

SPORT. EDUCATION. PRIDE.

IRSEQ

GMAA

Elementary

Handbook

2023- 2024

Elementary Directory

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GENERAL RULES

OBJECTIVES OF GMAA PLAYDAYS

- a) To emphasize **mass participation** and to introduce the concept of competing in sports, and therefore there is no champion declared.
- b) To emphasize **participation of all students, with all levels of ability**, and therefore all players must have equal playing time.
- c) To encourage schools to participate, the programmes are designed to encourage teachers to bring their entire class and **divide students into teams of equal strength**.
- d) Jamborees are organised to show teachers how to teach students to play a specific sport.

PARTICIPATION RULE FOR GMAA PLAYDAYS

In GMAA activities where a grade level is specified, only students in specified grades may participate.

Exception: When there are an insufficient number of pupils in the school at that level only then may students from a lower level be brought up to complete the team.

N. B. "Stacked" or "Elite" teams are discouraged for Playdays.
The purpose of participation is destroyed when schools enter very strong teams.

RULES FOR GMAA PLAYDAYS

1. REGISTRATION

Schools must register their teams by the entry deadline.

2. STAFF SUPERVISION

Every school **must** send **1 adult** to supervise every **15 students**. At least **one** of the adults must be a **staff member** from your school.

3. STAFF MEMBER

Schools sending teams to an GMAA elementary activity must have a staff member who will assume the following responsibilities:

- Make sure the students are in uniform, i.e. all wearing a T-shirt of the same colour with the school name on it. **OR** A pinnie with the school name on the pinnie.
- **The school name must be visible at all times.**
- Make sure each team has an adult to supervise the team.

- Review the **standards of behaviour** that each adult supervisor must personally meet and expect of the students in his/her charge.
- Have a small first aid kit.

4. ADULT SUPERVISOR

- Must be with the students under his/her charge at all times:
 - In the locker room
 - On the bench
 - With the students when the team is not playing.
- Keep the team in uniform at all times.
- Insist on behaviour that shows respect for:
 - Teammates
 - Players from the opposing team
 - Officials
 - Rules of the game
 - GOOD SPORTSMANSHIP
- They are expected to supervise students when they are not playing, students should be sitting quietly together. **NOT RUNNING AROUND!**
- Supervise students to ensure that when they have a snack or eat their lunch they do not litter.
- Supervise students who go to the bathroom.

Students visiting another school must be on their best behaviour.

Anyone behaving in an unsportsmanlike manner will be ejected from that game and possibly from all games remaining in the playday. The sanction to be applied will be left to the discretion of the GMAA.

5. UNIFORM

Students must wear a T-Shirt of the same colour with the school name on it.

or

A pinnie with the school name on it.

The school name must be visible at all times.

First Offense

A letter of warning will be sent to the principal.

A fine equal to the participation fee will be levied against each school every time that

school sends a team to a GMAA event out of uniform.

Second Offense

The school will be suspended from participating in that activity for a period of 1 year.

Students are not permitted to wear jewellery while participating.

6. WITHDRAWALS.

Schools withdrawing from a playday after the schedule has been drawn up, i.e. as soon as GMAA begins to draw up the schedule for the Playday or the Jamboree, will be fined.

7. PLAYDAY CO-ORDINATOR

Tasks:

- a) Secure venue and fix dates of each playday for that sport, and arrange for officials for each playday.
- B) Assign a school representative to supervise the playday
 - To greet teams as they arrive.
 - Review ground rules of the host school and playday.
 - Set up first aid procedure and notify schools participating how such a procedure will be affected. (ie: arrange for a therapist at each venue)
 - Notify each school supervisor what is expected in terms of behaviour of students in terms of running in the halls, going to the bathroom, eating lunch.
 - Emphasize **Fair Play** and incorporate into the playday - hand shakes after each game.

8. PLAYDAY ORGANIZER

Prior to the 1st game

Meet with officials prior to the start of the playday to:

CROSS COUNTRY RUN

THIS IS A 2 KM RUN

This event goes on rain or shine!

There will be two (2) boys races and two (2) girls races. One for grade 4&5 and one for grade 6 elementary students who have trained and are capable of running the race. The route is rough and includes a steep hill.

