HALTON CATHOLIC ATHLETIC ASSOCIATION

SECONDARY

CONSTITUTION

ESTABLISHED

2017

Halton Catholic Athletic Association - Table of Contents

Name, Mission, Purpose	Page 3
Membership, Meeting Structure and Executive Structure	Page 4-7
Standing Committees and Transfers	Page 7-9
Sanctions and Game Protests	Page 9-11
Policy Making and Amendments	Page 11-12
Eligibility and Eligibility Sheets	Page 12-15
Forfeitures and Tie Breaking	Page 15-16
Safety, New Members, Official Sports and Seasonal Eligibility	Page 16-17
Rep Players, School Colours, Recruiting, GHAC Qualifying	Page 17
Scouting, Awards and Championship Revenue Structure	Page 18
Sport Specific Playing Regulations	Page 19-59

PART 1 - NAME, MISSION, PURPOSE

ARTICLE I - NAME

The Association shall be known as the Halton Catholic Athletic Association (HCAA) a member of the Golden Horseshoe Athletic Conference (GHAC) under the Ontario Federation of Secondary Schools Athletic Association (OFSAA).

ARTICLE II - GUIDING PRINCIPLES AND MISSION

SECTION 1 - GUIDING PRINCIPLES

The guiding principle of this Constitution is to assist in the promotion of the development of the whole person intellectually, physically, socially, and spiritually. The HCAA will foster Catholic values in athletic competitions. In partnership with home, school and Church, we will be dedicated to providing excellence in education and athletics through the development of Faith-centered individuals able to contribute to society. Our co-instructional philosophy is consistent with Catholic education such that all participants adhere to the operational rules as viewed through a Faith-centred Catholic lens.

Through our guiding principles, our student athletes will be expected to exhibit the following:

- Ethical and moral behaviour
- Fair play and integrity
- The pursuit of team and individual growth and development through sport
- Commitment to the highest standard of behaviour and respectful sporting attitude
- The promotion of health, safety and well-being of all athletes
- Encouragement and respect for all participants and officials

The HCAA will provide a further opportunity through sport to foster all Catholic Graduate Expectations and develop student athletes who are:

- Discerning Believers Formed in the Catholic Faith Community who develop attitudes and values founded on Catholic social teaching and act to promote social responsibility, human solidarity and the common good.
- Reflective and creative thinkers who adopt a holistic approach to life by integrating learning from various subject areas and experiences.
- Self-Directed, Responsible, Lifelong Learners who demonstrate a confident and positive sense of self and respect for the dignity and welfare of others; take initiative and demonstrate Christian leadership; set appropriate goals and priorities in school, work and personal life; and participate in leisure and fitness activities for a balanced and healthy lifestyle.
- Collaborative Contributors who work effectively as interdependent team members; respect the rights, responsibilities and contributions of self and others; and exercises Christian leadership in the achievement of individual and group goals
- Responsible Citizens who contribute to the common good.

SECTION 2 - OUR ASSOCIATION - AN EXTENSION OF THE CLASSROOM

Our Catholic teacher-coaches, support staff, and supervisors recognize that our students' participation in a co-instructional athletic environment and co-curricular activities is an extension of the classroom.

For this reason, professional and Catholic behaviors exhibited in the classroom are equally expected on the court, field, or arena to provide a consistent model to student-athletes and their parents. The initiative encompasses three essential points as outlined by the HCDSB: Catholic Coaches, Respect for Student-Athletes, Responsible Coaching.

PART 2 - MEMBERSHIP

The HCAA is a co-educational organization consisting of a Convenor, Coaches, Teachers, Athletic Directors, Administrators, and Consultants. The HCAA shall consist of schools within the Halton Catholic District School Board, which include but are not limited to Assumption C.S.S., Bishop P.F. Reding C.S.S., Christ the King C.S.S., Corpus Christi C.S.S., Holy Trinity C.S.S., Jean Vanier C.S.S., Notre Dame C.S.S., St. Ignatius of Loyola C.S.S., Thomas Aquinas C.S.S. and St. Kateri Tekakwitha C.S.S.

These schools are represented by their designates as members of this Association and are comprised of teachers, community coaches, and student athletes of the member schools, the Executive Council and Senior Administrators. General meetings are open to members only. Any member school in good standing at the end of August each year shall remain in good standing.

ARTICLE III - MEETING STRUCTURE

Members will be expected to participate in the following meetings as required by their position throughout the year.

EXECUTIVE MEETINGS

1. There will be three mandatory Executive Meetings (September, January, May) in conjunction with Subject Council Meetings.
2. A fourth meeting will be scheduled if required, in March.

GENERAL MEETINGS

1. There will be three scheduled General Meetings every year prior to the commencement of each sport season: June (to address Fall season items), September (to address Winter season items) and January (to address Spring season items).
2. Each member school must be represented at all General Meetings by the HPE Department Head or their designated replacement.
3. Meetings may be conducted in a variety of formats (i.e. video conference, face to face, conference call, etc.) as deemed appropriate by the HCAA.
4. No voting will occur during the General Meeting. All voting will be carried out via electronic format within 24 hours of the form being posted and will remain anonymous.

PRE/POST SEASON MEETINGS

1. The sport specific pre-season meeting will be held a minimum of 5 school days prior to the first game of the season. The agenda will include and communicate items deemed necessary by the Convener as well as season schedules, playoff formats to be used, playoff game site determination and safety guidelines.
2. Post season meeting will be called and if a minimum of 3 schools confirm their participation it will be held within 20 School days of the OFSAA season completion.
3. In the event that meeting timelines can not be met, this will be communicated with the HPE Department Heads. Schedules would be distributed electronically to ensure adequate preparation time (i.e. bus booking)

ARTICLE IV - ASSOCIATION QUORUM/VOTING

SECTION 1 - QUORUM

To constitute a quorum, 100% of schools must be represented.

SECTION 2 - GENERAL MEETING VOTING

For motions, a two thirds (2/3rds) majority is required to pass (rounded up). For elections, a 50% +1 is required for appointment to be made.

SECTION 3 - STANDING COMMITTEE AND EXECUTIVE DECISION MAKING

Standing Committee and Executive decisions will be determined by consensus. In the event a consensus cannot be reached, a majority vote will determine the final decision.

ARTICLE V - HCAA EXECUTIVE STRUCTURE

SECTION 1 - EXECUTIVE COMMITTEE

All positions on the HCAA are open to any bonafide staff member of the HCDSB. All positions are on a one-year renewable term and will be decided following the Annual General Meeting in June. In order to be considered for a position, staff must be nominated by one of the HCAA member schools. Where two or more people are nominated, a vote by all member schools is required. The person receiving 50% +1 of the vote will be awarded the position. Voting will follow the same electronic process as outlined above. Where there is a tie, a committee consisting of the Athletic Convenor, the Curriculum Consultant, Health and Physical Education, and the Administrator Representative will collaborate to determine the successful candidate.

Should the President be unable to fulfill their term of appointment, the Vice President will complete the remainder of that term. The vacant Vice President role will be appointed via consultation with the Executive Committee.

Should any other member of the Executive Committee be unable to fulfill their term of appointment, the vacant position will be appointed via consultation with the Executive Committee. This appointment will complete the remainder of that term.

The Executive Committee consists of the following:

President

Vice President

Athletic Convenor (Transfer Rep, Secretary, Treasurer)

Secondary Principals/Vice Principals Representative

OFSAA/GHAC Representative

Curriculum Consultant (with responsibilities in HPE)

Health and Physical Education Department Head Rep

School Representative (up to 2 per school)
Secretary

SECTION 2 - ROLES OF THE EXECUTIVE PRESIDENT

- The President shall act as the official spokesperson for the Association ● The President shall preside over Executive and Annual General Meetings.
- The President or an Executive Member delegated by the President shall have the authority to inquire into and pursue any matter pertaining to the affairs of the Association.
- The President shall report to the Association at each Annual General Meeting.

VICE PRESIDENT

- The Vice-President shall be the coordinating contact regarding all requests for Board of Reference hearings.
- The Vice-President shall perform other duties and functions as directed by the Executive Committee.
- The Vice-President shall serve as a member of the HCAA Transfer Committee and assist in those cases as requested by the HCAA Transfer Representative.

OFSAA/GHAC REPRESENTATIVE:

- The OFSAA/GHAC representative shall attend all OFSAA/GHAC Executive Meetings.
- The OFSAA/GHAC representative shall liaise with the OFSAA/GHAC Executive and be responsible for sharing information from any meetings and/or correspondence with the HCAA Executive Committee.

PRINCIPAL/VICE PRINCIPAL REPRESENTATIVE

- The Principal/Vice Principal representative shall liaise between the HCAA and the Secondary Principals and Vice Principals.

CURRICULUM CONSULTANT

- The Curriculum consultant shall liaise between the HCAA and the Superintendent that holds the portfolio for the HCAA.
- The Curriculum consultant shall facilitate information sharing and subsequent necessary actions that are supportive of the aligned expectations of both the HCAA and HCDSB.

ATHLETIC CONVENOR

- The Athletic Convenor shall oversee the routine management of the HCAA. ● The Athletic Convenor shall maintain and update the Constitution.
- The Athletic Convenor shall maintain and update the sport specific policies.
- The Athletic Convenor shall liaise with the Executive, HPE Department Heads, Coaches and Principals.
- The Athletic Convenor shall submit motions at the HCAA semi-annual meetings.
- The Athletic Convenor shall Serve as Treasurer, collect payment for invoices, report on the finances and provide a balance sheet upon request.

- The Athletic Convenor shall act as the HCAA Transfer Representative.
- The Athletic Convenor shall serve as Secretary of the HCAA.

HPE DEPARTMENT HEAD REPRESENTATIVE

- The HPE Department Head Representative shall liaise between the HCAA and the HPE Department Heads of the HCDSB schools.
- The HPE Department Head Representative shall perform other duties and functions as directed by the Executive Committee.
- The HPE Department Head Representative shall serve as a member of the HCAA Transfer Committee and assist in those cases as requested by the HCAA Transfer Representative

SCHOOL REPRESENTATIVE

- An HPE Department Head may appoint up to two school representatives
- School representatives will participate in Executive Meetings to provide perspective and aid in Executive Committee decision making.

SECRETARY

- Will maintain a record of minutes from all HCAA Functions (Executive, Transfer, Sanctions, AGMs)
- Meeting minutes will be reported to the Executive and Athletic Directors within 48 hours of a meeting.
- Will update and maintain the Constitution
- Will be a member of the constitutional review committee

PART 3 - BYLAWS

ARTICLE VI - STANDING COMMITTEES

In order to facilitate the operation of the HCAA, the following standing committees will be in place:

1. Transfer Committee
    a. Members: HPE Department Head Rep, Athletic Convenor (in their Transfer Representative Role), and Vice President (in the case that there is a conflict of interest, an alternate Executive Member will take their place)
    b. Consultative Role: In situations where the Athletic Convenor requires further assistance in approving or denying a student's transfer, they may discuss the individual transfer with the transfer committee to come to a decision.
    c. Further information on the transfer process can be found in ARTICLE VII

2. Sanctions and Game Protests Committee
    a. Members: Athletic Convenor, Principal's Rep, and Vice-President (in the case that there is a conflict of interest, an alternate Executive Member will take their place)
    b. In situations where a sanctionable event has occurred, this committee will meet and take and/or recommend action to resolve the situation. When applicable, this committee will administer appropriate sanctions to the parties involved.
    c. For further information regarding Sanctionable Actions and Game Protests please see ARTICLE VIII

3. Appeals Committee:
    a. Members: President (acting as Chairperson), Athletic Convenor, and Principal's Representative, and two HPE Department Heads (in the case that there is a conflict of interest, an alternate Executive Member will take their place)
    b. In situations where schools appeal a decision made by the Sanctions and Game Protests Committee or the Transfer Committee, this committee will investigate and the decision of this committee will be final.
    c. For further information regarding appeals, see the appropriate Transfer or Sanction and Game Protest information in ARTICLE VII or VIII respectively.

4. Sport Advisory Committees (SACs)
    a. Members: coaches of the respective sports who volunteer for these committees.
    b. These committees will meet as needed to discuss current playing regulations for their specific sport and recommend amendments to these regulations.

5. Constitutional Review Committee
    a. Will consist of the President, Convenor, Secretary, OFSAA Rep and a school representative (volunteer)
    b. Will meet prior to all Executive Meetings to review our constitution and submit any required motions

ARTICLE VII - TRANSFERS

SECTION 1 - TRANSFER POLICY

The HCAA will abide by GHAC and OFSAA's Transfer Policy. No school shall include in its lineup any student who has been registered as a transfer from another school within the previous twelve (12) months unless they have submitted the appropriate paperwork and have been approved to compete for the new school. Once a student has changed schools they are considered a transfer and even if they return to a school, the individual must comply with the Transfer Policy. The HCAA

Transfer Appeal Form will be the most current Transfer Appeal Form that is available on the OFSAA website.

Students transferring to a school in their grade 10 year will be reviewed by our Transfer Representative and deemed eligible to participate in Junior sports at their new school that do not compete at the OFSAA level. If said student has participated in a sport in their school during their grade 10 year prior to transferring, they would be ineligible to participate in that sport in their grade 11 year. Once a student has played in a regular season competition in a sport for their original school they would no longer be eligible for that sport at the school they are transferring to regardless of grade.

SECTION 2 - TRANSFER SUBMISSION

OFSAA transfer documentation must be submitted by the School Transfer Representative to the Athletic Convenor (in their role as the Transfer Representative). All documentation will be submitted to the Athletic Convenor in a timely manner. Students may not participate in **any competition** until their case has been approved. In order to maximize playing time for athletes, every effort shall be made to rule on submissions in a timely manner.

SECTION 3 - INELIGIBLE RULING

Any student who has been deemed ineligible by the HCAA Athletic Convenor (in their role as the Transfer Representative) or Transfer Committee may not represent their school in any sanctioned competition in the sport/s in question.

SECTION 4 - TRANSFER APPEALS

In the event that a school wishes to appeal the ruling on a student's transfer the following process is to be followed:

1. Within two (2) school days, a written request for the convening of the Appeals Committee shall be made through the Athletic Convenor of the HCAA.
2. This request must include supplementary documentation to that which was originally submitted outlining the reason for the appeal. It is the responsibility of the person preparing the appeal to ensure that all documentation has been received by the HCAA Athletic Convenor.
3. The committee shall inform all parties involved in a timely manner of the date and location of the hearing. At any Appeals Committee hearing, the HPE Department Head or their designate, one advocate for the issue (if required) and a member of the school administration must be in attendance to present the case to the Appeals Committee.
4. The Athletic Convenor will inform all parties involved of the Committee's decision via email within 24 hours of the completion of the hearing.

ARTICLE VIII - SANCTIONS AND GAME PROTESTS

SECTION 1 - SANCTIONS

In the case of sanctions, the Sanctions and Game Protests Committee shall receive and adjudicate reports from any source regarding any violations of HCAA Constitution and policy manual, rules and procedures, and any matters that might discredit the aims, objectives and values espoused by HCAA. Based on submitted reports and the nature of the violation, the Sanctions and Game Protests Committee will confirm the degree of violation and determine appropriate sanctions where applicable

CRITERIA FOR DEFINITION:

MINOR VIOLATION

All violations of a clerical nature that include, but not restricted to, missed meetings (association and pre-season sport specific), not reporting scores, failure to submit fully completed eligibility roster, etc.

MAJOR VIOLATION

An action whereby the party violates the intent of the Constitution that can include, but is not restricted to, playing regulations, by-laws, and/or any action or repeated action that impedes the ability of the Athletic Convenor to deliver programs. Examples: failure to follow transfer and eligibility rules, recruiting, game/season forfeitures, disregard of Safety Guidelines, etc. or any repeated sanctioned minor violation.

SECTION 2 - SANCTIONS PROCESS

Any offense that may be deemed sanctionable must be reported to the Sanctions and Game Protest Committee via the Athletic Convenor in writing from an HPE Department Head within 24 hours. Offences may be brought to the committee by the Athletic Convenor if he/she recognizes violations (ie. incomplete eligibility, ejections, etc.) The Sanctions Committee will gather all relevant information and convene to determine the nature of the event and possible sanctions to be administered. Sanctions will be reported to the HPE Department Head in writing within 48 hours of the report happening.

