

SPORT. EDUCATION. PRIDE.



GMAA

ELEMENTARY HANDBOOK

2025- 2026

Table of Contents

GMAA Elementary Programs Philosophy – p. 3

GMAA Elementary Events: An Overview – p. 4

General Information for All Events – p. 4

General Procedures for Participation in GMAA Play Days – p.5-6

Code of Conduct – p. 7

Sport & Event Guidelines

- Cross Country – p. 8-9
- Ultimate Frisbee – p. 10-11
- Soccer Play Day – p. 12
- Grade 6 Volleyball Play Day – p. 13-14
- Modified Mini Volleyball (Grade 5) – p.15-16
- Basketball Jamboree – p. 17
- Mini Basketball Play Day – p. 18-19
- Mini Futsal – p.20-21
- Mini Touch Rugby Jamboree – p. 22
- Halo Road Race – p. 23
- Track & Field – p. 24-30
- Mini Flag Football – p. 31-32

GMAA ELEMENTARY PROGRAMS PHILOSOPHY

THE MORE, THE MERRIER!

The GMAA Elementary Play Days are designed to be inclusive and welcoming to all students, regardless of individual skill level. By using a one-day tournament format instead of a league structure, Play Days allow involvement from a greater number of participants. Consistent with this aim of broad participation, the GMAA strives to accommodate as many teams as each school wishes to register in each event. We strongly encourage schools to register multiple teams if student interest level permits and to make every effort to ensure that no student who wishes to participate is denied the opportunity to take part in a Play Day or any GMAA event.

A FOCUS ON PLAYING AND IMPROVING, NOT WINNING

The team sport GMAA Play Days of soccer, ultimate frisbee, volleyball, futsal, basketball and flag football are **round-robin tournaments**. **No official score is kept during the games**. As such, there are no play-off games and no champion is declared. This removal of the focus on winning is done with the following objectives in mind:

- minimize the stress of competition, which can be intimidating for beginners.
- ensure that every team plays an equal number of games (no early elimination)
- promote equal playing time among individual participants
- promote a positive and pressure-free environment that is conducive building confidence and developing a love for the sport.

AN INTRODUCTION TO FRIENDLY COMPETITION: FAIR AND EQUAL TEAMS

The GMAA strongly encourages coaches who are registering multiple teams in the same category (e.g. Gr. 5 girls) for a Play Day to form teams that are as evenly matched in skill level as possible. Children are more likely to feel successful and stay motivated when they're not overwhelmed or under-challenged by opponents. Although there will always be variations in skill level between teams, striving to create evenly- balanced teams when entering multiple teams will help with the goal of appropriate competition.

GMAA ELEMENTARY EVENTS: AN OVERVIEW

Play Days

Play Days are tournament style days. Teams play multiple games (a minimum of 3) against other schools in a round-robin format with the presence of referees. A schedule is provided in advance. Whenever possible, the GMAA strives to accommodate as many teams as each school wishes to enter. No official score is kept during the games and therefore there are no tournament winners or official results/standings. Students each receive a participation ribbon.

Jamborees

Jamborees are days focused on the development of specific sport skills and tactics through fun games and activities. This is typically done through a station-rotation format. Often these types of days are done in partnership with another organization (e.g. McGill University Department of Kinesiology and Physical Education for the Basketball Jamboree). Students each receive a participation ribbon.

Running & Track and Field Events

The GMAA offers three individual participation events throughout the year; the Cross-Country Run (October), the Halo Run (May) and Track and Field (May). In these events, placement ribbons are awarded to the top 3 or top 6 finishers, depending on the event. There is a Team Banner awarded in the Cross-Country Run. All students receive a participation ribbon.

GENERAL INFORMATION FOR ALL EVENTS

Athletic Therapist

The GMAA ensures the presence of an athletic therapist at all elementary events.

Cancellation & Postponement

The cancellation and/or postponement policies of events due to weather varies depending on the event. Please read event information thoroughly and pay close attention to email communication.

Spectators

While the GMAA welcomes spectators at events, the ability to accommodate a large number of spectators is dependent on the venue for each event (e.g. an unlimited number of spectators can be present at the Halo Run on Mount Royal however host venues for volleyball may have difficulty accommodating spectators in the space available in gymnasiums). The GMAA will work in partnership with each host venue to communicate information regarding spectators to participating schools.