PLACE: Mount Royal Park – meet at the Grassy area beyond Beaver Lake

WALK-ABOUT: 9:30 a.m.

RACE SCHEDULE: 10:15 Gr. 4-5 Girls 2 km
10:30 Gr. 4-5 Boys 2 km
10:45 Gr. 6 Girls 2 km
11:00 Gr. 6 Boys 2 km

Clean-up and the awards Presentation will follow after the race.

RACE ETIQUETTE

1. At the start of the race it is important that runners keep alert. In order to give space and avoid any pushing and shoving they are expected to be an arm's length away from each other.
2. Runners are expected to allow faster runners to pass by on the path.

RACE RULES

1. Spiked shoes are not permitted.
2. Students **must** be at the start line **15 minutes before** the start of the race.
3. Students must line up by school with the fastest runner in the front, down to the slowest runner behind.
4. Each participating school is required to have at least 1 adult supervisor/coach AND provide, upon request, 1 official.

THE START OF THE RACE

1. The race will be started in the following manner.
 - (a) The starter will line up the runners
 - (b) The starter will check the number of participants per school
 - (c) The starter will repeat the safety and etiquette reminders
 - (d) The starter will say "On your Mark"
 - (e) Starter pistol goes off

CLOTHING

Each school must have their students clearly and easily identifiable with a school t-shirt.

Please make sure that students are dressed appropriately for the weather and make sure to come prepared for rain. It is recommended that students have warm clothes to wear before and after the race. Remember it can be quite cold in early October!

SUPERVISORS

Even though there will be a therapist on site, schools should have a first aid kit, as well as the appropriate telephone and Medicare numbers for their runners.

Upon arrival, designate a “meeting spot” for your students.

Please leave the area clean.

SCORING: Team Concept

Following their race, runners need to report back to their school coach/supervisor with their placement tag in order for school results to be tabulated quickly.

The finish position of the 1st six runners will be added together. **(GRADE 6 ONLY)**

The team with the lowest total will be presented with a banner; boys, girls.

1. 1st place team will receive 1st place ribbons.
2. 2nd place team will receive 2nd place ribbons.
3. 3rd place team will receive 3rd place ribbons.
4. Individual awards (ribbons) will be given to the top 6 runners.
5. Times will be given (at a later date) for at least 1st 10 finishers

**** THE TOP 6 RUNNERS FROM THE GRADE 4-5 RACES WILL EACH RECEIVE INDIVIDUAL RIBBONS. THEIR RESULTS WILL NOT COUNT TOWARDS ANY TEAM AWARDS****

OFFICIALS (if needed)

Meet Director requires -

- 1 Starter
- 2 Timers/Recorders
- 2 Finish Line Judges
- 1 Tagger
- X Spotters (depends on course selected)

Think sun! All the Best!!

June 2023

MINI SOCCER RULES

THIS IS A NON-COMPETITIVE PLAYDAY.

PLAYER ELIGIBILITY: Grade 5 Mixed & 6 Boys and Girls

EQUIPMENT: Please bring 2 balls

NUMBER OF PLAYERS: There shall be only 9 players including the goalie.

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

CANCELLATION POLICY: The tournament may be cancelled due to inclement weather. A decision to cancel will be made by 7:00 a.m. the day of the tournament. It is understood that weather being unpredictable, may cause the tournament to be cancelled after 7:00 a.m. If possible, the tournament will be rescheduled.

GENERAL RULES

1. **NO CLEATS ALLOWED. Running shoes only.**
2. Every team must have a coach.
3. Substitutions can be made whenever play is stopped. All players must have equal playing time.
4. To permit as much play as possible and avoid wasting time there will be no off-sides;
5. There will be no penalty kicks.
6. There is no crease.
7. All free kicks are to be indirect – that is; someone else must touch the ball before scoring.
8. A throw in will take place for all out of bounds calls.
9. A goal kick will be taken from the goal line.
10. Goals - Traffic cones will mark the goals. The scoring of a goal will of necessity be a judgment call by the referee, with guidelines for the goal height to be within the reach (i.e. extended arm) of the goalie.
11. Coaches & spectators must stand on sidelines & not behind the goal line.
12. Every school must have their students clearly and easily identifiable with the school name in order to play. Schools will be sent home without playing if they do not wear an identifiable uniform.
13. Shin pads are permitted.

