



# **York Region Elementary Athletics Association**

## **Constitution and Rules**

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# York Region Elementary Athletics Association Constitution and Rules

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# York Region Elementary Athletics Association

## Constitution

### **Article 1: Name**

The name of the organization is known as the York Region Elementary Athletic Association (YREAA).

### **Article 2: Aim and Objective**

The aim of the YREAA is:

- i. to foster the physical and mental health and well-being of elementary school students by providing organized athletic activities.
- ii. to encourage intra and inter-school athletics, the advancement of physical education and sportsmanship in a manner consistent with the mission, vision and values of the York Region District School Board (YRDSB).
- iii. to provide an opportunity for staff who enjoy coaching to utilize their expertise and to enjoy a spirit of good fellowship with those who hold the same interests in our profession.

### **iv. Article 3: Codes of Conduct**

The YREAA strongly encourages appropriate and respectful behaviour from all participants of healthy athletic competition.

The YREAA Codes of Conduct outline the expectations for the share holders at our various athletic events in order to facilitate a positive and rewarding experience for all.

### **Coaches Code of Conduct**

#### **Roles**

Coaches have many roles. They are mentors and motivators. They teach the skills and behaviours needed to compete successfully in sport. They help their athletes improve physically, intellectually and emotionally through athletics. They show their players how to compete with character and to follow rules and etiquette in competition.

#### **Expectations**

Coaches are encouraged to treat all competitors with respect. They are expected to maintain and enforce standards of behaviour for their student athletes. They are encouraged to model respect for the rules of their sport, game officials and opposing coaches. They are encouraged to show grace in victory and composure in defeat.

### **Student Athlete Code of Conduct**

#### **Roles**

Athletes also have several roles. They act as competitors and sportspeople in all situations. They are active both physically and intellectually as learners in sport. Their goal is to succeed, but also to support teammates and even the opposition emotionally through competition. They compete with character and to follow rules and the etiquette involved in competition.

#### **Expectations**

Athletes are encouraged to treat all competitors with respect. They are expected to maintain the standards of behaviour developed by their coaches. They are to respect the rules of their sport, game officials and opposing players. They are encouraged to show grace in victory and composure in defeat. It is important for them to remember that winning, as a goal, is secondary to the development of skills and character that are the center of all athletic endeavours.

#### **Spectators/Parent Code of Conduct**

##### **Roles**

Spectators and parents have a single role. They are present to witness the success of our student athletes, providing support in a positive and appropriate fashion.

##### **Expectations**

Spectators are encouraged to treat all competitors with respect. They are expected to support and reinforce the standards of behaviour developed for their student athletes. They are encouraged to demonstrate respect for the rules of the sport, the game officials and the opposing school. They are encouraged to avoid open criticism of referees, coaches, and especially the participants. They are encouraged to be supportive in both victory and in defeat.

#### **Board of Reference**

All the above shareholders are expected to follow these guidelines in spirit and in practice. Failure to do so will result in consequences outlined in the Y.R.E.A.A. Constitution. The Board of Reference processes will be applied to schools, coaches and students that are in direct contravention of the Codes of Conduct and the official rules of each sport.

#### **Article 4: Membership**

The Association shall consist of all elementary schools in the YRDSB. The boundaries and divisions will be determined within each Community Education Centre (CEC), and reviewed as needed.

#### **Article 5: Executive Membership**

##### **Section I**

The Association will consist of:

- a) Honorary Chair - Director of Education
- b) Past Chair
- c) Chair/Treasurer
- d) Secretary
- e) Coordinator of Conveners
- f) Superintendent of Schools

- g) CEC Representation - Staff representatives
- h) CEC Representation - Administrator representatives
- i) Social Media/Webmaster
- j) Coaching Development

## **Section II**

The CEC representatives and the other members of the Executive are elected from the staff of member schools and serve as voting members of the YREAA Executive.

### **Article 6: Duties of the Executive Council**

- i. To enforce firmly and fairly the rules of the YREAA and its Code of Conduct, so as to foster the spirit of true sportsmanship (See Appendix A).
- ii. In partnership with the YRDSB, shall be responsible for all financial matters pertaining to the management of the YREAA.
- iii. To coordinate, oversee and support the organization of all athletic events.
- iv. To facilitate sport related clinics as needed
- v. To attend all scheduled Executive meetings
- vi. To convene at least one area or regional event or sport clinic per year
- vii. To review and recommend on situations not specifically covered by the YREAA Constitution or the Association approved rule

### **Article 7: Duties of the Executive Members**

#### **Chair**

- i. To be a liaison between the YRDSB Superintendent of Schools and the Executive of the Association
- ii. To preside at the Executive Meetings of the Association and to set the dates for such meetings.
- iii. To call additional meetings as needed
- iv. Provide a tentative calendar of the athletic events for the upcoming school year by the 2nd week of June
- v. To determine the most effective way to communicate information: a) through Principal reps b) through Area reps c) through Athletic reps
- vi. Compile the names of school athletic representatives and share this list with school administrators
- vii. To have the authority to inquire into any matter pertaining to the affairs of the Association and to ask any representative to attend any meeting
- viii. To conduct the election for Executive Positions
- ix. To consult with the conveners on the release of information to the media
- x. To have charge of all finances of the Association
- xi. To submit a Financial Statement at each Executive meeting
- xii. To submit, as requested, all books and vouchers, to an auditor appointed by the Association and

- the YRDSB
- xiii. To coordinate meetings around rule updates as required.
- xiv. Election of CEC Representatives

### **Past Chair**

To support and provide experience, information and assistance to the YREAA as deemed necessary.

### **Secretary**

- i. Executive Meetings: calendar invites, prepare agenda, record minutes, share on Google doc
- ii. Record Constitutional Changes
- iii. Record all changes to the directory of the YREAA, including all school and area reps

### **Coordinator of Conveners**

- i. To receive the final standings of all championships
- ii. To keep a file of the complete results of each year for each sport
- iii. To be the official custodians of all trophies and records
- iv. To receive and keep on file all convener's reports
- v. To give these reports to succeeding conveners
- vi. To inform conveners of their responsibilities

### **Principal Representatives**

- i. To be a non-voting member of the Executive
- ii. To be a liaison between the YREAA, Superintendent of Schools, and other administrators
- iii. To be on call for area and regional tournaments in case of challenges

### **Superintendent of Schools**

- i. To be a non-voting member of the Executive
- ii. To be a liaison between the YREAA and Director's Council

### **Social Media/ Webmaster**

In charge of updating website

Twitter feed

Google web site

### **Coaching Development**

In charge of coordinating and running clinics

Updating the sport handbooks

### **Article 8 - Election Process of Executive Council Members**

- i. Executive council positions open to all staff working in each of the four CEC.
- ii. The term for Executive Council positions are two plus two year term (decision made with chair and principal rep).
- iii. Elections will rotate over a two year term (A and C, B and D).
- iv. In the event of vacancy in between a designated term, a bi-election will be held.
- v. Elections will be the responsibility of the Chair and the Regional Principal Rep.
- vi. Council members will be elected by school athletic representatives.

### **Article 9 - Duties of School Representatives**

There shall be a YREAA school representative for each school.