Mixed Team Composition

For any event that does not have mixed team registration categories, should a school not have enough boys or girls to create separate teams, they can mix boys and girls to create one team. Teams composed of boys and girls should be registered in the boy categories.

GENERAL PROCEDURES FOR PARTICIPATION IN GMAA PLAYDAYS

1. STAFF MEMBER IN CHARGE

Participation in a GMAA elementary activity requires a staff member who will oversee coordination of the school's participation, including the following responsibilities:

- Register teams and individual participants on the S1 platform.
- Ensure participants are adequately prepared for the event and possess an understanding of the rules of play.
- Ensure all students from the school wear a uniform (shirt or pinnie of the same colour)
- Ensure an appropriate number of adults to supervise student participants
- Become familiar with and communicate the responsibilities of adult supervisor (point #6) to the adult supervisors accompanying the school.
- Although an athletic therapist will be on-site, the GMAA recommends bringing a small first aid kit to each event..
- Oversee site clean-up; ensure the area the school used is left clean and tidy.
- Adhere to school field trip policy (this will vary by school and may or may not include carrying student medical information, emergency contact numbers, etc.)

2. REGISTRATION

Registration for all GMAA events is a **two-step process**:

- The staff member in charge must register the **number of teams** their school will bring in each event category by the entry deadline on S1 (see appendix for more information on the S1 platform).
- The staff member in charge must register **individual student participants** on S1 by the deadline provided.

Note: If individual student participants are known at the time of team entry, then schools may complete both of these steps at the same time

3. PREPARATION OF STUDENTS

It is essential that teachers and coaches prepare students to participate Play Days according to the rules for each sport or event included in the GMAA Elementary Handbook. Failure to adequately prepare students negatively impacts the Play Day experience for all participants (students often perceive other teams as “cheating” when in fact it is due to a lack of understanding of the rules). The GMAA recommends a minimum of one-month of preparation for an event through either physical education and health classes or a lunch-time extracurricular activity. The Play Day is a more positive, fun and enriching experience for all when participants have been adequately prepared for the event.

To ensure both safety and fair participation, it is the responsibility of the staff member in charge to ensure that students are physically capable of taking part in all GMAA elementary activities.

4. CLOTHING

All student participants must wear uniform clothing designated by the school- this may be a T-shirt of the same colour, athletic uniform or pinnie. Students are not permitted to wear jewelry while participating.

5. STUDENT SUPERVISION RATIO

The GMAA recommends a minimum of **1 adult** to supervise every **15 students**. At least **one** of the adults must be a **staff member** from your school. (*katherine check insurance policy on supervision ration*).

6. RESPONSIBILITIES OF ADULT SUPERVISORS.

- Ensure students are on-time for their event
- Provide attentive supervision to the students in their charge, including in team rooms, rest areas and times between scheduled games/activities.
- Ensure students adhere to the code of conduct at all times (including non-playing time).
- Ensure all garbage and recycling is properly disposed of and no litter or mess is left behind in team area.
- Supervise students who go to the bathroom.
- Ensure students remain in the areas designated for them (e.g. do not allow students to wander a host school outside of the areas designated for the GMAA event)

7. 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 \$10.00 per team.

CODE OF CONDUCT

All participants (players, coaches and spectators) in GMAA events must adhere to the following code of conduct at all times.

GMAA ELEMENTARY CODE OF CONDUCT

- a. Abide by the rules of the game (as outlined in the GMAA Elementary Handbook)
- b. Accept and respect the decisions of officials at all times.
- c. Use appropriate and respectful language and avoid any verbal abuse towards officials, opponents or spectators.
- d. Respect the property of host schools and event venues.
- e. "Leave No Trace" - ensure all garbage and recycling is properly discarded of and spaces are left as they were found.
- f. Shake hands at the end of games

Students visiting another school should act respectfully at all times.

Unsportsmanlike behavior may result in a student being asked to leave the playing field. They may also be restricted from playing the games remaining in the playday. Should the situation warrant, a review may be undertaken by the GMAA Discipline Committee.

CROSS COUNTRY

This event goes on rain or shine!

****Please ensure students are adequately prepared for this event ** 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!**

PLACE: Mount Royal Park – choose a ‘home base’ for your school on the grass area on the opposite side of Beaver Lake from the parking lot. The start line is located in this area.

