

N.D.A

CO-ED PLAYING REGULATIONS

(Revised December 2024)

ALPINE SKIING

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

If possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league training/practices on Sundays or holidays.

Every attempt should be made to schedule no more than 2 practices/competitions per week in all sports.

No NDA contest or activity shall be scheduled that “affects school time”, unless authorized by these guidelines, or arranged through the mutual agreement of the principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor, to the coach’s principal.

To participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

Eligibility:**(a) School/Team Eligibility:**

To represent a school in any activity coordinated by the Federation, a school/team must:

Conduct a 'bone fide' high school Alpine ski program consisting of a minimum of eight (8) school practice sessions of dry land and on-hill practices from November 1st until the OFSAA Championship, under the supervision of a teacher as certified by the school principal. There must be on-hill training with the school team. A ski race is not defined as a practice session.

(b) Participate in the Association Championship or qualifying event if one is held.

Individual Student Eligibility

To represent a school in any activity coordinated by the Federation a student must:

(i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs.

(ii) be certified as eligible by the principal of the school.

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

(iv) be in Grades 9-12.

(v) be eligible under the OFSAA Transfer Policy.

(vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9.

PLAYING REGULATIONS**1. Events and /or Classifications:**

(a) There shall be High School and Open Divisions in NDA Alpine Skiing.

(b) High School Team Racers are school-trained athletes. They have NO ski league affiliation and race training, beyond the U-12 category.

(c) Open Team Racers: Participants are those skiers who have ski league affiliation and race training, beyond the U-12 category.

(d) The events to be conducted are:

High School and Open:

Girls' Slalom Boys' Slalom

Girls' Giant Slalom Boys' Giant Slalom

Expenses:

Those schools having entries are responsible for arranging and financing their entry fee, their own travel, meals and accommodation for the event.

DATE:

The N.D.A. Ski Meet shall be held at least one (1) week prior to N.O.S.S.A.

ENTRIES:

Entries and race order must be received by the NBSRC Chief of Timing (by email) no later than 48 hours prior to the meet. NO LATE ENTRIES WILL BE ACCEPTED. This is necessary due to the computer set-up time prior to the meet. Entry fees are to be paid by cheque only - payable to the NBSRC.

Any change to the entry dates shall be at the convener's discretion with prior notice to the participating schools.

MEET STRUCTURE:

The competition shall be a one (1) day event.

Two (2) runs shall be held in each event when possible. The decision as to the starting time of the final race shall be left to the discretion of the convener using 2:15 P.M. as a guideline. The order of events (e.g. Giant Slalom or Slalom) which is to be run first, and the start time, is at the discretion of the NBSRC.

SCORING:

The competitor with the fastest total time in each event shall receive 1 point; the 2nd fastest time, 2 points; etc. In the case of ties, the competitors will be scored the same and appropriate places left out. The team with the lowest score will be declared the winner.

Rules and Officials:

The current F.I.S. Rule Book shall govern competition at the NDA Championship with the following exceptions:

Starting Order

In the first run of each event each school shall have a skier in the first seed section. For the first run each seed shall be drawn independently and randomly.

For the second run the current F.I.S. Rule Book shall be followed ("Bibbo" system, i.e. first thirty places after first run ski in reverse order in second run and remaining skiers ski in order in which they finished after first run.) Racers will keep the same bib number and seed for both the giant slalom and slalom events.

FIS rules will apply to course inspection. Racers will be allowed to sideslip the course. Running gates or shadowing is forbidden. The course is closed until inspection direction has been given by the Jury prior to the race. Any changes to this are at the discretion of the Technical Delegate. Racer bibs must be visible during inspection.

Disqualifications:

DQ in the 1st run will not receive a second run (a provisional run may be given only by jury), at the N.D.A. Championships only.

Uniforms and Equipment:**General**

- (i) All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos.
- (ii) No sport club insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs.
- (iii) Student-athletes must remain fully clothed in the appropriate team uniform in the competition area AND use the designated locker room or change area to change to and from competition attire.

Sport Specific

- (i) All skiers must have ski brakes.
- (ii) In both the NDA Giant Slalom and Slalom competition, hard shell crash helmets (designed for Giant Slalom alpine ski racing) which provide complete head protection (front & back) and full ear protection are mandatory for all High School and Open competitors.
- (iii) Snow sport helmets must be worn by all coaches and officials while on the hill.

DEPARTMENT:

A staff member, or Principal designated alternate from the school represented by each team must be present and responsible for the behaviour and welfare of his/her team members for the duration of all Meets and Training Sessions.

CONDUCT:

Flagrant unsportsmanlike conduct, disrespect of an official, employee of the host facilities, member or guest of that club, will result in:

Banning from further participation that day – if applicable and/or

Banning from the next race – if applicable.

This will be at the sole discretion of the Convener on the advice and recommendation of the Competition Jury.

COMPETITION JURY:

It is recommended that the F.I.S. Jury System be used for matters which fall within the jurisdiction of race officials.

A coach of a "protest skier" may not be a member of the Jury Committee for the skier or support witness (es).

A protest must be submitted by the coach, not racer, together with a \$25.00 fee, (refundable if protest is upheld) to the Meet Convener within one half hour of the incident which is being protested, after it has been time-posted.

APPEALS:

Appeals shall be submitted to the Chief of Race and the referee Chief of Gates.

Awards

High School Girls team/High School boys' team.

BADMINTON

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

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Every attempt should be made to avoid league training/practices on Sundays or holidays.

Every attempt should be made to schedule no more than 2 practices/competitions per week in all sports.

