

**OKANAGAN CENTRAL SCHOOLS
ATHLETIC ASSOCIATION**

O.C.S.A.A



COACH'S HANDBOOK

OCSAA CONSTITUTION

(Updated Sept 2026)

Coaches Protocol

To cancel a game: Notify opposing coaches and scheduler ASAP. If more than 24 hours' notice use email; if less than 24 hours phone scheduler and coaches directly.

To cancel a bus: If more than 24 hours use email to contact scheduler. If less than 24 hours phone scheduler (778-214-9440). If less than 3-4 hours phone Transportation Department directly as well (250-258-8945).

To contact bus drivers: If your bus has not shown up within 5-10 minutes of the scheduled time, or you need to contact your driver for other reasons, please call the following numbers:
SD Transit: 250-258-8945 or your bus driver if you got his/her number.

To rebook a game: Games cancelled because of errors at the school will not be made up. In unavoidable circumstances occur contact opposing coaches with as much notice as possible to cancel. Make-up games may or may not be available. **Contact scheduler.**

Coaches must ride the bus with their teams, to and from competitions, up to grade 10.

To receive a schedule: Contact your school Athletic Director. Schedule is emailed to Athletic Directors and Administrators and will be posted on the website <http://www.sd23.bc.ca/DistrictInfo/athletics/Pages/default.aspx>

To communicate with other coaches in your league make sure to include your email and a home phone number when you register a team at the declaration meeting, and make note of your commissioner.

Coaches who use fields must make sure their fields are lined before the season starts. See your Athletic Director for assistance.

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*** NOTE: PRE-DECLARATION FORMS ARE USED FOR SCHEDULER REFERENCE ONLY**

**TEAM REGISTRATION WILL TAKE PLACE ONLY AT THE SEASONAL
L E A G U E COMMISSION MEETINGS!**

SECTION 1

DIRECTORY

O.C.S.A.A. MISSION STATEMENT

“Our mission is to provide a quality athletic program. A program that enables all students to develop their potential; increase their self-esteem; acquire positive attitudes through positive experiences; achieve physical skills, socialization skills and leadership skills in a safe, healthy, enjoyable environment.”

A CODE OF ETHICS FOR THE OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

1. The game is a game for happiness and enjoyment.
2. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no one should try to evade or break.
3. Visiting teams and spectators are the honored guests.
4. No advantages, except those of superior skill, are to be sought over others.
5. Officials and opponents are to be regarded and treated as honest in intention.
6. Decisions of Officials, no matter how unfair they may seem, are to be accepted without outward appearance of vexation.
7. To win is always desirable, but to win at any cost defeats the purpose of the game.
8. Losing can be a triumph when the best has been given.
9. The greatest good to the greatest number is the ideal.
10. The Golden Rule in sport is to treat other persons as you, yourself, would like to be treated

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION **2024-2025 EXECUTIVE**

2024-25 OCSAA Executive			
President	Lindsay Robb	RSS	lindsay.robbsd23.bc.ca
Vice President	Trevor Taylor	CNB	trevor.taylorsd23.bc.ca
Athletic Directors' Representative AAA	Arnar Bernhardtsson	KSS	arnar.bernhardtsson@sd23.bc.ca
Athletic Directors Representative AA	Rochelle Youngberg	GESS	rochelle.youngbergsd23.bc.ca
Athletic Directors Representative Middle Schools	Garth Dupre	KLO	garth.dupresd23.bc.ca
Independent School Representative	Brett Boehler	Immaculata	bboehlerscisnd.ca
Administrators' Representative	Randy Ellis	SD23	Randy.Ellissd23.bc.ca
Administrative Assistant/Scheduler	Doug Meraw		Scheduler.ocsaa@sd23.bc.ca
Member at Large	Lindsay Robb	RSS	Lindsay.robbsd23.bc.ca
Member at Large	Pamela Horton	KSS	Pamela.hortonsd23.bc.ca
Board Office Liaison	Alan Lalonde	SBO	Alan.Lalondesd23.bc.ca

OTHER:

SD23 TRANSIT: Gail Prokopchuk gail.prokopchuk@sd23.bc.ca

BASKETBALL ALLOCATORS: David Biagi biagi@shaw.ca

Aman Sandu bimym@yahoo.ca

VOLLEYBALL ALLOCATOR: Rod Belinski belinskigmv@gmail.com

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

MEMBER SCHOOLS

Middle Schools

Canyon Falls Middle School (6-8)

1211 Frost Road, Kelowna, British Columbia, Canada, V1W 4P1

Phone: (250) 870-5123, Fax: (250) 870-5028

Athletic Director: Trevor Taylor

School Email: cms@sd23.bc.ca

Constable Neil Bruce Middle

CUBS -- Blue / Silver

2010 Daimler Road, West Kelowna, British Columbia, Canada, V1Z 3X4

Phone: 250-870-5177, Fax: 250-870-5077

A.D: Dereck Worrall

Dr. Knox Middle

FALCONS -- Black / Red

1555 Burtch Road, Kelowna, British Columbia, Canada, V1Y 4A9

Phone: 250-870-5130, Fax: 250-870-5007

Athletic Director: Tanner Kozak

Glenrosa Middle

JAGUARS -- Hunter Green / Gold

3565 McIver Road, West Kelowna, British Columbia, Canada V4T 1H8

Phone: 250-870-5176, Fax: 250-870-5076

A.D: Shane Sommerfeld

Hank Grenda Middle: HMS

10168 Kanschuh Road, Lake Country, British Columbia, V4V 1T1

Phone: (250) 870-5124, Fax: (250) 870-5032

Athletic Director: Josh Dorf

KLO Middle

COUGARS -- Navy Blue / Red

3130 Gordon Drive, Kelowna, British Columbia, Canada, V1W 3M4

Phone: 250-762-2841, Fax: 250-870-5006

Athletic Director: Garth Dupre

Rutland Middle

RAPTORS -- Royal Blue / Gold

715 Rutland Road, Kelowna, British Columbia, Canada, V1X 3B6

Phone: 250-870-5109, Fax: 250-870-5009

Athletic Director: Shannon Ward

Springvalley Middle

STINGERS -- Royal Blue / Green

350 Ziprick Road, Kelowna, British Columbia, Canada, V1X 4H3

Phone: 250-870-5111, Fax: 250-870-5011

Athletic Director: Ryan Taylor

Secondary Schools

George Elliot Secondary

COYOTES -- Black / Grey

10241 Bottom Lake Road, Winfield, British Columbia, Canada, V4V 1Y7

Phone: 250-870-5102 Fax 250-870-5002

Athletic Director: Tim Frechette

Kelowna Secondary**OWLS -- Gold / Black**

1079 Raymer Avenue, Kelowna, British Columbia, Canada, V1Y 4Z7

Phone: 250-870-5105, Fax: 250-870-5005

Athletic Director: Arnar Bernhardtsson

Mount Boucherie Senior**BEARS -- Red / Royal Blue / White**

2751 Cameron Road, West Kelowna, British Columbia, Canada, V1Z 2T6

Phone: 250-870-5101, Fax: 250-870-5001

Athletic Director: Jason Hudson

Okanagan Mission Secondary**HUSKIES -- Navy Blue / Gold**

4544 Gordon Drive, Kelowna, British Columbia, Canada, V1W 1T4

Phone: 250-870-5108, Fax: 250-870-5008

Athletic Director: Rob Steciuk

Rutland Senior**THUNDER -- Navy Blue / Gold**

705 Rutland Road, Kelowna, British Columbia, Canada, V1X 3B6

Phone: 250-870-5110, Fax: 250-870-5010

Athletic Director: Lindsay Robb

Independent Schools: Associate Members**St. Joseph Elementary School****GUARDIANS -- Royal Blue / White**

839 Sutherland Ave, Kelowna, British Columbia, Canada, V1Y 5X4

Phone: 250-763-3371, Fax 250-763-2740

Athletic Director: Kelly Beetlestone

Immaculata High School**MUSTANGS -- Green / Navy Blue**

1493 KLO Road, Kelowna, British Columbia, Canada, V1W 3N8

Phone: 250-762-2730, Fax 250-861-3028

Athletic Director: Paul Freire

Kelowna Christian School**KNIGHTS Purple/Gold**

3285 Gordon Drive, Kelowna,

British Columbia, Canada, V1W

3N4 Phone: 250-861-3238, Fax:

250- 861-5806

Athletic Director: Elijah Francis

Kelowna Christian Middle School

4091 Lakeshore Rd, Kelowna, BC V1W 1V7

Phone: (250) 762-4500

Athletic Director: Jennifer Hannenburg

Flex Academy**SAINTS -- Teal / Black / Grey**

937 Badke Road, Kelowna, British Columbia, Canada, V4P 1B7

Phone: 250-862-2377, Fax: 250-862-4943

Athletic Director: Justin Giesbrecht

Aberdeen Hall Preparatory School**GRIFFINS -- Light Blue/Dark Blue/Orange**

950 Academy Way, Kelowna, British Columbia, Canada, V1V 3A4

Phone: 250-491-1270, Fax: 250-491-1289

Athletic Director: Drew Currie

Ecole de L'Anse-au-Sable**Scorpions**

675 Lequime Rd, Kelowna, British Columbia, Canada, V1W 1A3
Phone: 250-764-2771, Fax: 250-764-2772
Athletic Director: Michael Stewart

Balsam School

604 Cawston Ave, Kelowna, BC V1Y 6Z4
Phone: (250) 575-0832
Athletic Director: Erin Hussey

AWARDS

AUGIE CIANCONE

The AUGIE CIANCONE Award will be awarded each year in recognition of academic and athletic excellence. One male and one female athlete shall be selected based on recommendations from member schools. Each Athletic Director shall have one vote during the selection process and all voting will be done on an open ballot. Each recipient will receive a \$500.00 bursary as well as the AUGIE CIANCONE Award. Nominations due by first week of February. See page 11 for changes to selection criteria.

FACILITIES

All gymnasiums in School District #23 will only be available for community use after all scheduled School District #23 athletic events are concluded unless approved by the Athletic Director of the school involved.

B.C. SCHOOL SPORTS

B.C. SCHOOL SPORTS IS THE CO-ORDINATING BODY FOR THE TWENTY LOCAL ASSOCIATIONS IN THE PROVINCE SIMILAR TO THE O.V.S.A.A. AND THE EIGHTEEN SPORT COMMISSIONS THAT RUN B.C. CHAMPIONSHIPS. B.C. SCHOOL SPORTS, WHICH IS A MEMBER OF THE CANADIAN FEDERATION OF PROVINCIAL SCHOOL ATHLETIC ASSOCIATIONS, HOLDS IT'S ANNUAL GENERAL MEETING IN MAY WHEN REPRESENTATIVES OF ALL LOCAL ASSOCIATIONS AND SPORT COMMISSIONS ASSEMBLE. CONSULT THE B.C. SCHOOL SPORTS HANDBOOK FOR MORE INFORMATION (AVAILABLE FROM YOUR ATHLETIC DIRECTOR).

B.C. SCHOOL SPORTS

2003A-3713 Kensington Ave
Burnaby, BC V5B 0A7

Phone: 604-477-1488

Fax: 604-477-1484

Email: info@bcschoolsports.ca

SECTION 2

OPERATING POLICIES AND PROCEDURES

ARTICLE A: FINANCIAL SYSTEMS

Part 1: Income

- 1.1 The income shall be in the form of an annual grant from the School District.
- 1.2 A fee will be levied to each member school to cover the expenses of the OCSAA:
 - (a) \$300.00 for each OCSAA member school
- 1.3 The fee is to cover the following OCSAA expenses:
 - (a) Augie Ciancone Award
 - (b) AGM meeting
 - (c) Coaches Recognition Night
 - (d) Executive liability insurance
 - (e) Executive expenses
 - (f) Athletic Director Meetings

Note: OCSAA President to attend BCSS & OVSAA AGMs
- 1.4 Independent School Fees – Each independent school will be charged an equal percentage of the Administrative Assistant's salary depending on the number of schools entered each year.
- 1.5 Cautionary Fee – Each school will be required to submit a cautionary fee of \$300.00 that will be applied to cover fines, of which any unused portion will be used to offset the cost of the Coaches Appreciation Night Banquet.
- 1.6 *All fees must be paid by the date specified by the OCSAA President for a school to be a member in good standing and eligible for OCSAA competition.*

Part 2: Disbursements

- 2.1 The Association shall pay for all teams' engravings, ribbons, banners and other awards for Okanagan Central Championships, **providing** funds are available and prior approval is given by the Directors. Teams must submit a request for any of the above.
- 2.2 The Association shall pay reasonable miscellaneous meet and game expenses for Central Zone and OCSAA playoff competition, **providing** funds are available. Expenses which are not approved by the President may be appealed to the Directors by a school or league for consideration of approval.
- 2.3 The Association shall pay an honorarium of \$1000.00 to the President.
- 2.4 The Association will not pay for the cost of referees during OCSAA playoffs. These costs must be shared equally by all participating schools.
 - a The OCSAA will not pay expenses to member schools or commissions for

league or zone events except where special application is made to the OCSAA.

- 2.5 The Administrative Assistant's salary shall be \$25,500.00 per year and will be reviewed annually.
- 2.6 The Association shall pay \$1000.00 towards two (2) \$500.00 bursaries for the male and female Augie Ciancone Award recipients.

ARTICLE B: AUDITING OF THE ACCOUNTS

An auditor shall be appointed by the Directors and there shall be presented to the Association annually a duly audited financial statement showing assets and liabilities of the Association and all revenue and expenses made, earned or incurred by the Association during the fiscal year immediately preceding the meeting at which the report is made. The auditor will be asked to audit free of charge.

ARTICLE C: SCHOOL COLOURS AND NICKNAMES

The Directors shall approve the official school colors and nicknames of each member school.

ARTICLE D: MINUTES OF MEETINGS AND RECORDS

Part 1: Minutes Of Proceedings Of General Meetings Of The Association

- 1.1 The minutes of General meetings shall be prepared and kept by the Administrative Assistant, or in his or her absence, by such person acting on his or her behalf as the Chairman of the meeting shall direct.
- 1.2 All minutes of proceedings of the Association meetings shall be kept in the custody of the Administrative Assistant who shall ensure the same are kept in a safe and secure depository.

Part 2: Minutes Of Proceedings Of Directors' Meetings

- 2.1 The minutes of the Directors' meetings shall be prepared and kept by the Administrative Assistant, or in his or her absence, by such other person as the President shall direct.

Part 3: Minutes Of Proceedings Of Commission And Committee Meetings

- 3.1 The Commissioner of each commission and the Chairman of each committee shall be responsible for preparing minutes of proceedings of all meetings of leagues or committees, and shall furnish copies of the same to the Secretary of the Association. The Secretary shall send copies of all commission meeting minutes to the Directors, Athletic Directors and Principals of all member schools, the Director of Secondary Instruction, SD23, OCSAA, Asst. Superintendent in the form of minute attachments at the AGM and on the website.

ARTICLE E: ATHLETIC DIRECTORS

Part 1: The Role Of The Athletic Director

- 1.1 Each Member School shall designate an *administrator or teacher* with an official or unofficial title of Athletic Director.
- (a) In the event that a school does not have a designated teacher with an official title of Athletic Director, an Administrative Officer of that school must be responsible for the general internal and external communication regarding Athletics and the OCSAA.
 - (b) If an Athletic Director is not designated at the Declaration meeting, the school will not be allowed to enter teams in the OCSAA leagues **and will be fined \$50.00.**
- 1.2 Every Athletic Director and Principal shall receive the minutes from all OCSAA meetings.

Part 2: Athletic Director's Responsibilities

- 2.1 The Athletic Director shall be responsible for general internal and external communication regarding athletics.
- 2.2 Athletic Directors' meetings shall take place from time to time as the need arises to:
- (a) Exchange information and ideas of potential use to Athletic Directors
 - (b) Identify problems and concerns to Athletic Directors and discuss methods of solving them
- 2.3 All Athletic Directors are required to attend following Seasonal Confirmation Meetings
- (a) Fall Meeting 2nd Wednesday of the school of the year
 - (b) Winter Meeting 1st Tuesday of November
 - (c) Extended Winter Meeting 3rd Tuesday of January
 - (d) Spring Meeting Tuesday of the 2nd full week of March
 - (e) AGM 1st week of June

ARTICLE F: SPORTS COMMISSIONS

Organized sports carried out under the auspices of the Association shall be organized by leagues, and a league or any member of a team thereof shall only be entitled to participate in the activities of the Association upon the adoption and observation of organization of the leagues, and the rules of competition and practice hereinafter set out.

Part 1: Commissions

OCSAA Sports commissions shall include:

Grade 7 Boys Volleyball	Grade 7 Boys Basketball	
Grade 7 Girls Volleyball	Grade 7 Girls Basketball	Football
Grade 8/9 Girls Field Hockey	Grade 8 Boys Basketball	Grade 8 Boys Volleyball
Grade 8 Boys Rugby	Grade 8 Girls Basketball	Grade 8 Girls Volleyball
Senior Girls Rugby	Grade 9 Boys Basketball	Senior Girls Volleyball
Track and Field	Grade 9 Girls Basketball	Senior Boys Volleyball
Senior Girls Field Hockey	Junior Boys Basketball	Grade 9 Girls Volleyball
Junior Girls Field Hockey	Junior Girls Basketball	Grade 9 Boys Volleyball

Cross Country Running
Junior Golf
Senior Golf
A/AA/AAA Soccer
Ultimate Frisbee (2020)

Senior Boys Basketball
Senior Girls Basketball
Senior Boys Rugby
Badminton

Junior Girls Volleyball
Junior Boys Volleyball
Junior Boys Rugby
Tennis

Note: Junior programs include Jr A & Jr B teams

Part 2: Introduction Of New Sport Commissions

- 2.1 Introduction of new sport commissions must have the approval of the Board of Directors of OCSAA and OCSAA Executive.
- 2.2 New sport commissions shall be reviewed after a trial period of 1 year and adopted at the next AGM.

Part 3: Deletion Of Existing Sports Commissions

- 3.1 A Notice of Motion must be presented at an OCSAA AGM in order to delete an existing Sports Commission.
- 3.2 If the Motion to drop the commission is approved, the commission may operate for one more season of competition before being discontinued.

Part 4: Declaration Dates And Seasonal Confirmation Meetings

- 4.1 Each school must have their Athletic Director or designate and a representative for each sport commission at each Seasonal Confirmation Meeting. The meetings dates are to be as follows: (subject to change)
 - (a) Fall - 2nd Wednesday of the school of the year
 - (b) Winter - 1st Tuesday of November
 - (c) Extended Winter - 3rd Tuesday of January
 - (d) Spring - Tuesday of the 2nd full week of March
- 4.2 Each team must be represented by a school representative at the Seasonal Confirmation Meeting. Non-attendance will result in a fine of \$50.00
- 4.3 In order for a league to exist in the OCSAA, there must be a commissioner selected by the night of the Confirmation Meeting.
- 4.4 Commencing on the third (3rd) week of September, the rotation of play days for **volleyball** will be set as follows:

Mondays: Gr 8 Boys & Girls Tuesdays: Jr B Girls & Jr A Boys

Wednesdays: Gr 6 Boys & Girls Thursdays: Jr A Girls & Jr B Boys

Fridays: Gr 7 Boys & Girls

Option as needed to fulfill schedule

Part 5: Voting At Commission Meetings

The voting members of the organizational meeting of a commission, and at subsequent meetings of the commission that season, shall consist of one (1) designate from each of the member schools entering a team or teams in the league.

Part 6: Sport Commissioner's Responsibilities

- 6.1 It shall be the duty of each Commissioner to ensure that the Constitution, by-laws, and interpretations of the Rules and Regulations, both permanent and temporary, of the Directors are enforced within the Commission, under his or her care. Commission rulings may be appealed to the Directors.
- 6.2 The Sports Commissioner shall provide assistance to the Administrative Assistant in the creation of League Formats for the season.
- 6.3 Meet with all coaches at the seasonal and commission confirmation meeting.
- 6.4 Collect all scores and send out standings (twice during league play).
- 6.5 Each Commissioner shall hold a post-season meeting to discuss problems with the season's plan, to discuss rules and regulations for the sport concerned, and to elect a person to be the Sport Commissioner for the following year. The Sport Commissioner shall inform all commission members of the post-season meeting in writing such that all members receive the notice fourteen (14) days before the meeting.
- 6.6 Following the post-season meeting, the Commissioner shall submit the Commission's Year End Report (on standard form) to the Administrative Assistant. This report will be included in the AGM Booklet.
- 6.7 If no Commissioner is appointed at the meeting, the league will not be scheduled.

Part 7: Pennants

Zone pennants (champion and finalist) will be presented to the two (2) teams that competed in the final match. The winning team receives the championship pennant and the loser receives the finalist pennant. Challenge games do not affect pennant recipients. Pennants may not be awarded to non-member schools.

Pennants will be made available to winning school only upon that school's request

ARTICLE G: ALLOCATION OF OFFICIALS

Part 1: Billing Procedure

Within two (2) weeks of the completion of the sport specific season member schools shall receive detailed, itemized accounting statements from the Sport Specific Officials Allocator for the league, tournament, exhibition and play-off play.

ARTICLE H: TEACHERS, SPONSORS AND COACHES

Part 1: Teacher/Sponsor Responsibilities

1.1 Coaches: The head coach or sponsor of each team must be approved by the school's Principal. The coach must be present at all games, ride the bus with the team, and either be on the bench or the sideline with their team or the game is forfeited.

