

FRONTIER GAMES



TECHNICAL PACKAGE

2016-2017

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PARTICIPANTS

ELIGIBILITY:

Students are eligible that are in Grades 5 – 8. Grade 4's will be eligible to participate in individual events; and will be allowed to participate in team sports in the event the school does not have enough players – MAXIMUM OF 2 GRADE 4 STUDENTS MAY BE USED FOR TEAM SPORTS (Please contact the Health and Wellness/Phys. Ed Coordinators in your area.

The player eligibility shall be as follows:

1. TEAM SPORTS

- **7 players per team**
- **A minimum of two students in grade six or under**

***NO TEAM TOTAL FOR AGE**

Examples of a Team:

- Two grade 6 students, two grade 5 students, two grade 7 students, one grade 8 student
- Three grade 5 students, three grade 6 students, one grade 7 student
- You must have a minimum of two grade 6 students or under playing on your team.
*Maximum of two grade 4 players per team will be allowed

Student ELIGIBILITY:

- Grades 5 to 8. (Grade 4 students will be eligible to play on teams if the school has a shortage of players) Maximum of two grade 4 students on a team. Please consult with your local PE Coordinator.
- The date for stating a student's grade level is the first school day in the year of Division competition.
- Schools of 80 or less (K-8) will be considered small schools and will be able to:
 - Use co-ed teams.
 - Cooperate in team sports with any other small school within the same Area.
 - Compete in four (4) sports.
 - May use grade 4's to participate in individual sports
 - Grades 5 to 8. (Grade 4 students will be eligible to play on teams if a school has a shortage of players). Maximum of two grade 4 students on a team. Please consult with your local PE Coordinator.

Each athlete is allowed to compete in only three (3) sports at the Regional or Divisional event, except for small schools where they can compete in 4 at the regional level.

Regional entry forms must be faxed/emailed to the regional chairperson. A school will not be allowed to participate until a regional entry form, signed by the principal, is submitted. This form must be in two weeks prior to the event.

2. The Frontier Games coordinator must approve any changes in participants from the Regional to the Divisional meet.

- **In team sports** such as volleyball, basketball, soccer, and floor hockey, if a team must change more than 3 players from their regional team to make a divisional team, it will no longer be considered the same team. In such cases, 2nd place will be contacted and have the opportunity to attend Divisionals.
- Schools should have an alternate list declared before the actual Regionals are held.
 - The alternate list must be submitted at the outset of the competition.
- Teams must attend Divisionals with a full team consisting of 7 players, 2 players that must be grade 6 or under.
- **For doubles snowshoeing and doubles badminton**, if a person cannot attend Divisionals, an alternate player from the same school may attend in their place.

If both players cannot attend, the 2nd place team has an opportunity to attend Divisionals. With regard to singles snowshoeing, and badminton, if the winner is unable to attend, the 2nd place finisher is eligible to go.

- ** It is important that regional chairpersons keep records of 3rd, 4th, 5th, etc. If 1st or 2nd cannot attend Divisionals for any reason, every effort will be made to allow 3rd place to participate. (i.e.: if Cranberry's 2nd place trap setter cannot attend, they do not fill the position themselves, the physical education teacher would contact the regional coordinator who then would contact 3rd place, then 4th if necessary.

***PLEASE NOTE:

For 2016-17, we are encouraging participation. In the larger schools, it is strongly recommended that the individuals playing on the volleyball team be different from those players on the indoor soccer team. Each school will determine their participation philosophy, but communication between coaches is essential.

Small schools under 80 may combine to enter a team. Schools under 80 may have students compete in 4 sports. Those students may only go to Divisionals in 3 sports if they qualify for all four.

- ** **At the conclusion of the regional event, the host chairperson is asked to confirm the player eligibility of all 1st and 2nd place athletes with their coaches.**

- ** As well, it is recommended that an appeals committee be set up to deal with any appeals, there should be at least 3 people on this committee.

Frontier Games

SPORTS AND RULES

The Eight Sports for 2016-17 are:

A.	Singles Badminton	2016/17
	Doubles Badminton	2016/17
	Mixed Doubles Badminton	2016/17
B.	Table Tennis	2016/17
C.	Singles Snowshoeing	2016/17
	Doubles Snowshoeing	2016/17
	Mixed Doubles Snowshoeing	2016/17
D.	Cross-Country Skiing	2016/17
E.	Trap Setting	2016/17
F.	Basketball	
G.	Floor Hockey	
H.	Indoor Soccer Team Sport	2016/17
I.	Volleyball Team Sport	2016/17
J.	Archery	2016/17

That Health and Wellness Coordinator will visit small schools to train and/or assist the teaching staffs concerning Frontier Games sports, with particular attention to the individual sports.

RULES

These rules have been set over the years to ensure;

Sportsmanship

Skill Development

Fair Play

The consistency in the rules between regions is improving. Hopefully, it will continue for this year's games. **It is important that each coach reads through the rules carefully.** Please contact your Regional Chairperson in advance if there is a concern or a need for further clarification.

Each regional Chairperson will establish his/her own format. Some modifications may be made to aid scheduling within the time frame. You will be notified of the changes.

PLEASE NOTE THE FOLLOWING:

INTERPRETATION OF RULES

At the Regionals, and Divisionals, coach's meetings are recommended prior to the competition. During these meetings, entry changes, scheduling and clarifications of rules can be discussed. It is imperative that **ALL** schools have a representative at this meeting.

A. **BADMINTON - SINGLES, DOUBLES & MIXED DOUBLES**

1. **Each competitor may compete in 1 event;** Singles, Doubles or Mixed Doubles
2. **The Canadian Badminton Rules apply.** Rulebooks are available from

Badminton Manitoba
145 Pacific Avenue
Winnipeg, MB., R3B 2Z6

3. There is a strong recommendation that players call their own lines and game. Players should call out the score loudly before every serve to avoid confusion. If a problem develops, players can ask the commissioner for a judge.

Regionals

Each school can send 8 representatives: 1 girls' and 1 boys' doubles team, one girls' singles team and one boys' singles team, and 1 mixed doubles team.

* Mixed Doubles is a permanent Frontier Games Sport.

The chairperson/Commissioner shall set out the competition format: egg, round robin. It is recommended that competition be round robin, with each match being two 21-point (RALLY POINT) games, depending on the available time. If time is a factor, games can begin at a score of 4-4. Record a win for each **game** won, not each **match** won.

