

NWHSAA ACTIVITY GUIDELINES – Approved April 2014

STUDENT ELIGIBILITY

1. Students in Grades 9 – 12 inclusive may compete as per SHSAA Guidelines.
2. A student who is eligible for “Junior Activities” in the NWHSAA can be defined as:

A student who enrolled in grade 7, 8 or 9 in a member school.

Any student who is 16 years of age as of September 1, of the current school year is deemed ineligible.

Students in Grade 6 may be used **only if necessary** for that member school to be able to field a team. Grade 6 students are therefore **not eligible** for the following activities.

- Badminton
- Cross Country
- Golf
- Track and Field
- Wrestling

Any school using grade 6 student(s) must complete the “NWHSAA Use of Grade 6 Students” form, and have approval from the NWHSAA President prior to the student(s) participation in any competition.

3. Grade 9 students are eligible to compete both as “Junior” and “Senior” athletes within the NWHSAA.

START DATES

All activities are to follow the official start dates as set by the SHSAA. This applies to both “Junior” and “Senior” activities.

The only activity which has a different start date is “Junior” Basketball.

The start date for Junior Basketball shall be no earlier than 1 week following the NWHSAA district Junior Volleyball Championship.

JUNIOR LEAGUE PLAY-OFF DATES

All League representatives for NWHSAA championships are to be determined a minimum of 1 week prior to the NWHSAA championship.

JEWELLERY

Jewellery is allowed only in the sports of **Golf, Cross Country, Curling and Track and Field** – with the **exception of High jump and Pole Vault**.

FOOTWEAR

Footwear is strongly recommended in all sports.

BADMINTON

SHUTTLES

Competition Shuttles are to follow SHSAA Badminton guidelines.

DRESS

All competitors must dress in a uniform which is either predominantly white, or in colors which reflect their school.

Doubles Teams **MUST** be uniform in their dress.

Protective eye wear is mandatory in **ALL categories**.

SENIOR COMPETITION

Two entries in each category are allowed per league, for a maximum of 10.

JUNIOR COMPETITION

Two entries in each category are allowed per league, for a maximum of 10.

PLAYOFF FORMAT

Where the play-off is held in a 6 court facility, the recommended start time will be 10:00 am. Breaks shall be built into the draw between the quarter-finals, the semi-finals, and the finals.

All categories compete in a 2-pool format where possible, with a maximum of 5 teams in each pool, and a minimum of 3 teams in each pool.

The pools may be uneven in numbers.

Teams from each league should be in different pools where possible.

PLAYOFF ADVANCEMENT

The top two teams in each pool advance.

A1 will play B2, and B1 will play A2.

The following tie breaking procedure shall be in effect should identical win/loss records occur:

Two teams tied – The team that won the match between the two teams involved in the tie.

Three or more tied teams:

1. The number of matches won.
2. The difference between the total games won and total games lost, using all games in the round robin.
DO NOT calculate the ratio
 - 2.1 If this still leaves 2 players/pairs tied, then the match between the 2 tied teams is used to determine the next two placings.
3. The difference between total points won and total points lost, using all games in the round robin.
 - 3.1 If this still leaves 2 players/pairs tied, then the match between the 2 tied teams is used to determine the next two placings.
DO NOT Calculate the ratio
 - 3.2 If three or more players/pairs are still after the 3 criteria items above are applied, the ranking shall be established by drawing lots.

ADVANCEMENT TO REGIONALS

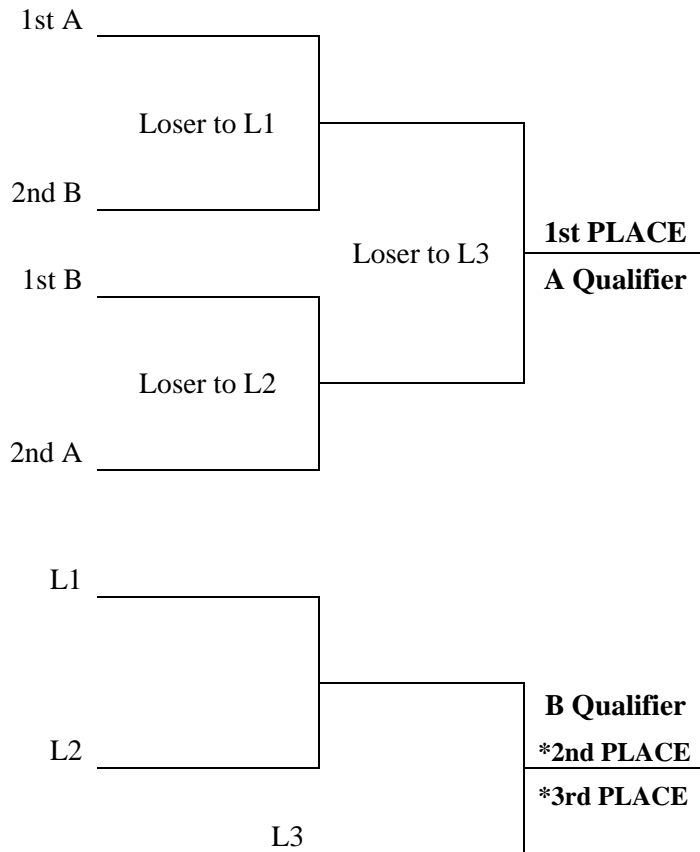
The top 2 teams in each category will advance. Substitutes are not allowed in double competition.

If one or both the doubles partners can not attend, then the next highest ranking team shall advance.

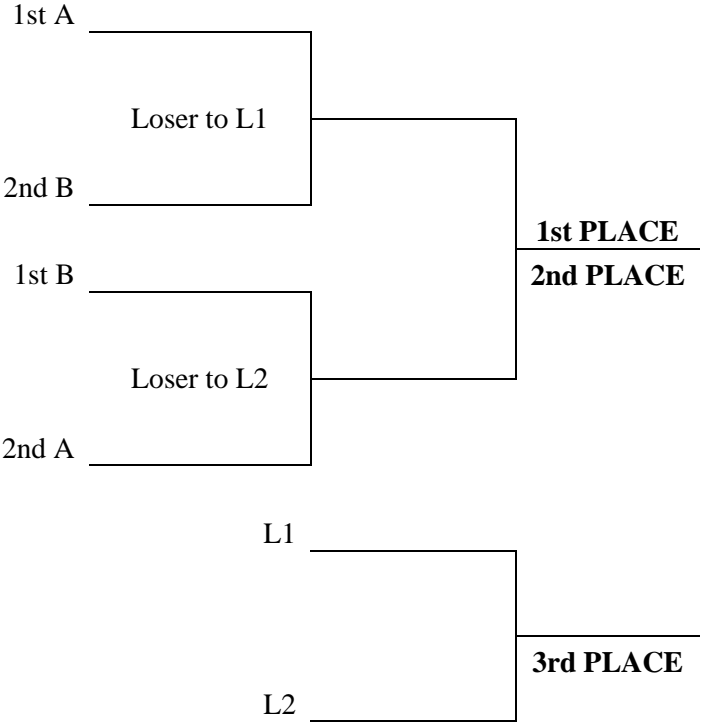
**** SENIOR BADMINTON PLAYOFF DRAW**

Note – in the 2nd/3rd match at the end of the day.

If the two teams have met previously in the day, the earlier match shall be used to determine 2nd /3rd place. **DO NOT** play the bracket.



JUNIOR BADMINTON PLAYOFF DRAW



BASKETBALL

SENIOR COMPETITION

Games are four 10 minute quarters as per SHSAA guidelines.

All teams advance into Conference / Regional / Provincial playoff format as per SHSAA guidelines.

JUNIOR COMPETITION

Games are four 8 minute quarters.

Only Man to Man Defence is to be played.

Junior Basketball – No Zone Defense Policy

What does this mean for our Coaches and Officials?

- Upcourt pressure is still permitted.
- “Sagging” defense is considered fundamental MTM defense.
- “Help and Recover” defense is considered fundamental MTM defense.

What are we looking to see? Or not see?

- If a player crosses the floor from wing to wing, a defender should follow that player (at minimum from one side of the court midline to the other – pending ball location).
- If an offensive “big” player leaves the post or rim area, a defensive player must follow to at least a “sagging position” on the court.
- Excessive or unnecessary switching in order to leave a “big” player under the rim is not in the spirit of this rule.
- Our “big” need to be able to defend on the perimeter as well as under the rim. Assuming we match-up defensively based on size - when one big leaves the rim area – so should the other.

Upcourt Pressure

- The number of players in the defensive front court should equal the number of players in the offensive back court.
- A player defending the inbounds passer should be in a cover position of the inbounds passer. They should NOT be in a “double team” position of any other offensive player positioned in their back court.
- Player may leave their man to “trap” BUT there should not be a rotation of players behind them (the player who’s defender left to `trap should now be unguarded).