1.1.1 Outside Coaches: Any non SD #23 coach will need to complete the Criminal Record Check Protocol and Driving Declaration Form See Athletic Director/ SD#23 Human Resources.

1.2 For Association league competition, competent officiating must be provided. Coaches or sponsors are expected to maintain control of competition officiated by students. For the OCSAA playoff competition hosted by Association schools, competent officiating must be provided. The following steps should be taken when officials are unsatisfactory or when a dispute arises during a contest:

- (a) Coaches or sponsors should meet with the officials.
- (b) Coaches and players should be given ample warning before being ejected from a contest. No warning is needed when the action is flagrant.

1.3 NEW

Each member school of the OCSAA will ensure all coaches have committed to a set standard of coaching behaviours and ethics on an annual basis. All coaches must annually declare their intent to conduct themselves within OCSAA standards by completing the OCSAA Coaching Declaration Form available from an Athletic Director at your school.

Part 2: Coaches' Responsibilities

- 2.1 Coaches must attend the seasonal confirmation meeting for their sport.
- 2.2 Coaches and sponsors are to inform players that they have a commitment to continue with the team until the end of the season.
- 2.3 No game is to be started unless a teacher, coach or sponsor from each team is present on the bench or sideline.
- 2.4 Coaches and sponsors are responsible for seeing that a high standard of sportsmanship is carried out by players, spectators and coaching staff.
- 2.5 Under no circumstances shall a teacher/coach recruit a student from another school either directly or through the influence of a third person.
- 2.6 Any incident of misconduct by players, coaches, referees or spectators must be reported to your school Principal, Athletic Director and the OCSAA President within 72 hours.

ARTICLE I: AWARDS AND BURSARIES

Part 1: Augie Ciancone Award And Bursary

- 1.1 Each year the Selection Committee from the member schools shall meet to determine the best male and female athlete registered in Grade 12 in the OCSAA.
- 1.2 The Selection Committee shall consist of:
 - (a) Administrative Representative
 - (b) AAA Member School Representative
 - (c) AA Member School Representative
 - (d) A Member School Representative
 - (e) OCSAA Representative
- 1.3 Submissions on the standard written form must now include:
 - 1. OCSAA Nomination Form
 - 2. Student/Athlete's grades from senior courses
 - 3. Three letters of recommendation, one from each:
 - Representing their OCSAA senior athletics
 - Representing beyond extra-curricular athletics
 - Representing their leadership/citizenship
- 1.3.1 Submissions must be presented to the OCSAA President one (1) week prior to the selection meeting. Schools can submit more than one nomination.

- 1.4 Criteria for selection includes the following:
- | | |
|----------------------------------|-----|
| (a) OCSAA Athletics | 55% |
| (b) Extension of OCSAA Athletics | 20% |
| (c) Citizenship | 10% |
| (d) Leadership | 10% |
| (e) Academic | 5% |
- 1.5 Voting will be done using an open ballot system. The Selection Committee shall evaluate to break any ties.
- 1.6 Each finalist will have their name and resume sent to local newspapers for publication.
- 1.7 The recipients will be presented with the Augie Ciancone Award at the annual Kelowna Civic Awards Banquet. The President of the OCSAA is responsible for providing keeper plaques for the recipients from the OCSAA funds.
- 1.8 The recipients will be presented with \$500.00 bursaries at their school Awards ceremonies.
- 1.9 Coaches will be informed of the recipients (informally) at a later date.

SECTION 3

COMPETITIVE POLICIES AND PROCEDURES

ARTICLE A: ELIGIBILITY

The OCSAA is a member of B.C. School Sports and as such adheres to all B.C. School Sports Eligibility Rules. Please refer to the B.C. School Sports Handbook for the most recent policies and procedures.

Part 1: Definitions

Please refer to BCSS Handbook

Part 2: School Team Eligibility

A School Team is defined as any one student or group of students who are representing the school in interschool sport activity, and are supervised by a school district approved coach/sponsor and under the authority of the school administrator.

Note: OCSAA member schools with gr 6 student athletes will be allowed to participate in OCSAA sanctioned sports. An implementation plan is being finalized starting with volleyball and basketball.

Please refer to BCSS Handbook

Part 3: Student Eligibility

BC SCHOOL SPORTS recognizes the right of all students to choose which school they attend and which subjects they study. BC SCHOOL SPORTS, however, is charged with the responsibility of drafting, implementing and enforcing rules on eligibility for those who seek the privilege of participating in interschool competition. The over-riding purpose of these rules is to ensure fair and equitable competition.

Students must meet all of the eligibility requirements of BC SCHOOL SPORTS before being able to participate in any restricted secondary school interschool competition in British Columbia.

Please refer to BCSS Handbook

Note: New addition in 2018

#26 SOGI Student athlete Gender 35.0

Clear language now exists to define what is necessary for a student athlete to complete if gender identity is altered and what application needs to be completed. 35.2, 35.3

BCSS has clear language to follow if an athlete identifies with the opposite gender and what is required to meet the standard. Eligibility application is required for the EO to rule.

Part 4: Appeal Procedures

Ascertaining the eligibility of a student is the responsibility of the school at which the student is registered. The local Athletic Association should be the first level of interpretation in reference to determining eligibility. The BCSS Executive Director may also be referred to if necessary.

In situations not provided for in these Eligibility Policies or where extraordinary circumstances

inhibit a student's opportunity to participate in school athletics, the Eligibility Appeals Committee and the Jury Of Appeal shall be empowered to exercise their authority to waive the eligibility rules to ensure a fair and reasonable decision as per the philosophy of BC SCHOOL SPORTS as stated in the preamble to Part 3.

Please refer to BCSS Handbook

Part 5: OCSAA Specific Eligibility

- 5.1 A student in grade 8, 9 or 10 is eligible for competition for the school which he/she attends. The exception being the formation of junior teams between a middle school and the school he/she would normally attend. Permission of both Principals is required.
- 5.2 A grade 8 player who participates in the fall season of a junior sport (Volleyball) shall not be eligible to participate in the spring grade 8 league of that sport.
- 5.3 A player will be eligible for one (1) year of grade 8 sports with the exception of grade 7 students who were enrolled in the member school and played on the grade 8 team while they were enrolled in grade 7.

Part 6: Player Registration – OCSAA Specific

- 6.1 The dates for player registration are to be postmarked in accordance with BCSS deadlines.
- 6.2 Additions and changes in team registration lists must be submitted with the required information in accordance with BCSS deadlines (*see BCSS website in the fall*).
- 6.3 A student's name must not appear on two (2) team sport registrations at the same time during a season. Team sports for the purpose shall be soccer, field hockey, basketball, rugby, volleyball.
- 6.4 If a player's name appears on more than one list, a team may forfeit points for the competition in which the player has participated.
- 6.5 Playing an ineligible player results in a forfeiture of all games played and won by that player or players. Results recorded as 1 – 0 for the other team.

ARTICLE B: RULES AND REGULATIONS

Part 1: School Obligation To Participate

Schools are not committed to play in all sports or enter all divisions of a particular Association League, but where a school has teams competing in sports conducted by the Association, they shall be obligated to play in the Association league of that sport. Where the Association does not offer a specific sport, the Directors may, upon application of a member school, permit participation in a league not under the Association jurisdiction.

NOTE: Addition for 2018:

In cases where a school has a large number of participants and/or not enough coaches, schools have a choice to run "in house play" at their school. The objective should be to enter a team into the Association League. This exception would only apply when a team has an abnormally large number of participants.

Part 2: Organization Of Leagues

- 2.1 The formats for all OCSAA leagues will be determined by the Administrative Assistant after consultation with the current commissioner of the particular sport and the OCSAA executive.
- 2.2 The OCSAA Executive shall have the right to review and change all league and playoff structures.
- 2.3 An association league may be organized in more than one (1) age/division.
- 2.4 Schools are allowed to enter more than one (1) team in any sport.
- 2.5 A school is allowed only one (1) team per league to play up, and only after fielding a team in the age appropriate division, with the exception outlined in 2.6. A team playing up is not allowed to drop back down and compete in the playoffs or finals,
- 2.6 The organization of Gr 9 & Jr basketball and volleyball leagues will allow for Jr "A" and "B" tiers which will include all Gr 9 and 10 players. Teams will choose to enter either the "A" or "B" tier depending on the skill and experience of their players.
- 2.7 Grade 6, 7 & 8 Leagues – SEE Grades 6, 7 & 8 Volleyball & Basketball for formats

**** NOTE:** *Regionalization will be considered for league/pool play*

Part 3: Organization Of Schedules And Playoffs

Organization of zone playoffs will be handled by the Scheduler in accordance with the OCSAA playoffs.

Part 4: Game Rules

- 4.1 All OCSAA league competition and playoffs must be played under the rule of the recognized authority for that sport, unless exceptions have been incorporated in the rules of the league.
- 4.2 All the OCSAA playoffs must be played under the rules of the recognized authority for that sport, unless exceptions have been approved by more than sixty percent (60%) of the members concerned with that sport's commission.
- 4.3 For Junior and Senior leagues, the 3rd place finisher in an OCSAA championship has a right to back door challenge the 2nd place finisher, if they have not already played during the playoffs, in order to advance to a **Valley championships**. This rule will apply unless it is decided not to at the Declaration Meeting

Part 5: Seasons And Limits Of Play And Practice

- 5.1 The Association wishes to give each sport full rights to carry out its program in its assigned season.
- 5.2 The Association must comply with the B.C. School Sports limits of seasons of play.
- 5.3 In all cases, a student registered with a seasonal sport team which is still participating in Association league schedule or playoffs, OCSAA playoffs, or the B.C. playoffs shall not take part in practices or exhibition games of a sport of the following season, unless there is mutual consent between the two (2) coaches of the sports concerned and it is within the published starting dates.
- 5.4 Participation in the B.C. School Championships which are held outside the OCSAA season limits may be permissible.
- 5.5 Permission must be requested in writing for any out-of-season games, excluding provincial championships. Such requests must be directed to the Association President at least fourteen (14) days prior to the date of the event. Permission may be given in such cases if the game is to be played against a school team visiting Canada or by a member school visiting another country for the purpose of cultural exchange. There is special permission required at the district level for out of province or country travel
- 5.6 Teams failing to request permission are subject to disciplinary action.
- 5.7 The OCSAA does not mandate seasons of practice for any sport. It is recommended, however, that **member schools abide by participation and practice by in season sports to take precedence over all other activities by their athletes and coaches.**

Part 6: Default, Postponements, Forfeitures And Withdrawals

6.1 Cancelling of a game:

- (a) OCSAA league games are to be cancelled or rescheduled only under exceptional circumstances. If you absolutely have to cancel or reschedule a game, the following people must be notified 48 hours prior to the cancellation:
 - (i) Coaches of both teams
 - (ii) OCSAA Scheduler
 - (iii) Your Athletic Director
 - (iv) Commissioner for your sport
 - (v) OCSAA President
 - (vi) Referee Allocator
 - Opposing Athletic Director
 - Transportation Office

When a school cancels a game, except in a legitimate emergency, they will now forfeit the game and be imposed a \$50.00 fine per game to the OCSAA. Failure to pay the fine will result in the team not being included in the playoff structure.

- (b) Cancelled games will not be rescheduled.
- (c) There will be a fine of \$100 levied to schools that do not give 24 hours notice of bus cancellations for out of town games.

6.2 Defaulting a game:

- (a) Games should be defaulted only under exceptional circumstances. If a team is forced to default a game, the Principal and Athletic Director of that school and the OCSAA President must be informed prior to notifying the opposing team. The opposing team must be given 48 hours notice if a game is to be defaulted.
- (b) If a team, for reasons beyond its control, cannot play a scheduled game, the opposing team, the Administrative Assistant, and the OCSAA President must be notified as soon as possible.

6.3 Protesting A Game

- (a) In order to be considered, a request for a protest review must be made in writing within two (2) days of the competition. The report must state the reasons for the protest and contain the details involved. Copies must be sent to the Association President, Sports Commissioner, and the opposing school. The Association President should be informed by phone as soon as possible if a protest has been made.

For a protest to be considered, a coach must inform the referee and the opposing team that he/she is protesting the decision at the time of the incident and is thus allowing the game to be completed under protest. Protests brought forward after the end of competition cannot be considered.

- (b) The Executive and Sport Commissioner will rule on any protest. Appeals to a protest ruling will follow the guidelines put forward by the OCSAA.

6.4 Withdrawing A Team

- (a) Withdrawing a team from a league is a very serious matter. A coach or sponsor must discuss this matter with the school Principal and Athletic Director before a decision to withdraw is made. If exceptional circumstances force a

team to withdraw, the OCSAA President must be notified immediately.

- (b) Schools that declare a team and then pull out of the league after the deadline shall be assessed a fine of \$100.00. This fine will double each time a school defaults a team during a school year.

6.5 Out Of Town Games

- (a) There will be a fine of \$100 levied to schools that do not give 24 hours notice of bus cancellations for out of town games

Part 7: Protests And Appeals

- 7.1
- (a) A protest shall be the term for a formal objection made to the Directors, of an interpretation of the rules of the competition made by one or more game officials, or of some other aspect of the running of a competition, or of some alleged violation of a rule made by another school.
 - (b) For Association competition, a protest shall only be considered if it is made at the time of the incident and directed to the Association President with two (2) days of the competition.
 - (c) Three (3) copies of the written protest, giving details and reasons for the protest shall be sent:
 - (i) One (1) copy to the President of the Association
 - (ii) One (1) copy to the Sport Commissioner
 - (iii) One (1) copy to the other school, addressed to the Principal
- 7.2
- (a) An appeal shall be the term for a formal application to the Directors to establish a review of a decision such as that made by the Directors, the Discipline Committee, a Protest Committee, the President, a Sports Commissioner, etc., or to review a violation of a rule made by their own school.
 - (b) For Association competition, an appeal shall only be considered if it is made within two (2) school days of the date the decision was first announced verbally or in writing to the teacher/coach or sponsor of the team or individual affected; with the exception of appeals.
- 7.3
- (a) Suspensions which may be made at any time.
 - (b) Three (3) copies of the written appeal, co-signed by the Principal of the school involved, giving details and reasons for the appeal shall be sent:
 - (i) One (1) copy to the President of the OCSAA
 - (ii) One (1) copy to the person or head of the group that made the decision

An appeal shall be conducted under the guidelines established by the OCSAA.

ARTICLE C: SPORT COMMISSION – RULES AND REGULATIONS

Coach's Handbook

All coaches and sponsors must have their own copy of the current BCSS Coach's Handbook and be fully knowledgeable of the rules in it, plus the policies of this sport. Copies of the BCSS Coach's Handbook are available from each school's Athletic Director, and on the SD#23 Athletics Webpage.

PART 1: Grade 6 Basketball:

RULES & REGULATIONS

PHILOSOPHY

All players, coaches and spectators must adhere to the BCSS (BC School Sports) and OCSAA Code of conduct.

There is STRICTLY a NO-CUT and EQUAL PLAY TIME policy. Each student is encouraged to participate and therefore learn and enjoy the sport of basketball.

BASKETBALL:

For 2022/23;

Grade 6 Leagues will now be added to the formal schedule of leagues which will be created by Pat Kennedy the scheduler. Bussing will also be supplied and scheduled by Pat Kennedy

To give the grade 6 students and opportunity to experience a limited schedule which is very similar to the grade 7 program with a bus schedule included.

If a school forms more than one team, each team must be of equal caliber with no stacking of greater talent onto one team.

Basic Rules:

Playing time: there will be 10 four minute shifts for players

No breaks between shifts, simply substitutes

Substitutions only at the 4 minute mark unless there is an injury

That the games be played under the "fair play" rule, even in the fourth quarter.

Rule Exceptions:

- a. No Zone Defenses
- b. No Full-Court Presses
- c. No Foul Shots (1 pt. and possession)

No free throws in the league. If a player is fouled in the act of shooting, the offensive team gets a point and possession of the ball on the end line. If when fouled, the shot goes in; the basket counts for 2 points (or 3 pts if successful from 3-pt range) and ball goes over to the defensive team.

No pressing.

The attempt will be to have regional divisions of the league to cut down on travel time where possible.

League Play:

5 games with no playoffs

Coaches/parents/volunteers will officiate these games

Volunteers run score clock, scoresheets optional

Part 2: Grade 7 Basketball – Commission Rules and Regulations

Updated January 2023

2.1 Coach's Handbook (See BC School Sports Website)

All coaches and sponsors must have their own copy of the current Coach's Handbook and be fully knowledgeable of the rules in it, plus the policies of this sport. Copies of the Coach's Handbook are available from each school's Athletic Director or the OCSAA website.

2.2 Grade 7 Philosophy

Emphasis should be placed upon participation, skill development and sportsmanship. All players should receive equal court time. Examples of situations where this might occur, missing practice & discipline. In keeping with the OCSAA philosophy, no player shall be cut.

- Equitable playing time
 - Players must be in good-standing with the school and athletics program

2.3 League Formats

1. Teams can enter 1 or more teams
2. In order for a school to field more than one team, each team must have a minimum of 10 players. School with two or three registered teams must designate the players to a certain team. There will be no exchanging of players between teams. All teams must be divided with equal number and talent.
3. If there are two or more teams entered from a single school, they may compete together or in separate pools (Dependent on league logistics and coaching numbers)
4. All Leagues will play under basic international rule (FIBA Rules) with their own minor exceptions.
5. The formats for all OCSAA leagues will be determined by the Administrative Assistant after consultation with the current commissioner of the particular sport and the OCSAA executive.

2.4 Game Format

1. Each Host School should ensure:
 - a. Referees are present
 - * ONE paid certified official will be scheduled to referee a game
 - b. Volunteers are present to run score clock (scoresheets optional)

League Play:

5 games with no playoffs

1 referee will be supplied for each game

2.5 General Regulations

1. One official will be assigned by the KABO. The league will follow FIBA rules with modified rules listed below.
2. Responsibilities of home (host) school: a. Provide a #6 size game ball b. Provide a scorer and timer as well as a possession arrow and c. No 24 or 30 second clock will be used.
3. The game format will be **eight** shifts of four minutes stopped time. Halftime will occur at the completion of four shifts and will be five minutes running time in length.
4. Game substitutions will only occur at the beginning of each the 4 minute shifts. *If a team has less than ten players, both coaches must agree to allow substitutions after any whistle during the period as opposed to just at the beginning of a 4 minute shift.*
5. A player who leaves a shift due to injury or medical reasons shall not return to the game during the same shift.
6. For shift changes, the horn will sound to indicate the end of the four minute shift and five new players will immediately enter the court.
7. A jump ball will be conducted at the beginning of the game. After that, the possession arrow will be utilized throughout the game and at the beginning of each new four minute shift.
8. A player will continue to participate in the game until the player has five personal fouls at which time the player must leave the game.
9. If an offensive player is fouled in the act of shooting and the shot is unsuccessful, the player will attempt 2 free throws if fouled in the two point field goal area or 3 free throws if fouled in the three point field goal area.
10. If an offensive player successfully converts a two point field goal and is fouled in the act of shooting, the player will attempt 1 free throw for an additional point.
11. If an offensive player successfully converts a three point field goal and is fouled in the act of shooting, the offensive team will receive three points and the player will attempt one free throw for a possible additional point.
12. A defensive team is in penalty when they commit five fouls in a quarter (Period 1/2 or 3/4 or 5/6 or 7/8). If this occurs, the offensive team player that was fouled will shoot 2 free throws. Team fouls reset to zero at the beginning of each quarter.
13. If the game is tied at the end of the eighth shift, an overtime period of two minutes will occur. Five new players will enter the game for overtime. Team fouls from period 7/8 carry over into any overtime periods and are not reset to zero.
14. If the game is tied at the end of the first or second or third overtime period, an additional shift of one minute will occur. Five new players will enter the game for each overtime period.
15. Teams will play man to man defense and pick up their checks in the offence's front court only letting the offense bring the ball over half court. No zone defense is allowed and no man-to-man defense in the offence's back court is allowed no matter the point spread.
16. Each team is allowed one time out in the first half and one in the second half. If you do not use your timeout in the first half you lose that time out. Each team will get one time out if a game goes to overtime.

PART 3: Grade 8 Girls and Boys Basketball

Commission Rules and Regulations

3.0 Coaches Handbook All coaches and sponsors must have their own copy of the current BCSS Coach's Handbook and be fully knowledgeable of the rules in it, plus the policies of this sport. Copies of the BCSS Coach's Handbooks are available on the SD#23 Athletic Webpage.

3.1 Grade 8 Philosophy Emphasis shall be placed upon participation, skill development and sportsmanship. It is required that players receive equal court time in each game (including exhibition and tournaments within OCSAA boundaries). In keeping with OCSAA philosophy, no player shall be cut and instead encouraged to participate and improve.

- Equitable playing time
 - Players must be in good-standing with the school and athletics program to be eligible to play in league games

3.2 Registration

1) All Grade 8's must be registered with BCSS (This might be eliminated soon)

2) Registering teams:

a) Schools have the choice to register one or more teams into the league.

b) In order for a school to field two or more teams, each team must have a minimum of **10 players**.

c) Schools that register one team will have all athletes participate at each game.

d) School with two or three registered teams must designate the players to a certain team. There will be no exchanging of players between teams.

3.3 League Format

1. This league will begin during the latter part of November and operate four weeks prior to winter break and five weeks after winter break. For a total of eight weeks. There are no playoffs for grade 8 basketball.

2. The leagues for the season will be organized to manage transportation issues, number of teams and geographical location.