The YREAA school representative shall be responsible for the following:

- i. Receive all the YREAA information (emails, memos, flyers, etc).
- ii. Inform other staff members about the information received. (i.e., forwarding emails, posting information in the staffroom)
- iii. Keep a record of all information (i.e., a YREAA binder) in order that all staff who are coaches that year will have access to this information.
- iv. Collect and return information when requested.
- v. Perform other reasonable duties when requested.
- vi. Communicate any concerns or questions from school staff to their area representatives.

### **Article 10: Duties of Convenors**

- i. Call and chair meeting(s) for coaches
- ii. Coordinate with referees in advance of the event to review expectations for students, staff and spectators
- iii. Upon receiving notification of entries, arrange a schedule for qualifying teams as indicated by the CEC conveners
- iv. Settle concerns that may arise at that event
- v. Report winners to the YREAA Coordinator of Conveners
- vi. Conveners cannot arbitrarily modify the rules, with the exception of time, at any CEC or region tournament

### **Article 11: Finances**

- i. Finances are provided by the YRDSB on an annual basis
- ii. Supply teacher costs for conveners of events that have been approved by the Executive, are provided by the YRDSB
- iii. All matters pertaining to finance are the responsibility of the current Executive
- iv. The fiscal year is from September 1<sup>st</sup> to August 31<sup>st</sup>
- v. The Chair is supported by the Executive to pay all bills and miscellaneous expenditures

### **Article 12: Meetings**

- i. There will be four meetings of the Executive annually which members are expected to attend and the quorum will be set at 50%
- ii. Any additional necessary meetings of the Association will be called by the Chair

### **Article 13: Amendments.**

- i. Amendments to the Constitution may be proposed by any member of the Executive in writing to the chair of the YREAA two weeks prior to a meeting. The Constitution will be reviewed biannually. The amendments must be carried by a two-third vote of the Executive
- ii. Amendments to the Rules may be proposed by any YRDSB employee in writing to the chair of the YREAA two weeks prior to a meeting. The Executive will discuss and present the proposed amendment for a vote to school athletic representatives. The amendments must be carried by a two-third vote.
- iii. All amendments to the Constitution must be carried by a two-third majority vote of the Executive of the YREAA Rule changes require a majority

## **Article 14: Player/Coach Eligibility**

### **Student Athletes:**

The YREAA is devoted to providing opportunities for students to compete in safe and equitable settings against students of like age and gender where required and when possible. In order to represent a school in any YREAA sponsored activity, a student must be eligible under the following terms and be certified to participate by his/her Principal.

- i. Participants must be enrolled as a regular student at participating schools
- ii. No player shall play with more than one school in the Association in any one season, except in the case of a transfer. He/she then may play for the school to which he/she transfers **or** return to his/her former school to compete in the remaining scheduled and play-off games
- iii. The coach of each team will provide a roster to the convener prior to the tournament
- iv. All schools that enter teams are expected to complete all scheduled games. Any one game defaulted, counts as a win for the opposition. If a school is unable to field a team, due to enrollment, or other such obstacles, then a player is able to play for the closest geographical school **ONLY** if it is approved by the YREAA, the two Principals and the superintendent. Every case must be looked at individually
- v. It is the responsibility of the principal, the staff member who is coaching, and CEC convener to ensure that only eligible players are competing, as determined by the YREAA Constitution. Where an ineligible player competes in a game, that game will automatically be counted as a loss for the school for which he/she competes and a win for the opposing team
- vi. Intermediate volleyball and basketball players should be from the Intermediate division, but Junior division students may play in both divisions. Students participating in the junior team sports of basketball and volleyball must be age appropriate for junior division students
- vii. Athletes competing in cross-country and track and field will be grouped as of the year of birth

### **Coaches:**

- i. Coaches of school teams must be chosen from the staff of the school
- ii. Coaches are held responsible and accountable to the Executive for the conduct of their teams
- iii. An assistant to the coach does not have to be a staff member of the school, but must be under the direct supervision of YRDSB. Assistant coaches who are not YRDSB staff must be included on the roster sheets and submitted to the convener prior to the tournament. Officials will only deal with YRDSB staff
- iv. Coaches who do not follow the Code of Conduct are open to review by the Executive of the YREAA and are responsible to this body for their actions while acting as a coach. Any coach or convener can report in writing to the Area Principal Rep any misconduct on the part of a coach. The YREAA will take action as necessary

### **Eligibility**

The YREAA is committed to providing an inclusive, safe, and respectful environment for student athletes, staff, volunteers and families. The YREAA will advocate for the individual needs and requirements of participants with respect to the protected grounds within these laws to ensure the safe, inclusive, and equitable participation of all participants. As such, school staff must ensure that students can exercise their right to participate in gender segregated sports and physical education activities in accordance with each student's gender identity.



All students have a right to:

- i. Have access to safe, inclusive, and equitable opportunities for participation in YREAA sports that proactively anticipate and remove barriers to participation;
- ii. Define and express their gender identity without fear of discrimination, harassment or penalty within the YREAA;
- iii. Request the use of, and be referred to by their self-identified names and pronouns within all documentation and by the YREAA;
- iv. Utilize a change room or an agreed upon equivalent changing area that meets their individual needs, including gender identity and expression;
- v. Have a separate changing schedule in a private area (either utilizing the change room before or after other students).

**Article 15 - Ontario Safety Guidelines Elementary Interschool Athletics**

Please to refer to and follow your school copy of the Ontario Safety Guidelines. In the appendices you will find the **MANDATORY MINIMUM STANDARDS** which must be addressed before any physical education activity may take place.

**Article 16: Playing Regulations**

**Timelines for Recognized Sports**

Calendar of Events: (Partial weeks count as the first week of the month)

Cross-country running	third week of October
Volleyball	third week of November
Junior volleyball	first week of February
Basketball	first week of March
Junior basketball	first week of May
Special needs track and field	second week of May
Intermediate Badminton	second week of May
Track and field	third week of June

Note: These timeframes are approximate. More exact dates will be determined yearly at the final meeting of the YREAA Executive. However, all dates are subject to changes throughout the school year depending on site availability.

**Uniforms**

Students must wear appropriate clothing for physical activity. Shorts or sweat pants and T-shirts/sweat shirts are examples of appropriate clothing. (New for 2024-2025)

**Regional Formats and Draws**

- i. All CEC Athletic Associations are responsible for identifying their CEC's teams before the Regional event
- ii. There will be a random draw before Region tournaments to assign teams a place in one of the pools
- iii. Teams that return to the regional volleyball tournament from the previous year's final four do not get put in the same pool. These teams would be assigned different pools and the rest of the teams would be randomly assigned as above

### **Tournament Guidelines (Spectators)**

- i. Spectators are welcome at all area and regional competitions. YRDSB elementary schools hosting tournaments are asked to restrict student spectators during school hours. Student spectators not involved in competition are not allowed at tournaments or meets outside school areas without the direct supervision of a parent or teacher.

