

**South Central Zone**

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**Junior High  
School Sports  
Handbook**

May 2007

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# Policies

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## Code of Ethics

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Adults who work with students in inter-scholastic activities should present a positive role model for them to emulate. Students who represent a school in inter-scholastic activities must be creditable school citizens.

The South Central Zone (SCZ or Zone) recognizes that the school administration is responsible for all athletic programs and the conduct of all school representatives, whatever the level and location of the competition. In recognition of this authority and responsibility, the Zone presents the following general guidelines.

- I. All competitions must be conducted with a high standard of courtesy, fair play and sportsmanship. All those involved share a responsibility.
  - a. Coaches  
Coaches must demonstrate qualities of courtesy and good sportsmanship. These are evidenced by proper acceptance of officials' judgments, positive

encouragement of player performance and bench behaviour.

b. Athletes

Athletes must demonstrate qualities of courtesy and good sportsmanship by proper acceptance of officials' judgments, and by showing proper respect for opposing athletes as well as for team mates.

c. Fans

Fans must demonstrate courtesy and good sportsmanship by the appropriateness and timeliness of cheers, respect for other fans and the athletes, and attempts at effective crowd control.

d. Spectators

Spectators, both student and adult, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement for their team, not against their opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgments. The use of air horns at Zone competitions is prohibited.

e. Administrators and teachers

Administrators and teachers must demonstrate courtesy and good sportsmanship by setting a positive example.

2. All players, coaches, supervisors, and officials must be a staff member of that school or an agent of the board.
3. Every school team must be coached or supervised by a staff member of that school or an agent of the board.
4. During competition, every school team must be accompanied by a teacher-coach, teacher-supervisor or an agent of the board

5. Participants who require overnight accommodation should be supervised by a chaperone of the same sex, approved by the school jurisdiction.

Administrators, teacher-coaches, advisors or agents of the board must assume responsibility for the implementation of this code. School administrators must be advised of breaches of desirable practices on the part of students or coaches. Tournament chairmen should alert the Zone Executive to discipline problems associated with the conduct at provincial competitions.

Good sportsmanship cannot be legislated; it must be a goal toward which the Zone and its members strive

## **General**

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### ***Memberships***

- I. Membership shall be open to any junior high school in the SCZ which has paid its annual fee according to the following scale:

## Junior High Classification

No. of Students	Classification	Fee*
325 plus or 100 plus grade 9s	4J	\$70.00
160-324 with less than 100 grade 9s	3J	\$70.00
90-159 with less than 60 grade 9s	2J	\$70.00
1-89 with less than 40 grade 9s	1J	\$70.00

\*Fees are payable by October 15 of the current school year or a \$50.00 penalty will be assessed.

2. Junior high schools registering after the dates listed below will be allowed to compete only in the sports indicated:  
After October 15: basketball, badminton, track & field  
After December 1: badminton, track & field  
After March 1: track & field
3. Registration of schools for Zone membership shall be the responsibility of the individual school. A single fee per school shall cover membership only. Sheets can be downloaded off of the web page. Additional fees shall be administered to cover the cost of annual basketball and volleyball score pads. As well as any new rulebooks requested by individual schools.
4. All member schools must ensure all fees, fines or other financial matters involving SCZ competitions are paid in order to remain a member in good standing and eligible for Zone competitions.
5. Any school electing to enter a team in activities of volleyball and basketball in a classification above its school classification must decide to do so by October 15. Schools may opt up for one sport and still remain in the designated classification for the other sport as long as the declaration is

made by October 15. The declaration must be included in the school's registration.

6. Applications from schools outside the SCZ shall be considered by the general membership.
7. Other schools, school divisions or athletic leagues wishing to join a SCZ junior high league must apply one full year in advance of a SCZ vote.

### ***Meetings***

1. There are generally two meetings a year. The fall meeting shall be held the third Tuesday in September and the spring meeting shall be held two weeks prior to the ASAA spring meeting.
2. Each jurisdiction within the SCZ shall send a maximum of three representatives to the fall and spring meetings. Each jurisdiction shall be allowed one vote per school classification represented in their jurisdiction for matters other than general business. All delegates get one vote on general business matters.
3. The spring meeting location is determined by a rotation and the fall meeting will be in Strathmore as long as Leslie Larson is Zone Secretary.
4. The spring and fall meetings of the SCZ will start at 10:00 am.
5. Voting in the new Executive takes place at the spring meeting.
6. The Executive - Secretary, President and Vice President, Junior High - shall rotate on a two-year basis by geography. For ease of transition, the Vice President, Junior High shall be from the same division as the president.

