

Norfolk Secondary School Athletics Association Constitution

This constitution dated September 2009, replaces and supercedes all previous constitutions for this organization.

Tables of Contents

Chapter	1	Organization Structure General Rules
Chapter	2	Awards
Chapter	3	Badminton
Chapter	4	Basketball
Chapter	5	Cheerleading
Chapter	6	Cross Country Running
Chapter	7	Football
Chapter	8	Golf
Chapter	9	Gymnastics
Chapter	10	Hockey
Chapter	11	Rugby
Chapter	12	Soccer
Chapter	13	Tennis
Chapter	14	Track and Field
Chapter	15	Volleyball
Chapter	16	Wrestling

Chapter One

Constitution of the Norfolk Secondary School Athletic Association September 2009

ARTICLE 1: Name

The Organization shall be known as the Norfolk Secondary School Athletic Association. (NSSAA)

ARTICLE 2: Aims and Objectives

Their Organization shall:

- a) assist in coordinating the efforts of member schools in athletics and sports.
- b) protect and supervise the athletic and moral interests of the students, coaches and member schools.
- c) sponsor activities and contests to the betterment of the board educational program of the schools concerned.
- d) develop in the participants a spirit of sportsmanship and love of play.

ARTICLE 3: Membership

section 1: -General

This organization shall consist of the following member secondary schools:

Delhi District Secondary School
Holy Trinity Catholic High School
Port Dover Composite School
Simcoe Composite School
Valley Heights Secondary School
Waterford District High School

section 2:- Membership of New Schools

Schools wishing to enter in o the activities of the organization shall apply directly to NSSAA.

ARTICLE 4: Officers

The executive officers of the NSSAA shall be the President, Secretary (alphabetical rotation) and the Treasurer. Representatives from the NSSAA shall be appointed CWOSSA directors.

section 1: President

Shall:

- I. conduct all meetings.
- II. send out notices of meetings with an agenda two weeks in advance.
- III. make decisions which do not require a full association meeting.
- IV. send out a copy of the minutes to each member school within a week of the meeting.
- V. conduct all official Association correspondences.
- VI. perform such other duties as the Association officials may from time to time require.

section 2: Secretary

Shall:

- VII. keep an accurate account of the proceeding of all meetings

section 3: Treasurer

Shall:

- VIII. the treasurer shall receive, and under the direction of the members of the Association, make payments.
- IX. keep an accurate account of all receipts and expenditures of money and prepare a financial statement for each NSSAA meeting.
- X. purchase all awards for activities sponsored by NSSAA well in advance of the required time. (to be reimbursed for medals by the championship school)
- XI. Perform such other duties as the Association officials shall from time to time require.

section 4: CWOSSA Directors

Two directors shall be appointed. They shall:

- XII. attend all CWOSSA coaches' and directors meetings, represent the interests of NSSAA, and report back to NSSAA meetings.

ARTICLE 5: Finances

The September regular meeting each school shall pay \$300 membership to NSSAA.

ARTICLE 6: CWOSSA Entries

All entries into CWOSSA championship tournaments will be the responsibility of the qualifying teams with assistance from the convenor if required.

ARTICLE 7: NSSAA Meetings

Mission 1

NSSAA meetings will be called by the President when necessary

The first meeting of the new school year shall be held no later than the second week of school in September.

There shall be four regularly scheduled meetings each year:

XIII. Second week of September

XIV. First week of November

XV. First week of April

XVI. June

NSSAA meetings may be attended by all men and women coaches, physical education teachers, Phys-Ed Heads and a principal representative.

Mission 2

Each member school of the Association in attendance at the meeting is allowed two votes.

A quorum for any meeting shall be 4/6 of the member schools.

ARTICLE 8: General

Section 1- Amendments

This constitution may be amended at any regularly called meeting by a majority vote of the member schools. A quorum of 4/6 schools is required, and each school is allowed two votes. Amendment proposals must be submitted to the President in writing at least one month before the scheduled meeting. The President shall then send these amendment proposals out to each member school along with the agenda, at least 2 weeks prior to the meeting, for school discussion.