Players are instructed to call their own game, but it is recommended that there be officials present. Designated badminton officials are responsible for making a ruling or to settle a dispute.

Divisionals

Only the top team in each event will compete at Divisionals. The competitive format will be a round robin tournament. Each match will consist of two 21 point (RALLY POINT) games. Ties will be broken by sudden death play-offs. Record a win for each game won, not each match won. The two teams with the best win-loss record will advance to the finals. The finals will consist of the best of three games.

B. Table Tennis

The competition is for singles only.

Please find attached a copy of the rules to be used. A new rule established by the Canadian Table Tennis Association is that “on the serve, the ball must be tossed at least 6 inches in the air”.

1. Service:

- Stand behind your end of the table. Put the ball on the flat palm of your hand and toss it up.
- Hit the ball on your side first so that it bounces over the net and hits the other side.
- If the ball touches the net and lands on the other side – you must serve again.
- But if it touches the net and misses the table you lose the point.
- Serve until two points have been scored and then it's the other players turn to serve.
- The receiver must not let the ball bounce twice, and can only hit the ball once to return it.

2. Scoring:

- You win a point if:
- Your opponent misses the ball.
- If your opponent hits it into the net.
- The ball bounces twice on your opponent's side.
- The return ball does not land on your side of the table.

And you should remember...you also win a point if:

- Your opponent fails to make a good serve.
- He touches the net or moves the table when trying to make a return shot.

A game goes to 11 points. But to be the winner, you must win by at least 2 points. And, if the game goes to deuce (10-10), you have to change serves after each point.

To win a match, you have to win 3 out of 5, or 4 out of 7. In a match, you change ends after each game. And if it is the last possible point, they you change ends when one player reaches 5 points.

Regionals Each school can send 4 representatives: 2 boys and 2 girls.

The chairperson/commissioner will determine the competitive format. It is recommended that a round robin format be used with each match consisting of two 11-point games. Record one win for each **game** won, not each **match** won.

Divisionals The top two boys and top two girls will represent their region at Divisionals.
The players will be divided into 2 pools.

In each pool, they will play in a round robin competition. Each match in the round robin will consist of two 11-point games. Record one win for each **game** won, not each **match** won.

The semi-finals will be played between the top two players in each pool and will be a best of 3 or best of 5 matches.

Example:	Pool A: 1st place	vs.	Pool B: 2nd place
	Pool A: 2nd place	vs.	Pool B: 1st place

**The finals will involve the best of 5 games.

C. Snowshoeing – Singles, Doubles and Mixed Doubles

(Mixed doubles – 2009/10) added as new event

1. Individuals competing in this event shall supply their own equipment.

The minimum size shall be 9" wide, 36" long. A snowshoe with the size stamped in by the manufacturer will be considered allowable even if they are slightly larger or smaller, as long as the shoe has not been altered.

*** All snow shoes must be checked for size by the Snow Shoe Commissioner before each race @ both the Regionals and Divisionals**

2. Each competitor may either compete in singles or doubles only, **not both.**

3. Competitors must wear snowshoes during the entire race. If a shoe comes off, it must be replaced immediately.

4. Distance:	<u>Doubles</u>	<u>Singles</u>
	Boys 2.0 km (1 km each)	Boys 1.0 km
	Girls 2.0 km (1 km each)	Girls 1.0 km

*** These distances may be changed at the discretion of the chairperson/commissioner. If a team makes only one trial, it will be disqualified.

5. Trials: Two trials will be done by each team (day one on an oval track/day two cross country). If a team makes only one trial, it will be disqualified.

6. To declare a winner, the times of the two trials will be added together. The team with the lowest time is the winner.

7. Format: Snowshoeing will be a team event, done on an oval track/cross country. The first team member will run half the distance, and then pass a baton to the second team member, who runs the remainder of the distance. (E.g. each boy will run 1 km trial)

In singles event, one person will run the oval track/cross country.

Mass starts are preferred. Start all at once, if you have the space, or start 3-5, then start 3-5 more in 10 seconds.

Regionals

Each school may send 16 representatives; 2 boys doubles teams, 2 girls doubles teams, 2 mixed doubles teams, 2 girls single entries and 2 boys single entries. More participants may be allowed if designated by the chairperson. Each doubles team consists of 2 competitors.

Divisionals

The top two boys and top two girls doubles/mixed doubles, and top two boys and top two girls singles will represent their region at Divisionals.

****For any outdoor event, the participants must be wearing a toque and gloves in order to compete. Failure to do so will result in a disqualification.**

D. Cross-Country Skiing

1. **Individuals competing in this event shall supply their own equipment.** Damaged equipment may be replaced at any time during the race.
2. **Distance:**
Boys and Girls – 5.0 km
Once again, the chairperson/ commissioner can make changes according to the weather.
3. **Trials:** Each competitor will make the two trials. If a participant completes only one trial, he/she will be disqualified.
4. **To declare a winner, the times of the 2 trials will be added together.**
The team with the lowest time is the winner.
5. **Course:** The skiing technique (skate or diagonal stride) used for both trials is the athlete's decision. Please be aware that the regional and divisional may or may not be wide enough for the skate technique.

Regionals

Each school may send 4 representatives; 2 boys and 2 girls. More participants may be allowed if designated by the chairperson/commissioner.

The competition format will be decided by the chairperson/commissioner. Staggered starts are recommended, with a stagger of 15-30 seconds.

Divisionals

The top two boys and top two girls will represent their region at Divisionals. Staggered starts, with participants heading off at designated intervals will be used.

E. Trapsetting

1. **Format:**

The competition for the boys and girls

- Shall run 10 meters
- Pick up 6 traps
- Return to the starting point
- Set all 6 traps behind the starting point (all 6 traps must be set before breaking).
- Break the 6 traps and reset the 6
- Raise arms from sides when all 6 traps are reset.
- Traps to be provided by the Physical Education Coordinator.

2. **A half or full set will be allowed for both boys and girls.**

** A trap will be considered “set” as long as the tongue of the trap is secure, regardless whether the trap is quarter, half or fully open.

3. **Trials:** Practice trials will be allowed at the discretion of the chairperson/commissioner.

4. **Placings:** Winners will be determined by totaling the best 3 times of the participant’s 4 trials. No finals will be run.