The Bottom Line

The creation of this policy is to promote proper defense and to grow the game of basketball. This is a very common policy across areas of developmental basketball. DO NOT play the game of “how can I hide my zone defense”. Respect each other as coaches and look after our officials who are being asked to try to interpret a somewhat vague policy.

JUNIOR CHAMPIONSHIP ADVANCEMENT

1A (Small Schools) – 1 team entry per league plus a host for a maximum of 6 teams. If the host team is the only team from that league, then the tournament is to be played **without** a host position.

2A (large Schools) – 4 teams to the championship.

2A Junior Basketball - 4 Team event

Lloydminster League will have 2 representatives.

- Lloydminster League Seed 1
- Host (Determined by rotation) or next highest seed.
- Meadow Lake League (Jonas Samson)
- Beaver River League (Currently No Entry)
- If Beaver River or Meadow Lake Leagues do not have an entry, then the next representative(s) would come from the Lloydminster league.

Seeding

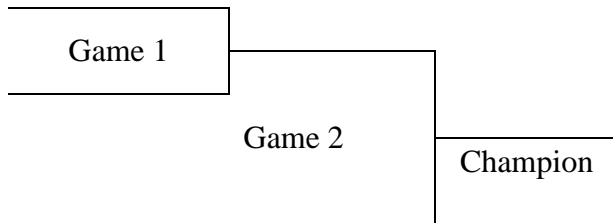
- Seed 1 vs Seed 4
- Seed 2 vs Seed 3
- Consolation game
- Championship game

PLAYOFF FORMAT

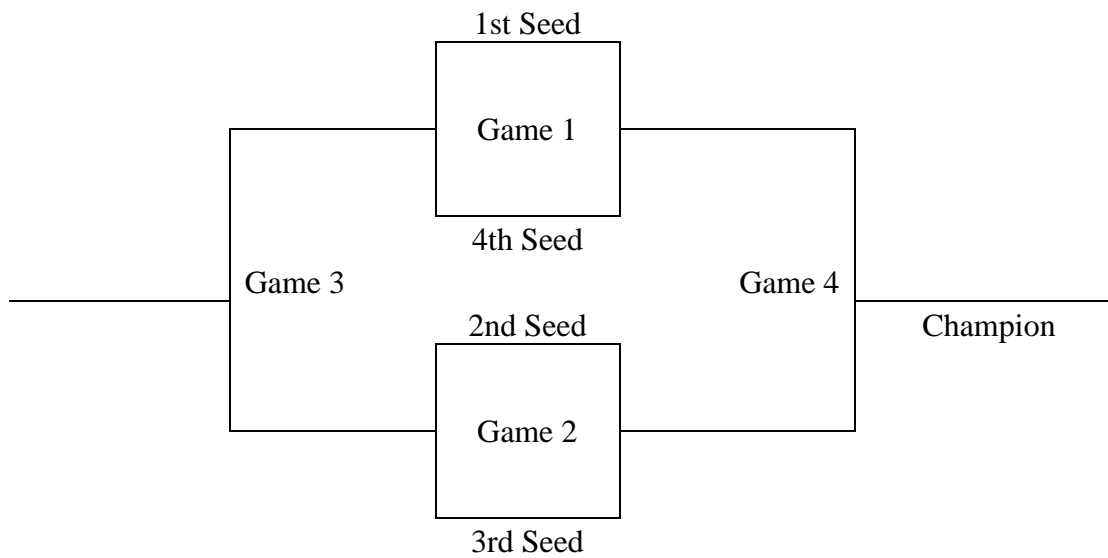
All seeding is to be done by the commissioner in consultation with the competing coaches.

THREE TEAMS:

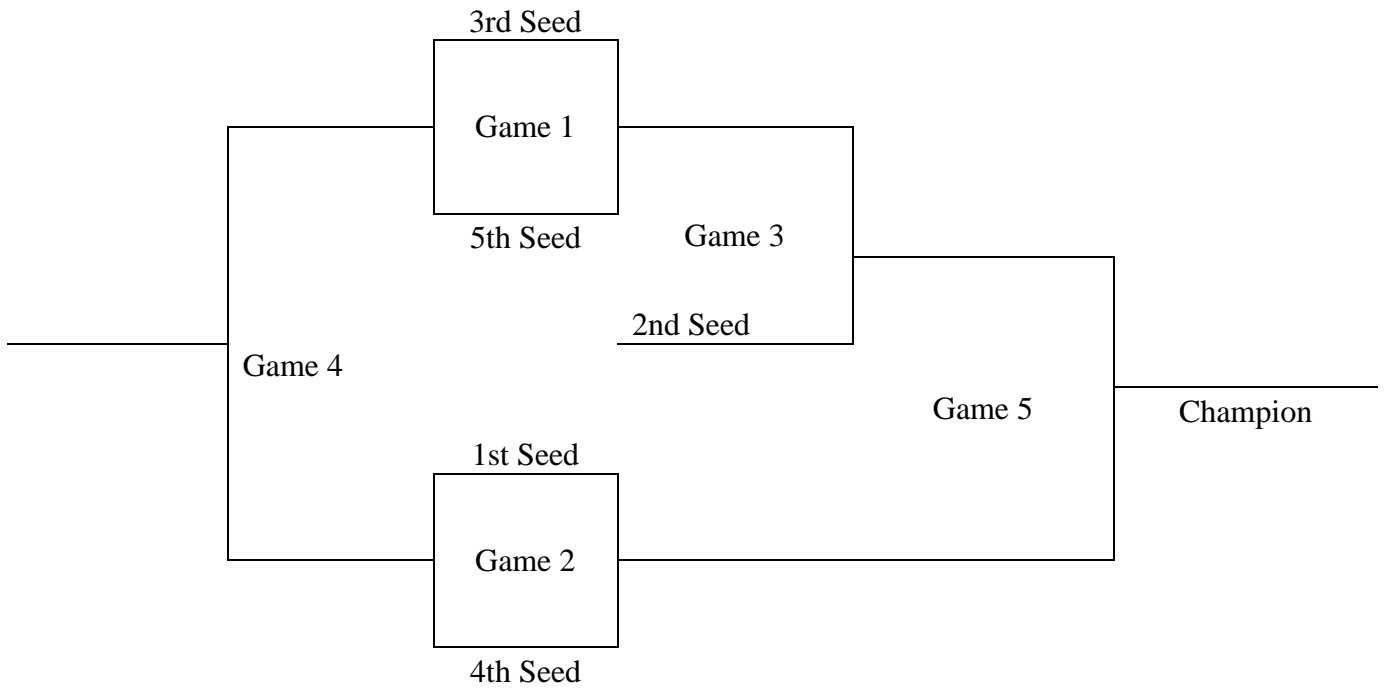
If possible, using a lottery system, obtain a 4th team.
Otherwise, the bye team is determined using a lottery system.



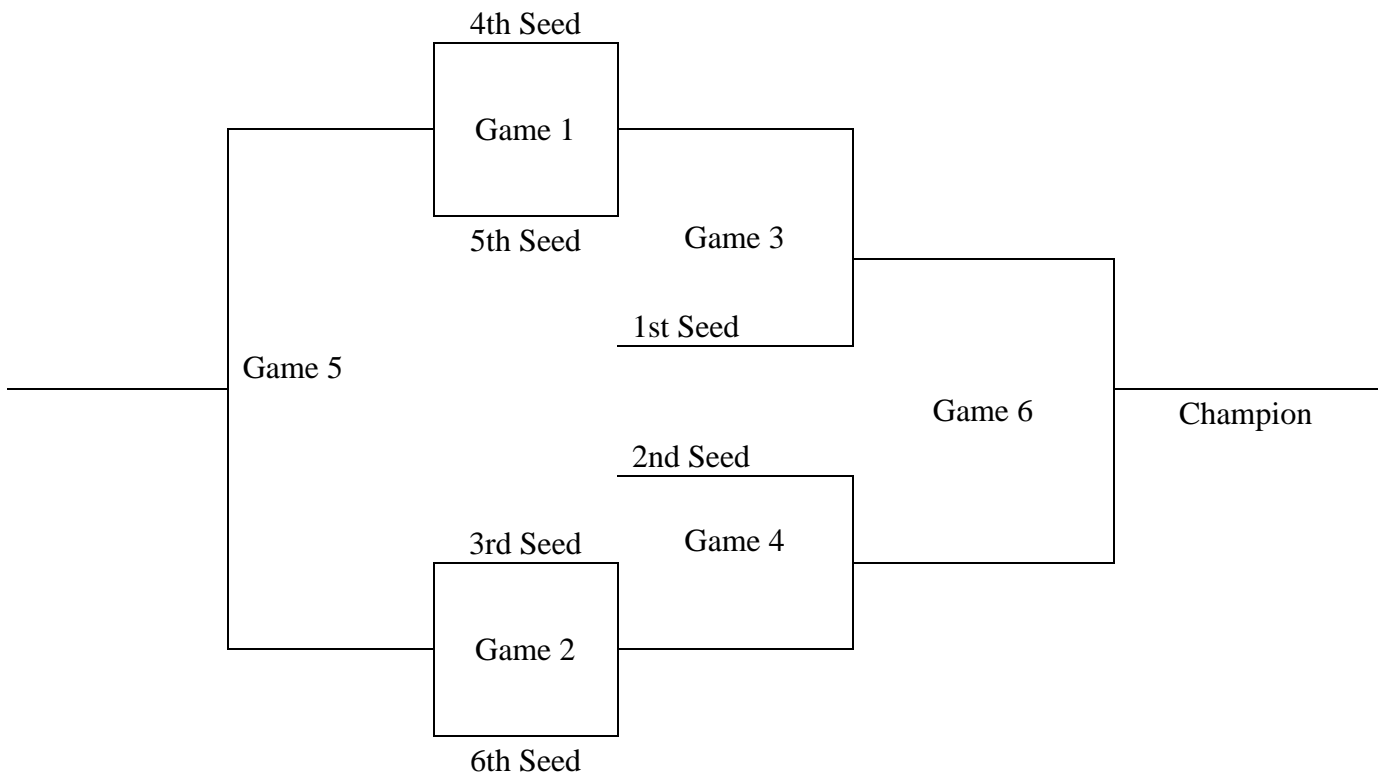
FOUR TEAMS:



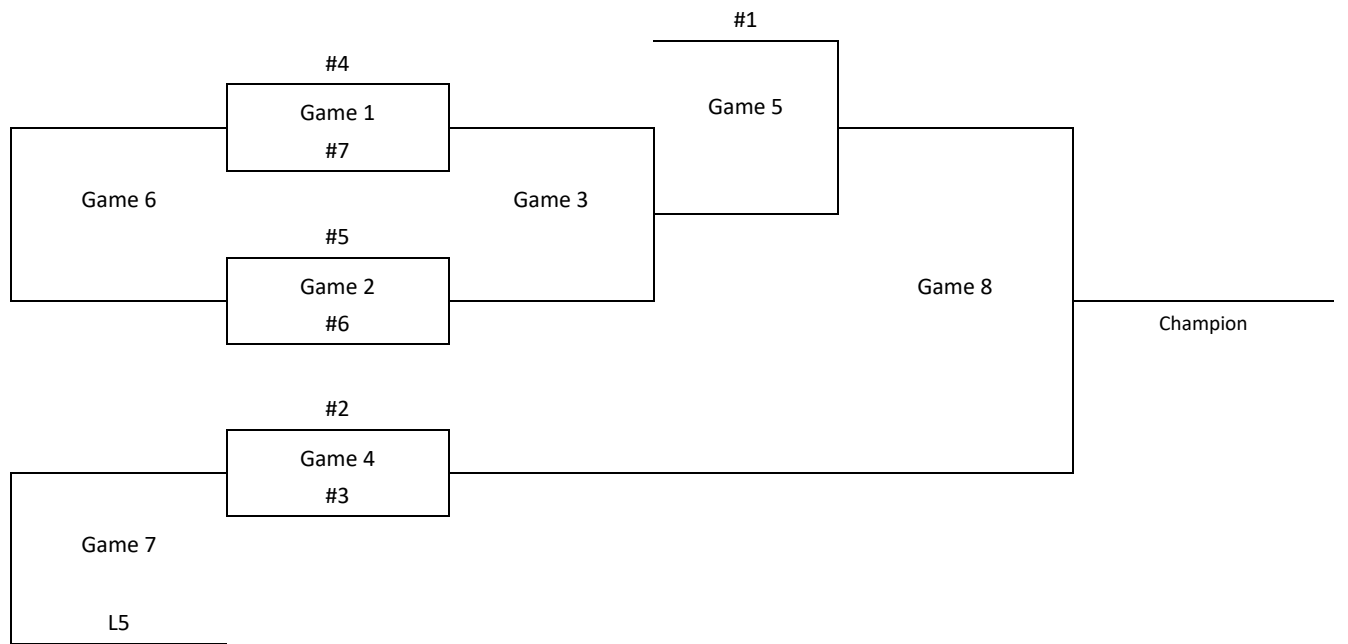
FIVE TEAMS:



SIX TEAMS:



2A FORMAT – 7 TEAMS



CROSS COUNTRY

AGE CLASSES FOR CROSS COUNTRY (As of August 31st of current year).

Senior	16 and over
Junior	under 16
Midget	Under 15
Bantam	Under 13
Pee Wee	Under 11

RACE DISTANCES

Senior Boys	5000 m	Senior Girls	4000 m
Junior Boys	4000 m	Junior Girls	4000 m
Midget Boys	3000 m	Midget Girls	3000 m
Bantam Boys	3000 m	Bantam Girls	3000 m
Pee Wee Boys	2000 m	Pee Wee Girls	2000 m

ORDER OF RACES

Senior Boys
Senior Girls
Midget Boys
Midget Girls
Junior Boys
Junior Girls
Lunch Break / Coaches Meeting
Bantam Boys
Bantam Girls
Pee Wee Boys
Pee Wee Girls

PLAYOFF FORMAT

Students from all schools within the NWSAA may compete directly to the NWSAA championship. All runners are entered into the individual competition.

SCHOOL TEAM COMPETITION

A school must have a minimum of 4 competitors to qualify for the team competition.

TEAM SCORING

The top 4 finishers from each school will be used to calculate the total points for the team category. The top 4 participants will be selected from **any** of the 10 age categories.

ADVANCEMENT TO PROVINCIALS

The top 10 finishers in the **Midget, Junior and Senior** categories can compete at the SHSAA Provincial Championship.

If a school has only 3 members attending the SHSAA Provincial Championship, a 4th member from that school would be allowed to compete for that school's team provided the runner took part in the NWHSAA District Championship. This would allow for more than 10 participants in a category.

CURLING

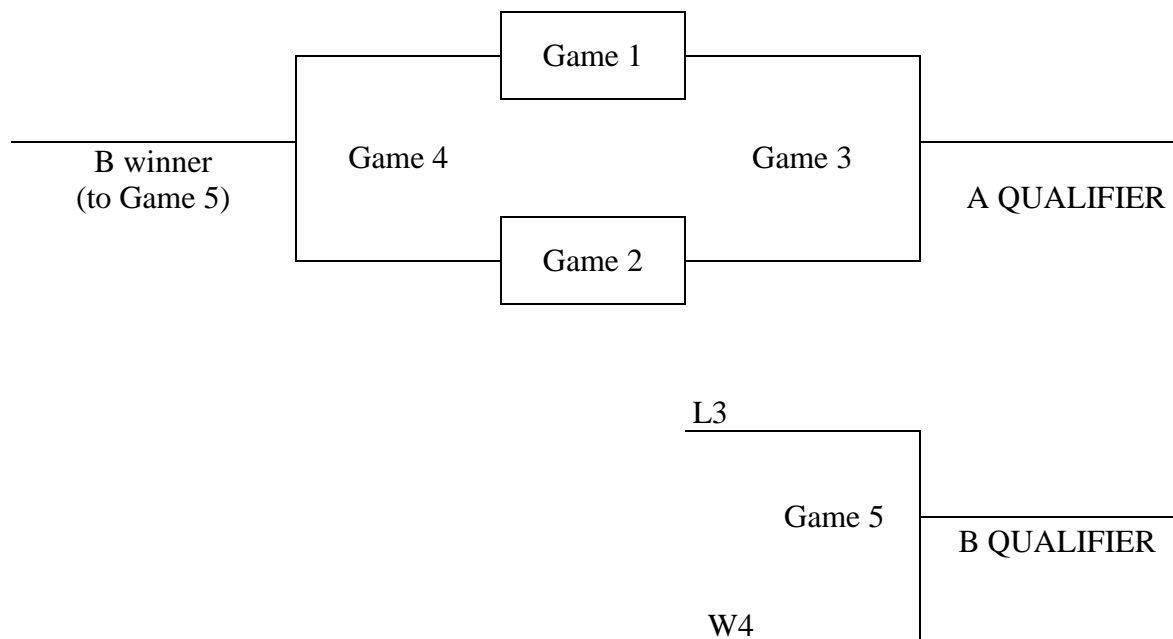
SENIOR COMPETITION

- A. Two teams per league may compete in each category, **including a host** for a **total of 8 teams maximum**.
- B. Both league entries may come from the same school.
- C. The NWHSAA may grant extra teams to the championship to accommodate playoff structure. This would be done by a lottery system.
- D. If necessary arrange a pre-playoff involving any teams by drawing lots.
- E. Games shall be 8 ends in length.
- F. Leagues shall seed their 2 teams with an "A / B" designation (based upon their playoff) when their team submissions are made to the activity commissioner.