3.4 General Regulations

1. Two officials will be assigned by the KABO. The league will follow FIBA rules with modified rules listed below.

2. Responsibilities of home (host) school: a. Provide a #6 size game ball b. Provide a scorer and timer as well as a possession arrow and c. No 24 or 30 second clock will be used.

3. The game format will be **eight** shifts of four minutes stopped time. Halftime will occur at

the completion of four shifts and will be five minutes running time in length.

4. Game substitutions will only occur at the beginning of each the 4 minute shifts. *If a team has less than ten players, both coaches must agree to allow substitutions after any whistle during the period as opposed to just at the beginning of a 4 minute shift.*

5. A player who leaves a shift due to injury or medical reasons shall not return to the game during the same shift.

6. For shift changes, the horn will sound to indicate the end of the four minute shift and five new players will immediately enter the court.

7. A jump ball will be conducted at the beginning of the game. After that, the possession arrow will be utilized throughout the game and at the beginning of each new four minute shift.

8. A player will continue to participate in the game until the player has five personal fouls at which time the player must leave the game.

9. If an offensive player is fouled in the act of shooting and the shot is unsuccessful, the player will attempt 2 free throws if fouled in the two point field goal area or 3 free throws if fouled in the three point field goal area.

10. If an offensive player successfully converts a two point field goal and is fouled in the act of shooting, the player will attempt 1 free throw for an additional point.

11. If an offensive player successfully converts a three point field goal and is fouled in the act of shooting, the offensive team will receive three points and the player will attempt one free throw for a possible additional point.

12. A defensive team is in penalty when they commit five fouls in a quarter (Period 1/2 or 3/4 or 5/6 or 7/8). If this occurs, the offensive team player that was fouled will shoot 2 free throws. Team fouls reset to zero at the beginning of each quarter.

13. If the game is tied at the end of the eighth shift, an overtime period of two minutes will occur. Five new players will enter the game for overtime. Team fouls from period 7/8 carry over into any overtime periods and are not reset to zero.

14. If the game is tied at the end of the first or second or third overtime period, an additional shift of one minute will occur. Five new players will enter the game for each overtime period.

15. Teams will play man to man defense and pick up their checks in the offence's front court only, letting the offence bring the ball over half court. No zone defense is allowed anywhere on the court. No man-to-man full court press is allowed any time during the game regardless of the score.

16. Each team is allowed one time out in the first half and one in the second half. If you do not use your timeout in the first half you lose that time out. Each team will get one time out if a game goes to overtime.

3.6 Playoffs

There will be **NO** gr 8 basketball playoffs

Instead, teams will play an 8 game regular season depending on gym availability.

Part 4 Grade Nine Basketball (not applicable to OCSAA-Jr instead)

Part 5 Junior A & B Basketball (Boys & Girls: Gr 9, Gr 10 or Blended 9/10)

Commission Rules and Regulations

5.0 Junior Basketball Philosophy

To provide junior level athletes with the opportunity to be exposed to team systems and tactics in a competitive environment.

5.1 League Format

- (a) There will be a Jr A division for boys & girls (more competitive play-leads to OVSAAs playoffs) and a Jr B league for boys & girls (more recreational-leads to OCSAA playoffs only).
- (b) The league will consist of a single round robin format with each team hosting and traveling as equally as possible.
- (c) League standings will be kept by the league commissioner. It is the responsibility of both teams to email in the scores to the commissioner within 24 hours of completion of game.

5.2 Registration

- (a) All teams must be registered with BC School Sports,
- (b) Schools with 1 or more teams must designate the players to a particular team. There shall be no exchanging of players between the teams. Team lists may be requested by the commissioner.

- (c) Schools fielding one (1) team comprising any grade 10 players are mandated to register in the Jr A league. Should a school have a second team, it is afforded the flexibility to register this team in either the Jr A or Jr B league. Additionally, a team composed solely of Grade 9 players retains the option to register in either the Jr A or Jr B league. In exceptional circumstances, where schools with grade 10 players may submit a written request to join the Jr B league instead of the Jr A league.

5.3 OCSAA Executive amendment based on feedback from Athletic Directors

Teams of **gr 9 players only** MUST declare playoff path:

2.2.1.1 Option #1: To remain in OCSAA playoff system

2.2.1.2 Option #2: To declare desire to participate in a qualifier that leads to the non-sanctioned Invitational tournament in BC.

2.2.1.2.1 Any and all teams which declare Invitational route will be ineligible to compete in any OCSAA playoffs

2.2.1.3 The Invitational qualifier may not always be held as a school has to step forward and organize (invite teams, schedule, officials etc)

2.2.1.4 Interested teams should consult with your school Athletic Director first

2.2.1.5 This qualifier MUST be held before the end of Week 5 or regular season play in OCSAA schedule

5.4 Playoff Formats

- **Playoff formats must be finalized with Commissioner and League Scheduler (playoff schedules/formats will be determined by number of teams participating)**
 - **Number of teams which qualify for playoffs can vary season-to-season based on total number of teams per league, gym availability and officials' availability.**
 - **If possible, a consolation round may be available to those teams which do not qualify for playoffs**
- (a) Jr A: Backdoor challenges may occur if the 3rd place team has not been beaten in the playoffs by the 2nd place team from playoffs. If a challenge game is necessary it will be played on the Friday of the same week.
- (b) If there is a tie in the League standings, the following procedure will be used to break the tie:
- (i) If two or more teams are tied the team who defeated the other team(s) will advance
 - (ii) If a tie remains, then points for and against between tied teams will be used
 - (iii) If a tie remains, then points for and against between all teams shall be used
 - (iv) If a tie remains, then a coin toss shall be used
- (c) All playoff games will be 8 min. quarters, 5 min. half time and 3 min. overtime periods. Four timeouts per game with one per overtime period.
- (d) Association referees shall officiate all playoff games. The cost of the playoffs shall be shared equally amongst all the teams in the playoffs.
- (e) Jr A: The top two teams from the OCSAA Playoffs shall represent Central at the Valley Championship Tournament on the 2nd last Friday and Saturday of February.
- (f) Jr A: The host team for the Valley Championship Tournament is determined on a rotational basis as outlined in the OVSAA constitution
- (g) Jr A: SAME School CANNOT send 2 teams to Valley Championships (this applies to OVSAA leagues only)
- (h) Jr B: OCSAA playoffs only (No Valley or Provincials)

5.5 General Regulations

- (a) Responsibilities of home school:
- (i) Provide a Baden game ball
Provide a scorer, a timer and a 30 second clock operator
 - (ii) Email/text the game results to the commissioner
- (b) Each team shall travel with a set of warm up balls.
- (c) Defenses: Any defense is allowed

Part 6: Senior Girls & Boys Basketball – Commission Rules and Regulations

6.0 Philosophy

To provide an opportunity for student athletes to play basketball at a highly competitive level under FIBA rules.

6.1 Registration

- (a) All teams must be registered with BC School Sports
- (b) Schools with 2 registered teams must designate the players to a particular team

6.2 League Format

- 1. AAAA Boys is OVSAA League
- 2. AAAA Girls is OVSAA League
- 3. AAA Girls is OVSAA League
- 4. AAA Boys is OVSAA League
- 5. A/AA Boys & Girls are OCSAA Leagues

6.3 Playoffs

All OVSAA leagues are governed as per Association rules & regulations.
A/AA Boys & Girls leagues playoff formats are to be determined by League Commissioners and OCSAA Scheduler.

Part 7 Senior Girls Basketball (part of Sr Girls & Boys)

Part 8 Grade 6/7 Girls Field Hockey – Commission Rules and Regulations

8.0 Coaches Handbook

All coaches and sponsors must have their own copy of the current O.C.S.A.A. Coaches Handbook and be fully knowledgeable of the rules in it, plus the policies of this sport. Copies of the Coaches Handbook are available from each school Athletic Director.

8.1 Grade 6/7 Philosophy

Emphasis is placed upon participation (equal playing time for all players), basic instruction and good sportsmanship. No league standings will be kept. OCSAA has a standard NO-Cut policy for all grade 6/7 sports.

8.2 League Format

- (a) Depending on the number of teams that enter the league it should be a round

robin style format. Schools may also arrange games on their own with O.C.S.A.A. members.

- (b) Games will be up to 20-25 minutes in length running time with no halftime. A five minute break will be provided between games
- (c) Games that end as ties at the end of regulation will remain as ties.
- (d) League play to typically start the first week of April and continue for 5 weeks of play days with games held once per week (usually on Monday's, not including long weekends). Depending on when Spring break occurs and the availability of fields may determine the league starting date. The league must finish on the Monday before the May long weekend.

Registration

- (e) All schools participating must be members of the O.C.S.S.A. The exception to this should only happen with consent of the O.C.S.S.A. president and sport commissioner.
- (f) Schools with more than one registered team must balance the teams so that they remain even in terms of ability.

8.3 General Regulations

- (a) Games are played across a regulation field divided in half with pop up goals (or similar) placed at either end. Cones 2 metres apart for may also be used for goals.
- (b) Schools should bring with them a set of pinnies (in case of jersey conflicts), cones, and game balls.
- (c) The teams play up to 7 a side with no goalies. Depending if coaches agree teams may play with fewer players if they desire.
- (d) Substitutions are on the fly or at a stoppage in play (coaches and umpires discretion).
- (e) Sticks should not go above shoulder height on back swing and follow through.
- (f) The ball is to be contacted with split hands hits only.
- (g) No short or long corners are played. Any infraction within 3 meters (approx.) of the goal is either a free hit 3 metres from the end line for the offensive team (with defenders 3 metres away) or a 3-metre hit from the end line for the defensive team.
- (h) Dangerous play results in a "Teachable moment" and change of possession with a free hit.
- (i) Any minor infractions or balls hit over the sideline will result in a free hit for the opposite team.
- (j) Minor infractions would include the following: foot playing the ball, stick or player obstructing an opponent's stick from playing the ball, players accidentally pushing or tripping opponents.
- (k) Scores are not recorded, as there is no playoff structure for grade 6/7's.
- (l) Teams will shake hands at the end of each game
- (m) **Mandatory Experiment** – when there is a free hit within 3 metres of the opposition goal there cannot be more than 3 players of each team within the 3 metre area.

8.4 School Rep and Discipline

At all times there must be present, from each school taking part, at least one school representative who shall be responsible for the proper carrying out of player conduct and game arrangements.

All incidents of abuse towards officials, players, or coaches shall be enforced under the O.C.S.A.A. rules with regards to discipline.

Part 9. Grade 8/9 Girls Field Hockey – Commission Rules and Regulations

2.3 Coaches Handbook (See BC School Sports Website)

All coaches and sponsors must have their own copy of the current Coaches Handbook and be fully knowledgeable of the rules in it, plus the policies of this sport.

Copies of the Coaches Handbook are available from each school Athletic Director or BCSS.

9.1 Grade 8/9 Philosophy

This is a competitive league. Emphasis is placed upon good sportsmanship and fair play as according to current FIH rules. League standings will be kept with a playoff format at the end of league play (time permitting).

9.2 League Format

- (a) Depending on the number of teams that enter the league it should be either a single or double round robin style format.
- (b) Games will be two 25 minutes halves with a 5 minute halftime.
- (c) Games that end as ties at the end of regulation will remain as ties during the regular season.
- (d) League play to typically start the third week of September and continue for 5 weeks. The league should finish the last week of October.
- (e) Teams will be awarded 3 points for a win and 1 point for a tie. All results must be sent in a timely fashion to the league commissioner.

9.3 Registration

- (a) All schools participating must be members of the O.C.S.S.A. and B.C.S.S. The exception to this should only happen with consent of the O.C.S.S.A. president and sport commissioner.
- (b) Schools with 2 registered teams should balance the teams so that they remain even in terms of ability if possible.

9.4 General Regulations

- (a) Games are played on a regulation field hockey pitch. Using current FIH rules. Coaches are encouraged to review new rule changes as some field hockey rules change dramatically each season.
- (b) Schools should bring with them a set of pinnies (in case of jersey conflicts), cones, and game balls. Designated home team to wear pinnie colour jersey in case of a conflict.
- (c) Substitutions are on the fly or at a stoppage in play (coaches and umpires discretion).
- (d) Teams are responsible for providing an umpire for each game (2 umpires are typically used in field hockey). If a second umpire is not available or only one umpire is agreed upon to be used by both teams participating, then the cost (if there is one) will be shared by both teams. An invoice at the end of the season will be submitted to the participating schools outlining what umpiring costs that occurred.

9.5 School Rep and Discipline

At all times there must be present, from each school taking part, at least one school representative who shall be responsible for the proper carrying out of player conduct and game arrangements. If a school rep is not present then any information from the game will be forwarded to the participating schools' athletic director.

All incidents of abuse towards officials, players, or coaches shall be enforced under the O.C.S.A.A. rules with regards to discipline.

9.6 Playoff Format

At the end of the regular season there will be a semi-final playoff and final to determine the O.C.S.A.A. champion. This league playoff must occur before the OVSA Junior Valley Field Hockey Championships (typically the last week in October).

If there is no time to have a playoff before the valley championships then the regular season will determine rankings for the valleys. If one or more teams are tied using this format then the following will determine rankings:

- 1) Head to head play between tied teams
- 2) Goal difference

a. Semi-finals

The first place team will play the fourth place team (at the home of the first place team or a neutral site determined by the first place team or league commissioner). The second place team will play the third place team (at the home of the second place team or a neutral site determined by the second place team or league commissioner). The games

will still be 25 minute halves with a five minute halftime. If the score is still tied at the end of the game then the two teams will go directly into a shootout (according to current FIH rules) to determine the winner. The winners of the semi-final will play one another in a league final.

b. Final

The winners of the semi-finals will play against one another at a site to be determined by the league commissioner. The game will be two 25 minute halves with a shootout (current FIH rules) to determine the winner if the score is tied after regulation time. Depending on the number of teams in the league, the league winner (and possibly league finalist) will be invited to play in the OVSAA Junior Valley Field Hockey Championships representing the OCSAA.

*** Please note*** - Over the years there has been a decline in the number of teams that play in the league. If there are sufficient teams to field a grade 9 only league then schools have the right to play up in the Junior league (grade 9/10 league). Otherwise the league will run as a grade 8/9 league. Students in grade 8 may not play up against students in grade 10 without the consent of the coaches involved and the league commissioner.

Part 10: Junior Girls Field Hockey – Commission Rules And Regulations

10.1 Philosophy

All coaching and playing should support and reflect the OCSAA Mission Statement and OCSAA code of ethics.

10.2 League Format

- (a) The type of schedule will be determined by the number of entries.
- (b) Games will be two 30 min. halves with a 5 min. half time.
- (c) Ties will remain as ties. No overtime/penalty shot/shootouts.

10.3 Registration

- (a) All teams must be registered with BCSS.
- (b) Schools with 2 registered teams must designate the players to a particular team. Team lists may be requested by the commissioner. Only 1 team per school may advance to the Valley Championships (as per BCSS rules/regulations).

10.4 Playoffs

- (a) Format will be determined by the number of teams in the league.
- (b) Playoff games will be 30 min. halves with a 5 min. half time.
- (c) OCSAA will receive 2, 3 or 4 berths to the Valleys depending upon the number of registered teams in the Okanagan Valley.
- (d) Backdoor challenges are to be discussed at the pre-season commission meeting.

10.5 General Regulations

- ## **Part 11: Senior “AA” Girls Field Hockey – Commission Rules And Regulations**

Part 12: Grade 8 Boys Rugby – Commission Rules And Regulations

12.1 Coaches Handbook – Updated MARCH 2019

The yearly amendments (arising from the Post Season AGM) to the Grade 8 Boys Rugby Commission Rules and Regulations shall be posted on the OCSAA Website for the following year's season. All coaches and teacher-sponsors should be fully knowledgeable of the rules, regulations, and specific policies related to this commission.

12.2 Grade 8 Boys Rugby Philosophy

Emphasis should be placed upon safety, participation, skill development, and fair play.
THE SAFETY OF ALL PARTICIPANTS IS THE FIRST AND FOREMOST CONCERN.

12.3 League Format

- a) League play shall commence in the third full school week of September and conclude with the Zone Final in the sixth week of the season. There shall be five Play-Days in five weeks scheduled and bussed for league matches. The preferred days for matches shall be Tuesday or Wednesday.

Suggested Options shall include the following “Round Robin” Formats.

Four Teams	- “Round Robin” Format	- 5 matches	- All full games
Five Teams	- “Round Robin” Format	- 10 matches	- A mix of full & mini-games
Six Teams	- “Round Robin” Format	- 5 matches	- All full games
Six Teams	- “Round Robin” Format	- 10 matches	- All mini-games
Seven Team	- “Round Robin” Format	- 7-8 matches	- A mix of full & mini-games
Eight Teams	- “Round Robin” Format	- 8-9 matches	- A mix of full & mini-games
Eight Teams	- “Round Robin” (2 Pools)	- 5 matches	- All full games
Nine Teams	- “Round Robin” (3 Pools)	- 8 matches	- A mix of full & mini-games
Nine Teams	- “Round Robin” (2 Pools)	- 5/8 matches	- Full games / full/mini-games
Ten Teams	- “Round Robin” (2 Pools)	- 8 matches	- A mix of full & mini-games
Ten Teams	- “Round Robin” Format	- 8 matches	- A mix of full & mini-games

(See Part 12.8 for descriptions of each of the Suggested Options for League Schedules.)

2.3 League Format continued . . .

- b) Toss and time shall provide for 60 minutes of game time for Grade 8 Boys Rugby.
 - i) If one full game is to be played it shall be 2 x 30 minute halves.
 - One game shall be completed within a 100 minute “bussing window”.
 - ii) If two mini-games (4 teams x 2 pitches) are played they shall be 2 x 15 minute halves.
 - Two mini-games shall be completed within a 110 minute “bussing window”.
 - Kick-Off times shall be set 45 minutes apart - ie. 4:00 pm and 4:45 pm

- iii) If three teams meet for a 2 Game Round Robin the host team shall play the first and last mini-games which shall be 2 x 15 minute halves.
 - Three mini-games shall be completed within a 150 minute “bussing window”.
 - Kick-Off times shall be set 45 minutes apart - ie. 4:00 pm, 4:45 pm and 5:30 pm.
- iv) All games shall allow 5 minutes for the half-time interval.
- c) No league standings shall be published. However, the results with the scores shall be emailed (by the Host/Home Team) to the Commissioner no later than the day after the league matches.
- d) Coaches shall go on the pitch to help coach and help organize their players during league games. Only one coach for the Backs and one for the Forwards shall be allowed on the pitch at any time.

12.4 Registration

- a) All Grade 8 athletes must be registered with BC School Sports.
- b) Any Grade 8 girls or Grade 7 boys/girls who wish to play Grade 8 Boys Rugby must be appealed to BC Schools Sports as per the BCSS Eligibility Appeal Regulations. Refer to the BCSS Website.

12.5 Playoff Format

- a) All teams shall be eligible for the Zone playoffs.
- b) The Grade 8 Boys Rugby Jamboree:
 - i) The Jamboree shall always be held on the last Thursday in October.
 - ii) The competition shall be a Round Robin Format composed of one or two seeded pools.
 - iii) The seeding of the Jamboree Pools shall be based upon League Play results (Wins/Losses and Points For/Points Against) and shall be determined as follows:
 - The team’s Winning Percentage (ie. Games Won / Games Played x 100).
 - The team’s Points Average (ie. Points For / Points Against).
 - The team’s Total Points Against.
 - A “Coin Toss” by the Commissioner.
 - iv) If the Grade 8 Boys Rugby Commission is divided into pools for league play, that the Jamboree shall consist of a crossover of pools as follows: (eg. 10 teams)
 - The Red Pool #1, #3, #5, #7, #9
 - The Blue Pool #2, #4, #6, #8, #10
 - v) The 2nd match-up of the Jamboree Pool draws shall be between the top two teams for a decision between the two. With the determination of the top teams out of the way, coaches should allow for more equal playing time for all players in subsequent matches.

- vi) Games shall range in length from 20 to 36 minutes, with 5 to 9 minute halftime intervals.
- vii) There shall be time between any back-to-back games to give teams a short break.
- viii) The Winners of each Pool shall advance to the OCSAA Grade 8 Rugby Zone Final.
- ix) It is the responsibility of each team to have a First Aid Kit.

(See Part 12.9 for descriptions of each of the Suggested Playoff Jamboree Schedules.)

12.5 Playoff Format continued . . .

- d) The Jamboree Round Robin Tie-Breaking procedures shall be:
 - i) The record against each other.
 - ii) The team who gave up the least Total Points Against in the other games.
 - iii) The team who scored first in their game against each other.
- e) The Zone Final: The top two teams from the Jamboree Pools shall meet in the Zone Final.
 - i) The winner of a coin toss between the opposing Coaches shall host the Zone Final.
 - ii) The Kick-Off shall be at 2:30pm to allow enough time to play the game in the daylight.
 - iii) The game length shall be two x 30 minute halves with 6 minutes for the half-time.
 - iv) If overtime is needed it shall be two x 5 minute halves with a 3 minute half-time.
 - v) If still tied after the overtime, the winner shall be determined according to the following:
 - Two 3 minute halves with a 2 minute half-time shall be played, during which the first score shall be conclusive. (eg. "Sudden Death")
 - The most Tries scored.
 - The most Goals (Converted Tries) scored.
 - The first points scored in the game.
 - vi) If there is still no winner declared after completing this format (i.e. a 0 – 0 Tie), then both teams shall share the OCSAA Grade 8 Boys Rugby Zone Championship.
- f) Coaches shall not be allowed on the pitch (to coach/organize during active play) in the Jamboree games or the Zone Final.