RACE CATEGORIES	Gr. 4 & 5 Girls - 2 km
	Gr. 4 & 5 Boys- 2 km
	Gr. 6 Girls- 2 km
	Gr. 6 Boys - 2 km

AWARDS: Ribbons for 1st – 6th place in all race categories. Team Banner for Grade 6 Girls and Grade 6 Boys (see scoring info below).

WALK-ABOUT: Approximately 9:30 a.m.

COST: \$3.00 per runner

START OF THE RACE AND COURSE ETIQUETTE

1. Runners should be at start area 15 minutes prior to the start of their race
2. Coaches line up their runners in single-file lines, with the fastest runner at the start of the line. Runners should stand **an arm’s length away from each other** to allow sufficient space and minimize contact with others during the start.
3. The race will be started in the following manner.
 - (a) Schools will assemble at the start line in single-file lines
 - (b) The starter will review the safety and etiquette information
 - (c) The starter will say “On your Mark”
 - (d) Starter pistol goes off
4. Runners **MUST** allow faster runners to pass them on the path. Please ensure students are aware that no pushing or contact with other runners is allowed!

6. Spiked shoes are not permitted.

SCORING: Team Banners (Grade 6)

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.

Results will be posted on the GMAA website within two weeks after the race.

June 2025

ULTIMATE FRISBEE

[LBPSB Ultimate Instructional Video](#)

Number of Players on Field: 7 players

Disc weight must be 175g.

The Field

A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep. *We play on whatever size field we can get!*

Initiate Play

Each point begins with The (Pulling) team lined up in front of their end zone line. The hucker raises the disc prior to throwing and must wait till everybody on the opposing team raises their hand to signal they are ready. The receiving team is lined up across the field at centre half.

Scoring (LBPSB does not keep official score during the game)

Each time the offence completes a pass in the defence's end zone, the offence scores a point. Play is initiated after each score. *Teams switch ends after each score.*

Movement of the Disc

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count *and cannot actively defend.* - *STAR DEFENCE*

Change of possession

When a pass is not completed (e.g. out of bounds, drop, block, interception), the defence immediately takes possession of the disc and becomes the offence. (*Wherever disc lands is where play resumes, NOT WHERE IT ROLLS*)

Substitutions

Players not in the game may replace players in the game after a score and during an injury timeout. *Or whenever the disc is on the ground.*

Non-contact

No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made. All players must be 2m away from the person in possession of the disc.

Fouls

When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

Self-Refereeing

Players are responsible for their own foul and line calls. Players resolve their own disputes. Coaches step in when needed.

Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

When defending the player with the disc:

- Feet must stay on the floor (no happy feet).
- Arms CANNOT move, star defence.
- The offensive player can ask for a new defender if the current defender is waving their arms and is too close.
- The defender must be a body's length away from the disc. For example, if the person with the disc can take one step forward and can touch the defender with the disc – they are too close.
- There is no half court defence !

On the pull:

- The player cannot throw the Frisbee until the receiving team puts up all their hands to acknowledge they are ready.
- If the receiving team tries to catch the disc and drops it, it goes to the other team wherever it was dropped.
- If the receiving team successfully catches the disc or they let it drop on the ground and then pick it up, they play on as usual. (Wherever disc lands is where play resumes, NOT WHERE IT ROLLS)
- If the disc is tossed into the end zone and no score results, then the defending team **takes 5 giant steps from the goal line or goes to the designated spot (diagram below).**

June 2025

SOCCER PLAYDAY

TEAM REGISTRATION CATEGORIES:

- Grade 5 mixed
- Grade 6 girls
- Grade 6 boys

EQUIPMENT: Please bring 2 balls

COST: \$25.00 per team

NUMBER OF PLAYERS: 9 players on the field including the goalie.

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

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.

RULES OF PLAY

1. **NO CLEATS ALLOWED. Running shoes only.**
2. Each registered 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.

VIOLATIONS OF THE FAIR PLAY CODE OF CONDUCT (SEE PG. __) MAY RESULT IN STUDENTS NOT BEING PERMITTED TO CONTINUE PLAYIN

June 2025

Gr. 6 VOLLEYBALL PLAYDAY

TEAM REGISTRATION CATEGORIES:

- Grade 6 girls
- Grade 6 boys

EQUIPMENT: Please bring 2 balls

COST: 25.00 per team

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 based on 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.