Regionals

Each school may send 4 representatives; 2 boys and 2 girls.

Divisionals

The top two boys and top two girls will represent their region at Divisionals.

F. Basketball



1. **The ladies sized basketball will be used.**
2. **The basketball rules used by the Manitoba High School Association will be followed with the exceptions listed below.** A separate condensed version of basketball rules is available from the Physical Education Consultant. Official rulebooks are available from:

Basketball Manitoba
145 Pacific Avenue
Winnipeg, MB., R3B 2Z6

3. **Frontier Basketball Rules:** These rules are used to help in the development of basketball skills.

FOUL SHOTS:

- **The foul line for girls will be 1 ½ feet closer to the basket from the present foul line.** The measurement will be made from the inside edge of the existing foul line closest to the basket. This will develop proper form in shooting.

TIME:

- It is recommended that the game will consist of **4 six-minute quarters.** The **last quarter will be stop time.**
Option: Have two 12-minute halves with last 6 minutes of 2nd half stop time.
 - **There will be a three minute rest between halves**
 - Each team will be allowed **4 time outs per game, lasting 30 seconds.**
- ** Variations to this may be used depending upon time available.

DEFENSE:

- **No forecourt pressure is allowed in defensive zone when ball is out of bounds.** This would apply to any throw-ins or after a team scores a basket. Pressure can be applied after the ball crosses the centerline.
 - **Forecourt pressure can be applied on the offensive team after a turnover or rebound.**
- ** Exception: During the last quarter of the game (stop time) full court pressure may be used at coach's discretion. This should only be used in relatively close games and used as a defensive tactic. Running up the score is not recognized as being an objective of Frontier Games Basketball.

Regional

The format such as round robin play will be determined by the chairperson/commissioner.

Rules and time per game may be changed at the commissioner's discretion. These may not be necessary due to gym conditions and time available to play the games.

Each school may enter 1 girls and 1 boys team. In the case of small schools, combinations of schools or sexes can be used to make a team. More teams may be able to enter upon commissioner's discretion.

All ties in the round robin and play-offs will be decided by a 3 minute stop time overtime period. If 2 teams are still tied, then another 3-minute overtime period will be played. This format would be continued until a winner is declared.

Divisionals

A round robin tournament will be played.

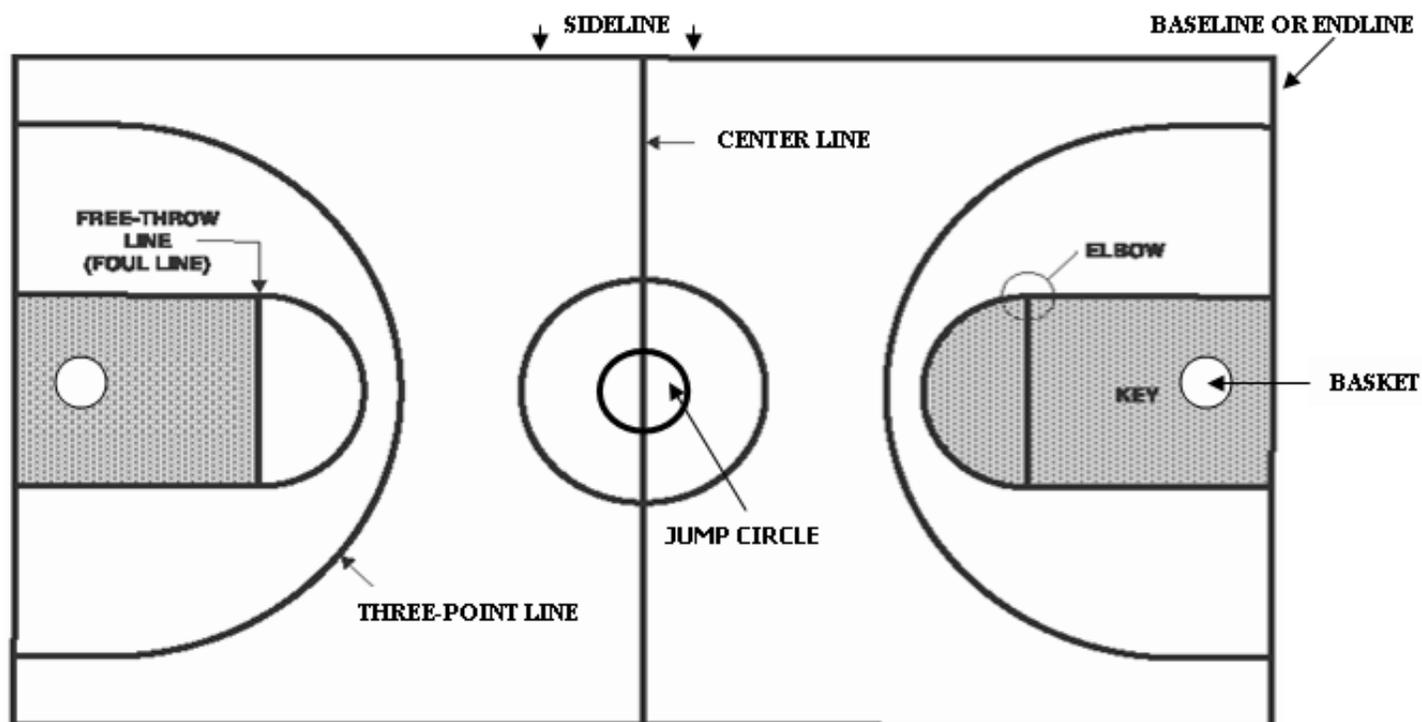
The first place team at each regional will go to the Divisionals. If a team is comprised of 2 or more small schools, that team will represent their region.

A method of breaking ties will be determined prior to the competition and coaches will be informed at the coaches meeting.

**It is recommended that ties between teams in round robin standings be broken by a sudden death game between the teams involved rather than the plus/minus system. This game would be a shortened version, conditional on time and be determined by the host chairperson. Should 3 teams be tied, the team with best plus/minus would play the winner of the sudden-death playoff between the other two teams.