Sanction Notifications: All sanctions, both minor or major for each season will be forwarded to the HPE Department Heads at the time of each committee ruling.

******NOTE: With regard to Sanctions, while the Sanctions and Game Protest Committee must be informed of all events and issues that may be sanctionable, schools are encouraged to address and resolve situations through HPE Department Heads and Principals.******

SECTION 3 - SANCTIONS APPEALS

In the event that a school wishes to appeal the ruling of a Sanctions and Game Protest Committee decision the following must occur:

1. Within two (2) school days, a written request for the convening of the Appeals Committee shall be made through the Athletic Convenor of the HCAA.
2. This request must include supplementary documentation to that which was originally submitted outlining the reason for the appeal. It is the responsibility of the person preparing the appeal to ensure that all documentation has been received by the HCAA Athletic Convenor.
3. The committee shall inform all parties involved in a timely manner of the date and location of the hearing. At any Appeals Committee hearing, the HPE Department Head or their designate, one advocator for the issue (if required) and a member of the school administration must be in attendance to present the case to the Appeals Committee.
4. The Athletic Convenor will inform all parties involved of the Committee's decision via email within 24 hours of the completion of the hearing.

SECTION 4 - GAME PROTEST PROCESS

In the event a coach feels as though an opponent is competing while in violation of an HCAA policy or rule, they may play the game under protest (i.e. the game will be played and then the situation of the game will be reviewed by the Sanctions and Game Protest Committee). The coach must notify the officials prior to the start of the game that they are playing under protest and it must be recorded on the official game sheet. The protest must be reported within 24 hours by the HPE Department Head of the school protesting the competition. The Sanctions and Game Protest Committee will review the situation and administer action if required (ie loss to the team in violation) NOTE:

1. Situations where safety is a concern are not to be played under protest. Safety issues must be resolved prior to competition
2. A game that is under protest must be played. Failing to attend or compete in a game you are protesting will be considered a forfeiture.

SECTION 5 - GAME PROTEST APPEALS

In the event that a school wishes to appeal the ruling of a Sanctions and Game Protest Committee decision the following must occur:

1. Within two (2) school days, a written request for the convening of the Appeals Committee shall be made through the Athletic Convenor of the HCAA.
2. This request must include supplementary documentation to that which was originally submitted outlining the reason for the appeal. It is the responsibility of the person preparing the appeal to ensure that all documentation has been received by the HCAA Athletic Convenor.

3. The committee shall inform all parties involved in a timely manner of the date and location of the hearing. At any Appeals Committee hearing, the HPE Department Head or their designate, one advocator for the issue (if required) and a member of the school administration must be in attendance to present the case to the Appeals Committee.
4. The Athletic Convenor will inform all parties involved of the Committee's decision via email within 24 hours of the completion of the hearing.

ARTICLE IX - EJECTIONS

1. Playing Regulation Related - in the event a coach or player is ejected from a game (league,exhibition, tournament, playoff, etc) as a result of playing regulation violations (ie. basketball -two technical fouls), that individual will be suspended for the next scheduled game (with the exception for varsity boys/girls hockey, and boys junior hockey which will defer to OHF minimum suspensions list protocols when considering a suspension following an ejection).
2. Major Ejection - In all other cases, the ejected player or coach will receive an automatic 1 game suspension and will be subject to further investigation of the ejection by the Sanctions and Game Protests Committee. The committee will decide if further consequences/suspensions beyond the one game are required for the suspended player or coach.
3. All ejections occurring in any competition (league, exhibition, tournament, playoffs, etc.) will be upheld and suspensions will begin with the next scheduled competition.
4. The HPE Department Head must be made aware of any ejections that occur and ensure the proper suspension requirements are fulfilled.

ARTICLE X - POLICY MAKING AND AMENDMENTS

SECTION 1 - BY-LAWS

1. Amendments may be made to the Constitution By-Laws as per Article IV Sections 1 and 2. An abstention will not be considered in the count to determine the majority vote. All amendments shall take effect immediately upon being passed unless otherwise stated in the original motion or amendment.
2. Notices of Motion to be considered at the regularly scheduled Executive Meetings must be in writing and submitted to the Athletic Convenor prior to the Executive meeting to be reviewed. The Agenda including the confirmed Notices of Motion must be circulated to the Executive Committee, HPE Department Heads and school Principals as soon as possible prior to the General Meeting.

The parties who have submitted motions which will not move forward to the General Meeting will be informed by the Athletic Convenor with rationale provided.

SECTION 2 – OFSAA POLICY CHANGES

HCAA Playing Regulation changes must first be presented to the Sport Advisory Committee for due deliberation and consideration.

1. Any notices of motion to change a playing regulation must be submitted to the Athletic Convenor prior to the Executive meeting for approval.
2. The parties who have submitted motions which will not move forward to the General Meeting will be informed by the Athletic Convenor with rationale provided.
3. Amendments will be made to the Playing Regulations as per Article IV Sections 1 and 2. All amendments must be presented at the General Meeting prior to the season start date of the sport. The amendment will be effective immediately after being passed. An abstention will not be considered in the count to determine a majority.

SECTION 3 – OFSAA POLICY CHANGES

1. If the HCAA becomes aware of a change in OFSAA policy after an opportunity to amend the HCAA constitution and while the new policy can be applied to the current HCAA season or its athletes, the HCAA executive will review the change and vote to implement the new policy immediately to align the HCAA constitution with OFSAA.
2. If a playing regulation is not specifically mentioned in the HCAA constitution, reference is made to the OFSAA playing regulations first and then to the National Rule Book of that sport second. For example, in basketball the current FIBA Rule book will be the official rule book governing play for the exceptions of those mentioned by OFSAA (i.e. A 30 second shot will be used. Full reset on foul shot attempts and shots off the rim). Therefore, we must adhere to OFSAA's modified rule prior to accessing the FIBA rule.

ARTICLE XI - ELIGIBILITY

SECTION 1 – SCHOOL

Senior Level - The following classifications shall apply for senior sports.

1. For all senior team sports championships coordinated by HCAA/GHAC schools shall be classified on student populations based on the OFSAA classification structure:
    a. a. A - 500 students
    b. b. AA - 501 - 950 students
    c. c. AAA – 951 + students *NOTE:
2. GHAC shall hear appeals based on school composition. Schools wishing to appeal on any other basis (location of school, team composition, level of competition and OFSAA success) shall be appealed through GHAC to OFSAA.
3. Appeals to GHAC Inc. to move down a classification, shall be as a school.
4. There shall be no sport specific downward movement. Please see www.ofsaa.on.ca website for information on the appeal process.

SECTION 2 - INDIVIDUAL

To represent a school in any HCAA sport, a student must:

1. be eligible for competition under the HCAA CONSTITUTION, By-Laws and Standing Rules (playing regulations);
2. be registered as a student from within the school
    a. any student competing in the HCAA may be asked to provide proof of residence within the school attendance boundary or an approved cross boundary application.

3. be registered and in attendance as a student in day classes for the school, achieving the following course requirements:
    a. Students who have fewer than twenty-two (22) credits must be taking courses which define them as full time students under the Ministry of Education definition. Namely, a student in a traditional school must be registered in a minimum of six (6) full day school credit courses; and in a semestered school, a student must be registered in a minimum of three (3) full day school credit courses in the semester in which they participate.
    b. Students who have achieve twenty-two (22) or more credits must be registered in at least four (4) non-semestered full day school credit courses over the school year or registered in at least two (2) full day school credit courses per semester.
4. If a student is no longer enrolled in scheduled classes before the completion of a sport season, that student will become ineligible for further competition within the HCAA for that sport season;
5. be enrolled as a day student on or before September 20th of the current school year, or has enrolled at least ten (10) school days prior to the contest concerned; and is in attendance at least seventy-five (75) percent of the regular school days intervening between the date of registration and the date of the contest except where a school is legally closed by a municipality and except where there is a disabling illness, meet the following age requirements for the INDIVIDUAL SPORT:
6. HCAA students are ineligible to compete for their schools in any specific sport that they also participate in concurrently for another team in an OFSAA recognized athletic association. Athletes are only eligible to compete for the school at which they are registered and where their OSR resides. Athletes must also meet all OFSAA and HCAA individual eligibility rules.

1. **SENIOR** -the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

2. **JUNIOR** - the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

3. **NOVICE (*Formerly Midget)*** - the individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January1st prior to the start of the school year in which the

competition is held. Note: Students may compete in this category for 1 year only, THEIR GRADE 9 YEAR. **SECTION 3 - GENERAL AGE CLASSIFICATION RULES STUDENTS WILL:**

1. be eligible for no more than five (5) consecutive calendar years from date of entry into Grade 9
2. be eligible under the HCAA Transfer Policy;
3. qualify under any special regulations that govern the particular activity in which participation is anticipated;
4. continue to be listed on the eligibility sheet in the higher classification of age group in an activity, if he/she elects to play in two league games in that activity in a classification or age group above which he/she normally could play in a current season. (Interpretation: The second game that the student athlete participates in at a higher level, makes him/her ineligible for further competition at the previous level. Age group refers to OFSAA, GHAC, or HCAA age groups.);
5. for play-off purposes, has been on the eligibility sheet for at least one regular league game in his/her local school league within his/her HCAA;
6. may participate in one championship series only in each sport. HCAA, GHAC, OFSAA are three separate championship Series. A series includes all play-off games. (Example: A school has both Junior and Senior Basketball Teams participating in HCAA play-offs. The junior team gets defeated and is eliminated from further competition. The senior team wins their play-off game and continues. A junior player who has been made eligible for the senior team may not be called up to participate on the senior team during any HCAA play-off and/or championship game/s. If the senior team is successful and wins the HCAA championship, the junior player may participate at the GHAC and/or OFSAA level including festivals.)
7. any student who registers and either (i) attends one (1) full term or semester, or (ii) practices or plays or attends a tryout with a team or an intercollegiate team at a postsecondary institution, and then returns to any high school is ineligible for HCAA and/or GHAC competition in all sports for the remainder of his/her high school career. (as of OFSAA AGM April 2015)
8. be certified as eligible by the Principal of the school;
9. Note: any student-athlete from an HCAA school that participates in an exhibition game/tournament for another school will be denied the opportunity to play for their own school in HCAA competition.

SECTION 4 – CO-PARTICIPATION

Co-participation within the HCAA as per OFSAA regulations will exist. Athletes from two schools may participate on the same team when the following criteria are met:

1. the two schools have entered into an official mutual arrangement of co-participation for the purpose of school sports activities not currently offered at the small school providing the smaller school is in compliance with subheadings 2, 3, and 4;
2. the student population of one of the school is under 100 students;

3. the two schools either share facilities or are in close proximity to each other:
4. The Association supports the mutual arrangement of co-participation of the two schools for sports not currently offered at the small school providing the smaller school is in compliance with the first three subheadings 1,2 and 3.

SECTION 5 - GENDER EQUITY AND HCAA TRANSGENDER POLICY TRANSGENDER

An umbrella term that refers to individuals whose gender identity and/or gender expression is different from what is traditionally associated with their assigned biological sex at birth. Transgender people may or may not undergo medically supportive treatments, such as hormone therapy and a range of surgical procedures, to align their bodies with their internally felt gender identity. Transgender identity is not dependent upon physical appearance or medical procedures.

HCAA supports the participation of student-athletes in sport in accordance with their lived gender identity.

GENDER EQUITY

HCAA supports student-athlete participation on same gender teams and encourages equitable programs for girls and boys in co-curricular activities. Aligning with OFSAA policy, where a sport activity is available

for a female on a girls' team, she is eligible to participate on the girls' team only. **ARTICLE XII - ELIGIBILITY SHEETS**

1. Sport Specific Eligibility lists for schools competing in Halton competition must be submitted to the Association's Athletic Convenor prior to their first league game.
2. The principal and HPE Department head must be copied on the email submission of this list.
3. Names may be added to this eligibility list during the season, provided such names are submitted to the Convenor prior to the first league game in which the players take part provided that they have approval from the Athletic Convenor.
4. No player suspended by the HCAA is eligible to play until his/her sanction has been fulfilled.
5. Should this Article be violated, the offending school shall forfeit each game it has played before the stated requirements have been satisfactorily fulfilled. The credit for the win shall be granted to the non-offending team in each game played under such circumstances.

ARTICLE XIII - FORFEITURES

1. ARTICLE XIII - FORFEITURES Game Forfeiture - the forfeiting team will (i) pay all expenses related to the forfeit, which may include, but is not restricted to, transportation, rental, and/or officiating fees; and (ii) be removed from GHAC playoff opportunity. An incident report must be completed and submitted to the HCAA President by the abandoning team within 24 hours of the game.
    - This rule is intended for situations in which a school cannot field a team, and there has been no attempt to reschedule or it is too late to reschedule. Said team would forfeit the right to continue in the HCAA Playoffs.

- This rule does not apply to sanctions resulting in forfeits. These will be considered on a case by case basis. The intent of this rule is to ensure entire teams are not punished for issues relating to, but not restricted to, paperwork errors, roster omissions, individual player dishonesty.

HCAA GAME FORFEITURE PENALTIES

1. 1st offense: Pay all expenses related to forfeit, which may include, but is not restricted to, transportation, rental, and/or officiating fees. Forfeitures will be reviewed by the Sanction Committee and could result in further sanctions including removal of the team from playoff competition.
2. 2nd offense: Removal of team from league play for remainder of year + probation for next season
3. Season Forfeiture - season forfeiture any time after the drop dead declaration date will result in probation for the specific team and possible future sanctions in the case of repeated season forfeitures.
4. OFSAA/GHAC Forfeiture - Any team/individual that withdraws or forfeits after announcing its intentions will be on probation and ineligible for GHAC competition for the next season.

ARTICLE XIV - TIE BREAKING PROCEDURE

Application of Sport Specific Tiebreakers In the event of a tie in League/Division Standings at the conclusion of scheduled league play, the following criteria shall be used to determine final standings:

1. Record (win/loss) between/among tied teams in head to head competition.
2. Point differential between/among tied teams in head to head competition.
3. Record (win/loss) between/among common opponents.
4. Point differential between/among common opponents.
5. Application of Strength of Victory(SOV) - When all tie breaking procedures outlined in the Sports Specific Playing Regulations have failed, SOV will be applied: SOV is calculated by adding the winning percentages of the opponents a team has beaten. The team with the highest total winning percentages wins the tiebreaker. In the event of a “Quad” league structure with teams playing an unequal number of games and /or not playing each other, SOV will be applied as follows: all opponents winning percentages will be added together and the total divided by the number of games played.
6. Coin Toss

Point Differential - The total added value when points against are subtracted from the points scored in the games played to the maximum allowed for each sport as listed below:

Maximum Points Per Sport:

Baseball -7 Basketball – 20 Field Hockey – 5 Lacrosse – 8 Football – 17 Hockey – 5 Rugby – 20 Softball/Slow Pitch – 7 Soccer – 5

Tie Breaking Procedure When Three (3) or More Teams are Tied: the order of tiebreaking, as outlined above, are applied until one or more team(s) are separated from the tied group. The tie breaking process will then be repeated starting at #1 for the remaining tied teams. This process will continue until all ties are broken.

Playoff Seeding for an Incomplete Season:

In the event that a full regular season can not be played out due to scheduling conflicts and every reasonable means to play those games has been taken, win percentage will be used to determine seeding.

Playoff Seeding for Jr. and Sr. Boys Basketball (2023-2024 season) - In the event that a 5th place team finishes the regular season with a higher win percentage than the 4th place team in a different conference, that 5th place team will take the 4th place playoff position in the other conference, unless the 4th place team has beat the 5th place team in a regular season head-to-head matchup.