No NDA contest or activity shall be scheduled that “affects school time”, unless authorized by these guidelines, or arranged through the mutual agreement of the principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor, to the coach’s principal.

To participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

- Novice:** the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held.
Students may compete in this category for one year only.
- Junior:** the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.
- Senior:** the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

Note: NDA will have one division for all events. OFSAA has High School and OPEN divisions, therefore it is important for NDA convenors and coaches to know which division their senior singles players fall into.

High School Division: Any player who does not meet the criteria for an Open player.

Open Division: A student-athlete who has won a match at any junior B competition or competed in any HP A tournament or equivalent level with a state or national body (National Championships) within the past three (3) years outside of the high school program, shall be classified as an "open" participant within the individual division.

DATE:

1. NDA badminton is to be held at least one (1) week prior to the NOSSA Tournament.
2. The date and locations for NDA badminton will be established at the January coaches meeting to allow time for booking.
 - It has been past practice to have all Pre-NDA tournaments on Wednesday's. Due to scheduling conflicts, it is recommended to also choose a Wednesday (and Thursday if necessary) for NDA.
3. It will be held at schools agreed upon by the coaches of that year based on the sizes of the draws and the facilities required.
4. The coaches will meet one (1) week prior to NDA to make sure timings and facilities previously agreed upon at the January meeting will meet the needs of this year's NDA.

ENTRIES:**Pre-NDA**

1. During pre-NDA season each school can submit a maximum of three (3) players per draw. These players should be ranked in case a draw exceeds 20 people the third entry will be eliminated from all schools.

2. A competitor may enter one (1) event only.

3. If a player cannot attend due to injury or sickness, the coach must contact the host school immediately so that changes to the draw can be made.

NDA

1. Two (2) entries will be allowed from each school in the district for NDA.

2. A competitor may enter one (1) event only.

3. The player must be able to commit to the entire length of the tournament. If they cannot, the player will be disqualified from future tournaments and the school will not gain any points from the players standing.

4. To compete at the NDA Championships, competitors must have participated in a minimum of one (1) Pre-NDA tournament in any division.

FINANCING:

Financing is at the discretion of the Convenor. Fees should be sufficient to cover the cost of birds, awards, draw sheets and other miscellaneous expenses. The previous year's entry fee should be used as a guide.

- Schools must bring shuttles (1 shuttle for 2 players) at all Pre-NDA tournaments.
- For the second day of NDA, shuttles must be provided again for every 2 players to ensure there are new birds for the final matches.

RULE BOOK:

Canadian Badminton Association rule book will be used for all NDA competition. NDA badminton will return to the current OFSAA playing regulations in all matters pertaining to format of competition, protective equipment, and brand of shuttlecock to use.

OFFICIALS:

Staff members, coaches, and players (no payment).

SEEDING:

Seeding is decided by the Convenor and coaches based on regular season competition play - first seed at top of draw, second at the bottom, third and fourth in mid-draw positions. Teams from the same school are placed in opposite halves of the draw.

EVENTS:

Ladies' Singles, Mens' Singles, Ladies' Doubles, Mens' Doubles, Mixed Doubles

TOURNAMENT FORMAT:

1. N.D.A. shall be a full double elimination tournament with back door entry to allow a consolation winner the opportunity to challenge the yet undefeated winner. The challenge shall be a match (best 2 out of 3 games to 21). If there are four (4) or less entries in a given draw, this draw shall be a round robin with matches consisting of the best two (2) of three (3) games to twenty-one (21) points. If there are no ties for position after round robin matches, there will be no further play in the draw. In the case of ties, point differential shall be used to determine rankings. If a two-way tie between teams exists, ties shall be decided by a match (best two (2) out of three (3) games to twenty-one (21) points). In the case of a three-way tie, second and third place will play a semi-final match (best two (2) out of three (3) games to twenty-one (21)). The winner shall advance to the final match (best two (2) out of three (3) games to twenty-one (21) against the first-place player.
2. Match Length:

All play at the NDA Championship shall be best two (2) out of three (3) to twenty-one (21). All Pre-NDA competition match length shall be determined by convener and coaches. It is recommended to play 1 game to 21 and switch sides at 11 and allow 60 seconds of coaching. If time permits have the final match be best 2 out of 3 to 21.
3. Coaching and Rest time:
 - At 11 points switch sides and 1 minute
 - Between games 1 and 2 there will be 2 minutes
 - Between games 2 and 3 there will be 2 minutes
 - If there is a challenge match, there will be a 15-minute rest period.
4. First and second place winners qualify to compete in N.O.S.S.A. If either the first or second place team chooses not to advance to N.O.S.S.A., the third-place team, failing that the fourth-place team will compete. Note: If OFSAA is being held in the NOSSA region, we are allowed to send our top 4 from NOSSA to OFSAA.

5.

EQUIPMENT:

N.D.A. will adopt the same shuttle as N.O.S.S.A.

Students and schools are to supply their own racquets and goggles.

SCORING:

Scoring for the N.D.A. tournaments is as follows:

- 1st place – 5 points
- 2nd place – 4 points
- 3rd place – 3 points
- 4th place – 2 points
- 5th place – 1 point
- 6th place – 1 point

In the event of a tie, the team with the most amount of first place finishes will receive the trophy and banner. If it is still a tie, then the team with the most second place finishes will be deemed the winner and so on.

