



NOVA SCOTIA SCHOOL ATHLETIC FEDERATION

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HANDBOOK

2006/2007



PREFACE

In early days of history, our ancestors preserved their lives by being expert in throwing, in rough and tumble scrimmage, in feats of physical prowess on land and in the water. Those who could throw the straightest, and who enjoyed doing these things were those who survived in the struggle for existence.

When a person plays, he or she is not just satisfying a mere sentiment or a foolish desire for pleasure, but is fulfilling the deepest organic needs of his or her being. Moreover, relationships in athletics can teach us to respect another person for his or her strength, skill, and mastery of strategy. Through athletics, one can develop the art of friendship with all people regardless of race, color, creed, gender or ability. The N.S.S.A.F. is committed to harmonious race relations, cross cultural understanding and respect for human rights through constructive and open dialogue with parents and community groups. The constitution and by-laws will be most effectively pursued in all environments that promotes the dignity and self-worth of every person. All have a responsibility to create such an environment and to actively condemn actions that serve to undermine this environment. Athletics can provide a living experience in which we discover that we do not live alone and that our richest opportunities for expanding our own outlook, and for fulfilling our individual role as a citizen lie in active, vital competition and also in co-operation with other people.

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AN HISTORICAL SKETCH OF SCHOOL SPORT IN NOVA SCOTIA

Interscholastic sport has been a part of school life in Nova Scotia since the beginning of this century. In the early years, however, it was sporadic and unorganized: games between school teams were usually by invitation, and few schools other than county academics were large enough to field athletic teams. Some schools found extramural competition in local or church leagues.

Beginning in the mid-twenties, the Halifax Herald began offering annual trophies to the winners of playdowns in Rugby, Hockey, Basketball and Baseball. Although relatively few schools participated, these competitions did at least embody the idea of organized interscholastic sport on a province-wide basis.

Other provincial meets soon followed: the Acadia Relays, from 1928; the annual fall track meet at Dalhousie University from about 1930; and the "Olympiad" held in conjunction with the Nova Scotia Exhibition in 1931. This latter event, also sponsored by the Herald was modelled on the Olympic Games; it lasted for several days, and the six representatives from each county in the Province were billeted by the Exhibition.

The Nova Scotia Headmasters' Association was conceived and organized in the early 1930's under the leadership of Dr. C. Wilson Smith, Professor of Education, of Dalhousie University. It began as an informal association of school principals to discuss educational problems and policies. It soon became apparent that the athletic program was one of the major problems before the new association: there was urgent need for better control and organization of interscholastic athletics. The problem was met by appointing for each sport an official or "czar" who had complete responsibility for rules and procedure, organization and scheduling at the provincial level. This system functioned relatively well until the war years, when interscholastic competition was discontinued except on an invitational basis.

In 1944, a Provincial Physical Education Office was established. One of the first tasks was to make a complete survey of the school sports program in the Province, and as a result, an Athletic Committee of the Nova Scotia Headmasters' Association was established to operate and control interscholastic activities. For the next 25 years this Committee administered a rapidly expanding program of interscholastic athletics, including both team and individual sports.

The great increase in scope and variety of the athletics program resulted in the need for an administrative structure that concerns itself exclusively with athletics. Accordingly the Nova Scotia Headmasters' Association agreed upon the dissolution of the Athletic Committee in June, 1969, and its replacement by an organization to be known as the Nova Scotia School Athletic Federation.

In August of 1973, the N.S.S.A.F. took another step forward with the appointment of a full-time Director made possible by a grant from the Department of Education.

The Federation as well accepted an invitation from Sport Nova Scotia to have its office located within the Sport Nova Scotia complex at 5516 Spring Garden Road.

The Constitution and By-Laws of the Federation are contained in this publication.

CODE OF ETHICS

It is the **duty of all** concerned with School athletics:

- 1) To encourage and promote friendly relationship and good sportsmanship throughout each school by requiring courtesy and proper decorum at all times.
- 2) To encourage and promote positive race relations, cross cultural understanding and human rights with respect to race, culture, ethnicity, gender, ability, lifestyle, diversity and religion.
- 3) To insist upon implicit compliance with all rules and regulations of the Nova Scotia School Athletic Federation.
- 4) To secure approved officials for all contests.
- 5) To recognize that good sportsmanship is as important as victory, by approving and applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- 6) To take special care to treat visiting teams and officials as guests, extending to them every courtesy.
- 7) To be modest in victory and gracious in defeat.
- 8) To respect the judgement and integrity of referees, judges and other officials, realizing that their decisions are based upon game conditions as they observed them.
- 9) To identify any member school which may be suspected of recruiting student athletes from other schools for the purpose of participating in their interscholastic program.

Recruiting is considered to be contact by a coach or other school representative intended to influence a student to attend a school for the purpose of athletics other than the school he/she would normally attend.

Contact is permissible only after the student's enrollment in the school is approved by School Board Authorities.

Recruiting is a serious breach of the Code of Ethics and as such should be brought to the attention of the Board of Governors through the Executive Director. Individuals found to be involved in recruiting shall be liable for suspension.

- 10) To educate student-athletes concerning the dangers and ethical violations of the use of performance enhancing drugs. Individuals found to be involved with using performance enhancing drugs shall be liable for suspension.

The athlete, in addition should:

- 1) Play hard and to the limit of his/her ability, regardless of discouragement. The true athlete does not give up, nor quarrel, cheat, bet or "play to the grandstand".
- 2) Maintain a high degree of physical fitness by observing team and training rules conscientiously.
- 3) Abstain from the use of performance enhancing drugs.
- 4) Play for the love of the game.
- 5) Set a high standard of personal cleanliness and appearance.
- 6) Demonstrate respect for the diversity among participants as it relates to race relations, cross cultural understanding and human rights.

The Coach, in addition, should:

- 1) Maintain self-control at all times, accepting adverse decisions without public display of emotions, or of dissatisfaction with the officials.
- 2) Employ accepted educational methods in coaching, giving all players an opportunity to use and develop initiative, leadership and judgement.
- 3) Take a strong stand against profanity, abusive language, gambling and similar violations of a true sportsman's code.
- 4) Pay close attention to the physical condition and well-being of all players, refusing to jeopardize the health of any individual for the sake of improving the team's chance to win.
- 5) Promote and demonstrate respect for the diversity among participants as it relates to race relations, cross cultural understanding and human rights.

Participation in school sport should be enjoyable and fulfilling. Student-athletes should be assured of experiencing competitive educational opportunities through meaningful playing time.

"The true sportsperson is always a gentleman/lady. He/she plays fair; is clean of body, mind and soul and is courteous to friend and foe. He/she meets victory without boasting, defeat without bitterness, and all life with a smile. He/she loves his/her friend, his/her country and his/her God."

There is no place in school athletics before, during or after competitions for the use of drugs or alcohol of any kind. Any use of drugs or alcohol that can be directly associated with any school athletic event must be reported to the Regional Director. The Regional Director shall make a full report to the Executive director who shall take whatever appropriate action is necessary.

This would certainly include any post game celebrations at the site of the event or travelling home from the event.

The Principal shall investigate and report in writing to the Regional Director and/or Executive Director breeches of the Code of Ethics and/or Regulations governing behavior of student-athletes and/or coaches of the school for which he/she is responsible.

All NSSAF activities are to be tobacco free for all players, coaches, parents, officials and spectators.



Violations of the Code of Ethics may lead to disciplinary action up to and including suspensions.

CONSTITUTION

ARTICLE I - NAME

The name of this body shall be the Nova Scotia School Athletic Federation, hereinafter referred to as the Federation.

ARTICLE II - PURPOSES

The purpose of the Federation shall be:

- 1) To encourage a friendly and harmonious relationship among secondary schools of Nova Scotia through the promotion of athletic activities deemed advisable and looked upon as promoting and contributing to the generally accepted objectives of secondary education.
- 2) To encourage in the students of the secondary schools of Nova Scotia desire for clean amateur sport, stressing the values, appreciations and skills involved in all competitive activities.

ARTICLE III - MEMBERSHIP

The Principal of the School has the ultimate responsibility for the interscholastic athletic program of the school.

Membership in the Federation shall be open to any secondary school in Nova Scotia – public, private or vocational upon application by the Principal.

ARTICLE IV - ORGANIZATION

The Federation shall be operated by a Board of Governors, an Executive Director, Regional Directors and District Co-ordinators.

ARTICLE V - BOARD OF GOVERNORS

1. *Composition*

The Board of Governors shall consist of:

- ** a) **One male and one female member elected by each of the four permanent regions (Western, Capital, Northumberland, Highland).**
- b) A representative of the Nova Scotia Department of Education. (*This is to be a permanent appointment.*)
- c) Up to two (2) Members-at-Large may be appointed at the discretion of the Board.
- d) A Chair elected by the members of the Board.
- e) Past Chair ~ The Past Chair shall be immediate Past Chair and shall assume such office upon the election of his/her replacement as Chair.

** **Note: Process began in 2004 and will be implemented gradually as present elected Board Members complete their term.**

2. *Eligibility*

- a) To be eligible for membership on the Board of Governors, one must be actively engaged in administration at the secondary school level of a member school or schools (*Department Head, Vice Principal, Principal, Supervisor or Senior Administrator*).
- b) To be eligible for the Chair, a board member must be in at least the second year of his/her term.

3. *Term of Office*

- a) **Elected** members of the Board of Governors shall hold office for four (4) years except in the case of a member who is elected Chair in the final year of his/her term. Members shall be eligible for re-appointment after an absence of two years. **Members-at-Large shall be appointed for a two-year term (maximum of two terms).**
- b) Members must be employed in the region they represent.
- c) Chair: The Chair shall hold office for two years.
- d) Upon becoming Chair, the individual ceases to be the representative of a particular region, and the Board shall have the power to fill the vacancy either through appointment or election.

4. *Vacancies*

The Board of Governors shall be empowered to fill vacant positions between normal times of appointment.

5. *Meetings*

The Board of Governors shall hold:

- a) An Annual Meeting and a Semi-Annual Meeting at times determined by the Board of Governors. Notice of such meetings, together with proposed agenda, shall be given at least two weeks in advance.
- b) Additional meetings when deemed necessary.

6. *Quorum*

A quorum for the transaction of business of the Board of Governors shall be seven (7) members.

ARTICLE VI - EXECUTIVE DIRECTOR

The Executive Director shall be the employee of the Board of Governors. Terms of employment are those as stated in the contract between the Board of Governors and the Executive Director.

ARTICLE VII - REGIONAL DIRECTORS

The Regional Directors shall be appointed by the Board of Governors for an initial period of one (1) year with additional yearly appointments up to a maximum of five years and shall be subject to reappointment after an absence of two years.

The Assistant Regional Director's Term of Office will be the same as Regional Directors.

Junior High Coordinators shall be appointed by the Executive Director for an initial period of one (1) year with additional yearly appointments up to a maximum of three (3) years and shall be subject to re-appointment after an absence of two (2) years.

ARTICLE VIII - DISTRICT CO-ORDINATORS

Each District Co-ordinator shall be appointed by the District Organization for an initial period of one year, with additional yearly appointments up to a maximum of three years and shall be subject to re-appointment after an absence of two years.

In extenuating circumstances, the District Organization may request a one-year extension. The request shall be made to the Regional Director and shall be subject to the approval of the Regional Director and the Executive Director.

ARTICLE IX - MEMBERSHIP FEES

Each member school shall be required to pay an annual membership fee as set by the Board of Governors.

ARTICLE X - AMENDMENTS

1. Notice of proposed amendments to the Constitution shall be sent, by member schools, to the Board of Governors, through the Executive Director, six (6) weeks prior to the Annual Meeting.
2. Notice of the proposed amendments to the Constitution shall be forwarded, by the Executive Director, to all members of the Board of Governors four (4) weeks prior to the Annual Meeting.
3. Amendments to the Constitution may be made by a majority of the membership of the Board of Governors. Proxy votes will be permitted.

BY-LAWS

ARTICLE I - ELIGIBILITY FOR MEMBERSHIP

A school, approved for membership, shall be accepted upon payment of a fee. Membership shall entail an obligation to abide by the Constitution, By-Laws and Regulations of the Federation.

ARTICLE II - DUTIES OF THE PRINCIPAL

The Principal has the ultimate responsibility and accountability for the interscholastic athletic program of his/her school.

It is the Principal's responsibility to insure that the goals and objectives of the interscholastic athletic program are consistent with the Constitution, By-Laws and Regulations of the Federation.

The Principal shall designate a staff member who will, under the direction of the Principal, co-ordinate all matters associated with the N.S.S.A.F.

ARTICLE III - DUTIES OF THE BOARD OF GOVERNORS

The Board of Governors shall:

1. Have general control over all activities involved with member schools and teams in any sport sponsored by the Federation.
2. Have the final authority to interpret and enforce provisions of the Constitution, By-Laws and Regulations of the Federation.
3. Appoint, from among the nine elected or appointed members, a Chair who will vote only in the case of a tie.

This appointment will be for a two-year period.

4. Appoint an Executive Director.
5. Determine policy, procedures and regulations for provincial play-offs.
6. Raise and disburse funds necessary for the operation of the Federation.
7. On its own initiative or on an appeal from a member school, uphold or set aside the decision of the Executive Director.
8. Appoint Advisory Committees where deemed necessary.
9. Cause an annual report and financial statement to be prepared and sent to all member schools.
10. Select a Chair-Elect at the February meeting of the year in which the Chair completes his/her term of office.

ARTICLE IV - DUTIES OF THE CHAIR OF THE BOARD OF GOVERNORS

The Chair of the Board of Governors, or his/her designate, shall:

1. Call and preside at all Board Meetings.
2. Be an ex-officio member of all Committees of the Board of Governors.
3. Prepare, in consultation with the Executive Director, all agendas for Board Meetings.
4. See that the Federation is represented as required.
5. Oversee the evaluation of the Executive Director and inform the Board at the Annual Meeting, presenting a progress report concerning the process initiated.

