it is 6-2 after round 1, round 2 starts at 6-2

**Novice / Bantam / Intermediate:** 2 x 2-minute rounds, 30 second break

**Senior:** 2 x 3-minute rounds, 30 second break

**1 point** – reversal of control (wrestler on bottom gains control), defensive wrestler steps out of bounds during a leg attack (1 point to offensive wrestler)

\*Deliberate shoving out of bounds is **not** awarded with offensive points. The wrestler is verbally warned to use offensive wrestling actions to score. If a wrestler is backing up, they will be warned for **passivity**. The focus is on active wrestling. A point can be awarded to opponent if wrestler is avoiding action. If the offensive wrestler initiates a scoring action inbounds, the action can continue out of bounds (provided adequate protection area). Anything deemed unsafe will be stopped by the on-mat official.

**2 points** – take down, go behind (on the ground), rolling action (gut wrench, cross ankles), tilt / back exposure on the ground

**4 points** – take down w/ back exposure (feet-to-back)

\*No illegal moves as per the WCL rules (such as full nelson, all back bending throws, placing both hands on the head). No 5 point throws.

### **Youth Rule Modifications**

#### ***PEISAA Novice (Grade 5/6)***

- No Gabori / Gator roll (rolling a wrestler by their head/arm, wrestlers facing each other on the mat)

- No 5 point throws

- Two repetitions of any tilt / technique (gut wrench, cross ankles). If a third repetition is commenced, the referee will stop the action and wrestling will resume in the standing position

- No head and arm throw

\*Head and arm is permitted from a scramble situation (par terre) where both wrestlers have both knees on the mat (technique is considered a tilt).

#### ***PEISAA Bantam (Grade 7/8)***

- No Gabori / Gator roll

- No 5 point throws

- Head and arm permitted, under close scrutiny by on-mat official (one fluid motion, no tugging, anything deemed unsafe will be stopped)

- Unlimited repetitions of any legal technique permitted

#### ***PEISAA Intermediate (Grade 9/10) and Senior (Grade 11/12)***

- Same as Wrestling Canada Lutte U17 and U19

### ***Grouped weights***

The weight spread should be done on a graduated split. When setting up the weight classes after weigh-ins, wrestlers will be grouped according to weight with a maximum difference between the lightest & heaviest in the class:

- Up to 40kg – 2kg max difference

- 40kg up to 50kg – 3kg

- 50kg up to 60kg – 4kg

- 60kg up to 70kg – 5kg

- 70kg up to 80kg – 7kg

- Over 80kg – 10kg

\*Updated on Tuesday, April 16th 2024

# POWERLIFTING

## **General Rules of Power Lifting**

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**Body weight Categories**

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## **Power Lifts and Rules of Performance**

**Squat and Cause for Disqualification**

**Bench Press**

**Bench Press Continued**

**Dead Lift and Cause for Disqualification**

**Order of Competition**

**Scorer's Table**

## **Technical Rules book of the PEISAA Powerlifting Program**

### **GENERAL RULES OF POWERLIFTING**

The PEISAA sport of power lifting recognizes the following lifts which must be taken in the same sequence in all competitions conducted under PEISAA rules:

Squat B. Bench Press C. Dead lift D. Total

- (a) Competition takes place between lifters in categories defined by sex, bodyweight and age. The PEISAA Men's and Women's Championships permit lifters in grades 10 through 12 to compete 3 consecutive years.
- (b) The rules apply to all levels of competition whether it be Zones or Provincial. Records cannot be considered unless the above conditions are met.
- (c) Each competitor is allowed three attempts on each lift. Any exceptions are explained in the appropriate section of the rule book. The lifter's best valid attempt on each lift, disregarding any fourth attempts for record purposes, counts toward his competition total. Lifters failing to achieve a total in qualifying can continue to lift but, shall not be permitted to lift at the Provincials. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter. Wilks Points will determine the winner in each category.
- (d) If two lifters register the same bodyweight at the weigh in and eventually achieve the same total at the end of the competition, the lifter making the total first will take precedence over the other lifter. Where awards are presented for best squat, bench press and dead lift, the same procedure will apply.
- (e) High school lifters can only qualify for high school Provincials by competing in a high school qualifier. CPU and IPF or any other organized competition will not be recognized. If, for any reason a lifter cannot make a qualifier then that lifter can qualify in the presence of their own Coach and the PEISAA Commissioner. All lifting rules apply

### **AGE CATEGORIES:**

Men - Open: from the day he enters grade 10 and for 3 consecutive years. Lifters must be enrolled full time at the High School they lift for (Students can compete as long as they fulfill the academic requirements of their school).