Basketball Rules

1. Basketball Court



2. *The Game*

- **Five (5) players from each team are allowed on court at one time.**
Because FAIR PLAY is emphasized at Frontier Games, unlimited substitutions of your 7 players ensure all players get to participate.
- **Games usually consist of 4 – 6 minute quarters with the last quarter being stop time.** This is flexible depending on scheduling time and gym availability.
- **The game and any overtime period will start with a jump ball.** All other “jump ball” situations will be awarded to the team that has the possession arrow in their favour.
- A “jump ball” situation is when two people from opposing teams are in possession of the ball at the same time.

3. *Violations*

There are rule infractions that result in loss of possession of the ball for your team:

- b) **A player can only dribble once a continuous pattern** (any number of bounces) otherwise he/she is called for “double-dribble”.
- c) **You can only bounce the ball with one hand at a time.** (bouncing with 2 hands is also called “double-dribble”)
- d) **You cannot step on or over the endline or sideline while holding or dribbling the ball.**
- e) **You can only stand in the “KEY” (see diagram) for 3 seconds at one time** while passing or waiting for the ball on offence.
- f) **A player in possession of the ball is allowed to pivot and/or take 1 step with the ball.** A player wanting to move more than this must continue to dribble the ball or traveling violation will occur. Traveling is also referred to when a person “carries” the ball without dribbling it.
- g) **You cannot intentionally kick the ball in any manner.**

Frontcourt violations (i.e. 3 seconds rule, traveling, etc.) are taken to the nearest sideline by the non-violating team and can be put into play without the referee handling the ball.

4. *Fouls*

Personal Fouls

Each player is allowed up to 5 fouls per game. Once a player has 5 fouls, he/she is automatically out of the rest of that game (i.e. player “a” fouled out of the game)

Team Fouls

These are an accumulation of fouls by members of the same team. On the 7th team foul and any after the opposing team would be awarded two free throw shots..

Consequences:

- The initial penalty for a foul on a non-shooting opposition member would be loss of ball and throw-in for the other team.
- Once a team has committed its 7th team **foul per half**, the opposing team would be in a bonus situation.

- If a player on offence is in the process of shooting the ball and he/she is “fouled” and the ball still goes in, he/she would receive one free throw. However, if the shot does not go in, that player would receive 2 free throws if inside the 3-point line or 3 free throws if outside the 3-point line.

** **Further information on team and fouls is contained in next section.**

5. *Key Terms/Consequences*

- a) **Pivot Foot** is the foot which first touches the court. It can be used to change direction or position. A player who receives the ball while standing may use either foot as a pivot foot.
- b) **Dribbling** is the manner of moving the ball up the court by bouncing it on the floor with either left or right hand.
- c) **Double-Dribble** occurs when a player stops dribbling, holds the ball in his/her hands while standing still, and then begins to dribble again. It is also when you use two hands to dribble the ball.

*****RULE:** lose possession of the ball at point nearest the infraction.

- d) **Back Over Centre** is when an offensive team moves the ball over centre and then returns with the ball into their court. It is not back over if a player out of bounds in the front court throws the ball to their team-mate in the back court.

*****RULE:** lose possession of the ball at point nearest infraction.

*** A throw-in from the sideline from the front court to the back court does not result in back over centre.

- e) **Offensive team** is the team that has possession of the ball.
- f) **Defensive team** is the team that does not have the ball.
- g) **Ups and Downs** is holding the ball, jumping up and returning to the floor with the ball in hands. (Travelling)

*****RULE: Lose possession of the ball at point nearest infraction**

- h) **Jump Ball** this is the method of putting the ball into play by tossing it up between two opponents in the jump circle. For each jump the jumpers will have one foot inside the half of the jumping circle. The official will throw the ball up between the jumpers, but neither one will touch the ball until it has reached to the top of its flight.

- i) **Personal Fouls** occur when there is any personal contact against an opposing player (i.e. holding, pushing, charging, tripping, and using an elbow, extended arm, shoulder, hip or knee). Five fouls in one game and you are out for that.

*****RULE: *If the player is shooting when he is fouled, he would get 1 or 2 free throws. If a foul occurs at any other time, a throw-in occurs for the team that got fouled, unless they are in a bonus situation and therefore would receive a bonus free throw. (7 or team fouls)***

j) **Technical Fouls** occur when:

- One team has too many players on the court
- They hold up a game
- A member of the team enters the court without permission from the referees
- A player's number is improperly recorded
- Unsportsmanlike conduct.

*****NOTE:** Two technical fouls in one game and the player or coach will be dismissed from the game.

*****RULE:** *Two free throws are given to the opposing team. Any player may take these shots. All players must line up behind the foul line. The ball becomes dead after the shot. The ball is put back in play by a throw-in at centre by the team attempting the Free Throws.*

k) **Flagrant Foul** is a personal foul which may occur near the end of a game. This is an official's discretion call. In this foul, no attempt is made at the ball, but rather the person fouling tries to foul on purpose to stop the clock.

*****RULE:** *Two free throws are given to the person fouled. The Ball becomes dead after the shot. The ball is replayed by a throw-in at centre by the team attempting the free-throws.*

l) **Throw-in** is a method of putting the ball in play from out of bounds.

*****RULE:** *A player from the opposing team throws the ball in at the point where it is passed out, or an infraction took place (i.e. traveling, double-dribbling, held ball, etc) If the ball goes out of bounds and was touched simultaneously by two opponents, play shall be resumed by a throw-in from the team the possession arrow indicates.*

m) **Team Foul Free Throw** - These are an accumulation of fouls by members of the same team. On the 7th team foul and any after the opposing team would be awarded two free throw shots.

n) **A Team's Front Court** consists of that part of the court between its endline and the nearer edge of the division line and including its baskets and the inbounds part of its backboard.

o) **A Team's Back Court** consists of the rest of the court including its opponent's basket and inbounds part of the backboard and the entire division line.

p) **Field Goal** is an attempt by a player to score 2 or 3 points by shooting the ball into the opponent's basket.

Regional

The format such as round robin play will be determined by the chairperson/commissioner.

Rules and time per game may be changed at the commissioner's discretion. These may be necessary due to gym conditions and time available to play the games.

Each school may enter 1 girls and 1 boys team. In the case of small schools, combinations of schools or sexes can be used to make a team. More teams may be able to enter upon commissioner's discretion. If space, time and finances permit we certainly encourage schools to have more than one team.

Divisionals

A round robin tournament will be played. If the standings are tied, a sudden death playoff will take place.

The first place team at each regional will go to the Divisionals. If a team comprised of 2 or more small schools, that team will represent their region.



