



Sports Rule Book

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Table of Contents

<i>ACSI Sports Philosophy</i>	4
<i>General Rules</i>	5
<i>Badminton</i>	6
Format	6
Divisions	6
Scoring	6
Awards	6
Rules	6
Service.....	6
Game Play (Double and Singles).....	7
Faults.....	8
Lets (Replays).....	8
Things To Bring	8
Important	8
Information for Players	8
<i>Gr. 4 - 6 Boys' and Girls' Basketball</i>	11
Rules	11
Awards	11
<i>Gr. 7/8 Boys' and Girls' Basketball Division A</i>	11
Rules	11
Awards	11
<i>Cross Country (3-8)</i>	12
Officials	12
Participants	12
Distances	12
Terrain	12
Basic things to do in setting up	12
Awards	13
<i>Gr. 4 – 6 Co-ed Soccer</i>	14
General Information	14
Offside	14
Throw-ins	14
Substitutions	14
Handballs	14
Inappropriate Behaviour (i.e., bad language, unsportsmanlike conduct)	14
Awards	14
<i>Gr. 7/8 Co-ed Soccer</i>	15
General Information	15
Offside	15
Throw-ins	15
Substitutions	15
Handballs	15
Goalkeeping	15
Inappropriate Behaviour (i.e., bad language, unsportsmanlike conduct)	15
Additional Points	15
Tiebreakers	15
Awards – same as 4-6 soccer	15
<i>Gr. 4 - 6 Co-ed Three Pitch Softball</i>	16
Equipment	16
Field Of Play	16
Games	16
Players	17
Batting	17
Scoring	17
Umpires	17
Pitching	17
Runners	17
Playoffs	17
Championship and Consolation Championship Games	18
Awards	18

<i>Gr. 7/8 Co-ed Three Pitch Softball</i>	19
General Play	19
Players	19
Equipment	19
Pitching - YOUR TEAM WILL PITCH TO THE OTHER TEAM	19
Batting	19
Base Running	19
Substitutions	19
Additions	19
Awards – same as 4-6 softball	19
<i>Gr. 3-6 Track and Field</i>	20
Rules	20
Events	20
Awards	20
<i>Grade 7/8 Track and Field</i>	21
Rules	21
Divisions (please do not mix divisions, must do all events in one division including relay)	21
Events	21
Awards	21
<i>Grade 7/8 Volleyball</i>	22
Rules	22
Awards	22
<i>Tie Breaking Procedures</i>	23
<i>Responsibilities For Convening An ACSI Sports Tournament</i>	24
<i>Other Notes</i>	24
<i>Convener’s Checklist</i>	25
BEFORE THE TOURNAMENT	25
DAY OF TOURNAMENT	25
AFTER THE TOURNAMENT	25
<i>Standard of Conduct for Coaches, Teams and, Players in ACSI Events</i>	26

ACSI Sports Philosophy

The focus of ACSI sports is on skill and Christian character development, not winning! Naturally, winning is important to the athletes, but it is not to be our main goal.

In formulating a philosophy that is Christian, Colossians Chapter 3 is helpful:

Vs. 1-2 “Since then you have been raised with Christ, set your heart on things above, where Christ is seated at the right hand of God. Set your mind on things above, not on earthly things.”

Vs. 8 “But now you must rid yourself of all such things as these: anger, rage, malice, slander and filthy language from your lips.”

Vs. 12 “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

Vs. 14 “And over all these virtues put on love, which binds them all together in perfect unity.”

Vs. 17 “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

Vs. 23 “Whatever you do, work at it with all your heart, as working for the Lord, not for man.”

Basically, our philosophy must set us apart from the common world view, reflect a new man, and emphasize that sports is not exempt from the principle that “all things in our life must be done in the name of Jesus and reflect Him.”

Our sports program must be an extension of our Christian walk. In satisfying our own personal need to achieve, we must not compromise God’s will for us. In this way “victory” is distinct from “winning” 100% of the time. We must give “victory” a solid priority over “winning”. The negative results of the world’s emphasis on winning are well known.

In looking at “victory” there are many possible factors. For example:

- love for the opponent
- respect for officials and coaches
- loyalty to team
- self-control
- using circumstances to witness
- team cooperation
- putting others before myself
- encouragement and exhortation of team members (not personal success)

The outward flow of the previous factors are important and always necessary. Physical effort, mental toughness and alertness, joy of effort, demonstrating a mastery of physical skills and improvement in performance are other important factors. These should be specific objectives for anyone entering a sports event. “Winning” is merely one possible outcome which may or may not accompany “victory”. Winning in and of itself is not enough – it is defeat!

If the Lord were to choose a champion, merely winning a game or tournament would not be a requirement. Developing a consistent Christian character would be. That must be the goal of all of our ACSI sports events.