ARTICLE V - DUTIES OF THE EXECUTIVE DIRECTOR

The Executive Director shall:

1. Be the Executive Director of the Federation subject to the advice of the Board of Governors.
2. Act as Secretary-Treasurer of the Federation.
3. Interpret the Constitution, By-Laws and Regulations of the Federation and enforce all rules prescribed therein.
4. Co-ordinate the activities of the Regional Directors and through them the District Co-ordinators.
5. Make arrangements for the conduct and management of all provincial play-offs after consulting the Board of Governors as to the site and proposed plan of management.
6. Attend all meetings of the Board of Governors and serve as Secretary of the Board.
7. Be an ex-officio member of all Committees of the Board of Governors.
8. Make every effort to develop a high standard of sportsmanship among schools, athletes and the general public.
9. Maintain the liaison with the Department of Education, Office of Health Promotion, Sport and Recreation Division, amateur sport governing bodies, Sport Nova Scotia and the Nova Scotia Sport Heritage Centre.
10. Represent the Board on all matters pertaining to the inter-scholastic program in the schools of Nova Scotia.
11. Prepare an annual report of the activities of the Federation to be presented at the Annual Meeting of the Board of Governors.
12. Present an independent audited financial statement to the Annual Meeting of the Board of Governors.

ARTICLE VI - DUTIES OF THE REGIONAL DIRECTOR

The Regional Director shall:

1. Be responsible for the organization and administration of all interscholastic athletics in the region and its districts in accordance with the Constitution, By-Laws and Regulations of the Federation.
2. Meet with the various districts in the region to assist in all matters concerned with the conduct of the interscholastic athletic program.
3. Be responsible to the Board of Governors through the Executive Director.
4. Resolve all matters at the regional level.

5. Prepare an annual report of the activities in his region to be forwarded to the Executive Director.
6. Prepare an audited financial report to be forwarded to the Executive Director.
7. Appoint a Committee of at least three to conduct the election of the regional representative to the Board of Governors.

ARTICLE VII - DUTIES OF THE DISTRICT CO-ORDINATOR

The District Co-ordinator shall:

1. Be responsible for the organization and administration of all interscholastic athletics in the district in accordance with the Constitution, By-Laws and Regulations of the Federation.
2. Call meetings through the Principals of member schools in his District to plan all matters concerned with the interscholastic athletic program.
3. Be directly responsible to and have direct communication with the Regional Director.
4. Resolve all matters at the district level.
5. Prepare an annual report of the activities in his district and forward it to the Regional Director.
6. Prepare an audited financial statement for his district and forward it to the Regional Director.

ARTICLE VIII - FISCAL YEAR AND FINANCES

1. The fiscal year shall be April 1st to March 31st.
2. Dues and fees shall be paid by September 15th.
3. The method of audit, at the various levels, shall be determined by the Board of Governors.

ARTICLE IX - REGIONS AND DISTRICTS

The Province shall be divided into four (4) permanent regions within which are district associations. These are:

REGIONS	DISTRICTS
Highland	Cape Breton – Victoria Counties Inverness – Richmond Counties
Northumberland	Antigonish – Guysborough Counties Colchester County (Hants East, Hants North, Musquodoboit Valley) Cumberland County Pictou County
Capital	Halifax Regional Municipality
Western	Lunenburg/Queens Shelburne/Yarmouth Kings/West Hants Annapolis/Digby

ARTICLE X - AMENDMENTS

1. Proposed amendments to the By-Laws may be submitted by member schools to the Board of Governors through its Executive Director.
2. The By-Laws may be amended at any meeting of the Board of Governors by a majority vote of those present. Proxy votes will be permitted.
3. Approved amendments to the By-Laws shall be effective August 1st, following their approval.

REGULATIONS

REGULATION 1 - BOARD OF GOVERNORS

1. *Method of Election*

When a replacement is required for one of the regional representatives on the Board of Governors, the Committee of at least three members, appointed by the Director of the region concerned, shall:

- a) Call for and receive nominations from each district within the region;
- b) Obtain the agreement of each nominee to act if elected;
- c) Conduct a mail vote among all member schools within the region;
- d) Report the results of the election to the Board through the Regional Director.

2. *Rotation*

In order to provide for the rotation of elected and appointed Board Members, the present members shall relinquish their offices as follows:

2007	– Gary Clarke	(Chair)
2007	– David Higgins	(Past Chair)
2007	– Leo Campbell	(Western)
2008	– Dwayne Provo	(Member-at-Large)
2008	– Joanne Syms	(Capital)
2008	– Gary Walker	(Capital)
2009	– Karla Mitchell-Smith	(Northumberland)
2009	– Paul Long	(Northumberland)
2010	– Elizabeth Teasdale	(Highland)
2010	– Chris MacInnis	(Highland)
2010	– Debora Clarke	(Western)

The transfer of office shall take place during the Annual Meeting in the year indicated.

3. *Committees*

a) *Special Committees*

Special Committees of the Board of Governors may be appointed from time to time as required.

b) *Commissioners of Sport*

The Federation considers it advisable to seek out and appoint persons to act as Commissioners in each sport sponsored. From time to time these persons may be selected and their responsibilities shall be:

- i) To meet with the Board of Governors, Executive Director and/or the Regional Directors upon invitation or as the need arises;
- ii) To be in a consultative and advisory position to all school athletics in the following areas:
 - a. Selecting of officials and referees;
 - b. Adopting and adapting rules of play;
 - c. Advising and assisting in finding suitable locations and facilities for the conduct of provincial playdowns or championships;
 - d. Acting as liaison between the Federation, member schools and amateur sport organizations.

4. **Meetings**

- a) *Annual* – The Annual Meeting of the Federation shall be held in April.
- b) *Semi-Annual* – The Semi-Annual Meeting of the Federation shall be held in November.
- c) Two additional one-day meetings shall be held each year.
- d) *Attendance*
 - i Regional Directors may attend any meeting of the Board of Governors at the expense of the Federation, upon the invitation of the Chair.
 - ii Representatives of member schools, as well as the District Co-ordinators, may attend the Annual and Semi-Annual Meetings at their own expense.

REGULATION II - REGIONAL DIRECTORS

1. **Meetings**

As required for the conduct of the business of the Federation, the Executive Director shall arrange meetings of the Regional Directors.

2. **Expenses**

The expenses of the Regional Directors in attending the above meetings and in carrying out their responsibilities within their regions, shall be borne by the Federation. All such claims shall be made on routine forms and supported by receipts. Expenditures from regional funds shall be accounted for in the manner prescribed in By-Law VI – Section 6.

REGULATION III - SCHOOL ELIGIBILITY AND MEMBERSHIP

1. **School Eligibility**

A school must be a member of the Nova Scotia School Athletic Federation to be eligible to participate in activities sponsored or controlled by the Federation.

Any school, public or independent (as defined in Section 3) in the Province of Nova Scotia, may become a member of the Nova Scotia School Athletic Federation by the payment of the prescribed membership fee and any other fees deemed advisable by the Board of Governors.

Membership requires adherence to the Code of Ethics, Regulations and By-Laws of the NSSAF.

The Board of Governors, upon recommendation of the Executive Director and Regional Directors, may declare any member school found to be in repeated violation of the NSSAF Code of Ethics, Regulations or By-Laws or determined to be in conflict with the aims and objectives of the Federation as being not in good standing.

Any school declared not in good standing shall be ineligible to participate in activities sponsored or controlled by the Federation.

Any school declared not in good standing may apply to the Board of Governors for reinstatement thirty (30) school days after receiving notification.

The Board of Governors shall have the authority to reinstate the school, to maintain the declared status, or to take other action as deemed appropriate.

2. **Payment of Membership Fees**

The membership fee must be paid to the Executive Director of the Nova Scotia School Athletic Federation by September 15th of the current academic year.

Schools submitting their registration forms to the N.S.S.A.F. after June 30th will be liable to a \$25.00 fine for late registration.

3. **Definition of a School**

For competitive purposes within this Federation, a school is defined as an administrative unit, containing Grades 9, 10, 11 and 12, or Grades 10, 11 and 12.

- a) Schools containing Grades 7–12 shall register all eligible students in Grades 10–12. This will make all students in all Grades (7–12) eligible for competition.
- b) Schools containing Grades 10–12 shall register all eligible students.
- c) In school systems where there is one senior high school with one junior high school feeding the senior high school, Grades 10–12 may be registered. This will then make all students (Grades 7–12) eligible for competition.

4. **Junior High School Participation**

A junior high school is considered to be an administrative unit, administered by one Principal, and includes Grades 7 and/or 8, and/or 9. These students may participate in the following sports and/or any combination of these:

Badminton	Cross Country	
Table Tennis	Track & Field	Wrestling

Regional Championships for Junior High Schools in team sports may be declared at the discretion of the Regional Director.

Any junior high schools wishing to take part in Regional play must be a member of the N.S.S.A.F.

REGULATION IV - STUDENT ELIGIBILITY

Any time member schools compete, the following shall govern eligibility:

In order to participate in NSSAF competition, a student must be in attendance at the school he/she is representing. Furthermore, any student who is registered as a regular student shall be eligible to compete as hereinafter provided.

1. In non-semestered schools, a regular student shall be one who takes not less than five (5) courses of actual class work per year. In semestered schools a regular student shall be one who takes not less than two (2) courses of actual class work in a semester.

2. **Age:**

- a. **HIGH SCHOOL** – The age limit for all student-athletes is **UNDER 19 YEARS** as of September 30th of the current school year.
- b. **JUNIOR HIGH** – The age limit for all student-athletes shall be **UNDER 16 YEARS** as of September 30th of the current school year. The grade level the student is designated as being at as of September 30th establishes eligibility for the school year.
- c. If a Junior High/Middle School student plays (name on game sheet) in three games at the high school level, he/she loses eligibility for junior high/middle school sport for that activity for the remainder of the school year.

(i) for the purpose of counting games:

- Exhibition tournament counts one game.
- Qualifiers, Regionals – every game counts toward maximum of three allowable.

A student who plays at a provincial championship at the high school level is ineligible to compete in further junior high/middle school play that year in that sport.

3. A student shall be eligible for three consecutive years beginning the first year of high school (Grade 10).
 - i. In exceptional circumstances a school may request that a year of eligibility be re-instated. In order for a school to appeal for consideration, the student must have:
 - a) not competed in any NSSAF sanctioned activities in the year in question and:
 - b) lost the majority of the school year in question as a result of injury or illness (medical documentation required).

*** For purposes of this Regulation, the majority of last year shall be interpreted as not having attended more than 50 school days.

- ii. Under no circumstances shall a student be granted a fourth year of participation.
 - iii. Students who participate in Katimavik or International Exchanges shall not lose a year of eligibility.
4. Grade 6 students who are part of the school population of a member school shall be eligible to compete in NSSAF activities conducted in age group classifications and in team sports at the Junior High level. No Grade 6 student shall be eligible to participate in team sport at the High School level.
 5. If a school uses an ineligible student in a contest, such contest shall be forfeited to the non-offending school or schools.
 6. Only an amateur in a particular sport may represent his school in that sport. (Definition of “*amateur*” shall be as stated by the National Sport Governing Body.)
 7. No student who is declared ineligible, by the Principal or by the N.S.S.A.F., shall be permitted to participate in competition.
 8. In N.S.S.A.F. sports classified as boys or girls, only students of the appropriate sex may participate in the designated classification.
 9.
 - ◇ Any school at which a student is registered in Grade 10 shall be the school in which he/she shall be eligible to participate in NSSAF activities for three (3) consecutive years.
 - ◇ Any student who transfers after establishing their school of eligibility shall be ineligible for one (1) year for any sport in which he/she represented the former school unless:
 - the transfer is accompanied by a change of legal residence by the student's parent(s) or legal guardian with whom he/she has been living in the previous school enrolment.

AND

- ◇ Any student who transfers from any school to an NSSAF member school during the school year shall be required to be in attendance at the new school for thirty (30) school days from the date of enrolment and shall not be eligible for any sport in which he/she represented the former school unless:
 - the transfer is accompanied by a change of legal residence by the student's parent(s) or legal guardian with whom he/she has been living in the previous school enrolment.
 - ◇ In calculating the required thirty (30) school days, only days in the instructional week from Monday to Friday (excluding holidays) may be counted.
- Furthermore, the student is ineligible to represent the new school in any sport in which he/she represented the previous school in the current school year.

AND

- ◇ A student may only transfer once during their three years of eligibility unless:
 - the transfer is accompanied by a change of legal residence by the student's parent(s) or legal guardian with whom he/she has been living in the previous school enrolment.

AND

- ◇ A student who transfers from any school to an NSSAF member school during the school year with a status of ineligibility for disciplinary or academic reasons, retains such status at his/her new school for the same period of time as determined by the former school and/or agent of the NSSAF.
10. Students who enrol in a school as part of the Nova Scotia International Student Program or other recognized foreign student exchange program shall be eligible immediately provided they meet the requirements of Regulation IV (2) Age.
 11. Students must be accompanied by a teacher or other responsible adult designated by the Principal. Failure to comply shall result in loss of eligibility.
 12. Students are expected to maintain acceptable academic performance as determined by the Principal. Principals are urged to establish procedures which will review student-athletes' academic performance to ensure that the student continues to progress satisfactorily while participating in interscholastic athletics.
 13. Appeals on student eligibility shall be authorized by the Principal and referred to the Executive Director. Eligibility appeals for fall sports should be received by September 30th. Eligibility appeals for winter sports should be received by December 1st. Eligibility appeals for summer spring sports should be received by March 31st.

REGULATION IV(A) - RECRUITING

Recruiting is considered to be contact by a coach or other school representative intended to influence a student to attend a school for the purpose of athletics other than the school he/she would normally attend. Contact is permissible only after the students' enrollment in the school is approved by School Board authorities. In cases where a member school has been identified as being suspected of recruiting (a violation of the Code of Ethics) student eligibility will be determined in the following way:

1. The Executive Director will conduct a full investigation of the allegation.
2. The Executive Director will determine the eligibility of the student or students involved.
3. The parties involved have the right to appeal to the Board of Governors if so desired.