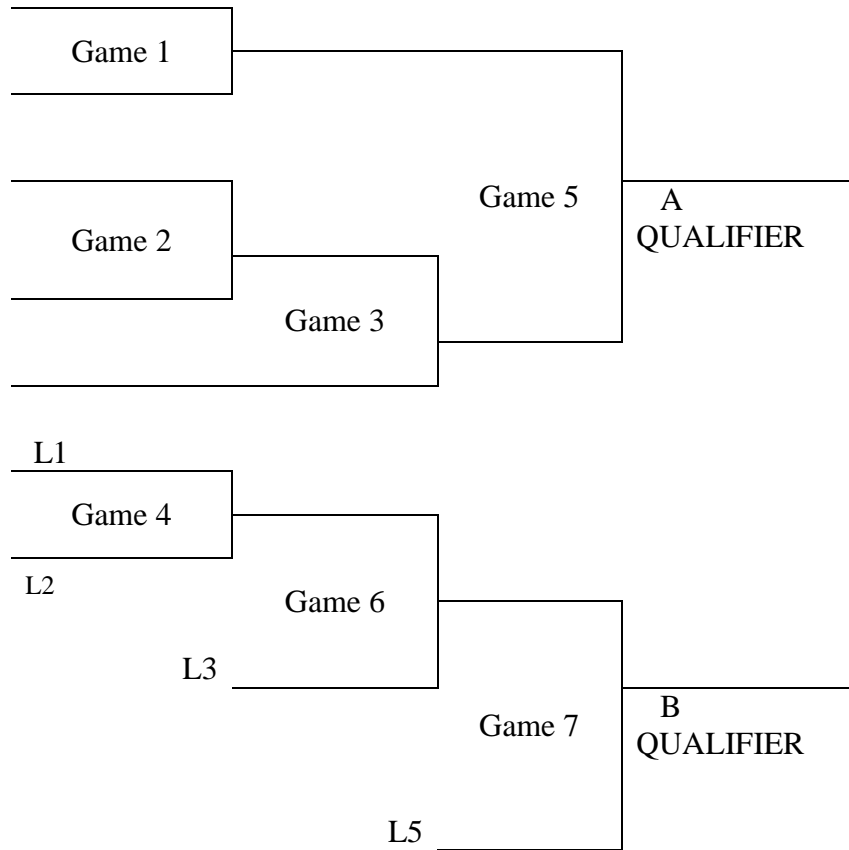
PLAYOFF FORMAT

- A. 2 teams will advance to the SHSAA Regional Playoff
- B. The draw formats will be "modified double knockout"

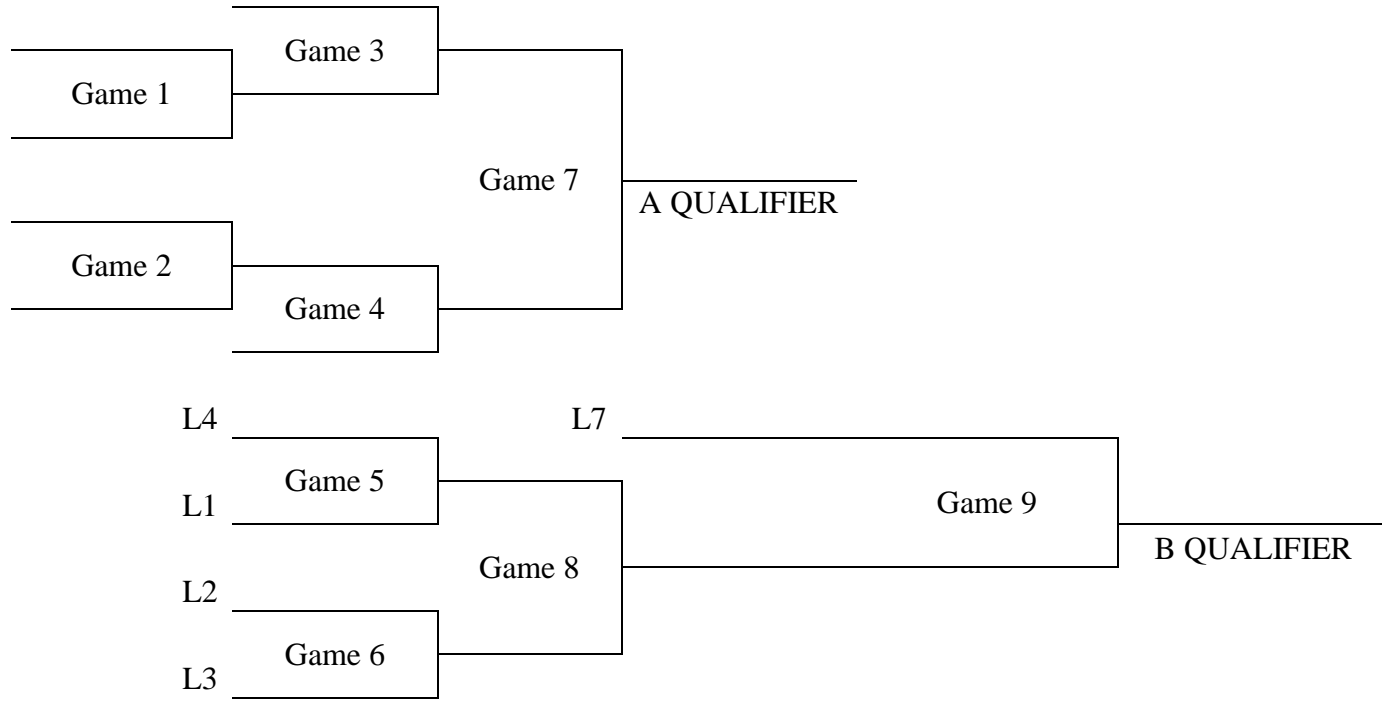
FOUR TEAMS:



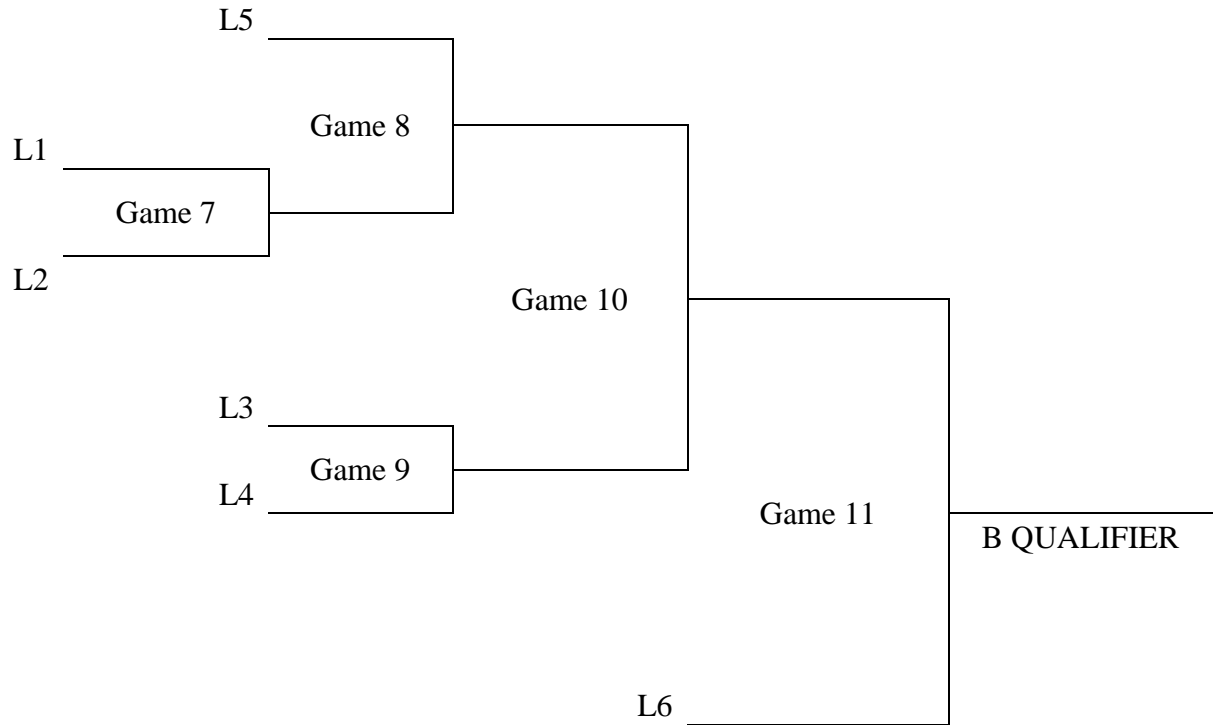
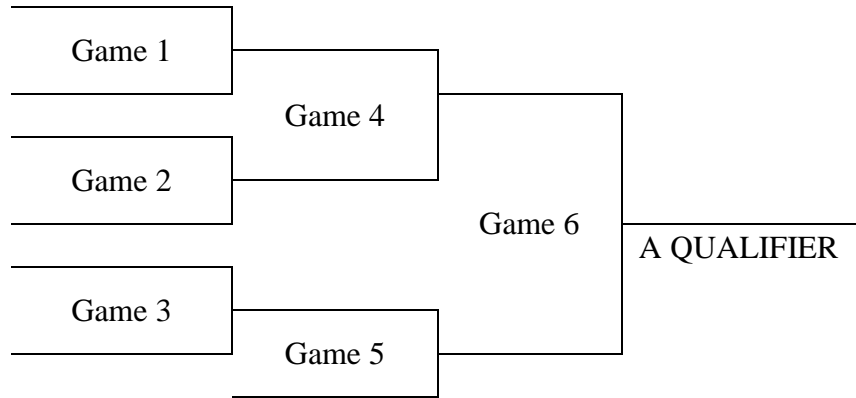
FIVE TEAMS:



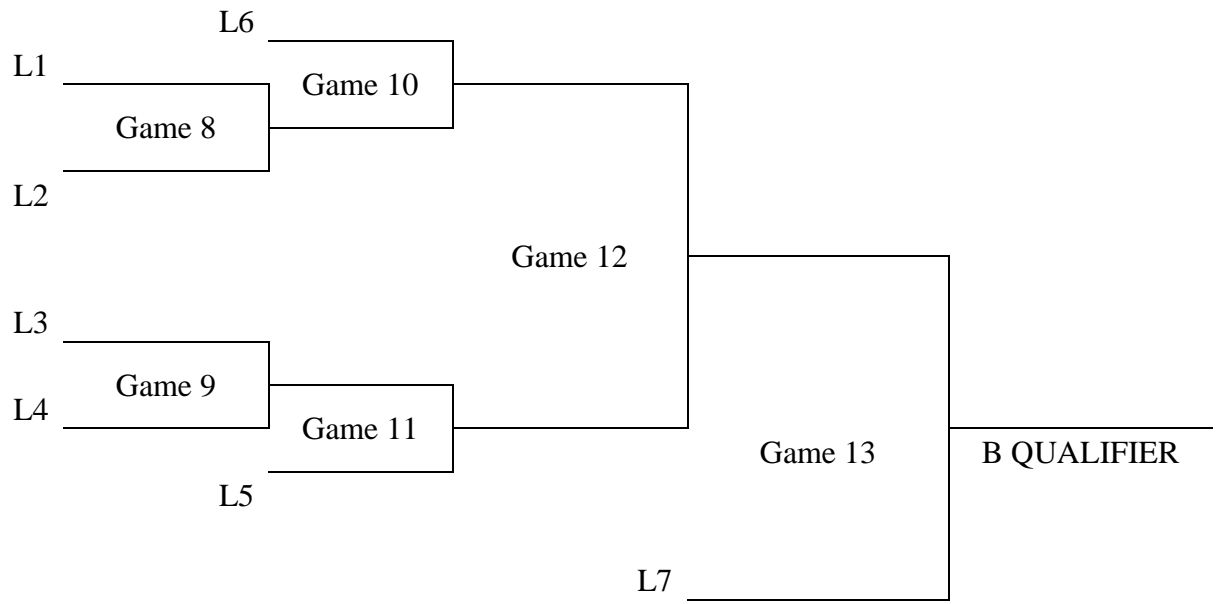
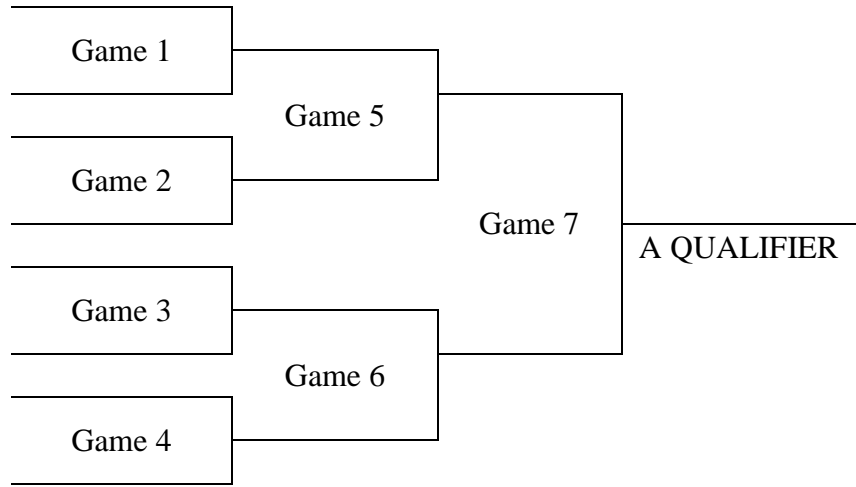
SIX TEAMS:



SEVEN TEAMS



EIGHT TEAMS:



JUNIOR COMPETITION

- A. Teams of 4 may be comprised of students of either gender and of any combination.
- B. Two teams from each league can compete, for a total of 10 teams.
- C. Both advancing teams from a league may be from the same school.
- D. The host school automatically advances 1 team to the district championship. The host league then has 1 more entry for a total of two entries from the host league.
- E. The NWSAA may grant extra teams to the playoff to accommodate playoff structure. This would be done by lottery.
- F. Games shall be 6 ends in length.
- G. Leagues shall seed their teams with an "A / B" designation based upon their playoff when submitting their teams to the activity commissioner.

SUBSTITUTIONS

A player may be substituted at any time during any game. The player substituted for may not re-enter the same game once the registered substitute has entered. The player entering the game must play the position (or lower) of the player that leaves the game. The substitution shall occur between ends unless motivated by injury.

TIME OUTS

During the regular 6 end game

- Each team is allowed to call **2 time outs, of 90 seconds each**. The requesting team may shorten the duration of the time out by putting their rock into play. **The request for the time out is to be made by the athletes.**
- The team calling the time out must be in control of the house.
- There is a 5 minute break at the conclusion of the third end.
- If the game requires an extra end, there will be a **2 minute time out prior to the first extra end**, and a 90 second time out prior to any other extra ends.

PLAYOFF FORMAT

Depending on the number of teams, and host facility, either a pool play format or an A / B draw format will be used.

The teams from the same league will be split apart in the draw when possible.

TIE BREAKING PROCEEDURE (For Pool Play Only)

Following the completion of each team's first game of the day:

Each player will throw 1 rock to the house. A skip and sweepers are permitted.

The following scoring system will be used:

If the rock touches the following locations, that rock will earn the corresponding number of points:

Button	4 points
4 foot	3 points
8 foot	2 points
12 foot	1 point

The team with the most accumulated number of points wins.

If Teams are still tied:

The following criteria shall be used to break the tie:

- A. The teams with the most rocks in the house.
- B. Points earned by the skip.
- C. Points earned by the third.
- D. Points earned by the second.
- E. Points earned by the lead.
- F. Entire team re-throws and follow the above procedure.

CURLING TIE BREAKING PROCEEDURE FOR POOL PLAY – TRACKING SHEET

Following the completion of each team’s **first** game of the day:

- **Each player** will throw 1 (one) rock in a draw to the house competition. Sweepers and a skip **are** permitted

The following **scoring system** will be used:

- If the rock touches the following locations, that rock will earn the corresponding points:
 Button 4 points
 Four foot 3 points
 Eight foot 2 points
 Twelve foot 1 point

The team with the most accumulated points wins.

If still tied:

Use the following steps to break the tie:

- 1) Team with the most rocks in the house.
- 2) Points earned by the skip.
- 3) Points earned by the third.
- 4) Points earned by the second.
- 5) Points earned by the lead.
- 6) Entire teams re-throw and follow the above procedure.