- g) All Grade 8 Rugby Law Modifications and Game Rules that pertained to League and Exhibition games shall still apply in the Jamboree and Zone Final Games.
- h) The teams shall each provide a competent touch judge (linesperson) for the Zone Final.

12.6 General Regulations

- a) Responsibilities of the Home (Host) school and opposing Head Coaches
 - i) Ensure that the field is safe to be used for rugby.
 - ii) Ensure that the field is properly lined for rugby.
 - iii) Ensure that the Goal Posts have post pads.
 - iv) Ensure that there are corner flags at the intersection of the Goal Lines and Touch Lines.
 - v) Ensure that there are cones (or flags) marking the 22 Metre Lines and the Half-Way Line.
 - vi) Provide a regulation size game ball. (Size # 4)
 - vii) Greet the referee and provide a reference to their teams' players who are "150lb +".
- b) The Players' Clothing
 - i) It shall be mandatory that all players wear IRB approved rugby jerseys, rugby shorts, rugby-soccer style socks and soccer-rugby boots.
 - ii) All teams shall wear a set of matching colours.
 - iii) It shall be mandatory that all players wear a custom fitted mouth guard.
 - iv) It shall be the responsibility of coaches to ensure that their players' clothing is suitable.
 - v) Referees shall inspect the players' clothing, boots, and cleats before all matches.
 - vi) Any player(s), whose clothing is found to be not suitable, must not participate in the match until they are dressed properly.
- c) Game Rules:
 - i) There shall be 15 players on the field at one time. (8 Forwards and 7 Backs) provided that each of the teams has 20 or more players dressed and ready to play.
 - ii) If a team has less than 15 players dressed and ready, one of the following three options shall be followed (listed in order of preference);
 - The full-sided team shall lend enough players to allow for a 15-a-side game. (This game shall be recorded as 5-0 Forfeit Win for the side with the full team.)
 - The full-sided team agrees to drop down to 12 players (no Flankers/no Fullback) and both teams play a 12-a-side game. (This game shall be recorded as 5-0 Forfeit Win for the side with the full team.)

- The full-sided team has offered the other coach extra players, but that coach has declined the offer of the extra players. The full-sided team's coach may field and play 15 players. (This will be played as a regular game.)
- iii) The Official Size of Ball for use in Grade 8 Boys Rugby shall be the Size #4.
 - This ball shall be used for all games - League, Exhibition, and Play-Offs.
- iv) Kicking in the game during general play:
 - There shall be no "Up & Under", "Grubber" or "Drop Goal" Kicks allowed.
 - "Punting for Touch or Gain" shall only be allowed from behind a team's own 22 m line.
 - Converts shall be allowed with a 30 second time limit to perform the place/drop kick.
- v) Penalty Kicks and Free Kicks:
 - There shall be no "Kicking for Goal" on Penalties.
 - "Punting for Touch" shall be allowed anywhere on the pitch.
 - "Tap and Run" plays shall be allowed anywhere on the pitch.
 - Quick "Tap and Run" plays shall not be allowed.

d) "The Ball Carrier Malicious Conduct Rule" (Dangerous Play Law):

All players, but especially those "150 lbs +", will be allowed to play under the following guidelines;

It shall be the responsibility of the ball carrier to use evasive running techniques, (eg. Run around/ side step/ swerve/change of pace), or failing that, to set up a second phase platform, by facing either forwards or backwards, purposely creating a ruck or maul situation, prior to full speed running contact with a significantly smaller defender. Any player who has legally made a clear break and has an open field (eg. with no defenders in front of them) shall be allowed to attempt to finish their run to score a try.

- i) Upon the first instance of this type of dangerous play, the referee shall penalize the offender, bring him over to his team's touchline, and consult with the Head Coach.
 - The Head Coach must remove the offending player for a "talking to and cooling down" period of at least 5 minutes.
 - Another player may replace the offending player during this time
- ii) Should a second instance occur by the same team, the referee shall penalize, Yellow Card the offender, and send the player to the "Sin Bin" (Dead Ball Line of own In-Goal).
 - The Head Coach must call a "Coach's Quick Time-Out" to gather his players together for a "talking to and group understanding" before the match shall continue.
 - The Yellow Carded player shall serve 10 minutes in the "Sin Bin".
 - The Head Coach must move to and communicate with his player during this time.
 - Another player may replace the offending player during this time.

- iii) Should a third instance occur by the same team, the referee shall penalize, Yellow Card the offender, and send the player to the “Sin Bin”.
 - The Yellow Carded player shall serve 10 minutes in the “Sin Bin”.
 - The Head Coach must move to and communicate with his player during this time.
 - The offending player may not be replaced during this time.
- iv) Should a fourth instance occur by anyone from the same team, the referee shall have no option but to Red Card the offender and eject that player from the match.

NOTE: Ejection from a match requires that the OCSAA Executive Procedures be followed before the player may be allowed back to participation in further games. Refer to the Article on Conduct, in the OCSAA Handbook for further information about the procedures.

- v) Coaches must support the application of the “The Ball Carrier Malicious Conduct Rule” by teaching their players to follow the rule, teaching the proper rucking and mauling, and support techniques in the attack phase, and most of all, by backing the referees’ judgments and calls with respect to this matter during games.

e) The Collar, Shirt, and/or, Swinging Tackles Rule (Dangerous Play Law):

There shall be a “Zero Tolerance” on any form of this type of dangerous play/tackle using the collar, shirt, and/or swinging around to the ground. Upon the first instance of this type of dangerous play, the referee shall penalize and provide a verbal general team warning that the next similar offence shall not only be penalized, but that the offender may be ejected from the match.

- i) Upon the first instance of this type of dangerous play, the referee shall penalize the offender, bring him over to his team’s touchline, and consult with the Head Coach.
 - The Head Coach must remove the offending player for a “talking to and cooling down” period of at least 5 minutes.
 - Another player may replace the offending player during this time
- ii) Should a second instance occur by the same team, the referee shall penalize, Yellow Card the offender, and send the player to the “Sin Bin” (Dead Ball Line of own In-Goal).
 - The Head Coach must call a “Coach’s Quick Time-Out” to gather his players together for a “talking to and group understanding” before the match shall continue.
 - The Yellow Carded player shall serve 10 minutes in the “Sin Bin”.
 - The Head Coach must move to and communicate with his player during this time.
 - Another player may replace the offending player during this time.
- iii) Should a third instance occur by the same team, the referee shall penalize, Yellow Card the offender, and send the player to the “Sin Bin”.

- The Yellow Carded player shall serve 10 minutes in the “Sin Bin”.
 - The Head Coach must move to and communicate with his player during this time.
 - The offending player may not be replaced during this time.
- iv) Should a fourth instance occur by anyone from the same team, the referee shall have no option but to Red Card the offender and eject that player from the match.

NOTE: Ejection from a match requires that the OCSAA Executive Procedures be followed before the player may be allowed back to participation in further games. Refer to the Article on Conduct, in the OCSAA Handbook for further information about the procedures.

- v) Coaches must support the application of the “The Collar, Shirt, and/or, Swinging Tackles Rule” by teaching their players to tackle properly, and within the Laws, but most of all, by backing the referees’ judgments and calls with respect to this matter during games.
- f) The Conduct of Sponsor/Teachers, Coaches, Players and the Team’s Entourage;
- The conduct of Sponsor/Teachers, Coaches, Players and the Team’s Entourage must reflect the league philosophy of safety, participation, skill development, and fair play.
- NOTE:** Refer to the Article on Conduct, in the OCSAA Handbook for further information on the protocol to follow regarding filing complaints, responsibilities, and the executive procedures.
- g) The Advantage Law Interpretation:
- Referees should play the Advantage Law where applicable under the Laws. Keeping in mind the inexperience of the Grade 8 player, if there is any likelihood of harm to a player because of playing advantage, the referee should whistle the play to stop. Coaches must support the referee in this judgment call.
- h) The Uncontested Scrum Rule:
- Uncontested scrums shall be used for all games (League, Exhibition, and Playoff) played during the Grade 8 Boys Rugby season. The team putting the ball in must win the ball and the Scrum Half must pass it (without delay) from the base of the scrum to the Backline.
- i) The Scrum Halves Rule:
- The defending Scrum Half must line up beside the attacking Scrum Half at the put-in. He is not allowed to pass the tunnel of the scrum, but may remain beside the tunnel, move to the base of his scrum (immediately behind his eight man’s feet), or retire to his backs offside line (5 m behind the eight man’s feet). Regardless of which position he chooses

to take, he must remain in that position until the ball has been played from the scrum.

j) The Lifting in the Line-Out Rule:

Lifting shall not be allowed in the Line-Out for Grade 8 Boys Rugby.

k) The Touch Judges Rule:

Each team shall provide a competent touch judge (lines person) for each of their games.

12.7 Recommendations

a) The National Coaching Certification Program:

It is strongly recommended that at least one adult coach (who could then be designated as the Head Coach) shall be certified in NCCP Rugby Technical - Level 1 (or better), under the National Coaching Certification Program. (Rugby Canada is currently (2009) updating their Coaching Levels to reflect the LTAD Model for Rugby. (LTAD = Long Term Athlete Development)

b) The Coaching and Playing Jamboree:

It is recommended that Grade 8 Rugby coaches and their teams coordinate and participate in a Coaching and Playing Jamboree to be held on the first Friday afternoon after the Grade 8 Rugby Schedule has commenced. This Jamboree shall be held from 12:00 pm to 4:00 pm.

The focus of this clinic shall be upon the proper technical form, safety concerns, and to teach and reinforce the referees' expectations in the following game situations;

- | | |
|------------------------|---|
| i) the ball in contact | ii) tackling - the tackler and the tackled player |
| iii) scrummaging | iv) rucking and mauling |
| vi) lineouts | |

There shall be 20 minute "mini" exhibition games played in conjunction with this Jamboree.

c) The League Structure and Pools for League Play:

- i) If Four to Eight Teams are entered in the league, the use of one pool is recommended.
- ii) If Nine Teams are entered in the league, the use of three pools is recommended.

Suggested:

The West Pool - CNB, GMS, & KCS

The Central Pool - IMM, KLO, & OKM

The North Pool - DKM, RMS, & SMS

- iii) If Ten Teams are entered in the league, the use of two pools is recommended (suggested)

The South Pool - CNB, GMS, IMM, KLO, & OKM

The North Pool - DKM, GES, KCS, RMS, & SMS

- d) The Descriptive Schedule for Nine Teams:

This follows on Recommendation (c) for Nine Teams as above: Suggested

- Use of 3 Pools - West, Central, and North

- West Pool - CNB, GMS, & KCS - CNB (#8), GMS (#9), & KCS (#7)

- Central Pool - IMM, KLO, & OKM - IMM (#6), OKM (#4), & KLO (#5)

- North Pool - DKM, RMS, & SMS - DKM (#1), RMS (#2), & SMS (#3)

- 3 weeks of "inter-pool" games and 2 weeks of "intra-pool" games

- e) The Grade 8 Rugby Commission and the Kelowna Minor Football Association

It is recommended that there be discussions between the Grade 8 Rugby Coaches and Kelowna Minor Football Association to look at ways those Grade 8 athletes can participate in each sport so as to become better all-around athletes. Given the overlap of seasons there should be flexibility shown on both sides for the betterment of the developing young athletes.

- f) Senior/Junior Rugby Players

It is recommended (where workable) that Coaches recruit and utilize Grade 10 - 12, rugby players as Assistant Coaches during the Grade 8 Rugby Season. This relationship will benefit the Grade 8 players, but strengthen the knowledge base of the older players, create potential coaches for the future, and serve to further develop the rugby community in Kelowna.

- g) Exhibition Games

It is recommended that if coaches desire exhibition games during the season that they arrange them on their own. Acknowledging that bussing will likely NOT be provided, and that parent drivers will have to be arranged, the following match-ups are suggested;

GMS & CNB, KLO & OKM, IMM & KCS, RMS & SMS, and DKM & GES

The schedule for Five Teams using 5 play-days would be used for play in each

12.8 Suggested Options for League Schedules - (Number of teams with five Play-Days)

Number of Teams	Wee k 1	Wee k 2	Wee k 3	Wee k 4	Wee k 5	Number of Matches
Four Teams	1-2 3-4	3-1 4-2	1-4 2-3	2-1 4-3	1-3 2-4	- 5 matches for each team - all full-games (60 min.)
Five Teams	1-2 3-4-5	1-3-4 5-2	5-3 2-4-1	1-2-5 3-4	4-1 2-5-3	- 8 matches for each team - a mix of full-games and mini-games (30 min.)
Six Teams	1-2 3-4 5-6	1-3 2-5 4-6	5-1 6-3 2-4	1-6 4-5 3-2	4-1 6-2 5-3	- 5 matches for each team - all full-games
Six Teams	1-2-3 4-5-6	1-4-5 3-6-2	2-6-4 3-5-1	1-6-3 2-4-5	4-6-1 3-5-2	- 10 matches for each team - all mini-games
Seven Teams	1-2 3-4 5-6-7	1-5-3 2-6 4-7	7-1 2-4-6 3-5	1-2-4 7-3 6-5	6-1 5-2 4-7-3	- 7 matches for teams 1, 2, 3, 5, 6, & 7 - 8 matches for team 4 - a mix of full and
Eight Teams	1-2-3 4-5-6 7-8	1-4-7 2-8-5 6-3	5-6-1 3-8-4 7-2	2-4-5 3-6-7 8-1	1-7-8 2-3-6 5-4	- 9 matches for teams 1, 2, 3, 4, 5, & 6 - 8 matches for teams 7 & 8 - a mix of full and

North/South	3-4	4-2	2-3	4-3	2-4	- all full-games
Nine Teams	8-9	9-5-1	7-9	9-3-6	8-7	- 8 matches for each team
3 Pools	6-4	3-4-8	4-5	5-2-8	6-5	- 2 full-games intra-pool
West/Central/North	1-2	7-6-2	2-3	4-1-7	3-1	- 6 mini-games inter-pool
	7-6-3		8-1-6		9-2-4	
Nine Teams	1-2	3-1	1-4	2-1	1-3	- 5 matches for each team
2 Pools	3-4	4-2	2-3	4-3	2-4	- all full-games
North/South						
	1-2	1-3-4	5-3	1-2-5	4-1	- 8 matches for each team
	3-4-5	5-2	2-4-1	3-4	2-5-3	- a mix of full and mini-games
Ten Teams	1-2	1-3-4	5-3	1-2-5	4-1	- 8 matches for each team
2 Pools	3-4-5	5-2	2-4-1	3-4	2-5-3	- a mix of full and mini-games
North/South						

12.9 Suggested Jamboree Schedules - (Draws for 4 teams through 10 teams)

Four Teams - Round Robin Format (using 1 pitch) - 3 games each - 28 minutes per game - 14 minutes per half - 7 minute half-time 3-4 1-2 2-4 1-4 2-3 1-3 10:00 10:50 11:40 12:30 1:20 2:10
Five Teams - Round Robin Format (using 2 pitches)

- 4 games each - 22 minutes per game - 11 minutes per half - 5 minute half-time						
	1-2	3-5	4-5	2-4	1-3	
	3-4	1-4	2-3	1-5	2-5	
	10:00	11:00	12:00	1:00	2:00	
Six Teams - Round Robin Format - 2 Pools (using 2 pitches) - 3 games each - 28 minutes per game - 14 minutes per half - 7 minute half-time						
Red	1-2	R2-3	R1-3	R#3	R#2	R#1 - Crossover between the pools
Blue	1-2	B2-3	B1-3	B#3	B#1	B#2 - #3 vs. #3; #2 vs. #1; #1 vs. #2
	10:00	10:50	11:40	12:30	1:20	2:10
Seven Teams - Round Robin Format - 2 Pools (using 2 pitches) - Red Pool: 3 games each - 24 min. per game - 12 min. halves - 6 min. half-time - Blue Pool: 2 games each - 36 min. per game - 18 min. halves - 9 min. half-time						
Red	3-4	1-2	2-4	1-3	1-4	2-3
Blue	1-2	X	2-3	X	1-3	X
	10:00	10:50	11:40	12:30	1:20	2:10
Eight Teams - Round Robin Format - 2 Pools (using 2 pitches) - 3 games each - 28 minutes per game - 14 minutes per half - 7 minute half-time						
Red	3-4	1-2	2-4	1-3	1-4	2-3

	Blue	3-4	1-2	2-4	1-3	1-4	2-3				
		10:00	10:50	11:40	12:30	1:20	2:10				
Nine Teams - Round Robin Format - 2 Pools (using 2 pitches)											
- Red Pool: 4 games each - 22 min. per game - 11 min. halves - 5 min. half-time											
- Blue Pool: 3 games each - 24 min. per game - 12 min. halves - 6 min. half-time											
	Red	R4-5	R1-2	R3-5	R1-4	R2-5	R3-4	R1-5	R2-3		
	Blue	B3-4	B1-2	R2-4	B1-3	R1-3	B1-4	B2-3	B2-3		
		10:00	10:40	11:20	12:00	12:40	1:20	2:00	2:40		
Ten Teams - Round Robin Format - 2 Pools (using 2 pitches)											
- 4 games each - 20 minutes per game - 10 minutes per half - 5 minute half-time											
	Red	4-5	1-2	3-5	1-4	2-5	3-4	1-5	2-3	2-4	1-3
	Blue	4-5	1-2	3-5	1-4	2-5	3-4	1-5	2-3	2-4	1-3
		10:00	10:35	11:10	11:45	12:20	12:55	1:30	2:05	2:40	3:15

Part 13: Junior Boys Rugby – Commission Rules And Regulations

Updated MARCH 2019

Philosophy

Emphasis should be placed upon learning the rules of Rugby and demonstrating participation and good sportsmanship. Safety of athletes must be of paramount importance.

13.1 League Format

- (a) League games will start around the last week of March or the first week of April.
- (b) Each school will play in a round robin format. The number of weeks of play and starting time will depend on the number of teams in the league.
- (c) The games will be played on **Wednesdays**, if possible (some Friday matches may be required if needed).
- (d) League standings will be kept by the league commissioner. It is the responsibility of the coach of the winning team to email the scores to the league commissioner the evening after the game.
- (e) We will be using the same scoring system used by the Super 14, Vancouver/Vancouver Island Premier league.
 - 4 points for a win
 - 2 points for a tie
 - 1 point for losing side IF the loss is by 7 or less
 - 1 bonus point for scoring 4 tries
 - 0 points for a loss by more than 7
 - Maximum number of points a team can get is 5.

* Note – changes to league format may be made as long as it is agreed by coaches prior to season.

13.2 Registration

- (a) All teams must be registered with BC School Sports.
- (b) Schools with 2 registered teams must designate the players to a particular team. There shall be no exchanging of players between the team. Team lists may be requested by the commissioner.

13.3 Playoff Format

Format for 6 team league (or more):

- (a) The top six teams from the league will qualify for the playoffs. The top two teams will receive a bye, while the 4th placed team will play the 5th placed team and the 3rd placed team will play the 6th placed team. In the second round, the 1st placed team plays the winner of the 4th/5th game and the 2nd placed team plays the winner of the 3rd/6th game. The higher seeded team will always acts as the host school.

Format for 5 or 4 team league:

- (b) The top four teams from the league will qualify for the playoffs. The 1st placed team will play the 4th placed team (game #1) and the 2nd placed team will play the 3rd placed team (game #2). In the second round, the winner game #1 and game #2 play for the OCSAA championship and the losers of

games #1 & #2 **may** play for 3rd place (this match will be played if it determines a valley berth). The higher seeded team will always acts as the host school.

13.4

- (a) If there is a tie in the league standings, the following procedure will be used to break the tie:
 - (i) If two teams are tied, the team who defeated the other team in league play advances
 - (ii) If more than 2 teams are tied, the records for games in league play amongst the tied teams shall be used to place the teams. If a tie remains after this, points for and against amongst the tied teams shall be used to place the teams
 - (iii) If a tie remains after applying (i) and (ii) above, the league commissioner with the coaches involved shall make a decision
- (b) Playoff games are to be 60 min. (2 x 30 min. halves). If there is a tie game in regulation. The teams will play two 5 minute halves, changing sides after 5 minutes (**not sudden death**). If a tie remains after the 10 minute overtime, then the team that scored the first try of the match is determined the winner and if no try has been scored the winner was the first team to score (kick).

* Note – changes to playoff format may be made as long as it is agreed by coaches prior to playoffs starting.

13.5 General Regulations

- (a) Responsibilities of home school:
 - (i) Provide a regulation size game ball
 - (ii) Make sure the field is safe
 - (iii) Make sure the field is properly lined
 - (iv) The goal posts should have post pads
- (b) All players must use a mouth guard.
- (c) Each team must provide a linesperson for each game.
- (d) The International Rugby Football Board Handbook will be used to determine the Laws to be followed. Any updates from the BCRU will be implemented when received. Under 19 rules or High School rules will be followed.
- (e) Unlimited substitutions will be allowed in league games (within reason). For safety of players and to maintain the integrity of the game coaches are asked to not have “hockey like changes” – this is especially important when a team with lots of players is playing against a team with minimal players. **Coaches & referee should discuss player changes prior to match if # of players is an issue.** Coaches are asked to attempt to make the substitutions when they are least likely to disrupt the flow of the game. Substitutions for playoffs will be limited as per IRB laws.

13.6 SENIOR RUGBY

1. The two divisions would be based on current OVSAА AA/AAA definitions, but any school that feels it at a distinct disadvantage could apply to the league commissioner to be allowed to play down a league (AAA to AA). They would be eligible for the league championship in that division.
2. Any AA school can at their discretion choose to play in the AAA league for a season, but may not revert part way through the schedule.