General Rules of the Day

- a) Be on the field and ready at your scheduled playing times.
- b) Do not leave garbage on the field.
- c) If permitted by the host school, only the locker rooms are to be used for changing. Students are forbidden to be in any other part of the host school.
- d) Any student who questions a referee's call, swears on the field, makes any obscene gestures or talks back to the referee will be put out of the game.
- e) A distinctive uniform must identify all members of a team.

June 2023

MINI VOLLEYBALL RULES

THIS IS A NON-COMPETITIVE PLAY-DAY.

PLAYER ELIGIBILITY: Grade 6 Boys and Grade 6 Girls

EQUIPMENT: Please bring 2 balls

NUMBER OF PLAYERS: 6 players on the court at any one time, the positions and rotation of players will follow the Canadian Volleyball rules.

PLAYING TIME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

GENERAL RULES

Court

The match will be played on a badminton court.

End of a Match

Teams will line up on the end line on their half of the court and on the official's signal both teams will come forward and shake hands.

Rotation of Players

Follow the Canadian Volleyball rules.

2.Substitution

Substitution may occur when the serve is won but the substitute must rotate into the serving position.

3. Serve – net serve is not loss of serve.

- a) The serve will be a **volleyball serve** which may be made anywhere in the back half of the court.
- b) A player may not take more than 5 consecutive serves.
- c) After 5 serves, rotate player. Possession of ball does not go to opponent.

4. Receiving the Serve

- a) The **1st player** to receive the ball must bump or volley or tip the ball.
- b) The **2nd** player must catch the ball. The catch must be a hand catch not a cradle. The **ball cannot be held but the movement in receiving (catching) the ball and passing the ball must be continuous.**
- c) The **3rd** player must volley, tip or bump the ball over the net. **The ball may be volleyed or tipped or bumped, but not spiked.**
- d) 3 players must volley the ball before the ball is returned to the opposing team.
- e) **Touches should be 2-handed and no steps can be taken while in possession of the ball.**

June 2023

MODIFIED MINI VOLLEYBALL RULES

PLAYER ELIGIBILITY: Grade 5 Boys and Girls

EQUIPMENT: Please bring 2 balls

NUMBER OF PLAYERS: There shall be only 6 players per team on the court playing at any time.

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

GENERAL RULES

Court

The match will be played on a badminton court.

End of a Match

Teams will line up on the end line on their half of the court and on the official's signal both teams will come forward and shake hands.

Rotation of Players

Follow the Canadian Volleyball rules.

2. Substitution

Substitution may occur when the serve is won but the substitute must rotate into the serving position.

3. The Serve

- a) The serve may be **thrown (underhanded only)** over the net or **served** with a the Volleyball serve.
- b) The serve may not be helped over the net by the ball being tipped or hit by another player.
- c) The server must wait for the nod or whistle from the referee before serving.
- d) The line of service may be moved closer if necessary.
- e) Net Serve is **not** loss of serve.

6. Receiving the serve

- a) The **1st and 2nd players** must receive the ball with a **catch**. The **3rd player** to receive the ball must **bump, volley or tip** the ball over the net. The ball may not be spiked over the net.
- b) **Players may not run or take steps while in possession of the ball.**
- c) Should a player catch the ball in the air, he/she may land using a one or two step landing, but the player may not take additional steps.
- d) The ball may be played from the net.
- e) When two players catch the ball simultaneously, that shall be considered as two catches.
- f) No Fumbles – a player cannot catch his/her own throw or fumble that is no double touch.
- g) A ball that is tipped by a player counts as a catch.
- h) Should the ball touch the floor or hit an object or person that is out of bounds (such as a hanging basket or ropes) the team committing the fault will lose the serve.
- i) Only 2-handed touches allowed.

June 2023

MINI BASKETBALL JAMBOREE

This Jamboree is put together by the best in basketball:

1. Quebec Basketball Federation
2. McGill Departments of Athletics & Physical Education
3. GMAA

It is geared to Grade 5 and 6 classes and their teachers. Students will be very active all day.