Women's - Open same as above.

**BODY WEIGHT CATAGORIES:****Men:**

52.0kg Class up to 52.0kg.  
 56.0kg Class from 52.01 to 56.0kg.  
 60.0kg Class from 56.01 to 60.0kg.  
 67.5kg Class from 60.01 to 67.5kg.  
 75.0kg Class from 67.51 to 75.0kg.  
 82.5kg Class from 75.01 to 82.5kg.  
 90.0kg Class from 82.51 to 90.0kg.  
 100.0kg Class from 90.01 to 100.0kg.  
 110.0kg Class from 100.01 to 110.0kg.  
 125.0kg Class from 110.01 to 125.0kg.  
 125.0+kg Class from 125.01 to unlimited

**Women:**

44.0kg Class up to 44.0kg.  
 48.1kg Class from 44.01 to 48.0kg.  
 52.0kg Class from 48.01 to 52.0kg.  
 56.0kg Class from 52.01 to 56.0kg.  
 60.0kg Class from 56.01 to 60.0kg.  
 67.5kg Class from 60.01 to 67.5kg.  
 75.0kg Class from 67.51 to 75.0kg.  
 82.5kg Class from 75.01 to 82.5kg.  
 90.0kg Class from 82.51 to 90.0kg.  
 90.0+kg Class from 90.01 to unlimited.

**TECHNICAL RULES:**

Each School must submit a Team Roster giving the names of each lifter, their bodyweight category and their opening lifts in each of the 3 lifts. The Commissioner must receive this one week in advance. Any failure to provide this information in the allotted time can result in disqualification.

Point scoring for all Meets and Championships shall be scored by the top Wilks points in each class. Overall Team championships will be scored by the top 5 Wilks point leader from each of the school's men's and women's Team.

At all Provincial Championships awards shall be given to the lifters who produce the top three performances based on the Wilks formula.

Medals will be presented for first, second and third places in the Team categories and the individual weight classifications.

**EQUIPMENT AND SPECIFICATIONS:****PLATFORM:**

All lifts shall be carried out on a flat, level, firm and non-slip smooth carpet or rubber mat(i.e. free from irregularities and projections).

**BARS AND DISCS:**

For all power lifting contests organized under the rules of the PEISAA bars and weights will be provided by the school who Hosts the event, only Olympic disc and barbells are permitted. The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the Technical Committee, Jury or Referees

- (a) The bar shall be straight and well knurled and grooved
- (b) Discs must be within the following range: 2.5 lbs, 5lbs, 10 lbs, 25 lbs, 35 lbs, 45 lbs
- (c) All discs must be clearly marked with their weight and loaded in the sequence of heavier discs innermost with the smaller discs in descending weight arranged so that the referees can read the weight on each disc.
- (d) The first and heaviest discs loaded on the bar must be loaded face in with the rest of the discs loaded facing toward the collars.
- (e) ) Spring collars must always be used.

**SQUAT RACKS:**

- (a) Only Squat Racks from approved by the Commissioner shall be permitted for use in PEISAA Power lifting. Squat racks shall be of sturdy construction and provide maximum stability. The base shall be of such design that it does not impede the lifter or the spotter/loaders. Meet directors should take this into consideration when selecting competition equipment. It may consist of a one piece unit or two separate stands designed to hold the bar in a horizontal position.
- (b) The squat racks shall be designed to adjust from a minimum height of 1.00 m in the lowest position to extend to a height of at least 1.70 m. Safety bars shall always remain securely in place.