UNIFORM:

1. All players must be dressed in gym shorts of mainly solid colour and a predominantly solid coloured shirt – No Fluorescent colours.
2. School, Association or OFSAA logos are permitted insignia in the competitive area.
3. The brand name of the uniform manufacturer is permitted to be visible. Badminton-related shirts are acceptable. School team badminton uniforms are accepted. The shirts do not have to be white if the singles player or matching double/mixed partners are wearing matching team uniforms. Doubles and mixed players from the same team must wear matching, solid-coloured bottoms.
4. When two or more players are warming up or competing on court, approved eyewear is mandatory for all levels of NOSSA badminton.

AWARDS:**1. Trophy to be presented:**

The N.D.A. Badminton Combined Team Championship Trophy (presented by Widdifield S.S. 1983) is to be presented to the Combined Team (Girls and Boys) which accumulates the most points.

The N.D.A. Badminton Senior Team Championship Trophy (donated by Evan's Sports of Sturgeon Falls in 1992) is to be presented to the Combined Senior Team which accumulates the most points.

The N.D.A. Badminton Junior Team Championship Trophy (donated by Wrightway Sports of North Bay in 1992) is to be presented to the Combined Junior Team which accumulates the most points.

The N.D.A. Badminton Midget Team Championship Trophy (donated by Nicole Murray of Mattawa in 1992) is to be presented to the Combined Midget Team which accumulates the most points.

It is the responsibility of the winning school to have a plaque made and added to the trophies.

2. Pennants to be presented:

- | | |
|-----------------|-------------------|
| (a) Novice Team | (c) Senior Team |
| (b) Junior Team | (d) Combined Team |

CONDUCT: Athletes displaying flagrant unsportsmanlike behaviour on the courts will be warned by the convenor or his/her designate. A second offence will result in a disqualification of the athlete from the match. Any further offences will result in the athlete being disqualified from the tournament.

CROSS COUNTRY RUNNING

ALL SPORTS

Eligibility – *See the NDA Constitution*

Schedules –

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CROSS COUNTRY RUNNING

The starting time for the NDA meet shall be no earlier than 11:00 a.m.

DIVISIONS:

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

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

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

TEAMS:

One (1) team from each school will be allowed. Teams will consist of an unlimited number of runners with the best four (4) finishers to count. Schools are welcome to enter individual runners.

COURSES:**BOYS AND GIRLS**

Novice - 4 km.

Junior - 5 km.

Senior - 6 km.

A difference of 400 meters (plus or minus) is acceptable.) The courses should be basically "cross country" with as little road running as possible.

SCORING:

1. Aggregate winner in boys' and girls' divisions is to be determined by team position in each age category.

1st place - 10 points

2nd place - 8 points

3rd place - 6 points

4th place - 4 points

5th place - 2 points

6th place - 1 point

2. In the event of a tie, the lowest aggregate division score shall be declared the winner. The aggregate division score is the total number of position points accumulated by the top four (4) runners in all in all three age divisions **or the number of age divisions that the tied schools competed in.**

3. If a tie exists between two or more schools for an aggregate title that the first tie breaker (after most points) be the team with the most first be declared the winner. If still tied the team with the most second etc....
4. Should there be a tie in an event; the position of the fourth runner shall determine the winner.

RULES:

1. Age class changes are not allowed after the registration forms have been submitted to the convenor.
2. Each team shall be allowed to form two (2) rows at the start of a race if the required space is available.
3. A "funnel" system must be used at the finish of a race.
4. The course must be clearly marked by stakes, flags, paint, etc. and/or marshals. Marshals should wear distinctive markings of some type.
5. No runner may run in more than one (1) race.
6. All members must wear identical singlets or T-shirts so that they can be recognized as belonging to the same team.
7. The following will be the order of rules interpretation:
 - (a) N.D.A. Regulations
 - (b) C.T.F.A Handbook

AWARDS:

1. Trophies to be presented:

The Scollard Trophy - for 1st place Novice Boys' Team
 N.D.A. Trophy - for Individual Novice Boys' Champion
 Peter Thompson Intermediate Trophy - for 1st place Jr. Boys' Team
 Peter Thompson Individual Trophy - Individual Junior Boys' Champion
 Greg Duhaime Trophy - for 1st place Senior Boys' Team
 Eric Salkeld Trophy - for Individual Senior Boys' Champion
 E.S.A. Trophy - Boys' Aggregate
 Athlete's World Award - for 1st place Novice Girls' Team
 N.D.A. Trophy - for Individual Novice Girls' Champion
 Athlete's World Award - for 1st place Junior Girls' Team
 N.D.A. Trophy - for Individual Junior Girls' Champion
 Athlete's World Award - for 1st place Senior Girls' Team
 N.D.A. Trophy - for Individual Senior Girls' Champion
 Athlete's World Award - for Girls' Aggregate

2. **Pennants to be presented:**

N.D.A. Cross-Country Running Champions banners for Novice, Junior, Senior and Aggregate categories for boys and girls. Each of these pennants is to be retained by the school.

3. **Ribbons to be presented:**

Ribbons are to be awarded to the first, second and third place finishers in each division. Ribbons are awarded to all members of first, second and third place teams in each division. No other individual awards are to be presented.

CROSS COUNTRY SKIING

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

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Cross Country Skiing

Number of Meets - 4 Meets

- 1 relay*
- 1 novice*
- 1 pre-NDA*
- 1 NDA*
- these meets shall be run on different days than the Alpine meet*

Staff Allotment:

- maximum of 1 teacher per school to act as an official*
- 1 coach per school who must have no officiating duties*

Starting Time - 1:00 p.m.

DIVISIONS:

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

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

DATE:

The N.D.A. Cross Country Skiing Championship shall be held at a suitable date in advance of the N.O.S.S.A. Championship. The specific date shall be decided by the Convenor.