ARTICLE XV - SAFETY GUIDELINES

HCAA acknowledges and supports the implementation of the current HCDSB Physical Education Safety Guidelines - Secondary Interschool Module, as the accepted minimum guideline to be used by Coaches and Administrators in addressing the safety component of interschool athletics for all HCAA sponsored activities. Where specific references in the By-Laws and Playing Regulations of the HCAA Constitution or the Halton Catholic District School Board refer to a higher safety standard than those contained in the above Module, the higher standards shall take precedence and remain in effect. Failure to comply with these safety guidelines may result in sanctioning. If at any point a coach feels the competition environment fails to fulfill the safety requirements the game should be stopped until the problem is rectified.

ARTICLE XVI - NEW MEMBER SCHOOLS

SECTION 1 - APPLICATION

Any secondary school seeking membership to this Association must forward a formal request in writing to the Athletic Convenor prior to the Association's Year End General Meeting, for acceptance into the following school year's competitive structure. Such request must include the name, colours and mascot of the school and must indicate that the applicant school will abide by the By-Laws, Playing Regulations, Policies, Procedures and Standing Rules of the Constitution and Association. Acceptance by HCAA will mandate full commitment to HCAA while the school is a member of the Association.

SECTION 2 - ACCEPTANCE

The Association Secretary shall give notice and present any application for new membership for ratification at the Association's General Meeting. An approval of 2/3 (two thirds) majority of member schools present is required for acceptance of any new member applicant. Voting procedures require (1) one vote per member school.

ARTICLE XVII - OFFICIAL LEAGUE SPORTS

The current approved sports for HCAA are listed below.

Fall Sports

Junior Football; Junior Boys' Volleyball; Senior Football; Senior Boys' Volleyball; Junior Girls' Field Hockey; Junior Girls' Basketball; Co-ed Cross Country; Senior Girls' Basketball; Senior Girls' Field Hockey; Co-ed Golf; Boys' Baseball (GHAC and OFSAA competition will occur in the spring);

Winter Sports

Boys' Hockey; Novice Boys' Basketball; Girls' Hockey; Junior Boys' Basketball; Novice Girls' Volleyball; Senior Boys' Basketball; Junior Girls' Volleyball; Senior Girls' Volleyball; Wrestling; Swimming; Co-ed Curling; Nordic Skiing; Alpine Skiing; Snowboarding

Spring Sports

Junior Boys' Soccer; Junior Boys' Rugby; Senior Boys' Soccer; Junior Girls' Rugby; Junior Girls' Soccer; Girls' Slo-pitch; Senior Girls' Soccer; Junior Badminton; Co-ed Track and Field; Senior Badminton; Co-ed Tennis; Senior Boys' Rugby; Senior Girls' Rugby; Girls' Fastpitch, Ultimate Frisbee, Girls Touch football, Ultimate Frisbee

ARTICLE XVIII - SPORT SEASONS ELIGIBILITY

Students are eligible to compete in two sports in any given season. Students must fulfill all OFSAA playoff requirements in order to be eligible for postseason play.

An athlete must be a registered team member for at least one game to be eligible for playoff participation. For the purpose of being a registered team member, the following criteria must be met:

1. Player listed on a game sheet for a minimum of the required number of games listed above;
2. Being on the game sheet means the player must be in attendance for the entire game, dressed and warm up with the team.

ARTICLE XIX - REP PLAYERS

For all HCAA sports, students who are participating members of a community "Rep" team will be eligible to compete for their high school team in the respective sport regardless of season overlap.

Any students who are transferring from an independent/prep/academy school will apply for eligibility through the OFSAA transfer process.

ARTICLE XX - SCHOOL COLOURS

Each school will have specified major and minor colours. It is expected that the majority of each team's jerseys consist of their major colour. In the event that a team has uniforms that are not their major colour and they conflict with their opponent whose uniforms are their major colour, the team who is not in their major colour will be required to wear an alternate jersey or pinnie. In the event

that two teams have the same major colour or are both wearing the same non major colour (ie. white) it will be the responsibility of the home team to wear an alternate jersey or pinnie.

SCHOOL - MAJOR / MINOR

Assumption - Navy Blue, Powder Blue
Bishop Reding - Red, Black
Christ the King - Navy Blue, Silver
Corpus Christi - Orange, Black
Holy Trinity - Black, Gold
Jean Vanier - Purple, Black
Loyola - Maroon, Grey, Navy
Notre Dame - Blue, Gold, Green
St. Thomas Aquinas - Black, Silver
St. Kateri Tekakwitha - Teal, Black, Silver

ARTICLE XXI - SOLICITING OF STUDENTS TO PLAY ON SCHOOL TEAMS

Positive relationships are encouraged between secondary schools and elementary schools. Soliciting of student-athletes from elementary and secondary schools for the sole purpose of playing sports is prohibited. This is considered recruitment of student athletes for athletic participation.

ARTICLE XXII - GHAC/OFSAA QUALIFICATION

The team which advanced furthest in the play-offs will represent their classification (A, AA, AAA) at GHAC. In the event that two or more teams are eliminated at the same point in the playoffs, the HCAA rep at GHAC will be the winner of the regular season game between the two teams. Challenge games will occur in situations where teams did not play a regular season game, or if a game was played and resulted in a tie game.

Any additional OFSAA hosting seeds go to the HCAA host team if they are successful in getting to the HCAA Semi-Finals. If the host team wins the HCAA Championship, the second place HCAA team will get the additional seed. If more than one school joins to host an OFSAA event, those schools, in conjunction with the executive committee, can decide prior to the season how to give the spot (must have reached the HCAA Semi-Finals). If the OFSAA host school does not qualify for the HCAA Semi-Finals, then the HCAA Champion will take the OFSAA host spot if they do not win GHAC.

If the OFSAA host school does not qualify for the HCAA Semi-Finals and the HCAA Champion also wins GHAC, then the HCAA Finalist receives the OFSAA spot.

ARTICLE XXIII - SCOUTING AND FILMING

Scouting and filming is only permitted at games. Scouting or filming of other teams' practices and controlled scrimmages is prohibited.

Those filming games must do so from a safe location away from the field of play/court and players' benches, so as not to interfere with the conduct of the game or the view of spectators.

ARTICLE XXIX - AWARDS

In team sports, gold and silver medals will be awarded.

In individual sports, gold, silver and bronze medals will be awarded.

ARTICLE XXX - CHAMPIONSHIP REVENUE STRUCTURE

For any championship games played at a non board site (ie. McMaster University, Sheridan College) the following revenue structure will be used.

1. All championship events will be organized by the Athletic Convenor
2. All costs incurred (facility rental, security, officials, timers, etc.) will be divided between the qualifying teams.
3. Teams will be invoiced for their share after the event is complete.
4. It is the responsibility of the school to arrange tickets sales and transportation for their fans.
5. Any residual funds remaining after all costs are paid will be distributed evenly between the schools participating.

ARTICLE XXXI - SPORT SPECIFIC PLAYING REGULATIONS

1. SAFETY GUIDELINES: Each HCAA Member School shall ensure that the current Halton Catholic Secondary Interschool Safety guidelines, outlined according to the following critical components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION, be adhered to at all times. In the event that any of these guidelines cannot be met the competition must not continue until the issue(s) are rectified
2. AGES: All competitors shall meet the age requirements as per Article XI, in the HCAA Constitution.
3. ELIGIBILITY: All competitors must meet the eligibility requirements as per Articles VII and XI in the HCAA Constitution
4. PLAYOFF SCHEDULE CHANGES: All HCAA schedules shall be provided at the Sport Specific PreSeason meeting. HCAA play off competition events shall be scheduled at the beginning of each season, at a time that minimizes the loss of instructional time. No change of date or time will occur without the consent of both Principals of the competing schools and the competition Convener.
5. START TIMES: All HCAA competitions will start no earlier than 3:30 unless deemed necessary by the league convenor (ie. due to daylight, rescheduling conflicts, booking of officials, facility availability, tournament scheduling, etc.)
6. NEUTRAL SITE COMPETITION: ** All HCAA Championship Finals will be held at a neutral site and an effort will be made to continue to book special sites that have been a tradition for our league. I.e. McMaster - Football, Sheridan College - Basketball/Volleyball, North Park - Soccer, etc. ** Neutral Site Regular Season and Playoffs i.e Quarters & semis (for the

exception of the finals) Competition locations are to be determined prior to or at the Sport Pre-Season meeting. A neutral site is required for a playoff game in the following situations:

1. Non availability of the site for the higher seed home game.
2. If at the Sport pre-season meeting a neutral site was agreed upon. HCAA Championship competition: (ie, Football) If a change to this site must be made at the end of the season, it will be a collaborative agreement between the Department Heads of the Championship participants and Convener. Neutral site playoff competitions will be rotated by Region. (ie. Ultimate Frisbee, Badminton). This will be done provided a school in the region has adequate facilities, resources and is willing to host said competition. Regions: Burlington, Oakville, Milton, Georgetown. Where a neutral site is required the location will be discussed and agreed upon by the Convenor and Department Heads of the schools competing.

7. SUSPENDED GAMES: During the regular season games may be suspended by the referee do to environmental conditions or time constraints(ie. too dark, lightning/weather protocol, power outage, etc.). If the game has passed the halfway point it will be considered played and the score will stand. For a sport with sets, the winner of the set will be determined by the score at the time of stoppage. If a game is stopped prior to this, the remainder will be played as soon as possible considering safety, scheduling restrictions and necessity based on playoff implications. This applies unless there is already a suspended game protocol outlined in the sport specific playing regulation.

ARTICLE XXXI - SPORT SPECIFIC PLAYING REGULATIONS (CONTINUED)

1.0 BADMINTON 1.1 BADMINTON - JUNIOR 2.0 BASEBALL - BOYS 3.0 BASKETBALL - BOYS 3.1 BASKETBALL - GIRLS 4.0 CROSS COUNTRY RUNNING 5.0 CURLING 6.0 FIELD HOCKEY - GIRLS 7.0 FOOTBALL 7.1 FLAG FOOTBALL 8.0 GOLF 9.0 HOCKEY - VARSITY BOYS AND GIRLS 10.0 LACROSSE (FIELD) 11.0 RUGBY - BOYS 11.1 RUGBY - GIRLS 12.0 SKIING – ALPINE 12.1 SKIING – NORDIC 12.2 SNOWBOARDING 13.0 SOCCER - BOYS AND GIRLS 14.0 SOFTBALL/FASTPITCH – GIRLS 14.1 SLOPITCH - GIRLS 15.0 SWIMMING 16.0 TENNIS 17.0 TRACK AND FIELD 18.0 VOLLEYBALL - BOYS 18.1 VOLLEYBALL - GIRLS 18.2 VOLLEYBALL - GIRLS (NOVICE) 19.0 WRESTLING

PLAYING REGULATION 1.0 - BADMINTON

1. EVENTS: There will be competition in the following events:
    a. BOYS SINGLES, GIRLS SINGLES, BOYS DOUBLES, GIRLS DOUBLES, MIXED DOUBLES.

b. The In-School Convenor for Badminton in accordance with the schedule of Rotating Convenorships, for the year following, shall be responsible for running one of the Divisional Meets for the current In-School Convenor.

2. ENTRIES: A HCAA Meet where the top eight (8) entries from each Divisional Meet advance to the HCAA Meet.
3. RULE BOOK: The rules of the Canadian Badminton Association will govern play, unless specified differently in the Playing Regulation.
4. OFFICIALS: It is recommended that monitors be available if required for games in the HCAA Tournament to assist players in line calls and scoring.
5. UNIFORMS: No headgear is allowed except for proper athletic sweatband. Either a "T" or collared shirt is acceptable that is neat, clean and in good repair. It must be a school Phys.Ed. Shirt, Badminton Team Shirt, or a Badminton type shirt. Shorts must be athletic type shorts that are neat, clean and in good repair. Any solid colour with or without a stripe is acceptable.
6. STARTING TIME: All HCAA. tournaments will begin between 9:00 and 9:30 AM. It is recommended that Divisional Meets be held two (2) weeks before the GHAC date and the HCAA Meet be held one (1) week before the GHAC date.
7. AWARDS: HCAA Medallions will be presented to the winners at the HCAA Championship meet.
8. GHAC REPRESENTATION: refer to GHAC Constitution
9. STARTING ORDER OF COMPETITORS: The starting order of competitors in the double elimination draw for all the HCAA tournaments will use the following guidelines:
    a. Top seeded players to be spaced out over the draw sheet. Players are seeded for the Divisional tournament based on the previous year's top 4 results when available.
    b. The HCAA Tournament is seeded according to the results of the current HCAA Divisional Tournaments that immediately precedes it.
10. GENERAL REGULATIONS:
    a. STYLE OF COMPETITION 1) All Divisional and HCAA Meets will be double elimination tournaments. However, for all meets, the consolation side winner does not come back around to meet the championship side winner. (Refer to HCAA Tournament Draw Sheet.) If a qualifier cannot compete at the HCAA Meet, no replacement will be required and the vacant position(s) will become bye(s). 2) A player or team should be allowed a minimum of 10 minutes between matches.
    b. SHUTTLES: Each school must supply its own practice shuttles.
    c. A competitor is limited to one event in any one tournament. Once a player or team has begun its 1st match in an HCAA qualifying tournament, no substitution will be allowed for that player or team moving forward, right through the OFSAA Championships.
    d. Official HCAA Tournament Draw Sheet must be used for the Divisional Meets and the HCAA Meet.

e. Entry Forms must be typed.

PLAYING REGULATION 1.1 - BADMINTON (JUNIOR)

1. EVENTS: There will be competition in the following events:
    a. BOYS SINGLES, GIRLS SINGLES, BOYS DOUBLES, GIRLS DOUBLES, MIXED DOUBLES.
    b. These competitions must take place during the regular Badminton season. The tournament should be held just prior to the Divisional HCAA Championships or should be held immediately after the GHAC Championships.
2. ELIGIBILITY: Players that compete at the HCAA Divisional, Closed or Open Tournaments are not eligible to compete in the Junior category therefore, alternates (Junior Age) or varsity team members who do not compete, may play Junior.
3. ENTRIES:
    a. A maximum of two teams from each participating school.
    b. The cost will be covered by the entry fee charged to each competitor. Entry fees are the responsibility of each school involved in the competition. 5. c.
4. RULE BOOK: The rules of the Canadian Badminton Association will govern play, unless specified differently in the Playing Regulation.
5. OFFICIALS: It is recommended that monitors be appointed for games in the Open and Closed Tournaments to assist players scoring and line calls, etc.
6. UNIFORMS: Plain whites or school uniforms are acceptable. Definition of "School Uniform" - a Physical Education T-Shirt and athletic shorts. (Phys. Ed. Class Uniform)
7. AWARDS: There will be a trophy presented to the school who wins the A Flight and the B Flight at the HCAA Championships.
8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. STYLE OF COMPETITION
        i. Team style of competition. (Best 3 out of 5 events) ii.
        One game to 21 points.

PLAYING REGULATION 2.0 - BASEBALL (BOYS)

1. EVENTS: There will be a trophy presented to the school who wins the HCAA Championships.
2. ELIGIBILITY: All competitors must meet the eligibility requirements as per Article XI of the Constitution.
3. ENTRIES: Each HCAA Member School may enter one team.
4. RULE BOOK: The official Baseball Rule Book will apply. The Halton High School Baseball Association supplements standard O.B.A. Rules with additional rules and regulations to enhance participation and parity. (See item #12)
5. OFFICIALS: The officials will be certified, Category 2 O.B.A. Umpires, who are members of the Halton Baseball Umpires Association.