REGULATION V - CLASSIFICATION OF SCHOOLS

1. **Classification**

Classification of secondary schools will be determined by the number of eligible students in Grades 10, 11 and 12 according to the following formula:

Division 1	–	700 students and above
2	–	300 - 699
3	–	151 - 299
4	–	150 and under

Buffer Zone – Once the division is established by the number of eligible students, Division 2 member schools experiencing a growth rate in eligible students of less than five percent (5%) based on the previous year's classification, shall stay in this classification until such time as the number of eligible students exceed the base plus five percent (5%).

Division 2 – $699 + 35 = 734$

Division 3 and 4 schools, the buffer zone shall be ten percent (15%)

Division 3 – $299 + 30 = 329$

Division 4 – $150 + 15 = 165$

2. **Special Schools**

Classification of independent, private or parochial schools, with pupils of one sex only, will be determined by the number of eligible students in Grades 10, 11 and 12 according to the following formula:

Division 1 School	–	325 students and above
Division 2 School	–	150 - 324 students
Division 3 School	–	76 - 149 students
Division 4 School	–	75 and students and under

3. **Enrollment**

The enrollment figures to be used for classification referred to in Sections 1 and 2 above are those of September 30th in the academic year preceding competition.

4. **Competition**

- a. Schools may enter one team per sport in:
badminton, cheerleading, cross country, curling, football, rugby, skiing, table tennis, track and field, and wrestling.
- b. Schools may enter more than one team in:
soccer, volleyball, basketball, hockey, slo-pitch softball and fastpitch softball.
- c. Third year students are not eligible to participate on a second team from a school.
Second year students are not eligible to participate on a third team from a school.
- d. Schools registering more than one team for provincial play must meet all the commitments of the first team in order to maintain eligibility at the other level(s).

It is understood that the school's first team is its best team. Manipulating the makeup of teams to present a stronger "second" team will be considered a breach of ethics and shall be dealt with accordingly.

The second team of a school shall be entered one division lower than its first team. The third team of a school shall be entered two divisions lower than its first team.

- e. Schools choosing to play in a higher division must stay at that level for a minimum of two years.
- f. Schools Changing Divisions (Soccer, Volleyball, Basketball)
 - ◇ To be considered by the Executive Director and Regional Directors when schools apply to change Divisions:
 - review of current record
 - review of previous year
 - review of team roster returning players, etc.)
 - has the school traditionally (over a period of years) been unable to compete in their appropriate division by enrolment
 - record of competition vs division school wishes to enter
 - examination of the increase in the student enrolment which causes the change in division. Is it a significant increase or a marginal increase?
 - ◇ If a school team is to compete at a lower division:
 - may not host Regional/Qualifier or Provincial Championship in the first year
 - only in extraordinary circumstances would a school team be allowed to remain in the lower division for more than two consecutive years
 - subject to annual review at declaration time.
 - ◇ If a school requests a higher division:
 - subject to same review as schools applying for lower division
 - may not host Regional/Qualifier or Provincial Championship in first year

NOTE: Schools moving up who also declare a second team in their appropriate division by enrolment shall not be restricted from using third year students on the second team.

- 5. **Addition or Deletion of Sports after June 30**
 - a. Schools may change their sports registered in provided they do so by notifying the Executive Director before September 26th.
- 6. **Prior to Declaration Date (Soccer, Volleyball, Basketball)**

Students may move between schools' first and second team (or third). Once the school has declared, players are not permitted to change teams.

REGULATION VI - REGISTRATION FEES/CHAMPIONSHIP FEES

- 1. The registration fees for member schools shall be:

Division 1	–	\$ 750.00
Division 2	–	600.00
Division 3	–	475.00
Division 4	–	360.00
Junior High	–	135.00

Championship fees shall be:

Team Sports	–	\$55.00
Individual Sports	–	\$30.00
- 2. Registration Fees are to be paid to the Executive Director of the N.S.S.A.F.
- 3. A \$25.00 fine is to be levied to schools who register past the June 30th registration date.

REGULATION VII - ATHLETIC CONTESTS

The following applies to all competition leading to a Provincial Championship:

1. The Board of Governors shall establish locations, dates and rules of play, and other necessary policies for all Provincial Championships.
2. The Executive Director shall:
 - a. After consultation with the Regional Directors, present to the Board of Governors, a proposed plan for provincial play-offs with dates and suggested sites.
 - b. Delegate responsibilities in the organization and administration of these championships.
3. By May, the Board of Governors will circulate information to all eligible schools, stating the regional location (*exact location if known*) and date of all N.S.S.A.F. Championships for the following school year.
4. In all district and regional competition, teams shall follow the rules of the N.S.S.A.F. as established by the By-Laws and Regulations of the Federation.
5. District Associations shall operate under the umbrella constitution of the N.S.S.A.F. Any additional local rules are subject to approval of the Board of Governors or the Executive Director on behalf of the Board. The approval may be granted by the Board at the Annual Meeting or by the Executive Director on behalf of the Board during the year. Failure to comply could result in loss of eligibility.
6. District winners must be declared on or before the date set by the Regional Director.
7. All Regional winners must be declared at least one week in advance of the dates set for provincial play-offs. However, there may be circumstances which will not permit a region to comply with this regulation. In such cases, the Regional Director and the Executive Director shall have the authority to exercise judgement in determining the final date when a regional winner must be declared.
8. Each team travelling to a Provincial Championship must be accompanied by a teacher or an adult designated by the Principal.
9. Schools that do not plan to compete in team sports at the Regional and Provincial Level must declare their intentions three weeks before the district final. Failure to do so will result in enforcement of Regulation XI.
10. In situations where representation to the Provincial Championships would be direct due to numbers of schools registered or active in specific sports in the region, schools must compete with and eliminate at least one other school within the home region or another region in order to advance to a Provincial Championship.

In cases where a Region absorbs a school from another Region (for this purpose), the hosting region shall not lose any of its pre-determined number of representatives advancing. The Executive Director, in consultation with the Regional Directors, shall decide where this shall apply.
11. In order for a team championship to be declared, a school must compete with and eliminate at least one other school.
12. (a) The start-up date means that NO organized team try-out, team practice or game may be held until the first day approved by the NSSAF.

This does not preclude activities open to all students in the school. It is directed at team functions.

Prior to the start-up date, schools may not conduct team activity sessions or organize any team or individual event which is part of the selection process.

On the start-up date, it is understood that all eligible students shall have a meaningful opportunity to try out.

	TRY-OUT/PRACTICES NO EARLIER THAN:	1ST GAME NO EARLIER THAN:	LIMIT
Football	August 15th	3rd Day of School	12 Games
Baseball	3rd Day of School	2nd Friday of September	10 Days of Competition
Soccer	August 15th	3rd Day of School	18 Games
Cross Country	3rd Day of School	2nd Friday of September	8 Days of Competition
Volleyball	3rd Day of School	3rd Friday of September	22 Days of Competition
Golf	3rd Day of School	2nd Friday of September	8 Days of Competition
Hockey	2nd Friday of September	2nd Friday of October	42 Games
Curling	November 1st	2nd Friday of November	8 Days of Competition
Wrestling	November 1st	3rd Friday of November	15 Days of Competition
Competitive Cheerleading	November 1st	1st Friday of January	8 Days of Competition
Downhill Skiing	December 1st	1st Friday of January	8 Days of Competition
Snowboarding	December 1st	1st Friday of January	8 Days of Competition
Basketball	3rd Friday of October	2nd Friday of November	32 Games
Table Tennis	February 1st	3rd Friday of February	10 Days of Competition
Badminton	February 1st	3rd Friday of February	12 Days of Competition
Track & Field	March 1st	3rd Friday of April	12 Days of Competition
Rugby	February 1st	1st Friday of April	16 Games
Softball	March 1st	3rd Friday of April	14 Days of Competition

Game Limits

Count all games or days of competition prior to NSSAF Regional play-downs.

Note: Tournament play involving three or more schools shall be counted as one game for each day of competition to a maximum of three.

(b) Schools found to be in violation of the Start-up Dates/Game Limits/End of Season Regulation shall be declared ineligible for NSSAF play-offs.

13. Once the N.S.S.A.F. Champion has been declared, all school sponsored representative teams in that sport shall be terminated until the following school year.
The school shall not organize tryouts, practices, games or provide funds, uniforms, referees or transportation as any such support shall be considered to constitute sponsorship.
This is not intended to interfere with intramural programs in any way.
14. Outside Sponsorship:
 - a) Schools acquiring sponsorship must be certain that the sponsor is of an acceptable nature as determined by the Principal, Superintendent and School Board.
 - b) Schools hosting N.S.S.A.F. championships must adhere to the requirements of any contract between the N.S.S.A.F. and its sponsor or sponsors.
 - c) Sponsors names or logos appearing on school uniforms shall be limited to a maximum size of 8.75 cm (3 1/2") and shall be displayed on the upper right section of the uniform only.
15. No high school invitational tournaments shall be held in the same sport on the weekend which the N.S.S.A.F. is declaring a championship in that sport.

16. At Regional and Qualifying Events or Provincial NSSAF Championships, no individual awards may be presented other than those provided by the NSSAF.
17. Any coach under the age of 21 must be accompanied at all times by a teacher on staff. The head coach of any NSSAF activity must have reached the age of majority (19).
18. It is highly recommended that coaches complete a minimum of NCCP Level 1 Theory and a Level 1 Technical in their respective sport(s).
19. Member schools shall honor all commitments. Once a school agrees to compete with another school or to attend an NSSAF sanctioned event hosted by a non-member, that school is obligated to fulfil its commitment. Failure to do so may, following investigation, result in disciplinary action by the NSSAF.
20. School teams shall not compete in any game or tournament involving non-school teams. Exceptions may be granted for competitions against age appropriate teams from countries where sport is not conducted in the school system or for special circumstances such as alumni games, fundraisers, etc.

Schools shall comply with Regulation IX in seeking sanction for these events.
21. The second team of a school shall not be eligible to host Regional, Qualifying or Provincial Championships. In regions where only second teams are active, a Regional may be held at one of the schools involved.
22. Schools competing out of their normal Division (soccer, volleyball, basketball) may not host a Regional/Qualifier or Provincial Championship in the first year.
23. Member schools shall not participate in any competition:
 - prior to 3 pm on the province-wide Conference Day;
 - prior to 1 pm on Remembrance Day.
24. School sport competitions should generally be held outside of regular class hours during the week and on Friday afternoon and evening and Saturday morning and afternoon on weekends. Should it be necessary to schedule competition on Sunday, no games or events shall begin before 1 pm.

REGULATION VIII - OFFICIALS

Before any Provincial Championship event, the officials shall be approved by the Board of Governors through the Executive Director and/or Regional Directors.

REGULATION IX - NON-FEDERATION COMPETITION

Schools wishing to participate in any Non-Federation athletic activity shall ascertain sanction of the Board of Governors for each event, in advance, by writing the Executive Director.

This includes such events as:

Invitational School Tournaments or Meets hosted by Universities, Private Organizations, other Provinces, etc.

REGULATION X - PROTESTS and APPEALS

From time to time, disputes may arise among member schools which require arbitration.

A member school shall have the right to protest or to appeal any decision of an agent of the Federation.

The judgement of game officials is not considered grounds for protest.

In instances where a school wishes to protest or appeal, the following shall apply:

1. All protests or appeals must be written and signed by the school principal with copies to the principal of the other school(s) involved.
2. The District shall organize to provide opportunity for its member schools to protest or to appeal a decision.
3. If an established league exists, the Executive of the League shall be the first level to hear and rule upon protests and appeals.

In other disputes among schools at the District level, the district Co-ordinator shall be the first level to hear and rule upon protests or appeals.

4. In disputes involving schools from outside the district, but within the region, the Regional Director shall hear and rule upon any protests or appeals.
5. In disputes involving schools from two or more regions, the Executive Director shall be the first level to receive and rule upon protests or appeals.
6. In regional playoffs, all protests or appeals shall be sent to the Regional Director with copies to the Executive Director, the principal of the other school involved and the referee or other official in charge of the contest under protest within twenty-four hours of the completion of the competition being protested. The Regional Director, or in his absence the Executive Director, shall rule upon the protest within twenty-four hours of its receipt.
7. In order for a school to appeal a decision to the next level, it must:
 - provide evidence that the rules of play or the Regulations of the NSSAF have been misinterpreted or not applied in the original decision and/or
 - provide information which was not available when the original decision was reached.
8. Should any school wish to appeal a decision rendered, it may do so by requesting the next level of the Federation to hear the protest or appeal. The levels of appeal shall be:
 - Level 1 – League Co-ordinator or League Executive;
 - Level 2 – District Co-ordinator;
 - Level 3 – Regional Director;
 - Level 4 – Executive Director;
 - Level 5 – Appeals Committee of the Board of Governors.
 - Appeals to this level are to be directed to the Chairperson. The Appeals Committee shall consist of the chairperson and one Board Member from each Region.
 - The decision of the Appeals Committee is final.

If any of the previously mentioned agents of the N.S.S.A.F. is involved with the original decision, he/she shall not rule on the appeal or protest of that decision. Involvement in the original decision disqualifies you from ruling on that protest or appeal.
9. In Provincial Championships, any protest shall be directed to the Tournament Director/Meet Convenor for an immediate decision.

REGULATION XI - SUSPENSIONS

1. The appropriate agent of the Nova Scotia School Athletic Federation shall have power to suspend, to fine or otherwise to penalize any athlete, coach or member school for the violation of any of the rules of the Federation or for other just cause. Where the penalty is not prescribed, the period of suspension or other penalty shall be left to the discretion of the appropriate agent of the Federation.

Clarification: “Appropriate agent” to be determined as follows:

In any competition between schools within the District, the District Co-ordinator shall have the authority to suspend or otherwise penalize. If there is an organized league within the District, the League Executive may suspend or otherwise penalize, but they must report the action to the District Co-ordinator.

In any competition between schools from different districts within the Region, the Regional Director shall have authority to suspend or otherwise penalize.

In any competition between schools from different Regions, the Executive Director shall have authority to suspend or otherwise penalize.