## **Article 17: Rules and Regulation and Refereeing**

### **Rule Resources**

Game Regulations for the YREAA shall be based upon the following authorities supplemented from time to time with special rule adaptations for school play and conditions:

Track and Field	I.A.A.F.
Volleyball	Ontario Volleyball Association
Basketball	High School Federation Rules/FIBA
Badminton	Ontario Badminton Association
Soccer	Ontario Football Association

### **Safety Regulations**

In order to offer the safest playing conditions to our students, the YREAA will comply with the safety regulations of all associations and their recognized referees

### **Referees**

- i. Referees for games shall be hired, assigned or appointed by the sport's convener.
- ii. The referee shall be in charge of the game.
- iii. The referee shall be responsible for the time, except when a timekeeper is definitely appointed.
- iv. An official has the right to disqualify from a game any person fighting, using profane language or gestures.

## **Article 18: Board of Reference**

### **Appeals and Protests**

#### **Procedure**

- i. The YREAA Appeal Committee shall be composed of the YREAA Chair, a Principal Rep and the Coordinator of Conveners. The Appeal Committee may consult with the appropriate Supervisory

Officers if necessary.

- ii. All appeals and protests must be lodged with the convener the day of the tournament or meet.
- iii. Appeals and protests need to be forwarded to the YREAA Executive in writing by any teacher, coach, administrator, parent or student within one school day of the conclusion of the disputed game or meet.
- iv. Appeals and protests shall be delivered to the YREAA Chair with respect to the scheduled events at least 14 days in advance of the event. The Executive Committee shall direct the appeal to the York Region Elementary School Athletic Association Appeal Committee.
- v. The YREAA Appeal Committee shall respond with their decision in writing within 10 days. The YREAA Appeal Committee shall have the discretion to make any decision it deems necessary and in accordance with the purpose and spirit of the YREAA. The YREAA Appeal Committee will provide notice of all appeals and protests to the Executive Council.

## **Disciplinary Proceedings**

### **Procedure**

- i. The Disciplinary Committee will consist of: YREAA Chair, a Principal Rep and the Coordinator of Conveners and at least two other Core Executive members.
- ii. The Disciplinary Committee will deal primarily with behavioral situations which involve coaches and/or teams and at times may have to deal with spectators or parents. It will be convened to deal with situations which arise where a player, coach or team has been excluded from play by a game official or convenor for acts which are unsportsmanlike as they pertain to the sports rules. The Committee will examine the situation and communicate with all parties involved.
- iii. The report of the game official or convenor MUST be filed with the YREAA Chair whose responsibility will be to inform all the parties involved.
- iv. The Chair may make a unilateral decision that the player, coach or team's exclusion from the game served its purpose or the President may decide to convene a Disciplinary Committee.
- v. When a Disciplinary Committee is held, player(s) or coach(es) MUST be accompanied by a school representative.
- vi. The Chair of the Disciplinary Committee may invite, where it is expedient, a person or persons who are cognizant of the rules of the particular sport involved.
- vii. The Disciplinary Committee will have the authority to reprimand counsel and/or suspend a player, coach or team from competition.

# **York Region Elementary Athletics Association**

## **Rules**

# York Region Elementary Athletics Association

## Cross Country Running 2024-2025

1) **Age group** - Determined by year of birth and the exact year will be stated by the convener each year.

2) **Distance** - As used by the Ontario Minor Track and Field Association.

Tyke	- 1200 metres	Bantam	- 2200 metres
Atom	- 1500 metres	Senior	- 2600 metres
Peewee	- 1800 metres		

### 3) Scoring

a) **Team** - Total of the finishing positions of the first four runners of the school. A tie is broken by going to the position of the fourth runner. The lowest total wins.

b) **Division** - Points are awarded for the top teams in each race.

1 <sup>st</sup> - 10 points	2 <sup>nd</sup> - 9 points	3 <sup>rd</sup> - 8 points	4 <sup>th</sup> - 7 points
5 <sup>th</sup> - 6 points	6 <sup>th</sup> - 5 points	7 <sup>th</sup> - 4 points	8 <sup>th</sup> - 3 points
9 <sup>th</sup> - 2 points	10 <sup>th</sup> - 1 point		

### 4) Awards

- Participant ribbons for all competitors
- Individual ribbons for the top fifteen finishers in each race
- Pennant to the winning team in each race
- Pennant for the Junior division champion (Tyke, Atom and Peewee scores combined)
- Pennant for the Intermediate division champions (Bantam and Senior scores combined)

### 5) General Rules

- Students must wear appropriate clothing for physical activity. Shorts or sweatpants and T-shirts/sweatshirts are examples of appropriate clothing.
- Running shoes only are to be worn.
- No spikes.**
- Runners may run in only one race.
- A runner may move up to a higher age group.

6) **Eligibility** Students must have finished individually in the top fifteen for their age group in the Area meet to qualify to run at the regional meet. Participants will be organized at the starting line according to their area finishing order. Each of the eight area meets will have a predetermined section of the starting line.

# York Region Elementary Athletics Association

## Volleyball Rules 2024-2025

- 1) Coaches must declare and submit a list of players to the convener prior to any C.E.C. or Region tournament. The number of players on the team is unlimited. The names of coaches and their position, (Board employee, parent) who will be coaching during centre and regional tournaments must also be declared. Only two coaches will be allowed to sit on the bench for any C.E.C. or Region tournament.
- 2) Six players on the court at a time.
- 3) Players must be in proper uniform. Numbered school jersey or shirt and shorts are preferable. Students must wear appropriate clothing for physical activity. Shorts or sweatpants and T-shirts/sweatshirts are examples of appropriate clothing..
- 4) No jewellery. Jewellery worn for religious reasons will be allowed, but must be secured for safety reasons. Medic alert bracelets may be worn, but must be taped down. The referee must be informed prior to the game if a medic alert bracelet is worn.
- 5) A team must use the substitution method, as described below.
  - players can be substituted any number of times for the same player
  - players must report to the referee and indicate their number and the number of the player they are replacing. A maximum of twelve substitutions per game.
- 6) At the beginning of each game, the starting players will line up on their service line and enter the court when called by the game official. First serve shall be determined by the toss of a coin. Service for the second game is to the alternate team. Third game service is determined by toss of a coin. In the third game, after one team scores 8 points, the teams change sides.

### 7) Violations

(For reference only. For actual rules, consult O.V.A. Rules.)

- a) Bumping must be done with the hands joined in some manner after the first contact.
- b) You may not touch any part of the net, if you are attempting to play the ball.
- c) The ball may not be contacted below the knee.
- d) It is permitted to totally cross the centerline with any part of the body (except for the feet) as long as there is no interference with the opponent's play. It remains illegal to do so with 1 foot (or both feet) completely crossing the centre line.
- e) When serving, one foot must remain behind the serving line. (This may be modified by local ground rules.
- f) Only three hits per side.
- g) No lifting the ball. (Fingers remaining in contact with the ball.)
- h) No double hits, except on the first defensive contact per team. (Ball hitting two parts of the body.)
- i) Receiving a serve overhand with the fingers (like a set or a volley) is ILLEGAL. Any such attempts will be called by the official, regardless of the quality of the contact. This is on serve reception only, NOT ON DEFENCE. If the player raises their arms over the head and the ball strikes the

palms, or closed fists, in rebounding/percussive motion that will be fine. Keep in mind a double hit with this kind of motion will be permitted, just as long the ball is not held or comes to rest.

j) When volleying or spiking, the ball may not be directed.

k) Your hands may not go over the net, except when completing a block or spike.

l) A ball that touches the walls of a gym, a basketball net, backboard or hoop, or other appendage is judged to be out of bounds, except where amended by local rule exceptions. If when playing the ball, a team strikes the ball so it touches the roof, it will be considered to still be in play, providing it is on that team's side of the net. If it touches the wall on the opposing side of the net it will be considered no longer in play and the point ends. .

m) Any player that begins a point in the back court (positions 1,6,and 5) may not leave their feet to jump if they cross the attack line in an attempt to play or block a ball. It remains legal to leave their feet behind the attack line, and land across the attack line.