6. UNIFORMS:
    a. If possible, all players should be in complete baseball uniform with corresponding tops and caps. Any team entering OFSAA playoffs, must be completely and uniformly outfitted, including the coaching staff.
    b. All batters and base-runners must wear a helmet.
    c. Metal cleats are allowed.
    d. Catchers must wear a mask with throat protector, helmet, chest protector, shin guards, cup and cup type athletic supporter. Any player warming up a pitcher, must wear a mask with throat protector.
7. AWARDS: The Tier 1 Champions will receive a Championship Trophy. Medallions (24) will be presented to the Champions and Finalists.
8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. DESIGNATED RUNNER A designated runner MAY be used for the catcher with 2 out. The designated runner will be a player not currently in the lineup, or the player making the 2nd out of the inning.
    b. FINANCIAL All costs associated with this activity shall be the responsibility of the competing schools.
    c. ROSTER SIZE The number of players on a roster is left to the discretion of the participating school/coach.
    d. FIELD DIMENSIONS Pitchers Mound: 60' 6" from front of home plate. Bases: 90' apart
    Home Plate to Second Base: 127' 3 3/8"
    e. HOME TEAM RESPONSIBILITIES A) Provide and set out the bases. B) Keep the official score sheet. C) Provide two game balls. Visiting team to provide one game ball.
    f. PITCHERS A) Pitchers may not pitch more than 12 outs in a single game. Outs must be consecutive. B) Pitchers once removed from a game under the substitution rule may return to the game but may not pitch.
    g. SUBSTITUTIONS O.B.A. Rule P2-6: Any starting player may be substituted for and return to the game one time only. He must return to his original place in the batting order. Any pitcher, if removed from the game, may return but may not pitch.
    h. DESIGNATED HITTER/RUNNER A) A designated hitter may be used for any position player. The DH must be named in the starting lineup, if you choose to use one. Once the game has begun, you may not institute a DH. If a DH enters the game as a position player, his team forfeits the DH for the remainder of the game.
    i. MERCY RULE - If after five complete innings, a team is ten runs or more ahead, the game is called.
    j. GAMES A) For scheduled league games, the Home Team will have the field until fifteen minutes prior to the start of the game. The Visiting team will have the field from fifteen minutes prior to the start of the game until five minutes prior to the

start of the game. B) All HCAA games are seven innings in duration, barring curfew or weather. Extra innings in tied games can occur if time permits. No new inning may begin after one hour and fiftyfive minutes of play has transpired. C) Tied games will stand in curfew games. D) Ties in playoff games will continue in extra innings until 30 minutes to curfew. At this time, the international tie breaking rule will come into effect. (begin the inning with your last out or a player on the bench at second base and nobody out.)

k. ONE MINUTE RULE: From the time the third out is made, the outgoing defensive team has one minute before the Umpire orders the first pitch to begin the new half-inning.
l. RAIN OUTS: Rainouts will be made up at the discretion of the Athletic Convenor.

PLAYING REGULATION 3.0 - BASKETBALL (BOYS)

1. EVENTS: There will be competition for Junior and Senior Champions in the respective league alignment divisions. All levels of competition will consist of games played in (4) eight minute quarters.
2. ENTRIES: Each of the HCAA. Member Schools may enter one Junior and one Senior team. No limit to the number of players dressed for the game.
3. RULE BOOK: The F.I.B.A Rule Book will apply.
4. OFFICIALS: The officials will be of the highest caliber. (Inter-Collegiate). For all Senior HSSAA Championships, when available, 3 officials will be used.
5. UNIFORMS: As per the F.I.B.A Rule Book
6. AWARDS:
    a. A Trophy - for the winning team.
    b. Medallions - for each member of the winning team. (16 max)
    c. Medallions - for each member of the finalist team. (16 max)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. CO-OPERATIVE MALE-FEMALE SCHEDULES 1. Co-ordinate male-female schedules as much as possible. (e.g. Boys basketball and Girls Volleyball Schedules)
    b. The host school will be responsible for having available all the necessary equipment: 1.A game ball 2. A time clock and stopwatch. 3. HCAA approved Score Sheets 4. Practice balls.
    c. A player or coach ejected from a league or playoff game will be automatically prohibited from dressing for and participating in the next scheduled game. This does not include disqualification by personal fouls.
    d. Federation lines will be used, even where FIBA lines are available.
    e. Where shot clocks are available, the home team has the choice to use them or not.
    f. Where shot clocks are not used, the closely guarded rule will be in place. Shot Clocks will be used at the HCAA Championships

g. In the event that a home school's shot clocks are malfunctioning or not working the referee may decide to continue without the use of a shot clock if the issue can not be repaired. In this event the game will be completed without the shot clocks and the result will stand. All efforts to rectify the issue must be taken and communicated to coaches and referees prior to this decision being made.

h. HCAA representation at the All Ontario Catholic Classic Tournament will be as follows:

i. The HCAA's top 2 teams (after 8 games OR after all teams have played each other 1 time) will receive "automatic bids" to the annual tournament. ii. The All Catholic Tournament's organizing committee will decide on any additional "at- large bids" as they see fit (based on availability and need). 9. HCAA PLAYOFF SEEDING - In the event that a 5th place team finishes the regular season with a higher win percentage than the 4th place team in a different conference, that 5th place team will take the 4th place playoff position in the other conference, unless the 4th place team has beat the 5th place team in a regular season head-to-head matchup.

PLAYING REGULATION 3.1 - BASKETBALL (GIRLS)

1. EVENTS: There will be competitions for a Junior and Senior Champion in the respective league alignment divisions.
2. ENTRIES: Each school may enter one Junior and one Senior team.
3. RULE BOOK: The F.I.B.A Rule Book will apply.
4. OFFICIALS: To be assigned by Hamilton Board of Officials. For all Senior HCAA Championships, when available, 3 officials will be used.
5. UNIFORMS: As per F.I.B.A Rule Book.
6. AWARDS: For each division there will be:
    a. A Trophy - for the winning team
    b. Medallions - for each member of the winning team and finalist team (16 max)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. The host school will be responsible for having available all the necessary equipment: 1.A game ball(#6 Ball). 2. A time clock and stopwatch. 3. HCAA approved Score Sheets
9. CO-OPERATIVE MALE-FEMALE SCHEDULES 1. Co-ordinate male-female schedules as much as possible. (e.g. - Boys Basketball and Girls Volleyball Schedules)
10. Where shot clocks are available, the home team has the choice to use them or not.
11. Where shot clocks are not used, the closely guarded rule will be in place. Shot Clocks will be used at the HCAA Championships.
12. In the event that a home school's shot clocks are malfunctioning or not working the referee may decide to continue without the use of a shot clock if the issue can not be repaired. In the event the game will be completed without the shot clocks and the result will stand. All

efforts to rectify the issue must be taken and communicated to coaches and referees prior to this decision being made.

PLAYING REGULATION 3.2 - BASKETBALL (NOVICE BOYS)

1. EVENTS: There will be competition for Bantam Champions in the respective league alignment divisions. All levels of competition will consist of games played in (4) eight minute quarters.
2. ENTRIES: Each of the HCAA Member Schools may enter one Bantam team. No limit to the number of players dressed for the game.
3. RULE BOOK: The F.I.B.A Rule Book will apply.- Exceptions: THERE WILL BE NO SHOT CLOCK USED; USE OF ZONE DEFENSE OF ANY KIND IS PROHIBITED
4. OFFICIALS: The officials will be of the highest caliber. (Inter-Collegiate). For all Bantam HCAA Championships, when available, 3 officials will be used.
5. UNIFORMS: As per the F.I.B.A Rule Book
6. AWARDS:
    a. A Trophy - for the winning team.
    b. Medallions - for each member of the winning team. (16 max)
    c. Medallions - for each member of the finalist team. (16 max)
7. GENERAL REGULATIONS:
    a. CO-OPERATIVE MALE-FEMALE SCHEDULES 1. Co-ordinate male-female schedules as much as possible. (e.g. Boys basketball and Girls Volleyball Schedules)
    b. The host school will be responsible for having available all the necessary equipment: 1.A game ball 2. A time clock and stopwatch. 3. HCAA approved Score Sheets
    c. A player or coach ejected from a league or playoff game will be automatically prohibited from dressing for and participating in the next scheduled game. This does not include disqualification by personal fouls.
    d. Federation lines will be used, even where FIBA lines are available.

PLAYING REGULATION 4.0 - CROSS COUNTRY

1. EVENTS: The events and distances will be adjusted as needed to correspond to the
2. OFSAA distances. BOYS NOVICE - 5000 METRES GIRLS NOVICE - 3000 METRES BOYS JUNIOR 6000 METRES GIRLS JUNIOR - 4000 METRES BOYS SENIOR - 7000 METRES GIRLS SENIOR - 5000 METRES
3. ENTRIES: Each member School may enter one Girls and one Boys team in each event. For this purpose, a team shall consist of an unlimited number of runners with five to receive awards.
4. RULE BOOK: Not specified.
5. UNIFORMS: All competitors in a race must wear a uniform of the same style and colour. Failure to do so will result in disqualification from the starting line of that individual or by decision from the jury of appeal after the race is completed.
6. OFFICIALS: Not specified.

7. AWARDS: There will be a Team Trophy presented to the overall Girls team and overall Boys team. There is also a team trophy for each team based on gender. The following Championships will be declared:
    a. Combined Overall (Boys & Girls)
    b. Boys Overall
    c. Girls Overall
    d. Points awarded as such: 1st- 10 2nd- 8 3rd- 6 4th- 4 5th- 2 6th- 1 Schools who tally the most points in each category will be declared champions.
8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. SCORING: In determining team champions, only the top 4 runners will count. In the case of a tie, the placing of the 4th runner will determine the winning team e.g. whichever team's 4th runner finishes ahead of each other wins the team title by tie-break.
    b. LENGTH OF COURSES: The length of the course for each event will correspond to the OFSAA distances.
    c. The Convenor shall have a Medical Doctor in attendance or readily available. St. John's personnel or equivalent should be present.
    d. A Jury of Appeal consisting of three people shall be appointed by the Meet Convenor prior to the meet.
    e. NUMBERING SYSTEM: Each competitor will pin on a sticker or identifying number that corresponds to his or her name and school. These stickers or numbers will be provided by the Convenor on the day of the meet and will be filled in by the coaches and or competitors.

PLAYING REGULATION 5.0 - CURLING

1. EVENTS: There will be a competition in both boys and girls in the
2. and Competitive Divisions.
3. ELIGIBILITY:
    a. Competition Levels Competitive – vying for right to represent HCAA at OFSAA.
    b. Limited to 2 or more Club Level Curlers ii) Novice and Intermediate – those who are relatively new to curling - no OFSAA representatives
    c. Late/Attendance Policy: Unless a staff sponsor is present, a school will be deemed ineligible to curl. First 5 minutes late – loss of hammer After second 5 minutes – hang 1 point Third 5 minutes – hang 2nd point After 20 minutes, non-offending team has the option to declare default.
    d. Teams must have a minimum of 3 players, two of which are regular members of the team. Spares may be used, according to spare rules for each division.

4. The Competitive Level will have three divisions, boys and girls only. A boys team may have one female on the team only if the school can not field a separate girls team.
5. The Novice and Intermediate Level will have boys, girls and mixed teams and will be open to any combination of boys and girls
6. ENTRIES: Team Entries
    a. A Cut off date for novice and competitive team submission will be announced at preseason coaches meeting.
    b. Team entry lists and eligibility sheets must be in the hands of the convenor by the deadline announced at the preseason meeting to be eligible to curl. This is due to ice and date restrictions. Team entry lists must include all players and alternate players of said teams.
    c. Due to ice and date restrictions, coaches can enter a maximum of 4 teams per school. Actual team numbers will depend entirely on the total number of teams declared by each school and ability to schedule the season's' games.
    d. A minimum of 4 players on every competitive team. A minimum of 4 players on every novice team, however it is recommended that novice teams carry at least 5 players.
7. RULE BOOK: The O.C.A. Rule Book supplemented with OFSAA Regulations.
8. UNIFORMS: (a) Players must bring a clean change of shoes to be worn on the ice surface. Any player without a clean change of shoes will not be allowed to play that game. (b) Jeans and “pajama pants” cannot be worn on the ice surface. (c) All players must wear attire that will not damage the ice surface. Dirty pants, metal chains, and metal lace eyelets are examples of attire that can damage the ice. (d) Inappropriate slogans and advertising/sponsorship reflecting alcohol or tobacco products may not be worn. (e) All other equipment, including sliders and brooms are supplied by the Oakville Curling Club.
9. RULES and OFFICIALS:
    a. Coaches are to instruct their participants on curling rules, etiquette and expectations. This will be ongoing during the novice season.
    b. The rules governing play shall be that of the Ontario Curling Association.
    c. The HCAA exceptions to these rules are:
        i. A coin toss will take place at the beginning of each scheduled game. The winning team will choose either the hammer or the colour of the rock.
        ii. In all league and playoff games at the Novice Level, a team may substitute any number of players in the lead or second positions but only at the conclusion of an end of play.
        iii. All regular season Competitive Level games will be scheduled for six (6) ends. No end shall start with less than 15 minutes of rented ice time left. Games that end in a tie will be recorded as a tie in the standings.

iv. All regular-season Novice Level games will be scheduled for six (6) ends. No end will start with less than 15 minutes of rented ice time left. Games that end in a tie will be recorded as a tie in the standings.

v. In the Competitive Level, two one minute timeouts per team, per game are permitted and may be called by a player on the ice when it is their team's turn to throw, or between ends. Coaches may signal to their team that they wish a time-out, but the time-out must be called for by a player on the ice. No banging on the glass allowed! Note: The one (1) minute time limit MUST be adhered to, to prevent time problems.

vi. If required, an umpire will be designated by the convenor for a game.

vii. Playoff games will be played to completion, time permitting. For NOVICE & INTERMEDIATE games, the number of ends played will be determined at the beginning of the playoffs. Eight ends is recommended for Competitive and Six ends for Novice and Intermediate.

viii. If a game ends in a tie a full end will be played towards the glass to break the tie. Note: In the event this rule needs to be amended due to ice rental restrictions, one rock will be thrown by each team, closest to the button to break the tie. ix. Playoff Tie Breaking Criteria: (i) – Winner of the game between the tied teams. (ii) – Total number of points for and against. (iii) – Number of ends won (if needed)

10. AWARDS: A fee will be assessed at the pre-season meeting to cover awards costs.
11. GHAC REPRESENTATION: refer to GHAC Constitution.
12. CODE OF CONDUCT: If the convenor needs to speak to a team and/or coach twice during a match, that team automatically defaults the game and will be asked to leave the ice. After too many infractions, the team may be banned from the league at the convenor's discretion. No player/coach is allowed any electronic device on the ice surface. This is a safety issue and must be adhered to at all times

PLAYING REGULATION 6.0 - FIELD HOCKEY (GIRLS)

1. EVENTS: There will be competitions for a junior and senior championship.
2. ENTRIES: Each school may enter a maximum of one team.
3. OFFICIALS: Only FHO rated officials will umpire league and championship games and tournaments. Games must be rescheduled if a rated official is not available.
4. UNIFORMS: All teams are required to wear the official school uniform with same-coloured tops and socks. Skirts or shorts are to be worn. Teams must have an alternate sock colour. In the event of a colour conflict, it is the responsibility of the home team to wear socks and shirts or pinnies of a contrasting colour. Multi-colour socks are acceptable. The goalkeeper must wear a sweater of a different colour from her own and the opposing team. Any goalkeeper protective equipment must be underneath the sweater.

5. AWARDS: For each division there will be:
    a. A trophy
    b. Medallions – for each member of the winning and finalist team (20 max)
6. GHAC REPRESENTATION: refer to GHAC Constitution (for senior only)
7. SAFETY GUIDELINES: Each HCAA member school shall ensure that the current Ontario Physical Education Safety Guidelines – Secondary Interschool Module managed by OPHEA: outlined according to the following critical components: Equipment, Clothing, Footwear, Facilities, Special rules/Instruction and Supervision be adhered to all times

Specific to field hockey:

a. Mandatory shin pads and mouthguards. Coaches are responsible for ensuring the use of mouthguards and shin pads by their players. Any athlete that does not comply with these safety regulations will be removed from the field by the umpire. For a first offence the player will be given a 1-minute green card; and for a second offence a player will receive a 5-minute yellow card. A third offence will result in the player being ejected from the game with a red card.
b. Long hair to be tied back
c. Exposed jewellery must be removed
d. Masks for defenders on penalty corners is recommended
e. Teams must have a fully dressed goalkeeper with a CSA approved helmet. If a goalkeeper is injured during the game, sufficient time must be allotted to dress a replacement goalkeeper with a complete set of goalie equipment.