NOTE: In Exhibition Tournaments and in the absence of the appropriate agent of the Federation, the Tournament Director shall have authority to suspend. The suspension must be reported to the appropriate agent (*District Co-ordinator, Regional Director or Executive Director*) of the Federation as soon as is reasonably possible.

2. **Suspension of Individuals**

- *A. Physical Abuse of Official – Minimum remainder of sport season.
– Maximum one year suspension from all interscholastic sport.
- B. Verbal Abuse of Official – First Offence – minimum three game suspension;
– Second Offence – indefinite suspension and report to appropriate NSSAF agent.
- C. Attempt to Injure – First Offence – minimum three game suspension and report to appropriate agent;
– Second Offence – minimum remainder of sport season;
– maximum one year suspension from all interscholastic sport.
- D. Fighting – First Offence – three game suspension;
– Second Offence – five game suspension;
– Third Offence – indefinite suspension and report to appropriate NSSAF agent.
- Exception** – if fighting occurs in the last ten minutes of game, add one more game to the above offences.
– the instigator of the fight will receive an additional one game suspension;
– the aggressor in the fight will receive an additional one game suspension.
- Exception** – In the deciding game of a series in Inter-District, Regional or Inter-Regional play, a player penalized for fighting in the last ten minutes will not be suspended for **any** game of the succeeding series.
- E. Profanity – First Offence – suspension for the rest of the game, plus the entire next game;
– Second Offence – suspension for the rest of the game, plus the next two games.
- Exception** – If the profanity occurs in the last ten minutes of the game, add one more game to the above offences.
- F. Objectionable Language/Behaviour with respect to race relations, cross cultural understanding and human rights shall result in game ejection and minimum of one additional game suspension.
– Second Offence of a similar nature shall result in indefinite suspension pending the outcome of an investigation by the NSSAF.
- G. i. Any player ejected from a game must serve a minimum of one game.
Additional games shall be assessed as prescribed by Regulation XI.
ii. Any coach ejected from a game must serve a minimum suspension of two games.
Additional games shall be assessed as prescribed by Regulation XI.
A second game ejection in the same sport season shall result in a minimum four game suspension.
A third ejection in the same sport season shall result in an indefinite suspension and report to the appropriate N.S.S.A.F. representative for investigation and action.
NOTE: The ejection must be a result of the coaches' direct actions.
- H. Sympathetic Suspension – Any player suspended for flagrant violation of the rules of any sport in an organized league may be declared ineligible for Federation play until such time as suspension is lifted and/or the case is reviewed by the N.S.S.A.F. or its agents.
- I. In the case of suspensions incurred during Regional and Provincial Playoffs, the suspension must be served during succeeding Federation playoffs.

Student athletes reported for Physical Abuse of an official shall be suspended immediately from further participation. This suspension shall be an indefinite suspension pending outcome of an investigation of the incident. If physical abuse is determined, Regulation XI, Section 2A, shall be applied.

If the incident occurred during District Play, the investigation shall be conducted by the District Co-ordinator (*exhibition, league or tournament*).

If the incident occurred during Inter-District or Regional play, the investigation shall be conducted by the Regional Director (*exhibition, league or tournament*).

If the incident occurred during Inter-Regional or Provincial play, the investigation shall be conducted by the Executive Director (*exhibition, league or tournament*).

In each case, the N.S.S.A.F. agent conducting the investigation shall also be responsible for imposing the penalty warranted by the action.

In each case, member schools shall have the right to protest or appeal the decision to the Board of Governors. This protest or appeal may be initiated by any member school which disagrees with either the interpretation or the severity or leniency of the suspension.

REGULATION XII - RESPONSIBILITIES

There are times when rules and regulations – and even responsibilities – fall in the category of being taken for granted.

1. *Participating Schools are responsible for:*

A. The development of good sportsmanship.

A school shall be responsible before, during and after a contest or meet for the proper conduct of its coaches, athletes, students and other spectators.

There is really no need to define this rule. It means exactly what it says: The responsibility for the conduct of all persons belongs to each individual school involved in a game or meet.

Obviously, this includes the way coaches act and the way players act, but it also involves the way students act and it even involves actions and conduct of “other spectators”, such as adults who attend games.

And equally important, the role relates not just to the gymnasium or the field, but beyond these and other playing facilities into the parking lots and the streets in the immediate area.

The school is responsible! Any responsibility here would imply that necessary precautions are taken – not just by the host school, but also by the visiting school – to guarantee that all who are involved as spectators show proper conduct.

The referee or other game official may warn and, if necessary thereafter, order forfeiture by the offending team or school if the conduct and control of all parties concerned, including spectators, interrupts or adversely affects the normal procedure and progress of a contest.

B. Controlling the number of spectators in relation to seating capacity and arranging adequate protection and security procedures.

C. Extending every courtesy to game officials such as prompt payment, parking, private dressing facilities, etc.

D. Identifying to the Board of Governors through the Executive Director any member schools suspected of recruiting student athletes.

E. Notifying the Regional Director and/or Executive Director 3 weeks before the District final in the event that the school does not plan to compete in a team sport (*for which they are registered*) at the Regional and Provincial level.

2. *The Coach is responsible for: (See Code of Ethics, pg. v)*

3. *The Official is responsible for:*

A. Officiating the game according to the existing rules, without regard to future status.

B. Conducting himself as a professional, both on and off the playing field.

REGULATION XIIA - BEHAVIOUR

Ultimately, the member *schools* are responsible. However:

- A. The teacher/coach, in keeping with the educational aims and objectives of school athletics, must bear the responsibility of preparing and supervising the students under his/her charge during the time which they are away from school or home for the purpose of representing their school in an athletic competition.
- B. The consumption of any alcoholic beverage at any time during or after the competition is forbidden. Although some participants may be of legal drinking age, it is in the best interest of the sport and the school that during any competition, complete abstinence is practised. Drugs, other than those prescribed by a medical doctor for which written proof be shown, are forbidden. Deviation from this may, following investigation, result in suspension of individuals or teams or other appropriate reprimand as decided by the N.S.S.A.F.
- C. Teams staying in a motel/hotel shall be subject to all provisions of this regulation for the duration of their stay.
- D. Team members being billeted by a community shall be responsible to their billets. Any unfavourable conduct not in keeping with the N.S.S.A.F. regulation, shall be investigated and dealt with accordingly.
- E. If damage is incurred to a motel/hotel by members of a school team, the N.S.S.A.F. may, following investigation, suspend the team or school involved, as well as insure that restitution is made.
- F. Damage to lockers, gym equipment or incidents of theft by members of a visiting team may result, following investigation, in the suspension of individuals or teams. The offending school shall be responsible for restitution.
- G. Where disqualification of an individual or team takes place during the actual competition, this shall only occur after consultation and agreement with the Federation agent in whose area the competition is being held.
- H. The teacher/coach will immediately be notified of the disqualification and a letter sent to the Principal of the school involved. The player(s) or team shall not compete further in the competition.
- I. The Principal shall investigate and report in writing to the Regional Director and/or Executive Director breaches of the Code of Ethics and/or Regulations governing behaviour of student-athletes and/or coaches of the school for which he/she is responsible.

REGULATION XIII - FINANCIAL RESPONSIBILITIES FOR PROVINCIAL CHAMPIONSHIPS

The N.S.S.A.F. is financially responsible for the operation of all provincial championship competitions. The Federation will be responsible for the allocation of any profits as well as for the payment of all justifiable expenses.

Net profits from *tournament play* will be divided on the following basis:

50% to the N.S.S.A.F.

50% to the host school or equivalent organization

In a *home and home* total point series at the Inter-Regional and Provincial level, any profits will be retained by the host schools. The N.S.S.A.F. will underwrite the expenses of officials only, should there be a deficit.

REGULATION XIII A - ENTRY FEES FOR REGIONAL AND QUALIFYING TOURNAMENTS

1. Host schools shall be permitted to charge entry fees under the following conditions:
 - ◇ Fees are to be used for payment of officials **only**;
 - ◇ All gate receipts are to be applied to cost of officials;
 - ◇ If gate receipts cover cost of officials:
 - no fee is to be charged to participating schools and any previously collected fee is to be returned to participating schools;
 - ◇ If gate receipts cover only a portion of the cost of officials:
 - the remainder of the cost of officials will be divided equally among all participating schools.
 - ◇ The amount of the entry fee for Regional and qualifying tournaments must be approved by the Regional Director;

- ◇ A statement of revenue and expenses shall be forwarded to the Regional Director within two weeks of the conclusion of the tournament.
- 2. Any school incurring a loss as a result of rental fees for non-school facilities may recover the loss by dividing it equally among participating schools.

PLEASE NOTE: *Although it is recognized that there may be other expenses associated with hosting these events, the responsibility for these expenses lies with the host school. As a school playing host to other schools, it should be expected that there is some expense associated with being a host. The visiting schools are already being confronted with travelling and other expenses associated with travelling and it is common courtesy to receive these visiting teams with warmth and cordiality by providing them with certain items or services that may be of some expense to the host school.*

REGULATION XIV - ADOPTION OF A NEW SPORT

The following criteria must be met in order for a new sport to be adopted by the N.S.S.A.F.:

- A. Interest be indicated by two or more regions.
- B. That proposals for new sports be introduced at the Fall Meeting of the District Co-ordinators Workshop.
- C. That a list of reasons why a sport should be recommended for adoption by the N.S.S.A.F. be prepared and circulated to the Annual Board Meeting as a notice of motion.
- D. That the Executive Director instruct the District Co-ordinators to discuss possible adoption of this new sport within their own district with the thought of bringing this information to the Spring Workshop.
- E. Final recommendation by the District Co-ordinators to be made at the Spring Workshop.
- F. The Board of Governors then to make a final decision re the District Co-ordinators recommendation at the Annual Meeting in the Spring.

REGULATION XIVA - DROPPING A SPORT

The following criteria must be met in order for a sport to be deleted from the N.S.S.A.F. program.

- A. The sport is only being played in one region.
- B. That proposals for deleting a sport be introduced at the Fall Meeting of the District Co-ordinator's Workshop.
- C. That the Executive Director instruct the District Co-ordinators to discuss deletion of this sport within their own district with the thought of bringing the reaction of member schools to the Spring Workshop.
- D. Recommendation by the District Co-ordinators at the Spring Workshop.
- E. The Board of Governors then to make a final decision at the Annual Meeting.

In addition to the above, the status of any sport offered by the NSSAF is subject to review upon recommendation of the Board of Governors.

The review shall include an assessment of the sport's contribution to stated NSSAF objectives and shall involve consultation with participating member schools.

The assessment shall be conducted by the Executive Director and Regional Directors who shall develop recommendations to be presented to member schools and to the District Coordinators Workshop.

The District Coordinators Workshop will then make a recommendation to the Board of Governors.

The Board of Governors will make the final determination of the status of the sport.

Possible Outcomes:

- Sport continues as NSSAF activity with no change;
- Sport is suspended as an NSSAF Championship event;
- Sport is removed from all levels of NSSAF competition;
- Sport is placed on probation (defined term) with specified conditions required to regain full status;
- Other as determined necessary.

REGULATION XV - AWARDS

The Federation, in an attempt to give recognition to those who contribute to interscholastic athletics over several years, and to acknowledge outstanding contributions, shall provide the following awards:

A) ***The Hugh A. Noble Distinguished Service Award and The Dorothy G. Walker Distinguished Service Award:***

1. These shall be the highest awards given by the Federation.
2. The recipients shall be selected on a regional basis as follows:
Hugh A. Noble: Western, Northumberland, Highland, Capital.
Dorothy G. Walker: Capital, Western, Northumberland, Highland.
3. The Committee for selection shall consist of the Executive Director (Chair), Regional Director for the region from which the recipient shall come, and the Board members who represent that region.
4. Nominations with full resumes must be submitted to the appropriate Regional Director one month prior to the Annual Meeting of the Board of Governors.
5. The recommendation of the Selection Committee shall be represented to the Board at the Annual Meeting and shall be subject to its approval.

B) ***Citation:***

1. Citations may be awarded as a tribute to an individual who has made a specific contribution in an area of secondary school sport which is not adequately recognized by the Certificate of Recognition.
2. Applications shall be submitted to the Regional Director or Executive Director and shall be acted upon by the Awards Committee.

C) ***Certificate of Recognition***

1. To be eligible one must have:
 - a) minimum of 5 years coaching in schools.
 - b) demonstrated adherence to Code of Ethics of N.S.S.A.F.
 - c) recommendation of Regional Representatives who shall in turn report them to the Executive Director.
2. Names of candidates shall be submitted to the Regional Director who shall in turn report them to the Executive Director.

D) ***Media Award:***

1. To be eligible one must be:
 - a) employed in the news media;
 - b) contributed in a significant way to the promotion of school sport.
2. Names of candidates shall be submitted to the Regional Director by the District Co-ordinator.
3. Each District may present one Media Award per year.

E) ***Certificate of Appreciation:***

1. To be awarded to any individual who has contributed to school sport. This could include coaches, parents and any other individuals who assist in providing programs for student/athletes.
2. Requests for Certificates may be made by Principals, Event Organizers, etc. to the District Co-ordinator.

F) ***NSSAF Fair Play Award***

1. Presented to one High School and one Junior High/Middle School in each School Board to recognize school sport programs which, throughout the year, demonstrate commitment to the ideals of Fair Play and good sportsmanship.
2. Schools may be nominated by the Principal, District Coordinator, Regional Director or other appropriate NSSAF representative.