Floor Hockey Rules

We ask all coaches and participants to enjoy the excitement of this game, but also, take note of the rules, regulations and sportsmanship values that are also a major component of the game.

1. *Equipment*

Plastic hockey sticks will be provided for all games. Only the provided sticks will be used and if a breakage occurs, the referee will provide a replacement.

*****Goalies will use a plastic goalie stick provided both teams have them. The Division will provide the host school with two plastic indoor goalie sticks (16/17)**

Curved blades will not be allowed for any stick. Coaches and/or referees will conduct a player stick check before each period.

*****COACHES: PLEASE DEMAND PLAYERS NOT BEND BLADES*****

The Penalty for a curved blade is 2 minutes. The referee or the opposing coach may call this penalty. The Coach may ask for a stick check.

*****PLEASE NOTE:**

- a) **Penalty for illegal stick is 2 minutes**
- b) If an opposing coach calls an illegal stick and, if it is deemed legal, then a 2- minute unsportsmanlike penalty will be called against the coach. Coach will assign player to sit out penalty.
- c) If a player scores with an illegal stick and coach/referee call illegal stick penalty, the goal will not count and the player will be issued a 2-minute penalty.
- d) If a player removes the curve from his stick after it was called, but before referee checks his/her stick, it is a 2-minute penalty for illegal stick plus a 2- minute penalty for Unsportsmanlike Conduct.
- e) A felt puck will be used in all games.

**** REMINDER: The onus is on COACHES to make sure players adhere to equipment rules and prevent “penalties” before game begins.**

2. *Protection*

The following precautions must be taken:

- a) Masks (ice hockey or baseball) are mandatory for the goalies.
- b) The goalies (boys and girls) must wear chest protectors. Please—No excessive clothing for the means of making the goalie bigger.
- c) Felt pucks will be used.
- d) Street gloves (one pair) only, can be worn by any of the players. The goalie may use a baseball glove. ***Trappers and blockers may be used by all goalies provided that both teams are provided with the equipment by the Division. In the regional/divisional event, all goalies will have the option to wear trappers and blockers while playing (16/17)**
- e) One pair of volleyball kneepads and/or 1 pair of soccer shin guards can be worn by each player including goalie. ***Street hockey goalie pads may be used by all goalies (thin size) to be determined and supplied by the Division @ regional/divisional events (16/17)**
- f) Each player can wear one pair of elbow pads.
- g) **Eye guards are mandatory for all players on the court at all times.**
Students who wear eyeglasses must have eye guards over their glasses.

3. *Playing Area*

Any gym that is laid out for basketball can be used.

- a) Centre line is the mid-court of a basketball floor.
- b) Centre circle is the basketball mid-court jump circle. Play always starts in this circle and resumes from this point after the goals, 2-minute penalty, or any major or misconduct penalty.
- c) The goal does not exceed 57 inches by 43 inches by 23 inches. Hockey nets are recommended. (1 foot on each post and 5 feet out for floor crease)

4. *The Team*

***Each team consists of five (5) players on the playing floor and two (2) substitutes. Each player must play 2 periods (16/17)**

- a) *** Goalkeeper: prevents a goal from being scored by blocking the felt with foot, hands, feet, and/or stick.**
- b) *** Players: (forward, defence); 4 players can move freely throughout the court (provided they do not enter the crease of either team) (16/17)**

5. *The Game*

- a) **The game consists of 3 periods of 8 minutes each** (running time) with 2- minute rests between periods.
- b) **Sudden death overtime applies if the game is tied.** A faceoff will start the sudden death period. It is recommended a tie game be determined first by a sudden death playoff period and then a shoot-out in round robin play and playoff games.
- c) ***Each period will begin with a face off at the center mark on the court (16/17)**
- d) **Play cannot start until the whistle is blown.** Penalty for starting before the whistle is loss of possession. (Refer to Running Fouls for clarification)
- e) **Face off:** The center player must have one foot inside their half of the center circle.
- f) When the game is played in gyms where a puck can go out of play, in or under the bleachers, etc., officials will carry extra pucks and will drip them out into the area so play is continued. There is no team "time out".
- g) Sudden death overtime occurs if the teams are tied after three (3) regulation periods. The first team to score wins. The overtime period is 5 minutes, followed by a shoot-out if teams are still tied.

6. *The Play*

- a) The clock starts when the whistle is blown indicating start of the play. The clock is only stopped when a goal is scored, a 2-minute penalty and/or a major misconduct penalty is called.
- b) An official will blow his/her whistle only to indicate a goal and to stop play, to assess a running foul, a 2-minute penalty, and /or misconduct penalty. In this way, the play will be continuous unless the whistle indicated a stoppage. In the case of a running foul or penalty call, the official indicates to the scorer the number of the players(s) who fouled.
- c) Any player must be substituted immediately if he/she accumulates:
 - Five fouls (running and 2 minute fouls)
 - Or three 2 minute penalties
 - In the case of overtime, the fouls assessed to the players previously will be in effect.
- d) **Substitutes can only be made when play is whistled stop.** That is, when a goal is scored, 2 minute penalty, and/or misconduct penalty is assessed. No substitutions on running fouls except in case of 5th individual foul.
- e) Time may be called by the official(s) for injury or extenuating circumstances.

7. *Scoring*

- a) A goal is scored when the puck passes completely over the goal line.
- b) The puck can deflect off a player or equipment but cannot be kicked into the goal.
- c) A goal cannot be scored from a free shot.

8. *Goal Keeping*

- a) The goalie may use hands to clear the puck away from the goal and can go down on both knees to stop the ball but he/she may not hold or throw the puck towards the other end of the playing area.
- b) The goalie has 3 seconds to clear the puck. Failure to do so, the goalie is assessed a running foul and the team loses possession.
- c) The goalie can advance out of the goal crease but is restricted to the center line and loses any special goalie privileges.

9. *PUCK in Goal Crease*

When the puck is in the goal crease, only the goalie is allowed to play it. No other player's stick may cross the goal crease line. Running foul will be called.

10. *Fouls*

Running Fouls: The whistle is blown if the following occurs and the puck is awarded to the opposing team.

- The player is allowed a 3-foot space and 3 seconds to shoot the puck.
- He/she cannot shoot it to his/herself.
- A whistle does not indicate a restarting of play after a running foul has been called.
- The free shot is taken where the referee drops the puck. A goal cannot be scored from this free shot. Usually a free shot/pass for a running foul is taken from the nearest sideline to where the “foul” occurred.