1. RULE BOOK: The rules of the International Hockey Federation (FIH) 2022 version shall govern play **WITH THE FOLLOWING EXCEPTIONS**:
    a. Length of game: two (2) thirty-minute halves with a five (5) minute halftime.
    b. In any game there shall be a maximum goal differential of five (5). The first time the goal differential reaches five (5), no further scoring shall be recorded, and the game is over with respect to scoring. The actual game continues but no further scoring is recorded. The umpire will inform both coaches when the five (5) goal differential has occurred.
    c. Players may stop, deflect, and play the ball in a controlled manner in any part of the field, but it **MUST BE BELOW SHOULDER HEIGHT**.
    d. When applying the penalty for an early break by the defence or a fake by the injector on a penalty corner rule, each team must be given one (1) warning per game before the rule is applied. (Breaking player to go to the half line)
    e. A dressed goalkeeper must be used at all times, including defending overtime shootouts.

1. GENERAL REGULATIONS: (*always to align with OFSAA regulations*)
    a. **THREE** points will be awarded for a win, **ONE** point for a tie, **ZERO** points for a loss

b. Championship games will be played at a neutral site.
c. Tied games.

- Tied games in pool play shall stand.
- In the event of a tie at the end of regulation time in any playoff game:
- two (2) seven and a half (7.5) minute overtime periods (not sudden victory) shall be played after a five (5) minute rest. Teams will toss for choice of ends prior to the start of the overtime period. Teams will change ends with no rest after the first seven and a half (7.5) minute period
- Each team will select any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game. These five (5) players shall have a **shoot-out** competition if artificial turf is available. A list should be provided within 2 minutes after the end of the match and the shoot-outs will proceed from then. The first team to shoot will be decided by a coin toss. The winner shall be the team scoring the most goals.
- **If the score is still tied**, a "sudden victory" system will be used with any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game or during the shoot-out. Each team will alternately send one player to take a shoot-out until the tie is broken. The order of the shoot-outs will change with each pair of shoot-outs. No player may take a second shoot-out in this series until any five (5) players listed on the match sheet have taken a shoot-out. Any player that is suspended by a yellow or red card during a shoot-out may be replaced by any eligible player on the roster.
- ***Shootouts: Ball is placed on the 23m line. The third umpire will start the clock for 8 seconds. The attacker has 8 seconds to try to score. The shootout is completed when:***
    1. ***8 seconds is over***
    2. ***A goal is scored***
    3. ***The attacker commits a foul***
    4. ***The ball goes out of play (over endline or sideline)***
    5. ***The goalkeeper commits an unintentional foul resulting in a shootout taken again or an intentional foul resulting in a penalty stroke***
- If game is on a grass field, teams will take penalty strokes to break the tie using the format above.
    a. The host school will be responsible for marking the field correctly and have all necessary equipment available.
    b. An unlimited number of players should be allowed on each team.
    c. FIH rules of interchange will apply.
    d. It is the responsibility of the home team to provide on-site care at each league game or tournament. Games must be rescheduled if a qualified trainer is not available.

PLAYING REGULATION 7.0 - FOOTBALL

1. EVENTS: There will be competition for a Junior and Senior HCAA Championships. Playoffs in both the Jr and Sr division will be split into a Tier 1 Bracket and Tier 2 Bracket. At the Senior level the Tier 1 Champion will advance to GHAC competition. In the Tier 2 bracket all games including the championship will be played at the higher seeded school.
2. ENTRIES: Each HCAA Member School may enter one team per age category. No limit to the number of players who may dress for any game, as long as every player can be properly and safely equipped while playing.
3. RULE BOOK: Canadian Inter-Collegiate Football Rules for the current year will be. For both Jr. and Sr. football teams in possession of the ball shall have 3 downs to gain 10 yards.
    a. Any player who received 3 Unnecessary Roughness penalties in one game, will be ejected from that game. As per the HCAA Constitution will be suspended for the next game also.
4. OVERTIME: All games that are tied at the end of regulation will enter overtime. Overtime will begin with a coin toss to determine who gets the ball. Overtime will follow the Canadian Amateur Rule Book format. During the regular season the overtime will be capped at 3 rounds. If at that point the game is still tied it will remain as a tie and each team will be awarded one point. During playoffs there will be no cap on the number of rounds and play will continue until a winner is determined. During the regular season games may be suspended by the referee do to environmental conditions (ie. too dark, lightning/weather protocol). If the game has entered the third quarter the game will be considered played and the score will stand. If a game is stopped prior to this, the remainder will be played as soon as possible considering both safety and scheduling restrictions.
5. OFFICIALS: To be the highest caliber possible. There will be three (3) officials for Junior league and playoff games. There will be four (4) officials for Senior league and playoff games and for playoff games. For the Championship games in both Tiers, there will be five officials. Costs for extra officials to be borne by the competing schools.
6. UNIFORMS: Must meet the requirements outlined in the HCDSB safety guidelines.
7. AWARDS: For all divisions – Senior/Junior – there will be:
    a. a trophy for the winning team
    b. Medallions for Champion and Finalist. (40 Max)
8. BOWL REPRESENTATION: refer to GHAC Constitution.
9. MINIMUM REQUIREMENTS TO PLAY:
    a. In order to participate in football a minimum of 24 players must be approved and submitted on the season's eligibility roster 4 days prior to Regular Season Game 1. (or at the Convenor's request)
    b. In order to play in a HCAA regular season or playoff football game a minimum of 19 players must be dressed and eligible to participate. Forfeiture language removed

10. GENERAL REGULATIONS:
    a. All games will consist of 12 minute quarters, and a staff member should be assigned the duties of chief timer. NOTE: The referee has the right to take the watch from the chief timer.
    b. The deadline for postponing games is 24 hours prior to the date of game. The Chief Referee and the convenor must be notified in advance.
    c. It is the responsibility of the home team to ensure that competent stick crew is available. They should contact the officials before game time for instructions.
    d. The CIS game ball will be used in all competitions and is to be supplied by the home team. No substitution of the game ball will be permitted except at the referee's discretion.
    e. VIDEO TAPES: Video taping is permissible at all games and scrimmages.
    f. HEADSETS: Coaches may use electronic communication devices at both the Junior and Senior levels. If these devices are employed, the spotter must remain at the same mutually agreed upon location throughout the game.
    g. Any player or coach who is ejected from an HCAA. sponsored game will be automatically prohibited from dressing for and participating in the subsequently scheduled HCAA game.
    h. PRE-SEASON PRACTISES:
    i. A team may start practices under coaches' supervision on the first Monday prior to the Labour Day Weekend. ii. Full equipment may be used at these practices.
        iii. After January 1st student athletes are permitted to wear football equipment at offseason workouts and practices. These practices must follow all safety guidelines and risk management policy including appropriate safe contact progressions.

PLAYING REGULATION 7.1 – GIRLS 5V5 FLAG FOOTBALL

1. EVENTS: There will be a series of mini tournaments for the regular season. The final event shall be designated as Championship.
2. ENTRIES: Each HCAA Member School may enter one team. Each school team shall include a teacher or coach/supervisor, so designated by the Member School.
3. RULE BOOK: The HCAA GIRLS 5V5 FLAG FOOTBALL play under HCAA local rules. The rulebook can be found on the HCAA website in the rulebook page.
11. AWARDS: There will be:
    a. Medallions for Champion and Finalist. (15 Max)
4. Game Play Logistic:
    a. Players
        i 4 players minimum, 5 players' max
        ii Substitutions on dead ball

b. Timing of the Game
    i 40-minute games
    ii 2 20-minute halves
    iii 1 minute timeout each half
c. Scoring
    i Touchdown = 6 points
    ii Extra points = 1 from 5 yards, 2 from 10 yards
    iii Safety = 2 points

5. GENERAL REGULATIONS (Game Play):
    a. **Game Play**
        i Offensive team has 25 seconds to put the ball in play
        ii Offensive team start at the 5-yard line and has 3 downs to get to midfield, 3 downs to score a touchdown
        iii If a team is unsuccessful at passing midfield or scoring a touchdown, the ball changes possession
        iv All possession changes start at the 5-yard line except after a defensive interception. Defensive interceptions start where flag was pulled or on the 5-yard line if it occurs between your 1–4-yard line
        v Offensive teams cannot run in the 5 yd no run zone (before each endzone)
        vi There are no fumbles: the ball is placed where the player lost possession resulting in a loss of down, turnover on downs, or safety
        vii If the QB does not gain possession after the snap, the ball is placed back on the line of scrimmage and there is a loss of a down

6. **Penalties**
    a. **5 Yard Penalties (Repeat Down)**
        i Offside – player crosses the LOS before the snap
        ii Illegal contact – physical contact (ex. blocking, holding, obstruction)
        iii Rusher interference – impeding rushers direct path to QB
        iv Flag guarding, jumping or diving – using any part of the body to prevent flag pulls (5-yard penalty from spot of the foul, down counts
        v Delay of game – ball not snapped within 25 seconds
        vi Illegal Rushing – rushing from inside the 7 yd rusher bag
        vii Illegal flag pull – pulling a flag of a player before they have the ball if caught (automatic 1st down from spot of catch), if not caught (5 yard penalty and automatic 1st down at LOS)
        viii Pass interference – interfering with an offensive player catching the ball Spot foul, automatic first down
        ix Players cannot use their arms or hands to impede or redirect an opponent

x Players also have a Right of Place which supersedes all other rights on the field when they are stationary and not moving their feet or body to affect the play. If the centre snaps the ball and does not move, no penalty shall be called

xi A player must be facing the ball as it arrives to be considered to be playing the ball, otherwise pass interference

7. All issues of concern shall be dealt with by the activity Convenor, consistent with the aims, objectives and philosophies of the HCAA.

PLAYING REGULATION 8.0 - BOYS GOLF

8. EVENTS: There will be a series of weekly or bi-weekly events, to be known as Tour Stops. Each Tour Stop shall feature a separate format of team and/or individual competition. The final event shall be designated as the HCAA Stroke Play Championship.
9. ENTRIES: Each HCAA Member School may enter a minimum of one team, composed of (4) students and a maximum of three teams, each composed of (4) students, unless otherwise directed by the activity Convenor. Each school team shall include a teacher or coach/supervisor, so designated by the Member School.
10. RULE BOOK: The HCAA Golf Tour shall play under the rules of the R.C.G.A., with local course rules in effect at each Tour Stop location.
11. AWARDS: Unless otherwise specified by the activity Convenor: Medallions/Plaques/Trophies shall be provided to each member of the winning school team for overall tour competition.
12. A Medallion/Plaque/Trophy shall be presented to the winning team's school, after each of the Tour Stop events. A Trophy shall be presented to the individual student who is designated Stroke Play Champion, with Medallions/Plaques Trophies being awarded to the 2nd, 3rd and 4th place individuals in the Stroke Play Championship.
13. GHAC REPRESENTATION: refer to GHAC Constitution.
14. GENERAL REGULATIONS:
    a. All associated costs in organizing the HCAA Golf Tour shall be borne by the competing schools. The activity Convenor will determine such costs and advise each school prior to any interschool competition.
    b. The various Tour Stops are to begin with tee times at or approximately 1:30 - 3:30 PM, subject to course availability and scheduling.
    c. Each Tour Stop will proceed RAIN OR SHINE, with the exception of Thunder/Lightning. In the case of inclement weather, each School's Coach/Supervisor is required to contact the course to make sure the course is not closed.
    d. Teacher and/or Coach/Supervisors are responsible for recording the score for the team he/she is marshalling. Scores are to be recorded at the completion of each hole. Scorecards are to be attested and dated from each school team.
    e. Teacher and/or Coach/Supervisors are expected to remind each student participant of their responsibilities as school representatives and as such, throwing clubs,

intentional damage to a golf course and abusive or foul language will not be tolerated. Violation of these guidelines will result in an individual(s) being suspended from further HCAA Golf Tour competition.

f. The dress code for student competitors is as follows: Golf Shirt, Appropriate Slacks/Shorts which are knee length, Golf Shoes or some other type or non-destructive footwear. (NO FOOTBALL OR SOCCER CLEATS)

g. Balls hit out of bounds (white stakes/local rule boundaries) must be replayed from the exact location where the original stroke was played. Penalty is stroke and distance.

h. All issues of concern shall be dealt with by the activity Convenor, consistent with the aims, objectives and philosophies of the HCAA. and the sport of Golf.

PLAYING REGULATION 8.1 - GIRLS GOLF

1. EVENTS: There will be a series of weekly or bi-weekly events, to be known as Tour Stops. Each Tour Stop shall feature an individual competition. The final event shall be designated as the HCAA Stroke Play Championship.
2. ENTRIES: Each HCAA Member School may enter a minimum of one athlete and a maximum of (12) students, unless otherwise directed by the activity Convenor. Each school team shall include a teacher or coach/supervisor, so designated by the Member School.
3. RULE BOOK: The HCAA Golf Tour shall play under the rules of the R.C.G.A., with local course rules in effect at each Tour Stop location.
4. AWARDS: Unless otherwise specified by the activity Convenor: Medallions/Plaques/Trophies shall be provided to each member of the winning school team for overall tour competition.
5. A Medallion/Plaque/Trophy shall be presented to the winning team's school, after each of the Tour Stop events. A Trophy shall be presented to the individual student who is designated Stroke Play Champion, with Medallions/Plaques Trophies being awarded to the 2nd, 3rd and 4th place individuals in the Stroke Play Championship.
6. GHAC REPRESENTATION: refer to GHAC Constitution.
7. GENERAL REGULATIONS:
    a. All associated costs in organizing the HCAA Golf Tour shall be borne by the competing schools. The activity Convenor will determine such costs and advise each school prior to any interschool competition.
    b. The various Tour Stops are to begin with tee times at or approximately 1:30 - 3:30 PM, subject to course availability and scheduling.
    c. Each Tour Stop will proceed RAIN OR SHINE, with the exception of Thunder/Lightning. In the case of inclement weather, each School's Coach/Supervisor is required to contact the course to make sure the course is not closed.
    d. Teacher and/or Coach/Supervisors are responsible for recording the score for the team he/she is marshalling. Scores are to be recorded at the completion of each hole. Scorecards are to be attested and dated from each school team.
    e. Teacher and/or Coach/Supervisors are expected to remind each student participant of their responsibilities as school representatives and as such, throwing clubs, intentional damage to a golf course and abusive or foul language will not be tolerated. Violation of these guidelines will result in an individual(s) being suspended from further HCAA Golf

Tour competition.

f. The dress code for student competitors is as follows: Golf Shirt, Appropriate Slacks/Shorts which are knee length, Golf Shoes or some other type or non-destructive footwear. (NO FOOTBALL OR SOCCER CLEATS)
g. Balls hit out of bounds (white stakes/local rule boundaries) must be replayed from the exact location where the original stroke was played. Penalty is stroke and distance.
h. All issues of concern shall be dealt with by the activity Convenor, consistent with the aims, objectives and philosophies of the HCAA. and the sport of Golf.