REGULATION XVI – 2006/2007 SITES & DATES

SPORT	REGION	EVENT	DATE
Baseball	Highland	Regionals to be completed by Provincial Championships	September 30 October 6-7
Golf	LePortage Golf Course Cheticamp	Regionals to be completed by Provincial Championships	September 25 October 2
Cross Country	T.B.A.	Regionals to be completed by Provincial Championships	October 21 October 30
Soccer		Declaration Deadline	September 19
		Regionals to be completed by Qualifying Events	October 21
	Junior Varsity	Boys & Girls Championships	October 27 - 28
	- Boys – Northumberland		October 27 - 28
	- Girls – Western		
	See Attached	Provincial Championships	November 3 - 4
Football	T.B.A.	Regionals to be completed by Provincial Championships	T.B.A. T.B.A.
Volleyball		Declaration Deadline	October 17
		Regionals to be completed by Qualifying Events	November 18
	See Attached	Provincial Championships	November 24 -25 December 1 - 2
Basketball		Declaration Deadline	December 3
		Regionals to be completed by Qualifying Events	February 17
	Junior Varsity	Boys & Girls Championships	February 23 - 24
	- Boys – Highland		February 23 - 24
	- Girls – Northumberland		
	See Attached	Provincial Championships	March 1 - 3
Wrestling	Northumberland	Regionals to be completed by Provincial Championships	February 24 March 2 - 3
Skiing	T.B.A.	Provincial Championships	March 5
Snowboarding	T.B.A.	Provincial Championships	March 6
Hockey		Regionals to be completed by Provincial Championships	March 10
	Div. 1 Northumberland		March 23 - 25
	Div. 2 Western	Provincial Championships	March 23 - 25
	Div. 3 Highland	Provincial Championships	March 23 - 25
	Girls Northumberland	Provincial Championships	March 23 - 25
Curling	Northumberland	Regionals to be completed by Provincial Championships	March 3 March 22 - 24
Badminton		Regionals to be completed by Provincial Championships	April 14
	Team Highland		April 20 - 21
	Individual		
Cheerleading	Western	Regionals to be completed by Provincial Championships	April 21 April 28

REGULATION XVI – 2006/2007 SITES & DATES CONT'D

SPORT	REGION	EVENT	DATE	
Table Tennis	Northumberland	Regionals to be completed by	May 5	
		Provincial Championships	May 12	
Slo-Pitch		Declaration Deadline	April 20	
		Regionals to be completed by	May 26	
	Div 1 Boys	Highland	Provincial Championships	June 1 - 2
	Div 1 Girls	Highland	Provincial Championships	June 1 - 2
	Div 3 Boys	Northumberland	Provincial Championships	June 1 - 2
	Northumberland	Provincial Championships	June 1 - 2	
Fast Pitch		Declaration Deadline	April 20	
		Regionals to be completed by	May 26	
	Div 1 Boys	Capital	Provincial Championships	June 1 - 2
	Div 1 Girls	Capital	Provincial Championships	June 1 - 2
	Div 3 Girls	Northumberland	Provincial Championships	June 1 - 2
Rugby		Regionals to be completed by	May 26	
	Boys	Northumberland	Provincial Championships	June 1 - 2
	Girls	Northumberland	Provincial Championships	June 1 - 2
Track & Field		Regionals to be completed by	May 26	
	Western	Provincial Championships	June 1 - 2	

REGULATION XVI – SITES & DATES (2006 - 2010)

SOCCKER

	<i>CAPITAL</i>	<i>WESTERN</i>	<i>NORTHUMBERLAND</i>	<i>HIGHLAND</i>
2006/2007	Div. 1 Boys	Div. 3 Boys Div. 2 Boys Div. 2 Girls	Div. 1 Girls Div. 4 Girls Div. 3 Girls	Div. 4 Boys
2007/2008	Div. 3 Boys Div. 4 Boys	Div. 4 Girls Div. 3 Girls	Div. 1 Boys Div. 2 Boys Div. 2 Girls	Div. 1 Girls
2008/2009	Div. 1 Girls	Div. 1 Boys Div. 2 Boys Div. 2 Girls	Div. 4 Boys	Div. 4 Girls Div. 3 Boys Div. 3 Girls
2009/2010	Div. 4 Girls	Div. 1 Girls Div. 3 Girls Div. 4 Boys	Div. 3 Boys Div. 2 Boys	Div. 1 Boys Div. 2 Girls

VOLLEYBALL

	<i>CAPITAL</i>	<i>WESTERN</i>	<i>NORTHUMBERLAND</i>	<i>HIGHLAND</i>
2006/2007	Div. 1 Girls	Div. 1 Boys Div. 2	Div. 4	Div. 3
2007/2008	Div. 4	Div. 1 Girls Div. 3	Div. 1 Boys	Div. 2
2008/2009	Div. 1 Boys		Div. 1 Girls Div. 2 Div. 3	Div. 4
2009/2010		Div. 1 Boys Div. 2 Div. 4		Div. 1 Girls Div. 3

Division 1 Boys Rotation – Western, Northumberland, Capital
 Division 1 Girls Rotation – Capital, Western, Northumberland, Highland

BASKETBALL

	<i>CAPITAL</i>	<i>WESTERN</i>	<i>NORTHUMBERLAND</i>	<i>HIGHLAND</i>
2006/2007	Div. 4 Girls	Div. 1 Girls Div. 2 Girls Div. 3 Girls	Div. 1 Boys Div. 2 Boys	Div. 3 Boys Div. 4 Boys
2007/2008	Div. 1 Girls	Div. 1 Boys	Div. 3 Boys Div. 4 Boys Div. 2 Girls	Div. 2 Boys Div. 3 Girls Div. 4 Girls
2008/2009	Div. 4 Boys Div. 2 Boys	Div. 3 Boys Div. 4 Girls	Div. 1 Girls Div. 3 Girls	Div. 1 Boys Div. 2 Girls
2009/2010	Div. 1 Boys	Div. 2 Girls Div. 3 Girls Div. 4 Boys	Div. 3 Boys Div. 4 Boys	Div. 1 Girls Div. 2 Boys

Division 2 Boys Rotation – Highland, Capital/Western, Northumberland
 Division 2 Girls Rotation – Western, Northumberland, Highland
 Division 3 Boys Rotation – Highland, Northumberland, Western
 Division 3 Girls Rotation – Western, Highland, Northumberland

Badminton

REGULATION XVII

1. **Classification**

- Senior – under 19 years of age as of September 30
- Intermediate – under 16 years of age as of September 30
- Junior – under 14 years of age as of September 30

2. Students may qualify for team and/or individual play. Once a student competes in team play, he/she shall only be eligible to participate in individual competition in the same classification.

On the first day of competition, *team championships* will be declared in each classification. On the second day of competition, *individual championships* will be declared in each classification.

In each class there will be the following events:

- | | |
|---------------|---------------|
| Boys Singles | Girls Singles |
| Boys Doubles | Girls Doubles |
| Mixed Doubles | |

3. **Regional Representation**

For each event in each class in *individual play*, the first and second place finishers will advance to the provincial final. An athlete may compete in only one event in individual play.

Team Play - Two teams per region in each classification will advance to the *Team Championship Final*. Schools advance as a *team* from Regional Play. An athlete may compete in only one event in team play.

4. **Team Competition**

A) **Team Competition:**

- A student may compete in only one event.
- A student may not change events.
- A team must be represented in a minimum of four of the five events.

B) **Once a team qualifies at the District or Regional level, it may not be changed. The individuals on the team must compete in the same event and classification as in prior competition.**

C) **In the event of injury, illness or other exceptional extenuating circumstances which may occur between the District and Regional Championships or between the regional and Provincial Championships, an athlete may be replaced prior to competition subject to approval of the Regional Director.**

D) **Format – Single round robin in two sections with cross-over playoffs. One game to 21 points in round-robin. Playoffs will be two out of three games to 15 points.**

E) **Tie Breaking:**

If two teams are tied, consider the match between the tied teams. If three teams are tied, calculate points for and against among the tied teams. If still tied, calculate points for and against in total round-robin.

F) **Scoring** - For each game won a team receives 1 point. A team will, therefore, receive 2 points if it wins the match. The maximum possible against another team is 10. The maximum possible in the Round Robin is 30.

G) **Ties** - If two teams are tied, consider the match between the teams involved. This will break the tie. If three teams are tied, consider *games* won and lost among the tied teams. If there is still a tie, compare *points* for and against among the tied teams. If there is still a tie, repeat the process, but consider games in the overall Round Robin.

Badminton Cont'd

5. ***Individual Competition***

A) 1. ***Type of Final*** - Single Round Robin in two sections with cross over play-off. Each classification will be divided into two sections as follows:

Section A:	Highland #1	Section B:	Capital #1
	Capital #2		Highland #2
	Northumberland #1		Western #1
	Western #2		Northumberland #2

In the Round Robin, each event will be one game to twenty-one. At the completion of the Round Robin, the top two in each section advance:

- 1st Place, Section A, plays 2nd Place, Section B
- 1st Place, Section B, plays 2nd Place, Section A
- The winners meet to determine the champion and runner-up
- The losers meet to determine 3rd Place finisher.
- All play-offs are the Best of Three – 15 points

2. In the case of fewer than 7 players advancing in any event, a single Round Robin shall be used.

3. ***Method of Breaking a Tie in an Event***

- If three players are tied, compare the point spread among the three individual players.
- If two players are tied, the game (or match) between them shall determine the higher place finisher.
- Scores must be reported by both participants (winner & loser)

B) During competition, a player unable to continue play shall forfeit all matches (0-21).

C) A player who becomes injured or ill prior to competition shall be replaced by the next highest finisher in the event at the previous competition.

D) In doubles only, if one player is unable to advance due to injury, illness or other exceptional extenuating circumstances, he/she may be replaced prior to competition subject to the approval of the Regional Director.

6. ***Awards***

A) ***Individual Competition*** - N.S.S.A.F. Gold, Silver and Bronze Medallions to 1st, 2nd and 3rd place finishers.

B) ***Team Competition*** - N.S.S.A.F. Gold medallions to players on winning team. Championship Banner for the winning school in each classification. Silver medallions for members of second place team.

7. ***Rules of Play***

For both individual and team competition, shall be the Official Rules for badminton.

The shuttle to be used shall be determined in consultation with the N.S. Badminton Association (presently MAVIS 300).

8. The request for an umpire be honored.

9. ***Regulations for Playing Area***

A minimum of six courts with a minimum ceiling height of 6.1 metres (20 feet) is required for the provincial final.

Baseball

REGULATION XVIII

1. ***Classification***

Open

2. ***Regional Representation***

To be announced.

3. ***Awards***

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallion to members of championship team and coach (maximum 18).

C) N.S.S.A.F. Silver Medallion to members of runner-up team and coach (maximum 18).

4. ***Type of Final***

To be announced.

5. ***Rules of Play***

Baseball Canada, Baseball Nova Scotia

Note: Bats greater than minus three shall not be permitted.

Basketball

REGULATION XIX

1. ***Classification***

Division 1, 2, 3, 4 Boys & Girls

2. ***Regulations for Playing Area***

The gymnasium to be used for a Provincial Basketball Final to be left to the discretion of the Executive Director.

3. ***Awards***

- A) Championship Banner to winning school.
- B) N.S.S.A.F. Gold Medallion to members of championship team and coach (maximum 18).
- C) N.S.S.A.F. Silver Medallion to members of runner-up team and coach (maximum 18).

4. ***Type of Final***

Single Elimination Consolation Tournament.

In NSSAF Championship Tournaments where teams are seeded, the higher seed shall be designated Home Team throughout the tournament.

5. ***Rules of Play***

Canadian Inter-University Sport Men's Basketball Rules.

- 6. The maximum number of players shall be fifteen (15).
- 7. The recommended playing time for Junior High/Middle School competition shall be 16 min. halves.
- 8. All N.S.S.A.F. Girls competition shall use the Official Intermediate Size 6 Basketball.
- 9. Member schools shall have the appropriate F.I.B.A. markings on the gymnasium floors.
- 10. 30-Second clocks shall be mandatory for all Provincial Championships.

Competitive Cheerleading

REGULATION XX –

1. **Classification**

Open

2. **Regional Representation**

In order to compete at the Regional or Provincial levels, a team must have competed in at least one competition prior to April 1st of the current school year.

Number of teams/region to advance to be determined annually by the NSSAF.

3. **Awards**

a) N.S.S.A.F. Gold Medallions (maximum 22) to members of Championship team and coach. Championship Banner to the winning team.

b) N.S.S.A.F. Silver Medallions (maximum 22) to members of runner-up team and coach.

4. A team shall consist of a minimum of eight (8) and a maximum of twenty (20) members.

5. Time limit for routines shall be a maximum of three (3) consecutive minutes.

6. a) The NSSAF Championship to be held at a **Place and Date TBA**, shall consist of:

EITHER if seven (7) or fewer teams are entered in the championship Competition, all teams will perform¹ in the morning. The team with the highest score will be declared the winner and the team with the second highest score will be declared the runner-up.

OR if eight (8) or more teams are entered in the Championship Competition, a drawing will be held on the day of the competition (*and with all of the coaches present*) to determine whether a team will compete in "Pool A" or "Pool B", each pool having one-half (or one-half, plus or minus one) of the teams entered. The competition would run with all of the teams from Pool A performing, then a 10-15 minute break for the judges, followed by all of the teams from Pool B performing. After a minimum 30-minute break, the four (4) teams with the highest scores, regardless of which pool each team was in, will go on to the "Championship Round". From this round the team with the highest score will be declared the winner and the team with the second highest score will be declared the runner-up.

b) **Team standings will be determined by taking 40 percent of the score from the first round and 60 percent of the score from the second round.**

¹ The order of performance will be determined at the start of the competition by a drawing done by each team's coach. In the case of the "pool" system being used, the drawing will take place just before each pool of teams begins to compete. A separate draw will take place for the championship round.