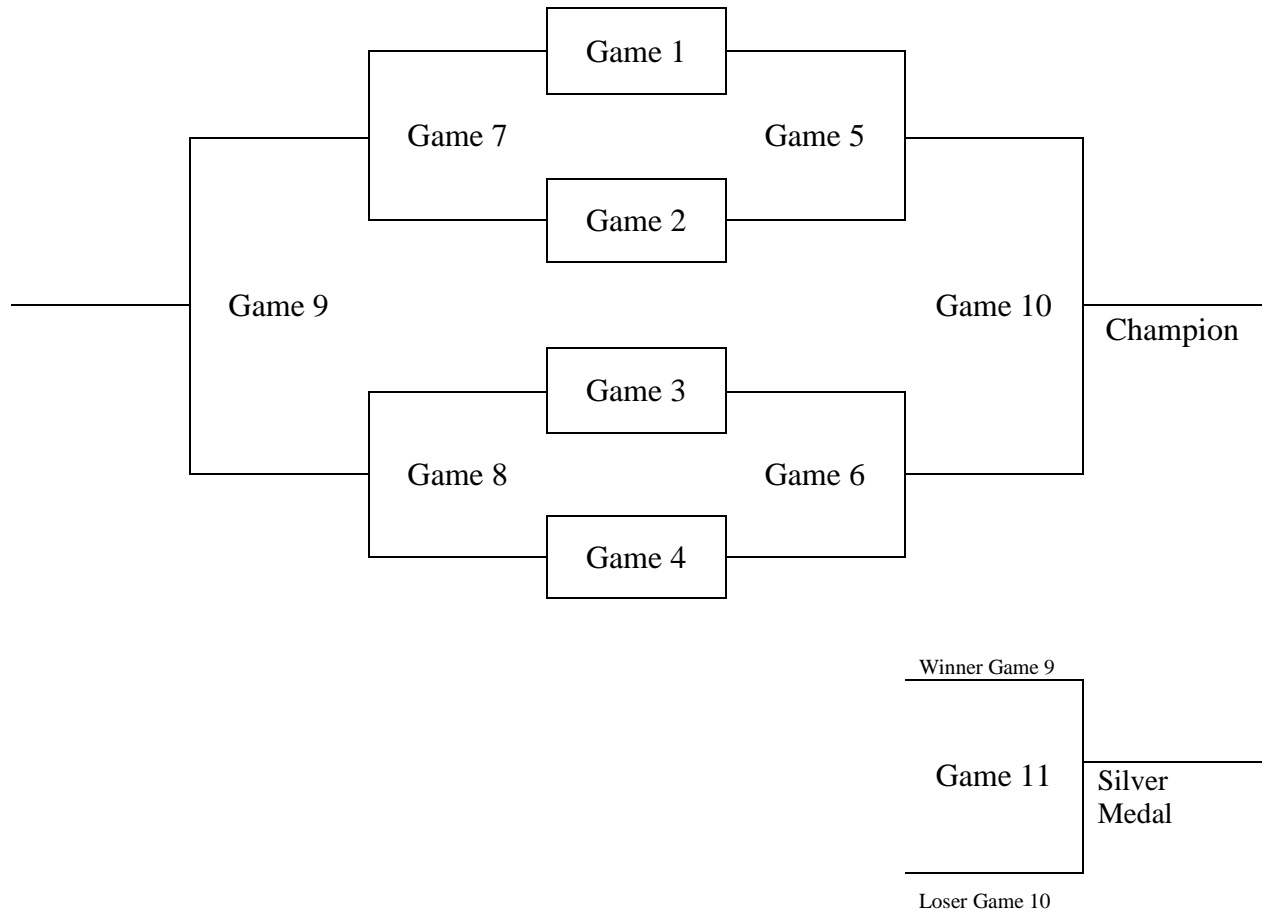
Team :	
Player	Points Earned
Skip	
Third	
Second	
Lead	
Total Points	

Team :	
Player	Points Earned
Skip	
Third	
Second	
Lead	
Total Points	

Team :	
Player	Points Earned
Skip	
Third	
Second	
Lead	
Total Points	

Team :	
Player	Points Earned
Skip	
Third	
Second	
Lead	
Total Points	

EIGHT TEAMS (Junior):



2 Sheet Facility	3 Sheet Facility	4 or More Sheet Facility
6 Draws	5 Draws	4 Draws
Draw 1 – Games 1, 2	Draw 1 – Games 1, 2, 3	Draw 1 – Games 1, 2, 3, 4
Draw 2 – Games 3, 4	Draw 2 – Games 4, 5, 7	Draw 2 – Games 5, 6, 7, 8
Draw 3 – Games 5, 6	Draw 3 – Games 6, 8	Draw 3 – Games 9, 10
Draw 4 – Games 7, 8	Draw 4 – Games 9, 10	Draw 4 – Game 11
Draw 5 – Games 9, 10	Draw 5 – Game 11	
Draw 6 – Game 11		

NINE TEAMS (Junior):

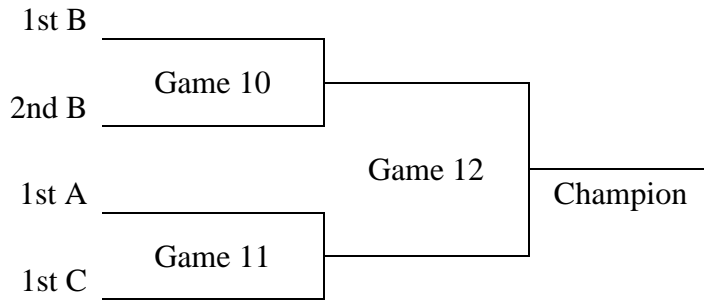
Three pools of three - 5 draws (3 sheet facility)

POOL A	POOL B	POOL C
Game 1 A1 vs A2	Game 2 B1 vs B2	Game 3 C1 vs C2
Game 4 A1 vs A3	Game 5 B1 vs B3	Game 6 C1 vs C3
Game 7 A2 vs A3	Game 8 B2 vs B3	Game 9 C2 vs C3

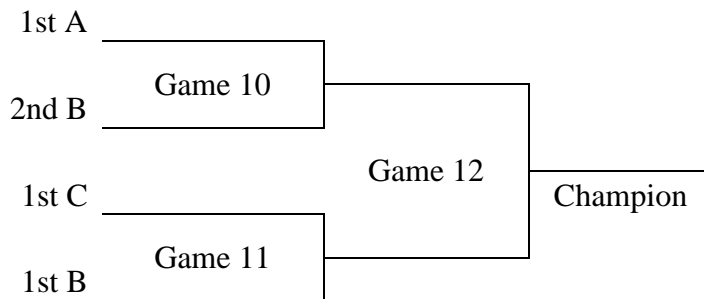
**** Prior to the competition, determine playoff advancements:**

First place team in each pool advances as well as one second place team (lottery)

1. Draw Pool A, B or C out of a hat to decide **which pool advances the second place team**. Place that pool back in the hat.
2. Draw another pool to decide which team plays against the second place team.
 - ie. First lottery draw is Pool B
If second lottery draw is also Pool B, then:



If the second lottery draw is Pool A, then:



DRAW 1	DRAW 2	DRAW 3	DRAW 4	DRAW 5
Games 1, 2, 3	Games 4, 5, 6	Games 7, 8, 9	Games 10, 11	Final – Game 12

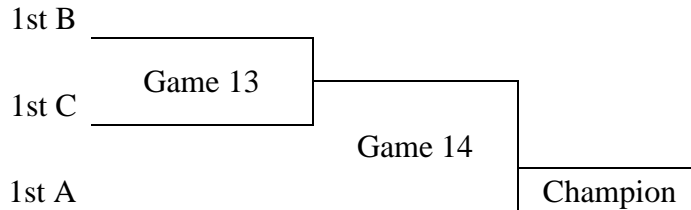
TEN TEAMS (Junior):

Two pools of 3 teams and one pool with 4 teams.

The winner of the pool with 4 teams automatically will receive a bye to the final.

Commissioner is to try to ensure no teams from the same league are in the same pool.

Pool A	Pool B	Pool C
Game 1 A1 vs A2	Game 3 B1 vs B2	Game 4 C1 vs C2
Game 2 A3 vs A4	Game 8 B2 vs A3	Game 9 C2 vs C3
Game 5 A1 vs A3	Game 11 B1 vs B3	Game 12 C1 vs A3
Game 6 A2 vs A4		
Game 7 A1 vs A4		
Game 10 A2 vs A3		



3 Sheet Facility – 6 Draws	4 or more Sheet Facility – 5 Draws
Draw 1 Games 1, 2, 3	Draw 1 Games 1, 2, 3, 4
Draw 2 Games 4, 5, 6	Draw 2 Games 5, 6, 8, 9
Draw 3 Games 7, 8, 9	Draw 3 Games 7, 10, 11, 12
Draw 4 Games 10, 11, 12	Draw 4 Game 13
Draw 5 Game 13	Draw 5 Final – Game 14
Draw 6 Final – Game 14	

FOOTBALL

The playoff structure shall be determined annually by the SHSAA.

GRASS GOLF

In order to maintain integrity to the golf programs, coaches are reminded that these play-offs are to introduce athletes to tournament golf, and are not intended for beginners. A maximum scoring average of approximately 120 strokes per 18 holes on your home course should be considered the high end of the skill spectrum. Please do not use these playoffs as a replacement for a sound program involving the teaching of skills and practice.