Section 2 - By-Laws

The Association, from time to time, may make By-Laws consistent with this Constitution as it seems necessary for the conduct of the business of the Association.

Section 3- Affiliation

XVII. This Association through its memberships in CWOSSA, is a member of OFSAA.

XVIII. Unless this Association adopts special rules for certain activities, NSSAA shall follow the By-Laws of the CWOSSA Constitution.

Section 4 - Championships

- I. A minimum of 3 schools competing in a sport are required in order to have a NSSAA championship
- II. Gate fees - Admission prices to NSSAA playoffs games are as follows:

Adult	\$3.00
Student	\$2.00
Family	\$5.00

ARTICLE 9: By-Laws

By-Law 1- Eligibility of Players (see OFSAA constitution)

- a) NSSAA will conform to OFSAA eligibility and certification practices. Coaches are to present eligibility sheets to the convenor prior to the 1st game, if the sheet is not received by the 2nd game forfeits may occur. Eligibility sheets must contain student name, date of birth and date of entry to secondary school.
- b) Sports overlapping into both semesters require the student to be registered as a full time student in both semesters in the same school and playing for the team in both semesters unless otherwise approved by the transfer committee.
- c) A student shall physically participate in a minimum of 3 regular season games to be eligible for any playoff game. With the exception of a transfer student(s) who must participate in a minimum of 2 regular season games.
- d) No student shall be added to a team's eligibility list beyond midpoint of a NSSAA regular season schedule with the exception of transfer students.
- e) Age: (following OFSAA rules)

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Midget: the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only.

f) Attendance: (following OFSAA rules)

i) A student in any CWOSSA contest must be in regular attendance in grade 9 to 12.

ii) Be eligible for no more than 5 consecutive calendar years from the date of his/her entry into grade 9.

iii) Students who have fewer than 22 credits must be taking courses which define them as full time students under the Ministry of Education definition. Namely, a student in a traditional school must be registered in a minimum of six (6) full day school credit courses; in a semestered school, a student must be registered in a minimum of three (3) full day school credit courses in the semester in which he/she participates.

iv) Students who have achieved twenty-two (22) credits must be taking (4) non- semestered full day school credit courses over the school year or two (2) full day school credit courses per semester.

By-Law 2- Conveners

- a) Shall contact referee-in-chief for referees for the entire schedule and the playoffs.
- b) Shall send complete information to each member school prior to the opening of the schedule. (see specific sports)
- c) A schedule (for your sport) for the new school year (next year) should be drafted by June 15th of the current school year and submitted to NSSAA.
- d) Shall make sure awards are present at all finals
- e) Conventor shall record all points, keep a running record of points, and notify all school and web master of team placings at mid-season, before and after playoffs, where applicable.
- f) Responsible for arranging championship presentation.
- g) All sport specific decisions/changes must be referred to the NSSAA executive.

By-Law 3 - Host School for Playoffs

- a) Responsible for preparing the facility for the competition.
- b) Responsible for setting up and managing the gate for basketball, cheerleading, football, volleyball. If no gate is set up the host school is responsible for paying the officials and any other costs incurred by the event.
- c) Sending all gate proceeds to the treasurer within 2 weeks following the championship.
- d) Have competent score keepers available if needed.

By-Law 4- Protests

A written protest may be filed to the convenor within one school day of the game. If required a Board of referral will be convened. The Board of Referrals decision is final.

The judgments and decisions of the officials as they relate or pertain to players and coaches on or off the bench or to events/ situations/ circumstances which occur on or off the field of play cannot be protested or appealed.

By-Law 5- Forfeits

Under circumstances where a school is responsible for a game not being played and there is no reasonable opportunity to reschedule, then the school at fault will forfeit the game.

The following will be forfeited scores:

Basketball 2-0

Hockey 1-0

Soccer 1-0

Football 6-0

Volleyball 3 sets - 0 sets, game scores 25-0, 25-0, 25-0.