GIRLS (non-sanctioned by BCSS)

Section 1 Categories

Girls' rugby is played in 3 tiers in the Okanagan: Novice (teams in their 1st year, Tier 2 (teams in their 2nd and 3rd years), and Tier 1 (teams with more than 3 years' experience).

Section 2 Zones

- A. There are 2 zones: north and south.
- B. The commissioner declares each school's zone.
- C. A fee of \$50.00 is required by the BCHSGRA prior to any team being scheduled for league play.

Section 3 Playoffs

Based on league standings

The Okanagan has 3, Tier 1 berths and 2, Tier 2 berths into the BC's.

Section 4 Seasons

Games will be played from the beginning of April until the middle of May; playoffs to follow.

BOYS

Section 1 - Registration

- A. Seniors All teams must register at the pre-season scheduling meeting. No late registrations will be accepted. Only schools first registering with the BC Secondary School Rugby Union will be permitted to register at the OVSAА pre-season scheduling meeting.

NOTE : Late fee is \$55.00 before January 31.

Rules & Regulations: Rugby

Section 2 - Eligibility

1. Before their first game all teams must have their eligibility forms to the B.C.S.S. office.
2. All games played before the submission of the eligibility form shall be declared a forfeit.

Section 3 - Time Limits for all league and playoff games

1. Senior 35 minutes each half and 5 minutes halftime.

Section 4 - Ties

1. Exhibition on league games - tie score at the end of regulation time is the final score.
2. Playoff games - a game ending in a tie after regulation time shall be decided by the BC Rugby Commission format.

Section 5 - Substitutions

1. Allow unlimited substitutions for League and Playoff games
2. Substitutions are to be made during a break in play and with the referee's permission.
3. A player who has been ordered off the field of play may not be replaced.

Section 6 - Officials

The referees for the valley championships are to be provided by the ORRS. The ORRS shall be in charge of selecting all referees for such a game or games.

Section 7 - League and Playoff Structure

SENIOR

1. The two divisions would be based on current OVSAA AA/AAA definitions, but any school that feels it at a distinct disadvantage could apply to the league commissioner to be allowed to play down a league (AAA to AA). They would be eligible for the league championship in that division.
2. Any AA school can at their discretion choose to play in the AAA league for a season, but may not revert part way through the schedule.
3. Berths to the Provincials are available to both 'AA' and 'AAA' teams in the Okanagan Valley. All existing O.V.S.A.A. Rugby regulations would apply to both leagues. The O.V.S.A.A. would supply both a runner up and a championship pennant for both leagues.
4. Commissioners for 'AA' and 'AAA' rugby will be appointed to oversee both leagues. All schools would attend a pre-season scheduling meeting on the 1st Wednesday in February. Scheduling of games may be based on territorial location.
5. *"AAA" Rugby Only! Unlimited substitutions, including "in and out" substitutions for the regular season of play, but switch to BCSSRU rules regarding substitutions once have begun.*

Section 14
GR 6 VOLLEYBALL
For 2022/23

RULES & REGULATIONS

PHILOSOPHY

A Commissioner for each sport would be needed to help with coordination.

The seasons of play will align with GR 7 league scheduling.

All players, coaches and spectators must adhere to the BCSS (BC School Sports) and OCSAA Code of conduct.

There is STRICTLY a NO-CUT and EQUAL PLAY TIME policy. Each student is encouraged to participate and therefore learn and enjoy the game of volleyball. This an opportunity for Gr 6 students to play against other Gr 6 students from various schools within SD23.

VOLLEYBALL:

Gr 6 teams will compete in a 5 game regular season with NO playoffs. The game and bus schedules will be drafted by the OCSAA Scheduler.

Game nights will be on Wednesdays.

No officials will be provided for these games (coaches/parents/volunteers can officiate)

If a school forms more than one team, each team must be of equal caliber with no stacking of greater talent onto one team.

The format will be TRIPLE BALL (rules below). The OCSAA aligns with Volleyball Canada and all of its rules & regulations.

All scheduling (game & bussing) materials will be posted on the OCSAA website.

<http://www.sd23.bc.ca/DistrictInfo/athletics/Pages/default.aspx>

RULES: TRIPLEBALL CANADA

Tripleball is the official competition format for Canadian regions offering 13U age competitions. It is recommended that tripleball be played during the first half of the season in the 14U age category when a 13U age category does not exist. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence: a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2). * 1st rally – introduced by the server * 2nd rally – tossed ball given to the receiving team * 3rd rally – tossed ball given to the serving team b) The service rotates between teams after each three-ball sequence. c) A team must rotate and introduce a new server when it is their turn to serve. d) Every ball introduced is worth one point.

Tripleball Rules: a) Switching to a different position from your service order during a rally is NOT ALLOWED. b) Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score-sheet by the coach. c) Fair Play substitution rule applies: Players not starting in the 1st set must start in the 2nd set. If there is a 3rd set, the coach has the choice of starting any players. Substitutions are allowed during a match, although Volleyball Canada would like emphasize to all coaches, players and parents that the rule is intended to provide every athlete with the ability to participate equally in every game. It is VC's hope that coaches only substitute when an injury occurs. Implementation of rule: Official or score keeper checks score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the

2nd set. d) Time-outs cannot occur during a 3-ball sequence. e) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur. f) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur. g) All other standard volleyball rules not listed above continue to apply. *Recommendation for officials to use an elastic band to keep track of serving order

Guidelines for Tossers:

a) The Head Coach, Assistant Coach or a competent volunteer may be the “Tosser” and introduce balls to their own team. b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball. c) The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss. d) The free ball must be tossed directly to the athlete in position six, otherwise a replay will occur. e) The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling “Free Ball”. Tossers encourage a fast paced transition between an end of a rally and the next toss.

Part 14B: Grade 7 Volleyball- Commission and Regulations

14.1 Philosophy

Emphasis should be placed upon participation, skill development and sportsmanship. It is required that players receive equal court time in each game (including exhibition, tournaments and playoffs within OCSAA boundaries). In keeping with OCSAA philosophy, no player shall be cut and instead encouraged to participate and improve.

- Equitable playing time
 - Players must be in good-standing with the school and athletics program to be eligible to play in league games
 - League Format: 5 weeks of regular season play and NO playoffs
Game nights are on FRIDAYS.
 - Running time (45 minutes run time per match)
 - Start at 5:30 (3 matches)
 - Team Structure: There is a NO CUT policy and schools entering more than 1 team in a league must make teams of equal caliber and number
 - Schools forming more than one team must have at least 10 players on each team. Players cannot play for more than 1 team during the season

RULES: TRIPLEBALL CANADA

Tripleball is the official competition format for Canadian regions offering 13U age competitions. It is recommended that tripleball be played during the first half of the season in the 14U age category when a 13U age category does not exist. The goal of tripleball is to promote better skill development, participation, meaningful competition, and fun.

Overview of the Tripleball Sequence: a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2). * 1st rally – introduced by the server * 2nd rally – tossed ball given to the receiving team * 3rd rally – tossed ball given to the serving team b) The service rotates between teams after each three-ball sequence. c) A team must rotate and introduce a new server when it is their turn to serve. d) Every ball introduced is worth one point.

Tripleball Rules: a) Switching to a different position from your service order during a rally is NOT ALLOWED.

b) Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score-sheet by the coach. c) Fair Play substitution rule applies: Players not starting in the 1st set must start in the 2nd set. If there is a 3rd set, the coach has the choice of starting any players. Substitutions are allowed during a match, although Volleyball Canada would like emphasize to all coaches, players and parents that the rule is intended to provide every athlete with the ability to participate equally in every game. It is VC's hope that coaches only substitute when an injury occurs. Implementation of rule: Official or score keeper checks score sheet between sets to confirm players not starting in the 1st set are on the score sheet at the beginning of the 2nd set. d) Time-outs cannot occur during a 3-ball sequence. e) Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur. f) Athletes cannot intentionally send the tossed ball over the net, otherwise a replay will occur. g) All other standard volleyball rules not listed above continue to apply. *Recommendation for officials to use an elastic band to keep track of serving order

Guidelines for Tossers:

a) The Head Coach, Assistant Coach or a competent volunteer may be the "Tosser" and introduce balls to their own team. b) Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball. c) The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss. d) The free ball must be tossed directly to the athlete in position six, otherwise a replay will occur. e) The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbally cues the athletes by calling "Free Ball". Tossers encourage a fast paced transition between an end of a rally and the next toss.

Part 14C: Grade 8 Volleyball – Commission Rules And Regulations (Amended Sept 2024)

14.2 Philosophy

Emphasis should be placed upon participation, skill development and sportsmanship. It is required that players receive equal court time in each game (including exhibition, tournaments and playoffs within OCSAA boundaries). In keeping with OCSAA philosophy, no player shall be cut and instead encouraged to participate and improve.

14.3 League Format

- There will be a warm-up before the first match and no warm-ups between matches. Each team is responsible for having warm-up balls.
- Unlimited substitution. Use standard sub practice or regular rotation with the server subbing out after the next rotation for teams with large number of players.
- Equal playing time is expected throughout the league
- **Each team is allowed ONE time out per game.**
- Officials are provided by Kelowna Volleyball Officials and billing will be done for both the season and playoffs when everything is completed.

- The serving regulations for league are players must serve either sidearm or underhand for the first 3 serve attempts, then they have the option to serve overhand for the last 2 attempts. A player can only serve a maximum of 5 serves, then that team rotates and the next player on the same
 - Serving rule has a slight change first 2 serves underhand or sidearm next 3 can be overhand to a maximum of 5 serves only then rotate to next server.
 - There will be twelve substitutions allowed, but only two players playing one position.
 - Each team is allowed two one minute time-outs.
 - Equal playing time rule in effect so make sure to rotate you lineups accordingly.
- NO playoffs (extra week of regular season play instead)

Part 15: Jr Volleyball – Boys & Girls (Gr 9, Gr 10 or Blended 9/10 Teams)

Commission Rules and Regulations

15.1 Philosophy

- All coaching and playing should support and reflect the OCSAA mission statement and OCSAA code of ethics.
- To provide a fun and competitive level based (Jr A or Jr B) experience for all players and coaches
- Jr B- Equitable playing time for all participants is encouraged as much as possible

15.2 League Format

- League play begins in last week of September and runs for 6 weeks. Playoffs to follow in early November.
- Matches are best 2 out of 3
- League standings based on win/loss record
- Volleyball Canada rules with the 12 substitution rule (players still have to substitute in pairs)
- Net height set at 2.20 for girls, Boys 2:35 m

15.3 Registration

- (a) All teams must be registered with BC School Sports.
- (b) Schools with 2 registered teams must designate the players to a particular team (Jr A or B). There shall be no exchanging of players between the teams.

15.4 Playoffs

*Playoff formats will be determined by total number of teams in each league. The number of teams which qualify for the playoffs can vary season-to-season based on the total number of teams, gym availability and officials' availability. There's a possibility a consolation round can be held for teams which don't qualify for the playoffs, again depending on all availabilities.

- * JR A: the top 2 teams from the playoffs will qualify for the Valley playoffs
- * JR B: there are no valley or provincial playoffs

*** Gr 9 ONLY Teams:**

- Option #1: declare to remain in OCSAA playoffs (Jr A or Jr B)
- Option #2: declare to OPT OUT of OCSAA playoffs and play in a qualifier for the Gr 9 Invitational tournament. Teams who take this option do so on their own as the OCSAA has nothing to do with unsanctioned invitational events. This means the scheduling of all gyms, officials and transportation is done outside the OCSAA.
- These declarations must be made by email to the Scheduler by the last week of October (exact date will be provided by the scheduler each season)

Part 18: SOCCER

UPDATED: MARCH 2019

SINGLE A BOYS SOCCER & SINGLE A GIRLS SOCCER

1. Okanagan Valley Championships will be an eight-team tournament with berths to be allocated as follows:

1.1. All zones containing at least one team wishing to compete in the Valley Championship will receive at least one Valley berth.

1.2. Zones with two teams will receive 1.5 guaranteed berths in the Valley Championship

1.3. Zones with three or more teams will receive 2 guaranteed berths in the Valley Championship

1.4. After all guaranteed berths have been allocated, any remaining berths will be allocated (as .5 berths) to the zone containing the greatest amount of teams registered with BCSS

1.5. Challenge matches (between teams having earned .5 berths) will take place at the school representing the zone with the higher finisher at the Valley Championships the previous year

1.1. In the event that two challenges matches are necessary, the commissioner will ensure that one team from the zone with the greatest number of teams participates in each necessary challenge match. If this becomes necessary, the higher ranking team from the zone containing the greatest number of teams would play the lowest ranking challenging team from a different zone (based on finish at the previous seasons results at Valley Championships)

2. Valley Dates – The Valleys will occur on the Thursday/Friday 2 weeks prior to the Provincial Championships.

3. OVSAA Valley Championship Rules and Regulations:

- 3.1. Host's Responsibilities: The tournament host is responsible for providing fields, officials, and displaying the tournament schedule and results in a central location.
- 3.2. Pool Formulation: Pools are formulated on the following bases:
 - 3.2.1. Results from games throughout the season (including tournaments).
 - 3.2.2. Results from last year's Okanagan Valley Championship.
 - 3.2.3. Teams from the same zone, where possible, would not be in the same pool.
- 3.3. Game Length: All games will consist of two 35 minute halves.
 - 3.3.1. All round robin games that end in a tie will immediately go to a shootout to be used as a tie-breaker in the case of a tie at the end of pool play.
 - 3.3.2. All cross-over games (Thursday afternoon games) will play two 5 minute overtimes (no golden goal) and move to a shootout if still tied after the overtime. (Passed)
- 3.4. Game times to be as follows (subject to field availability)
 - 3.4.1. Wednesday: 11:00 am, 12:40 pm, 2:20 pm, 4:00 pm
 - 3.4.2. Thursday: 9:00am, 10:40am, 12:40pm 3rd PA vs 3rd PB, 4th PA vs 4th PB, 2:10pm 1st PA vs 1st PB, 2nd PA vs 2nd PB
 - 3.4.3. The group containing the farthest travelling team will play at 12:40 pm on Wednesday
- 3.5. Points: During round-robin play points will be awarded as follows:
 - 3.5.1. Win (regular time) = 3 points
 - 3.5.2. Tie (at the end of regular time) = 1 point
 - 3.5.3. Loss (regular time) = 0 points
- 3.6. Round Robin Tie-Breakers:
 - 3.6.1. If two teams have earned the same number of points following round-robin play, the team that won the match (whether in regular time or penalty kicks) when the two teams played, will earn the higher placing.
 - 3.6.2. If more than two teams are tied on points, ties shall be broken according to the subsection below in the order specified. If two teams remain tied after applying one of the tie-breakers, the tie-breaking sequence will be applied from the beginning to the two remaining tied teams.
 - 3.6.3. Ties shall be broken in the following sequence:
 - 3.6.3.1. Previous Match Result – The team that won the match (whether in regular time or penalty kicks) when the two teams played, will earn the higher placing. (Not applicable if 3 or more teams are tied.)
 - 3.6.3.2. If one team won two shootouts in games involving tied teams, they will be given the higher seed.
 - 3.6.3.3. Goal Difference – Goal Difference shall be calculated by subtracting the goals conceded from goals scored. A maximum difference of five (5) goals shall be awarded in each game. The goal difference is calculated for games played only involving tied teams
 - 3.6.3.4. Goals Against. The team with the lowest number of goals conceded in games played only involving tied teams shall be awarded the higher standing.
 - 3.6.3.5. In the event a tie cannot be broken using the rules above penalty shots shall be taken as follows: The teams in question will remain in uniform following their first games of Thursday. The two lower seeds (entering the tournament) will take kicks from the penalty mark, with the winner facing the highest seed in a second round of kicks from the penalty mark.
- 3.7. Discipline
 - 3.7.1. Any player sent off in a match will be suspended from the remainder of that match and will automatically be suspended for a minimum of one additional match (with the possibility of further sanctions from the commissioner-depending on the severity)
 - 3.7.2. Any player receiving a caution in three separate matches may finish the remainder of the match in which the third caution was issued (barring a second caution in that match). The player will, however, be suspended from his/her team's next match.
- 3.8. All teams that compete in zone league and play-offs must attend valleys or be subject to

valley sanctions.

3.9. Provincial Berths: The team that is the first runner up for a provincial berth may challenge the last team to qualify for the provincials as long as they have not lost to said team during the valley play-offs. The challenging team must inform the higher finishing team upon completion of their game on Friday that they intend to challenge. This game will be played on the Tuesday following the Valley Championships at 4pm on the field of the higher finishing team at Valleys. Valley rules for game length of cross-over games will apply to the challenge match.

3.10. Valley Rotation

3.10.1. The team that finishes top in their league is expected to host the valley tournament when it is their zones year to host.

2013 West (St. Ann's)	2014 Central (Immaculata)	2015 North (Vernon Christian)	2016 South (Similkameen)
2017 West	2018 Central	2019 North	2020 South
2021 West	2022 Central	2023 North	2024 South

18.2 'AA' SOCCER

UPDATED MARCH 2019

Section 1: Tiering/Classification

a) A team is deemed AA if the total number of Grade 11 and 12 girls in their school is between 81 and 225.

**See BCSS Handbook for additional conditions to determining the number of girls used for tiering your team.*

Section 2: Rotation

a) The Valley Championship will be held on a rotating basis.

2018 – Central	2019– West	2020 – South	2021 – North
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b) In the event a zone does not have representation the year they are to host, hosting responsibility moves to the next zone in the rotation and the rotation shifts accordingly.

Section 3: Dates

a)The Okanagan Championship will be held the Tuesday and Wednesday two weeks prior to Provincials.

Section 4: Berths

a) Berths to Okanagans

- i) Each zone will be responsible for its own playoff format during league play.
- ii) Berths to the Valley Championship shall be determined by proportional representation so that the zone with the largest representation gets more berths.
- iii) *Based on the Commissioner's calculations, half-berths may be awarded and; therefore, a challenge match to qualify for Okanagans between zones may occur.*

b) Berths to Provincials

- i) Berths to Provincials shall be determined by the Provincial Commissioner by proportional representation.
- ii) There are no challenge matches between Okanagan teams once the Okanagan Championship has been completed.

Section 5: Championship Format

a) The Draw:

i) Eight teams qualify for the Okanagan Championships. The draw will consist of two pools of four teams each. **** In the event that the Okanagan has less than eight teams, the draw will consist of two pools of three.*

ii) *Pools will be determined by the Okanagan commissioner (with information from each zone commissioner) once berths for each zone have been allocated. The intention is to be fair to all and also allow for the most equal distribution of weight between pools. However, the first and second place teams from a zone should not be in the same pool.*

iii) Once pool play is completed, the teams that finished 1st in each pool will play each other in the Final for 1st and 2nd , the second place teams in each pool will play each other in the Consolation Final for 3rd and 4th . The 3rd place team in each pool will play each other for 5th and 6th and the 4th place teams in each pool will play each other for 7th and 8th.

***If all qualifying teams are in agreement, the 5th/6th game and 7th/8th games may be eliminated.*

b) Games/Times:

Each team will play two pool games on the first day and the third pool game on second day. The 7th/8th, 5th/6th, Final and Consolation Final will be played on second day once pool play has been completed. It is recommended game times are 9:00 am, 11:00am, 1:00pm and 3:00pm for both days.

c) Halves:

Pool games, the 5th/6th place game and the 7th/8th place game will play 35 minute halves. The Final and Consolation Final will play 45 minute halves.

d) Game ties:

A tie in **any game** will result in overtime to be played. The overtime period will be 10 minutes of sudden death/golden goal. If the score is still tied at the end of ten minutes, a second 10 minute overtime period will be played – also sudden death/golden goal. If the teams are still tied, they will proceed to penalty shots – 5 different players for each team. If still tied at the end of the five shooters per team, then teams will continue penalty shots one shooter at a time until one team wins.

e) Team/Pool play ties:

Ties between teams at the end of pool play will follow Provincial Championship rules for breaking the tie. See zone commissioner for a copy of these procedures.

f) Points will be given as follows for pool play – 3 points for a win in regulation time, 2 points for a win in overtime, 1 point for a loss in overtime and 0 points for a loss in regulation time.

g) Unlimited substitutions in games played at the Okanagan Championships.

h) Discipline:

i) Any player receiving two yellow cards in one game is suspended for the remainder of that game and the next game. More games may be added to the suspension upon review by the commissioner.

ii) Any player “red carded” is suspended for the remainder of that game and the next game. More games may be added to the suspension upon review by the commissioner.

i) Officials:

i) The commissioner, **through the host school**, shall be responsible for the appointment of officials.

ii) Assistant referees must be present for all the games at the Okanagan Championships.

Section 6: *Responsibilities of the Host*

a) Book 2 safe, quality fields for the tournament.

b) Ensure there are nets and corner flags for each field.

c) Be present as tournament co-coordinator for the duration of the tournament.

d) With the Ok. Commissioner, book officials and determine an appropriate entry fee.

e) Communicate all results and discipline to the Ok. Commissioner (if Commissioner cannot be present).

f) Make public the results as they occur (i.e. Draw board etc.)

18.3 AAA SOCCER

UPDATED: MARCH 2019

Section 1

Participating teams: Kelowna Rutland Salmon Arm

OKM Penticton Mt. Boucherie

The cost of officials is split equally among the teams in the tournament. No other costs shall be placed on team participating in the tournament. A \$60.00 cheque made out to the host school should be brought to the Valleyquarters, semi finals and the valley final.