General Rules

1. **Coaches Meeting** – Each school must send one representative to spring coaches meeting. Failure to do so will result in suspension of playing privileges for the following school year.
2. **Hosting Tournaments** – Each school must host/co-host a sport in order to share the workload of the sports program. The hosting school does not pay the registration fee for that sport. If 2 schools are hosting, only one school does not pay or the fee is split between the two schools. Both schools do not get the registration fee reimbursement.
3. **Pre-registration** – Form is to be sent in the first week of school in September. *ACSI payment forms are NOT pre-registration forms.*
4. **Payment** – Send payment forms and money directly to ACSI. Note that pre-registration and payment forms are 2 different things!
5. **Referees** – Avoid using student referees, unless they are in Grade 11/12 and have their qualifications. Do your best to always use qualified referees, whether they be students or adults. See website for a list of possible referees.
6. **Conveners** – keep in line with philosophy when organizing tournaments.
 - a. Give equal playing time to all schools.
 - b. Give as much playing time as possible. Don't spend too much time on finals.
 - c. If using pools, have more consolation rounds.
 - d. A helpful book for this is Organizing Successful Tournaments by John Byl.
7. **Convener's Report** – Send to Sports Director and ACSI immediately following your tournament. Vital for keeping records of payment, trophies, etc.
8. **Tie Breaking Procedures** – use procedures laid out in this book. Have them set *before* the tournament begins.
9. **Code of Conduct** – At the beginning of each tournament, each coach must sign the Code of Conduct. If there is a problem with a student, coach or parent, write up what happened. Send to Sports Director so we can immediately deal with the situation. Due to the code of conduct, conveners have the right to take immediate action when anyone violates that standard of conduct.
10. **Website** – all the information is on the website, along with forms and rules. www.acsiec.org
11. **Student Participation** – avoid students participating in both 4-6 tournaments and 7-8 tournaments. Student can play in one division or the other, not both!
12. **Liability** – Every school must bring proof of your insurance coverage to each tournament, otherwise your team will not be allowed to participate.
13. **Cancellation** – If you are going to cancel your tournament due to inclement weather, please do so prior to 6 am and call the schools involved in your tournament. Make sure to call schools that are furthest away first!

Badminton

Format

The tournament will be run in a round-robin format, with each division playing every other division once.

Divisions

The divisions are: Boys and Girls Singles
 Boys and Girls Doubles
 Mixed Doubles

Schools may enter 1 team per division; players may play one division only.

Scoring

All games will be played to 15, except for Girls' Singles which will be played to 11 points.

Players will be responsible for keeping their own score. In case of a legitimate dispute, points should be replayed.

Awards

1. Medallions will be awarded to the top single or doubles team for placing 1st, 2nd and 3rd in each division.
2. An overall team pennant will be awarded to the school with the most points. (One point will be awarded for every game won throughout the tournament.)
3. Individual ribbons to athletes in top 3 schools.
4. Encourager medallion to team member who was the most encouraging.

Rules

Service

1. Toss shuttle to determine sides or serve. No rallying.
2. Serve below the waist.
3. Head of racquet must contact base of shuttle.
4. Server's feet must be in same service court from which the service is at; as well the feet of the player receiving the service must be in the service court diagonally opposite until the service is delivered.
5. Once the service has started, any player must not make any preliminary feints or otherwise intentionally balk his opponent. Player must not deliberately delay serving the shuttle or delay in getting ready to receive it so as to obtain an unfair advantage.
6. When the server and receiver have taken up their respective positions to serve and to receive, the first forward movement of the server's racket constitutes the start of the service and must be continuous thereafter
7. If, either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or fails to pass the net, or touches the roof or side walls, or the person or dress of a player a fault shall be called. (A shuttle falling on a line shall be deemed to have fallen in the court or service court of which the line is a boundary).
8. The server may not serve till his opponent is ready, but the opponent shall be deemed to be ready if a return of the service be attempted.
9. The server and the player served to must stand within the limits of their respective service courts (as bounded by the short and long service, the centre, and the side lines), and some part of both feet of these players must remain in contact with the surface of the court in a stationary

position until the service is delivered. A foot on or touching a line in the case of either the server or the receiver shall be held to be outside his service court. The respective partners may take up any position, provided they do not unsight or otherwise obstruct an opponent.

10. In doubles play, only one player of the side beginning a game shall be entitled to serve in its first innings. In all subsequent innings each partner shall have the right, and they shall serve consecutively.

Game Play (Double and Singles)

Double Play

1. It having been decided which side is to have the first service, the player in the right-hand service court of that side commences the game by serving to the player in the service court diagonally opposite. If the latter player returns the shuttle before it touches the ground, it is to be returned by a player on the service side, and then returned by a player on the receiver side, and so on, till a fault is made or the shuttle ceases to be "in play". If a fault is made by the service side its right to continue serving is lost, as only one player on the side beginning a game is entitled to do so, and the opponent in the right-hand service court then becomes the server; but if the service is not returned, or the fault is made by the receiving side, the service side scores a point. The service side players then change from one service court to the other, the service now being from the left-hand service court to the player in the service court diagonally opposite. So long as a side remains "In", service is delivered alternately from each service court into the one diagonally opposite, the change being made by the service side when, and only when, a point is added to its score.
2. The first service of a side in each innings shall be made from the right-hand service court. A "Service" is delivered as soon as the shuttle is struck by the server's racket. The shuttle is thereafter "in play" until it touches the ground, or until a fault or "let" occurs. After the service is delivered the server and the player served to may take up any positions they choose on their side of the net, irrespective of boundary lines.
3. The player served to may alone receive the service, but should the shuttle touch, or be struck by, his partner the service side scores a point. No player may receive two consecutive services in the same game, unless it is a let (rule 1).
4. Only one player of the side beginning a game shall be entitled to serve in its first innings. In all subsequent innings each partner shall have the right, and they shall serve consecutively.
5. If a player serves out of turn, or from the wrong service court (owing to a mistake as to the service court from which service is at the time being in order), and his side wins the rally, it shall be a "Let", provided that such "Let" be claimed and allowed, before the next succeeding service is delivered.