Competitive Cheerleading Cont'd

7. While the N.S.S.A.F. Competitive Cheerleading Championships are intended to be a finale to the cheerleading season, the cheerleading team, with the school's approval, may lead the cheering at events for the full school year. However, the performance of jumps, gymnastics and stunts at an event should only occur when (a) the team has mastered them in a gym; (b) there is a safe performance area; and (c) a qualified cheerleading coach is present to direct the team.
 8.
 - a) The Head Coach of a cheerleading team must have completed an NSSAF-approved Coaching Clinic.
 - b) A Coach who has completed the NSSAF-approved Coaching Clinic must be present at all practices and competitions. The list of persons who have completed the program will be available from the NSSAF office.
 - c) All competing teams must be accompanied by a teacher or adult designated by the Principal who is responsible for the conduct and safety of the team members.
 9. **The Scoring Judges** (not the Tally Judges) assigned to a competition shall stop a team from competing or interrupt a team's performance if any of these rules are violated. In any event, at the end of the competition, one of the judges shall convey the reason for the stoppage or interruption to the teacher/designate responsible for the team and a written explanation must be sent by the judges or their association to the NSSAF within one (1) week of the competition.
 10. **Any competing team** which does not complete its routine for any reason shall not receive a score.
 11. Performing any Illegal or Not Permitted Stunts shall result in disqualification, which will be reported to the NSSAF by the coach of the hosting team.
 12. **A Participant** who is bleeding, has an uncovered open wound or an excessive amount of blood on the uniform shall stop performing to receive proper medical treatment as a precaution against the transmission of blood-borne diseases.
 13. **A Participant** who is rendered unconscious, or apparently unconscious, shall not be permitted to resume participation in the competition being held on that day without written authorization from a physician, the original of which must be presented to the judges prior to the Participant taking to the floor.
 14. **RULES OF PLAY:** As developed by the N.S.S.A.F. and circulated to participating schools. Official copies are available through N.S.S.A.F. office.
- **Please Note:** Regulation VII - Section 17 ~ Any coach under the age of 21 must be accompanied at all times by a teacher on staff.

Cross Country

REGULATION XXI

1. **Classification**

- Senior – under 19 years of age as of September 30
- Intermediate – under 16 years of age as of September 30
- Junior – under 14 years of age as of September 30

2. **Regional Representation**

Top five (5) teams per Region/Classification and the remainder of any of the top fifteen (15) finishers. For greater clarity, no runner shall advance if not a member of a top five team or one of the top fifteen finishers.

3. **Distances**

Senior Boys	7 k	Senior Girls	5 k
Intermediate Boys	5 k	Intermediate Girls	4 k
Junior Boys	4 k	Junior Girls	3 k

4. **Awards**

- A) Championship Banner to winning school in each classification.
- B) N.S.S.A.F. Gold Medallions to runners and coach of each winning team.
- C) N.S.S.A.F. Silver Medallions to runners and coach of each runner-up team.
- D) N.S.S.A.F. Gold, Silver and Bronze medals to 1st, 2nd and 3rd place finisher in each event.

5. **Rules of Play**

- A) International Amateur Athletic Federation rules will be used. However, where they conflict with N.S.S.A.F. Regulations, the latter Regulations will apply.
 - B) Maximum number of runners for Provincial Final – 7 on each team with first 4 finishers to count for Team Championship.
 - C) Individual runners are eligible to compete.
6. A school may enter more than one team at the District and Regional level, but may only advance one team (per classification) to the NSSAF Championships.
7. Schools entering more than one team at the District and/or Regional meet must retain the original make-up of each team. Team members may not be inter-changed.
8. A team which qualifies at the Regional level may not change its team members except in the event of injury, illness or other exceptional extenuating circumstances, which may occur between the Regional and the Provincial Meets. In such a case, the Regional Director must approve the change before the team may advance to the Provincial Championship.

9. **Breaking of Tie**

In the event of a tie, it shall be resolved in favor of the team whose last scoring member finishes nearer the first place.

10. **NOTE:** Schools hosting Cross Country Meets should insure that runners are given ample opportunity to spread out at the start of the race.
11. Course design shall include as much natural terrain as possible while preserving the safety of the participants.

Curling

REGULATION XXII

1. **Classification**

Open Boys

Open Girls

Mixed

2. **Regional Representation**

To Be Determined.

3. **Awards**

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions to (6) members of Championship Team and Coach.

C) N.S.S.A.F. Silver Medallions to (6) members of Runner-up Team and Coach.

4. **Type of Final**

If six or fewer teams – Round Robin.

If more than six – Double Knockout.

5. **Rules of Play**

A) Canadian Curling Association.

B) *Modification:* Boys – 8 ends Girls – 8 ends

C) Maximum number of curlers for Provincial Final:

Boys, Girls and Mixed – 4

D) A spare may be used at any time and shall be permitted to play any position providing he/she enters at the beginning of the game. The spare must remain in competition until the game is completed.

E) In Mixed Curling, each team shall consist of two male students and two female students who shall play alternating positions.

F) A student may not compete in both Mixed Curling and Boys/Girls Competition.

G) In Mixed Curling, the host school shall provide a pool of players from which spares must be selected (*unless a school has its own spare in attendance*) in the event of injury. A student may not be selected if he/she attends one of the schools competing in the game in question.

H) A 10-minute warm-up period will be permitted before each game. At the discretion of the host committee, when time is at a premium, the warm-up may be reduced to 5 minutes. The warm-up shall take place on the sheet of ice to be used by both teams and shall include sliding, sweeping and delivering rocks.

I) **The Four Rock Free Guard Zone Rule shall be in force for all N.S.S.A.F. competitions.**

Football

REGULATION XXIII

1. **Classification**

Open

2. **Regional Representation**

To Be Determined

3. **Awards**

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions **(50)** to members of championship team and coach.

C) N.S.S.A.F. Silver Medallions **(50)** to members of runners-up team and coach.

4. **Type of Final**

One championship game.

5. **Rules of Play**

A) Rules of Play shall be Canadian Intercollegiate Athletic Union.

B) Modifications

1. A minimum of twenty-four (24) players shall be required.

2. The maximum number of players **in uniform** shall be fifty (50).

6. The site of the NSSAF Championships shall alternate between Northumberland and Capital in the years that the Northumberland representative qualifies for the final. The next time the Northumberland representative qualifies, the game shall be held in Capital.

Golf

REGULATION XXIV

1. **Classification**

Open Boys
Open Girls

2. **Regional Representation**

Top four teams/Region and any of the top five finishers at the Regional Tournament who are not on a school team advancing.

3. **Team Composition**

Boys: Four players – all four scores to count.
Girls: Two players – both scores to count.

4. **Rules of Play**

- A) **TOURNAMENT RULES** – RCGA rules govern play.
- B) **CONDUCT:** Conduct determined to be detrimental to the best interest of the games, both on and off the course will result in disqualification.
- C) **DRESS CODE:** Dress shorts or golf slacks or skirt and a golf shirt with a collar. Hat, if worn, is to be turned around properly. **NO JEANS.**
- D) **GOLF BALLS:** The list of approved balls will be posted at the starters desk. Players should have a personal identification mark on their ball.
- E) **ADVICE:** Competitors may not receive advice during play. The penalty is disqualification. Team coaches, parents and other spectators are expected to maintain a reasonable distance from the golfers.
- F) **TIES:** In the event of a tie for the overall championship, a sudden victory playoff will be held with the tied teams.
- G) **CADDIES AND GOLF CARTS:** Not allowed.

5. **Awards:**

NSSAF Gold, Silver, Bronze Medallions to top three individuals in each Division.
Championship Banner – Boys
Championship Banner – Girls
Gold Medallions to championship team and coach – Boys and Girls
Silver Medallions to runner-up team and coach – Boys and Girls

Hockey

REGULATION XXV

1. **Classification**

Division 1, 2, 3
Girls

2. A student may participate in one classification only.

3. **Regional Representation**

To Be Determined

4. **Regulations for Playing Area**

The selection of the best available rink in the vicinity of the "host" school should be considered.

5. **Awards**

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions (21) to members of championship team and coach.

C) N.S.S.A.F. Silver Medallions (21) to members of runners-up team and coach.

6. **Type of Final**

A) Round Robin – 15 minute periods

B) The final game in Championships determined by tournament play shall begin before 3:00 p.m.

C) In NSSAF Championships where teams are seeded, the higher seed shall be designated Home Team throughout the tournament.

7. **Rules of Play**

A) C.A.H.A. Rules

B) **Modifications**

1. a) If a player takes part in any C.A.H.A. registered Senior A, Junior A, Junior B or **Major** Midget Game on January 1st or later, he shall be ineligible for N.S.S.A.F. hockey for the remainder of the school year.

b) Game being defined as Exhibition, All-Star, League and Playoff; and/or any time a player's name appears on a game report.

2. Banishment from game and report to District Co-ordinators, Regional Directors, and Executive Director, for any player receiving five (5) penalties in one game. The time of the fifth penalty shall be served by the penalized team.

A player on being assessed the fifth penalty shall be banished from the game. This banish would not carry a game misconduct.

3. Schools are asked to remind their coaches and athletes that physical abuse of an Official could lead to a one-year suspension from all high school sport.

4. A Match Penalty involving contact shall be considered an attempt to injure – See Regulation XI, Section 2, Sub-Section C.

5. Division 1, 2, 3 teams must begin the NSSAF tournament with a minimum of 13 skaters and two goalkeepers. Female hockey teams must begin the NSSAF tournament with a minimum of ten skaters and one goalkeeper until 2009, when all categories must meet a minimum of 13 skaters and two goalkeepers..

6. The centre ice line will be eliminated (offside passes) for N.S.S.A.F. competition.

NOTE: In the case of suspensions incurred during Regional and Provincial Playoffs, the suspension must be served during succeeding Federation Playoffs.

Rugby

REGULATION XXVI

1. ***Classification***

Open Boys, Open Girls

2. ***Regional Representation***

TBA

3. ***Regulations for Playing Area***

The field must be grass and must be newly lined **or be an artificial grass surface approved by the NSSAF.**

4. ***Awards***

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions to members of championship team and coach (maximum 25).

C) N.S.S.A.F. Silver Medallions to members of runners-up team and coach (maximum 25).

5. ***Type of Final***

To Be Decided.

6. ***Rules of Play***

Nova Scotia Rugby Football Union Rules

7. A team shall consist of a maximum of 25 players.

8. All players must wear a mouth guard.

Skiing

– Downhill

REGULATION XXVII

1. ***Classification***

Open Boys
Open Girls

2. ***Events***

Giant Slalom

3. ***Regional Representation***

Three boys teams and three girls teams per region will advance to the N.S.S.A.F. finals.

4. ***Awards***

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions (6) to members of championship team and coach.

C) N.S.S.A.F. Silver Medallions (6) to members of runners-up team and coach.

D) NSSAF Gold, Silver, Bronze Medallions to top three individuals in each Division.

5. A school may enter a male team and/or a female team. Each team shall consist of a maximum of five skiers.

6. ***Eligibility:***

A) In order to compete in the N.S.S.A.F. final, an athlete must have competed in at least two regular season races.

7. CSA approved helmets must be worn.

8. No Giant Slalom or Downhill Suits will be permitted.

9. ***Rules of Meet***

Alpine Ski Canada

Snowboarding

REGULATION XXVIII

1. **Classification**

Open Boys
Open Girls

2. **Events**

Single Snowboarder Cross (SBX).

3. **Regional Races:**

- a) A school may enter more than one boys and/or girls team in the Regional races, but only one boys team and one girls team per school may advance to the NSSAF Championship race.
- b) Each team shall consist of five snowboarders. The four best two-run total times will count.
- c) The teams that are entered for the first Regional race must remain the same with the exception of two substitutions. In other words, if you have A, B and C teams, you may move two racers back and forth per team, but the others remain constant. This will allow for possible injuries or other eventualities.
- d) Last minute changes will be a 'one for one' substitution of racers from another team. The whole team will not be rearranged. (If racer 2 of team A is ill, racer 1 from team B may replace him. Who in turn may be replaced by someone else.)

4. **Regional Representation:**

The top three boys teams and top three girls teams per Region will advance to the NSSAF Championship race. Selection will be based on World Cup Points accumulated at the Regional races. If a Region is unable to advance three boys and three girls teams, the race entries shall be completed as follows:

- a) The next highest finishing team (#2) from the Region having the greatest number of Schools (teams) participating at the Regional races.
- b) The host Region may fill the remaining vacant team entries.
- c) In no case shall a second team from a school displace the first team of another school.

World Cup Points are scored as follows:

1st - 25	4th - 12	7th - 9	10th - 6	13th - 3
2nd - 20	5th - 11	8th - 8	11th - 5	14th - 2
3rd - 15	6th - 10	9th - 7	12th - 4	15th - 1

5. **Eligibility:**

- a) In order to compete at the NSSAF championship race, an athlete must have competed in at least two regular season races.

6. CSA approved helmets must be worn during practices as well as during the race.

7. **Rules of Meet:**

NSSAF and CSF

Snowboarding Cont'd

8. Schools will be responsible for timing, gate keeping and other race duties. These can be arranged in cooperation with the ski hill operators. Gatekeepers are appointed from among coaches and other volunteers. There must be enough gatekeepers so that all gates are watched. Gatekeepers should be located where they have a good view of several gates.
9. Competitors are required to follow the rules of NSSAF, the ski facility and the skier's (boarder's) responsibility code. Failure to do so shall result in a disqualification. This includes profanity.
10. Team rosters must be faxed to the Chief of Race three working days before the scheduled race. Teams registering late will race at the end.
11. Racers will be given a one-minute grace period after their start number is called. Failure to arrive on time will result in a DNS.
12. Racers that DSQ, DNS or DFN the first run will be allowed to take a 2nd run at the end.
13. All racers should inspect the race course with their coach. During course inspection, skiers are not allowed to ski through or to shadow the course. Face bibs should be visible during this time if weather permits.
14. In the event of a dispute, the jury decision will be final. Composition of the jury is as follows:
 - 1) Chief of Race
 - 2) Technical Delegate
 - 3) Referee (appointed from among the coaches before the race)
 - 4) Start Judge (starter)
 - 5) Finish Judge (timer)The inclusion of the Technical Delegate for Regional races is optional.
15. **Awards**
 - a) Championship banner and six NSSAF gold medallions to snowboarders and coach of the winning team.
 - b) Six NSSAF silver medallions to snowboarders and coach of the runner-up team.
 - c) **Gold, Silver, Bronze Medallions to top three individuals in each Division.**
16. Three Regional races will be held prior to the NSSAF Championship race. Regional race dates will be arranged by the Chief of Race for each specific Region.
17. **Start List**

The start list will be made up by a draw of school names. Each team will place one racer on the list before any team has two racers. The order will be repeated until all racers are listed. The order in which the snowboarders will race for their team is based upon their seeded position within the team, as provided by their coach.