ELIGIBILITY:

There shall be no limit to the number of competitors allowed in either the boys' or girls' category.

SITE:

The responsibility of obtaining a suitable site for the Championship shall rest with the Convenor.

FINANCING:

The appropriate entry fee shall be determined by the Convenor. Upon a commitment by the school as to the number of competitors it shall send, the full entry fee shall be payable to the Convenor prior to the Championship, regardless of the number of competitors who compete for the school.

OFFICIALS:

1. The Convenor shall obtain knowledgeable officials for the N.D.A. Championship.
2. A first aid official should be present at the Championship.

GENERAL RULES:

1. The Juniors shall race 4-6 kilometres. The Seniors shall race 6-8 kilometres. The length of the actual race shall be left to the discretion of the Convenor, taking into consideration the safety of the skiers, the weather, and the difficulty of the course.
2. Should a skier jump the signal to start he/she shall be required to return to the starting gates.
3. Should a skier arrive after his starting time has passed, he/she may enter the race upon arrival at the starting gate with the approval of the Chief Starter. His/her time shall be calculated from the time he/she should have started.
4. Failure of a skier to go through a designated checkpoint shall result in the disqualification of that skier.
5. In a single tracked course when overtaking a slower skier, the faster skier shall shout "track". The slower skier then must give up at least one of the tracks - usually the left track - and allow the faster skier to pass (it is usually courteous to give up both tracks and step completely off the right of the track). In order to protect the safety of all skiers, calling "track" too soon, or failing to yield when "track" is called may result in disqualification of the racer involved.
6. In double tracked courses "tracking" will not be allowed.

NOSSA ELIGIBILITY:

To enter the NOSSA Nordic Ski Championships an NDA racer must have entered and completed at least one of either the Pre-NDA or the NDA Nordic Ski Championships. Exemptions from this rule must be approved by the NDA convenor, after consultation with the NDA coaches.

AWARDS:**1. Trophies to be presented:**

Jr.Boys, Jr.Girls, Sr.Boys, Sr.Girls North Bay Nordic Trophies
Each of these trophies will be held by the winning school for the championship year.

2. Pennants to be presented:

- (a) Sr.Girls - N.D.A. Cross Country Skiing
- (b) Sr.Boys - N.D.A. Cross Country Skiing
- (c) Jr.Girls - N.D.A. Cross Country Skiing

- (d) Jr.Boys - N.D.A. Cross Country Skiing

Each of these pennants is to be retained by the school.

- 3. **Ribbons to be presented:**
Ribbons are to be awarded to the first, second and third place finishers in each event in each division. No other individual awards are to be presented

CURLING

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

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DIVISIONS:

There are no age divisions in N.D.A. Curling. The individual's birth certificate must indicate that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

ELIGIBILITY:

Eligibility lists as specified in the N.O.S.S.A. Constitution must be sent to the N.D.A. Convenor at least two (2) weeks prior to the N.O.S.S.A. Championship.

DATE:

The Championship shall take place at a convenient date in February or March at least two (2) weeks prior to the N.O.S.S.A. playoffs. This date is to be determined by the Convenor.

FORMAT:

1. The N.D.A. Curling Championship will be a double knock-out format.
2. Each school may enter only one team in each of the girls and boys Curling NDA Championship.
3. The site of the Pre-NDA Bonspiel and the NDA Curling Championships will be determined by the convenor as soon as facilities can be arranged.

FINANCING:

1. An entry fee for each competing team must accompany the eligibility list. This entry fee shall be determined by the Convenor.
2. Each school will finance its own team.

RULE BOOK:

Canadian Curling Association as applied to Junior Boys Curling.

Regarding Substitutions:

In the case of injury or illness during a competition, a substitute shall be permitted. The substitute shall act as a sweeper only for the duration of the game in which he/she was allowed to act as a substitute. If the regular player is unable to return for the subsequent game, the substitute must then compete in all subsequent games; however, he/she shall have all the privileges of a regular member of the team in these subsequent games. Substitution is allowed between games at the coaches' discretion.

OFFICIALS:

1. The Convenor shall obtain qualified officials: one (1) shall be present for each round.
2. A rules session, conducted by the convener or rules official, to be conducted for all teams prior to commencement of play.

RULES:

1. Coin toss 20 mins. Prior to start of game by each vice.
2. Winner chooses Hammer, loser color.
3. Hammer warms up first, loser second.
4. Each warmup shall be maximum 7 mins. in length.
5. Two 1- minute timeouts per game, called by players on the ice only, but may be signaled by coaches.
6. No Coaches on the ice during timeouts, on path only.
7. 2 min. break after 4 ends.
8. Games will be a full 8 ends. 3-hour time slots per game recommended for scheduling.
9. Measurements are done by the 2 vices with the convenor/official witnessing.
10. If tied after 8 ends, a 9th end will be played toward the glass.
11. No team shall play more than three (3) games in one day with the exception of one additional championship game if both skips agree and the Convenor allows this game to be played.

COURTESY RULES:

12. The following are courtesy rules which have become part of the tradition of curling over the years. There is no penalty for not observing them other than being known as a person who does not live up to the best traditions of the game.
 - Extend the same consideration and courtesy to other curlers as you expect of them.
 - It is courteous to be on time for a game.
 - Only Skips or Vice-Skips stand in or behind the house.
 - Coaches are not permitted to signal instructions from behind the glass.

Players are expected to abide by the rules and call any infractions on themselves or their team-mates.