**BENCH:**

Only Bench Racks and Benches approved by the Commissioner shall be permitted for use in Provincial Power lifting Championships



The bench shall be of sturdy construction for maximum stability.

### **LIGHTS:**

A system of lights shall be provided whereby the referees make known their decisions. A system of lights similar to those used in weightlifting may be used, whereby when a referee detects an infraction he activates his control. Each referee will control a white and red light. These two colors represent a good lift and no lift respectively. The lights shall be arranged horizontally to correspond with the positions of the three referees. In emergency purposes, i.e. a breakdown in the electrical system, the referees will be provided with small white or red flags or paddles with which to make known their decisions on the Chief Referee's audible command.

### **FAILURE CARDS AND PADDLES:**

After the lights have been activated and appear, the referee/s will raise a card or paddle or activate a light system to make known the reason/s why the lift has been failed.

### **Referees numbered card system - reason for failure.**

Color of the cards:

Failure no. 1 = Red card

Failure no. 2 = Blue card

Failure no. 3 = Yellow card

Judges may verbally inform lifters in place of the card system

### **SQUAT BENCH PRESS DEADLIFT**

#### **(red) Squat**

Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees

#### **(red) Bench**

Bar is not motionless on the chest.

#### **(red) Dead lift**

Failure to lock the knees straight at the completion of the lift. Failure to stand erect with the shoulders back

#### **(blue) Squat**

Failure to assume an upright position with the knees locked at the commencement and completion of the lift. Changing the position of the bar across the shoulders after the commencement of the lift. Any movement of the bar on the back more than the diameter/thickness of the bar below the lifter's chosen starting position.

#### **(blue) Bench**

Any pronounced or exaggerated uneven extension of the arms during the lift. Any downward movement of the bar in the course of being pressed out.

Failure to press the bar to full extension of the arms simultaneously at the completion of the lift.

#### **(blue) Dead lift**

Any downward movement of the bar before it reaches the final position. If the bar settles as the shoulders come back this should not be reason to disqualify the lift. Supporting the bar on the

thighs during the performance of the lift. If the bar edges up the thighs but is not supported, this is not reason for disqualification.

### **(yellow) Squat**

Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted. Failure to observe the Chief Referees signals at the commencement or completion of the lift. Double bouncing or more than one recovery attempt at the bottom of the lift.

Contact with bar or lifter by the spotters/loaders between the Chief referees signals, in order to make the lift easier. Contact of elbows or upper arms with the legs, which has supported and been of aid to the lifter.

### **(yellow) Bench**

Heaving, bouncing or sinking the bar after it has been motionless on the chest, in such a way as to aid the lifter. Failure to observe the Chief Referees signals at the commencement or completion of the lift. Any change in the elected lifting position during the lift proper, i.e. any raising movement of the shoulders, buttocks or feet from their original points of contact with the bench or floor or lateral movement of the hands on the bar. Slight or very minor foot movement is allowed. Contact with the bar or the lifter by the spotters/ loaders between the Chief Referees

### **(yellow) Dead lift**

Lowering the bar before receiving the Chief Referees signal. Allowing the bar to return to the platform without maintaining control with both hands, i.e. releasing the bar from the palms of the hand. Stepping backward or forward although lateral movement of the foot and rocking the feet between the ball and heel is permitted. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

Dropping or dumping of the bar after completion of the lift. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification. Signals, in order to make the lift easier. Any contact of the lifters feet with the bench or its supports. Deliberate contact between the bar and the bar rest supports during the lift in order to make the lift easier. Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualification.

## **COSTUME AND PERSONAL EQUIPMENT:**

The Lifting costume will consist of shorts, T-shirt, Long socks for deadlifts and shoes.

(a) It may be of any color or colors.

(b) ) Supportive gear will consist of wrist wraps, leg wraps and a belt no other supportive gear will be allowed ie. Lifting suit, erector shorts, bench shirts.

Only costumes officially registered and approved by the Technical Committee shall be permitted for use in Power lifting competitions.

**T-SSSHIRT AND SUPPORTING SHIRT:**

A T Shirt or support shirt (the support shirt shall be of one ply stretch material) of any color or colors must be worn during the performance of the squat and bench and a combination of the two is forbidden.