If a player of the receiving side standing in the wrong service court is prepared to receive the service when it is delivered, and his side wins the rally, the mistake shall stand and the players' positions shall not be corrected.

Should a player inadvertently change sides when he should not do so, and the mistake not be discovered until after the next succeeding service has been delivered, the mistake shall stand, and a "Let" cannot be claimed or allowed, and the players position shall not be corrected.

Singles Play

1. Single Play In singles, Laws 9 to 12 hold good except that:
 - (a) The players shall serve from and receive service in their respective right-hand service courts only when the server's score is 0 or an even number of points in the game, the service being delivered from and received in their respective left-hand service courts when the server's score is an odd number of points.
 - (b) Both players shall change service courts after each point has been scored.

Faults

1. The shuttle lands outside the court boundaries during service or play (shuttle landing on line is not a fault).
2. Player, racquet, or clothing touches the net while the shuttle is in play.
3. Player hits the shuttle before it crosses the net (follow through over the net legal when the shuttle is hit on player's own side).
4. The shuttle is hit twice in succession with two strokes by one side.
5. Shuttle is clearly carried on the racquet and thrown over.
6. Shuttle hits the ceiling, the player or the player's clothing.
7. The receiver's partner hits the serve.
8. The shuttle does not go over the net.
9. The shuttle is struck above the server's waist during service.
10. The server's/receivers feet are not in their respective courts during service.
11. Server swings and misses the shuttle.

Lets (Replays)

1. Server or receiver wins the rally while in the wrong court position (the score stands if the person who made the mistake loses the rally, in which case the players will remain on the "wrong" side).
2. Shuttle goes over the net, catches in the opposite side and does not fall to the floor
3. Outside interference – e.g., Shuttle from another court lands on or near playing area

Things To Bring

1. ½ dozen new white birdies (with your school's initials on them) for game use
2. basic first-aid items

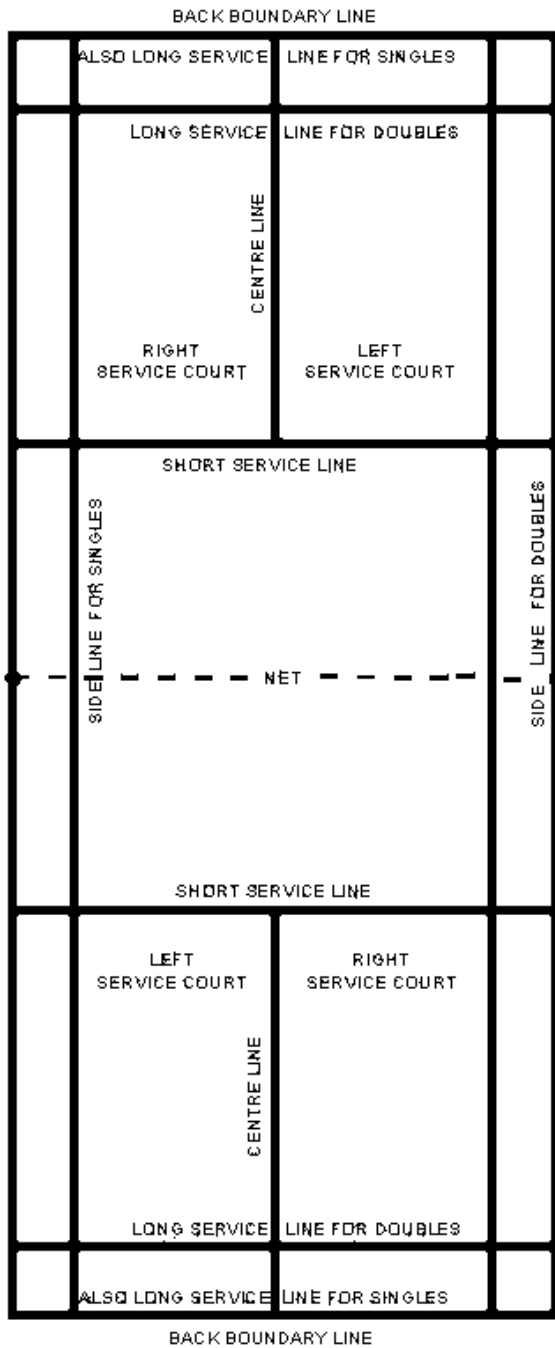
Important

Due to time restrictions and our present round robin format space is limited to 10 schools.