OBJECTIVES

1. To help teachers teach the game of basketball by providing them with a wealth of drills which can be used in class, intramurally and lead to GMAA mini-basketball tournaments.
2. To introduce students to different skills and help them understand the game.
3. To have students experience fun and challenging drills.
4. To have students play a simple game.

FORMAT

Students will be divided into groups the morning of the event, where only 2-3 students from the same school may be in the same group. Each group will consist of students from different schools. The day consists of a rotation of drills followed by a mini game at the end of the day.

RULES OF THE DAY

1. Be on time. **Arrive at 8:30** Hours of Jamboree: **9:00 a.m. to 1:00 p.m.**
2. Do not bring any valuables – there is no place to lock up items.
3. Bring a lunch – there will be no time to buy food.
4. Bring running shoes & shorts (running shoes **must** not be the same shoes students wear outside so as not to track in sand and salt)

ADULT IN CHARGE OF EACH GROUP - RESPONSIBILITIES

- Carry valuables of your group.
- Supervise your group, students should not be running around at any time.
- Eat with your group and make sure all garbage is picked up and put in garbage cans.

IMPORTANT TO BRING:

1. 1 ball per student - **absolutely essential even if ball is not a basketball.**
2. Pinnies
3. Name Tags Write first name of student, so that the instructor can see & read the name of each student to help when addressing each student.

**THIS IS A POPULAR PROGRAM THERE ARE LIMITED NUMBER OF PARTICIPANTS!
(FIRST COME FIRST SERVED)**

June 2023

MINI BASKETBALL PLAYDAY RULES

THIS IS A NON-COMPETITIVE PLAY-DAY.

It is designed for kids who would like to try basketball in a fun setting. No pressure defense can be used, players must remain at arms distance, no scores are kept and teams should be balanced. **Coaches must use strategies to balance the scores if they see a game becoming too lop-sided.**

Player Eligibility: Grade 5 & 6

NUMBER OF PLAYERS

1. Each team should have 10 players.
2. These 10 players are organised into 2 separate lines of equal ability.
3. Minimum number of players per team shall be 8.

EQUIPMENT: Bring 2 balls

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

UNIFORM: Students playing must wear a school uniform or a pinnie with numbers and the school name visible. Please bring a spare set of pinnies in case of 2 teams wearing same color. **No jewelry is permitted while playing.**

COACH : Each team shall have a coach whose responsibility is to be with the team at all times, offering support & encouragement, showing good **sportsmanship** & making sure students to behave.

PLAYING TIME

1. Be on the court ready to play at scheduled times.
2. The game shall be divided into 4 quarters.
3. The time shall be straight running time.
4. There are no time-outs and no time between quarters.
5. Line changes must be immediately effected in order not to lose playing time.
 - a) No player may play fewer than 2 quarters.
 - b) No player may play more than 3 quarters.

GENERAL RULES

SUBSTITUTIONS: The referee will specify when it is time to make a substitution.

DEFENCE:

1. Players must play man to man defense, however they may only pick up their player at half court –**KEEP ARMS DISTANCE APART!**

2. No zone defense may be used.

FOULS:

All fouls on a shot:The player causing the foul will be given the foul. The ball will be awarded to the non-offending team out of bounds at a spot closest to where the foul occurred. There will be no foul shots.

Fouls occurring in the backcourt: A foul in the backcourt will result in the ball being awarded to the non-offending team. A player receiving 4 fouls is out of the game.

Scrambles for loose ball: (bunching or pushing to recover rebounds)The ball will be immediately awarded to the defending team out of bounds.

OTHER RULES:

1. **Continuous dribbling** is to be discouraged - constant violation shall result in loss of possession of the ball.
2. **No 3 seconds in the key** violation will be called.
3. **No backcourt** violation will be called.
4. 5 seconds will be called holding the ball.
5. Teams not playing must stay together seated off the court.

Referees should preferably be certified. If not possible, they must be grade 11 and 10 students no younger.

BE CONSISTENT!

June 2023

MINI FUTSAL RULES

THIS IS A NON-COMPETITIVE PLAY-DAY.

PLAYER ELIGIBILITY: Grade 5 & 6

NUMBER OF PLAYERS: There are 5 players on the court including the goalie.