Section 2

Only the first place team qualifies for the provincials.

Section 3

All 6 teams make the play-offs.

Section 4

Valley Play-offs

a) Draw;

Day 1

G1 3 vs 6 4:00 pm @ #3

G2 4 vs 5 4:00 pm @ #4

Day 2

G3 Winner of G1 vs #2 seed @ 4pm hosted by #2

G4 Winner of G2 vs #1 seed @ 4pm hosted by #1

Day 3

Winner of G3 vs Winner of G4 @ 4p hosted by highest seed

b) Length of games 45min/15 min half time

c) Unlimited substitutions

d) Ties

i) 2 x 7.5(half) minutes(no golden goal)

ii) shots from the penalty mark as per FIFA laws

e) Discipline

Any player receiving 3 yellow cards in league play is suspended for the next subsequent game.

Any player ejected or red carded is automatically suspended for a minimum of one game with the possibility of further sanctions from the Valley Commissioner.

f) Officials(BCSA registered for current year). The host school is responsible for the appointment of officials. Assistant referees must be present for all games. Fee schedule \$60.00/\$30.00

Section 5

The cost of officials is split equally among the teams in the tournament. No other costs shall be placed on team participating in the tournament.

Section 6

The winner of the Valley Championships will represent the Okanagan in the Provincial Tournament as OK #1.

Section 7 League Play

a) length of games 45 min 15 min half time

b) league will consist of home and away games between league participants.

c) league games will be played on Mondays and Wednesdays.

d) games to start at 4:00(except after time change)

e) 3 pts for a win /1pt for a tie/ no points for loss

f) league standings will be organized by the Valley Commissioner. Scores of games must be faxed or emailed to the Valley Commissioner within 24 hr of the completion of the game outlining the following:

1) teams that played

2) score

3) team roster

4) any misconduct that occurred(cards, etc...)

g) In the event of a tie in league standings, valley seeding will be determined thus:

1) the results between the two or more teams

2) the team with the higher goal difference for, in games between the two teams

3)if still tied, least goals against in league

4) if still tied ,most goals for in the league

5)if still tied, overall goal difference

6) if still tied, flip a coin

h)league game schedule:

i) will be emailed to all the participating schools prior to Spring Break each year.

Section 8

a) School must be registered with the BCSS to be eligible for Valley Championships which are

used to determine provincial berths.

b) As per Provincial Soccer Constitution, teams can dress only 20 players per game.

19.0 BADMINTON

UPDATED: MARCH 2019

Format:

Individual schools arrange games/schedule. There is no structured league within the OCSAA at this point.

Rules:

SENIOR BADMINTON

Section 1 – Eligibility and Leagues

A) Registration with BC SCHOOL SPORTS is required. Players must be under 19 as of January 1st of the current school year.

B) The Okanagan and Zone leagues will consist of a boy's team and a girl's team that will play singles and doubles and mixed. For Okanagan Valley and BC Finals, a team may consist of a minimum of 5 girls and 5 boys and a maximum of 10 girls and 10 boys.

Section 2 – Playoffs

Each zone commissioner will establish a league schedule (where necessary) in consultation with the zone coaches. The top two teams from each zone will qualify for the Valley Championships as determined by Zone Playoffs. The top team from the Okanagan Valley will qualify for the BC Championships. The second place team may have an opportunity to play-off for a wildcard berth to the BC Championships.

Okanagan Valley Championship Tournament format:

DATE: to be held at least two weeks prior to the BC Finals.

1. Valley Championships should be scheduled in a different zone each year:

Rotation for Senior Okanagan Valley Playoffs:

2018 – West

2019 – North

2020 – Central

2021 – South

1. Top two teams from each zone advance to the Valley Championships. Seeding competition will be round robin following traditional tie format for two pools. Semifinal will be Y1 vs Z2 and Z1 vs Y2. The semifinal winners will play for 1st place. The losers will play for 3rd place.

2. Berthing to Okanagan Valley Championships:

- a. If a zone has 3 teams or more then they will automatically get 2 berths in the Okanagan Valley Championship.
- b. If a zone has only 2 teams then the 1st place team gets an automatic berth in the Valley Championships. The second team will be required to host a play-off between themselves and the 3rd place teams of the other zones to determine who wins the berth(s). If the other 3rd place teams are not prepared to travel to play the play-off then the 2nd team in the zone will get a berth to the Valley Championship.
- c. If a zone only has 1 team then that team gets an automatic berth to the valley Championships. The second berth will be decided upon by a play-off between the 3rd place team from the other pools. If there is no time in the schedule to play this match, the berth will be awarded by the Okanagan Valley commissioner.

1. TOURNAMENT FORMAT:

The elimination matches will be played in the following order, with the school named first in the draw being the school on the left.

1. Girls Doubles A vs. B
2. Girls Doubles B vs. A
3. Boys Doubles A vs. B
4. Boys Doubles B vs. A
5. Boys Singles
6. Girls Singles
7. Girls Doubles B vs. B
8. Girls Doubles A vs. A
9. Boys Doubles B vs. B
10. Boys Doubles A vs. A
11. Mixed Doubles

A TIE consists of 11 matches.

The school winning at least 6 of the matches wins the TIE.

Each match is a set of 2 of 3 games to 21 points. Winner of each game must win by 2 points or the first to 30.

Coaching will be allowed for up to 120 seconds between games 1 & 2 (on the court), and if necessary, games 2 & 3 (may leave the court).

Coaching will be allowed for up to 60 seconds in each game when the 1st player/team reaches 11 points in that game (on the court).

One coach per team can provide instruction to his/her player(s) between points once the bird touches the floor. **This instruction cannot interfere with the continuous flow of the game.**

This coach must be designated on the official scoresheet for that match. Only one coach per team can provide coaching to their players during game play (once bird hits the floor – cannot be coaching while rally is in progress).

Lineup Designation:

- The A doubles team should be the stronger of the two doubles teams.

- All players must play in their designated positions for a complete TIE, and the roster must be handed in before the TIE begins. CLARIFICATION: the two A Doubles may have different pairs, but no player who is listed in a TIE as an A Doubles player may play in any other position. Similarly, the Singles girl could not play in either of the Doubles pairs, and no Doubles player could play in Mixed Doubles.
- If a team does not have 10 players listed at the official start time then the school will default the matches that the missing player would have played.

Ties in the ROUND ROBIN play:

- If two teams are tied, the winner will be the team which won the TIE between the two schools
- If 3 teams are tied, then using only the three TIES that occurred among the 3 schools, the school that won the most TIES is first.
- If still tied then the school that wins the most matches is first.
- If still tied then the school that loses the least games is first.
- If still tied the school with the most points is first.
- If still tied, flip a coin.

Injury Guidelines:

- If a player is injured in a match, his school will default that match
- With knowledge of the other coach and official scorekeeper, a substitute can be used in the subsequent match in the same TIE. This match will count as an official match in the standings. The substitute must not come from a different designation in the TIE; for instance, the Singles Girl could not substitute into a Doubles match.
- The injured player may return to play in a subsequent TIE. If the player is injured in between matches, with his first match played to completion, then the second match is defaulted and a substitute must be put in on an exhibition basis. The basic principle is that a team must default at least one match that a player cannot continue.

Section 3 – BC Provincials

School's must have paid the registration fee to BC SCHOOL SPORTS to qualify for BC Finals. A team picture will be required for the Provincial program. The top team from the Okanagan Valley will qualify for the BC Championships. The second place team may have an opportunity to play-off for a wildcard berth to the BC Championships. BC Finals to be held on the 22nd weekend of the new calendar year.

JUNIOR BADMINTON

Section 1 – Eligibility and Leagues

A) Registration with BC SCHOOL SPORTS is required. Players must be under 17 on December

31 of current school year and in no more than the third year of eligibility.

B) The Okanagan and Zone leagues will consist of a boy's team and a girl's team that will play singles and doubles and mixed. For Okanagan Valley Championships, a team may consist of a minimum of 5 girls and 5 boys and a maximum of 10 girls and 10 boys.

Section 2 – Playoffs

Each zone commissioner will establish a league schedule (where necessary) in consultation with the zone coaches. Top two teams will qualify for the Valley Championships.

Okanagan Valley Championship Tournament format:

DATE: to be held the week prior to the Senior Okanagan Valley Finals.

1. Valley Championships should be scheduled in a different zone each year:

Rotation for Junior Valley Playoffs:

2018 – West

2019 – North

2020 – Central

2021 – South

2. Top two teams (or one) from each zone advance to the Valley Championships. Seeding competition will be round robin following traditional tie format for two pools. Semifinal will be A1 vs B2 and B1 vs A2. The semifinal winners will play for 1st place. The losers will play for 3rd place.

3. Berthing to Okanagan Valley Championships:

- a. If a zone has 3 teams or more then they will automatically get 2 berths in the Okanagan Valley Championship.
- b. If a zone has only 2 teams then the 1st place team gets an automatic berth in the Valley Championships. The second team will be required to host a play-off between themselves and the 3rd place teams of the other zones to determine who wins the berth(s). If the other 3rd place teams are not prepared to travel to play the play-off then the 2nd team in the zone will get a berth to the Valley Championship.
- c. If a zone only has 1 team then that team gets an automatic berth to the valley Championships. The second berth will be decided upon by a play-off between the 3rd place team from the other pools. If there is no time in the schedule to play this match, the berth will be awarded by the Okanagan Valley commissioner.

1. TOURNAMENT FORMAT:

The elimination matches will be played in the following order, with the school named first in the draw being the school on the left.

1. Girls Doubles A vs. B
2. Girls Doubles B vs. A
3. Boys Doubles A vs. B
4. Boys Doubles B vs. A
5. Boys Singles

6. Girls Singles
7. Girls Doubles B vs. B
8. Girls Doubles A vs. A
9. Boys Doubles B vs. B
10. Boys Doubles A vs. A
11. Mixed Doubles

A TIE consists of 11 matches.

The school winning at least 6 of the matches wins the TIE.

Each match is a set of 2 of 3 games to 21 points. Winner of each game must win by 2 points or the first to 30.

Coaching will be allowed for up to 120 seconds between games 1 & 2 (on the court), and if necessary, games 2 & 3 (may leave the court).

Coaching will be allowed for up to 60 seconds in each game when the 1st player/team reaches 11 points in that game (on the court).

One coach per team can provide instruction to his/her player(s) between points once the bird touches the floor. **This instruction cannot interfere with the continuous flow of the game.**

This coach must be designated on the official scoresheet for that match. Only one coach per team can provide coaching to their players during game play (once bird hits the floor – cannot be coaching while rally is in progress).

Lineup Designation:

- The A doubles team should be the stronger of the two doubles teams.
- All players must play in their designated positions for a complete TIE, and the roster must be handed in before the TIE begins. CLARIFICATION: the two A Doubles may have different pairs, but no player who is listed in a TIE as an A Doubles player may play in any other position. Similarly, the Singles girl could not play in either of the Doubles pairs, and no Doubles player could play in Mixed Doubles.
- If a team does not have 10 players listed at the official start time then the school will default the matches that the missing player would have played.

Ties in the ROUND ROBIN play:

- If two teams are tied, the winner will be the team which won the TIE between the two schools
- If 3 teams are tied, then using only the three TIES that occurred among the 3 schools, the school that won the most TIES is first.
- If still tied then the school that wins the most matches is first.

- If still tied then the school that loses the least games is first.
- If still tied the school with the most points is first.
- If still tied, flip a coin!!!

Injury Guidelines:

- If a player is injured in a match, his school will default that match
- With knowledge of the other coach and official scorekeeper, a substitute can be used in the subsequent match in the same TIE. This match will count as an official match in the standings. The substitute must not come from a different designation in the TIE; for instance, the Singles Girl could not substitute into a Doubles match.
- The injured player may return to play in a subsequent TIE. If the player is injured in between matches, with his first match played to completion, then the second match is defaulted and a substitute must be put in on an exhibition basis. The basic principle is that a team must default at least one match that a player cannot continue.

20.0 GOLF

UPDATED: MARCH 2019

Information regarding golf is sent to the league Commissioner if their school wishes to compete. Under construction.

21.0 TENNIS

UPDATED: MARCH 2019

FORMAT:

Individual schools arrange matches & tournaments. There is no structured league within the OCSAA. This is an Okanagan Valley league offered at the senior level only.

The Valley Championships format is determined annually accounting for the numbers of teams wishing to participate and the number of available courts

All rules of the BC Secondary Schools Tennis Association should be adhered to.

For more information:

OVSA: <http://www.ovsaa-netfirms.ca>

TRACK & FIELD

UPDATED: MARCH 2019

All schools must have an adult coach/sponsor on the commissioner's email list.

Section 1 - RULES

Track and Field meets will be governed by official rules of the IAAF with the following exceptions:

A) Participation in Zone Meet

- (i) A student may enter no more than three individual events; the same student may also enter both relays (i.e. maximum number of events for a student: 3 individual events and 2 relays).
- (ii) A student may not compete in a higher age classification in the same event, even in relays.
- (iii) A school may enter a maximum of 3 athletes per event in all divisions and age groups.
- (iv) All athletes must have a school district staff sponsor or an officially approved outside coach in attendance at the meet or the athlete(s) will not be allowed to compete.
- (vi) Coaches must ensure that athletes are accurately registered with BC School Sports before Spring Deadline, usually end of April in order to be eligible for the Valley Championship Meets (see link www.bcschoolsports.ca)
- (vii) Pole vault will not be offered at any meets unless trained officials are present to run the event and athletes have attended training sessions with certified coaches.

B) Scoring

- (i) Points - For both the Zone and Valley Championship Meets, scoring systems shall be:
1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th - 5 pts, 5th - 4 pts, 6th - 3 pts, 7th - 2 pts,
8th - 1 pts.

C) Age Classification - all ages are as of December 31 preceding meets.

- (i) Grade 8 - 14 and under and in grade 8 for the first time
- (ii) Junior - 16 and under and in grade 9 or 10.
- (iii) Seniors

- students must be under nineteen (19) years of age as of December 31st of the current school year, and be in no more than their fifth year of eligibility (Article 10 section 3.7.1)

D) Valley Championship Meets - the following are rules for entry:

- i) three competitors from each zone shall enter the gr.8 Valley Championship Meet in each event.
- ii) Three competitors from each zone shall enter the Junior Valley Championship Meet in each event.
- iii) Three competitors from each zone shall enter the Senior Valley Championship Meet. The Okanagan has four berths per event at the BC Championships.
- iv) There are no Open Zone entries into the Valley Championship Meets; athletes must have competed in that event at their Zone meets.
- v) All members of any relay team must be from the same school.
- vi) Substitutions must be the athlete who placed next in the event at the zone meet of the zone involved. Substitutions must be submitted to the Valley Championship Meet Director, by the zone chairman only, at least 1/2 hour before the meet begins.

vii) Entries for the Valley Championship Meets must be FAXED, EMAILED, or sent by COURIER to the Meet Director to be received no less than THREE days before the meet for the zone to eligible for competition. (i.e. Saturday meet, receive by Wednesday).

viii) A grade 8 may NOT participate as an individual in the Junior Valley Championship in events which already exist at the grade 8 level.

E) Uniforms

Contestants shall wear the uniforms of the school they represent. If a school does not issue uniforms, the contestant will wear a white T-shirt and athletic shorts. Cut-offs are not allowed. Failure to wear the prescribed uniform may result in disqualification.

F) Spike Length - Max. for Track Events 5mm (1/4")

For Horizontal Jumps 7mm (5/16")

For Javelin and High Jump 9mm (3/8")

Checks will be made and offenders will be required to remove over-sized spikes. No allowance in time schedule will be made.

G) Provincial Qualifying - The Valley Championship Meet shall be a qualification meet of the Provincial Championships and all athletes who wish to attempt to advance to the Provincial Championships must compete at the zone and Valley Championship Meets. The only exception is noted below in section H. Schools will be billed for the Provincials after the BC Meet.

H) Open Zone -- Entry to the Provincial Championships may be made through the Open Zone and may be gained by an athlete in the following ways only:

1. Providing that an athlete competes in the Senior Valley Championship Meet and exceeds a minimum standard established as the median of the eighth place time, height or distance in the last three Provincial Meets (see alternate list link at <http://www.bcsscctfa.bc.ca/webs/track/track.html>)
2. Providing that the contestant was injured or sick or there were extenuating circumstances and therefore did not compete in the Senior Valley Championships, and that this contestant has achieved the minimum standard in (a), and that his standard was achieved since May 1st of the current school year, in either a championship school meet and its trials, or a meet sanctioned by the B.C. Athletics.
3. Application for qualification through the Alternate List with full particulars must be made to the Valley Commissioner the day of the Valley Championship.
4. No school may have more than two scoring contestants in any one event at the Provincial Championships.

I) Valley Championship Meets – The Valley Championship Meet will include grade 8, Junior and Senior Events.

The OVSAA will grant up to \$200.00 per year for organizational costs of the Valley Track and Field Championships. This sum will be given directly to the meet director(s) in the host Zone upon submission of receipts.

Section 2 - Valley Meet Schedule

Schedules for Field Events and Track Events will be distributed through the Zone Commissioners

Section 3 - HJ/PV Specifications

- a) Starting height determined in agreement with athletes and officials
- b) Bar goes up by 5cm until 3 athletes are left, then 3cm

Section 4 – IMPLEMENT WEIGHTS(from BC High School Track Commission)

Girls	Shot	Hammer Throw	Discus Throw	Javelin Throw
Senior	4 kg	4 kg	1 kg	600 g
Junior	3 kg	3 kg	1 kg	500 g
Grade 8	3 kg	3 kg	1 kg	500 g
Boys	Shot	Hammer Throw	Discus Throw	Javelin Throw
Senior	6 kg	6 kg	1.75 kg	800 g
Junior	5 kg	5 kg	1.5 kg	700 g
Grade 8	4 kg	4 kg	1.0 kg	600 g

Section 5:

Hurdle Specifications:

BOYS	GIRLS
Grade 8 100m - 33" (0.84m)	80m – 30" (0.762m)
Junior 100m - 36" (0.914m)	80m – 30" (0.762m)
Senior 110m - 36" (0.914m)	100m – 33" (0.84m)
Grade 8 200m – 30" (0.762m)	200m – 30" (0.762m)
Junior 300m - 33" (0.84m)	300m - 30" (0.762m)
Senior 400m - 36" (0.914m)	400m – 30" (0.762m)

Section 6:

Steeplechase Specifications:

BOYS	#Barriers	#Water Jumps	Total
Junior 1500m - 30" (0.762m)	12	3	15
Senior 2000m - 33" (0.84m)	18	5	23
GIRLS			
Junior 1500m - 30" (0.762m)	12	3	15
Senior 1500m - 30" (0.762m)	12	3	15

Suggested Hurdle Order: (competition planning)

- Senior Boys 110@36"
- Junior Boys 100m@36"
- Senior Girls 100m@33"
- Gr 8 Boys 100m@33"
- Junior Girls 80m@30"
- Gr 8 Girls 80m@30"

The distance from the starting point to the finish line on the first lap shall not include any barriers.

1. Senior Boys - 2000 M – Steeples are 33"

Clear 23 barriers (18 hurdle jumps, 5 water jumps) 78 m between steeples

1. Junior boys - 1500 m – Steeples are 30"

Clear 15 steeples (12 hurdle jumps, 3 water jumps), 78m between steeples

1. Jr. and Sr. Girls – 1500m – Steeples are 30"

Clear 15 steeples (1 hurdle jumps, 3 water jumps) 78m between steeples

Section 7 – FIELD EVENT RULES

- a) All events will try to start on time. Field events may go as much as 15 minutes ahead of schedule. Warm-ups must be completed before the prescribed starting time.
- b) Each participant in the Long jump, Triple Jump, Shot put, Discus, Javelin, and Hammer will be allowed 3 preliminary trials. The top 8 competitors will be determined and given an additional 3 trials. Placings are determined by the best performance on all 6 trials.
- c) Competitors shall be allowed permission (providing they have asked for it) to participate in another concurrent event, but they must report back immediately following that event. Unnecessary delay may constitute a forfeiture of one or more attempts.

Section 8 – ZONE RESPONSIBILITIES FOR VALLEY MEETS

The only person(s) allowed on the infield shall be the appropriate officials and competitors who have been directed to the infield by the appropriate event official. All other athletes and coaches must keep off the infield. This is a very important safety issue which must be followed.

Section 9 – WARM UP AREA

The only persons allowed on the infield shall be the appropriate officials and competitors who have been directed to the infield by an appropriate event official. All other athletes and coaches must keep off the infield. This is a very important safety issue which must be followed.

Section 10 – OFFICIALS

All officials should:

1. a) know the rules and regulations of the event they are officiating
b) provide necessary equipment to conduct their events
c) be ready to begin at least 15 minutes before the scheduled starting time of the event.

Ultimate Frisbee: (New: 2020)

(Now an official sport within the OCSAA)

- 1.1 Team Requirements: Teams must have a minimum number of nine (9) players on their STARS roster. There is no maximum number of players. All players must be registered with BC School Sports and be on the appropriate roster in STARS. Seven (7) players are on the field at one time. Gender Ratio:
- 1.2 • The gender ratio for BCSS Ultimate Championships is 4/3 (4 men and 3 women, or 4 women and 3 men) • The receiving team will determine if the current point will be played with 4 men and 3 women or 4 women and 3 men. The pulling team must match the gender ratio of the receiving team.
- 1.3 • If the pulling team, cannot match the gender of all 7 players, then it must play with fewer than 7 players, matching the gender of as many players as possible.