Information for Players

1. No food in gym. Eat in cafeteria.
2. No playing badminton except when playing a game (players only on courts). No practicing in cafeteria.
3. Keep track of games - check schedule - be on time for games.
4. Call out scores on each serve - call servers score first
5. Winner(s) only to report to score table on stage - identify division and school (by letter) and tell score
6. Leave birdie in middle of court unless damaged
7. In case of doubt - replay point rather than argue - Be Honest No Matter What the Cost

8. Call in or out on your own side
9. Wait for rally to end before walking behind court, which has a game in play.
10. Don't touch the nets
11. No setting - Games to 15 except Girls Singles to 11
12. Don't cut through corners of courts when walking
13. No hats
14. Do not sit behind courts
15. Keep the area between tape and score table clear.



Gr. 4 - 6 Boys' and Girls' Basketball

Rules

1. Games will be 20 minutes in length, running time, with two 10 minute halves and a brief half-time.
2. No zone defense permitted. (Half-court man-to-man defense only.)
3. Pressing after a basket, or on an in-bounds pass, will be allowed in the last two minutes of the game.
4. No 3-point shots.
5. Players will shoot free throws from the line but will be allowed to jump over the line, if necessary. (Jumping over the line will not be a violation that nullifies the shot.)
6. Other players will rebound free throws on contact with the rim.
7. All other basic basketball rules (traveling, double dribble, fouls, etc.) will be enforced.
8. Size 5 basketballs will be used.
9. Substitutions must enter through the scorers table and wait until the referee beckons them to enter the game.
10. Each team will be allowed a one-minute time out per half during which the game clock will stop.

Awards

1. Trophy and pennant awarded to top school.
2. Individual ribbons to athletes in top 3 schools.
3. Encourager medallion to team member who was the most encouraging.

Gr. 7/8 Boys' and Girls' Basketball Division A

Rules

OBA High School rules are followed. This includes:

- 3 point shots
- recording personal and team fouls
- bonus shots when 7 team fouls are committed per half
- time violations (3 seconds in the key, 10 seconds to move ball across half, 5 seconds to inbound ball or move ball after it has been picked up)
- defense may be man-to-man or zone, and half or full-court pressure is allowed.

Unique rules for ACSI tournament include:

- 2 halves running time (12-15 min. per half) with last 2 minutes of game stopped time.
- size 6 basketball will be used.
- each team is allowed one 30 sec. time-out per half.
- running up the score is strongly discouraged.
- each team should wear numbered jerseys in order to facilitate the referee's job and to assist opposing players in their defensive coverage.

Awards

1. Trophy and pennant awarded to top school.
2. Individual ribbons to athletes in top 3 schools.
3. Encourager medallion to team member who was the most encouraging.

Cross Country (3-8)

Officials

Each school must bring 2 officials to help with keeping kids on the course. Do not use parents/students as they are distracted by students. If you do not have 2 officials you will be unable to participate.

Participants

No cap to # of participants in each division.

Distances

Gr 3/4 Girls 1 km -1.5 km is long enough.

Gr 3/4 Boys 1.5 km minimum

Gr 5/6 Girls 2 km -2.5 km maximum

Gr 5/6 Boys 2.5 km minimum

Gr 7/8 Girls 3 km minimum

Gr 7/8 Boys 3 km minimum

Terrain

All races should cover varying degrees of terrain.

(e.g.) Gr 3/4 rolling terrain, flat terrain, going around objects

Gr 5/6 introduce small hills, flat terrain, over and around objects, through woods

Gr 7/8 flat terrain, hills woods, a ravine or water to go through or over other objects to go over or around

Basic things to do in setting up:

1) Start early (day before the race if possible) setting up.

2) All courses must be clearly marked using tape, pylons, people etc. especially at difficult exchanges, but most certainly to make sure people are staying on course use people throughout the race. Pushing, shoving, tripping, etc. does happen and those people must be disqualified immediately. Don't allow them to finish the race.

3) Have your line or funnel shape at the finish clearly marked. Use responsible people for timing, and keeping runners in a single file time through the funnel so order of finishing does not get mixed up.

4) Chart results from each race as soon as possible. Coaches from individual schools are big help in this area by handing in their results to the finish table as quickly as possible.

5) Coaches need to get their runners to the start area 10 minutes before race time. The Start Marshal calls the race to begin in however many minutes (5, 3 etc.) And start the race on the time scheduled. It's difficult for the runners to keep delaying a race once they are physically and mentally prepared for a specific time.

6) Commands to begin a race are "Runners." "Take your mark." And the gun. A false start is a runner stepping over the start line before the gun. Allow up to 2 false starts and then disqualify. Each race is a mass start. If possible spread the kids out in one long line.

7) Allow for time at the beginning of the day for runners to walk the course. Very important so they know the way and where objects are etc. that they will encounter during the race.

Gr. 4 – 6 Co-ed Soccer

General Information

1. All players on the field at any one time may be from any junior grade.
2. Division A: 12 players on field playing on full size soccer fields. (Minimum of 5 girls)
3. Please provide your goalie with a different coloured jersey or marker.
4. All other rules will be called according to FIFA guidelines. Please note the following:

Offside

You are offside if: there are not two (2) players from the opposing team (i.e. goalie and one other player) between you and the opponents goal line when the ball is passed to you, except on throw-ins, goal kicks or corner kicks.