EQUIPMENT: Official Futsal Balls

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

UNIFORM: Students playing must wear a school uniform or a pinnie with numbers and the school name visible. Please bring a spare set of pinnies in case of 2 teams wearing same color. **No jewelry is permitted while playing.**

COACH :Each team shall have a coach whose responsibility is to be with the team at all times, offering support & encouragement, showing good **sportsmanship** & making sure students to behave.

PLAYING TIME

1. Be on the court ready to play at scheduled times.
2. The time shall be straight running time.
3. Substitutions can be made on the fly. Players must enter and exit playing area at the center and only when the player exiting has reached the sideline. All players must have equal playing time.

GENERAL RULES

1. An official FUTSAL ball will be used.
2. The lines used to determine the perimeter of the soccer playing area, and goal area will be determined by the host school and explained at the beginning of the day to the referees and coaches.
3. Ceilings and suspended objects are out of bounds. Upon contact with any of these, the ball is put back into play with a kick from the sideline closest to the point at which contact was made. A ball hitting the ceiling above the goal area that has been touched by a defender will result in a corner kick.
4. There will be no penalty kicks.
5. All free kicks are direct **except for:** kick offs, kick-ins and goal kicks. On all free kicks, all opponents must be **3 meters from the ball.**
6. The goal keeper must restart play with a throw in. Once the play is resumed, the ball may cross the center line without having touched the floor or player.
7. There will be no offside.
8. Slide tackles are not permitted. A player may slide in attempt to keep the ball in play or to block a kick.

9. Goals - Traffic cones will mark the goals. The scoring of a goal will of necessity be a judgment call by the referee, with guidelines for the goal height to be within the reach (i.e. extended arm) of the goalie.
10. Every school must have their students clearly and easily identifiable with the school name in order to play. Schools will be sent home without playing if they do not wear an identifiable uniform.
11. Non- marking running shoes must be worn.
12. Shin pads are not required, although if a student has shin pads they must be worn with proper socks covering the shin pads.

Rules of the Day

- a. Do not leave garbage on the court.
- b. Only the locker rooms are to be used in the host school & only for changing. Students are forbidden to be in any other part of the host school.
- c. Any student who questions a referee's call or swears on the field or makes any obscene gestures or talks back to the referee will be put out of the game.
- d. All members of a team must be identified by a school shirt or uniform.
- e. Coaches & spectators must stand on sidelines & not behind the goal line.

June 2023

MINI TOUCH RUGBY JAMBOREE

It is geared to Grade 5 and 6 classes and their teachers. Students will be very active all day.

OBJECTIVES

1. To provide teachers with a wealth of drills which can be used in class, intramurals and lead to GMAA mini-rugby tournaments.
2. To introduce students to the skills/understanding of the game.
3. To have students experience fun and challenging drills.
4. To have students play a simple game.

FORMAT

Students will be divided into groups the morning of the event, where only 2-3 students from the same school may be in the same group. Each group will consist of students from different schools. The day consists of a rotation of drills followed by a mini game.

RULES OF THE DAY

1. Be on time. **Arrive at 9:00** **Hours of Jamboree: 9:00 a.m. to 12:30 p.m.**
2. Don't bring valuables – there is no place to lock up items.
3. Bring a lunch – there will be no time to buy food.
4. Bring running shoes & shorts- **NO CLEATS ALLOWED**

ADULT IN CHARGE OF EACH GROUP - RESPONSIBILITIES

- Carry valuables of your group.
- Supervise your group, students should not be running around at any time.
- Eat with your group and make sure all garbage is picked up and put in garbage cans.

IMPORTANT TO BRING:

1. Pinnies
2. Name Tags Write first name of student, so that the instructor can see & read the name of each student to help when addressing each student.

**THIS IS A POPULAR PROGRAM THERE ARE LIMITED NUMBER OF PARTICIPANTS!
(FIRST COME FIRST SERVED)**

June 2023

HALO ROAD RACE

The Halo is a very popular annual event that has been held on Mount Royal beside Beaver Lake for over 25 years.

Grades 3 & 4 - 1 km race that is a bit strenuous as the first part of the race is uphill.

Grades 5 & 6 - 2 km race that requires some endurance.

N.B.