PLAYING REGULATION 9.0 - VARSITY HOCKEY (BOYS AND GIRLS)

1. EVENTS: There will be competition for one HCAA Tier-I Team Champion.
2. ELIGIBILITY: For the sport of men's hockey a competitor whose name has appeared on a game sheet, and has dressed, after Dec. 1st or after the first league game scheduled for any team in the HCAA league, whichever comes first, for a team in the "A", "B", "C" or "D" junior, intermediate, or senior division in any national or international association, shall forfeit his eligibility for that season. For the sport of women's hockey, no competitor is eligible whose name has appeared on a game sheet, and has dressed, after December 1st or after the first league game scheduled for any team in the HCAA for any Senior AAA teams of the C.W.H.L. or who is a member of the National Junior Under 22 or National Senior Women's Team.
3. ENTRIES: Each HCAA Member School may enter one team.
4. RULE BOOK: C.H.A. Rules for the current year shall apply.
5. QUALIFIED OFFICIALS: REFEREES:Officials will be of the highest calibre. All regular season games will have a minimum of 2 officials. All playoff games will have 3 officials.
6. FIRST AID: The Athletic Convenor will provide a qualified First Aid person for all HCAA scheduled games
7. AWARDS: there will be:
    a. A Trophy - for the winning team.
    b. Medallions - for each member of the winning team. (25 Max)
    c. Medallions - for each member of the finalist team. (25 Max)
8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. SUPERVISION Each team using a non-teacher as a coach must have a teacher supervisor in attendance at all games.
    b. GHAC/OFSAA Representation: the highest playoff finisher in each classification will advance to the GHAC playoffs.
    c. RULES REVISIONS: HCAA Hockey shall use the current Official Hockey Rules as set out by the Canadian Hockey Association, with the following revisions:
        i. RULE #16: PLAYERS IN UNIFORM The maximum number of players permitted to dress for a game is twenty (20) eighteen (18) plus two (2) goaltenders
        ii. RULE #30: MAJOR PENALTIES Suspension for Major Penalties other than fighting, assessed to any player, including a goaltender, will be assessed as per the current OHF Minimum Suspension List.

iii. RULE #43: GOAL JUDGES Goal Judges shall not be used for HCAA scheduled league games. Goal Judges may be assigned for Playoff and/or Championship Games, at the discretion of the Athletic Convenor.

iv. RULE #45: OFFICIAL SCORER At the completion of each game, the official scorer shall:1. Sign the Official Game Sheet. 2. Have the Referees sign the Game Sheet. 3. Provide the Pink Copy to the Visiting Team. 4. Provide the White and Yellow Copies to the Home Team, who shall forward the White Copy to the Athletic Convenor upon request.

v. RULE #59: FIGHTING AND ROUGHING Any player, including a goaltender, incurring a Major Penalty for fighting, shall be ejected from the game and suspended for his/her team's next three scheduled league games. Should a suspension carry over into playoff competition or occurs during playoff competition, the Convenor shall assess a one, two or three game suspension, upon review of the case. The Referee shall report the offence and full details of the violation to the Convenor. If a player from a team that has been virtually eliminated from playoff competition starts a fight, he/she will in effect, receive a lesser penalty than a player whose team would take part in playoff competition. Furthermore, since a playoff game is longer in duration and constitutes a sudden victory series, it should not be equated to a regular season league game. If a player is assessed a second fighting major penalty in the same season, that player will be suspended from his/her team for the remainder of the current season. If a fighting major penalty is assessed in a league or playoff game where one team or player may be eliminated by the result of the game, (A PLAYER LEAVING SCHOOL AT THE END OF SEMESTER I) the team progressing in the playoffs may appeal the suspension of their player if the official has assessed an instigator penalty to the offending player from the eliminated team.

Such an appeal shall be dealt with by the Convenor vi. RULE #83: TIED GAME: For HCAA league play, if at the end of regulation periods, the score is tied, the game shall be considered complete. A single point in the standings shall be awarded to both participating teams. For HCAA playoff and/or Championship games where so specified, if at the end of regulation periods, the score is tied, a three-minute break will be followed by consecutive ten-minute stop time sudden-death periods until ten minutes to curfew. If still tied, a five player shootout format will be employed to determine a winner. If still tied, a sudden death shootout using any player will ensue until a winner is determined. (Can be the same player multiple times in a row)

vii. RULE #84: TIME OF GAME One twelve-minute period and two fifteen minute periods of actual playing time with a ten-minute intermission between the second and third periods, will be the time allowed for each scheduled league

game. Three fifteen minute periods of actual playing time with a ten minute intermission between each period will be the time allowed for each Championship Final

PLAYING REGULATION 10.0 – FIELD LACROSSE

1. EVENTS: Mini-tournaments may be used to facilitate scheduling. There will be competition for one age HCAA team champion at the conclusion of league play.
2. ENTRIES: Each HCAA member school may enter one team.
3. RULEBOOK All participating teams must provide a timer/scorer and a ball boy for each game in which it participates. The current ILF (International Lacrosse Federation) rulebook shall govern HCAA competition with the following exceptions:
    a. Playing time Pool, round robin or preliminary games: These games will consist of four ten or twelve minute quarters with the last one minute being stopped time. Over time,if necessary, will go to successive sudden victory four minute periods with no rest interval until a winner is declared. Teams shall change ends at the end of each period. Championship game: These games will be four 12 or 15 minute quarters with the last 3 minutes of the fourth quarter being stopped time. Overtime, if necessary, will be as per the ILF rule book.
    b. All games will allow for a 10 minute warm up period. All games will have the following intervals between periods; 2 minutes between the first and second quarters, 5 minutes at half time, and 3 minutes between the 3rd and 4th quarters. Teams who are not ready by this time shall be assessed an “avoidable lateness” technical foul to start the game. Teams that are more than 10 minutes late will forfeit the match at the discretion of the league Convenor. Teams will be allowed two one minute timeouts per half regardless to the timing format.
    c. A game which has completed the 3rd quarter is deemed complete if the play has stopped by the referee at or beyond this point. Any game that is stopped prior the end of the 3rd quarter will be considered “suspended game” and will be continued from the point that the game was stopped once play can resume. The time remaining, score, penalties, game sheet etc. will all continue from the point the game was suspended.
    d. Roster Limits There will be no roster limit for the tournament, however only 30 medals will be given to each team as applicable. Each team shall submit an eligibility list of players who shall be eligible to play in the tournament. Teams will be allowed to dress 25 players per game. These designated players must be properly listed on the game sheet.

    All other players must be in an alternate strip or track suits if they are in the bench area. e. Suspensions and Ejections
        i. Any player given intent to injure penalty (including off-the-ball leg slashes, and pulling the face mask) will be ejected from the League play.

ii. The third man into an off-play altercation will be ejected from the League and Festival play.
iii. Players who accumulate four (4) minutes in personal fouls will be suspended for the duration of the match.
iv. Any expulsion penalty must be reported to both the Referee-in-Chief and the Convenor, and will result in suspension for the remainder of League play.
v. Goaltenders receiving a penalty shall serve their own penalty provided that the team has a second goaltender dressed. Where a team has only one goaltender dressed, they must declare a "designated defender" prior to the game, who shall serve all goaltender time served penalties other than expulsion.

f. Player Equipment All players must wear:
i. CSA approved helmet and mask with chinstrap properly fastened on both sides ii. Full fit interior mouth guard at all times when on the field of play iii. Gloves with fingers fully encased iv. Shoulder pads v. Arm pads
vi. Goalies must wear a throat guard and chest protector All offending equipment must be repaired or removed subject to the referee's discretion.

4. Officials: Each referee must be certified to officiate Field Lacrosse. Each game will be officiated by a minimum of two officials.
5. Awards: A trophy/plaque will be given to the winning team.
6. Uniforms and Equipment: All teams must wear matching shirt and shorts. Shirts must have minimum of 8" numbers n the front and minimum 10" numbers on the back. No duplicate numbers shall be permitted on the same team. Track suit trousers or leggings may be worn by any player but, for a particular team, they must be of the same colour. In cases where the teams have similar coloured jerseys, it is the requirement of the home teams to wear contrasting jerseys/pinnies. Where no home team is identified, the team named first on the schedule will be required to wear contrasting jerseys/pinnies. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school's/Association's name, colours and logos. Any knee braces must be approved by the head official at the coaches meeting prior to the start of the Festival. All games will be played on cut and clearly lined fields marked by 7 pylons as per the ILF rulebook. The penalty areas will have a table, 3 stop watches, four chairs and an official score sheet. Any football, rugby, or soccer goal posts that are in play shall be sufficiently padded.
7. GHAC Representation: refer to GHAC Constitution.

PLAYING REGULATION 11.0 – RUGBY(BOYS)

1. EVENTS: There will be 15's competition for Junior and Senior HCAA Championships.

2. ENTRIES: Each HCAA Member School may enter one team per age category.
3. RULE BOOK: Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exception of the modifications listed below.
    a. NUMBER OF PLAYERS: Each team may dress an unlimited number of players for games.
    b. SUBSTITUTION: there shall be unlimited substitution for injury at any time during the game or overtime, provided the referee is notified. Injured players may not return to the game. Substitution for reasons other than injury shall be limited to six, at half time, unless agreement between both coaches has been made prior to the start of the game for unlimited substitution at half time. These substituted players may return to the game for injury replacement. There is no provision for replacement, other than for injury during overtime. Juniors may substitute during the second half of the regular season play at 3/4 time at the referee's discretion.
    c. LENGTH OF GAME: Each game will consist of two 30 minute halves with a three minute intermission between halves.
    d. OVERTIME: (PLAYOFF GAMES ONLY) Two 7 minute halves with one minute between halves. If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots are on the 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22 metre line.
4. 7. OFFICIALS: Only qualified O.R.U. officials will referee league and Championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game. For all HCAA Championships, 3 officials are required.
5. UNIFORM: All team members must wear a numbered team jersey. (Home Teams are responsible for avoiding colour conflicts.) All players must wear an internal mouth guard. Junior competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials.
6. AWARDS:
    a. Championship trophy for the winning team
    b. medallions for Champion and Finalist (30 maximum)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. PLAYOFFS: The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season meeting.
    b. Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
    c. It is the responsibility of the Athletic Convenor to provide sideline care at each league and championship game. Games must be re-scheduled if a qualified First Aid person is not available.

d. Any player ejected from a game by the referee will sit out the next scheduled league game. If this occurs during the last game, then the player will sit out the next playoff game. Two ejections will result in a disqualification for the rest of the season.
e. A player ejected from a league or playoff game will be automatically prohibited from dressing for and participating in the next scheduled game. This does not include disqualification by personal fouls.

f. There must be a minimum of three full days (72hrs) in between each team's regular scheduled games (e.g., if a team plays on Monday, they cannot play until Thursday). However, in the event of unforeseen circumstances (e.g., weather), make-up or rescheduled games must be scheduled with a minimum of two full days in between (e.g., if a team has a regular scheduled game on Monday and that game must be rescheduled, it could be played the same week on the Tuesday, Wednesday, Thursday or Friday, while still having 2 days between the rescheduled Friday game and the next regular scheduled game the following Monday).
g. Defaulted games will be scored 9-0 to coincide with the Canadian Rugby laws.

PLAYING REGULATION 11.1 – RUGBY(GIRLS)

1. EVENTS: There will be competition for a Senior Girls Champion in 15's.
2. A Junior aged player listed on the Senior team may not play more than one game at the junior level and retain her senior standing. Where a player plays at the junior level, her classification as Senior must be indicated on the game report. This listing of a player's name on the game report counts as having played in that game.
3. ENTRIES: Each of the HCAA Member Schools may enter one 15's team and two 7's teams to each of the Junior and Senior Divisions.
4. RULE BOOK: Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exception of the modifications listed below.
    a. NUMBER OF PLAYERS: Each team may dress an unlimited number of players for games.
    b. SUBSTITUTION: There shall be unlimited substitution for injury at any time throughout the game. The injured player may return to the game at any time. There shall be unlimited substitution for all players throughout the game. An unlimited number of players may be substituted at these times.
    c. LENGTH OF GAME: Each game will consist of two 30 minute halves with a five(5) minute intermission between halves.
    d. OVERTIME: (PLAYOFF GAMES ONLY) Two 7 minute halves with one minute between halves. If still tied, the following procedure shall be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots

are on the 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22
metre line.

5. OFFICIALS: Only qualified O.R.U. officials will referee league and Championship games or tournaments. Games must be re-scheduled if a rated official is not available for a game. At all HCAA Championships, 3 officials are required.
6. UNIFORM: All team members must wear a team jersey. (Home Teams are responsible for avoiding colour conflicts.) All players must wear an internal mouth guard. Competitors are permitted to wear proper rugby cleats to be inspected by the O.R.U. officials.
7. AWARDS: There will be:
    a. Championship trophy for the winning team
    b. medallions for Champion and Finalist (30 maximum)
8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. PLAYOFFS: The playoff format will be determined by the Athletic Convenor and accepted by the coaches at the pre-season meeting. Playoff and tournament sites will be determined by the Athletic Convenor at the Pre-season coaches meeting.
    b. Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
    c. It is the responsibility of the Athletic Convenor to provide on site sideline care at each league and championship game. Games must be re-scheduled if a qualified First Aid person is not available.
    d. There must be a minimum of three full days (72hrs) in between each team's regular scheduled games (e.g., if a team plays on Monday, they cannot play until Thursday). However, in the event of unforeseen circumstances (e.g., weather), make-up or rescheduled games must be scheduled with a minimum of two full days in between (e.g., if a team has a regular scheduled game on Monday and that game must be rescheduled, it could be played the same week on the Tuesday, Wednesday, Thursday or Friday, while still having 2 days between the rescheduled Friday game and the next regular scheduled game the following Monday).

PLAYING REGULATION 12.0 - SKIING (ALPINE)

1. Events: A combined HCAA/GHAC Alpine Skiing Championship shall be held in sufficient time in order to determine entries for the OFSAA Alpine Skiing Championship. The season will begin November 1 and end March 31. The HCAA/GHAC Championship race will be a one-day Giant Slalom event based on place points established using the combined times of two runs.
2. Levels I and II – Girls' Giant Slalom and Boys' Giant Slalom Definition of Teams and Team Members: Level I Team Racers: Participants are school trained athletes. They have NO ski league affiliation race training beyond Nancy Greene or the age of 10 years. Level II Team

Racers: Participants are those skiers who have ski league affiliation and training beyond the Nancy Greene level or the age of 10 years.

3. Eligibility:
    a. Each school eligible to race at OFSAA must have met the team practice requirements by practicing under the direction and supervision of the designated teacher coach, as approved by the school principal, from November 1st until the OFSAA Championship. All athletes must have participated in a minimum of 8 school practice sessions (dry land and on-hill). There must be one on-hill training session with the school team. A ski race is not defined as a practice session.
    b. The activity Convenor shall ensure that a qualified first aid provider is available at all times.

4. Entries: Each HCAA Member School may enter one(1) Girls team and one(1) Boys team in each of the Open and HS categories. In preparation for GHAC - teams consist of a minimum of 3 and a maximum of 5 athletes. For the HCAA Cup Race, schools may enter a maximum of 20 athletes across all categories. An HCAA race where the day is divided amongst Ski and Snowboard competitions on one course, a total not exceeding 200 runs per event will dictate association participants. At the annual coaches meeting a discussion around transfering race entries between association members in order to maximize participation will be decided collectively. If the competition requires two courses - one per event (Ski and Snowboard) and an am and pm run is scheduled, the racer capacity is doubled. HS athletes cannot enter the OPEN category.
   Entries must be received by the Race convenor one week prior to the race date.(d)Late entries or changes prior to the day of the event will only be accepted if they can be accommodated. (e)All racers must be declared on the entry form prior to the start of the race. NO SUBSTITUTIONS are allowed.
5. Starting Order: (a) In the first run of each event each school shall have a skier in the first seed section. Seed order will be drawn randomly. Racers will keep the same bib number and seed for both first and second runs. (b) The bib number must match the registered athlete on the entry forms. NO SUBSTITUTIONS (c) If an athlete misses their starting order they will be allowed to race at the end of their appropriate division. If their division is over they may be slotted in at the discretion of the Official Starter. At OFSAA an athlete that does not start in the right order is not eligible to race.
6. Disqualifications: (a) A disqualified athlete may receive a second run but their score will not count. (b) A dispute must be submitted in writing to the Convenor within 30 minutes of the conclusion of the race. (c) The Jury of Appeal shall handle disputes and their decision is final.
7. Expenses: An entry fee will be charged which shall be sufficient to cover the operating costs of the event. Each school is responsible for submitting the entry fee prior to the start of the race.
8. Rule Book: The current F.I.S. Rule Book shall govern competition.

9. Officials: Not Specified.
10. Uniforms and Equipment: All skiers must have ski brakes. Hard shell crash helmets with full ear protection are mandatory for all racers. Staff Coaches and Staff Volunteers must also wear helmets but do not require full ear protection. All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs.
11. Starting Time: Not Specified.
12. Awards: Not Specified.
13. GHAC Representation: refer to GHAC Constitution.