## Executive Rotation

2005-2007	Foothills
2007-2009	Grasslands/Prairieland
2009-2011	Mountain View/Bow Valley
2011-2013	Golden Hills
2013-2015	Rocky View
2015-2017	Foothills

(April 2001)

7. Semi-annual meeting agendas are as follows:  
10:00 am to 12:00 pm - senior high business  
12:30 pm to 1:30 pm - SCZ general business  
1:30 pm to 3:30 pm - junior high business  
(April '99)

## **Activities**

1. All athletic activities are sponsored by SCZ by-laws and policies.
2. Each Zone competition shall be organized and administered by a committee from the host area.
3. Each activity shall be governed by a code of rules as stated in the policy for that activity unless otherwise ruled by the general membership.

## **Zone Competition**

1. Dates and locations of the competitions shall be ratified at the spring meeting.
2. All host bids shall be received no later than the fall meeting and if there is no bid for the competition at the fall meeting

the Executive will select the host from late bids submitted.  
Junior high bids are rotated by division.

3. Failure by a participant to confirm their attendance by fax or e-mail to the Zone host by the host's deadline will result in exclusion from that Zone competition.
4. Failure by a participant to let the Zone host know whether or not they are participating will result in the school paying the entire entry fee if less than two weeks notice is given. Failure to pay the fee results in excluding that school from further competition until the fee has been paid.
5. Consecutive hosting of a competition will not be endorsed for Zone competitions if there is another competitive bid from another area or division school.
6. Only schools in the same classification may vote on the selection of a Zone competition host.
7. Zone competition bids will be brought before the SCZ spring meeting.
8. Any Zone competitions which do not have hosts following the spring meeting will be noted on the SCZ website. After one month the Vice President may solicit and name competition hosts.
9. Zone competition hosts will be posted on the SCZ website by mid June- for the next school year.
10. Junior high SCZ championships in basketball and volleyball shall be awarded on a rotational basis. In the event that a region chooses not to host when it is their turn, the option to host goes back to a bid at the spring meeting. (April 1996)

### **Zone Hosts**

1. Operate the Zone tournament.

2. Report results back to the president of junior highs.
3. Supply a financial report to the SCZ.

### ***New Activities***

New activities to be sponsored by the Zone shall be adopted according to the following procedures.

The activity may be proposed after due notice of motion without detailed policy at a meeting of the general membership. If approved, the activity may be implemented in one of the following ways:

1. By assigning it to an area to conduct on trial basis. The host would prepare detailed policy for the initial competition.
2. Proposed policy is submitted at the same time as the proposal to approve the activity, provided proper notice of motion is given for both.

### ***Areas***

Volleyball and basketball 1J, 2J, 3J and 4J leagues may be represented by the following areas:

SCZ Area	School Board(s)	Schools	Towns/Cities
Acadia	Prairie Rose	Oyen, New Brigden, Warren Peers, Bindloss,	Oyen, New Brigden, Acadia Valley, Bindloss,
Badlands	Prairieland	Morrin, Delia, St. Anthony's, Youngstown	Morrin, Delia, Drumheller, Youngstown
Bow Valley	Canadian Rockies	Exshaw, Banff Community, Canmore Collegiate, Lawrence Grassi	Exshaw, Banff, Calgary, Canmore
Calgary	Calgary Independent	Calgary Islamic, Bearspaw Christian, Calgary Academy, Calgary Christian, Chinook Winds, Clearwater Academy, Delta West, Eastside Christian, Edge, Foothills, Glenmore Christian, Heritage Christian, Lycee Louis Pasteur, Masters Academy, Menno Simons, Rundle, Rundle College, The Third, Trinity Christian, Webber, West Island, Calgary French, Calgary Waldorf, Int'l School of Excellence	Calgary
Foothills	Foothills, Christ the Redeemer	Heritage Heights, Okotoks, Strathcona Tweedsmuir, Red Deer Lake, Jean Paul II	Okotoks
Grasslands	Grasslands, Christ the Redeemer	Alcomo, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, St. Joseph's, Bassano, Jenner, Cessford	Ranier, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, Bassano, Cessford, Jenner
Mountain View	Chinook's Edge	Cremona, Olds Koinonia, Hugh Sutherland, River Valley, Deer Meadows, Carstairs, Westglen	Cremona, Olds, Sundre, Carstairs, Didsbury
Three Hills		Dr. Elliot, Carbon, Drumheller, Prairie Christian Academy, Three Hills, Trochu Valley	Carbon, Drumheller, Three Hills, Trochu
Wheatland	Golden Hills	Hussar, Siksika, Standard, Rockyford, Crowther Memorial, Holy Cross, Central Bow Valley	Hussar, Siksika Nation, Standard, Rockyford, Strathmore, Gleichen