- Students may race in an older age category.
- Please note the distance of the race increases the higher the age category.
- Be sure your students are fit and capable of running longer distances.
- **One Adult Supervisor is required for every 15 students**

Medical Examination Report

Only Students who have been **MEDICALLY EXAMINED** and are classified as fit for all physical activities or have parental permission to participate may be permitted to participate in activities of this association.

You must allow a 2 1/2 hour time frame in order to race.

Choose your earliest start time:

9:00 OR 10:00

Each individual must accept responsibility for safeguarding his/her property.

There is no storage area.

Please prepare small adhesive labels with each runner's name and school printed on them, to be affixed to the finishing card at the finish line. This will help us to identify the runners and post the results on our website.

Ex.:

Jane Smith Parkdale School

June 2023

TRACK & FIELD

EVENTS

TRACK

80m Sprint
150m Run
800m Run
60m Hurdles
Relay

FIELD

High Jump
Long Jump
Shot Put (2 kg)
Javelin (Turbojav 400g)

PARTICIPANT REGISTRATION CATEGORIES

Grade 5 BOYS
Grade 5 GIRLS
Grade 6 BOYS
Grade 6 GIRLS

The GMAA is an inclusive organization and recognizes some students may be placed in a category based on how they identify.

MAXIMUM NUMBER OF PARTICIPANTS PER EVENT:

TRACK EVENTS	Max # of participants	FIELD EVENTS	Max # of participants
80 m sprint	4	Shot Put	3
150 m run	4	Javelin	3
60 m hurdles	4	High Jump	3
800m run	2	Long Jump	3
Relay	1 team per category		

It is recommended that students attending the Track and Field meet participate in at least two events.

AWARDS

Ribbons will be distributed to the top 3 runners in each heat for the track events.

Ribbons will be distributed to the top 6 overall for the field events.

Participation ribbons will be handed out to all participants.

IMPORTANT

Students who are participating in the Track and Field meet **MUST BE PREPARED AHEAD OF TIME.** We recommended a track and field unit within Physical Education classes and/or an extensive extra-curricular program to allow students to become familiar with the events and event rules. It is not the role of the meet officials to teach the students how to do the events. If students

are not properly prepared to participate in their events with appropriate technique, they will not be permitted to compete. There are many resources available to support instruction in Track and Field, please make sure your students are properly trained before registering them for their events.

COMPETITION RULES

1. **Spiked shoes are not permitted.**
2. **TRACK EVENTS:** Students **must** check in with the clerk of course **10 minutes before** the start of the track events. At the start line, students must line up by school, they will be assigned a heat and lane randomly at that time.
3. **FIELD EVENTS:** Students **must** check in with the field event officials **10 minutes before** the start of the field events. They will be given their order at that time.
4. **Please see following page for technical rules for all events**

SUPERVISION AND VOLUNTEERS

Each participating school is required to have at least 1 adult supervisor/coach for their students AND provide, upon request, 2 adult officials to help for the entire event. Adult officials will be assigned to an event and are expected to help at that event for the day.

Upon arrival, designate a “meeting spot” for your students. Please leave the area clean.

COACHES MEETING

There will be a coaches meeting prior to the start of the day (9:00am). The Meet Director will go over some important details, so please make sure your school is represented.

CLOTHING

Each school must have their students clearly and easily identifiable with a school t-shirt.

Please make sure that students are dressed appropriately for the weather and make sure to come prepared for rain. It is recommended that students have warm clothes to wear before and after their events.

ATHLETIC THERAPIST AND FIRST-AID

There will be an athletic therapist on site. Regardless, schools should have a first aid kit, as well as the appropriate telephone and Medicare numbers for their participants.

EVENT SPECIFICATIONS

FIELD EVENTS

JAVELIN

- The run up distance is 10-15 feet.
- All students use the 400g plastic javelin
- Participants may not cross the line at any time.
- Tip of javelin must touch the ground first for throw to count
- Participants have three (3) tries, time permitting.
- Javelin must be thrown in a straight line, like an arrow (and NOT go end over end or helicopter)
- Throw for distance, measure from the spot where the javelin tip first touches the ground.

SHOT PUT

- The circle is 2 meters in diameter.
- Participants use a 2 kg shot put
- Participants may not cross the *stop board* at any given time and must exit from the rear of the circle.
- Participants have three (3) tries, time permitting.
- Shot must be pushed - not thrown. That is, the competitor should not be leading with his/her elbow (*the elbow should be pointing downwards or sideways, not forward*).
- The shot may not be brought behind the line of the shoulder.