AWARDS:

1. **Pennants to be presented:**

An N.D.A. pennant shall be presented to the Boys' and Girls' Tournament Champions. These pennants will be kept by the winning schools. If there are no tournaments, the pennants will be presented to the League Champions.

2. No additional awards shall be given to each member of a Championship Team.

GOLF

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

If possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league training/practices on Sundays or holidays.

Every attempt should be made to schedule no more than 2 practices/competitions per week in all sports.

No NDA contest or activity shall be scheduled that “affects school time”, unless authorized by these guidelines, or arranged through the mutual agreement of the principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor, to the coach’s principal.

To participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

There are no age divisions in N.D.A. Golf. The individual's birth certificate must indicate that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

FORMAT:

1. The N.D.A. Golf Championship will be determined by an 18-hole medal play tournament on the 3rd week in September (subject to the Convenor's arrangements). Preference should be given to an 18-hole golf course for the tournament.

ENTRIES:

1. Each school will be allowed to enter as many players as they wish.
2. N.O.S.S.A. qualification requirements will be followed.
 - (a) **The top 4 boys' teams will qualify for NOSSA.**
 - (b) **NDA may send a maximum of the top five girls as a district girls' team to NOSSA. Note - a district must have a minimum of three golfers to compete in the girls' "team" championships.**
 - (c) **The top four individual and boys that placed in the top ten who are not already on a district boys' team that is advancing to NOSSA may advance to the NOSSA championships.**
 - (d) The four (4) lowest gross scores will be used to determine the boys' team championship. Ties will be broken by a sudden death playoff by all four (4) team members. The score for each team will be added up at the end of each hole and play will continue until a winner is determined.
 - (e) The three (3) lowest gross scores will be used to determine the girls' team championship. Ties will be broken by a sudden death playoff by all three (3) team members. The score for each team will be added up at the end of each hole and play will continue until a winner is determined.

SCORING:

1. The Individual N.D.A. Golf Champion will be the player with the lowest gross score. Ties will be broken by means of a sudden death playoff.
2. Schools entering the tournament with fewer than four (4) boys and/or

three (3) girls will not be eligible for the Team Championship. However, their members will be eligible for the Individual Championship.

RULES:

1. The rule book for the NDA Golf Championship shall be the current RCGA rule book.

AWARDS:

1. **Trophies to be presented:**

Boys' Tournament Champions - Mattawa Golf and Ski Resort Trophy
sponsored by Mr. Mike Martel

Girls' Tournament Champions - Sandy Post Trophy donated by Hugh McDonald

Other Trophies:

Boys' Individual Low Gross - Bob Barringer Trophy
Girls' Individual Low Gross - Gen. Barringer Plaque

2. **Pennants to be presented:**

An N.D.A. pennant shall be presented to the Boys' and Girls' Tournament Champions. These pennants will be kept by the winning school. If there is no tournament, the pennants will be presented to the League Champion.

3. No additional awards shall be given to each member of a championship team.

TENNIS

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

If possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league training/practices on Sundays or holidays.

Every attempt should be made to schedule no more than 2 practices/competitions per week in all sports.

No NDA contest or activity shall be scheduled that “affects school time”, unless authorized by these guidelines, or arranged through the mutual agreement of the principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor, to the coach’s principal.

To participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

DIVISIONS:

Senior

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

DATE:

The tournament is to be held at least one week prior to the NOSSA competition.

ENTRIES:

Two (2) entries will be allowed from each school in the district per division. If one (1) school does not enter two entries in a division, other participating may supply additional entries, providing the total number of entries does not exceed 20. The host school may be the first to supply one additional entry, followed by the other participating schools. A competitor may enter one (1) event only.

FINANCING:

Financing is at the discretion of the convenor. Fees should be sufficient to cover the costs of tennis balls, court rental, and awards. The previous year's entry fee should be used as a guide.

RULEBOOK:

The Tennis Canada Rules of the Court rulebook will be used for the NDA competition.

OFFICIALS:

If the competing players request officials staff members, and coaches may act as lines people and scorekeepers.

SEEDING:

Teams from the same school are placed in opposite halves of the draw. If a school has more than two (2) participants in an event, no participants from one (1) school may meet each other in the first round of play.

EVENTS:

Girls' Singles, Girls' Doubles, Boys' Singles, Boys' Doubles, Mixed Doubles

UNIFORMS:

All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's name, colours and logos. No sport club insignia on uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is the participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform to the placement guidelines outlined in OFSAA's By-Law 6, Section 2(h).

TOURNAMENT FORMAT:

1. NDA shall be a full double elimination tournament. If there are five (5) or less entries in an event, this draw will be a round robin. If there are no ties for ranking after round robin matches, there will be no further play in the draw. In the case of ties, the head-to-head results between the tied teams will determine the rankings. If there is still a tie, the total number of games won will be compared. If there is still a tie, a match will be played between the tied teams to determine the champion.
2. All matches will be an eight (8) game pro set, no advantage scoring with a seven (7) point tiebreaker at seven (7) all. The convenor may modify the match length depending on the number of entries, number of courts available and court availability.
3. Due to the possibility of changing weather conditions, the original schedule presented by the convenor may be altered. A "rain date" should be determined at the same time as the official NDA date is determined.
4. First place in each event qualify to compete at the NOSSA competition. If the first-place individual/team chooses not to advance to NOSSA, the second-place individual/team will compete.

AWARDS:

1. Scoring for the NDA tournament is as follows:

- a. 1st place – 5 points
- b. 2nd place – 4 points
- c. 3rd place – 3 points
- d. 4th place – 2 points
- e. Two-way tie for 5th place – 1 point each

2. Trophy and Banner to be presented:

The NDA Team Tennis Trophy and NDA Team Tennis Banner will be presented to the team which accumulates the most points across all five (5) events.