Rugby 5-0

ARTICLE 10 - Player ejection policy

* For yellow/red cards in soccer see playing regulations

- a) In all sports sanctioned by NSSAA, players ejected from games for misconduct shall be penalized by a minimum one game suspension (next league, playoff, CWOSSA, OFSAA game)
- b) Any further ejection for misconduct will result in suspension for the rest of the season in that sport.
*** Appeals of suspension under part b) must be made in writing to the convenor within one school day of the decision
- c) Any participant ejected from the NSSAA event for fighting or intent to injure (referees's judgement) shall be suspended from future competition until he/she has appeared before the Board of Referral (Article 11)

It is the responsibility of the coaches to ensure that the appropriate parties (Convenor, Phys. Ed. Head, principal, CWOSSA reps.) be notified of any player ejection and to obtain a referee's report.

There should be an avenue of appeal for an ejected player who feels he/she has been dealt with

unfairly. The board or referral shall be set up by the NSSAA President and should consist of three Heads or their designates representing three schools not involved in the incident. The convenor does not vote.

ARTICLE 11 - Board of Referral

The Board of Referral shall be comprised of the NSSAA President or designate, the convenor of the sport involved, or his/her designate and a minimum of three Heads of Phys-Ed from schools not involved in the incident under review. Any affected parties may attend to present their views. The Board's purpose shall be to deal with all suspensions under part c) of Article 10, and with appeals of suspension under part b) of Article 10, if said appeals are properly submitted within one school day. Resolution will be by majority vote of those eligible to vote. The decision of the Board is final.

ARTICLE 12 - Transfers

The student shall supply in writing to the Phys.Ed Head who in turn will forward the application to the Transfer Committee. The Transfer Committee will use the OFSAA transfer policy, review the case and make a ruling.

ARTICLE 13 - Tie Breaking

Where a tie exists in league standings:

The tie will be broken by:

- a) win-loss record between the teams tied
- *b) point difference in games involving the tied teams
- c) the team with the least points allowed in the game or games involving the tied teams.
- d) the most total wins during season play
- e) the team with the least points allowed during season play
- f) point difference in games during season play

* subsection - Volleyball (b) set deferential tied teams.

CWOSSA Entries

For teams advancing to CWOSSA in the same classification the higher placed teams in the NSSAA play-offs will advance. In the event that 2 teams in the same CWOSSA classification are defeated in the semi-finals the higher placed team in the regular league schedule will advance.

Chapter 2 ***Awards***

1. Provide trophies where available to be updated by championship school.

2. Pennants are to be ordered by the winning school if desired in the colours designated below, dated appropriately to the season in which the activity is held and awarded to the championship team.

Badminton	-	Purple and White
Basketball	-	Blue and Gold
Cheerleading	-	White with Multicolour
Cross Country	-	Red with White
Football	-	Red with White
Gymnastics	-	Purple with White
Soccer	-	Blue with White
Track and Field-		Blue with White
Volleyball	-	Green with White
Wrestling	-	Blue with White

CWOSSA pennants may be ordered by CWOSSA winners, and paid for the individual schools involved.

3. Medals are awarded to Team and Individual champions.

Chapter 3

Badminton

1.Dates: The tournament shall be held prior to the CWOSSA tournament. The Sr. & Jr. Tournament will be held on a school day.

2.Starting Time: 8:30 am

3.Convenors: a) Shall supply the birds. Money available from the NSSAA funds.
b) Shall be responsible for the CWOSSA entries

4.Host Schools: a) Shall supply dressing rooms
b) Shall supply all equipment necessary to conduct the games.

5.League Schedule: A true double elimination will be held for singles, doubles and mixed doubles for both JR and SR tournaments.

6. Regulations:

- a) The tournament shall be conducted according to the rules of the Ontario Badminton Association
- b) Matches will be two out of three.
- c) Side and service shall be decided by spinning a racket.
- d) A player may enter only one event on one team (Jr. or Sr.)
- e) Each school is allowed 2 teams per event.
- f) Players are expected to know the rules and call their own games
- h) Players are to wear school uniform and safety glasses. Players will not be allowed to play if they are not properly dressed.
- i) A team must lose two matches to be eliminated.