The T Shirt is subject to the following conditions:

- (a) Does not consist of any rubberized or similar stretch material.
- (b) Does not have any pockets, buttons, zippers, collar, or v-neck.
- (c) Does not have reinforced seams.
- (d) Is made of cotton or polyester or a mixture of cotton and polyester. Denim is not acceptable.
- (e) It shall not have sleeves which terminate either below the elbow or at the deltoid. Lifters may not push or roll the sleeves of the T-Shirt up to the deltoid when competing in PEISAA competition. T-Shirts must not be worn inside out.
- (f) Is plain or the Official T Shirt of the contest in which the lifter is competing or bears the badge and or inscription of the lifter's school.

**BRIEFS:**

Undergarments manufactured specifically for powerlifting are not legal for use under the PEISAA Rules.

**SOCKS:**

Socks may be worn.

- (a) They may be of any color or colors and may have manufacturer's logos.
- (b) They shall not be of such length on the leg that they come into contact with the knee wraps or knee sleeves.
- (c) Full length leg stockings, tights or hose are strictly forbidden. Long socks MUST be worn to cover and protect the shins while performing the deadlift.

**BELT:**

Competitors may wear a belt. If worn, it shall be on the outside of the lifting suit.

Materials and Construction:

- (a) The main body shall be made of leather, vinyl or other similar non-stretch material in one or more laminations which may be glued and / or stitched together.
- (b) It shall not have additional padding, bracing or supports of any material either on the surface or concealed within the laminations of the belt.
- (c) Each school is responsible for providing their athletes with belts (do not rely on other schools to supply them)
- (d) Torro belts are an example of an acceptable belt.

**SHOES AND BOOTS:**

Lifting shoes or boots shall be worn.

- (a) ) Shoes shall be taken to include only Sports Shoes / Sports Boots; W/L, P/L Boots or Dead Lift slippers, to be worn by lifters. The above is referring to indoor sports. e.g. wrestling/basketball. Hiking boots do not fall into this category
- (b) Shoes with metal spikes or cleats are not permitted.
- (c) No part of the underside shall be higher than 5 cm.
- (d) The underside must be uniform on both sides.

**WRAPS:**

Knee wraps are not permitted. Neoprene knee sleeves are permitted.

**WRISTS:**

Wrists wraps shall not exceed 1 m. in length and 8 cm in width. Any sleeves, and Velcro patches / tabs for securing must be incorporated within the one meter length. A loop may be attached as an aid to securing. The loop shall not be over the thumb or fingers during the actual lift.

Supportive wraps.

- (a) Two layers of medical tape may be worn on the thumbs. Medical tape, or its like may not be worn anywhere else on the body without Official permission of the Jury, or Chief Referee. Medical tape may not be used as aids to the lifter in holding the bar.
- (b) Contingent upon prior approval by the Jury, Official Doctor, Paramedic or Paramedical personnel on duty may apply medical tape to bodily injuries in a fashion that would not grant the lifter an undue advantage.

**INSPECTION OF PERSONAL AND COMPETITION EQUIPMENT:**

- (a) The inspection of costume and personal equipment for each and every lifter in the competition may take place at any time (times may be announced at the Technical Meeting) throughout the meet.
- (b) A minimum of two referees shall be appointed to fulfill this duty.
- (c) All items shall be examined and wraps over permitted length shall be rejected, but may be cut to the correct length and resubmitted.
- (d) Any items considered unclean or torn shall be rejected.
- (e) If after the inspection a lifter appears on the platform wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lifter shall immediately be disqualified from the competition.
- (f) All items mentioned previously under costume and personal equipment shall be inspected.
- (g) Hats are strictly forbidden to be worn on the platform.
- (h) Any lifter successful in a Provincial record attempt will be immediately inspected by the Jury. If the lifter is found to be wearing or using any illegal item, other than that which may have inadvertently been passed by the referees, the lift shall be declared invalid and the lifter shall be disqualified from the competition.