*N.B. If a participant **throws** the shot, it is considered a fault and the attempt is disallowed. Aside from the risk of injury to the shoulder, it places the participant who uses proper technique at a great disadvantage.*

A safety official should be designated to marshal students around and not through this area. This official should be separate from the two officials measuring. (Pylons and barriers to be set up around the Shot area.)

LONG JUMP

- Jumper has two (2) tries. Jumper will be awarded an extra if necessary to record a legal jump.
- Jumpers must have a toe on or behind the board - NOT OVER.
- If a jumper passes the board, oversteps take-off point, the distance will not be recorded for that try.
- Measurement is taken from the take-off board to the part of the body closest to the starting line or board (if a competitor falls or steps backwards, the mark made by doing so is the one to be measured)
- It is a foul if the competitor:

- Steps past the edge of the board or line on take-off
- Touches the ground beyond the board or line during the run-up (however they are permitted to stop their run before the board or line and re-start the attempt) .
- After a completed jump, walks back through the landing area (towards the take-off point)

HIGH JUMP

The starting heights are the following:

- Grade 5: 90 cm (39")
- Grade 6: 95 cm (40")
- Each participant has three (3) tries at the “starting standard” height, followed by two tries only at all subsequent heights. Each student must have jumped at the same height before a jumper can jump for the second and third tries (*if necessary*), UNLESS the jumper is at another event.
- The bar is raised 5 cm (2") in each round until there are 5 jumpers left in competition. At this time, the bar is raised 2.5 cm (1").
- Two (2) consecutive misses after the initial jump height and the student is eliminated from further competition.
- If a tie occurs at the end of the competition, the competitor with the least number of failures at the “last” height that was successfully jumped, wins.
- If a tie still occurs, the jumper with the lowest total number of jumps (*whether successful or not*) throughout the competition — up to and including the height last cleared — shall be forwarded to the higher place.

TRACK EVENTS

80 METRE SPRINT

- Runners must stay in their lanes for the complete duration of the run
- Please train runners to stay in their lanes upon completion of the run until they are sure that they will not be cutting off other runners when exiting the track.

150 METRE RUN

- This will be a staggered start
- Runners must stay in their lanes for the duration of the run.

800 METRE RUN

- **IMPORTANT:** Please train your runners well. This is a tough race! While other distances can be inclusive to a variety of running levels, students entered in the 800 meter event should be proficient runners.
- Only two boys and two girls will be permitted at each age group.
- This will be a group start. Runners are allowed to cut in only after reaching the first corner. (*Penalty: Disqualification*)

60 METRE HURDLES

- 5 hurdles are spaced 7.5 meters apart (e.g. *start 12 metre run - 5 hurdles - 13 metre finish*)
- Hurdle height (for Grade 5 & 6) - 27 inches

4 X 100 METRE RELAY

- The teams consist of 4 boys and 4 girls per grade level (boys' team, girls' team).
- No individual may participate in more than one Relay.
- Relay team members must know and have practiced their running order in advance (Lead, 2nd runner, 3rd runner, anchor)
- Relay participants must know, in advance, the lane and heat that has been designated for their school and their number- the order they are running in (number 1 starts race, anchor is number 4 runner).
- Runners must stay in their lanes until all other runners have passed (*especially immediately after making baton transfers*). Disqualification for not staying in lanes or cutting off a runner after the exchange.
- Anchor person is responsible for picking up ribbons (1st, 2nd, 3rd) to hand out to the rest of his/her team.
- Make sure to bring your own batons, preferable one for each relay team.