Potential addition – pending on the approval of the Open and High School divisions at the NOSSA level

NOSSA QUALIFYING:

At the NOSSA and OFSAA tennis competitions there are two divisions for each qualifying events (Boys' Singles, Boys' Doubles', Girls' Singles, Girls' Doubles, Mixed Doubles); these divisions are Open and High School:

Open: An Open Division player must have won a minimum of two (2) rounds in total (one [1] round or more in a tournament and/or at a later date wins a round in another tournament) in 3-star Ontario Tennis Association (OTA) tournaments or higher or the equivalent (USTA, European Championship) in the three years prior to the beginning of the school year. Any player who has ever played in the Canadian Nationals or any players that has ever played in any U-14, U-16, or U-18 provincial championships shall also be considered an open player. A bye, defaulted or retired match in an OTA event does not constitute a win.

High School: any player who has not met the above criteria for an Open player.

At the NDA competition, the highest finishing individual/team that meet the criteria for Open and the highest finishing individual/team that meet the criteria for High School qualify for the NOSSA competition. (In a doubles, or mixed pairing, if any individual qualifies as an Open player, the entire team shall be considered Open.)

TRACK AND FIELD

ALL SPORTS

Eligibility – See the NDA Constitution

Schedules –

If possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for 3 days preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league training/practices on Sundays or holidays.

Every attempt should be made to schedule no more than 2 practices/competitions per week in all sports.

No NDA contest or activity shall be scheduled that “affects school time”, unless authorized by these guidelines, or arranged through the mutual agreement of the principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct must be forwarded, by the convenor, to the coach’s principal.

To participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

TRACK AND FIELD

Number of Meets - One Meet

Starting Time - 9:00 a.m.

Staff Allotment:**Coaches: Each school must provide coaches according to the following guidelines:**

- (a) Each school must release a minimum of two (2) coaches, in addition to their complement of officials, and these coaches must have no officiating duties.
- (b) Where a school has 51-70 athletes on its team, a minimum of three (3) coaches must be released to coach.
- (c) Where a school has over 70 athletes on its team, a minimum of four (4) coaches must be released to coach.
- (d) If a school has more than four (4) coaches on their staff, the remainder must be prepared to be part of the school's allotment of officials.
- (e) The functions of the field referee, track referee and three (3) members of the Jury of Appeal must be filled by coaches.

Officials: 45 staff will be used in the following capacities:

- 1. Meet Director
- 2. Announcer (x2)
- 3. Starters Assistant (Clerk) (x3)
- 4. Starter (x3) plus one coach for the hurdles
- 5. Finish Line Recorders (x2)
- 6. Results, implement weigh-ins, ribbons (x4)
- 7. Hurdle crew, steeplechase crew, relay and track marshals (x3)
- 8. Javelin (Boys and Girls) (x2)
- 9. High Jump (Boys and Girls) (x2)
- 10. Discus (Boys and Girls) (x2)
- 11. Long Jump (Boys and Girls) (x2)
- 12. Triple Jump (Boys only)
- 13. Shot Put (Boys and Girls) (x2)
- 14. Pole Vault (Boys only)
- 15. Timers (x5)
- 16. Finish Line Judges (x8)
- 17. Field Preparation (x2)

The determination of the 45 officials will be as follows:

The convenor will determine the number of staff required by participating schools to generate 40 officials.

The other 5 officials must be provided by the host school.

DIVISIONS:

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

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

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

DATE:

The meet shall be held at least one week prior to the N.O.S.S.A. Track and Field Meet, (weather permitting) as a co-educational event.

ENTRIES:

1. A school may enter as many athletes in an event, however only the top two (2) per school per event shall count in team/individual scores. A school may advance up to four (4) athletes to NOSSA. Schools may also enter up to two (2) relay teams per divisions. Only one (1) relay team per school per division can advance to NOSSA.
2. Each contestant may compete in three (3) events, one (1) age class relay (his own or higher) and one (1) open relay.
3. There shall be no post entries. However, substitutions will be allowed as follows:
 - a. No substitutions after 9:40 for events between 10:00 - 10:30
 - b. Substitutions for other events will be allowed up to 20 minutes before the event.
4. Spares shall be permitted if listed.

FINANCING:

The entry fee shall be at the discretion of the Convenor on a per capita basis, based on the eligibility sheets.

STUDENT OFFICIALS:

Student officials should be used only to assist those teachers who oversee their event. Although the number of student officials and the placement of them should be left to the discretion of the Convenor, it is recommended that at least ten (10) students assist as timers and at least ten (10) students assist as finish line judges. At no time should a student be left in charge of an event.

RULE BOOK:

The following will be the order of rule interpretation:

- (a) N.D.A. Regulations
- (b) I.A.A.F. Rule Book
- (c) C.T.F.A. Rule Book

RULES:

1. No competitor shall be allowed to compete unless he is attired in a suitable track uniform.
2. It is the competitor's responsibility to report to the head official immediately after first call. This should be done before the start of the event if he/she is competing in another event at the time.
3. The order of events must be followed as in the schedule on pages 17 to 19 but any changes to the schedule of events as dictated by time allocations or field conditions must be approved at a meeting of coaches held with the Convenor at least 1 week prior to the meet.

SCORING:

1. 1st place – 10 points
2nd place – 8 points
3rd place – 6 points
4th place – 4 points
5th place – 2 points
6th place – 1 point
2. (a) Points won in open events shall be credited to the individual, to the school, and to the division in which the competing athletes are registered.