In Regional races, all A team racers will race first followed by B teams, etc. The start list for the second run will depend upon the criteria followed by the Region hosting the race. For example, in Capital Region, the order for the second run is based on the first run finish (fastest to slowest), but the order of the first 16 men and to 10 girl racers is reversed.

Soccer

REGULATION XXIX

1. **Classification**

Division 1, 2, 3, 4 Boys & Girls

2. **Host Region**

The Regional Champion of the designated Host Region shall advance directly to NSSAF Championship.

3. **Qualifying Events**

Schools competing on the first day may request to play the game at a mutually agreed-upon site. This is subject to approval of the N.S.S.A.F. Regional Director or Executive Director.

4. **Regulations for Playing Area**

The minimum size of the playing area shall be 50 yards by 100 yards. The field must be grass and must be newly lined **or be on an artificial grass surface approved by the NSSAF**. Soccer nets must be provided.

5. **Awards**

- A) Championship Banner to winning school.
- B) N.S.S.A.F. Gold Medallions **(22)** to members of championship team and coach.
- C) N.S.S.A.F. Silver Medallions **(22)** to members of runners-up team and coach.

6. **Type of Final**

Single-elimination consolation (two days).

7. **Rules of Play**

A) Laws of the Game and Universal Guide for Referees:

- 1. The goalkeeper's shirt shall be a color that will distinguish him from all other players and not only from his own team-mates.
- 2. Unlimited substitution will be permitted. Substitution is to be made **only** at the following times:
 - Goal kick, goal scored, half time, throw-in, change of ends in overtime and injuries
- 3. Procedure to break a tie:
 - a) 15 minute sudden victory period. If still tied, change ends and plan an additional 15 minute sudden victory.
If still tied.
 - b) Penalty kicks shall be taken in accordance with the procedure outlined in the Laws of the Game and Universal Guide for Referees (F.I.F.A.) page 53.
- 4. Games shall consist of two 45-minute halves.

B) A good quality leather ball must be used.

C) Maximum number of players - **20**.

Softball

Fastpitch

REGULATION XXX

1. **Classification**

Division 1 Boys

Division 1 Girls

Division 3 Girls

2. **Regional Representation**

To Be Determined

3. **Regulations for Playing Area**

The playing area shall be one approved by the Board of Governors in consultation with Softball Nova Scotia.

4. **Awards**

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions (17) to members of championship team and coach.

C) N.S.S.A.F. Silver Medallions (17) to members of runners-up team and coach.

5. **Type of Final**

Round Robin

6. **Rules of Play – Softball Canada**

A) *Modifications*

1. If a student pitches for a senior team under the jurisdiction of Softball Canada within the school season, he/she is ineligible to pitch for the school team.

School season shall be defined as beginning on the day that the school team plays its first game.

2. A student shall be eligible for either Fastpitch or Slo-pitch, but not both.

3. Metal cleats shall be prohibited.

4. The double base shall be mandatory for all N.S.S.A.F. competition.

Softball

Slo-Pitch

REGULATION XXX(A)

1. **Classification**

Division 1 Boys	Division 3 Boys
Division 1 Girls	Division 3 Girls

2. **Regional Representation**
To Be Announced

3. **Regulations for Playing Area**
The playing area shall be one approved by the Board of Governors in consultation with Softball Nova Scotia.

4. **Awards**
 - A) Championship Banner to winning school.
 - B) N.S.S.A.F. Gold Medallions (17) to members of championship team and coach.
 - C) N.S.S.A.F. Silver Medallions (17) to members of runners-up team and coach.

5. **Type of Final**
To be announced.

6. **Rules of Play – Softball Canada**
 - 1) A student shall be eligible for either Fast Pitch or Slo-Pitch, but not both.
 - 2) Metal cleats shall be prohibited.
 - 3) The double base shall be mandatory for all NSSAF competition.
 - 4) Official ball for girls' play – 11" Core 47 leather ball.
Official ball for boys' play – 12" Core 47 leather ball.

Team Table Tennis

REGULATION XXXI

1. **Classification – Open Boys, Open Girls**

- Senior – under 19 years of age as of September 30
- Intermediate – under 16 years of age as of September 30
- Junior – under 14 years of age as of September 30

2. **Regional Representation**

Number of teams advancing per region – one per region.

A team shall consist of four players, one of which will be an alternate in case of injury of substitution.

3. **Awards**

- A) Championship Banner to winning school.
- B) N.S.S.A.F. Gold Medallions (5) to members of championship team and coach.
- C) N.S.S.A.F. Silver Medallions (5) to members of runners-up team and coach.

4. **Type of Final**

Single Round Robin in each event in each classification.

5. **Rules of Play**

Official rules for Table Tennis as per C.T.T.A.

In the case of a team tie in round play:

- A) compare the records between the teams tied. – If still tied;
- B) compare matches between tied teams. – If still tied;
- C) compare overall record in round robin play.

Track & Field

REGULATION XXXII

1. Age Classification

- Senior – under 19 years of age as of September 30
- Intermediate – under 16 years of age as of September 30
- Junior – under 14 years of age as of September 30

2. Events

SENIOR BOYS

100 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m run
5000 m run
4x100 m relay
4x400 m relay
Pole Vault
Discus Throw
Long Jump
High Jump
Javelin Throw
Triple Jump
Shot Put

INTERMEDIATE BOYS

100 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m run
3000 m run
4x100 m relay
4x400 m relay
Pole Vault
Discus Throw
Long Jump
High Jump
Javelin Throw
Triple Jump
Shot Put

JUNIOR BOYS

100 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m dash
4x100 m relay
4x400 m relay
3000 m
High Jump
Shot Put
Triple Jump
Javelin Throw
Discus Throw
Long Jump

SENIOR GIRLS

80 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m run
3000 m run
4x100 m relay
Pole Vault
High Jump
Shot Put
Long Jump
Javelin Throw
Discus Throw
Triple Jump
4x400 m relay

INTERMEDIATE GIRLS

80 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m run
3000 m run
4x100 m relay
Pole Vault
High Jump
Shot Put
Long Jump
Javelin Throw
Discus Throw
Triple Jump
4x400 m relay

JUNIOR GIRLS

80 m hurdles
100 m dash
200 m dash
400 m dash
800 m dash
1500 m run
3000 m run
4x100 m relay
4x400 m relay
Shot Put
Long Jump
Javelin Throw
Discus Throw
High Jump
Triple Jump

Track & Field Cont'd

3. Regional Representation

- A) A competitor must compete in his/her event at the Regional Level in order to qualify for the NSSAF Championships.
- B) If N.S.S.A.F. meet is on an 8-lane track:
 - 1. The first four placing in track events and the first four in field events will advance to the provincial meet. Fifth place finishers shall be listed as alternates.
 - 2. Four relay teams from each region in each relay.

4. Awards – Under Review

- A) A Championship Banner will be presented to the overall winner in each classification. **(Division 1, 2, 3, 4, Jr. High).**
- B) Championship Banner to winning schools in each classification as follows: (Total – 6 teams).

Senior Girls	Intermediate Girls	Junior Girls
Senior Boys	Intermediate Boys	Junior Boys
- C) N.S.S.A.F. Gold Medallions to members of championship team and coach.
- D) N.S.S.A.F. Silver Medallions to members of runners-up team and coach.
- E) N.S.S.A.F. Gold, Silver and Bronze medallions to 1st, 2nd and 3rd place finishers in each event.

5. Rules

- A) The International Amateur Athletic Federation Official Handbook. However, where these rules conflict with N.S.S.A.F. regulations, the latter regulations will apply.
- B) Modifications: Starting heights in the following events shall be:

Senior Boys	Pole Vault	2.6 m
Intermediate Boys	Pole Vault	2.45 m
Senior Boys	High Jump	1.55 m
Intermediate Boys	High Jump	1.55 m
Junior Boys	High Jump	1.35 m
Senior Girls	High Jump	1.30 m
Intermediate Girls	High Jump	1.30 m
Junior Girls	High Jump	1.25 m
- C) **Shot Put**
 - Senior Boys – 12 lbs. (4.6 kg) Junior Girls – 6 lbs. (2.3 kg)
 - All other classes – 8 lbs. 13 oz. = 4 kg.
- D) **Discus**
 - Senior & Intermediate Boys – 3 lbs. 9 oz. (1.4 kg)
 - All other classes – 1 kg.
- E) **Javelin**
 - Senior and Intermediate Boys - 800 grams
 - Senior Girls, Intermediate Girls, Jr. Boys -600 grams
 - Junior Girls - 400 grams

Track & Field Cont'd

F) Hurdles	<u>Distance</u>	<u>Height</u>
Junior Girls	80 m	30" .76m
Intermediate Girls	80 m	33" .83m
Senior Girls	80 m	33" .83m
Junior Boys	100 m	33" .83m
Intermediate Boys	100 m	36" .9m
Senior Boys	100 m	39" 1m

Hurdle Placement	<u>80 m</u>	<u>100 m</u>
From start to first hurdle	12 m	13.00 m
Between each hurdle	8 m	8.5 m
From last hurdle to finish	12 m	10.5 m

Volleyball

REGULATION XXXIII

1. **Classification**

Division 1, 2, 3, 4 Boys & Girls

2. **Regulations for Playing Area**

A minimum ceiling height of 6.10 metres.

3. **Awards**

A) Championship Banner to winning school.

B) N.S.S.A.F. Gold Medallions (**16**) to members of championship team and coach.

C) N.S.S.A.F. Silver Medallions (**16**) to members of runners-up team and coach.

4. **Rules of Play**

A) Canadian Volleyball Annual and Rulebook.

The libero rule shall be in effect for high school play.

B) Modifications:

The height of the net for girls will be 2.24 metres.

C) Maximum number of players for Provincial Final – **15** plus a manager.

D) Twelve (12) substitutions shall be permitted for all N.S.S.A.F. play.

E) The Tachikara SV-5W Gold or the Lexum 15-0 (Baden) shall be used for N.S.S.A.F. Competition.

Wrestling

REGULATION XXXIV

1. **Classification – Boys Division, Girls Division**

- Senior – under 19 years of age as of September 30
- Intermediate – under 16 years of age as of September 30
- Junior – under 14 years of age as of September 30

2. a) To be eligible to participate, a school must enter a minimum of three competitors. This requirement may be waived if requested by the Principal who shall, in writing, authorize the coach and the student-athlete(s) to represent the school in N.S.S.A.F. competition.
- b) It is recommended that a student attend a minimum of one school-hosted wrestling meet prior to Regional Championships.
- c) Each school may enter one team per classification (Senior, Intermediate, Junior) consisting of fifteen (15) members with no restrictions on the number of participants in any weight class.
- d) All NSSAF wrestling competitions involving three or more schools shall be officiated by currently registered members of the N.S. Amateur Wrestling Officials Association.
- e) Schools intending to host wrestling tournaments shall advise the NSSAF office to avoid conflict with other school invitational meets and to facilitate arrangements with the N.S. Amateur Wrestling officials Association.

3. **Regional Representation**

- a) To be announced. (The maximum to advance to the N.S.S.A.F. Championships shall be eight per weight classification.)
- b) Regional results will be used to seed wrestlers for the NSSAF Championship. The number one seeds in the Regionals will not meet in the first round.

NOTE: Regional meets shall use digital scales.

4. **Awards**

- a) Championship Banner to winning school.
- b) NSSAF Gold Medallions to members of championship team and coach.
- c) NSSAF Silver Medallions to members of runners-up team and coach.
- d) NSSAF Gold, Silver and Bronze Medallions to the first three finishers in each weight class.

5. **Team Points**

6 or more competitors		5	4	3	2	1 competitor
1st Place	10	9	7	5	4	3
2nd Place	7	5	4	3	2	
3rd Place	5	4	3	2		
4th Place	3	2	1			
5th Place	2	1				
6th Place	1					

6. **Senior matches will consist of best two out of three periods, two minutes in length with an intermission of 30 seconds between each period.**

Junior and Intermediate matches will consist of best two out of three periods 1.5 minutes in length with an intermission of 30 seconds between each period.

7. **Type of Meet**

- i. Double Elimination Bracket Draw
- ii. In weight classes having fewer than six competitors, a single round robin shall be used. (*Positive Point System.*)
- iii. On the first day of competition, no bouts will be scheduled beyond 9:30 pm.
- iv. A definite time and space shall be scheduled for warm-ups immediately prior to competition beginning.

Wrestling Cont'd

8. Rules of Play

A) Canadian Amateur Wrestling Association.

B) Modifications

1. The mat area shall be 8.5m x 8.5m (28' x 28') maximum with a 7.3m x 7.3m (24' x 24') square, or a circle of 3.66m (12') radius, marked wrestling area.

2. Weight Classes:

Senior Boys	U43, 43-46, 50, 54, 58, 63, 68, 74, 81, 90, 105, 130, 130+
Girls	U36, 36-40, 44, 48, 52, 56, 60, 65, 70, 75, 90, 90+
Intermediate Boys	U39, 39-42, 45, 48, 52, 57, 63, 69, 76, 83, 95, 110, 100+
Girls	U36, 36-40, 43, 46, 49, 52, 56, 60, 65, 70, 75, 90, 90+
Junior Boys	U35, 35-40, 43.5, 47, 50, 54, 59, 64, 69, 75, 82, 90, 90+
Girls	U29, 29-33, 35, 38, 41, 45, 48, 52, 57, 62, 70, 70+

3. Competitors in all age/weight classifications must wear a proper uniform (singlet).

All competitors are required to wear wrestling boots.

Officials will be requested to strictly enforce rules regarding length of hair, hair ornaments, etc.

4. Team Points:	10 points for first place	3 points for fourth place
	7 points for second place	2 points for fifth place
	5 points for third place	1 point for sixth place

The points shall be proportional to the number of participants in each weight class and shall be weighed by the following correction factor:

5 competitors	- 90% of points	2 competitors	- 45% of points
4 competitors	- 70% of points	1 competitor	- 25% of points
3 competitors	- 50% of points		

If there is a team tie at the conclusion of the competition, it shall be broken in the following manner:

a. comparison of first place finishes – the team with the greater number shall be declared the winner.