8) When both teams commit simultaneous violations, no point nor loss of serve shall be awarded. The ball is to be re-served.

9) The penalty for a violation is loss of serve if committed by a member of the serving team or a point to the serving team if committed by a member of the non-serving team.

10) Serving - The serving team must rotate after five consecutive serves. When the ball lands after it has been tossed or released by the server, this is considered a service attempt, provided that the ball did not touch the server nor the server had touched the ball before it lands. After a service attempt, the referee should authorize the service again and the server must execute it within the next five seconds. No other attempts will be authorized. If the ball is not hit after the second legal service attempt, it results in loss of service immediately. The serve and serve reception will be as per O.V.A. rules.

11) Blocking - When blocking a ball, the attempted block does not count as one of the three hits on your side. A player participating in a block has the right to make a successive contact. A player's hands may go over the net (without touching the net) when completing a block.

12) A ball is in play if it lands on the line.

13) Rotation must be done in a clockwise manner upon receipt of service or after 5 consecutive successful serves

14) There will be 2 timeouts per game allowed to each team.

15) A time out shall be 30 seconds long.

16) The ball may touch the net on the serve in junior and intermediate volleyball.

17) Rally point scoring system will be used. Games are to 25 points. In the third game of a match, the game is rally point to 15 points. A team must win by two points. There is no cap to the score.

18) The net height shall be 2.24 metres high for boys and 2.10 metres for girls.

19) Only a team captain may respectfully request a clarification of a ruling.

# **JUNIOR VOLLEYBALL RULES**

The rules for junior volleyball are the same as those above, with the following exceptions:

- i. Substitution or rotation method may be used, at the coach's discretion, but not a mixture of both in the same game.
- ii. The height of the net will be 2.10 metres.
- iii. The serving line will be one metre in from the back line. A player's feet may not touch this line.
- iv. Round robin matches, will be one game to 25 points. The semi finals and finals will be two games out three.
- v. Teams competing in junior volleyball non-competitive division (Tier 2) will rotate through the whole team rather than using substitutions.



# **York Region Elementary Athletics Association**

## **Basketball Rules 2024-2025**

### **YREAA Philosophy**

The YREAA believes that players and coaches should aspire to play cooperative team offensive and defensive basketball. The focus should be on training all players to become multi-skilled, multi-positional players and cooperating teammates at both ends of the court. Coaches are encouraged to teach their players the necessary skills and attitudes required to reflect this philosophy.

### **YREAA Basketball Rule Sets**

The YREAA rules have been modelled after the N.F.H.S Rules Set and modified FIBA international rules. All exceptions or modifications to the aforementioned rules are noted in Section 1-3  
All additional rules to be used are detailed in Section 4

### **Y.R.E.A.A. Rule Amendments and Adaptations**

#### **Section 1: Intermediate Basketball**

##### **Section 1 Subsection A: Team Defence**

- 1) Teams are permitted to play “man to man” or “zone” defence the length of the floor for the duration of the game. However, teams leading by more than 15 points are expected to allow the offensive team to bring the ball over centre court (i.e. no press defence). The dribbler must be allowed to get both feet and the ball into the front court.
- 2) Teams are permitted to double team the offensive player with the ball. However, teams leading by more than 15 points are not allowed to double team a player between the defending team’s half court line and the top of the “circle” portion of the key.

The following exceptions exists to both rules;

- i. The restrictions on pressing apply only when the ball is taken out of bounds in the back court, not on a steal or rebound situation.
- ii. The defence may contest any pass from the back court (or out of bounds) into the front court. Teams will be allowed to double team a player with the ball below the top of the circle portion of the defensive key throughout the game regardless of the score.
- iii. Teams may not actively double team a player without possession of the ball.
- iv. Teams may not actively triple team a player with or without the ball.

## **Section 1 Subsection B: Consequences for Defensive Rule Infractions**

**First Infraction:** The site convener or referees will provide one warning to the offending team. The scorer must then note the warning on the game sheet.

**Subsequent infraction(s):** The site convener will instruct the referee to assess a team technical foul (the foul goes to “bonus” but not the player nor the coach) against the defensive team for each and every infraction. Two free throws and possession of the ball at half court will be awarded to the offensive team.

### **Procedures to the Consequences to Defensive Rule Infractions**

Any player of the offensive team listed on the game sheet (on or off the court) may shoot 1 or both free throws.

An offensive player coming on to the court from the bench to take 1 or both of the free throws must return immediately to the bench after the free throw(s) have been taken and before play resumes. Coaches are not to use this violation as a substitute opportunity.

## **Section 2: Junior Basketball**

### **Section 2 Subsection A: Team Defence**

The Y.R.E.A.A., as an association, believes that teaching person-to-person defensive skills is critical to a child’s overall skill development, enjoyment and success in the game of basketball. Coaches are required, therefore, to teach their players the necessary skills needed to use only person-to-person defence during games. This rule includes all of the criteria and expectations listed below.

1) **Only person to person defence will be allowed in all area and regional basketball tournaments.**

2) For all but the last three minutes of the half and game, the defence must allow the offensive team to bring the ball over centre court (i.e. no press defence). The dribbler must be allowed to get both feet and the ball into the front court. The defence may contest any pass from the back court (or out of bounds) into the front court. The restrictions on pressing apply only when the ball is taken out of bounds in the back court, not on a steal or rebound situation. In the last three minutes of each half, the defensive team may cover players the length of the floor), providing the pressuring team is up by no more than 20 points.

3) **Defending in the “Key” or 3 Second Area**

Players shall not set up defensively with both feet inside the key. The only time defenders can defend from within the 3-second area (the “key”) is:

1. When they are guarding an offensive player who is standing in the 3-second area;
2. The defender is within an arm’s length of his or her check who does not have the ball;
3. They are guarding the ball with respect to their check;
4. There has been separation and they are providing help.

Note: In effect, this means that once the ball is passed down to the key area or, a player dribbles into the key area, one player may leave their check to play the person with the ball. Triple teams are not allowed.

### **Person-to-Person Defence Definition**

When the ball crosses into the boundaries of the offensive half court, each defensive player must guard an offensive player and make all moves associated with the offensive player’s positioning and movement. Player to player defence involves assigning each player to cover a specific opponent. Each defensive

player must establish a guarding position on an opposing player (between his/her player and the basket). In the event the ball is on the other side of the court, the defensive player must be on the same side as their offensive counterpart with no more than one foot on the edge of the key. Exceptions to these principles are outlined below.