Throw-ins

1. Both feet must be touching the ground.
2. Hands must be on either side of the ball.
3. Ball must be thrown from behind the head in a smooth motion.

Substitutions

May be made anytime the ball is dead (out of bounds or a goal). Please let the referee know you want to make substitutions.

Handballs

1. Penalty kicks will be awarded for handballs committed in the penalty area.
2. Intentional handballs will be called.

Inappropriate Behaviour (i.e., bad language, unsportsmanlike conduct)

Will result in the player being sent off the field and not allowed to return.

Awards

1. Trophy and pennant awarded to top school.
2. Individual ribbons to athletes in top 3 schools.
3. Encourager medallion to team member who was the most encouraging.

Gr. 7/8 Co-ed Soccer

General Information

1. Each team will field 11 players, with a minimum of 4 girls on the field at all times.
2. Please provide your goalie with a different colour jersey/marker etc.
3. Length of games will be determined once the number of teams participating has been established.

Offside

You are offside if there are not 2 players from the opposing team (i.e. goalie and one other player) between you and the opponent's goal line, except on throw-ins, goal kicks, or corner kicks.

Throw-ins

1. Both feet must be touching the ground.
2. Hands must be on either side of the ball.
3. Ball must be thrown from behind the head in a smooth motion.

Substitutions

May be made anytime the ball is dead (out of bounds or a goal). Please let the referee know you want to make substitutions.

Handballs

1. Penalty kicks will be awarded for handballs committed in the penalty area.
2. Intentional handballs will be called.

Goalkeeping

Goal keepers are not permitted to handle the ball if it is passed back to them by their own player using a foot pass. An indirect free kick at the goalkeeper's location will result. A ball headed back to the goalkeeper may be handled.

Inappropriate Behaviour (i.e., bad language, unsportsmanlike conduct)

Will result in the player being sent off the field.

Bad language will not be tolerated and will result in dismissal from the tournament for the player, coach, or parent.

Additional Points

1. Penalty Shots will decide playoff games tied after regulation time (no extra time)
2. 5 penalty kicks then sudden death - one kick at a time.
3. Change Sides in one minute at half-time to keep games moving.
4. 3 Points for win, 1 per tie.
5. Goalie cannot take more than four steps with the ball - referees discretion

Tiebreakers

1. Head to head record
2. Best ratio of wins to lost matches.
3. Goal differential.
4. Penalty kicks

Awards – same as 4-6 soccer

Gr. 4 - 6 Co-ed Three Pitch Softball

Equipment

1. Bats
 - a. Only official softball bats are allowed. They must have a label, be in good condition (not dents or gouges), and the handle must be properly tapped.
 - b. BASEBALL BATS ARE NOT ALLOWED IN SOFTBALL
 - c. Use of an illegal bat will result in an automatic out.
2. Balls
 - a. 11 inch flight restricted balls will be used. This is not a sponge ball, but an official Slo-Pitch ball used by recreational Slo-Pitch leagues. This is to ensure safety for all players.
3. Catcher
 - a. Catchers must wear a properly fitting face mask with a throat protector. Chest protectors are not required.
4. Batter
 - a. The batter must have a proper helmet with 2 ear guards and a chin strap.
5. Teams are required to bring their own equipment including: bats, gloves, helmets (minimum of 4 per team), and catcher's mask (minimum of 1).

Field Of Play

The area within the confines of the fence surrounding the infield and an imaginary line extending in a straight line from the end of the fence.

1. Bases:
 - a. Bases will be placed 55 feet from one another.
 - b. A line will be drawn from the front of home plate directly perpendicular to the third base line extending to the fence. This will be the "safe line". The runner's foot must be on the ground on or beyond this line prior to the ball being in the catcher's glove or hand while standing on home plate. The runner touching home plate will result in an automatic out IN ALL CASES where the umpire is able to see.
 - c. Another line will be drawn perpendicular to third base half way between home plate and third base along the third base line. This will be the "commit line". Runners passing this line MUST proceed to home plate.
2. Infield vs. Outfield:
 - a. The boundary of the infield will be considered to be an imaginary arced line starting 70 feet from home plate along the third base line and extending to a point 70 feet from home plate along the first base line. The arced line will be parallel to the grass of the actual outfield line.
3. Ball "In play"
 - a. A ball is considered to be 'in play' if it is a fair hit ball and is within the field of play.
 - b. The dugout is out of play.
 - c. Where no outfield fence exists, the ball remains in play until it is retrieved and held by the pitcher
 - d. The above rules pertain to both hit and thrown balls.

Games

1. Games will be 4 innings or 50 minutes, whichever comes first, with no new inning beginning after the 50 time period.
2. Time will begin immediately following the plate meeting between the coaches, captain, and umpire.