Running Fouls are:

- Players moving before the whistle is blown at the center face off
- Offensive players and defensive players stepping into the goal crease
- Offensive players and defensive players’ sticks in the goal crease.
- Clarification: “stepping into” refers to any part of the foot in the crease and /or jumping through the crease.
- Raising the stick above the waist in an action which is not immediately endangering a player’s safety whether the foul is committed by a player with or without the puck.
- Anytime play is deliberately stopped by holding the puck, lying on it, or placing a foot on the puck except in the case of the goalies privileges.
- The goalie does not clear a puck in 3 seconds after going down on his/her knees to stop the puck or a hand stop.
- The goalie throwing the puck towards the other end of the playing area
- Chopping at a puck to raise in the air (exception: shots on goal)
- No kicking the puck. Puck hitting the foot is not a kick.
- No use of hands to direct the puck. (Exception: goalie while in the goal crease) A player must use open hand to stop the puck and direct downward providing he does not jump up to do so.

2-minute penalties: The whistle is blown if a player commits the following foul(s). He/she must sit out for 2 minutes and his/her team must play short-handed for this time period.

If the opposition scores a goal before the 2 minute penalty time has elapsed, a player or players may then return to the floor, providing it is not the 5th foul. In such cases, the substitutes must be made.

The infractions are:

- Slashing, hacking or striking the stick whether contact with an opponent is made or not
- Dangerous contact with goalie while the goalie is in his/her crease
- Pushing
- Blocking with body
- Tripping or any other action considered dangerous to other players
- Raising the stick above the waist in an action which is immediately endangering a player's safety whether the foul is committed by a player with or without the puck.
- Unsportsmanlike conduct by anyone on the bench. A player on the floor must assume responsibility for the penalty and sit out for 2 minutes. The foul will not be considered a personal foul for that player sitting out. The team must play shorthanded during this period. The Coach may choose which position is to be left vacant.
- The use of an illegal stick or equipment
- Unsportsmanlike penalty for team who call a check for illegal stick and stick is found to be legal.

Major Misconduct Penalties player using abusive language towards official(s), opposition, and fellow players

1. Any action to cause deliberate bodily harm to a player (referee's discretion).
2. Any other unsportsmanlike conduct (referee's discretion).

Penalty Shot

A penalty shot is awarded to a team if a defence player is in the goal crease and prevents a sure goal as judged by the official.

Regionals

A round robin tournament will be played. Game time may be reduced, this may be necessary due to gym conditions and time available to play the games. Each school may enter 1 girls and 1 boys' team. In the case of small schools, combinations of schools or sexes can be used to make a team. More teams may be able to enter upon commissioner's discretion. If space, time and finances permit we certainly encourage schools to have more than one team.

Divisionals

A round robin tournament will be played.

The first place team at each regional will go to the Divisionals. If a team is comprised of 2 or more small schools, that team will represent their region.

H. Indoor Soccer

NEW RULE: (10/2015)

1. **A Futsal soccer ball shall be used. The ball shall be a size 4.**
2. The game consists of four 6 minute quarters straight time. A one minute break shall follow the first and third quarters. A two minute half time break will follow the second quarter. If two teams are tied, one overtime period will be played. A shoot out will follow if the teams are still tied at the end of overtime. This format will be used in playoffs and can be used in round robin play if time permits. A coin toss will decide possession in overtime.
3. **Nets:**
The net will consist of a bench laying on its side on the floor. A goal is scored when the ball makes contact with any part of the face of the bench. A ball that contacts on the top or on the side is not a goal.
4. **Goal Crease:**
 - a) The goal crease shall be marked by tape and shall measure 7 feet deep and at least 2 feet longer than the goal bench on either side. A one foot line should be marked in the center of the crease of the goalie to stand behind when penalty kicks are awarded.
 - b) No player except the goalkeeper is allowed in the crease which includes air space.
 - c) The goalkeeper may use his/her hands to play the ball only while he/she is inside the crease. A goalie is considered in the crease if any part of his/her body is in contact with the floor in the crease. The keeper may play the ball outside the crease but not with their hands.
5. **Players:**
A Frontier Games soccer Team consists of 7 players, and must be eligible according to our eligibility regulations.

* All players MUST play 50% of all games. Playing time must be equal between all players regardless of age or ability.

Each team puts 5 players on the floor at once: a goalkeeper, 2 fullbacks, and 2 forwards.

- a) Goalkeeper – only player allowed to handle the ball unless he/she leaves the crease area thereby becoming a regular player. Must remain in the defensive zone.

NEW RULES (10/2015)

- b) **Fullbacks – players who can move freely throughout either end of the court**
- c) **Forwards – players who can move freely throughout either end of the court**

6. **Ball Contact:**

Players (with the exception of the goalkeeper in their crease) may not contact the ball with any part of their hands or arms – unless their hands or arms are in contact with the body (example: protecting their body). In the event that the ball contacts the arm or hand from a player, a free kick is awarded at the point of the infraction. ***Intentional hand balls are a yellow card at the discretion of the referee and penalized with a penalty kick if the infraction interferes with a direct shot on goal (16/17)**

***There will be no one year waiting period for changes in the intentional hand ball rule in the technical package for soccer, changes will be in effect immediately for the 2016/2017 school year (16/17)**

7. **Free Kicks:**

- a) Awarded following an infraction or foul. The free kick must be taken from the point of the infraction. The team awarded the free kick decides who will take the free kick, keeping in mind rules 5b and 5c.
- b) A free kick cannot be used as a shot on goal. The ball must be passed before a goal is scored. The ball may roll through the goal crease but is not considered a shot on goal unless it is handled by the goalkeeper or the goal is scored.
- c) Defenders must remain outside for a 2 meter area around the player taking the free kick. Failure to do so will result in a re-kick.

* If the free kick is within 3 feet of the opponent's goal crease the defending fullbacks may stand on the outside edge of the crease but may not go inside the crease.

- d) The goalkeeper may pass the ball with hands or kick the ball from the floor-they may not use a drop kick.
- e) The ball may be kicked at a wall.