### **Help Defence**

The spirit of this rule is to encourage each player to play defence on a specific person. However, players are allowed to “help and recover” in a defensive situation where an offensive player has gained an advantage on a teammate. Any defensive player may leave their check to help a teammate that has been dribbled past (“head and shoulders” past by their offensive counterpart). Where help is provided, the help defender of the beaten defender must recover once a legal guarding position has been re-established.

Players are not permitted to double team the ball handler unless it is in a help situation. Defenders are entitled to provide help but only where there is separation. In no situation should a double team occur beyond a help situation.

Defensive assignments may be switched under certain circumstances. Switching is permitted when a successful screen has been set and the player has been beaten.

### **Double Teaming**

Double teaming and “trapping” are not permitted the entire length of the floor. Accidental double teams (i.e. when an offensive player dribbles towards a teammate and their defender is in the same part of floor) is not a violation unless the defensive players do not immediately retreat back to their original checks.

### **Zone Defence**

Zone defences are illegal and not allowed under most situations. Zone defence involves assigning each player a spot (or area) on the floor and instructing him/her to cover players only within that area. Defensive players take up a formation, i.e. 2-1-2, 1-3-1, 2-3, etc. Offensive players cutting through the key are not followed (Please see the Isolation Section for clarification of exclusive situations where it is allowed).

## **Section 2 Subsection B: Consequences for Person-to-Person Rule Infractions**

First Infraction: The site convener will provide one warning to the offending team. The scorer must then note the warning on the game sheet.

Subsequent infraction(s): The site convener will instruct the referee to assess a team technical foul (the foul goes to “bonus” but not the player nor the coach) against the defensive team for each and every infraction. Two free throws and possession of the ball at half court will be awarded to the offensive team.

### **Procedures to the Consequences to Person-to-Person Rule Infractions**

Any player of the offensive team listed on the game sheet (on or off the court) may shoot 1 or both free throws.

An offensive player coming on to the court from the bench to take 1 or both of the free throws must return immediately to the bench after the free throw(s) have been taken and before play resumes. Coaches are not to use this violation as a substitute opportunity.

## **Section 2 Subsection C: Junior Basketball: Team Offence**

The YREAA strongly encourages team play at the offensive end of the court. "Isolation" offences are discouraged because they impede the development of all players on the floor. Isolation refers to any extreme offensive situation where one player is "isolated" to create offensive opportunities without the involvement of his/her teammates.

### **Isolation Offences**

Isolation offences are discouraged by the YREAA. Isolation refers to any extreme offensive situation where one player is "isolated" to create offensive opportunities without the involvement of his/her teammates. Person-to-person rules will be considered no longer to apply when teams use "extreme offensive formations" to gain an advantage and create an isolation opportunity for one athlete. If isolation occurs, teams may "back" defenders into the key with both feet inside the 3 second key area.

**Note: Sections 3 and 4 apply both Junior and Intermediate Basketball unless otherwise stated**

## **Section 3: Game and Tournament Procedural Rules**

1) The length of the halves in centre tournaments is up to the convener, but there must be some component of stop time. For example, 10 minute halves with one minute of stop time per half, or 12 minute halves with 2 minutes stop time or 15 minute halves and 3 minutes stop time. Any combination of halves and stop time is allowed. For the Region tournament there will be two twelve minute halves with stop time the last two minutes of the half and the game.

2) Teams are permitted two time-outs per half. Timeouts from the second half are carried over to the overtime period(s). One additional sixty second time-out is permitted for each overtime period. Time outs will be sixty seconds in length unless time constraints necessitate using 30 second timeouts.

3) A game may not end in a tie, unless stipulated for Centre tournaments. If at the end of regulation time, the score is tied, the teams will play a three minute overtime period with running time in the first two minutes and stop time in the last minute. If the score is tied after the first overtime period, further overtime periods will be played. All overtime periods are considered an extension of the second half. Timeouts, team and individual fouls are all carried over to the overtime period(s).

4) Tournament "Tie Breaking" Format To Establish Team Ranking

- i. "Head to Head" score comparison (Not applicable in three team ties)\*
- ii. "Plus/Minus" point differential of points for and against (to a maximum of +/-15)
- iii. Defensive Points (Points allowed)
- iv. Offensive Points (Points scored)
- v. Coin Toss

\* If there is a 3 way tie in any pool, the results of the games involved in the tie should only be used. Discard any results with teams not involved in the tie.

- 5) Coaches must declare and submit a list of players to the convener prior to any C.E.C. or Region tournament.
- 6) The names of coaches and their position, (Board employee, parent) who will be coaching during centre and regional tournaments must also be declared. Only **two** coaches will be allowed to sit on the bench for any C.E.C. or Region tournament.
- 7) At all area tournaments student spectators will not be permitted from any schools.
- 8) Junior basketball conveners are encouraged to implement a shift or a time frame in round robin games whereby all players have the opportunity to play. (New for 2024-2025)

#### **Section 4: General Rules**

- 1) Each player will be identified by an official basketball number clearly marked on his/her sweater. Jerseys must be tucked into the player's shorts.
- 2) Players will not be permitted to play while wearing jewellery such as a necklaces, watches, earrings or rings. Any jewellery worn for religious reasons will be allowed, but must be secured for safety reasons. Medic alert bracelets may be worn, but they should be covered by a wrist band and then taped in place. The referee should be informed that a player is wearing a medic alert bracelet or jewellery for religious reasons, prior to the game. Players may wear sweatbands or items on their heads for religious reasons. Bandanas may not be worn.
- 3) Shorts are to be worn by all athletes, unless not allowed for religious/cultural reasons.
- 4) A size six basketball will be used by both intermediate girls and boys. A size five basketball will be used for junior girls and boys basketball.
- 5) The game is started with a jump ball at centre. A jump ball situation occurs when two or more players are in possession of the ball simultaneously or if the ball is knocked out of bounds by two players simultaneously. The team that loses the first jump ball, will throw the ball in from out of bounds when the next jump ball situation occurs. Possession of the ball will alternate between the two teams for the rest of the game. At half time and in any overtime period, the ball will be thrown in by the team that was to get possession of the ball next.
- 6) A player on the floor or a coach, may call a time out when his/her team has possession of the ball or when the ball is "dead".
- 7) According to NFHS rules, only the head coach is allowed to stand during play. Understanding that the intent of basketball at this level is to provide the student athletes an educational and rewarding experience, a second coach standing sometimes is not addressed by the officials. It is a certainty to be addressed though if it is felt to create an unfair advantage to that team or if the second coach is addressing comments towards the officials.
- 8) Violations:
  - a) Travelling
  - b) Double dribbling

- c) Player steps on or completely over the sideline
- d) Player deflects or passes the ball out of bounds
- e) Player deflects or kicks the ball
- f) Three second rule - No person on the offensive team may stay in the key for more than three seconds at a time without a shot on the basket.
- g) Eight second rule - The ball must be established in the front court within eight seconds of the offensive team gaining possession of the ball. To be established in the front court, a player must have both feet and the ball in the front court. It is a violation for the offence to be the first to touch the ball in the back court, after causing it to go there, or when the offensive player with the ball moves into the back court with any part of the body or the ball.
- h) A player guarding someone making a throw in, must be further away from the person than a one metre radius.
- i) Stepping on or over the sideline while involved in a throw in.
- j) Taking longer than five seconds to throw the ball in from the sideline.