- 7. Points:**
- a) Players must complete the tournament to win any points unless they are injured or too exhausted to play.
 - b) For determining teams standings, points will be awarded as follows:

1 st place	-	7 points
2 nd place	-	5 points
3 rd place	-	3 points
4 th place	-	1 point
- 8. CWOSSA entry:** The top 2 finishers in each event.

Chapter 4

Basketball

- 1. Dates:** Games will be played on Tuesdays and Thursdays (if possible)
- 2. Starting Time:** 3:30 pm - visiting teams should not arrive at the host school more than one-half hour before playing time.
- 3. Routine:**
- a) home and home - double headers
 - b) two games per week per team - 1 home and 1 away if possible
 - c) 1,3,5,7,9 Seniors play first
2,4,6,8,10 Juniors play first
 - d) Requests will be accommodated when possible.
 - e) The O.B.A. basketball rule book for the current year shall be used.
 - f) two officials shall handle each game, unless both coaches agree to alternate arrangements.
 - g) the home team shall pay for the officials for all scheduled games.
 - h) the qualified referee has the power to overrule the scorebook during instances where a minor official has made an obvious error.
 - i) semi-finals and finals will take place on two separate days.
- 4. Host Schools:**
- a) Shall supply dressing rooms
 - b) Shall supply all equipment necessary to conduct the game.
 - c) Shall supply three score sheets with carbon - one for the convenor, one for the visiting school, and one for the home school. Note : one scoresheet at the table. Both scorers will work at the one official scorebook.
 - d) shall supply separate dressing rooms for the visiting teams if available.
 - e) shall contact the referee-in-chief and the convenor of any changes or cancellations
 - f) shall supply the official timer, and the visiting school shall supply the official scorer through league and playoff games. The host school shall assist with the scoring.
 - g) shall mail, fax or email one copy of the score sheet and results to the convenor immediately after the game.

Chapter 5

NSSAA Cheerleading Championships

1. Competition Time and Location

- Annually on its own night: Wednesday evening in late April to accommodate other scheduled cheerleading events.
- Practice gym space should be accessible beginning at 5:00 pm. With competition beginning at 7:00 pm.
- Hosting should follow rotation given, beginning April 2007; VHSS, HTCHS, PDCS, WDHS, DDSS, SCS.
- Any school may choose to forfeit their turn to host but must notify convenor no later than January of the same year (ie. To forfeit for April 2007, VHSS should notify convenor by January 2007)
- Convenor responsible for notifying all eligible teams at least one month in advance of details.
- Junior Cheerleading Teams may perform a demo, for no mark value, during the scoring tabulation.

2. Competition Policy

- Team will be composed of student-athletes consistent with OFSAA eligibility rules
- Eligibility list/team roster signed by school principal, as to school team members' enrollment, must be submitted to convenor.
- Coaches' meeting will be held prior to the start of the event to draw for competition order; draw will be conducted by the convenor in the presence of a representative from each participating team.
- All teams will compete in the same division regardless of the number and gender of members; no divisions will be made based on stunt levels performed.
- All teams will perform twice
- Coach or Team designate is responsible for team's own music; strongly recommend music recorded onto CD (CD-R not CD-RW) and that each team have at least two copies
- Coach's responsibility to ensure that his/her team adheres to rules for competition; any clarification of guidelines and rules should be directed to convenor prior to competition
- Any complaints should be directed to the convenor by the coach or team designate only.
- No team representative, coach or spectator will approach the judges' table or any judge on any matter.

3. Competition Set- Up

- Proper sound system must be available (CD & cassette)
- Safe practice area including at least one gymnastics mat must be provided to use for warm up.
- Competition floor should be at least 7 gymnastics mats wide; mats must be of equal thickness and secured together with velcro or tape.
- Floor marked so centre is highly visible
- Teams may mark out their routine once, with no stunting, on the competition floor, for 10 minutes, starting at 5 pm. Floor will be cleared by 6:30 pm.