8. **Free Kick Fouls:**

The following fouls result in the awarding of a free kick to the non-offending team:

- a) Hand ball – see Rule 6. This includes a goalkeeper outside of his/her crease.
- b) Yellow Card Foul – see Rule 9.
- c) A ball kicked out of bounds. This ball may be played off of all walls without being considered out of bounds. In some gyms, however, there may be bleachers or other equipment behind which the ball can get stuck. This will be considered out of bounds. The free kick will be awarded to the team that did not touch it last. The free kick will be awarded at the point that the ball went out of bounds.
- d) Player going through the crease.

9. **Yellow Card Fouls:**

Usually anything beyond minimal safe body contact.

- a) Holding, grabbing
- b) Body checking – as in hockey.
- c) Pushing
- d) Tripping (non-intentional)
- e) Foul language not directed at any person (resulting from a competitive situation).
- f) Any kick above the waist is considered a dangerous kick.

Players may receive 2 yellow card warnings in a game. A third yellow card offensive will result in a Red Card.

10. **Red Card Fouls:**

Results in an automatic game misconduct.

- a) Third yellow card foul
- b) Intentional tripping
- b) Dangerous body contact (intent to cause injury)
- c) Abusive or foul language directed at any official, coach or other player.
- e) Abuse of equipment of facilities.

A player receiving a red card foul **may** be suspended for one or more games, based on the severity of the incident. This decision will rest with the commissioner.

A player receiving 2 red cards during one regional or divisional games will be suspended for the rest of the schedule and the playoffs.

A red card also results in a penalty kick.

11. **Penalty Kick:**

- a) Penalty kicks will be taken from a central spot 15 feet in front of the offending team's goal. The shot must be kicked from this spot and may not be forwarded toward the goal prior to the shot.

Any player on the non-offending team who is on the floor at the time of the foul may take the penalty kick.

Goalkeepers cannot be substituted to defend the penalty kick. The ball is dead following the penalty kick.

b) After a successful penalty kick, the team that was scored upon gets a free kick from center. After an unsuccessful penalty kick, the team taking the penalty kick gets a free kick from the center.

* A drop ball situation will occur after offsetting penalty kicks have been awarded, providing both teams score or both teams don't score on their penalty kicks.

c) The clock stops for penalty kicks.

12. The game starts with a free kick from center awarded via a coin toss. The kick is taken by a fullback. Each subsequent quarter starts with a free kick awarded on an alternate basis.

e.g. Team A wins coin toss – Free Kick Quarter 1

Team B – Free Kick Quarter 2

Team A – Free Kick Quarter 3

Team B – Free Kick Quarter 4

13. Teams switch ends at half time only.

14. Substitutions may only be made between quarters. An exception will be made to replace an injured player. The player removed due to injury may not return in that quarter

Regionals

A round robin tournament will be played. Game time may be reduced, this may be necessary due to gym conditions and time available to play the games. Each school may enter 1 girls and 1 boys team. In the case of small schools, combinations of schools or sexes can be used to make a team. More teams may be able to enter upon commissioner's discretion. If space, time and finances permit we certainly encourage schools to have more than one team.

Divisionals

A round robin tournament will be played.

The first place team at each regional will go to the Divisionals. If a team is comprised of 2 or more small schools, that team will represent their region.

I. Volleyball

These rules are taken from the official rules of the Manitoba Volleyball Association. Of course, they are incomplete, and are meant as a beginner's guide to the volleyball rules. For a complete Rule Book, contact the Manitoba Volleyball Association at (204) 925-5785 to order books at \$12.00 each.

Follow the current MVA rules with the exception of the following:

*** Frontier Games 5 serve rule maximum per player**

***All schools must use a rotating bench for Frontier Games volleyball (08/09) -**

Definition: When a team rotates, the player in position one goes to the bench and the next eligible player goes to position six.

1. Court & Net

- a) The official size of a court is 9x18 meters with a net dividing the space with two 9x9 sides. The attack line is 3 meters from the net. The service zone is 9 meters wide behind the end line. If the gym does not have at least 2 meters of free space behind the end line, let the server step in the court with one foot to serve.
- b) High school boys use a net height of 2.43 meters. High school girls use 2.24 meters.
Frontier Games boys and girls use 2.24 meters.

2. Teams

A volleyball team usually consists of 12 players. For Frontier Games, 7 players are used, and must be eligible according to our eligibility regulations.

* All players MUST play 50% of all games. Playing time must be equal between all players regardless of age or ability.

3. Game

The game is won when one team reaches 25 points. A 2 point advantage may be needed if a score is 24-24 with maximum 26 points. In the 3rd game of a match, there is no point limit. Final score can be 21-23. The 3rd game is played to 15 points.

Each team is allowed 2 timeouts per game. Each time out is 30 seconds. Teams should leave the court and go between their side line and the bench. Time between games is a maximum of 3 minutes.

2 substitutions are allowed per game. If a player comes out of the game, he/she can only go back in for that same player. Injury substitutions will be allowed.

4. **Faults**

- a) The ball touches the ground.
- b) A team plays the ball more than 3 times consecutively. The block does not count as a hit.
- c) The ball does not clearly rebound from the player. (carried, held or pushed).
- d) A player touches the ball twice consecutively. The block does not count as a hit. (see MVA rule clarification).
- e) A team is out of rotation at the time of the serve.
- f) A player touches the net or the antennae (incidental contact will be allowed at referee's discretion).
- g) A player completely crosses the centre line.
- h) A player interferes with the ball on the opponent's side before their attack hit. An attack hit is any ball whether spiked, bumped, or set towards the opponent, and in the referee's opinion, would go over the net.
- i) A back row player, in front of the attack line, hits the ball into the opponent's court from above the height of the net.
- j) The ball does not pass over the net completely between the antennae.
- k) The ball touches an object outside the court, including anything suspended from the ceiling, spectators, etc.
- l) A back row player blocks the ball at the net.
- m) The server steps on or over the end line. Note: the serve may occur anywhere behind the end line, not just at the back right side of the end line. (1996).

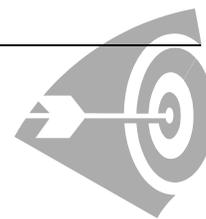
5. **Cards**

Yellow Card: A warning for a minor infraction, usually poor sportsmanship. No penalty or loss of serve applies.

Red Card: A second warning for a minor infraction results in a red card. A first infraction of rude or offensive conduct results in a red card. This results in a loss of serve for the offending team, or the opponents gain a point if they are serving.