**GENERAL:**

- (a) The use of oil, grease or other lubricants on the body, costume or personal equipment is strictly forbidden.
- (b) Baby powder, resin, talc or magnesium carbonate are the only substances that may be added to the body and attire. Not the wraps.
- (c) The use of any form of adhesive on the underside of footwear is strictly forbidden. This applies to any built in adhesive, e.g. glass paper, emery cloth, etc. And to include resin and magnesium carbonate. A spray of water is acceptable.
- (d) No foreign substances may be applied to the power lifting equipment. This takes into account all substances other than that which may be used periodically as a sterile agent in the cleaning of equipment.
- (e) Lifters cannot use gloves at any time during the competition.

## POWER LIFTS AND RULES OF PERFORMANCE:

### Squat

(a) The lifter shall face the front of the platform. The bar shall be held horizontal across the shoulders, hands and fingers gripping the bar.

(b) After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect with knees locked, and the bar properly positioned the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command "Squat". Before receiving the signal to "Squat" the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to "Replace" the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift.

(c) Upon receiving the Chief Referee's signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. Only one decent attempt is allowed. The attempt is deemed to have commenced when the lifter's knees have unlocked. The bar may move from its starting position downwards on the lifter's back the thickness / diameter of the bar during the performance of the lift.

(d) The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.

(e) The signal to rack the bar will consist of a backward motion of the arm and the audible command "Rack". The lifter must then move forward and return the bar to the racks. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

(f) Not more than five and not less than two spotter / loaders shall be on the platform at any time. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.

### Causes for disqualification of a Squat:

(a) Failure to observe the Chief Referee's signals at the commencement or completion of a lift.

(b) Double bouncing at the bottom of the lift, or any downward movement during the ascent.

(c) Failure to assume an upright position with the knees locked at the commencement or completion of the lift.

- (d)Stepping backward or forward although lateral movement of the sole and rocking the feet between the ball and heel is permitted.
- (e)Failure to bend the knees and lower the body until the top surface of the legs at the hip joint are lower than the top of the knees, as in the diagram below.
- (f)Contact with the bar or the lifter by the spotter / loaders between the ChiefReferee's signals in order to make the lift easier.
- (g)Contact of the elbows or upper arms with the legs, slight contact is permitted if there is no supporting that might aid the lifter.
- (h)Any dropping or dumping of the bar after completion of the lift.
- (i) Failure to comply with any of the items outlined under Rules of Performance for the squat.

### **Bench Press:**

- (a) The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees.
- (b) The lifter must lie on his back with shoulders and buttocks in contact with the bench surface. The sole and heel of his shoes or any part thereof of the sole and heel must be in contact with the platform or blocks. The welt/rim or uppers must not be in contact during the lift. His hands and fingers must grip the bar positioned in the rack stands with thumbs around grip. His head must be over and above the bench surface i.e. not to one side or hanging over the end of the bench. This body position shall be maintained throughout the lift.
- (c) To achieve firm footing the lifter may use flat surfaced plates or blocks not exceeding 30 cm in total height to build up the surface of the platform. Blocks in the range of 5 cm, 10 cm, 20 cm, 30 cm, should be made available for foot placement at all international competitions. Slight or very minor foot movement is allowed for both the platform and on the blocks, i.e. the width of the foot laterally, and half the length of the foot forward or backward.
- (d) Not more than three and not less than two spotter / loaders shall be on the platform at any time. After correctly positioning himself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off if assisted by the spotter / loaders must be at arm's length.
- (e) After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with elbows locked for the Chief Referee's signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to A Replace@ the bar, together with a backward

movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift.

(f) The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command Astart@.

(g) After receiving the signal, the lifter must lower the bar to the chest (the chest, for the purpose of the rule, finishes at the base of the sternum (breastbone), The lifter must then return the bar to arm's length with no excessive / immoderate uneven extension of the arms, or bouncing off of chest both arms locking out. When held motionless in this position the audible command Arack@ shall be given together with a backward motion of the arm.

(h) If anatomically, the arms cannot be fully extended the lifter shall inform the referees prior to each attempt.

### **Causes for Disqualification of a Bench Press:**

(a) Failure to observe the Chief Referee's signals at the commencement or completion of the lift.