Players

1. Any 10 (minimum 4 girls) may play defense.
2. No more than five players may be in the infield at the start of play (ball is contacted by the bat).
3. Teams must have one roster and all players on the roster must play in the game, both on the field and batting. There is no minimum for players to play in any given game, however it is encouraged that all players are given as close to equivalent playing time as possible.

Batting

1. Each batter is allowed a maximum of three pitches to hit a fair ball.
2. If a batted ball contacts the pitcher, the ball is dead, the batter is out, and the runners return to last base legally possessed at the time of the pitch.
3. No bunting or chopping. Bunted or chopped balls will result in an automatic out. The ball is declared dead and runners will return to the last legally possessed base.
4. The batting order consists of a minimum of 10 players. Batting orders may not have more than 2 boys hitting in a row.
5. All players on the roster must bat.
6. Go through batting order twice with a 12 player batting order. Coaches can change batting order for each inning if teams have more than 12 players.

Scoring

1. Single inning mercy rule
 - a. Teams will be allowed 5 runs per inning.
2. End of game mercy rule
 - a. 12 runs after 4 complete innings or 3 ½ for the if the home team is ahead by 12 or more

Umpires

1. Qualified Slo-Pitch Canada umpires will be used. They will be made aware in advance of amendments to the Slo-Pitch Ontario rules for the tournament.
2. The umpire's decision is final.

Pitching

1. The offensive team supplies the pitcher who must pitch from between 40' and 50' in line with second base.
2. The pitcher may be any legal rostered player or coach.
3. Coaching from the mound is acceptable.
4. The pitcher may not touch the ball while the defense is making a play. Balls from the outfield must go to an infielder who will return it to the pitcher when play has ceased. If the pitcher interferes with a play by the defensive team, the ball is dead and the runner nearest home plate is out.

Runners

1. Runners must maintain contact with the base until the ball is hit.
2. No stealing allowed.
3. Anticipation is allowed, so long as the runner does not leave the base before the ball is hit.

Playoffs

All rules are the same for the playoffs as for pool play, with the exception of the Championship games.

Championship and Consolation Championship Games

1. The Championship and Consolation Championship game will be 5 innings or 1 hour and 10 minutes in length with no new inning beginning after 1 hour and 10 minutes.
2. Scoring for the Championship and Consolation Championship games:
 - a. Single inning mercy rule
 - i. Teams will be allowed 7 runs per inning until the last inning or the declared the last inning. The last inning is “declared” when, due to time, it is likely the inning will not be completed prior to time expiring. Both coaches must agree upon declaring the last inning. The umpire must be notified and he/she will officially declare the last inning.
 - ii. No mercy rule for the declared last inning. Once the inning has been declared as the last inning and both teams are in agreement, the inning is “open” which means no mercy rule will be in affect for this inning. This applies to the last inning only.
 - b. End of game mercy rule - 15 runs after 4 complete innings or 3 ½ if the home team is ahead by 15 or more.

If you have any questions about these rules and their validity, please refer to the Slo-Pitch Ontario website at the following URL: <http://www.isport.ca/softball/spo/docs/AA/1/3pitch.htm>

Awards

1. Trophy and pennant awarded to top school.
2. Individual ribbons to athletes in top 3 schools.
3. Encourager medallion to team member who was the most encouraging.

Gr. 7/8 Co-ed Three Pitch Softball

General Play

The rules of the game have been modified from regular 3-pitch rules. Rules not mentioned here will be assumed to be regular 3-pitch rules.

Players

The team is made up of 10 players. (There are to be minimum 4 girls on the field at all times.) No more than 6 players may be in the infield at the start of play.

Equipment

1. The catcher must wear a catcher's mask and throat protector.
2. All bats must have an "official softball" endorsement on the bat.
3. The official ball size is 12".
4. The soles of the shoes may be smooth or have hard rubber fixed cleats. (Metal or removable cleats will not be permitted.)
5. All base runners and batters must have helmets.

Pitching - YOUR TEAM WILL PITCH TO THE OTHER TEAM.

1. The pitching rubber will be played 40 feet from home plate.
2. No windmill pitching will be permitted.
3. Delivery of the ball can start no higher than the pitchers shoulder and must be released within elbow distance (normally 6-8 inches) from the side of the body. (I.e. No sidearm pitching)
4. Pitchers may only pitch 3 consecutive innings and a maximum of 4 innings per game.

Batting

1. Bunting or chopping the ball is not permitted and the batter will be called out.
2. The entire team will bat.
3. A full batting order, including all players on the bench, is to be submitted to the official scorekeeper prior to the game.

Base Running

1. Bases will be placed 65 feet apart.
2. Stealing bases is not permitted. Base runners may leave their base when the ball makes contact with the bat or crosses the plate.
3. Balls thrown out of play on an overthrow will result in runners being awarded an additional base.
4. There will be no plays at home plate. Runners will have to cross a line behind home plate before the ball is at home plate. A line of no return will be marked 2/3 between home and third.
5. Players must use the orange bag at all times at first on an infield hit.

Substitutions

Players may substitute for a player of the same sex. However, they must play a full inning. No player may be substituted while base running except in the case of an injury.

Additions

The umpire has the final say. Any berating of the umpire will result in the removal of the player or coach from the tournament.