4. Routine Rules & Guidelines

- No team will be permitted to perform any element that exceeds Level 4 as defined by the OCF (see details in OCF Red Book on www.ocf.ca website)
- Each team will perform routine not exceeding 3 minutes (180 seconds)
- All teams must perform a cheer/chant component within the routine; it may or may not utilize music (no minimum time limit)
- Timing will begin with first organized sound or movement and will stop when the end of the routine is obvious.
- Routines must be appropriate for family viewing
- The convenor, judges and/or coach may stop the routine if a cheerleader is injured, if there are technical problems with sound, or if the routine is potentially dangerous or unsafe; resuming the routine will be at the discretion of the convenor.

- Jewellery of any kind including any and all piercing are prohibited; jewellery must be removed and may not be taped over with the exception of medical ID bracelets tags.
- Flags banners, signs, pompoms, and megaphones may be incorporated safely into the routine.
- No casts of any type are permitted; supportive braces must be padded and covered
- Mascots may be incorporated into the routine safely but must not be included in stunts and pyramids or as spotter or catchers.

5. Judges & Scoring

- A minimum of three certified judges will be selected by the convenor based on training and experience; should be booked at least 2 months in advance.
- Standardized OCF judging form will be used to score the event
- Final score will be determined by averaging the two runs.
- Ties will be broken by comparing the total scores of the tied teams (add scored of two runs); if still tied the two teams will share the placement.
- Loss of 5 marks per judge for each infraction of: failure to follow all rules and guidelines, performing stunts above level 4 (as defined by the OCF rules 2006-2007) and / or exceeding 3 minute time limit.
- All score sheets will be distributed to teams at the completion of the competition.

6. Awards

- Previous champion is responsible for bringing the NSSAA trophy to the competition
- Convenor will arrange for medals to be presented to first place team members.

Chapter 6

Cross Country Running

1.Dates: The meet shall be held in the fall, about mid October, prior to CWOSSA meet.

2. Starting Time: 11:00 am

3. League Schedule: 1 day meet

4. Events: Six separate races will be held

a)	males	midget -	5000 metres
		junior-	6000 metres
		senior-	7000 metres
	females	midget-	3000 metres
		junior-	4000 metres
		senior-	5000 metres (max)

5.Awards: a)Gold medals for first place finishers in each division: midget, junior, and senior both male and female totalling 6 medals, ribbons for second and third place.

b) NSSAA trophy to the overall championship school.

6.Convenors: Will approximate the distance of the races.

7.Host Schools: Shall supply all the necessary equipment to run the meet.

8.Activity Regulations: a) There will be one team per school per classification, the first three to count, and the fourth to break ties.
b) The finish should consist of a straight away, at least 100 metres in length, with a chute at the end.

9.Scoring Team Points

1 st	-	7 Points
2 nd	-	5 Points
3 rd	-	4 Points
4 th	-	3 Points
5 th	-	2 Points
6 th	-	1 Points

Chapter 7 ***Football***

The league has agreed to an inter-locking schedule with Haldimand (9 team league) 6 teams in Norfolk 3 in Haldimand.

1. League Rules:

- a) 3 downs
- b) 1 yard off line of scrimmage
- c) 12 minute quarters, timing to follow FCA rules
- d) all other rules according to CAFA
- e) When the score is tied at the end of the 4th period in any regular season or playoff game, the procedure to be used will come from the Canadian Football League rule book.

CFL rule SECTION 8 - TIE GAME-

In the event that the score is tied at the end of the second half of a game, each team will be given the opportunity to score using the following procedure:

- The first team, as determined by coin toss, shall scrimmage the ball at the opponent's **35- yard line** and may advance by consecutive series of downs until it makes a score or loses possession.
 - The second team will then scrimmage at the same 35-yard line and proceed as above.
 - If the score is still tied, the procedure shall be repeated until there is a winner.
 - A winner is determined only if both teams have had equal opportunities to score.
- f) In football, in cases of inclement weather, half time equals an official game.

2. Schedule:

- a) League play follows an unbalanced single round robin schedule, with a yearly rotation (home game flip in second year)

3. Playoffs

Quarter finals: 1st vs 8th
2nd vs 7th
3rd vs 6th

4th vs 5th

Semi Finals: Hosted by the second highest ranking remaining teams. Highest ranked team host the lowest ranked team

Finals: Hosted by the highest ranked team in the finals.