9) A technical foul is awarded for unsportsmanlike conduct by a player, coach or a parent of a player on the team, illegal substitution, plane violation after a warning and a further delay after a warning. A team charged with a technical foul, which is not chargeable to any individual team member for unsportsmanlike conduct from the bench, is charged to the coach. Any player may shoot the technical foul. The penalty for a technical foul will be two free throws plus possession at mid-court after the free throw attempts. If a player or coach is charged with a second technical foul, he/she may not play/coach, or be in the gym, for the remainder of that game **and** the entire next game.

10) Personal fouls are called for running into another player or hitting with the hands, the body of another player. This is dependent on whether or not the contact is gaining advantage for the person causing the contact or causing a disadvantage to the person who received the contact.

11) If a player is fouled but not in the act of shooting, his/her team will be awarded the ball at the nearest point out of bounds except when the foul occurs as the sixth or greater team foul in either half. In this case, the player will be awarded one free throw and a bonus free throw if the first free throw is successful. On the eighth team foul per half, the fouled player will be awarded two shots.

12) A player fouled while in the act of shooting will be awarded two free throws if the basket is missed. If the basket is successful, one free throw is awarded.

13) A player will be ejected from the game upon committing his/her fifth personal foul or for committing a flagrant foul.

#### 14) **Free Throws:**

- i. No distracting the player taking the shot. Any attempt to distract the shooter as judged by the referee or the convener will result in a substitute shot stopping the clock in the event the shot misses. This will also result in a warning, followed by technical foul shots in the event of further infractions. (New for 2024-2025)
- ii. If the basket is good, the ball is thrown in from the end.
- iii. If the basket is missed, the ball is in play.
- iv. If the thrower steps on or over the foul line, the shot is disallowed.

- v. The defending team occupies the space second closest to the basket on both sides of the key. The space closest to the basket is empty.
- vi. The ball is in play when it leaves the shooter's hands. Players beyond an extension of the free throw line may not cross that line until the ball hits the rim.
- vii. In junior basketball, the free throw line will be 30 cm in front of the intermediate free throw line.

- 15) All substitutions must be made through the timer's bench. A player entering the game may not step on the floor until the referee signals him/her onto the floor.
- 16) Only the team captain or coach may respectfully request a clarification of an official's ruling.
- 17) Teams competing in junior basketball non-competitive division (Tier 2) will play equal time for all players.

# York Region Elementary Athletics Association

## Badminton Rules 2025

For each Centre tournament, each school will be permitted two teams from each of the three divisions. Line-ups must be provided to the tournament convener. The names of coaches and their position, (Board employee, parent) who will be coaching during centre and regional tournaments must be declared. Only two coaches will be allowed to sit on the bench for any C.E.C. or Region tournament.

### YREAA Philosophy

Etiquette, ethical behaviour and fair play are expected from all competitors. Players are to avoid acts that are detrimental to the sport of badminton. All players are expected to demonstrate sportsmanship towards their teammates and opponents.

Badminton games are governed by the rules of the Ontario Badminton Association. Shown below are some of the essential rules for the games.

1. **The Court:** The dimensions of the court are 13.4 metres by 6.1 metres. The height of the net at the centre of the court shall be 1.5 metres and 1.55 metres at the sides of the court over the doubles line.
2. **Shuttle:** Use the Mavis 350 (by YONEX) or a comparable shuttle.
3. **Toss:** Before play commences, a toss shall be conducted and the side winning the toss shall choose either to serve or receive first. The side winning a game shall serve first in the next game. (New for 2024-2025)
4. **Safety:** Mandatory eye protection (ASTM approved) must be worn by all players, including students who wear glasses
5. **Scoring System:** All games will be played to 21, using the rally point scoring system. Winning team must win by 2 points or to a maximum of 30 points. Matches will be best of 3 games. If one team wins 2 in a row, do not continue with a third game because of time constraints. If a single game format (one game to 21) is used at the Centre tournament, each team may call a one minute time-out to discuss strategy.
6. **Scoring:** Teach your players to call their own game. Here are some rules that help keep the spirit of sportsmanship.
  - i. Players call the server and score before every point. If the other team disagrees, talk it out before the serve is made.
  - ii. Players call the lines (IN/OUT) on their side only. If they are unsure, ask the other team for help.
  - iii. Players call their own faults and lets.
  - iv. Spectators / Coaches do not have any input on calls. If there is a disagreement you can re-serve the point. If players think the line calling or fault callings are unfair, they should



take a time out and ask a coach to umpire the game. (We want the students to learn to call their games respectfully and with the spirit of sportsmanship in mind).

7. **Substitutions:** At the Area tournament, alternates can only substitute in for an injured player. The substitute player cannot be a player that has already competed during the area tournament. (New for 2024-2025)

8. **Coaching:** There will be a 1 minute break between games if the players choose to take it. At this time, the coach / other players may give hints.

9. **Changing Ends:** Players shall change ends at the end of the 1<sup>st</sup> game and 2<sup>nd</sup> game and when either teams first scores 11 points in the 3<sup>rd</sup> game.

10. **Serving:**

- The whole shuttle shall be below the server's waist at the instant of being hit by the server's racket. If it is an obvious serving fault, the opposing team may give a warning first and then call faults OR may ask a coach to observe whether a serve is illegal or not if they are unsure.
- It is a fault if the server, in attempting to serve, misses the shuttle.
- Once the players have taken their positions, the first forward movement of the server's racket head shall be the start of the service.
- The server shall not serve before the receiver is ready.
- The game is started with the server serving from the right court. The service courts are changed by the serving side only when a point is scored. If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side. If the new serving team has an odd number of points, the serve is from the left service court. If the new serving team has an even number of points, the serve is from the right serving court. The player of the receiving side who served last stays in the same service court from where he/she served last.

11. **Faults** - if the shuttle is caught on or in the net, or goes under or through the net

- if the shuttle is touched by the receiver's partner
- if the shuttle lands outside the boundary of the court or serving box
- if the shuttle touches the ceiling or side walls
- if the shuttle touches the player or the player's clothing
- if a shuttle is caught and held on the racket and then slung during the execution of a shot
- if the shuttle is hit twice in succession by the same player
- if the shuttle is hit by a player and a player's partner at the same time
- if a player touches the net, or its support with the racket, person or clothing
- if a player hits the shuttle on the opponent's side of the net
- if a players invades an opponent's court under the net with their body or their racket as to distract or obstruct the opponent
- deliberately distracts an opponent by shouting or making gestures
- deliberately cause a delay in, or suspension of play
- Player(s) shall not behave in an offensive manner (inappropriate language, smashing of racket).

12. **Intermediate Centre and Regional Tournaments** – There will be BOYS doubles, GIRLS doubles, and MIXED doubles draws. **A PLAYER MAY ONLY PLAY ON ONE OF THE THREE TEAMS.** One pennant will be awarded to the school with the most combined TEAM points at the end of each

CENTRE tournament. A pennant will be awarded to the winning team from each of the divisions at the Regional tournament. Ribbons will be given out to the top 4 teams.

From each Centre tournament, the top team in each of the three divisions will advance to the REGIONAL tournament. If an alternate plays during the Centre tournament, that same player must represent the team during the Regional tournament. Only the players who competed in the previous Centre tournament and qualified to advance may play in the following tournament. If one member of a doubles team has to withdraw, then his/her partner is also automatically withdrawn from the tournament. The Centre convenors must forward a list of the winning teams.