BC School Sports Ultimate Rules & Regulations:

1. Point Target - Games have a Point Target of 13. Once a team reaches the Point Target they have won and the game is over. There is no need to win a game by 2 points (i.e. a game that is 13-12 is over).
2. Championship Games - All placement games (eg. 5th place, 16th place) are played under the same rules as other games in the tournament. There are two (2) Championships games (AA & AAA). Championship games have a Point Target of 15.
3. Half Time - Games will have a "Mirror Half" after the first team reaches 7 in a normal game or 8 in a Championship game. There is no break at Half Time, but for the next pull teams will be the opposite (or mirror) of the pull that started the game. (i.e. If Red pulled to Blue from the North End zone at the Start of the game then Blue pulls to Red from the North End zone after Half Time).
4. Soft Cap - Games will have a Soft Cap 75 minutes after the scheduled start time of the game. Soft Cap will be indicated by an Air Horn, but team Captains should be aware of the time and work with the opposing team to put the Soft Cap into place at the appropriate time. Official time will be that shown by a cell phone and not a wrist watch. After 75 Min, the current point is completed and a new Point Target is created by adding 1 to the highest current score. The first team to reach this new Point Target will win the game. Example - If the score is 10-8 when the Soft Cap happens, then the point that is in progress ends and if the score is 11-8, the new Point Target for the game is 12. A new point is considered to have started as soon as the previous point has concluded.
5. Hard Cap - Games will have a Hard Cap 85 minutes after the scheduled start time of the game. Hard Cap will be indicated by an Air Horn, but team Captains should be aware of the time and work with the opposing team to put the Hard Cap into place at the appropriate time. Official time will be that shown by a cell phone and not a wrist watch. After 85 Min, the current point is completed and the team with the most points is the winner. If the game

is tied after the current point, one more point will be played. A new point is considered to have started as soon as the previous point has concluded.

6. Caps for Championship Games - Final games will have a Soft Cap 90 Minutes and a Hard Cap 100 minutes after the scheduled start time.

7. Time-outs - Teams are given 1 time-out per half + 1 floater time-out per game. Teams can take a maximum of 2 time-outs per half, and a maximum of 3 time-outs per game. Time-outs should be limited to 90 seconds. No time-outs can be called during a Cap. Note that a Cap is not "on" until the conclusion of the current point. If the Cap is announced during a point, teams may still take a timeout during that point.

8. Zone Defence - Teams may use zone defence.

9. Foot-blocks - Foot-blocks are legal.

ARTICLE D: CONDUCT

Part 1: Preamble

1.1 Anytime a student, team, coach or official represents a member school and/or participates in an OCSAA event, he or she is under the jurisdiction of the OCSAA whether playing another OCSAA member or not. It should be noted that the exhibition games are included.

1.2 There shall be two divisions of authority with respect to conduct:

- (a) Less serious matters to be dealt with by the zone or Zone Commissioner in the case of zone competition, or by the Valley Commission and the OCSAA President in the case of Valley leagues or in the case of inter-zone play.
- (b) More serious matters are to be dealt with by the OCSAA Executive.

Part 2: Defining Responsibilities

2.1 Zone and/or commission matters shall include such offenses as incidents between competitors, game officials, spectators, and adults in positions of authority which occur during a competition. Incidents shall include:

- (a) Profanity and abusive language.
- (b) Ejection from a game – A player, coach or team member has been ejected from a game if the game official has removed the individual from the field of play and banned them from remaining on the sidelines or bench area.
- (c) Expressions of disrespect.

2.2 OCSAA Executive matters shall include such matters as:

- (a) Second offences under the zone and/or commission definition.
- (b) Striking another person.
- (c) Vandalism, creating a disturbance or similar misconduct while travelling to and from a competition or at a competition, but not during a game.
- (d) Coach misconduct.
- (e) Official misconduct
- (f) Encouragement of an athlete to use performance enhancing drugs

2.3 BCSS Addition 2018:

- (a) 26.1.9 Never criticize or use social networking to criticize or threaten another school team, coach, player, game official, or BCSS.

Part 3: Procedures

- 3.1 In a case where an incident has occurred involving either a coach, player, team member, spectator, or official:
- (a) There shall be a verbal report by the coach(es) to the Zone President and the appropriate Commissioner
 - (b) Written reports shall be submitted within 72 hours by:
 - (i) The coach or coaches involved
 - (ii) Student(s) involved
 - (iii) Game official(s) involved
 - (iv) Other coaches or responsible adults if requested
- 3.2 In a case where a coach is engaging in inappropriate behaviour, the other coach/responsible adult should:
- (a) First approach the offending coach about modifying their behaviour.
 - (b) If no modification is made, the offending coach must be notified that a report will be filed with the OCSAA President (this step protects you from a BCTF ethics violation).
 - (c) If behaviour is outrageous, step (a) can be missed but not step (b).
- 3.3 In cases where a complaint against a teacher coach is being registered by non-teacher, game officials or other responsible adults, it is expected that other coaches would simply file reports as appropriate.

Part 4: Penalties

- 4.1 A minimum penalty of at least a one game suspension from the next league or playoff game shall be imposed as a result of a player or coach being ejected from a game. If the proper reports are not filed within 72 hours of the incident, the suspension shall be a minimum of three games. More serious incidents will result in more serious penalties.
- 4.2 If there has been an incident, the offending coach or player has 72 hours in which to file a report. If the appropriate report is not filed within 72 hours the coach or player is then ineligible to coach or play until the report is filed.
- 4.3 Reported incidents will be filed on a database and repeat incidents shall result in more stringent penalties.
- 4.4 Because of the wide variety of competitive situations in the various sports, a "game" suspension shall be deemed to be suspension from one full match such as would be used in keeping standings among schools.

- 4.5 In cases where a season is over before the penalty is imposed, the penalty shall carry over to the next season the player or coach participates in.
- 4.6 The use of ineligible players, failure to complete league commitments and similar violations may result in suspension of up to one year.
- 4.7 Upon proof of violation of the Constitution or By-Laws of the OCSAA, the OCSAA Executive may suspend the offending player, coach, team, official or school from participation in activities of the OCSAA or its leagues, or impose such lesser punishments as it shall decide.

Part 5: Executive Procedure

- 5.1 Upon receipt of a complaint about conduct, the executive member receiving the complaint must make a decision, or seek advice, on which level of executive should deal with the complaint.
- 5.2 In the case of student misconduct, the executive shall call the Principal of the offending student and inform the Principal that a complaint has been received and that the student has 72 hours from the time of the incident in order to file a report. If the appropriate report is not received within 72 hours, then the student will be suspended until such time as the report is received.
- 5.3 In the case of coach misconduct, the executive shall call both the Principal of the offending coach and the offending coach to ensure that the report is received. The Coach will be suspended until the report is received.
- 5.4 In the case of official misconduct, the executive shall call the local or provincial Officials Association Allocator to inform them of the complaint and remind them that reports must be filed. If the appropriate reports are not received within 72 hours, the official will be suspended until such time as the reports are received.
- 5.5 The responsible executive member shall then contact the Discipline Committee and set up a time for either a meeting or conference call to deal with the complaint. The Disciplinary Committee shall consist of the Administrative Representative (or designate) and two of the following:
 - 1) OCSAA 1st Vice-President
 - 2) Sport Commissioner
 - 3) OCSAA President
- 5.6 The responsible executive member shall then give written or electronic notice to the offending student or coach and inform them of the time and date of the meeting or conference call and offer the offending student or coach the opportunity to speak directly to the Disciplinary Committee if they should so desire.
- 5.7 The responsible executive member shall phone the Principal of the offending player or coach and the offending player or coach to inform them of the decision of the Disciplinary Committee and to remind them that appeals procedures are laid out in the handbook.
- 5.8 The responsible executive member shall then follow up with a registered letter to the offending player or coach, and the Principal of that individual, detailing the Disciplinary Committee decision.

- 5.9 The responsible executive member shall give written or electronic notice to the appropriate supervisor of officials and inform them that a disciplinary meeting has been held and that appropriate sanctions have been imposed on the offending coach or player. Said sanctions are to be monitored by the offending coach or player's Principal.
- 5.10 The OCSAA shall provide in writing the results of OCSAA Disciplinary Hearings or Disciplinary Appeals Hearings to the Athletic Directors and the Principals of the schools involved, and to athletes, coaches and/or sponsors also involved. BCSS, OCSAA and the appropriate Provincial Sport Commissions shall also be informed in writing by the OCSAA.
- 5.11 A record of offenses (offenders) will be maintained in a data base

Part 6: Disciplinary Appeals Procedures

An appeal to a Disciplinary Committee ruling may be granted if, according to the Administrative Representative or designate, it is shown that "due process" was not given or new information is presented that would have had bearing on the ruling.

6.1 Appeal Procedure For Coaches And Teacher Sponsors

- (a) The appeal of a Disciplinary Committee decision must be made within one week of notification of the discipline ruling and be supported by the school Principal.
- (b) The Disciplinary Appeals Committee shall consist of:
 - (i) The Administrator Representative or designate (different than who sat on the Disciplinary Committee)
 - (ii) The OCSAA Executive Member
 - (iii) A teacher/coach from a non-offending school (different than who sat on the Disciplinary Committee)
 - (iv) The OCSAA President or designate as a non-voting member
- (c) The cost of appeals to disciplinary action shall be the responsibility of the school making the appeal.

6.2 Appeal Procedures For Student Athletes

- (a) The appeal of a Disciplinary Committee decision in a student athlete discipline case must be made within one week of notification of the discipline ruling and be supported by the school Principal.
- (b) The Disciplinary Appeals Committee shall consist of:
 - (i) The Administrator Representative or designate (different than who sat on the Disciplinary Committee)
 - (ii) The OCSAA Executive Member
 - (iii) A teacher/coach from a non-offending school (different than who sat on the Disciplinary Committee)
 - (iv) The OCSAA President or designate as a non-voting member
- (c) The cost of appeals to disciplinary action shall be the responsibility of the school making the appeal.

6.3 Appeal Procedures For Officials

- (a) The appeal of a Disciplinary Committee decision in an officiating case must be made within one week of notification of the disciplinary ruling, and be supported by the local and/or provincial Officials Association.
- (b) The Disciplinary Appeals Committee shall consist of:

- (i) The Administrative Representative
 - (ii) The OCSAA President
 - (iii) A non-involved coach from the commission school
- (c) The cost of the appeal for the disciplinary action shall be the responsibility of the official's appellant.

ARTICLE E: INJURIES, TRAVEL AND STUDENT OFFICIALS

Part 1: Injuries

- 1.1 It is advisable for each player to have a medical examination prior to a sports season.
- 1.2 Adequate protective equipment must be used and safety precautions enforced.
- 1.3 A School Board Accident Report Form must be completed for all injuries.
- 1.4 Any serious injury must be brought to the attention of the Principal.
- 1.5 Parents should be informed immediately in all cases of a serious injury. Their instructions must be carried out.
- 1.6 Never move a player when a serious back or neck injury is suspected.
- 1.7 An ambulance should be called when in doubt as to the action to be taken in a serious accident.
- 1.8 Coaches are encouraged to take first aid courses and travel with 1st aid kits and have all medical emergency contact information

Part 2: Travel – Inside School District #23

- 2.1 All coaches must assist bus driver in the loading and unloading of students.
- 2.2 All teams are to be picked up where they were dropped off unless the bus driver has been told otherwise.
- 2.3 24 hour notice minimum must be given to the bus dispatcher for cancellation of games.
- 2.4 Bus drivers, when in doubt of a destination, will radio dispatch for instructions.
- 2.5 Bussing will not be provided for senior teams when they are playing within the city core.
- 2.6 No cleats are to be worn on the bus.
- 2.7 For sports that require 5/6 athletes participating at one time (basketball/volleyball), the limit for bus riders is will be determined by SD23 Transit.
- 2.8 As per an SD#23 directive, there will be no scheduled busing provided on weekends. Weekend trips can be booked via a specific request.

Part 3: Travel – Outside School District #23

- 3.1 Check with the Principal and Athletic Director for the school's policies before finalizing any plans.

- 3.2 At your pre-trip meeting, make it very clear to all that consuming alcohol or drugs at any time during the trip is not permitted and that behaviour must be above reproach at all times. Consequences of violating this are most serious.
- 3.3 If a mixed group of students is involved, at least one male and one female teacher should make the trip.
- 3.4 If the students are being accommodated in a hotel or motel, the teachers must also be accommodated there and, if possible, on the same floor in adjacent rooms.
- 3.5 All activities on a trip should be supervised by teachers.
- 3.6 If the students are being billeted, too many students should not be staying at one place and wise pairing of students should be attempted.
- 3.7 Teachers should follow the same rules laid down for the students.
- 3.8 Any problems encountered due to improper conduct must be reported to the school Principal as soon as possible and in writing to the Association President within 48 hours or your return.
- 3.9 The OCSAA will not provide bussing for exhibition games.
- 3.10 *Coverage* will only be provided for one substitute release for each team travelling to *sanctioned* BCSS Provincial Championships (check with your school).

Part 4: Student Officials

- 4.1 Student officials must be well prepared and supported.
- 4.2 If necessary, the coach and sponsor should help officials by taking them aside at the intermission or, if need be, during a stoppage in play specifically to correct an error that is being made by the officials or to prevent incidents from getting out of hand. If play is stopped to do this, coaches and sponsors from both teams should be involved.
- 4.3 After each game the coach or sponsor should give the student official a constructive evaluation of the job done.

SECTION 4

SOCIETY ACT

CONSTITUTION

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

ARTICLE A: NAME

- 1.1 The name of the Society is “OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION”.

ARTICLE B: PURPOSE

The purpose of the Society is:

- (a) To provide students with the opportunity to realize the physical, social and emotional values that can be derived from interschool competition in a wide range of sports.
- (b) To promote competition and sportsmanship, and to develop a high level of excellence in the skills and appreciation of these sports among member schools.
- (c) To co-operate with other athletic administrative bodies within the confines of the Okanagan Valley area.
- (d) To be a member of and follow the guidelines of B.C. School Sports and its sports governing commission.
- (e) To honour the code of desirable practices as set down by B.C. School Sports.
- (f) To organize Okanagan Central Zone Championships and to determine the zone representative for Okanagan Valley competitions.

ARTICLE C: OPERATIONAL PHILOSOPHY

- (a) Athletic programs should span the school grades 6 – 12 along the continuum of participation with gradual but increasing levels of competition. *Member schools will adopt this philosophy for each grade with regards to levels of participation and the degree of competition.*
- (b) Interschool athletics will offer all players playing time and the ability to participate.
- (c) Interschool athletic programs must provide the enriched development necessary for the continuation of elite athletics in post secondary life.
- (d) Interschool athletics expects all team members will follow expected codes of conduct and principles of fair play. Team defining players, coaches, managers, sponsors and parents.
- (e) Interschool athletics is an important supplemental activity which must always be in conformity with the educational objectives of member schools.
- (f) Interschool athletics from grades 6-12 follows a logical systematic progression in philosophy and implementation.
- (g) Interschool athletics expects a level of commitment from all team members to their program which includes team activities, practices and games.

ARTICLE D: PRINCIPLES FOR IMPLEMENTATION BY GRADE

GRADE 4 ELEMENTARY

- i. Introduction to activity and concepts of the game
- ii. Focus on game skills
- iii. "No cut" policy for team sports
- iv. "Standards" may be used for district X-Country and Track & Field meets
- v. Emphasis on participation
- vi. Optional published scores or point total
- vii. Full and equal playing time
- viii. Everyone is encouraged to participate
- ix. Games and lead up modifications in place facilitate skill development
- x. Suggested 6 week season including all practice and play

GRADE 5 ELEMENTARY

- i. Introduction to activity and concepts of the game
- ii. Focus on game skills
- iii. Introduction to individual skills
- iv. "No cut" policy for team sports
- v. "Standards" may be used for district X-Country and Track & Field meets
- vi. Equal multiple teams encouraged if large numbers restrict playing time
- vii. Emphasis on participation
- viii. Optional published scores or point total
- ix. Full and equal playing time
- x. Everyone is encouraged to participate
- xi. Games and lead up modifications in place facilitate skill development
- xii. Suggested 6 week season including all practice and play

GRADE 6/7 ELEMENTARY/MIDDLE

- i. Introduction to activity and concepts of the game
- ii. Focus on game skills
- iii. Introduction to individual skills
- iv. "No cut" policy for team sports
- v. "Standards" may be used to district X-Country and Track & Field meets
- vi. Equal multiple teams encouraged if large numbers restrict playing time
- vii. Emphasis on participation
- viii. Optional published scores or point total
- ix. Full and equal playing time
- x. Everyone is encouraged to participate
- xi. No league standings
- xii. Introduction to Meets / Jamborees
- xiii. Game modification for skill development
- xiv. Suggested 8 week season including all practice and play
- xv. Grade 7's will be given the opportunity to play-up for the high school which they directly feed into. This will be looked at on a case by case basis with the approval of both schools' administration and athletic director.

GRADE 7 MIDDLE

- i. Continuation of concepts of the game
- ii. Focus on individual skills within the context of the game
- iii. "No cut" policy to encourage maximum student participation in a coachable environment
- iv. If a school has more than one team, every effort must be made to form teams of equal number and talent

- v. Emphasis on participation in a competitive environment
- vi. Optional published scores or point total
- vii. Full and equal playing time
- viii. Everyone is encouraged to participate
- ix. No league standings
- x. Introduction to Inclusive Team Championships / Jamborees
- xi. Game modification for skill development
- xii. Suggested 8 week season including all practice and play

GRADE 8 MIDDLE

- i. Continuation of concepts of the game
- ii. Focus on individual skills within the context of the game
- iii. "No cut" philosophy to encourage maximum student participation in a coachable environment
- iv. If a school has more than one team, every effort must be made to form teams of equal number and talent.
- v. Emphasis on participation in a competitive environment
- vi. Published scores or point total
- vii. Full and equal playing time philosophy
- viii. Everyone is encouraged to participate
- ix. League standings
- x. Introduction to Inclusive Team Championships / Jamborees
- xi. Introduction to travel outside the Zone
- xii. Reduction in game modifications for skill development
- xiii. All teams make the playoffs
- xiv. Suggested 9 week season including all practice and play

GRADE 9 MIDDLE

- i. Specialized skill development
- ii. Introduction to try-out process/training camps
- iii. Multiple teams of equal talents is encouraged if large numbers restrict playing time (given scheduling limitations)
- iv. Balance between participation and competition
- v. Size restrictions may apply
- vi. Introduction to travel outside the Okanagan
- vii. Reduction in game modifications for skill development
- viii. Suggested 10 week season including all practice and play

GRADE 10 SECONDARY

- i. Increasingly specialized skill development
- ii. Try-out process/training camps
- iii. Multiple teams encouraged if large numbers restrict playing time (given scheduling limitations)
- iv. Balance between participation and competition
- v. Opportunity for playing time may not be equal
- vi. Participation may not be full and equal
- vii. Team size restrictions apply
- viii. Emphasis on competition within a participatory environment
- ix. Zone, Valley and Provincial Championships
- x. Reduction in game modifications for skill development

- xi. Seasonal length as per BCSS regulations

A, AA, AAA, AAAA SENIOR SECONDARY

- i. High level of skill development
- ii. Try-out process/training camps
- iii. Tiered multiple teams encouraged if large numbers restrict playing time (given scheduling limitations)
- iv. Opportunity for playing time will be less equal
- v. Team size restrictions apply
- vi. Few game modifications in place
- vii. Focus on competition
- viii. Seasonal length as per BCSS regulations

ARTICLE E: DISSOLUTION

On the winding up or dissolution of the Society, the assets of the Society shall not be distributed among the members, or any of them. After all debts have been paid, or provision for their payment has been made, the assets remaining shall be paid, transferred and delivered to the Central Okanagan Bursary Committee or if such committee is no longer in existence, to such charitable group, institution or body as selected by the member of the Society. This provision shall be unalterable.

ARTICLE F: PROFITS

The Society shall operate without purpose of gain or profit to its members and any profits to the Society shall be used in promoting its objects. This provision shall be unalterable.

SECTION 5

SOCIETY ACT

BY-LAWS OF

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

ARTICLE A: INTERPRETATION

- 1.1 In these by-laws unless the context otherwise requires:
- (a) "Association" means the Okanagan Central Schools Athletic Association, the Society herein.
 - (b) "Directors" means the Directors of the Society for the time being.
 - (c) "Society Act" means the Society Act of the Province of British Columbia for time to time in force and all amendments to it.
 - (d) "Registered Address" of the member means his or her address as recorded in the Register of Members.
 - (e) "Okanagan Valley Schools Athletic Association" means the Association comprised of the member schools of the South Okanagan – Similkameen Athletic Association, The North Okanagan Athletic Association, The Okanagan Central Schools Athletic Association and
- 1.2 The definitions in the Society Act on the date these by-laws become effective apply to these by-laws.
- 1.3 Words importing the singular include the plural and vice versa; words importing the neuter include the masculine and the feminine gender and vice versa.