If the tie still exists, then:

b. compare the second place finishes – the team with the greater number shall be declared the winner.

This procedure to be followed until the tie is broken.

5. Schools appoint a teacher/advisor to the Wrestling Program to ensure that NSSAF Regulations are followed.

Schools are advised to complete and maintain a medical profile for each participant, signed by the parent, and including such information as: previous injury or disease, allergies, medication, Health Card Number, etc.

6. a) Intermediate age wrestlers may not wrestle in Senior classification.

b) Junior age wrestlers may not wrestle in the Intermediate or Senior classification.

7. No high amplitude moves allowed.

On any completed move, the wrestler who is on offense must contact the mat first.

Violations - First Offense – warning

- Second Offense – disqualification from match

8. **Senior athletes may execute consecutive gut wrenches as well as laced ankles.**

Junior and intermediate athletes may NOT execute consecutive gut wrenches or laced ankles.

9. The school wrestling program should establish a weight control program which will discourage severe weight reduction and/or wide variations in weight.

Each wrestler should be required to establish his minimum eight prior to a specific date (determined by the coach as part of the plan for the season). Once this weight is established, the wrestler should be prohibited from recertifying to a lower weight.

The use of plastic bags, saunas or any form of artificial weight loss is strictly prohibited. The penalty for non-compliance for athletes is immediate disqualification from the tournament without placement. Coaches promoting or knowingly allowing this form of weight loss will also be disqualified from the competition and will be reported to the NSSAF for further disciplinary action.

Planning For Successful Provincial Finals

1. Appoint a Tournament or Game Director – a responsible person with organizational ability (preferably **not** the Coach of the host team.)
2. Get full information on team(s) involved in the final series or tournament from Regional Director, Executive Director, or from competing schools.
3. Check N.S.S.A.F. Handbook plus Rule Books on equipment, size of playing area, and general regulations. Consult Federation Official if some regulation cannot be followed.
4. Check with visiting team(s) on billets. Be as helpful as possible in this crucial area.
5. *Publicity* - Provide radio, television, cablevision and newspapers with such information as teams, coaches, outstanding players, previous winners, records. Inform media of schedule, progress and conclusion of tournament or series.
6. Know your own facilities well: changing area, individual team rooms, officials' area, seating for fans. Consider crowd control, price of admission, guest dignitaries, opening ceremony, student police, first aid.
7. Keep detailed account of all expenses.
8. Be absolutely certain that approved officials handle the games. District Co-ordinator, Regional Director or Executive Director may have to assist. Unbiased minor officials are important too - timekeepers, linesmen, scorers.
9. Surround yourself with assistants and committees to look after publicity, reception, finances, entertainment, etc.
10. Be courteous - Greet visiting teams and officials. Have an itinerary prepared, if possible with programmes, maps, etc.
11. *Banquet or Reception* - Federation provides for only \$50.00 for social purposes. Assistance will be necessary from school or community if Director decides elaborate refreshments are necessary.
12. *Awards* - Have awards available, possibly displayed during series or tournament. know who will present awards. (If possible, N.S.S.A.F. official should do this. Otherwise, or assisting, have a school officials, sports figure or community official.)
13. Keep contact with team officials during a series or tournament by periodic meetings and conversation. Talk to team officials and to referees after contests and series finals for feedback purposes and for making recommendations to the Board of Governors. Be courteous to officials and all assistants; give them the credit they deserve.
14. At the conclusion of a tournament, clear up details. A final report on game results and financial details should be sent at once to the Executive Director. Complete the Tournament Director's Report for any final series or tournament.

Planning For Successful Provincial Finals Cont'd

15. At the beginning of the event, welcome the participants and reiterate the eligibility requirements in the event that some schools are not fully aware of them.

16. Be prepared in case of:
 - a) team withdrawal
 - b) injury
 - c) power failure
 - d) tie games or tie in Round Robin play
 - e) protests
 - f) expected officials not showing up
 - g) equipment failure

Award Presentations: Protocol

Indoor:

1. At the end of competition teams return to benches or line up facing each other.
2. Host committee introduces N.S.S.A.F. representative(s).
3. Federation Rep – Thank You’s – Host Committee, Officials, etc. – comment on championship game – sportsmanship, etc.
4. Announcer:
 - a) calls members of runner-up team forward to receive silver medallion;
 - b) members of championship team - gold medallion (players, managers, coaches);
 - c) captains of winning team receive Championship Banner.
5. Conclusion: “Thank You for supporting school sport – safe journey, etc.”

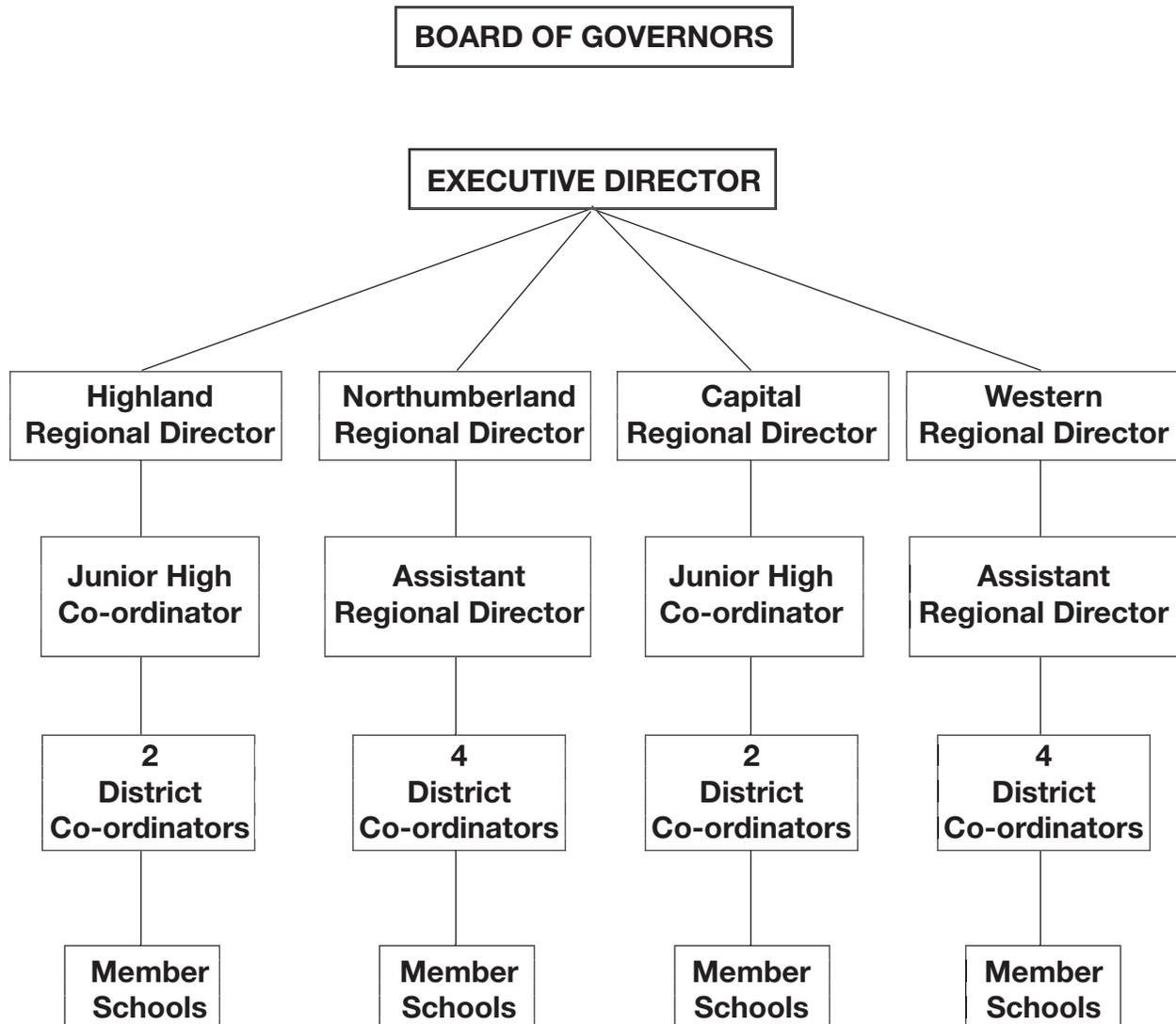
Outdoor:

1. If a public address system is available, line teams and follow procedure outlined.
2. If not: bring teams together and invite spectators to join in
 - if bleachers are available, Federation Rep. should take a position on the bleachers and have others gather around;
 - Follow procedure – you will need help from organizers in identifying players, etc.

Individual Sports: Badminton, Wrestling, Cross Country, Track & Field

1. Present gold, silver and bronze for each event/classification, etc.
2. Present silver medallions to members of Runner-up Team.
3. Present gold medallion to members of Championship Team.
4. Present Championship Banner to winning school(s).

Organizational Structure



Personnel

2006 – 2007

Board of Governors:

Chair Gary Clarke	Director of Education Services Chignecto-Central Regional School Board 60 Lorne Street, Truro, NS	B2N 3K3
Past Chair David Higgins	Vice Principal Cobequid Educational Centre 34 Lorne Street, Truro, NS	B2N 3K3
Western Debora Clarke	Vice Principal Avon View High School 225 Payzant Drive, Windsor, NS	B0N 2T0
Western Leo Campbell	Principal South Queens Junior High 178 Waterloo Street, Liverpool, NS	B0T 1K0
Capital Joanne Syms	Supervisor of School Administration Halifax Regional School Board 90 Alderney Drive, Dartmouth, NS	B2Y 4S8
Capital Gary Walker	Principal Halifax West High School 283 Thomas Raddall Drive, Halifax, NS	B3S 1R1
Northumberland Paul Long	Department Head, Guidance Guysborough Academy 27 Green Street, Guysborough, NS	B0H 1N0
Northumberland Karla Mitchell-Smith	Principal Springhill Junior/Senior High School 84 Church Street, Springhill, NS	B0M 1X0
Highland Chris MacInnis	Vice Principal Memorial High School 80 Memorial Drive, Sydney Mines, NS	B1V 2Y5
Highland Elizabeth Teasdale	Principal Dalbrae Academy 11156 Route 19, Mabou, NS	B0E 1X0
Department of Education Mike Sweeney	Senior Executive Director, Public Schools Box 578, Halifax, NS	B3J 2S9
Member-at-Large Dwayne Provo	School Health Coordinator Nova Scotia Health Promotion and Protection World Trade and Convention Centre 5th Floor, Suite 520, 1800 Argyle Street P.O. Box 487, Halifax, NS	B3J 2R7
Executive Director Tom Fahie	5516 Spring Garden Road Suite 304 Halifax, NS	B3J 1G6

Regional Directors and District Co-ordinators

HIGHLAND REGION

Regional Director	Joel LeBlanc	Sydney Academy
Cape Breton/Victoria	Mark Walzak	Breton Education Centre
Inverness/Richmond County	Darrell LeBlanc	Richmond Academy
Jr. High Co-ordinator	Jim McEachern	Sport Animator, Sydney Academy

NORTHUMBERLAND REGION

Regional Director	Wayne Avery	Chedabucto Education Centre
Assistant Regional Director	Fred Gould	Amherst Regional High
Jr. High Co-ordinator	TBA	TBA
Antigonish/Guysborough	Scott Hudson	St. Mary's Academy
Colchester/East Hants	Rob Adams	South Colchester Academy
Pictou County	Richard Cyr	Pictou Academy
Cumberland County	Phil Scott	Springhill Jr/Sr High

CAPITAL REGION

Regional Director	Darrell Dempster	Cole Harbour District High
Halifax Regional Municipality	Paula Syms	Lockview High
Jr. High Co-ordinator	Mary Veinot-Daye	A.J. Smeltzer

WESTERN REGION

Regional Director	Bruce Josselyn	Dr. John C. Wickwire Academy
Assistant Regional Director	Jodye Routledge	Middleton Regional High
Jr. High Co-ordinator	Steven Miller	West Hants Middle School
Annapolis/Digby	Trevor Connell	Middleton Regional High
Shelburne/Yarmouth	Mike Scott	Barrington Municipal High
Kings/West Hants	Dale Sanford	Northeast Kings Education Centre
Lunenburg/Queens	Jeff Nodding	Centre Consolidated School

STATEMENT OF BELIEFS

The Nova Scotia School Athletic Federation believes that:

1. Interscholastic athletics should be an integral part of the school program at the secondary level, not apart from it.
2. All concerned with school athletics shall encourage and promote positive race relations, cross cultural understanding and human rights with respect to race, culture, ethnicity, gender, ability, lifestyle, diversity, and religion.
3. Students should be encouraged to participate in a variety of school activities.
4. All participants in interscholastic athletic competition are to compete with the highest degree of good sportsmanship and fair play and promote good, friendly relationships.
5. All members of the coaching staff should co-operatively strive to serve the best interests of the student.
6. Generally, sport seasons should not overlap. Students should not find it necessary to divide or choose their athletic interests before one sport season is completed and another begins.
7. Member schools should establish policies for starting dates for team selection and practice time which ensure that the “in season” sport is given a legitimate opportunity to develop.
8. Taking part in school sport should be enjoyable as well as provide opportunities for personal growth and skill development.
9. Administrators and coaches should co-operatively establish school policies and procedures for the interscholastic athletic program which address areas such as:
 - a) requirements for participation
 - academic performance
 - standard of conduct
 - attendance
 - b) adherence to NSSAF eligibility
 - c) adherence to NSSAF regulations
10. The demands being placed upon students and coaches in an athletic program should be closely monitored and evaluated in terms of the overall objectives of education. Student-athletes and teacher-coaches need time for other pursuits during the season. The schedule of games and practices should provide days off for those involved to rest; to be with their families; to do school work; to prepare lessons, etc. or to pursue another interest.

Approved by the Board of Governors, November 1991.