For cross country, each area shall be able to send unlimited entries. In track and field, each area shall send two entries per event except Acadia/Badlands will be represented together. The geographic areas for badminton and track and field shall be:

Bantam/Midget	Juvenile
Acadia/Badlands	Three Hills
Bow Valley	Bow/Cal
Calgary	Foothills
Foothills	Wheatland
Wheatland	Mountain View
Mountain View	Rocky View
Grasslands	Grasslands
Three Hills	Acadia/Badlands

### ***Competition***

A competition is viewed as a league game, exhibition game or a tournament.

## **Eligibility**

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- I. All questions regarding eligibility of players except as herein provided must be referred to an eligibility committee which

shall consist of the SCZ Executive.

2. The competitor must be a bona fide student of a SCZ member school. A student becomes a bona fide student of a school on the first day of classes beginning the term of semester in the school in which he/she is registered. In the case of transfer from one school to another, the student shall become a bona fide student in the new school upon the date of his/her first attendance at classes following the acceptance of his/her transfer in by the principal.
3. The competitor must be registered in a minimum of 800 instructional minutes per week for which departmental credits are granted.
4. A junior high competitor must be under the age of seventeen years as of September 1 of the current school year.
5. It must be the opinion of the principal of the school that it is in the best interest of the competitor and of the school board as a whole for him/her to participate.
6. Any student who is, or has been, registered and in
7. In 1J classified schools, grade 5 and 6 students may participate when needed in order to field a team.
8. Any junior high team that plays three games/competitions at the junior varsity and/or senior varsity level will be required to play at the junior varsity level for SCZ competition.
9. The principal of each school shall be responsible for the eligibility of the school's competitors for any competition.
10. All schools classified as 4J will have an automatic berth into Zone competition. An eight-team draw will be filled with other schools that have opted up. If there are more teams interested in participating at the 4J level (i.e. seeking a berth) a playoff will occur between the different SCZ areas. For example: if there are four 3J schools wishing to play in

the 4J Zone tournament, a playoff will happen to determine the remaining two spots. For 1J, 2J and 3J Zone tournaments, one berth is given to each SCZ area. If more teams are need to fill an eight-team draw, then a wild card spot will be awarded. The host area receives an automatic berth. A second wildcard spot is given to the area with the most registered schools at a given level. A third spot will go to the area with the next highest number of teams registered. In 4J try to fill the tournament. This is a second trial year in 2008-2009.

## **Seasons of Play**

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Seasons of play for all sports, junior and senior high school, will follow those established by the ASAA.

## **Team Competition and Player Participation**

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1. Grade 9s are permitted to play on junior varsity or junior high teams as well as community teams. (Fall 2006)
2. To be eligible for Zone competition a junior high student is

permitted to play on a non-school team during the same season.

3. Competitors, coaches and teams guilty of misconduct before, during or after a Zone competition must be reported to the Zone Executive and Commissioner in charge of that section of the sport. Misconduct includes the consumption of alcohol and non-medical use of drugs.
4. The chairman of the Zone tournament committee shall have the power to suspend a player guilty of misconduct, pending action of the Executive and/or general membership.
5. All participants must be bona fide students of the school they represent. In the team activities of basketball, volleyball; all members of a team must be bona fide students of the same school.
6. Teams participating in junior high SCZ tournaments are required to wear a standard uniform. The tournament director has final say as to the appropriate dress code.
7. In Zone competition, a school may elect to enter a team in a given activity in the classification above its school classification while still retaining its right to enter teams in other activities in the proper classification of the school.
8. Any school electing to enter a team in the activities of volleyball and basketball in a classification above its school classification must decide to do so by October 15. Failure to do so will result in the school competing in the classification designated by Zone policy, as outlined in Membership.
9. A female teacher or adult chaperon shall supervise a girl's team and a male teacher or chaperone shall supervise a boy's team where overnight accommodation is required.
10. Composite area teams in individual or dual sports shall appoint team supervision from staff or area member

schools. Teachers of both genders should accompany co-educational activities.