(b) Heaving or bouncing or sinking the bar into the chest to make the lift easier will not be allowed.

(c) Any downward movement of the bar when being pressed out.

(d) Failure to lock out arms at the completion of the lift.

(e) Any contact with the bar or lifter by the spotter/loaders between the lift signals in order to make the lift easier.

(f) Any contact with the bench supports.

### **Dead Lift:**

(a) The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

(b) On completion of the lift the knees shall be locked in a straight position and the shoulders back.

(c) The Chief Referee's signal shall consist of a downward movement of the arm and the audible command A down@ . The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position. If the bar is shaking when at the knee area, although not exactly pure, this not cause for failure.



(d) Any raising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked. If the bar settles as the shoulders come back this should not be reason to disqualify the lift.

#### **Causes for Disqualification for a dead lift:**

- (a) Any downward movement of the bar before it reaches the final position.
- (b) Failure to stand erect with the shoulders back.
- (c) Failure to lock the knees at the completion of the lift.
- (d) Supporting the bar on the thighs during the performance of the lift. If the bar edges up the thigh but is not supported this is not reason for disqualification. The lifter should benefit in all decisions of doubt made by the referee.
- (e) Stepping backward or forward, although lateral movement of the foot or rocking feet between ball and heel is permitted.
- (f) Lowering the bar before receiving the Chief referee's signal.
- (g) Allowing the bar to return to the platform without maintaining control with both hands, i.e: releasing the bar from the palms of the hand.
- (h) Failure to comply with any of the items outlined under Rules of Performance.

**ORDER OF COMPETITION:**

- (a) One week before competition, the lifter or his Coach must declare a starting weight for all three lifts and present these to the Commissioner along with body weight and category.
- (b) Weigh-ins will take place with the head judge, Coach of the Team and Commissioner present. The lifter must weigh in with their competition clothing on, excluding footwear.

**SCORER'S TABLE:**

- (a) The lifter will approach from the front and give their next weight immediately after they perform a lift.
- (b) Coaches shall approach the table from the front and not change weights for their lifters after they have been entered.

## **FLAG FOOTBALL**

**PEISAA FLAG FOOTBALL IS NON-CONTACT - BLOCKING AND TACKLING ARE NOT ALLOWED.**

### **Attire**

- Cleats are allowed, but must be rubber. Inspections must be made prior to the game. It is recommended all players wear a protective mouthpiece.

### **Field Dimensions and Markings**

Length: 40 yards from goal line to goal line. 10 yard end zones at each end for 60 yard total length.

Width: 24 yards (from hash marks to sideline on a marked football field) No-running zones:

Must be marked 5 yards from each end zone.

### **POSSESSION**

- A coin toss determines first possession. The Team that wins the coin toss can choose the ball or the end. Teams will switch ends at halftime and the Team that started the game on defense will get first possession of the second half.

### **There are no kickoffs**

- The offensive Team takes possession of the ball at its 5-yard line and has three plays to cross midfield. Once a Team crosses midfield, it has three plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive Team takes over on its 5-yard line. An automatic first down by penalty will overrule the other requirements regarding three plays to make either a first down or score. If the offensive Team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its 5-yardline.
- All possession changes, except interceptions, start on the offense's 5- yard line.

### **Number of Players**

- Teams play with 5 on the field at a time.
- Teams may play with a minimum of four (4) players (due to injuries).
- If less than 4 players are available, the game is cancelled.
- Max roster size is 12 per team.

### **Awards**

Championship bars for Provincial winners and Banners for intermediate A Tier 1, A Tier 2 and AA and senior AAA and A Provincial championship.