12. Only grade 7&8 players are allowed to play on an intermediate team when a junior team is offered.  
(New for 2025)

# York Region Elementary Athletics Association

## Ultimate Frisbee Rules - 2024-2025

### YREAA Philosophy

Etiquette, ethical behaviour and fair play are expected from all competitors. Players are to avoid acts that are detrimental to the sport of ultimate. All players are expected to demonstrate sportsmanship towards their teammates and opponents.

Coaches must declare and submit a list of players to the convener prior to any C.E.C. or Region tournament. The number of players on the team is unlimited. The names of coaches and their position, (Board employee, parent) who will be coaching during centre and regional tournaments must also be declared.

OPHEA Inter School safety guidelines: <https://safety.ophea.net/elementary/interschool/ultimate-disc>

### Fields

- a) The standard field of play may be modified by the coaches according to the size of the field available, with a minimum rectangular area of twenty-five (25) metres wide by fifty (50) metres long with fifteen (10) metre end zones on either end (included within the 50m length) and a maximum area of thirty-seven (37) metres wide and sixty-four (64) metres long with twenty-three (20) metre end zones on either end.
- b) The brick mark may be modified by the coaches according to the size of the field available, with a minimum distance of five (5) metres on the minimum area field dimensions, and a maximum distance of eighteen (15) metres on the maximum area field dimensions.

### Your team:

- Teams shall have 7 players on the field (7vs7). Teams must have a minimum of 3 players from one gender on the field.
- Teams may take as many players as they like on a team, keeping in mind that all players on the team should have equal play time.

### The game:

- Plastic cleats will be allowed on the field
- The game is **self-officiated** by the students - coaches are there to observe and support, if necessary
  - Athletes are expected to call their own fast counts, fouls, travels, etc.
  - If a call is contested, it is between the two athletes to determine a solution - if they cannot agree, the disc goes back to the offensive team to try to play again
  - Coaches will support when a call is contested and no agreement is reached, when necessary

- The game will be broken into **two halves**
- Equal playing time is encouraged using the point system below:
  - Game is played first to 15 points or a time cap of 30 minutes.
  - Half time is when the first team reaches 8 points or 15 minutes.
  - 1 timeout per team (60 seconds long)
  - 30 seconds will be allotted during points to change lineups
  - The only stoppage in time will occur for injuries

#### **Role of the coach:**

- The coach will allow players to settle contested calls and only interfere if totally necessary (when an agreement cannot be made, the disc should remain in offensive possession and the original thrower will attempt the play again) - our last option is to have the coach step in to make a call
- If there is an injury on the field, the coaches may stop the clock or quickly sub in to allow the injured player time to rest/recover on the sideline.

#### **STARTING EACH HALF (and after each point)**

- The game begins with the home team throwing the disc from the edge of the endzone. The other team has the option to catch the disc and begin or let it drop, pick it up and begin.
- If the receiving team tries to catch it and drops it, it will be a turnover.
- Teams alternate throwing and receiving each half
- This also occurs after each score - but the scoring team will throw the disc to start the play

#### **DEFENCE:**

- The defending team **must play person to person defense** - switching is allowed
- No zone defense will be allowed in elementary school Ultimate
- Only one defender should make a play on the disc. So if the disc is thrown long, only one defender should challenge the offensive player - this will reduce risk of collisions.
- The defending player closest to the thrower must give **minimal resistance**. This means they should establish a position an **arms length** (*approximately a meter*) in front of the player with the disc.
- Once the defending player establishes a defensive position about 2 meters away, they will count out loud "10 stalls" (stall 1, stall 2, stall 3...). When ten stalls are used, and a defender utters the "t" in Ten, then it becomes a turnover. If a turnover occurs, the defensive team will take possession **at the point of the counting player**. The defensive player can not count stalls if they have not established a set position.
  - Coaches are reminded to discuss proper pace of counting stalls with their athletes - if the count is too fast, please correct them as the play continues
  - If your teams defender is at nine stalls and you have no options, you can teach your athletes to throw it far down field - you'll lose the disc but gain field advantage

#### **OFFENSE:**

- The offensive team must **complete** a pass in order to maintain possession of the disc.
- If a “strip” occurs - it is **not** a turnover. A strip is when a defensive player swats the disc from the opponent's hand when they are in possession of it - the disc should be returned to the offensive player and the play continues
- When the disc goes out of bounds and an offensive player brings it back into play, they should tap the disc on the ground to initiate the play - this will tell the defender that they may start counting stalls
- If a player is fouled (struck by accident by a defender), the offensive player can call out “foul” and the disc will be returned to the offensive player and the play continues
- When an offensive player is running to catch the disc, they may take a step or two to control themselves and slow down. If they take multiple steps, the defender will call out “travel” - at which point, the offensive player must retreat back to the spot where they initially caught the disc - the play will continue from this point (it is not a turnover)
- **A turnover occurs when:**
  - the offensive team does not catch the disc after they throw it. The defensive team will take possession where the disc lands
    - If the disc lands within their own endzone, they can advance the disc 3 meters in front of their own endzone
    - The player that throws the disc may not catch it themselves
  - the defensive team knocks the disc down - they take possession where the disc lands
  - the defensive team intercepts the disc - they keep possession and game continues
  - The disc is thrown out of bounds. In this case, the non offending team takes possession on the sideline where the disc left the field of play.
  - When the defending team has a player within about 2 meters of the disc holder and counts to ten stalls before the offensive player throws the disc.
  - The offensive player catches the disc outside of the field of play. For a catch to occur, he must have both feet touch the field of play when the catch is made, much like a football catch.
  - If an offensive team takes possession in the other teams endzone, they must bring the disc out three meters and complete a pass into the endzone
  - NO PICKS ARE ALLOWED
  - During free flowing games, if a pick is set intentionally, it will be a turnover at the point of the disc.
  - If an UNINTENTIONAL pick occurs as players are running around, the player can yell out “pick” and the play stops until the defensive player can regain his position beside the player he is defending. If the disc was thrown and the pick affects the play or the next play, then the disc is returned to the player that just threw the disc and a new ten second count will begin.

## SCORING:

- A team earns a point when they catch the disc with BOTH FEET across the goal line when the catch is made. If a player catches the disc outside of the goal line and their momentum carries

them across the goal line, they must complete another pass before a score will be awarded. If this occurs, they should walk back to the spot where they caught the disc (outside the end zone), and continue play.

- After each goal the following occurs:
- The team that scored will stay at the current end to throw to the defensive team - meaning the teams switch directions.

### **SUBSTITUTIONS:**

- Can occur after a score OR the substituting players can change on a dead frisbee ***but this must occur at center field***. Much like soccer, players should high five as they switch. So no changing on the fly. (It is recommended to only substitute after each point as it will be the most time efficient - only substitute on a dead frisbee if necessary)
- We are **trying** for equal play, so subs should rotate through numerically

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# York Region Elementary Athletics Association

## Track and Field Rules 2024-2025

1) Age groups - determined by year of birth

Tyke - age appropriate for grade four - nine years old and younger

Atom - age appropriate for grade five - ten years old

Junior - age appropriate for grade six - eleven years old

Intermediate - age appropriate for grade seven - twelve years old

Senior - age appropriate for grade eight - thirteen years old and older

2) Athletes may move up to an older age group, but may not compete in the same event twice.