PLAYING REGULATION 12.1 - SKIING (NORDIC)

1. SCORING: a) In the individual Cross Country event the competitor with the fastest time shall receive 1 point, the 2nd fastest 2 points, the 3rd fastest 3 points, etc. Where ties exist the same score is awarded and the appropriate number of places left out. b) To calculate team scores for individual Cross Country the OFSSA scoring shall be applied. c) The following DQ's - lost or broken equipment, DNF, will receive a score 1.5 times the last proper score. Unsportsmanlike conduct, changing numbers, improper equipment change and DNS will receive no score. d) If in calculating the team winner scores, a tie occurs for first place the lowest total times in the individual races will count. TEAM SIZE: Any one school may enter a maximum of 10 boys and/or 10 girls in each age group or a greater number if decided upon by the convener.
2. GENERAL:
    a. The Junior Girls Race shall be 2.5 - 5 km
       The Junior Boys Race shall be 4 - 6 km
       The Senior Girls Race shall be 4 - 6 km
       The Senior Boys Race shall be 8 - 10 km
    b. Sprint relays will be offered as part of the GHAC Championship and shall be run similar to the event run at OFSAA.
    c. Should a skier jump the signal to start, he/she shall be required to return to the starting gates and then proceed.
    d. Should a skier arrive after his/her starting time has passed he/she may enter the race upon arrival at the starting gate with the approval of the chief starter. His/her time shall be calculated from the time he/she should have started.
    e. Failure of a skier to go through a designated checkpoint shall result in the disqualification of that skier.
    f. When overtaking a slower skier, the faster skier shall shout "track". The slower skier must allow the faster skier to pass. In order to protect the safety of all skiers, the call

"track" shall be avoided on all downhills. Calling "track" too soon, or failure to yield when "track" is called may result in the disqualification of the racer involved. The 150 metre “no tracking” zone prior to the finish line means that the slower skier does not need to give up his/her lane to the faster skier

g. The competitors will be seeded according to the discretion of the coaches. The draw will be held by the convener prior to the meet. Appeals should be lodged immediately or within 30 minutes of the unofficial posting of results. The decision of the jury will be final. A competition jury will consist of the convener and two neutral coaches chosen by the convener.
h. No skating or lane changes shall be allowed in the starting zone and no skating or tracking shall be allowed in the finish area. Competitors who violate this rule shall be disqualified.
i. There must be a qualified individual assigned to the meet whose sole responsibility will be to provide first aid wherever necessary.

PLAYING REGULATION 12.2 – SNOWBOARDING

1. Events: A combined HCAA/GHAC Snowboarding Championship shall be held in sufficient time in order to determine entries for the OFSAA Snowboarding Championship. The season will begin November 1 and end March 31. The HCAA/GHAC Championship race will be a one-day event based on place points established using the combined times of two runs.
2. Levels I and II – Girls’ and Boys Giant Slalom
3. Giant Slalom Definition of Teams and Team Members: Level I Team Racers: Participants are school trained athletes. They have NO snowboard league affiliation race training beyond the age of 10 years. Level II Team Racers: Participants are those snowboarders that have competed in A.O.S. and Interclub or equivalent club level racing (including alpine racing and/or boarder cross). This would exclude slopestyle and half pipe competitions. A team will consist of a minimum of three and a maximum of five athletes from the same school. Teams must be
   comprised of the same team members that represented their school in their association qualifying event.

4. Eligibility:
   a. Each school eligible to race at OFSAA must have met the team practice requirements by practicing under the direction and supervision of the designated teacher coach, as approved by the school principal, from November 1st until the OFSAA Championship. All athletes must have participated in a minimum of 8 school practice sessions (dry land and on-hill). There must be one on-hill training session with the school team. A snowboard race is not defined as a practice session.

b. The activity Convenor shall ensure that a qualified first aid provider is available at all times.

5. Entries:
    a. Each HCAA Member School may enter three (3) Girls' level 1 teams and three (3) Boys' level 1 teams.
    b. Schools may enter a maximum of five (5) level 2 Girls' and five (5) level 2 Boys' to compete as individuals.
    c. Entries must be received by the Race convenor one week prior to the race date.
    d. Late entries or changes prior to the day of the event will only be accepted if they can be accommodated.
    e. All racers must be declared on the entry form prior to the start of the race. NO SUBSTITUTIONS are allowed.
6. Starting Order:
    a. In the first run of each event each school shall have a snowboarder in the first seed section. Seed order will be drawn randomly. Racers will keep the same bib number and seed for both first and second runs.
    b. The bib number must match the registered athlete on the entry forms. NO SUBSTITUTIONS
    c. If an athlete misses their starting order they will be allowed to race at the end of their appropriate division. If their division is over they may be slotted in at the discretion of the Official Starter. At OFSAA an athlete that does not start in the right order is not eligible to race.
7. Disqualifications:
    a. A disqualified athlete may receive a second run but their score will not count.
    b. A dispute must be submitted in writing to the Convenor within 30 minutes of the conclusion of the race.
    c. The Jury of Appeal shall handle disputes and their decision is final.
8. Expenses: An entry fee will be charged which shall be sufficient to cover the operating costs of the event. Each school is responsible for submitting the entry fee prior to the start of the race.
9. Rule Book: The current F.I.S. Rule Book shall govern competition.
10. Officials: Not Specified.
11. Uniforms and Equipment: All athletes must have a snowboard leash. A protective helmet designed for snowboarding or skiing is mandatory for all racers, coaches and volunteers. All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi sport programs.
12. Starting Time: Not Specified.

13. Awards: Not Specified.
14. GHAC Representation: refer to GHAC Constitution.

PLAYING REGULATION 13.0 – SOCCER (BOYS AND GIRLS)

1. EVENTS: There will be competition for Junior and Senior Team Champions.
2. ENTRIES: Each HCAA Member School may enter one team per Division.
3. RULE BOOK: F.I.F.A. Laws will apply, unless otherwise stated in HCAA Playing Regulations.
4. OFFICIALS: To be of the highest caliber obtainable. Assigning Referees are to be discouraged from assigning the same Referees to the same teams as much as possible. Junior and Senior playoff matches will use 3 referees, one Head Referee and 2 Assistant Referees.
5. UNIFORMS: Soccer boots or running shoes will be permitted. Football boots will not be permitted. Otherwise, not specified. Shin guards must be worn.
6. AWARDS:
    a. Trophies will be given to the winning teams in each Division.
    b. Gold medallions will be given to each member of the winning team.
    c. Silver medallions will be given to each member of the finalist team. (MAX 18 Per Team)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. 3 copies of a completed game sheet from each team will be provided to the referee before the game.
    b. Each team shall be allowed 1 time out per game taken when the ball goes out of bounds. This time out will last 1 minute and it is the Captain's responsibility to ask the referee for the time out. Substitutions may be made at this time
    c. b) Substitutes shall be allowed only at goal kicks, half time, goals scored, injury to a player, time outs and on any throw in at the referee's discretion. Substitutes must be waved in by the Referee. Goalkeepers must inform the Referee verbally when changing.
    d. All games, Junior or Senior, league and playoff, shall be 35minute halves.
    e. Playing fields should be properly marked. Each team must provide an assistant. The home team will provide Corner Flags, Nets, Good Leather Ball. Colour conflict will be solved at this time, with the home team changing.

f. 3 points for a win and 1 for a tie will be awarded. There will be no overtime until playoffs.
g. Game reports must be signed by the Referee and should be sent upon request to the Athletic Convenor. Names of any players receiving a caution must be communicated to the Athletic Convenor by 12:00pm the next school day.
h. Any player who strikes or threatens a coach or an official will be suspended from all further competition.
i. OSA policy in effect for all cautions. The athletic convenor will provide the current OSA policies each year at the pre-season meeting.
j. If a player or coach is ejected from a game, that player or coach will be suspended for at least the next scheduled game. If he is ejected again, he will be suspended for the rest of the season. In either case, the referee is to make a special report to the Athletic
Convenor on the back of the game sheet
k. In the event of a quarter-final, semi-final or final playoff game ending in a tie, two 10minute overtime halves will be played (Golden Goal format). If a tie still exists at this time, kicks from the penalty mark as per FIFA laws will occur.
l. All schools shall provide a list of potential tournament dates they are planning to host to the Athletic Convenor by March 1st.
m. All tournaments shall be hosted only before the first regular season match day and only on Friday's thereafter
n. A "cooling period" after a caution can be initiated at the referee's discretion.

9. TIE BREAKING PROCEDURE: For soccer the following tie breaking procedure will be used. a. Head to Head
    b. Number of Wins
    c. Goal Differential
    d. Goals Against
    e. Goals For
    f. Fair Play Points
    g. Coin Toss

Note: Fair Play Points is a system that takes discipline into account by keeping track of yellow and red card accumulation and distributing "Fair Play Points" to teams accordingly. The team with the least points (and therefore disciplinary problems) at the end of the season would be rewarded in the tiebreak. The point system would be: yellow card = 1 point; two yellow cards = 3 points; straight red card = 4 points; yellow card and straight red card = 5 points.

PLAYING REGULATION 14.0 – FASTPITCH (GIRLS)

1. EVENTS: There will be competition for Varsity Team Champions.
2. ENTRIES: Each HCAA Member School may enter one school team. No limit to the number of players dressed for the game.
3. RULE BOOK: O.S.A. Rule Book will apply.

4. OFFICIALS: To be of the highest caliber obtainable.
5. UNIFORMS: All competitors must wear a uniform top. No metal spikes are permitted
6. AWARDS: A team Trophy will be awarded to the winning team. Each member of the winning team will receive Gold Medallions. Each member of the finalist team will receive Silver Medallions. (Max 20 per team)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. a) All games are to be 7 innings with a 1hour 55-minute time limit. If after 5 complete innings a team is 10 or more runs up, the game is called.
    b. No more than 7 runs may be scored in one inning. Exception: The final inning is an open inning where there is no limit to the amount of runs that can be scored.
    c. Unlimited substitution provided the player sits out one full rotation of the batting order.
    NOTE: The player must return to the same spot in the batting order.
    d. A pitcher may pitch an unlimited number of outs.
    e. The home team is responsible for preparing the diamond and providing 2 new softballs, visitors should provide 1 good ball.
    f. Ground rules are to be established before the beginning of each game.
    g. Any player or coach ejected from a game shall result in an additional suspension from the next regular season and/ or playoff game. **PLAYING REGULATION 14.1 – SLO-PITCH (GIRLS)**

1. EVENTS: There will be competition for Varsity Team Champions.
2. ENTRIES: Each HCAA. Member School may enter one school team. No limit to the number of players dressed for the game. The cost will be borne by the competing schools.
3. RULE BOOK: The Official Rules of Slo-Pitch Ontario shall govern play aside from exceptions and/or reminders listed under item 8.
4. OFFICIALS: To be of the highest caliber obtainable.
5. UNIFORMS: All competitors must wear a uniform top. No metal spikes are permitted
6. AWARDS: A team Trophy will be awarded to the winning team. Each member of the winning team will receive Gold Medallions. Each member of the finalist team will receive Silver Medallions. (max 20 per team)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. General Regulations:
    a. Playoffs – to be determined by convenor based on number of participating teams
    b. All games are to be 7 innings with a 1 hour 45-minute time limit. If after 5 complete innings a team is 12 or more runs up, the game is called. A team may voluntarily withdraw from the game if they are losing by 15 or more runs anytime after 3 innings (2 ½ innings if visiting team).

c. No more than 7 runs may be scored in one inning. Exception: if a team is more than 7 runs behind in the last inning of play, they are allowed to continue until tied or three outs.
d. The home team is responsible for preparing the diamond, providing one new ball and reporting the score to the convenor. The visiting team is responsible for providing one good ball.
e. 11" Optic Yellow Worth Green or Gold Dot Elite ball will be used during play
f. Base length is 70 feet apart with a safety bag at 1st base; pitchers must be between 45 and 55 feet from home plate at the discretion of the pitcher (no rubber is required).
g. A commitment line is drawn 21 feet from home plate (once runner crosses this line they must continue to home plate).
h. A pitcher may pitch unlimited innings.
i. Pitches must have an arc of between 6 – 12 feet from the ground. A “ball” will be called by the umpire if the pitch is not within this range. A strike is called when it follows an arc of 6 feet to 12 feet and comes into contact with any part of the plate. A batter may swing at an illegal pitch and the result of the swing is taken.
j. A 2 x 3 feet mat/board is used for home plate.
k. It is not mandatory that catchers wear equipment, but a mask is recommended.
l. A runner may not slide into or touch home plate. They must cross the scoring line adjacent to the plate which is an extension of the first base line. If the catcher touches home plate before the runner crosses this line, the runner is out. If a runner touches home plate they will be called out.
m. If the batter hits a foul ball with two strikes they are called out.
n. Infield fly rule applies.
o. Intentional walk rule is used.
p. A 10th fielder (rover) is used; they must be positioned behind the baseline (i.e. not utilized as a 5th infielder)
q. Runners cannot lead off or steal; runners may only advance when the batter makes contact with the ball.
r. Bunting is not allowed.
s. Jewelry is not allowed.
t. Teams may choose to bat all players on the roster; players batting must play the field at least one inning. OR: teams may choose to bat 10 players; normal substitution rules then apply – inform the other team and substituted players must remain in the game for at least once through the batting order.
u. A team may use a maximum of three courtesy runners per game. A courtesy runner may be anyone from the team, but if the runners spot comes up to bat, a new courtesy runner must be used for that person, or an out is recorded. Using a courtesy runner must be communicated to the other team.

v. If after using three courtesy runners there is an injury where a player can bat but not run, the batter cannot advance pass 1st, and the runner would be the last out.
w. Teams must start a game with 8 players minimum. New players arriving would be added to the bottom of the batting order.
x. In Playoffs, if teams only have 8 players; the 9th and 10th position in the batting order will be considered out. If teams only have 9 players, the 10th position in the batting order will be considered an out.
y. Ties in the regular season will stand and each team will receive 1 point. z) Ties in playoff games will continue in extra innings until 20 minutes to curfew. At this time, the international tie breaking rule will come into effect. (begin the inning with your last out or a player on the bench at second base and nobody out.)

PLAYING REGULATION 15.0 – SWIMMING

1. SUPERVISION: A swimmer may not compete in any HCAA Swim meet unless accompanied by a teacher- coach or a teacher-supervisor.
2. RULES GOVERNING COMPETITION: S.N.C. rules for high schools shall govern all HCAA swim meets.
3. OFFICIALS: At the convenor's discretion, the meet officials are to be of the highest caliber.
4. UNIFORMS: All swimmers from the school shall wear the school team bathing cap or team swim suit.
5. DATES: The HCAA Swim Championships will be held in February, at least one week before the GHAC Swim (OFSAA Qualifying) Meet each year. The coaches meeting will take place within the last two weeks of October. The season will start with a meet that will include a Rookie category.
   This category will pertain only to those swimmers who have never raced in a competition. The HCAA Swim Season shall consist of league meets and the HCAA & GHAC Swim Championships. The league meets will be held starting in mid-November until mid-December.
6. LOCATION: The HCAA Swim Championships will be held at the pool the convener schedules.
7. CLASSIFICATION: There shall be a boys' and a girls' competition in each of the following classifications: PARA Division: All para swimmers must have a classification provided by accredited classifiers. See OFSAA Swim Regulation 3(a)(i) for detailed information. Para Swimmers will compete under the following classifications: S1-S10 physical impairment S11-S13 visual impairment S14 intellectual impairment. See OFSAA Swim Regulation 3(a)(i) for detailed information. PARA swimmers will compete under the following classifications: S1-10 physical disability S11-13 blind S14 intellectual disability. High School Division: A swimmer who exclusively trains with and competes with/for their high school and does not train or compete with/for any other aquatic program or program with an aquatic component. A swimmer in grade nine is eligible who has ceased to train or compete with/for any other

aquatic program or program with an aquatic component prior to the high school swim season. A swimmer in grade ten or above is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the previous high school season. Open Division: All other swimmers (i.e. not Para-swimmers or high school swimmers as denied above) who
meet the eligibility requirements, and who are bona de members of the school team must compete in this division.