SENIOR COMPETITION

All senior competitors shall play 18 holes.

Each school will determine it's team with a **maximum of 8** participants, **with no more than 6 from one gender**.

JUNIOR COMPETITION

All junior competitors shall play 18 holes.

Any athlete who reaches a score of 12 on any golf hole, he/she shall discontinue play on that hole, enter a score of 12, and resume play on the next hole.

Each school will determine it's team with a maximum of 6 participants. If the school is entering the school team competition, no more than 4 of one gender will be allowed (4+2).

ATHLETE REGISTRATION

All golfers are responsible to pay their own green fees.

Each school must supply a roster to the commissioner two days prior to competition and will include the following.

- Name
- Age
- Grade
- Handicap

DRESS CODE

Each participant shall be dressed in appropriate golf attire. This includes collared shirts, and tailored pants or shorts.

Cut off shirts and shorts are not viewed as appropriate.

LOCAL RULES

Commissioners must ensure that all golfers are aware of any local rules.

Distance measuring devices (distance only) are permitted.

START TIMES

Start times will be determined by the event commissioner.
The commissioner will use a “shot gun” star where possible.

GOLF SCHOOL TEAM COMPETITION

There will be two separate team competitions, one boys and one girls.
School teams are made up of 3 – 4 boys / 2 – 4 girls.
A school may have only one “school team” of each gender but still have 1 or 2 individual boys as well as 1 or 2 individual girls.

TEAM SCORING

On **each** hole the **total** of the **three best scores** is recorded by the team of 3 – 4 boys, or **total** of the **two best scores** recorded by the team of 2 – 4 girls will determine team scoring.

Therefore, on a team of 4, different players could contribute to the championship by having their scores contribute on any single hole. However, the possibility exists that one player’s score might not ever be used.

GOLF INDIVIDUAL COMPETITION

***** NOTE** – All golfers are entered in the individual competition.

Coaches must declare which 4 golfers are members for the Team Competition. If a school has brought 8 golfers, 6 of 1 gender and 2 of the other, they should use their “worst” male golfers as individual golfers, and use their “best” 4 golfers in the Team Competition. The 4 Team golfers are automatically entered into the individual competition.

The other 2 golfers (female) could golf in both the team and the individual competition.

TIES

A sudden death playoff will be used to determine ties for 1st place. The playoff hole(s) will be determined by the event commissioner.

In the case of all other ties, the event commissioner shall utilize the “count back” system, where the scores are counted back from the 18th hole. The highest score on the 18th, 17th if needed, will be the winner. The rationale is that the golfer had the best score up until the last hole being used in the “count back”.

If the Districts top 3 male and top 3 female golfers individually are not included on the school team, they also may be entered into the Provincial competition.

ADVANCEMENT TO PROVINCIALS

The **top school's** boys' team will attend the Provincial Championship.

The **top school's** girls' team will attend the Provincial Championship.

If any of the District's top 3 male and top 3 female finishers individually are not included on a school team, they may also be entered into the Provincial Competition.

MAXIMUM DISTRICT ENTRY

School Boys' team	4 athletes
School Girls' team	4 athletes
Top 3 Boys (None from Boys' team)	3 athletes
Top 3 Girls (None from Girls' team)	3 athletes
Total	14 athletes

SHSAA PROVINCIAL GRASS GOLF – SCHOOL TEAM COMPETITION

There will be a separate boys' team competition and a girls' team competition.

Teams are made up of 3-4 male golfers or 2-4 female golfers.

TEAM SCORING

On each hole, the total of the three best scores recorded "by the team of 3-4" will determine team scoring for the boys' competition.

Therefore, on a team of 4, different players could contribute to the championship by having their scores contribute to any single hole. However, the possibility exists that one player's score may never be used.

SHSAA PROVINCIAL GRASS GOLF – INDIVIDUAL COMPETITION

All golfers are entered into the individual competition.

SOCCER

SENIOR COMPETITION

All teams must declare if they will compete as a 7 v 7 team or a 11 v 11 team.
Teams automatically advance to the SHSAA Conference Playoffs

GAME LENGTH

Games will consist of 2 – 45 minute halves.

TRACK AND FIELD

AGE CATEGORIES - As of August 31st of the current school year.

Senior	16 and over
Junior	Under 16
Midget	Under 15 – All grade 9 students MUST compete as a Midget or higher.
Bantam	Under 14

NUMBER OF EVENTS

An athlete may enter a **maximum of 4 events** plus relays.

DISTRICT ENTRIES

Lloydminster Catholic School Division shall have it's own "league" for the NWHSAA District meet. These athletes **may NOT advance** to the SHSAA Provincial Championships. Each league may enter **3 athletes per event per age classification.**

COACHES MEETING

Each school shall have a representative at the District selection meeting immediately following the Track and Field meet.

NUMBER OF ATTEMPTS

Participants in field events will receive 3 attempts.
The top 6 competitors plus any athletes from the "Lloydminster Catholic League", following the 3rd round shall receive an additional 3 attempts.

Bantams shall receive 3 attempts total.

MEET LENGTH

The NWHSAA District Track and Field meet shall be a 2 day meet.
Day 1 will consist of the Hurdles races as well as all of the 3000m races.
Day 2 will be all other events.

TIMED FINALS

Races 400m and longer are timed sectioned finals.

POLE VAULT

The NWHSAA will NOT hold a Pole Vault competition at the District meet. Any individuals who compete in the event of Pole Vault will be dealt with on an individual basis.

ADVANCEMENT TO SHSAA PROVINCIALS

The top 2 finishers in each event in the categories of Senior, Junior and Midget in each gender may advance to the SHSAA Provincials.

Athletes must be in Grade 9 or higher to advance to SHSAA Provincials.

In the event that the 1st or 2nd place finisher is unable to attend SHSAA Provincials, then the next best competitor will be selected.

An athlete from a younger age category may be selected to compete in an older age category if his/her participation standards are deemed adequate by the selection committee.

CONFLICTS

It is the responsibility of the athlete to manage conflicts between the Track and his/her Field event. Check in with both event coordinators and let them know you are in a conflict. The event coordinator will do everything they can within the rules of competition to assist you.

Athletes may be shuffled in the order of their Jumps or Throws. They may not however Jump or Throw two time or more in the same round.

Because only 3 attempts are allowed in the Bantam category, it is possible that Field Events may run ahead of schedule.

Coaches, please help your athletes understand this. Please provide schedules and be proactive.

ATHLETES – DO NOT LEAVE the Track meet

It is the responsibility of the athletes and their coaches to ensure everyone has a copy of the schedule. It is also their responsibility to check the events and determine if events are moving ahead of schedule.

RELAY TEAMS

Relay teams should meet at the finish line as soon as they can following the completion of the last Track event. Athletes who are in a Field event at the same time are expected to manage the conflict by communication to all the event coordinators.

QUADATHLON

A maximum of 3 athletes per gender with no more than 2 athletes per category (Junior / Senior) may advance to the SHSAA Provincial Championships.

Any athlete who has declared themselves as a Quadathlon athlete shall:

- Compete as a Quadathlon participant
- Shall also compete as an individual participant

The selection process for individuals to attend the SHSAA Provincial meet will be as follows.

- At the conclusion of the NWSAA Track and Field meet the athlete shall declare if they are proceeding to the SHSAA Provincial meet as a Quadathlon participant OR as an individual participant.
- The accumulated points for each athlete will be calculated, with the top 3 participants in each gender, with a maximum of 2 participants in a category (Junior /Senior) being selected for the Provincial competition.

Participant scoring for the Quadathlon will be selected from the following:

- 100m – Heat Time
- 800m – Event result (Timed Final)
- Shot Put – Best of first 3 throws
- Long Jump – Best of first 3 jumps

TRACK AND FIELD SCHEDULE

DAY 1

Please note

The following is a guide only!

Heats will run as timed finals where possible.

Based on the number of entries, the order of the races may be adjusted.

TIME	EVENT	AGE CATEGORY	HURDLE HEIGHT
5:00	Girls 80 m Hurdle Heats	Bantam Girls	30"
		Midget Girls	30"
		Junior Girls	30"
		Senior Girls	30"
	Girls 80 m Hurdle Finals	Bantam Girls	30"
		Midget Girls	30"
		Junior Girls	30"
		Senior Girls	30"
	Boys 100 m Hurdle Heats	Bantam Boys	30"
		Midget Boys	30"
		Junior Boys	33"
		Senior Boys	36"
	Boys 100 m Hurdle Finals	Senior Boys	36"
		Junior Boys	33"
		Midget Boys	30"
		Bantam Boys	30"
5:45	Girls 3000 m	All Categories	
6:00	Boys 3000 m	All Categories	

DAY 2

The order of the races will be:

Senior Boys
Junior Boys
Midget Boys
Bantam Boys

Senior Girls
Junior Girls
Midget Girls
Bantam Girls

All Heats will run as FINALS where possible.