Awards – same as 4-6 softball

Gr. 3-6 Track and Field

Rules

1. Grade 3/4 is considered the bantam division and Grade 5/6 is considered the junior division.
2. Athletes are entered in events based on their grade and not their age. Each school may enter a maximum of two athletes per event and one relay team.
3. Athletes are allowed to enter 3 events plus the relay.
4. The Grade 3/4 (bantam) division will not have the Triple Jump.
5. Ball Throw competitors may not cross the line on their throw, not even on the follow-through.
6. Competitors in the long, broad and triple jump may touch the take-off board but they may not have any part of their foot go beyond the board.
7. High Jumpers must take off of one foot. If they arrive after the competition has started, they must jump at the height the bar is at.
8. Each field event is given a one-hour time slot. The first 10 minutes will be warm-up and then the competition starts. If an athlete arrives after the hour they will not be allowed to compete.
9. Each school will need to bring at least one official.
10. Unless specified all other official track and field rules apply.

Events

Field

Ball Throw

Broad Jump

High Jump

Long Jump

Triple Jump – Junior Division only

Track

60m heats and finals

100m heats and finals

1500m

400m

200m

800m

Relays

Awards

1. Trophy and pennant awarded to top scoring school.
2. Medallion to the overall male and female.
3. Individual ribbons to top 6 athletes in each event.

Grade 7/8 Track and Field

Rules

Athlete

1. may compete in a maximum of 3 events plus the relay, 800 M, and 1500 M.
2. ribbons to top five finishers
3. medallion to top male/female athletes

School

1. may enter 2 athletes per event plus 1 relay team per division (separate boys & girls)
2. 1500 M only 2 boys and 2 girls per school (not per division)
3. Each school must have at least 1 official.

Divisions (please *do not mix divisions*, must do *all events* in one division *including relay*)

Grade 7 – boys Grade 7 - Girls
Grade 8 – boys Grade 8 - Girls

Events

Track

- ~ 80 M Hurdles (heats & finals)
 - 2 ft 6 “ height
 - 12 m to first hurdle, 8 m in between hurdles
- ~ 100 M (heats & finals)
- ~ 200 M (timed final)
- ~ 400 M (timed final)
- ~ 800 M (timed final)
- ~ 1500 M (timed final)
- ~ 4 X 100 M Relay (timed final)

(for heat events, we will take the first person in each heat and the next top times for finals)

Field

- ~ High Jump
- ~ Triple Jump
- ~ Running Long Jump
- ~ Shot Put
 - Gr. 7 Girls = 6 lb
 - Gr. 8 Girls, Gr. 7/8 Boys = 8 lb
- ~ Discus
- ~ Softball Throw – measured for accuracy and distance

Awards

1. Trophy and pennant awarded to top scoring school.
2. Medallion to the overall male and female.
3. Individual ribbons to top 6 athletes in each event.

Grade 7/8 Volleyball

Rules

OVA High School Rules apply, except for the unique rules for ACSI tournaments which include:

- 5 serves, then rotate
- Net serves allowed
- Substitutions unlimited into positions 4, 5, or 6.
- Games to 25 points, 27 point cap (rally point)
- Volley on a serve allowed
- Contact with any body part

Awards

1. Trophy and pennant awarded to top school.
2. Individual ribbons to athletes in top 3 schools.
3. Encourager medallion to team member who was the most encouraging.

Tie Breaking Procedures

The order of tie breaking procedures is as follows, unless otherwise stated in the rules.

1. The entry that has defeated another entry with which she or he is tied will be ranked higher.
2. The entry having the best ratio of won/lost matches between the tied entries will be ranked higher.
3. The entry having the best ratio of won/lost games, considering the matches between the tied entries, will be ranked higher.
4. The entry having the best ratio of won/lost games, considering all the matches of the tournament, will be ranked higher.
5. The entry having the best ratio of points/goals for/against, considering all games between tied entries, will be ranked higher.
6. The entry having the best ratio of points/goals for/against, considering all the games in the tournament, will be ranked higher. (Steps 5 and 6 may cause some teams to run the scores up on some teams)
7. As determined by the tournament director, preferably prior to the tournament, another method such as penalty shots, foul shots, playing an extra few points, or flipping a coin, may be used.

Adapted from Organizing Successful Tournaments by John Byl.