Milk Sport medals for 1st, 2nd and 3rd place Team members in all classifications (max 12)

### **Timing/Overtime**

- Game length is 40 minutes running time (two halves, 20 minutes each). Regular season games can run 30 minutes with two 15 minute halves.
- If the score is tied at the end of regulation time, Teams move directly into overtime. There will be a coin toss to determine who starts on offense and who is on defense. The offense will start with the ball on their own goal line. They will run 3 plays to advance as far down the field as possible. The offense cannot earn a first down. After 3 plays the defense takes over where the offense finished. They have three plays to score in the opposite direction from the point they took over. If they do then they win. If they fail to score or reach the goal line they lose. If they are stopped exactly on the goal line the Teams will start the process over but reverse the order of who plays offense first. This will continue until a winner is declared.
- Each time the ball is spotted the offense has 30 seconds to snap the ball.
- Each Team has 2 x 60-second time outs per half. The clock stops during a time out. These cannot be carried over to the second half or overtime. Teams will get one time out in overtime regardless of the number of rounds.
- Officials can stop the clock at their discretion.
- The Teams will be warned when there are two minutes left to play in the second half. The game cannot end on a defensive penalty unless it is declined.
- There will be a halftime period of 2 minutes between the first and second half.

## Scoring

Touchdown: 6 points

Extra point: 1 point (played from 5-yard line) 2 points  
(played from 12-yard line)

Safety: 2 points

**Note:** An interception return to opponent's end zone on any extra-point play by the defense will result in the defense scoring 2 points plus gaining possession for the next series at its own five yard line.

## Running

- To start the play, the ball must be snapped between the legs of the center.
- The center is the player who gives the ball to the quarterback via a snap. The center cannot take a direct handoff back from the quarterback (no center sneak play).
- The quarterback is the player who receives the ball directly from the snap.
- The quarterback cannot run with the ball past the line of scrimmage.
- An offence may use multiple handoffs behind the line of scrimmage. Only backward or lateral handoffs are allowed during a down.
- Tosses or sweeps behind the line of scrimmage are allowed and are running plays. Downfield tosses are not permitted. Once a player has possession of the ball beyond the line of scrimmage, any loss of possession will be blown dead by the Official.
- "No-running zones" are located 5 yards from each end zone. When the ball is on or inside the 5-yard line going towards the opponent's end zone, the offense cannot use a running play to cross the line of scrimmage.
- The player who takes the handoff can throw the ball from behind the line of scrimmage.
- All defensive players are eligible to rush once the ball has been handed off or tossed, or there is a play-action fake or fake handoff.

- Spinning is allowed, but offensive players cannot leave their feet to avoid a defensive player (no diving).
- The ball is spotted where the ball carrier's hips are when the flag is pulled, not where the ball is.
- It is up to the ball carrier to avoid contact with the defender. Good defensive position should be rewarded by the Officials.

### **Receiving**

- All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- A player must have at least one foot in bounds when making a reception. (A receiver cannot return on to the playing field from an out of bounds position and catch the ball)

### **Passing**

- Only players starting 7 yards behind the line of scrimmage can rush the passer.
- The quarterback has seven seconds to throw the ball. If a pass is not thrown within the seven seconds, play is dead, loss of down and the ball is spotted at the previous line of scrimmage. Once the ball is handed off or tossed, the seven-second rule no longer is in effect.
- Interceptions change the possession of the ball.
- The defense can return interceptions.
- On interceptions that occur and remain in the end zone, the ball will become dead and will result in the ball belonging to the intercepting Team at its 5-yard line. Should an interception occur in the end zone and the ball carrier leave the end zone, the ball will belong to the intercepting Team at the spot the ball becomes dead. However, should the ball carrier return to the end zone and be de-flagged, or the ball be ruled dead the result would be a safety for the other Team.
- Shovel passes are allowed but must be received beyond the line of scrimmage.
- Once a player catches the ball they are no longer allowed to lateral the ball. This applies to receivers as well. (i.e. hook and laterals are not permitted)

### **Dead Balls**

- Substitutions may be made on any dead ball.
- Play is ruled "dead" when the Official blows the whistle as a result of:
  - Ball carrier's flag is pulled.
  - Ball carrier steps out of bounds.
  - Touchdown or safety is scored.
  - When any part of the ball carrier's body, other than a hand or foot, touches the ground.

- If the ball carriers flag falls off, the play will be whistled dead and the ball will be spotted at the spot where the flag fell off.
- Players are eligible to catch a pass if their flag has fallen off but they cannot advance the ball.
- They are dead at the spot of the catch.