11. Executive permission must be obtained prior to a school volleyball and/or basketball teams' participation in non-school leagues.

## Finances

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1. The intent is that all SCZ competitions be organized in such a manner as to be self-sufficient while keeping the cost to individuals/teams minimal.
2. An entry fee, subject to approval by the SCZ Executive, may be charged by the host committee of Zone competitions.
3. The SCZ Secretary-Treasurer shall receive an annual honorarium of \$3500.00. The President shall receive an annual honorarium \$500.00 and the Vice President shall receive an annual honorarium of \$500.00. (Sept. 2002)
4. The host committee may bill the area or district co-coordinator for entry fees to individual events. This is to be paid in one transaction.
5. The finances of the SCZ will not be used to support regional or provincial competitions.
6. The host committee may bill entry fees to area or district representative who fails to confirm their non participation in a competition by the deadline.
7. The fee for participating in SCZ cross country, badminton and track and field championships is \$5.00 per participant

per competition. (April. 2005)

# Awards

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1. SCZ individual awards shall be presented according to the following schedule.

Sport	Category	Awards	Banners
Badminton	Singles, Doubles Bantam, Midget, Juvenile	First and second place medals	
Basketball	1J, 2J, 3J,4J	First and second place medals	4
Cross Country	Boys and Girls	First, second and third place medals; ribbons for first through tenth place	Banners are the same as high school.
Track & Field	Boys, Girls Bantam, Midget, Juvenile	Aggregate medals, first through sixth place ribbons in each category	
Volleyball	1J, 2J, 3J,4J	First through third place medals.	4

2. SCZ medals and ribbons shall be supplied by the Zone at the host's cost.
3. SCZ team awards are determined as follows:
  - f. Trophies awarded at Zone competitions shall be SCZ approved trophies only.
  - g. Approval for new trophies may be gained only with the expressed permission of the Zone Executive.
  - h. Trophy winners shall incur engraving costs.
  - i. A general banner will be purchased by the school

for junior high Zone competitions. The cost of the full-size banner will be absorbed by the host school.

- j. The cost of championship banners is covered by event hosts:

## **Zone Competition Dates & Bids**

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Sport	Details
Cross Country	Second Wednesday in October..
Volleyball	Last Saturday in November.
Basketball	First weekend in March.
Badminton	First weekend in May.
Track & Field	First Wednesday in June.

Any changes to the above must be approved by the SCZ Executive.

## **Playing Equipment**

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The official playing equipment for all Zone competitions will

be that used for senior provincial competitions and ASAA approved.

## **Amendments**

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1. All policy items under may be amended by a majority vote of the general membership providing the amendments have been circulated to member schools as notices of motion at least two weeks prior to general meetings.
2. Notices of motion to amend policy may be waived where such amendments are clearly of a housekeeping nature and do not change the intent of the policy.

# Junior High Sports

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## Badminton

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1. The rules governing junior badminton shall be the laws of badminton as adopted by the ASAA, IBF and the Canadian Badminton Association.
2. All games, including girls shall be to 21 points with no setting. A game must be won by 2 points, but is capped at 30.
3. All round-robin games will be one game to 21 points. Quarter final games are one game to 21 points. All other play-off games are the best of three. Semi-final winners advance to the championship while the losers play a best of three for third and fourth place.
4. Medals will be awarded for first, second and third place.

5. Geographic regions for the Zone tournament will be:

<b>Juvenile</b>	<b>Three Hills, Calgary/Bow Valley, Foothills, Wheatland, Mountain View, Rocky View, Grasslands, Badlands/Acadia. Each of the regions sends two representatives.</b>
Midget and Bantam	Three Hills, Calgary, Bow Valley, Foothills, Wheatland, Mountain View, Grasslands, Badlands/Acadia. Each region sends two representatives

6. The eight geographic regions shall be placed into four pools of four teams and play a round-robin draw with the top two teams in each pool advancing to the quarter finals.
7. The categories shall be:

<b>Bantam</b>	<b>Under 13 as of September 1 and in grade 7.</b>
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

8. A competitor may only enter one event.
9. There is a dress code to be followed at the Zone tournament. Tops will be white unless it is an official school color. Tank tops are not allowed. Shorts will be a solid color unless they are an official school color. No cut offs are allowed.
10. The entry fee will be determined by the Zone host. Fees are to be paid with one cheque per division.
11. Round-robin placing will be based on:

- k. Win/loss record.
- l. A two-way tie is broken with the head-to-head result.
- m. The points for and against ratio for all games played is used to break a three-way tie. The team with the highest ratio is first and the other two teams will play a single game to determine who gets second and moves on to the quarter finals.
- n. For a three-way tie for second, the team with the highest points for and against ratio is second in the pool and will move on to the quarter finals.