2023 Track & Field Planning Sheet (Boys)

Track Event	#	Gr 5 Boys	Grade 6 Boys
60 M HURDLES	1		
	2		
	3		
	4		
80 M SPRINT	1		
	2		
	3		
	4		
150 M RUN	1		
	2		
	3		
	4		
800 M	1		
	2		
4 x 100 M	R1		
	R2		
	R3		
	R4		
	A1		
	A2		
FIELD EVENT	#		
HighJump	1		
	2		
	3		
	4		
LongJump	1		
	2		
	3		
	4		
Shot Put	1		
	2		
	3		
	4		
Javelin	1		
	2		
	3		
	4		

2023 Track & Field Planning Sheet (GIRLS)

Track Event	#	Gr 5 GIRLS	Grade 6 GIRLS
60 M HURDLES	1		
	2		
	3		
	4		
80 M SPRINT	1		
	2		
	3		
	4		
150 M RUN	1		
	2		
	3		
	4		
800 M	1		
	2		
4 x 100 M	R1		
	R2		
	R3		
	R4		
	A1		
	A2		
FIELD EVENT	#		
HighJump	1		
	2		
	3		
	4		
LongJump	1		
	2		
	3		
	4		
Shot Put	1		
	2		
	3		
	4		
Javelin	1		
	2		
	3		
	4		

MINI FLAG FOOTBALL RULES

This is a non-competitive playday

PLAYER ELIGIBILITY: Grade 5/6 Boys teams and Grade 5/6 Girls teams (or mixed)

NUMBER OF PLAYERS: 5 players on the field.

EQUIPMENT :

1. Only tuck in flags and flags with Velcro will be permitted.
2. A junior (Size 6) football per team. The offense may use their own ball if they wish.
3. Each player must wear 2 flags (one on each side of the hips).
4. The part of the flag exposed must be a minimum of 14 inches. The flags may not be covered by any piece of clothing.
5. Cleats are not permitted.
6. Pants and shorts **SHOULD NOT HAVE POCKETS!**

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of volleyball courts available.

General Rules

1. The field will be 1/2 of a regulation soccer/football field. (It can be played cross field provided there is enough room for a 10-15 yard end zone). Goal posts must be padded if they are in the playing area.
2. There will be no kick-off. At the beginning of each half and after a touchdown play will start from the 10 yard line.
3. On every offensive play, the ball is put in play by snapping it between the legs to the quarterback. A ball that bounces before it reaches the quarterback, or if the quarterback drops the snap, it is a dead ball. This will result in a loss of down and play will resume from the original line of scrimmage.
4. The quarterback must be at least 5 yards from the line of scrimmage when the ball is snapped.
5. The rusher must also be 5 yards from the line of scrimmage when the ball is snapped and may rush the quarterback as soon as the ball is snapped. All other defensive players may cross the line of scrimmage only after the rusher has crossed or the quarterback has released the ball.
6. Only 1 forward pass per offensive play is permitted.
7. The play is over when the flag is removed from the ball carrier. The defensive player must **immediately** raise the flag to show the referee it has been removed. All fumbles are

dead balls at the point the ball touches the ground

8. The ball carrier may not guard the flag with the hand or arm or dip the shoulder to prevent the defensive player from reaching the flag, but may spin to avoid having the defensive player reach the flag, however one foot must remain on the ground at all times (no jumping).
9. The defensive player may not grab or hold the ball carrier in order to get the flag.
10. Blocking and obstruction **are not permitted**.
11. A team has 4 downs to either score or gain 10 yards for another first down. Of these 4 downs, there must be at least **1 completed forward pass** for the first down to be awarded. If not, the ball will be turned over to the defensive team but the yards gained will be kept.
12. Punting will be permitted but there will be no runback. The ball will be played from where it is caught or touches the ground. (The kicking team cannot down or recover the ball).
13. Score will not be kept and there will be no convert attempts.
14. A safety will result in a loss of down and the ball will be scrimmaged from the original line of scrimmage or the 10 yard line (whichever is closer to the end zone). The marker for the first down yardage will stay in the original spot.

15. PENALTIES.

- a. All defensive penalties except off-side, will result in a 1st and 10 from the point of infraction. If interference occurs in the end zone, the ball will be put in play from the 1 yard line.
- b. Defensive off-sides will result in a 5 yard gain for the offense and repeat of down.
- c. Offensive penalties at or behind the line of scrimmage will result in a loss of down and the ball will be played from the original spot.
- d. Offensive penalties down field (blocking, protecting the flag etc.) will result in a loss of down from the point of infraction. Yards gained will be kept.
- e. Offensive pass interference will be ruled an **interception** at the point of infraction. If it occurs in the end zone, the ball will come out to the 10 yard line.

June 2023