**Note:** There are no fumbles. The ball will be spotted where the ball carrier's hip was when the fumble was made ie. A bad snap will be blown dead and the ball will be spotted at the center's feet. There is no stripping of the ball. **Rushing the Quarterback**

All players who rush the passer must be a minimum of seven yards from the line of scrimmage and be lined up between 1 and 2 yards (side to side) from the bean bag when the ball is snapped.

A special marker (bean bag), or the referee, will designate seven yards from the line of scrimmage.

The rusher will be given a free rush lane to the quarterback provided they started 1-2 yards on either side of the bean bag. Rushers must pick aside

to rush from. Once the center puts their head down to snap the ball, the rusher cannot switch sides and keep their free rush advantage. If the quarterback rolls out the rusher is still allowed a free lane to rush. Rusher interference occurs if and only if the rusher is contacted or an offensive player cuts them off forcing the rusher to slow down or change direction to avoid contact.

Any number of players can rush the quarterback but only players lined up within two yards (side to side) of the ball are entitled to a clear path to the quarterback.

Players not rushing the quarterback may defend one yard from the line of scrimmage.

Once the ball is handed off or tossed, or there is a play-action fake or fake handoff, the seven-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.

### **REMEMBER, BLOCKING OR TACKLING ARE NOT ALLOWED.**

#### **Sportspersonship/Roughing**

- If the referee witnesses any acts of flagrant contact, tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped and the player will be ejected from the tournament. **FOUL PLAY WILL NOT BE TOLERATED.**
- Trash talking is illegal. (Trash talk is talk that may be offensive to Officials, opposing players, Teams, or spectators.) Officials have the right to determine offensive language. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
- Once a flag is pulled, the defensive player should hold the flag above their head so that the referee can spot the location of the flag pull. The pulled flag should be handed to the player who lost the flag or to a Teammate. Intentionally throwing the flag onto the ground is considered poor flag etiquette.



**Penalties**

- All penalties are 5 yards (except for Pass Interference - 15 yards). The down will be repeated, and will be assessed from the line of scrimmage, unless otherwise noted.
- All penalties can be declined.
- Penalties will not exceed half the distance to the opposing Team's goal line from the line of scrimmage.
- Referees determine incidental contact that may result from normal run of play.
- All penalties will be assessed from the line of scrimmage except for flag guarding.
- Only the Team captain may ask the referee questions about rule clarification and interpretations. Players cannot question judgment calls.
- Games cannot end on a defensive penalty, unless the offense declines the penalty.

**Defensive Penalties**

- Pass Interference -- 15 yards and automatic first down
- Illegal contact (holding, initiating a collision with offensive player etc.) -- 5 yards and automatic first down
- Illegal flag pull (before receiver has ball) -- 5 yards and automatic first down (The offense may decline the penalty and take the catch if it results in a greater gain)
- Offside -- 5 yards and down repeated
- Illegal rushing (starting rush from inside 7-yard marker) -- 5 yards and down repeated.
- Substitution fouls (player enters field after ball is blown ready for play, i.e. to deceive opponents, or 6 players on the field) -- 5 yards and down repeated
- Interference with opponent or ball at the snap. -- 5 yards and down repeated

**Offensive Penalties**

- Flag guarding -- 5 yards from the point of foul and loss of down;
- Quarterback running past line of scrimmage -- 5 yards and loss of down
- Illegal forward pass (pass caught behind line of scrimmage or QB beyond line of scrimmage)-  
- 5 yards and loss of down
- Offensive pass interference (illegal pick play, pushing off/away defender) -  
- 5 yards and loss of down;
- Rusher Interference - interfering with a rusher on their direct path to the quarterback. -- 5 yards  
and loss of down
- Delay of game -- 5 yards and loss of down
- Substitution fouls -- 5 yards and loss of down
- False Start -- 5 yards and loss of down
- Offensive holding -- 5 yards and loss of down
- Player out of bounds (if player goes out of bounds, player cannot return to the field and catch  
ball) -- 5 yards and loss of down
- Illegal Snap

**The most important rule of all... HAVE FUN!!!**