4. Record Keeping:

Results and incidences are to be sent/faxed to the respective convenors.

5. Officials:

Games in Haldimand will be officiated by Hamilton area referees, games in Norfolk by Brantford referees.

* Games involving NSSAA schools will begin at 2:00 pm except for exceptional situations.

The Norfolk Bowl Trophy will be awarded to the farthest advancing Norfolk team in the playoffs in case of tie refer to the Regular season standing.

Chapter 8 *Golf*

1. Start Time: The NSSAA golf season will be a one day tournament held in the fall prior to the CWOSSA tournament.

2. Location: All golf locations will be decided by the convenor. A rotation of courses is suggested.

3. Operating Structure:

- a) Each school may enter 1 boys and 1 girls team in the tournament (a team is comprised of a maximum of 8 players)
- b) Foursomes for playing will be determined by handicap or randomly selecting team members from four **different** schools per group.
- c) Then, the actual players to make up the foursome will be assigned by the coaches.
- d) Each member of the foursome will mark the score of another member of their same foursome.
- e) Tee times will be assigned.
- f) All golfers must walk the course (NO CARTS)
- g) Each school shall have at least one teacher advisor at the golf course who is **responsible for their golfers.**

4. Scoring:

- a) The lowest three scores of each team will be used to determine the winning team.
- b) If a tie results, the fourth lowest score of the tied teams will determine the winner.
- c) If the tie is still not broken, then the scores of the third highest member will determine the winner and so on until the lowest scores of each team are compared.
- d) If the tie has still not been broken, then the teams involved in the tie will play sudden death playoff holes with the team aggregate on each hole determining the winner. (All four golfers scores count)

5. Signing of Scorecards:

- a) All scorecards must be signed by the player and the playing partner who kept their score. The scorecard will then be handed in to the scorekeeper and is official.

- b) If the player and / or scorer has noticed a mistake after the scorecard has been signed by all parties the official score will stand unless the convenor sees fit to change the score.

6. Awards:

A NSSAA medal is awarded to lowest individual score. Championship trophy is presented to overall team champion.

7. Cheating:

- a) Make sure the cheating is proven
- b) If cheating occurs, the player(s) involved will automatically be disqualified.
- c) Any player(s) proven to have cheated may be disqualified from any further competitions.

8. Weather:

- a) The tournament will be played rain or shine, wind or snow unless the golf course is determined to be “unplayable”. If the host professional in consultation with the convenor, deems the course and playing conditions to be unsafe, play will be halted.
- b) If lightening is seen or detected in the area, play will be halted, to be resumed only when the danger has passed.
- c) In case of weather delays, the tournament is official after all teams have completed 9 holes. If play cannot resume, final results will be based on last hole completed by all golfers.

9. CWOSSA

Entries will be determined by CWOSSA playing regulations

10. Playing Rules

- a) The R.C.G.A. rule book will govern all play.
- b) Any local rules will be explained to the teams before the competition begins.
- c) The convenor and coaches will act as final scorekeepers.

Chapter 9 *Gymnastics*

Refer to CWOSSA playing regulations.

Chapter 10 *Hockey*

1. League Schedule: a) home and home

2. Starting Time: Dependent upon availability of local arenas.

3. Host School:

- a) shall pay referees (two man system)
- b) shall supply score keepers, games sheets and game pucks.
- c) shall contact the convener and all involved parties of any change or cancellations in the schedule
- d) shall immediately mail, fax or email one copy of the game sheet to the convener.

4. Activity Regulations

OMHA rules, with the following exceptions:

- a) All suspensions are one game above and over the OMHA rule.

- b) centre ice red line is not used in calling a two line pass. (two line pass is legal)
- c) any three minor penalties to the same player in the same game results in game ejection. Fighting results in suspension from the game and an additional one game suspension on top of any OMHA penalty or suspension.
- d) a fighting instigator penalty results in suspension for one calendar year, subject to review by NSSAA.
- e) games consist of two twenty minute stop time periods, flooding is optional.