12. Badminton is a game of sportsmanship. The one on whose side the bird lands makes the call. If you are unsure ask your opponent. If they are unsure re-serve.

13. Problems are handled by stopping the game and asking the gym supervisor for an umpire. It is too late to complain once the game is over.

14. Call the score out loudly after every rally.

15. Know the division you are representing and the category.

16. Competitors must be present when the game is called. Late matches are called three times in three minutes and then the missing team defaults.

17. Winners and losers are to report to the results table after the game.

18. Coaching and/or calls from spectators or coaches are not allowed.

19. Pools for the tournament will be as follows:

Juvenile

<b>Odd Years</b>	<b>Pool A</b>	<b>Foothills 1, Acadia 1, Grasslands 2, Wheatland 2</b>
	Pool B	Calgary/Bow Valley 1, Three Hills 1, Rocky View 2, Mountain View 2
	Pool C	Grasslands 1, Rocky View 1, Calgary/Bow Valley 2, Acadia 2
	Pool D	Wheatland 1, Mountain View 1, Foothills 2, Three Hills 2
<b>Even Years</b>	<b>Pool A</b>	<b>Foothills 1, Calgary/Bow Valley 1, Rocky View 2, Wheatland 2</b>
	Pool B	Three Hills 1, Acadia 1, Grasslands 2, Mountain View 2
	Pool C	Grasslands 1, Mountain View 1, Calgary/Bow Valley 2, Three Hills 2
	Pool D	Wheatland 1, Rocky View 1, Acadia 2, Foothills 2

### Midget and Bantam

<b>Odd Years</b>	<b>Pool A</b>	<b>Foothills 1, Acadia 1, Grasslands 2, Wheatland 2</b>
	Pool B	Calgary 1, Three Hills 1, Bow Valley 2, Mountain View 2
	Pool C	Grasslands 1, Bow Valley 1, Calgary 2, Acadia 2
	Pool D	Wheatland 1, Mountain View 1, Foothills 2, Three Hills 2
<b>Even Years</b>	<b>Pool A</b>	<b>Foothills 1, Calgary 1, Bow Valley 2, Wheatland 2</b>
	Pool B	Three Hills 1, Acadia 1, Grasslands 2, Mountain View 2
	Pool C	Grasslands 1, Mountain View 1, Calgary 2, Three Hills 2
	Pool D	Wheatland 1, Bow Valley 1, Acadia 2, Foothills 2

20. The rotation schedule for badminton is as follows:

2007	Three Hills
2008	Foothills
2009	Calgary
2010	Bow Valley
2011	Mountain View
2012	Wheatland
2013	Three Hills
2014	Foothills
2015	Calgary
2016	Bow Valley
2017	Grasslands
2018	Wheatland

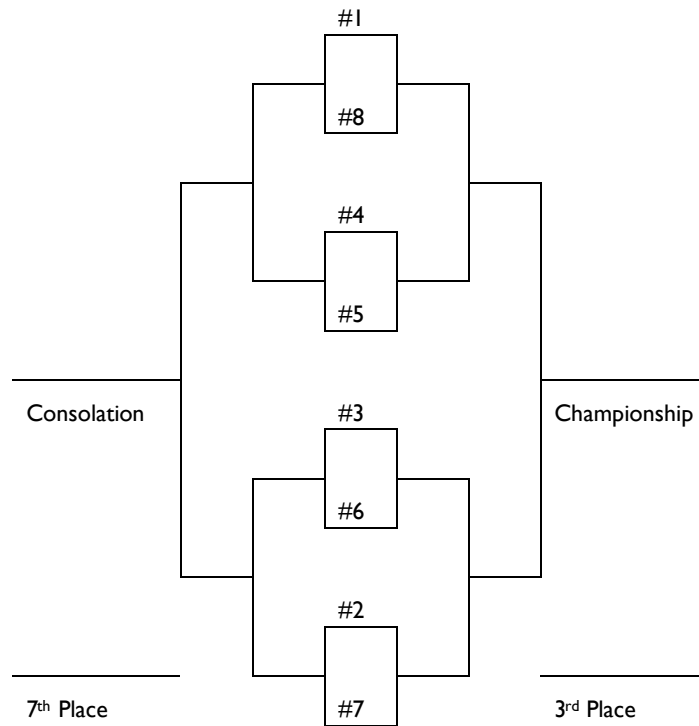
21. The cost is \$3.00 per athlete depending on facility costs.