3) The top two finalists in each of the Centre track and field meets for each event, will compete in the Region meet.

4) Athletes may compete in two events.

5) It is mandatory that shorts and a t-shirt or school uniform top be worn except for religious reasons. **NO JEAN SHORTS OR CUT-OFFS.** In the event of poor weather, the meet convener may allow participants to wear track pants. Track pants may also be worn, when required for religious reasons.

6) Running shoes are a must. **NO SPIKES.**

7) **AWARDS**

a) Participant ribbons for all competitors

b) First to sixth place ribbons for each event.

c) Pennant for the top school in each of the five age groups.

d) Pennant and trophy for the school with the most points in the Junior division (Tyke, Atom and Junior scores combined) and the school with the most points in the Intermediate division (Intermediate and Senior scores combined).

8) **SCORING**

The number of points available for each event in each division are:

1<sup>st</sup> - 6 points    2<sup>nd</sup> - 5 points    3<sup>rd</sup> - 4 points    4<sup>th</sup> - 3 points    5<sup>th</sup> - 2 points    6<sup>th</sup> - 1 point

**SPRINTS - 100 metres, 200 metres, 400 metres**

1) The start and finish of the race will be marked by a 5 cm line at right angles to the inner edge of the

track. The distance will be measured from the finish of the starting line and the beginning of the finish line.

2) The starter has entire control of the competitors and is the sole judge of any fact connected with the start.

3) Starting commands are: "On your marks - set" - and then the gun is fired.

4) If a runner leaves before the gun is fired, it is a false start. A warning will be given for one false start. A second false start leads to disqualification.

5) Staggered starts will be used for the 200 metre and 400 metre races.

6) The time is taken from the flash of the pistol/sighting of smoke of the starter's pistol to the moment at which any part of the torso reaches the finish line.

7) There will be timed heats for all 100 metre and 200 metre races. The fastest six times will advance to the finals. In the event of a tie for the final position, both runners will compete.

8) There will be timed sections for the 400 metre races. There are no finals for this race. Runners are required to stay in their own lanes.

**DISTANCE RUNNING**      **800 metres - All age groups**  
   **1500 metres - Intermediates and Seniors only**

1) The starting command is "Runners to your marks" and then the gun is fired.

2) Runners start in a standing position.

3) Runners will begin the race at a starting line which is curved and is not at right angles to the track.

4) Athletes may cut in to the inside lane, as long as they do not interfere with another runner.

5) The starter has entire control of the competitors and is the sole judge of any fact connected with the start.

6) There are no heats for these races.

**TRIPLE JUMP**

1) The length of the runway is unlimited.

2) The competitor must take off from the same foot as was used for his/her last step and shall land on that foot. The opposite foot is used for the step landing. Both feet are used for the final jump landing.

3) The length of the triple jump is measured from the edge of the take-off board or line, closer to the sand pit to the landing mark that the competitor left in the sand. This measurement is taken perpendicularly, following a straight line between these two points. (New for 2024-2025)



- 4) Measurements are made at right angles from the nearest break in the pit made by any part of the body or clothing to the take off point.
- 5) In the event of an aborted attempt, the competitor must stop before crossing the takeoff line.
- 6) Competitors must leave the pit from the end of the pit under control.
- 7) Each competitor is allowed three attempts.
- 8) Competitors will be credited with the best of the three jumps. In the event of a tie, the second best jump will decide the final result. If a tie still remains, the third best jump will decide the final result.

### **STANDING LONG JUMP**

- 1) Take off will be from a board or a clearly marked line. If the take off extends past the board, the attempt will count as a failure.
- 2) The competitors must leave the pit from the end farthest from the take off board.
- 3) The measurement will be taken from the front of the board, closest to the pit, to the spot in the pit where any part of the body or clothing makes contact with the ground closest to the take off board.
- 4) Each competitor is allowed three attempts.
- 5) Rules for breaking ties are the same as for triple and running long jump.

### **RUNNING LONG JUMP**

All rules for the running long jump are the same as for the triple jump with the exception of rule #2.

### **HIGH JUMP**

- 1) Competitors at **Centre** meets may commence jumping at any height at or above the minimum height of:

Tyke - 90 centimetres, Atom - 100 centimetres, Peewee- 115 centimetres, Bantam Girls - 120 centimetres, Bantam Boys - 125 centimetres, Senior Girls - 120 centimetres, Senior Boys - 125 centimetres

Competitors at the **Region** meet may commence jumping at any height at or above the minimum height of:

Tyke - 100 cm, Atom - 105 cm, Peewee- 115 cm, Bantam Girls - 120 cm, Bantam Boys - 125 cm, Senior Girls - 125 cm, Senior Boys - 130 cm

- 2) At the competitor's discretion, he/she may jump at any subsequent height. Three consecutive failures at any height will disqualify the competitor from further competition.

- 3) Measurement of a new height should be made before competitors attempt that height.
- 4) Knocking the bar off the supports, the bar falling before the competitor has cleared the pit, or contact with the ground beyond the plane of the high jump standards with any part of the body counts as a failure.
- 5) The high jump bar will be raised 5 centimetres per time until half of the field is eliminated. The bar will then be raised 2 centimetres at a time.
- 6) In the event of a tie, it will be broken as per I.A.A.F. regulations. The competitor with the lowest number of attempts at the height at which the tie occurs, shall be awarded the higher place. If the tie still remains, the competitor with the lowest number of failures throughout the competition, up to and including the last cleared height, shall be awarded the higher place. If the tie still remains, the competitor with the lowest number of jumps (successful or not) throughout the competition up to and including the last cleared height shall be awarded the higher place.
- 7) The flop style jump may be used providing the student has been trained by a coach possessing a level 1 track and field coach's certificate or by a coach who has attended a York Region high jump work shop.

**SHOT PUT - PEEWEE, BANTAM, SENIOR**  
**BALL THROW - TYKE, ATOM**

**For both the shot put and ball throw, the following rules apply:**

- 1) All puts and throws will be made from within a seven foot circle. The competitor is permitted to put their foot up against the ring or circle but may not extend beyond the circle with any part of the body.
- 2) Competitors must enter and exit from the back of the circle.
- 3) Measurement starts from the outside of the circle at the centre to where the shot put or ball first impacts the ground.
- 4) The shot put or ball must land within the marked 60 degree boundary lines.
- 5) Each competitor will be allowed three attempts.
- 6) Rules for breaking ties are the same as for the triple jump.

**SHOT PUT**

- 1) The shot put used will be 2.73 kg (6 pounds) for Juniors, 3 kg (6.6 pounds) for Intermediate boys, Intermediate girls and Senior girls. Senior boys will use a 3.64 kg (8 pounds) shot put.
- 2) The shot put may not leave the competitor's neck until it is ready to be released.
- 3) Elbows must remain even with the shoulder. The arm cannot drop, otherwise it will be considered a throw and a failed attempt.

**BALL THROW**

A 12 inch baseball will be used.