5. Points

Win	-	2 Points
Tie	-	1 Point

6. Playoffs

1st vs 4th
2nd vs 3rd

Higher ranked team playing in final is host.

In playoff games, if tied after regulation time:

- a) If time permits a 10 minute sudden victory period.
- b) A 5 person shoot out will occur if time did not permit a 10 minute overtime period or game still tied after the overtime period.
- c) If still tied a sudden victory shoot out will occur with same 5 shooters in the same order.

Chapter 11

Rugby

1. **Rules:** NSSAA Rugby will follow the Canadian Rugby Union rule book.
2. **Schedule:** Teams will play a double round robin schedule. Semi-finals and final games will takes place on separate days at home for the team which finished highest in the standings.
3. **Game Lengths:**

Regular Season	- 30 minute halves
Playoffs	- 30 minute halves

In rugby, in cases of inclement weather, half time equals an official game.

4. **Playoffs:** 1st vs 4th
2nd vs 3rd

If only three teams then:

2nd vs 3rd
1st vs winner of game above
(Higher ranked team playing in final is host)

Playoff overtime- In the event of a tie at the end of regular playing time, two five minute overtime halves will be played. If a tie still exists penalty kicks will decide following CWOSSA format.

5. **Player Ejection:** It is the responsibility of the coaches to ensure that the appropriate parties (Convenor, Phys. Ed. Head, Principal, CWOSSA reps.) be notified of any player ejection and to obtain a referee's report.

Chapter 12

Soccer

1. Schedule:

Teams will play a double round robin schedule. Semi-finals and final games will take place on separate days at home for the team which finished highest in the standings.

2. Game Lengths:

Regular season - 40 minute halves

Playoffs - 45 minute halves

Playoff overtime - In the event of a tie at the end of regular playing time, 2 ten minute overtime halves will be played. If a tie still exists penalty kicks will decide following CWOSSA format.

** Any regular season game is considered official once the first half has been completed**

3. Suspension:

- a) In all sports sanctioned by NSSAA, players ejected from games for misconduct shall be penalized by a minimum one game suspension (next league, playoff, CWOSSA, OFSAA game)
- b) Any further ejection for misconduct will result in suspension for the rest of the season in that sport.
*** Appeals of suspension under part b) must be made in writing to the convenor within one school day of the decision
- c) Any participant ejected from the NSSAA event for fighting or intent to injure (referees's judgement) shall be suspended from future competition until he/she has appeared before the Board of Referral (Article 11)

* In addition, 3 yellow cards will equal 1 red and 2 reds requires suspension equivalent to fighting rule, which may be appealed.*

It is the responsibility of the coaches to ensure that the appropriate parties (Convenor, Phys. Ed. Head, principal, CWOSSA reps.) be notified of any player ejection and to obtain a referee's report.

There should be an avenue of appeal for an ejected player who feels he/she has been dealt with unfairly. The board or referral shall be set up by the NSSAA President and should consist of three Heads or their designates representing three schools not involved in the incident. The convenor does not vote.

Chapter 13

Tennis

1. Schedule: NSSAA should take place in October one week prior to CWOSSA.

2. Location: The tournament should take place at a central location to all schools.

3. Entry:

- a) A player may compete in one event only
 - Girls singles
 - Boys singles
 - Girls doubles

Boys doubles
Mixed doubles

- b) You are allowed two entries per event e.g. two singles girls per school. There is no junior or senior division.
- c) Players are to wear school uniform. Players will not be allowed to play if they are not properly dressed.
- d) facility rental and tennis balls will be paid for by NSSAA.

4. Tournament Structure:

a)The structure will be a true double elimination draw. A match will be best 3 of 5 games. For championship game, play will be 1 set with tie breaker at 5-5 if needed. The number of sets in the match may be altered due to weather conditions at the convenor's discretion.

b)Players must call their own games. Fair play and sportsmanship must be upheld at all times. Convenor has final say in the event of a dispute.