## **Basketball**

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- I. There shall be as many competitions as there are school classifications.

2. Competition draws will be Oregon draws with a consolation side.



3. Additional teams will be added to complete a Zone competition draw.
4. All host schools automatically qualify for Zone competition.
5. All SCZ basketball competitions shall be governed by the International Basketball Federation rule book (as adopted by the ASAA) with the following exceptions:
  - o. Size 6 ball for both boys and girls.
  - p. Wide key. (Passed in 2007).
  - q. No handle in the back court.
  - r. Three-point rule in effect where facility permits.
  - s. 8 minute quarters with a one minute break between quarters and a 5 minute break at half time.
  - t. Alternating possession on all jump ball situations

after the opening jump.

u. 8 second back court.

v. No 30 second clock.

6. The SCZ championships are awarded on a rotational basis.

In the event that a region chooses not to host when it is their turn the option to host goes back to a bid at the spring meeting of the SCZ. (April 1996.)

Year	1J Girls	1J Boys	2J Girls	2J Boys
2006-07	Acadia	Acadia	Wheatland/ Vulcan	Grasslands
2007-08	Three Hills	Foothills	Rocky View	Bow Valley
2008-09	Rangeland	Grasslands	Rangeland	Foothills
2009-10	Wheatland	Bow Valley/ Calgary	Grasslands	Rocky View
2010-11	Mountain View	Mountain View	Three Hills	Three Hills
2011-12	Bow Valley/ Calgary	Mountain View	Mountain View	Mountain View
2012-13	Grasslands	Badlands	Bow Valley/ Calgary	Wheatland/ Vulcan
2013-14	Foothills	Three Hills	Foothills	Rangeland

Year	3J Girls	3J Boys
2008-09	Three Hills	Mountainview
2009-10	Bow Valley/Cal	Rockyview
2010-11	Wheatland	Badlands
2011-12	Badlands	Three Hills
2012-13	Grasslands	Foothills
2013-14	Rockyview	Wheatland

4J will be determined at the spring meetings.

# Cross Country

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1. With the exception of event classification and event distance, the same regulations for the high school Zone competition will govern the junior high school Zone competition.
2. The fee charged to schools competing at the SCZ championship shall be \$3.000 to \$5.00 per competitor, depending on expenses.
3. Medals will be awarded to the top three finishers with ribbons awarded for fourth to tenth place. Banners will be awarded to the winning schools.
4. The Zone event classifications for both boys and girls shall be:

<b>Bantam</b>	<b>Under 13 as of September 1 and in grade 7.</b>
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

5. The Zone event distances for both boys and girls shall be:

<b>Bantam boys</b>	<b>2000 m</b>
Bantam girls	2000 m
Midget boys	2000 m
Midget girls	2000 m
Juvenile boys	3000 m
Juvenile girls	2000 m

# Track & Field

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1. The IAAF rule book will govern all Zone competitions, subject to any modifications accepted by the senior high parent organization, the ASAA. The exception is the 800m which is not run in heats.
2. The fee charged to school competing at the SCZ championship shall be \$5.00 per competitor. There will be no added charge for relay teams.
3. Each area will be allowed two entries in each event. Bow/Cal may enter two bantams and two midgets and will share two juvenile spots.
4. A competitor may enter a maximum of four individual events plus relays with a maximum of three events being track events, plus the relay.
5. The age classifications for both boys and girls are:

<b>Bantam</b>	<b>Under 13 as of September 1 and in grade 7.</b>
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