(b) Points won in the open relay shall be credited to the school in the division of the highest stage category of any member of that relay team.

(c) Points won in special needs events, recognized by OFSAA Track & Field, (wheelchair, blind...) shall be credited to the individual, to the school, and to the division in which the competing athletes are registered.

3. If there are ties for any position, the points shall be divided as follows: Add together the points for that position plus those for the next one and divide them in half for each person; award points as usual to the third position after the position for which there is a tie.

TRACK EVENTS:

1. The start of the 800m, 2000m, 3000m and steeplechase races shall be on the international curved line.
2. The start of the 200m, 400m, and 400m hurdles shall be staggered. The following parameters apply to hurdle events:

Age	Dist	Ht	#H	D. to 1st	D. between	D. last to fin
Nov.Jr.G.	80 m	0.762 m	8	12.00 m	8.00 m	12.00 m
Sr.G.Nov.B.	100 m	0.840 m	10	13.00 m	8.50 m	10.50 m
Jr.B.	110 m	0.914 m	10	13.72 m	9.14 m	14.02 m
Sr.B.	110 m	0.990 m	10	13.72 m	9.14 m	14.02 m
Open G.	400 m	0.762 m	10	45.00 m	35.00 m	40.00 m
Open B.	400 m	0.914 m	10	45.00 m	35.00 m	40.00 m

3. Lanes or positions for races in which heats are not run will be pre-drawn by the meet organizers.
4. Lanes for all finals in running events in which heats have been run will be determined by the qualifying times from the heats.

<u>8 Lanes</u> 1 Runner Number 7 Time			<u>6 Lanes</u> 1 Runner Number 5 Time		
2 "	5 "		2 "	3 "	
3 "	3 "		3 "	1 "	
4 "	1 "		4 "	2 "	
5 "	2 "		5 "	4 "	
6 "	4 "		6 "	6 "	
7 "	6 "				
8 "	8 "				

5. If the fastest seconds are to be used, the following method of selection shall apply:
- (a) Take the official times
- (b) If too many ties - average all watches used
- (c) If still too many ties - use the time of the fastest watch
- (d) If still too many ties - re-run those concerned at noon if agreeable (delete any not agreeable)

6. **Qualifications to finals:**

100m - 2 heats - top 3 in each heat plus the next 2 fastest times.

200m + 400m - 2 heats - top 2 in each heat + next 2 fastest times.

- 3 heats - winner of each heat + 3 fastest times.

FIELD EVENTS:

1. The Convenor must supply official equipment for the shot put, javelin and discus events.
2. Upon completion of the preliminary round in all field events (except for high jump and pole vault) the top eight (8) competitors will be allowed into the competition round. The order of competitors in the competition round will remain the same as it had been during the preliminary round.
 - (a) Shot 3 kg - Novice/Junior Girls
4 kg - Novice/Junior Boys, Senior Girls
5.443 kg - Senior Boys
 - (b) Discus 1 kg - Novice/Junior Boys, All Girls' Events
1.61 kg - Senior Boys
 - (b) Javelin 600 gms - Novice/Junior Boys, All Girls' Events
800 gms - Senior Boys
3.
 - (a) The compulsory heights and raises in the BOYS HIGH JUMP are:
Novice 1.40m- 1.45m- 1.48m- up no more than .02m.
Junior 1.45m- 1.50m- 1.55m- up no more than .02m.
Senior 1.50m- 1.60m- 1.65m- up no more than .02m.
 - (b) The compulsory heights and raises in the GIRLS HIGH JUMP are:
Novice 1.20m- 1.25m- 1.30m- up no more than .02m.
Junior 1.25m- 1.30m- 1.35m- up no more than .02m.
Senior 1.25m- 1.30m- 1.35m- up no more than .02m.
 - (c) The compulsory heights and raises in the POLE VAULT are:
Novice 2.30m- 2.45 m- 2.60m - up no more than .07m or less than .02m.
Junior 2.45m- 2.60m- 2.75m - up no more than .07m or less than .02m.
Senior 2.60m- 2.75m - 2.90m - up no more than .07m or less than .02m.
4. In both the high jump and pole vault, the crossbar must not be raised to tie a record but shall be raised until the height exceeds the record by at least 0.5 cm. in the HIGH JUMP and by at least 2.5cm. in the POLE VAULT.
5. Foam rubber landing pits must be used for all pole vault and high jump events.
6. Competitors are required to supply their own poles for the pole vault competition, but the Convenor should supply at least one pole for general use.

CONFLICT OF EVENTS:

Apart from high jump and pole vault, when a competition has a conflict of a track and field event, or two (2) field events, the competitor reports to the official in the field event (the conflict) and he/she shall be allowed his/her first trial in that field event immediately. After he/she returns from his/her track event he/she shall be allowed a trial in the round that is in progress. (e.g. if he/she returns in the 3rd round he/she shall be allowed his/her 3rd trial, but he/she misses his/her 2nd trial). If the field event is finished when he/she returns, he/she will receive no more trials. When the event judge is made aware of a conflict of events, the judge must allow a minimum of 15 minutes per round for the preliminary rounds and a minimum of 10 minutes per round in the final round. If the judge has not been notified of a conflict, the event may proceed without delay.

ORDER OF EVENTS - N.D.A. TRACK AND FIELD MEET

(a) Footnote to Track schedule: adjustments will be made to the Track schedule to accommodate special needs events when necessary.