5. Awards: Overall team champion receives the trophy. Individual champions receive a NSSAA medal.

6. Points:

1 st -	5 points
2 nd	3 points
3 rd	1 point

7. CWOSSA Entry: Determined by CWOSSA playing regulations.

Chapter 14

Track and Field

1. Dates: a) the meet shall be held on a weekday during the second full week of May
b) the meet shall be held at Port Dover or at another all-weather surface if necessary

2. Start Time:
a) 8:30 a.m.

3. Convenor:
a) will be host school
b) shall assign official duties to each member school
c) each member school shall supply that equipment which is necessary to run the events the convenor has assigned to them.

4. Scorer:
a) responsible for inputting entries for each school for the NSSAA meet.
b) shall send NSSAA entries to CWOSSAA

5. Activity Regulations:
a) entries - two per school per event per divisions but only one relay team per age class.
b) a competitor may enter 3 individual events, plus relays.
c) member schools must submit entry forms to the convenor by noon Friday before the meet.

- d) the official equipment shall be in accordance with the current rule book used by OFSAA
- e) relay points are not individual points, only team.

6. Awarding Points:

- a) team and individual awards will be made on the basis of a 7, 5,4,3,2,1, scoring system

7. Rules:

- a) OFSAA rules will be followed.

8. Awards:

- a) Gold medal(s) to the top athlete(s), male and female in all three divisions: midget, junior and senior.
- b) Ribbons for the first six places in all events, all divisions
- c) Announcement of overall girls, and boys team champions, and overall team champion.

Chapter 15

Volleyball

1. Dates:

- a) games will be played Tuesdays and Thursdays (if possible)

2. Start Time:

- a) 3:30 p.m.- visiting teams should not arrive at the host school more than one-half hour before playing time.

3. Routine:

- a) home and home - double headers
- b) two games per week per team- 1 home and 1 away if possible
- c) 1,3,5,7,9 Seniors play first
2,4,6,8 ,10 Juniors play first
- d) all matches shall be the best 3 out of 5.

4. Host Schools:

- a) shall supply a dressing room for officials
- b) shall supply all equipment necessary to conduct the game, including antennae.
- c) shall supply three score sheets with carbon- one for the convenor, one for the visiting team, and one for the home school.
- d) shall supply separate dressing rooms for visiting teams if available
- e) shall contact the referee-in-chief and the convenor of any changes or cancellations in the schedule.
- f) shall supply the official scorer. The visiting team shall do the scoresheet.
- g) shall mail, fax or email one copy of the score sheet to the convenor immediately upon completion of the game.

5. Activity Regulations:

- a) the current O.V.A rule book shall be followed
- b) one rated official shall handle each game. The convenor shall request officials with a minimum of provincial rating.
- c) net height

Junior Girls	2.24 m Junior Boys	2.35 m
Senior Girls	2.24 m Senior Boys	2.43 m

6. Awards Points:

- a) two points shall be awarded for the winning of a match

7. Playoffs:

Top four teams make the playoffs with 1st vs 4th and 2nd vs 3rd. Winners of the semi-finals go on to the finals. Playoffs are held at the school whose team finished first place at the end of the regular season.

Chapter 16
Wrestling

- 1. **Entry:** An unlimited number of wrestlers per school is permitted. The top fifteen (15) entries per school are counted for school points as determined at the end of the tournament.
- 2. **Weight Classes-** The weight classes used will be the same as those used at OFSAA for the current year.
- 3. **Weigh In-** A weigh in shall be conducted from 3:30 pm to 4:00 pm on the night before the championships by the Head of Physical Education of that school or an administrator and entries sent to the convenor.
- 4. **Officials** - The officials shall be qualified and should follow the OFSAA rules in effect for that wrestling season.
- 5. **Safety** - OFSAA safety regulation shall be in effect for the tournament as outlined in the OAWA Rule Book.
- 6. **Draw/ Format** - The draw shall be random. Any category that has six (6) or fewer wrestlers shall be wrestled using a pooled round robin draw. All other categories shall be a double elimination format. The draw will be done after the weigh in is closed.

7. Scoring-

1 st	12 points
2 nd	8
3 rd	5
4 th	2
5 th	1
6 th	1

- 8. **Advancement to CWOSSA:** All competitors shall advance to the CWOSSA Southern Regional Qualifier.