TRACK SCHEDULE

TIME	EVENT
9:00	Meeting at Shelter – Coaches and Event Workers
9:45	200 m Heats
10:45	1500 m Timed Finals
12:00	100 m Heats
1:00	400 m Timed Finals
2:00	100 m Finals
3:00	800 m Timed Finals
4:00	200 m Finals
4:50	800 m - Quadathlon
5:00	4 x 100 m Relays – All categories
	4 x 400 m Relays – SB, SG

FIELD EVENT SCHEDULE

TIME	Bantam Boys	Midget Boys	Junior Boys	Senior Boys	Bantam Girls	Midget Girls	Junior Girls	Senior Girls
9:30		Javelin	High	Shot Put		Long	Discus	Triple
10:30	Triple		Javelin	High	Shot Put		Long	Discus
11:30	Discus	Triple		Javelin	High	Shot Put		Long
12:30	Long	Discus	Triple		Javelin	High	Shot Put	
1:30		Long	Discus	Triple		Javelin	High	Shot Put
2:30	Shot Put		Long	Discus	Triple		Javelin	High
3:30	High	Shot Put		Long	Discus	Triple		Javelin
4:30	Javelin	High	Shot Put		Long	Discus	Triple	

5:45 – 7:00

Coaches Meeting in Host School

It is recommended that coaches bring a separate vehicle, and send students home.

VOLLEYBALL

SENIOR COMPETITION

All teams advance into Conference / Regional / Provincial playoff format as per SHSAA guidelines.

NET HEIGHT

Senior Boys 2.43 m Senior Girls 2.24 m

JUNIOR COMPETITION

All league playoffs are to be completed 1 week prior to the NWSAA Junior District Championship.

NET HEIGHT

Junior Boys 2.24 m Junior Girls 2.15 m

NWSAA CHAMPIONSHIP ADVANCEMENT

1A (Small Schools) 1-59 males/females in Grades 7-9

1 teams per league including a host, for a maximum of 5 teams.

2A (Large Schools) 60+ males/females in Grades 7-9

5 teams advance to the championship.

2A SCHOOL CHAMPIONSHIP HOSTING ROTATION

YEAR	VOLLEYBALL	BASKETBALL
2018 - 2019	College Park	Jonas Samson
2019 - 2020	Bishop Lloyd	Holy Rosary
2020 - 2021	La Loche	Eagleview
2012 - 2022	E. S. Laird	College Park
2022 - 2023	Jonas Samson	Bishop Lloyd
2023 - 2024	Holy Rosary	E.S. Laird
2024 - 2025	Eagleview	Jonas Samson
2025 - 2026	College Park	Holy Rosary

2A Junior Volleyball play-off format – 5 Teams

Lloydminster League will have 3 representatives.

- Lloydminster League Seed 1, Seed 2 and Seed 3 – When championship is hosted outside of the Lloydminster League
or
- Host (Determined by rotation) plus the top 2 seeds
- And the Meadow Lake League representative (Jonas Samson)
- And the Beaver River League representative (La Loche)

Format:

5 team Round Robin – 2 game matches

Playoffs – Best of 3 matches

1st place receives a bye to the Championship game

2nd place vs 3rd place – Winner advances to championship game

JUNIOR PLAYOFF FORMAT(S)

Commissioner should try to split league teams into different pools where possible.

Commissioner should try to seed the pools as evenly as possible to avoid the 3 or 4 strongest teams being in the same pool. **Communication with coaches regarding seeding is vital!**

JUNIOR MATCH SCORING

2 Set (game) matches are played to 25 with NO cap.

Best of 3 Sets (games) matches are played to a score of 25 (with NO cap) in games 1 and 2. Game 3 shall be played to 15 (with NO cap).

FOUR TEAMS

1 Pool of 4

Matches are 2 Sets (games)

1st place in Pool advances directly to the Final

Semi Final 2nd vs 3rd Best of 3 Sets (games)

Final 1st vs winner of Semi Final Best of 3 Sets (games)

FIVE TEAMS

1 Pool of 5
Matches are 2 Sets (games)
1st place in Pool advances directly to the Final
Semi Final 2nd vs 3rd Best of 3 Sets (games)
Final 1st vs winner of Semi Final Best of 3 Sets (games)

SIX TEAMS

2 Pools of 3
Matches are best of 3 Sets (games)
Seeding Pool A Seeds 1, 4, 5
Seeding Pool B Seeds 2, 3, 6
Semi Finals 1st Pool A vs 2nd Pool B Best of 3 Sets (games)
 2nd Pool A vs 1st Pool B Best of 3 Sets (games)
Final Winners of Semi Finals Best of 3 Sets (games)

SEVEN TEAMS

1 Pool of 3 Matches are best of 3 Sets (games)
1 Pool of 4 Matches are 2 Sets (games)
Seeding Pool A Seeds 2, 3, 6
Seeding Pool B Seeds 1, 4, 5, 7
Semi Finals 1st Pool A vs 2nd Pool B Best of 3 Sets (games)
 2nd Pool A vs 1st Pool B Best of 3 Sets (games)
Final Winners of Semi Finals Best of 3 Sets (games)

EIGHT TEAMS

2 Pools of 4 Matches are 2 Sets (games)
Seeding Pool A Seeds 1, 4, 5, 8
Seeding Pool B Seeds 2, 3, 6, 7
Semi Finals 1st Pool A vs 2nd Pool B Best of 3 Sets (games)
 2nd Pool A vs 1st Pool B Best of 3 Sets (games)
Final Winners of Semi Finals Best of 3 Sets (games)

NINE TEAMS

1 Pool of 5	Matches are 2 Sets (games)	
1 Pool of 4	Matches are 2 Sets (games)	
Seeding Pool A	Seeds 1, 4, 5, 8, 9	
Seeding Pool B	Seeds 2, 3, 6, 7	
Semi Finals	1st Pool A vs 2nd Pool B	Best of 3 Sets (games)
	2nd Pool A vs 1st Pool B	Best of 3 Sets (games)
Final	Winners of Semi Finals	Best of 3 Sets (games)

TEN TEAMS

2 Pools of 5		
Matches are 2 Sets (games)		
Seeding Pool A	Seeds 1, 4, 5, 8, 9	
Seeding Pool B	Seeds 2, 3, 6, 7, 10	
Semi Finals	1st Pool A vs 2nd Pool B	Best of 3 Sets (games)
	2nd Pool A vs 1st Pool B	Best of 3 Sets (games)
Final	Winners of Semi Finals	Best of 3 Sets (games)

TIE BREAKING PROCEEDURE

NOTE In 2 Set (game) matches, when each team wins 1 Set (game), there is **NO direct winner**. Points for and against for that match have no bearing on determining the final placing and is not considered a “match won”, unless the 2 teams are tied or three or more teams are tied and criteria “D” below in the tie breaking procedure (Points for and against for tied teams) is the determining method for breaking the tie.

APPLY THE FOLLOWING IN SEQUENTIAL ORDER

- A) Best ratio of Matches won and lost between the tied teams only.
- B) Best ratio of Sets (games) won and lost considering the matches only between the tied teams.
- C) Best ratio of Sets (games) won and lost considering the matches within the entire pool.
- D) Best ratio of points for and against considering the sets (games) among the tied teams.
- E) Best ratio of points for and against considering all sets (games) played among the entire pool.
- F) Coin toss.
- G) The above criteria is applied in sequence, and at no point should you restart the procedure. For example, teams A, B and C are tied. Team “C” is eliminated by criteria D, teams A and B and move to criteria E to break the tie, **DO NOT** return to criteria A.

Two teams tied: Score between the two tied teams **basically criteria D, E, F**

WRESTLING

All registered schools may enter directly to the SHSAA Regional Wrestling tournament.

All wrestlers **MUST** attend this tournament to qualify for the Provincial tournament.

AWARDS

TEAM SPORTS

District gold and silver medals will be awarded where championships are contested by 2 or more teams. Teams that are declared District Champions (only team) may purchase championship medals at the cost of the medals.

BADMINTON

District gold, silver and bronze medals will be awarded in each category.

CROSS COUNTRY

Ribbons from 1st through 10th place will be awarded to all categories.
District gold and silver medals will be awarded in each category.

GOLF

District gold and silver medals will be awarded in the Individual competition.
District gold medals will be awarded in the Team Competition.

TRACK AND FIELD

Ribbons from 1st to 6th place will be awarded to all categories.
District gold and silver medals will be awarded to the aggregate winners in each age category.