FIELD EVENTS:

	WOMEN	MEN
9:00	Novice - Discus Junior - Javelin Senior - Shot Put Nov/Jr/Sr - Pole Vault*	Novice - High Jump Junior - Long Jump Senior - Triple Jump
10:15	Novice - High Jump Junior - Long Jump Senior - Triple Jump	Novice - Javelin Junior - Shot Put Senior - Discus Novice - Pole Vault*
11:30	Novice - Javelin Junior - Shot Put Senior - Discus	Novice - Long Jump Junior - Triple Jump Senior - High Jump
12:45	Novice - Triple Jump Junior - High Jump Senior - Long Jump	Novice - Discus Junior - Javelin Senior - Shot Put Junior - Pole Vault*
2:00	Novice - Shot Put Junior - Discus Senior - Javelin	Novice - Triple Jump Junior - High Jump Senior - Long Jump
3:15	Novice - Long Jump Junior - Triple Jump Senior - High Jump	Novice - Shot Put Junior - Discus Senior - Javelin Senior - Pole Vault*

* The pole vault schedule may be modified to accommodate the number of competitors or the level of ability of the competitors competing.

N.D.A TRACK SCHEDULE

Time	Gender	Category	Event	Heat/Final
9:10AM	Girls	Novice	80m Hurdles	Timed Final 30"
		Junior	80m Hurdles	Timed Final 30"
		Senior	100m Hurdles	Timed Final 30"
9:25AM	Boys	Novice	100m Hurdles	Timed Final 33"
		Junior	100m Hurdles	Timed Final 36"
		Senior	110m Hurdles	Timed Final 36"
9:40AM	Girls	Open	2000m S.C.	Timed Final
10AM	Boys	Open	2000m S.C.	Timed Final
10:20AM	Girls	Novice	100m	Heats
		Junior	100m	Heats
		Senior	100m	Heats
10:45AM	Boys	Novice	100m	Heats
		Junior	100m	Heats
		Senior	100m	Heats
11:10AM	Girls	Novice	400m	Timed Final
		Junior	400m	Timed Final
		Senior	400m	Timed Final
11:35AM	Boys	Novice	400m	Timed Final
		Junior	400m	Timed Final
		Senior	400m	Timed Final
12PM	Girls	Novice	1500m	Timed Final
		Junior	1500m	Timed Final
		Senior	1500m	Timed Final
12:30PM	Boys	Novice	1500m	Timed Final
		Junior	1500m	Timed Final
		Senior	1500m	Timed Final
Track Break				
1PM	Girls	Novice	300m Hurdles	Timed Final 30"
		Junior	300m Hurdles	Timed Final 30"
		Senior	400m Hurdles	Timed Final 30"
1:15PM	Boys	Novice	300m Hurdles	Timed Final 33"
		Junior	300m Hurdles	Timed Final 36"
		Senior	400m Hurdles	Timed Final 36"

Time	Gender	Category	Event	Heat/Final
1:30PM	Girls	Novice	800m	Timed Finals
		Junior	800m	Timed Finals
		Senior	800m	Timed Finals
1:45PM	Boys	Novice	800m	Timed Finals
		Junior	800m	Timed Finals
		Senior	800m	Timed Finals
2PM	Girls	Novice	100m	Final
		Junior	100m	Final
		Senior	100m	Final
2:15PM	Boys	Novice	100m	Final
		Junior	100m	Final
		Senior	100m	Final
2:30PM	Girls	Novice	3000m	Timed Finals
		Junior	3000m	Timed Finals
		Senior	3000m	Timed Finals
3PM	Boys	Novice	300m	Timed Finals
		Junior	3000m	Timed Finals
		Senior	3000m	Timed Finals
3:30PM	Girls	Novice	200m	Timed Finals
		Junior	200m	Timed Finals
		Senior	200m	Timed Finals
3:50PM	Boys	Novice	200m	Timed Finals
		Junior	200m	Timed Finals
		Senior	200m	Timed Finals
4:10PM	Girls	Novice	400m Relay	Timed Finals
		Junior	400m Relay	Timed Finals
		Senior	400m Relay	Timed Finals
4:25PM	Boys	Novice	400m Relay	Timed Finals
		Junior	400m Relay	Timed Finals
		Senior	400m Relay	Timed Finals
4:40PM	Girls	Open	1600m Relay	Timed Finals
4:50PM	Boys	Open	1600m Relay	Timed Finals
5:15PM – Presentation of Awards				

AWARDS:

1. Trophies to be presented:

Girls Division Champions: Novice - M.E. Wales Plaque
Junior - P.L. Morgan Plaque
Senior - M.B. Walton Plaque

Boys Division Champions: Novice - N.D.A. Championship Plaque
Junior - N.D.A. Championship
Plaque Senior - N.D.A. Champions

Aggregate Champions - M.L. Troy

Other Trophies: Fergie Dowdall Trophy – Co-ed MVP

Each of the team trophies will be held by the winning school for the championship year.

2. Pennants to be presented:

Girls: Novice Team, Junior Team, Senior Team, Girls' Aggregate

Boys: Novice Team, Junior Team, Senior Team, Boys' Aggregate

3. Ribbons to be presented:

Ribbons are to be awarded to the first, second and third place finishers in each event in each division. No other individual awards are to be presented.

4. In the event of a tie for a division, aggregate, or individual championship, the schools or individuals involved shall share the championships. In the case of team ties, their names shall be engraved on the trophy. In the case of individual ties, N.D.A. shall supply a duplicate award. Relay points will not count in the individual totals.

5. All team trophies are to be returned to the Convenor one (1) week prior to the meet.