Red and Yellow Cards together: (Eject from the game) given for insulting remarks to officials, players, or spectators. No loss of service or penalty point applies. Players may return for the next game in the match.

Red and Yellow Cards Apart: (Eject from the gym) given for major offensive behavior or aggression. Player may not return for the next game. No loss of service or penalty point.



1. Competition

- **A school can enter two boys and two girls into the event**
- The Indoor Round is shot entirely on 60 cm target faces.
- Shooting is in one direction only
- The bow will be a Recurve bow only. Each student is allowed to bring their own bow
All arrows will be provided at the Regional/Divisional Competitions, students must use the arrows provided.
- All matches are shot at 15 meters. Each archer shoots at his/her own target
- A match is 6 ends of 3 arrows each or 3 ends of 6 arrows
- These rounds are shot on the FITA five colour target faces with 10 scoring zones.
- The scoring is from 10 down to 1. Three arrows are shot in one end, with six ends, making a total of 18 arrows. This is a full round. The total possible score is 180.
- **Tie-Breaking Rule**
 - f* greatest number of 10's
 - f* greatest number of 9's

2. WHISTLE SIGNALS:

Come to the shooting line, prepare to shoot

- One blast: start to shoot
- Two blasts: stop shooting, retrieve your arrows
- Three or more blasts: Emergency, stop shooting, listen.

2. RANGE LAYOUT

- The range must be squared off and distance accurately measured from a point vertically beneath the gold of each target face to the shooting line.
- A waiting line will be indicated at a distance of at least 3 meters behind the shooting line.
- The target butts may be set up at any angle between vertical and about 10 degrees from the vertical, but the line of target butts will be set up all at the same angle. Each target butt will be numbered.
- Points on the shooting line directly opposite the center of each target will be marked.
- A 3-meter line will be marked in front of the shooting line.
- **Suitable barriers will be erected around the range to keep spectators back.** These barriers will be at least 10 meters from the ends of the target line and will be at a minimum of 5 meters behind the waiting line. **No spectators are allowed beyond the target line.**

3. SCORING

Values

Scoring Values	Colour
10	Yellow
9	Yello
8	Red
7	Red
6	Blu
5	Blu
4	Blac
3	Blac
2	Whit
1	Whit

- Scoring will take place after each end of the three arrows
- Scorers will enter the value of each arrow in descending order on scorecards. Competitors on that target butt will check the value of each arrow called out and in case of disagreement, call a judge.
- An arrow will be scored according to the position of the shaft in the target face. If the shaft of an arrow touches two colors, or touches any dividing lines between two scoring zones, the arrow will score the highest value of the two zones involved.
- Neither the arrows nor the target face will be touched until all the arrows on that target butt have been recorded.
- An arrow hitting the target butt and rebounding will score according to the mark it makes on the target face, provided that all other arrow holes have been marked and an unmarked hole or mark can be identified.

When a rebound occurs:

- The competitor concerned will remain on the shooting line after shooting his/her three arrows, as a signal to the judges.
 - When all competitors on the shooting line for that end have finished shooting their three arrows, the judge will interrupt the shooting. The competitor with the rebound arrow will go to the target butt with the judge who will decide the point of impact, take down the value, and mark the hole. The judge will later participate in scoring that end.
 - The rebound arrow is to be left behind the target butt until that complete end has been scored.
 - When the field is clear, the judge will give the signal for shooting to continue.
- **Scorecards will be signed by the scorer and the competitor**, indicating that the competitor agrees with the value of each arrow. If the scorer is participating in the shooting, his/her scorecard will be signed by another competitor on the same target butt.

4. RULES

- The **maximum time allowed** for a competitor to shoot an end of 3 arrows is two minutes
- An arrow shot before or after the specified time, or out of sequence that can be clearly identified by the judges will cause the competitor to lose the value of that arrow
- **No time will be allowed for equipment failure.** The competitor with an equipment failure may leave the shooting line to repair or replace the equipment and return to shoot any remaining arrow(s) if the time limit permits.
- **Competitors may not raise their bow arm to start until the signal is given to start shooting.**
- Except for persons who are disabled, **competitors will shoot from a standing position and without support**, with one foot on each side of the shooting line or with both feet on the shooting line.
- **UNDER NO CIRCUMSTANCES CAN AN ARROW BE RESHOT.**
- **An arrow may be considered to have not shot if:**
 - The arrow drips or is mi-shot and any part of the shaft lies within the 3- meter zone indicated by the 3-meter line and provided the arrow has not rebounded.
 - The target face or butt falls over. The judges will take whatever measures they deem necessary, and compensate adequate time for shooting the relevant number of arrows. If the butt only slides down it will left to the judge to decide what action to take if any.
- No competitor will occupy the shooting line except when the appropriate signal will be given.
- Scoring will take place after each end of the three arrows.
- Scorers will enter the value of each arrow in descending order on scorecards. Competitors on that target butt will check the value of each arrow called out and in case of disagreement, call a judge.
- An arrow will be scored according to the position of the shaft in the target face. If the shaft of an arrow touches two colors, or touches any dividing lines between two scoring zones, the arrow will score the highest value of the two zones involved.
- Neither the arrows nor the target face will be touched until all the arrows on that target butt have been recorded.
- An arrow hitting the target butt and rebounding will score according to the mark it makes on the target face, provided that all other arrow holes have been marked and an unmarked hole or mark can be identified.

When a rebound occurs:

- The competitor concerned will remain on the shooting line after shooting his/her three arrows, as a signal to the judges.
- When all competitors on the shooting line for that end have finished shooting their three arrows, the judge will interrupt the shooting. The competitor with the rebound arrow will go to the target butt with the judge who will decide the point of impact, take down the value, and mark the hole. The judge will later participate in scoring that end.
- The rebound arrow is to be left behind the target butt until that complete end has been scored.
- When the field is clear, the judge will give the signal for shooting to continue.

Regionals

Each school can send 4 representatives: 2 boys and 2 girls.

Students will compete once during the Regional event.

There will be 2 categories – Small school (under 80 students k-8)
Large School (over 80 students' k-8)

The chairperson/commissioner will determine the competitive format.

Divisional

The top two boys and top two girls in both the Small School and Large School categories will represent their region at Divisionals. Students will compete twice at the Divisionals event with their total score being added together