ARTICLE B: MEMBERSHIP

- 1.1 The members of the Society are the applicants for the incorporation of the Society, and those who subsequently have become members, in accordance with these by-laws and, in either case, have not ceased to be members.
- 1.2 There shall be two classes of membership in the Association:
- (a) Any secondary school in the boundaries of School District #23 in British Columbia which has been accepted in accordance with these by-laws (hereinafter member school).
 - (b) Any teacher who is a teacher in a member school in good standing.
- 1.3 A school or person may apply to the Directors for membership in the Society and upon acceptance by the Directors shall be a member.
- 1.4 Every member shall uphold the Constitution and comply with these by-laws and the Rules and Regulations of the Society passed pursuant thereto.
- 1.5 The amount of membership dues shall be a sum fixed from time to time by resolution of the Directors and ratified by the Board of Governors. If membership dues are not paid

within sixty (60) days of the due date, the member shall cease to be a member in good standing

- Fee Structure
 - SD23 schools \$250 Cautionary Fee
 - Independent Schools & OCSAA Associate Members \$1,656.25 (2017/2018)
 - Equals 1/16 of Schedulers Salary plus \$250 Cautionary Fee

- 1.6 A person shall cease to be a member of the Society:
- (a) By notifying the Directors in writing to the effect that he desires to withdraw from membership in the Society.
 - (b) Upon being expelled.
 - (c) Upon their failure to pay any membership fees, subscription or indebtedness due to the Society, and upon the Directors causing the name of such member to be removed from the register of members.
- 1.7 The Directors shall have the power by a vote of three-fourths (3/4) of those present to expel or suspend any member whose conduct shall have been determined by the Directors to be improper, unbecoming, or likely to endanger the interest or the reputation of the Society, or who willfully commits a breach of the Constitution, By-laws, or Rules and Regulations of the Society. No member shall be expelled or suspended without being notified of the charge(s) or complaint against them or without having first been given an opportunity to be heard by the Directors at a meeting of the said Directors called for that purpose.
- 1.8 Expulsion:
- (a) A member may be expelled by special resolution of the Directors or members passed at a general meeting.
 - (b) The Notice of Special Resolution for expulsion shall be accompanied by a statement of the reason or reasons for the proposed expulsion.
 - (c) The person who is the subject of the proposed resolution for expulsion shall be given an opportunity to be heard at the annual general meeting before the special resolution is put to a vote.

ARTICLE C: MEETINGS OF MEMBERS

- 1.1 The Annual General Meeting of the Association shall be held during the second week of June or such other date as the Directors may from time to time determine but in no case more than fifteen (15) months after the last Annual General Meeting.
- 1.2 General meetings of the Society shall be held at such time and place, in accordance with the Society Act, as the Directors decide.
- 1.3 Every general meeting, other than an Annual General Meeting, is an extraordinary general meeting.
- 1.4 The Directors may, whenever they think fit, convene an extraordinary general meeting.
- (a) Notice of a general meeting shall specify the place, the day and the hour of meeting and, in case of special business, the general nature of that business.
 - (b) Fourteen (14) clear days notice of general meetings shall be given, and notice shall be.
 - (c) Special general meetings may be called within fourteen (14) days of the receipt by the Directors of the written request by one (1) or more members

from any four (4) member schools, provided such request is accompanied by reasons and is countersigned by the Principals of such schools.

- (d) The accidental omission to give notice of a meeting to, or the non-receipt of a notice by, any of the members entitled to receive notice does not invalidate proceedings at that meeting.

ARTICLE D: PROCEEDINGS AT GENERAL MEETINGS

- 1.1 Special business is:
- (a) All business at an extraordinary general meeting except the adoption or Rules Of Order.
 - (b) All business that is transacted at an Annual General Meeting except:
 - (i) Adoption of the Rules Of Order
 - (ii) Consideration of the financial statements
 - (iii) Report of the Directors
 - (iv) Report of the auditor, if any
 - (v) Election of Directors
 - (vi) Appointment of the auditor, if required
 - (vii) Other business as, under these by-laws, ought to be transacted at an Annual General Meeting, or business which is brought under consideration by the report of the Directors issued with the notice convening the meeting
- 1.2 No business, other than the election of a chairman and the adjournment or termination of the meeting, shall be conducted at a general meeting at a time when a quorum is not present.
- 1.3 If at any time during a general meeting there ceases to be a quorum present, business then in progress shall be suspended until there is a quorum present or until the meeting is adjourned or terminated.
- 1.4 The quorum at any general meeting shall be one (1) voting member from ninety percent (90%) of the member schools, but not less than three (3) persons or such greater number as the members may determine at a general meeting.
- 1.5 If within 30 minutes from the time appointed for a general meeting a quorum is not present, the meeting, if convened on the requisition of members, shall be terminated; but in any other case, it shall stand adjourned to the same day in the next week, at the same time and place or at a time and place specified at the meeting not exceeding two (2) weeks, and if at the adjourned meeting a quorum is not present within 30 minutes from the time appointed for the meeting, the members present constitute a quorum.
- 1.6 Subject to By-law 1.7, the President of the Society, the Vice-President, or in the absence of both, one of the other Directors present shall preside as chairman of a general meeting.
- 1.7 If at a general meeting:
- (a) There is not President, Vice-President or other Director present with 15 minutes after the time appointed for holding the meeting, or
 - (b) The President and all the other Directors present are unwilling to act as chairman, the
- 1.8 A general meeting may be adjourned from time to time and from place to place, but no business shall be transacted at an adjourned meeting other than business left unfinished at the meeting from which the adjournment took place.
- 1.9 Where a meeting is adjourned for ten (10) days or more, notice of the adjourned meeting shall be given as in the case of the original meeting.

- 1.10 Except as provided in this by-law, it is not necessary to give notice of an adjournment or of the business to be transacted at an adjourned general meeting.
- 1.11 All resolutions proposed at a meeting must be seconded and the chairman of a meeting may move or propose a resolution.
- 1.12 In case of an equality of votes, the chairman shall not have a casting or second vote in addition to the vote to which he may be entitled as a member and the proposed resolution shall not pass.
- 1.13 Member schools may not vote at a meeting of members.
- 1.14 No more than three members teaching at the same member school may vote at a meeting of members, and the Athletic Department and Administration of each member school shall designate said three members (and in any case one Administrator and two teachers, who are not Administrators) for the purposes of each meeting.
- 1.15 Voting is by show of voting cards.
- 1.16 Voting by proxy is not permitted.

ARTICLE E: DIRECTORS AND OFFICERS

- 1.1 There shall be a Board of Governors consisting of the Principal of each SD23 member school, and the Board shall act in an advisory capacity with the chair of the Board being the Administration Representative to the OCSAA, OVSSA & BCSS.
- 1.2 The Board of Governors shall appoint one administrator's representative and one alternate to serve on the Board of Directors.
- 1.3 The Directors may exercise all such powers and do all such acts and things as the Society may exercise and do, and which are not by these by-laws or by statute or otherwise lawfully directed or required to be exercised or done by the Society in general meeting, but subject, nevertheless, to the provisions of:
 - (a) All laws affecting the Society.
 - (b) These by-laws.
 - (c) Rules, not being inconsistent with these by-laws, which are made from time to time.
- 1.4 No rule made by the Society in a general meeting invalidates a prior act of the Directors that would have been valid if that rule had not been made.
- 1.5 The Board of Directors shall interpret this constitution and by-laws and shall make such rules absolute discretion to facilitate the functioning of the Society, and such rules and regulations are binding.
- 1.6 The President, Past President, Vice-President, Athletic Director's Representative, and Administrators' Association Representative shall be the Directors of the Society.
- 1.7 The number of directors shall be at least six (6) or such greater number as may be determined from time to time at a general meeting.

- 1.8 To be a director of the Association, the person must be a member teacher of the Association.
- 1.9 No director shall be entitled to vote at a general meeting of the Association unless designated as a voting member teacher as specified herein for the purposes of that meeting.
- 1.10 The Past President shall automatically be the person who last served as President.
- 1.11 The President, Vice-President, and the Athletic Director's Representative shall be elected at the Annual General Meeting of the Association in June.
- 1.12 The Directors shall appoint an Administrative Assistant who shall attend Directors' meetings but are not entitled to vote at such meetings.
- 1.13 One Administrative Representative shall be appointed by the Board of Governors.
- 1.14 The Directors shall retire from office at each Annual General Meeting when their successors shall be elected.
- 1.15 Separate elections shall be held for each office to be filled.
- 1.16 An election may be by acclamation otherwise it shall be by ballot.
- 1.17 If no successor is elected, the person previously elected or appointed continues to hold office.
- 1.18 The Directors may at any time and from time to time appoint a member as a director to fill a vacancy in the directors.
- 1.19 A director so appointed holds office only until the conclusion of the next following Annual General Meeting of the Society, but is eligible for re-election at the meeting.
- 1.20 If a Director resigns their office or otherwise ceases to hold office, the remaining Directors shall appoint a member to take the place of the former Director.
- 1.21 No act or proceeding of the Directors is invalid only by reason of there being less than the prescribed number of directors in office.
- 1.22 A Director shall cease to hold office in the event:
 - (a) They resign.
 - (b) They become medically or mentally incapacitated.
 - (c) They cease to be a teacher in one of the member schools herein before described.
- 1.23 Any member of the Directors may be removed and a successor may be elected to take their place by a vote of seventy five percent (75%) of the voting members present at any special general meeting of the Association called for that purpose, provided:
 - (a) The notice of such meeting specifies the reason for the meeting and the grounds upon which the removal of such member of the Directors is sought.
 - (b) Similar notice is given to the member of the Directors whose removal is sought.
 - (c) The date of such meeting is not less than fourteen (14) days and not more than thirty (30) days after such notice is given.

- (d) The member of the Directors whose removal is sought has the right to attend such meetings and to speak and present such arguments and evidence as they may wish before the special resolution is put to vote.

- 1.24 No Director shall be remunerated for being or acting as a Director, but a Director may be reimbursed for all expenses necessarily and reasonably incurred by them while engaged in the affairs of the Society.

ARTICLE F: DUTIES AND POWERS OF DIRECTORS

- 1.1 The Directors may meet together at such places as they think fit for the dispatch of business, adjourn and otherwise regulate their meetings and proceedings as they see fit.
- 1.2 The Directors may from time to time fix the quorum necessary for the transaction of business and, unless so fixed, the quorum shall be a majority of the Directors then in office.
- 1.3 The President shall be chairperson of all meetings of the Directors, but if at any meeting the President is not present within thirty (30) minutes after the time appointed for holding the meeting, the Vice-President shall act as chairman, but if neither is present, the Directors present may choose one of their members to be chairman at that meeting.
- 1.4 A Director may at any time and the secretary, on the request of a Director, shall convene a meeting of the Directors.
- 1.5 The Directors may delegate any, but not all, of their powers to committees consisting of such member(s) or director(s) as they think fit.
- 1.6 A committee so formed in the exercise of the powers so delegated shall conform to any rules that may from time to time be imposed on it by the Directors and shall report every act or thing done in exercise of those powers to the earliest meeting of the Directors to be held next after it has been done.
- 1.7 A committee shall elect a chair of its meetings, but if no chair is elected or if at any meeting the chairman is not present within thirty (30) minutes after the time appointed for holding the meeting, the Directors present who are members of the committee shall choose one of their members to be a chair of the meeting.
- 1.8 The members of a committee may meet and adjourn as they think proper.
- 1.9 For a first meeting of the Directors held immediately following the appointment or election of a director or directors at an annual or other general meeting or members, or for a meeting of the Directors at which a director is appointed to fill a vacancy in the Directors, it is not necessary to give notice of the meeting to the newly elected or appointed director or directors for the meeting to be duly constituted, if a quorum of the Directors is present.
- 1.10 Questions arising at any meeting of the subcommittees/committees shall be directed for clarification to the President of the OCSAA.
- 1.11 In case of an equality of votes the chair does not have a second or casting vote.

- 1.12 All resolutions proposed at a meeting of directors or committee of directors must be seconded and the chair of a meeting may move or propose a resolution.
- 1.13 A resolution in writing, signed by all the Directors and placed with the minutes of the Directors, is as valid and effective as if regularly passed at a meeting of directors.

ARTICLE G: DUTIES OF OFFICERS

All officers shall be required to attend executive meetings, as set by the President, as well as each Declaration Meeting.

1.1.1 Immediate Past President

The immediate Past President shall assist the President and Vice-President in their duties and shall provide advice and counsel to the Executive.

The Past President shall:

- (a) Be responsible for the annual revision and publication of the OCSAA Constitution, by-laws, rules and regulations.
- (b) Locate and co-ordinate the rotation of trophies for each OCSAA Championship team.
- (c) Co-ordinate the nominating committee which shall assist in obtaining suitable persons to be candidates for the position of President.

1.2 President

The President shall be presiding officer of the Association, shall be the chair of the directors, and shall preside at all directors' general and special meetings of the Association. He or she shall also be a member, ex-officio, of all committees appointed by the directors or by the Association. He or she shall submit a report of all Association activities to the OCSAA President as per the OCSAA Constitution. The President shall prepare and present reports on the activities of the Association at the Annual General Meeting. He or she shall arrange for association referees clinics in consultation with sports commissioners. The President shall also be apprised of the duties of the Treasurer:

- (a) Keep such financial records, including books of account, as are necessary to comply with.
- (b) Render financial statements to the directors, members and others when required.

1.3 The 1st Vice-President

- (a) The 1st Vice-President shall carry out the duties of the President during his or her absence.
- (b) Be responsible for purchasing and distributing pennants for all OCSAA Championship teams.

- 1.31 Administrative Consultant
(a) OCSAA & SD23 Board

1.4 The **Administrative Assistant/Athletic Scheduler**

The Administrative Assistant shall:

- (a) Conduct the correspondence of the Society.
- (b) Issue notices of meetings of the Society and directors.
- (c) Keep minutes of all meetings of the Society and directors.
- (d) Have custody of all records and documents of the Society except those required to be kept by the Treasurer.
- (e) Have custody of the common seal of the Society.
- (f) Maintain the register of members.
- (g) Establish and maintain seasonal schedule for all leagues.
- (h) Keep record of fines and situations in which they occurred.
- (i) Shall prepare the booklet for the Annual General Meeting.
- (j) Keep such financial records, including books of account, as are necessary to comply with.
- (k) Render financial statements to the directors, members and others when required.

In absence of the Administrative Assistant from a meeting, the directors shall appoint another person to act as secretary at the meeting.

The Athletic Scheduler shall:

- (a) Create and circulate the schedule including starting and ending times for games as well as bus allocation **within one week** of the Declaration Meeting for each season of play. Post the information to the Athletic folder on First Class **within one week** of the Declaration Meeting.
- (b) Update the schedule with necessary changes and inform member schools impacted **within 24 hours** of changes.
- (c) In consultation with the Commissioner and Allocator – generate the playoff schedule for each season of play.
- (d) Consult and collaborate with the Bussing Allocator to confirm the schedule for the District.
- (e) Be available to receive calls and concerns regarding the schedule from Athletic Directors of each school.
- (f) Attend and take minutes for each of the Declaration Meetings. Circulate to OCSAA Executive and Board Representative **within 48 hours** of the meeting.
- (g) Attend and take minutes for each of the Executive Meetings. Circulate to the Executive and Board Representative **within 48 hours** of the meeting.
- (h) Attend and take minutes for the AGM. Generate the Notices of Motion.
- (i) Fulfill duties as required to support the year end coaching Appreciation Banquet.
- (j) Maintain the district web site with updated athletic information.
- (k) Maintain the Constitution and Commission Rules and Regulations. Update accordingly.
- (l) Work well with Sport Allocators to provide adequate levels of officiating.
- (m) Communicate regularly with SD #23 Liason regarding publicity and promotion of OCSAA athletics.

- (n) Record and report all violations of OCSAA policy (including fines) to President of the OCSAA.

Contract to be reconfirmed with Executive annually, (on or before the AGM) for the next year. Income of \$23, 000.00 per year to be paid out at the end of each scheduled season of play.

Note: 2016/17: \$23,000

2017/18: \$23,460 (2% raise)

2018/19: \$23,930 (2% raise)

1.5 **Athletic Directors' Representative**

The Athletic Directors' Representative shall be the chairman of the Athletic Directors' Association and shall represent the point of view of the Athletic Directors of member schools. Other duties as designated by the President.

1.7 **Administrators' Representative** (and alternate)

The Administrators' Representative shall represent the point of view of the COPVPA, and report regularly to the Superintendent and Board of Trustees. Other duties as designated by the President.

1.8 **Middle School Representative**

The Middle School Representative shall represent the point of view of the Middle School members of the Association. Shall maintain an updated spreadsheet of years of service. Shall be responsible for publicity, promotion and recognition of OCSAA Athletics. Other duties as designated by the President.

ARTICLE H: SEAL

- 1.1 The directors may provide a common seal for the Society and they shall have power from time to time to destroy it and substitute a new seal in place of the seal destroyed.
- 1.2 The common seal shall be affixed only when authorized by a resolution of the directors and then only in the presence of the persons prescribed in the resolution or if no persons are prescribed, in the presence of the President and Secretary of President and Secretary-Treasurer.

ARTICLE I: BORROWING

- 1.1 The Society shall have no power to borrow.

ARTICLE J: NOTICES TO MEMBERS

- 1.1 A notice may be given to a member, either personally or by mail to them at their registered address.
- 1.2 A notice sent by email shall be deemed to have been given on the second day following that on which the notice is posted, and in proving that notice has been given it is sufficient to prove that the notice was properly addressed.

- 1.3 Notice of a general meeting shall be given to every member shown on the register of members on the day notice is given. No other person is entitled to receive a notice of general meeting.

ARTICLE K: BY-LAWS

- 1.1 On being admitted to membership, a member is entitled to and the Society shall give them, without charge, a copy of the Constitution, By-laws and Rules and Regulations of the Society currently in force.
- 1.2 These by-laws shall not be altered or added to except by special resolution. A special resolution means a resolution passes in general meeting by a majority of not less than 75% of the votes of those members of a Society who, being entitled to do so, vote in person.
- (a) Of which the notice that the by-laws provide and not being less than fourteen (14) days notice specifying the intention to propose the resolution as a special resolution has been given; or
 - (b) If every member entitled to attend and vote at the meeting so agrees at a meeting of.

SECTION 6

APPENDIX

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

Appendix 1 through 5 can be found on the pages that follow

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

MEMBER SCHOOL VERIFICATION FORM

School Name:

School Address:

Principal:

Athletic Director:

School Phone #:

A.D. Home Phone #:

School Fax #:

A.D. E-mail:

Additional people with e-mail:

BELL TIMES

Start:

Break:

Lunch:

End:

Best time to reach Athletic Director:

School Nickname:

School Colors:

(if changed)

Dominate Color:

Gym Availability Restrictions

Number of usable courts:

Dates:

O.C.S.A.A. COMMISSION REPORT

Year: _____

Sport:
Commissioner:
Number of Schools in League:
Number of Participants:
Particular Accomplishments This Year:
Particular Problems This Year:
Suggestions For Next Year:
GRADE 1-5 (1 being very poor, 5 being very good)
Game Schedule: _____
Bussing: _____
Officiating: _____
Overall Experience: _____

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

SCHOOL PARTICIPATION FORM FOR THE YEAR 2022_23

School: _____

**** Please don't alter the format of this form ****

Please indicate the number of students for each grade and sport. Also indicate the total number of coaches for each sport.

SPORT	7 B	7 G	8 B	8 G	9/10 B	9/10 G	11/12B	11/12G	Coaches
Badminton									
Basketball									
Cross Country									
Curling									
Field Hockey									
Football									
Golf									
Rugby									
Soccer									
Tennis									
Track & Field									
Volleyball									
Other									
TOTALS:									

TOTAL PARTICIPANTS: _____

TOTAL COACHES: _____

OKANAGAN CENTRAL SCHOOLS ATHLETIC ASSOCIATION

NOTICE OF MOTION RESOLUTION FORM

Moved by:
Seconded by:
Whereas:
Be it resolved that:

In Favour #:_____Opposed #: _____	
Motion Carried: _____	Defeated: _____

AUGIE CIANCONE AWARD NOMINATION FORM

DUE DATE: FIRST WEEK OF FEBRUARY

Nominee: _____ Male Female

School: _____

Parent Name(s): _____

Mailing _____ Address: _____

_____ City: _____

_____ Prov: BC Potstal Code: _____

Phone Number: _____

OCSAA ATHLETICS:(55%)

GR 10 Sports Team(s):

Teams: GR 11 Sports Team(s):

_____ GR 12 Sports Team(s):

_____ **EXTENSION OF OCSAA ATHLETICS (20%)(Sports teams**
participated on outside of school):

_____ **CITIZENSHIP:(10%)**

_____ **LEADERSHIP:(10%)**

ACADEMIC: (5%) 2010-2011 Course Load

Overall GPA: _____

Please include a copy of your official High School Transcripts for the current year!

Plans For Next Year: College _____ University _____ Vocational _____ Other _____

Nominated By: _____

Telephone: _____

Nominator's Comments:

Category	No Basis	Average	Below Average	Good (Above Average)	Very Good (well above average)	Excellent (top 10%)	Outstanding (top 5%)	One of the top few encountered
Academic Motivation								
Academic Growth Potential								
Athletic Motivation								
Athletic Growth Potential								
Work Habit								
Personal Initiative								
Emotional Maturity								
Leadership Ability								

THIS FORM MUST BE ACCOMPANIED BY 3 LETTERS OF REFERENCE, ONE FROM EACH OF THE FOLLOWING:

- 1. OCSAA/OVSAA SENIOR ATHLETICS**
- 2. EXTENSION OF OCSAA/OVSAA ATHLETICS**
- 3. REPRESENTING LEADERSHIP/CITIZENSHIP AND A COPY**
- 4. OFFICIAL HIGH SCHOOL TRANSCRIPTS**

SIGNATURE: _____

DATE: _____

This nomination form is crucial to the decision making of the student athlete of the year. It is

essential that it be completed fully.