4. Serve – net serve is not loss of serve. If the ball touches the net on a serve and goes over, the play continues.
 - 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 using their hands (not cradling it). After catching, they cannot hold it still—the catch and pass must flow together in one continuous motion without pausing.
- 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 touch the ball before the ball is returned to the opposing team.

e) No steps can be taken while in possession of the ball.

f) Everyone is allowed 3 seconds with the ball. The referee will count out loud.

g) If a student dives to catch the ball, they are allowed to get up with the ball. After catching the ball, the student may pivot (keeping one foot on the ground).

June 2025

MODIFIED MINI VOLLEYBALL RULES (FOR gr. 5)

PLAYER ELIGIBILITY: Grade 5 Boys and Girls

EQUIPMENT: Please bring 2 balls

COST: \$25.00 per team

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 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) Serve – net serve is not loss of serve. If the ball touches the net on a serve and goes over, the play continues.

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.** If a student dives to catch the ball, they are allowed to get up with the ball. After catching the ball, the student may pivot (keeping one foot on the ground).
- 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. After catching the ball, the student may pivot (keeping one foot on the ground).
- 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 2025

BASKETBALL JAMBOREE at McGill UNIVERSITY

This Jamboree is put together by the best in basketball:

1. McGill Departments of Athletics & Physical Education
2. GMAA

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

OBJECTIVES

1. To introduce students to different skills and help them understand the game.
2. To have students experience fun and challenging drills.
3. 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.

COST

25.00\$ for every 15 students

1-15 students- 25.00\$

16-30 students- 50.00\$

GENERAL INFORMATION:

1. Do not bring any valuables – there is no place to lock up items.
2. Students must bring a lunch. Activities conclude at lunch time and students can eat on site.
3. Students must bring indoor running shoes.

ADULT IN CHARGE OF EACH GROUP - RESPONSIBILITIES

- 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 2025

MINI BASKETBALL PLAYDAY RULES

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.**

TEAM REGISTRATION CATEGORIES:

- Grade 5 girls
- Grade 5 boys
- Grade 6 girls
- Grade 6 boys

COST: \$25.00 per team

NUMBER OF PLAYERS

1. The GMAA recommends a maximum of 10 players per team
2. These 10 players are organised into 2 separate lines of equal ability.
3. The GMAA recommends a minimum of 8 players per team.

EQUIPMENT: Bring 2 balls

LENGTH OF GAME: The length of games will be subject to the number of teams participating and the number of basketball 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 must have a coach who is responsible for being with the team at all times. The coach's role is to provide support and encouragement, demonstrate good sportsmanship, and ensure that students behave appropriately.

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.

RULES OF PLAY

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

DEFENCE:

1.
 1. **HALF-COURT DEFENSE.** Players must retreat to half-court after a basket has been scored
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.
 3. No pe

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 2025

MINI FUTSAL RULES

THIS IS A NON-COMPETITIVE PLAY-DAY.

TEAM REGISTRATION CATEGORIES:

- Grade 5 girls
- Grade 5 boys
- Grade 6 girls
- Grade 6 boys

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

EQUIPMENT: Official Futsal Balls

COST: \$25.00 per team

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

Rules of Play

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 2025

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. Don't bring valuables – there is no place to lock up items.
2. Bring a lunch – there will be no time to buy food.
3. Bring running shoes & shorts- **NO CLEATS ALLOWED**

COST

25.00\$ for every 15 students

1-15 students- 25.00\$

16-30 students- 50.00\$

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.

HALO ROAD RACE

The Halo is a very popular annual event that has been held on Mount Royal beside Beaver Lake for over 40 years.

Grades 3 & 4 - 1 km race (separate races for boys and girls)

Grades 5 & 6 - 2 km race (separate races for boys and girls)

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

Cost: \$7.00 per student

N.B.

- Students may race in an older age category.
- Be sure your students are fit and capable of running longer distances.
- **One Adult Supervisor is recommended for every 15 students**

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

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 2025

TRACK & FIELD

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.

EVENTS

TRACK

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

FIELD

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

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.

COST

\$3.00 per student

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.

2026 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		

2026 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

TEAM REGISTRATION CATEGORIES:

- Grade 5 AND 6 girls
- Grade 5 and 6 boys

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!**

COST: \$25.00 per team

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

Rules of Play

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.

August 2024