6. A competitor may enter only one race classification.
7. Junior high track and field hosts shall be as follows:

<b>2007</b>	<b>Rocky View</b>
2008	Grasslands
2009	Foothills

2010	Bow Valley/Calgary
2011	Mountain View
2012	Acadia/Badlands
2013	Three Hills
2014	Wheatland

8. The following events will be scheduled at the Zone competition:

Boys	Girls
100 metres	100 metres
200 metres	200 metres
400 metres	400 metres
800 metres	800 metres
1500 metres	1500 metres
80 metre hurdles	80 metre hurdles
100 metre hurdles Juvenile (30" or 76 cm)	
4 x 100 m relay	4 x 100 m relay
4 kg shot put (8 lb 13oz)	4 kg shot put (8 lb 13oz)
1 kg discus (2 lb 3 oz)	1 kg discus (2 lb 3 oz)
600 gram javelin	600 gram javelin
High Jump	High Jump
Long Jump	Long Jump
Triple Jump	Triple Jump

The following events will be scheduled as open events.

Boys	Girls
Open 4 x 400 m relay	Open 4 x 400 m relay

Open 3000 metres	Open 3000 metres
Pole vault	Pole vault

9. Points for all athletes for the aggregate awards (1<sup>st</sup>-3<sup>rd</sup> in all age categories) will be awarded as follows:

1<sup>st</sup>- 7 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

## Volleyball

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1. The rules of Volleyball Canada shall govern SCZ volleyball competitions with the exception of the provisions listed below.
2. The SCZ recognizes the Alberta Volleyball Association as the official organization for training and certifying of officials and gives its full support through the use of certified neutral officials.
3. In Zone competition it is the responsibility of the competition chairperson to ensure that the minor officials - linesmen and scorekeeper - are properly trained and present. The ref must be a certified adult. If possible the ump should be a certified adult.
4. A division or area is entitled to one representative per classification for Zone.

5. The Zone host must receive communication from each division by October 31 or the division will be ineligible for Zone competition. **To avoid communication problems if your team is interested in attending zones get in contact with the zone host.**
6. Ideally, the tournament will consist of eight teams in two pools of four. At the conclusion of pool play, first place from pool A will play second place from pool B, and second place from pool A will play first place from pool B.
7. If there are six teams, the tournament will consist of two pools of three. Play-offs cross over 3<sup>rd</sup> vs. 2<sup>nd</sup> with the loser of this game being eliminated. Winners play first-place teams with the successful team advancing to the gold medal game, the losers playing for bronze.
8. If there are five teams, the tournament will be a round robin, followed by 2<sup>nd</sup> vs. 3<sup>rd</sup> with the winner playing the 1<sup>st</sup> place team in the gold medal match.
9. If there are four teams a round robin is played with 1<sup>st</sup> vs. 4<sup>th</sup> and 2<sup>nd</sup> vs. 3<sup>rd</sup>. The winners play for gold and losers play for bronze.
10. All matches are best of three with the first games played to 25 points, cap at 27 in round robin play. Third games are played to 15 points with a cap at 17 in round robin play.
11. Ties are broken according to Volleyball Canada and ASAA regulations.
12. The net height for girls is 2.15 metres and 2.24 metres for boys.
13. Host schools automatically qualify for Zone competition.
14. There is no use of a libero at the junior high zone competition. (Voted on spring of 2008).
15. SCZ championships in volleyball shall be awarded on a rotational basis. In the event a region chooses not to host

when it is their turn, the option to host then goes back to a bid at the spring meeting.

Year	1J Girls	1J Boys
09-10	Three Hills	Acadia
10-11	Grasslands	Mountainview/Rockyview
11-12	Mountainview/Rockyview	Calgary
12-13	Calgary	Wheatland
13-14	Foothills	Grasslands
14-15	Wheatland	Foothills
15-16	Bow Valley	Three Hills
16-17	Acadia	Bow Valley

	2J Girls	2J Boys
09-10	Foothills	Rockyview
10-11	Three Hills	Grasslands
11-12	Grasslands	Foothills
12-13	Bow Valley	Mountainview
13-14	Wheatland	Badlands
14-15	Rockyview	Wheatland
15-16	Badlands	Bow Valley
16-17	Mountainview	Grasslands

	3J Girls	3J Boys
09-10	Mountainview	Grasslands
10-11	Three Hills	Mountainview
11-12	Bow Valley	Rockyview
12-13	Wheatland	Badlands
13-14	Badlands	Three Hills
14-15	Grasslands	Foothills
15-16	Rockyview	Wheatland
16-17	Foothills	Bow Valley

4J will be voted on at the spring meeting.