Responsibilities For Convening An ACSI Sports Tournament

- 1) Book the facilities, if not done so by ACSI.
 - make sure there are an adequate number of playing areas for the tournament format
 - ascertain details concerning equipment location and set up
 - look into availability of washroom facilities and fast food outlets
- 2) Book the officials
 - usually need to find qualified adults.
- 3) Notify Virginia Kennedy at the ACSI office of the need for cheques to pay for the facility (if ACSI booked it than this has already been taken care of) and the officials. For basketball, you must pay the referees the day of the tournament. Therefore, it's best to have your school pay them and then have your school refunded by ACSI.
- 4) Call ACSI Sports Convener to request pennant, ribbons and medallions, if you haven't received them yet.
- 5) Go on the website to find out which schools have pre-registered. If schools have not registered by the registration date, then they may NOT participate in the tournament.
- 6) Decide on the tournament format: round robin, division play followed by playoffs, etc. Try to optimize each schools playing time to meet our philosophy. There is a book called "Organizing Successful Tournaments" by John Byl that is very helpful.
- 7) On the tournament day, have a cell phone for an emergency
EMERGENCY ACTION PLAN – phone – request medical facilities/directions
 - emergency medical contact
- 8) Arrange "day of tournament" details:
 - scorekeepers, timekeepers, score sheets
 - helpers to set up playing facility
 - players' devotional prior to the games and further instructions for the day
 - tournament schedules for coaches: to be given out at a coaches meeting prior to the start of the tournament
 - large tournament schedule to post and record results
 - establish tie breaking procedures
 - tie breaking procedures established
 - snack shop if you desire to provide it
 - have a copy of "Coaches standard of conduct" available for each school to sign
- 9) Fill in convener's report and fax/email/mail to ACSI Sports Convener ASAP so information can be posted on the website.

Other Notes

- Please note on the day of the tournament – check that schools have their liability insurance. If not, they cannot participate!
- Tournament cost per school is prepaid by most of the participating schools. Go on the website to see which schools have paid. If they have not paid by the tournament date, then they may NOT participate on the day of the tournament.
- Generally high school rules are followed, however, sometimes changes are made to accommodate the intermediate students' ability or the tournament format. Please notify ACSI Sports Convener of these changes so changes can be made to the web site/booklet
- A reminder should be included so that the trophy won by last years' championship team is brought to the current year's tournament

- The schools must confirm their participation in the tournament by the notifying the convener by the registration date.
- Leave facilities clean at the end of the tournament
- Circulate during the tournament to make sure things are running smoothly
- Remember, if you have a problem with an athlete, coach or parent, you have the right to exercise your authority and kick them out. The coaches have signed the standard of conduct at the beginning of the day so they are responsible for themselves, their team and their fans

Be available for questions and make changes/modifications needed during the tournament

Convener's Checklist

BEFORE THE TOURNAMENT

- Book facilities – if not already done so by ACSI
- Cheques from ACSI to pay for facilities (other than Malvern)
- Book referees – use Tyndale/Athletes in Action. Avoid using high school students.
- Cheques from ACSI to pay referees – best to pay day of tournament
- Check website for schools which have pre-registered
- Send an email with tournament information to pre-registered schools for them to confirm participation
- Decide on tournament format – try to maximize all teams playing time
- Contact ACSI Sports Convener to arrange pickup of ribbons, medallions and pennant
- Cell phone for emergencies
- Photocopy standard of conduct for coaches to sign
- Remind schools to bring a copy of liability insurance with them

DAY OF TOURNAMENT

- Cell phone
- Arranged for scorekeepers, etc.
- Arrange for helpers to setup and take down
- Devotions – for players
- Tournament schedule for coaches
- Large tournament poster
- Standard of conduct signed by coaches
- Check schools liability insurance

AFTER THE TOURNAMENT

- Send convener's report to ACSI Sports Convener
- Send any extra ribbons or medallions to ACSI Sports Convener
- Pay referees if you haven't already done so

Standard of Conduct for Coaches, Teams and, Players in ACSI Events

“A student is not above his teacher but everyone who is fully trained will be like his teacher.” (Luke 6:40)

In this statement, Jesus indicated the extremely serious responsibility for teachers to set a good and Godly example for their students. This is equally true for coaches, especially in the context of Christian school sports. Our standard of conduct and expectations need to be much higher than the world's. It is an embarrassment to Christian education and terrible example for students when our standards are lower.

In all ACSI events:

1. Coaches must not use abusive, insulting, or critical language in dealing with players, coaches, referees, or parents on the opposition team or on his own team. Violation of this rule will result in the immediate forfeiture of the game. No refund of entry fees will be given in the case of tournaments. The coach in question/ and his team will not be allowed to take part in, or attend any further games on that day and may be suspended from future games. The sports committee in consultation with the ACSI Regional Director will decide upon any suspensions. Suspensions can be appealed in writing within 10 days of the suspension decision to at least 3 ACSI member school principals. These principals must represent schools that did not participate in the event in question.

2. Any coach violating Rule 1 must be reconciled with those he/she offended (see Matt 5:23). This reconciliation must be accomplished before the coach will be allowed to take part in any future ACSI events.

3. a) Coaches are responsible to restrain their players and parents from the use of profanity, abusive or insulting language, and disrespectful conduct directed towards players, coaches or referees.

Referees can assess team penalties and individual player match penalties for such behaviour at their discretion. They may also require that reconciliation be made before the student can participate in any future ACSI events.

b) Any player attempting to injure another player intentionally will be removed from the game immediately. A coach must not allow such a player to participate in any other games on the day of the infraction. The player must make reconciliation before he/she will be allowed to participate in any future ACSI events games of any type.

4. Before an ACSI event each participating coach must sign an agreement stating:

a) that he/she has read the above standards and will endeavour to abide by them

b) that he/she will seek reconciliation if a conflict arises.

Name of Coach

School

Date