8. ELIGIBILITY: All swimmers must attend at least 50% of the school swim practices. - In addition, in order to compete at the Halton Catholic Swim Championships, the athlete must have participated in, and be listed in the results of, at least two (2) of the league meets. -In the case of extraordinary circumstances (e.g. injury, lengthy illness) , the swim convener(s) may make exceptions to this request based on a written request from the coach received prior to the submission of the school's HCAA entries. PARA swimmers are exempt from this regulation.
9. ENTRY FEES: Entry fees will be determined by the convenor(s).
10. EVENTS: Will follow the OFSAA numbering and order (find the listing from the 2013-2014 season below). These will change as / if the OFSAA event numbering / order changes. Refer to OFSAA swimming for details The following format will be provided at two league meets and Halton and GHAC Swim Championships. The other two league meets may provide a different format (in accordance with the LTAD of Swim Ontario).
11. The HCAA Swim Championships shall include the events, and follow the order, of the OFSAA Swim Championships for the current school year.

Girls	Day 1	Boys
1	Open 200 Freestyle	2
3	Senior 200 Freestyle	4
5	Junior Medley Relay	6
7	Open Medley Relay	8
9	Junior 50 Freestyle	10
11	Senior 50 Freestyle	12
13	Open 50 Freestyle	14
15	Junior 50 Butterfly	16
17	Senior 50 Butterfly	18
19	Open 100 Butterfly	20
21	Junior 50 Breaststroke	22
23	Senior 100 Breaststroke	24
25	Open 100 Breaststroke	26

27	Senior Medley Relay	28
Girls	DAY 2	Boys
29	Open 200 I.M.	30
31	Junior 200 FS Relay	32
33	Senior 100 I.M.	34
35	Open 100 I.M.	36
37	Junior 100 I.M.	38
39	Senior 100 Freestyle	40
41	Open 100 Freestyle	42
43	Junior 100 Freestyle	44
45	Senior 100 Backstroke	46
47	Open 100 Backstroke	48
49	Junior 50 Backstroke	50
51	Senior 200 FS Relay	52
53	Open 400 FS Relay	54

12. HCAA LEAGUE MEETS AND CHAMPIONSHIP MEET:
    a. Entry to the HCAA Swim Championships must be made in accordance with the published timelines for the current year. Failure to comply will result in the denial of entry to the competition. In extenuating circumstances (e.g. illness), a decision regarding entry will be made by the convenor(s). Outside officials may be used at the discretion of the Swim Convenor(s).
    b. An HCAA league meet is deemed as a meet designated by the Convener or an invitational meet run by a HCAA member school that includes at a minimum 3 HCAA schools.
    c. Only schools that are HCAA members in good standing, and whose athletes have met all of the eligibility requirements, are permitted to enter swimmers in the HCAA Swim Championships.
    d. Entries will be completed as directed by the convener. All entries should include a short course metres best time. Seeding will be completed after the entries are received and before the meet starts.
    e. The Championship Meet shall be run as timed finals. Swimmers may be entered in a maximum of four (4) events and, 2 individual events and 2 relay events. Any, or all, of these events for junior swimmers may be at the senior level. Seniors may not swim events at the junior level. Entry into event 53 and 54 will not count towards an individual's event cap.

f. At the Championship Meet, schools may enter a maximum of point scoring two (2) swimmers in all individual events and two (2) relays in relay events.
g. At the HCAA Championships, schools may only enter two (2) relay teams and may list up to eight (8) swimmers in a relay – 4 to swim and 2 as alternates. If listed, either as swimmer or alternate, the entry counts toward the limits set above – all participants must complete a positive check-in during the vent, on the day of the championship meet -For the OPEN 400 METRE RELAY and the OPEN MEDLEY RELAY, teams may consist of swimmers from the High School Division, the Open Division, or any combination thereof.

   Note: These events are only contested at the Championship Meet and may only take place at the league meets if time permits.
h. The best two (2) individual finishes and top one (1) relay finish for any school will count for points in scoring the Championship team results.
i. A PARA swimmer who chooses to swim in the PARA division may not swim in the corresponding event in the High School or Open Divisions. For any other events, he/she may swim in only one of the High School or Open Divisions.
j. PARA swimmers are permitted to swim on relay teams in the appropriate age category.
k. The pool will be available for warm-ups prior to the start of the meet.
l. A warm-up schedule shall be provided prior to the meet. SNC warm-up procedures shall be in effect.
m. Scratches for the HCAA Championships are to be submitted to the Clerk of Course as early as possible, and at least 20 minutes, prior to the start of the meet. No substitutions will be allowed."
n. THERE WILL BE NO DECK ENTRIES.

13. GHAC QUALIFYING: refer to GHAC Constitution.
14. AWARDS: No awards will be given out for league meets.
    a. The HSSAA Overall Team Championship and the Junior and Senior Boys and Girls Divisional Championships will be based on points earned in the High School Divisions only. The Open and PARA Divisions Championship will be determined by points earned in the OPEN and PARA events. The Combined Team Championship will be determined by the total number of points in the High School, Open and PARA events.
    b. Points in every individual event – HIGH SCHOOL, OPEN or PARA - will be as follows:

Finish	Individual Events	Relay
1	16	32
2	13	26
3	12	24

4	11	22
5	10	20
6	9	18
7	7	14
8	5	10
9	4	8
10	3	6
11	2	4
12	1	2

c. The best two (2) individual finishes and top one (1) relay finish for any school will count for points in scoring the Championship team results.
d. Individual gold and silver medals will be awarded to the top 2 finisher(s) only in each event final (including relays).
e. Trophies will be presented to the winning school team in the following divisions: Junior

HS Girls, Junior HS Boys, Senior HS Girls, Senior HS Boys, Overall OPEN Team Champion, Overall PARA Team Champion and Overall Combined Team Champion

PLAYING REGULATION 16.0 - TENNIS

1. EVENTS: There will be competition in the following events: Boys Singles, Boys Doubles. Girls Singles, Girls Doubles, Mixed Doubles
2. ELIGIBILITY: A “B” player would be any player who has not been ranked in the top (20) Provincially or Nationally in the past year.
3. ENTRIES:
    a. No player may compete in more than one event. Each school may enter one team or one competitor per division.
    b. There will only be “B” competition at both Senior and Junior levels.
4. RULE BOOK: The rules of the Canadian Lawn Tennis Association will govern unless specified differently in this Playing Regulation.
5. OFFICIALS: Not specified.
6. UNIFORMS: Proper Tennis apparel is required.
7. AWARDS: Not specified.

8. GHAC REPRESENTATION: refer to GHAC Constitution.
9. GENERAL REGULATIONS:
    a. A school may enter a partial team.
    b. The tournament will be organized on a single elimination knock-out basis.
    c. Consolation events may be held at the Convenor's discretion.
    d. The Convenor has discretion to modify tournament conditions, e.g. length of matches.

    These changes shall not be contrary to the normal rules of lawn tennis.
    e. The use of umpires & linemen are the Convenor's discretion.
    f. Balls shall be supplied by the Convenor.
    g. The Convenor or his/her designate shall act as Chief Umpire and his/her decision shall be final.
    h. Operating expenses for the meet will be met by entry fees from the participating schools. Fees are to be charged per competitor, per event as determined by the Convenor.
    i. The Halton Tennis Championship will be held in the spring.
    j. Confirmation of entry (events) must be into the Convenor two Fridays prior to the tournament.
    k. Confirmation of player (eligibility sheets) must be in one Friday prior to the tournament.
    l. A school missing deadlines listed (j&k) will NOT be permitted to enter a team.

PLAYING REGULATION 17.0 - TRACK AND FIELD

1. EVENTS:
    a. All events will be offered that are offered at the O.F.S.A.A. Track Meet of that year, with the exception of Pole Vault. This will be offered if entries dictate. Otherwise, any Halton competitors advance directly to compete at the GHAC Final.
    b. 400M Relays (4x100m) shall be as follows: Novice, Junior and Senior.
    c. Open events shall be as follows: 2000M Steeple Chase, 1600M Relay (4x400m).
    d. Any changes to format, events, procedures or Playing Regulations, must come from a coaches meeting and be forwarded to the HCAA for approval.
    e. All Hurdles and all 400M events be added to the time schedules as heats, unless the number of competitors is the same as or less than the lanes available. In that instance the race will be run as a timed final at the first scheduled (i.e heat).
2. DISCUS WEIGHTS Senior/Junior/Novice Girls, Novice Boys (1 kg.) Senior/Junior Boys (3 lbs. 9oz.)
3. JAVELIN WEIGHTS Senior/Junior/Novice Girls, Novice Boys (600 grams) Senior/Junior Boys(800 grams)

4. SHOT PUT WEIGHTS Senior/Junior/Novice Girls, Novice Boys(4 kg.) Senior/Junior Boys(12 lbs.) 5. HURDLE INFORMATION:

EVENT	HEIGHT	# HURDLES	DIST. TO 1st HURDLE	DIST. B/W HURDLES	LAST HURDLE TO END
80 M – NOVICE, JR GIRLS	2'6"	8	12M	8M	12M
100 M – SR GIRLS, NOVICE BOYS	2'9"	10	13M	8.5M	10.5M
110 M – JR BOYS, SR BOYS	3'0" 3'3"	10 10	15YDS 15YDS	10YDS 10YDS	15YDS 15YDS
300 M – NOVICE, JR GIRLS	2'6"	8	50M	35M	40M
300 M – NOVICE, JR BOYS	2'9"	8	50M	35M	40M
400 M – SR BOYS	3'0"	10	45M	35M	40M
400 M – SR GIRLS	2'6"	10	45M	35M	40M

6. ENTRIES:
    a. All entries must be received by the Convenor by the date announced at the pre-season meeting. No entries will be accepted the day of the meet. Coaches bare the sole responsibility of the accuracy and completeness of their entries. Substitutions will still be recognized up to 15 minutes before the specific event.
    b. Individual schools are allowed (3) entries per event and (1) entry per relay.
    c. In relays, each school may enter one team per school in each meet.
    d. Any one competitor may enter (3) events plus one sprint relay and an open relay.
    e. An athlete may compete in the individual Track and Field event in his/her own age classification and then may move up to a higher classification for a relay providing he/she does not compete in the relay or relays in his/her own classification.
7. RULE BOOK: The C.T.F.A. Rule Book will be used to cover all technicalities not covered by our regulations and amendments.
8. OFFICIALS: To be of the highest calibre.
9. UNIFORMS: All competitors in the HCAA Track and Field Meets shall wear a presentable school uniform or Physical Education Uniform. A violation of this will bar the offender from entry into the events. It should be noted that uniform specifications for O.F.S.A.A. relay events are identical tops.

10. AWARDS:
    a. A Trophy will be awarded to the Overall Team Champion. HCAA Medallions, in addition to those presently awarded, should be awarded to the First Place Finishers in all Novice, Junior and Senior Individual and Relay Track and Field events.
    b. Boys Team Champion - Trophy
    c. Girls Team Champion - Trophy
    d. Overall Team Champion - Trophy
    e. Medallions for each event winner e) Ribbon for 2nd to 6th place
11. GHAC REPRESENTATION: refer to GHAC Constitution.
12. GENERAL REGULATIONS:
    a. The order of events will be circulated at the Pre-Season Coaches Meeting.
    b. Calling events: All events be called three (3) times; 1st call: 10 minutes prior to the start of event 2nd call: 5 minutes prior to the start of event 3rd call: 1 minute prior to the start of event
    c. Reporting of Contestants: It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he/she is competing in another event at the same time.
    d. Order of Precedence: In the event that competitors are entered in events that are being conducted at the same time, track events will take precedence over the Pole Vault and High Jump, which in turn, will take precedence over all other field events.
    e. Measurement: 1. All measurements shall be made with a certified steel or fiberglass tape. 2. Distances or heights shall be recorded to the nearest .5cm below the distance achieved or covered, and if over 35M, shall be recorded to the nearest cm below the distance covered; (fractions less than .5cm must be ignored) In jumping for height, all measurements shall be length of the perpendicular between the ground and the lowest part of the upper side of the bar.
    f. Scoring: The points shall be: 1st place - 10 points 2nd place - 8 points 3rd place - 6 points 4th place - 4 points 5th place - 2 points 6th place - 1 point In the open events, the points won count for an individual Championship in the class to which the competitor belongs. The competitors placing in these events will be awarded the number of points awarded for their place in the event, (e.g. a Junior competitor placing 2nd in the 3000 meter run would be awarded only the points awarded for his place in the event, even though he was the best of his class in the event).
    g. The decision as to whether the meet shall be called off due to weather conditions, etc., will be made by the Coordinators and the Convenor by 10:30 AM on the day of the meet or at any time during that day that lightning is present. If postponed, the meet will be held on the following school day.
    h. Profane language and/or unsportsmanlike conduct will not be tolerated and may result in disqualification

PLAYING REGULATION 18.0 - VOLLEYBALL (BOYS)

1. EVENTS: There will be competitions for a Junior and Senior Champion.
2. ENTRIES:
    a. Each HCAA Member School may enter one team in each Division.
    b. There is no limit to the number of players on a Volleyball Team. NOTE: no more than (12) players may be used in any game. (See Rule Book - Rule #5, Article 2)
3. RULE BOOK: The Canadian Volleyball Association Rule Book for the current school year will be used. The height of the net for Senior Boys will be 2.43 metres and the height of the net for Junior and Novice Boys will be 2.35 metres.
4. OFFICIALS: A rated referee will be used. Host school will supply umpire and minor officials unless competing school brings one linesperson.
5. UNIFORMS: The playing uniforms shall consist of jerseys, numbered front and back, shorts and running shoes. Players may not at any time compete in bare feet.
6. AWARDS: For each Division, there be: a) A Trophy - for the winning team. b) Medallions - for each member of the winning team and the finalist team. (max 15 per team)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS:
    a. At all HCAA. games, effective September 1990, a three copy game sheet must be used with one copy going to the Visiting team, one copy going to the Home team and one copy going to the Athletic Convenor.
    b. LEAGUE GAMES: 1. All matches will be (2) out of (3) games 2. In the event that a regular season match has been decided after 2 sets a third compulsory friendly set will be played to 15 points. Friendly sets will not be played in play off competition after a match has been decided. 3. Flip coin for serve - 3rd game 4. Switch ends after (8) points in 3rd game 5. Set of antennas must be used
    c. All HCAA SENIOR finals and OFSAA qualifying/challenge matches (GHAC semifinal and final) will be best 3 out of 5. All HCAA JUNIOR finals will remain best 2 out of 3 format. TO WIN A SET A set (except the deciding set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a twopoint lead is achieved (26-24; 27-25; etc.). TO WIN THE MATCH The match is won by the team that wins 2 of 3 sets or 3 of 5 sets. In the case of a 1 – 1 tie (best 2 of 3) or 2 – 2 tie (best 3 or 5), the deciding set (3rd or 5th) is played to 15 points with a minimum lead of 2 points. There is no point limit.

PLAYING REGULATION 18.2 - VOLLEYBALL (GIRLS)

1. EVENTS: There will be competitions for Junior and Senior Champions
2. ENTRIES: Each school may enter one team per Division.

3. RULE BOOK: The rules and regulations as outlined in the "Volleyball Guide" by the C.V.A. will govern unless specified differently in the Playing Regulations. The height of the net for Senior Girls will be 2.24 metres and the height of the net for Junior Girls will be 2.20 metres.
4. OFFICIALS:
    a. To be assigned by the Halton Referee-In-Chief. Officials shall be of the highest caliber possible. Referees are not to be used when they teach in the school of one of the competing teams, unless both coaches agree.
    b. Two rated officials are to be used for all playoff games.
    c. Officials for all playoff and championship games are to be assigned under the direction of the league Convenor. Requests for specific officials are to be discouraged.
    d. The Referee-In-Chief (or designate) must be invited to attend a coaches meeting prior to the start of league play, outlining any rule changes or interpretations for the season. Changes in rules and/or interpretations should not occur during the season without another meeting of the coaches, Convenor and Referee-In-Chief. Requests for rule changes specific to HCAA by the coaches must be made at this meeting.
    e. The Referee-In-Chief must be made aware of any league exceptions to O.V.A. Rules and he/she in turn, must make his/her officials aware of these exceptions.
5. UNIFORMS: Will be governed by O.V.A. Rules.
6. AWARDS: For each Division, there will be:
    a. A Trophy - for the winning team
    b. Medallions - for each member of the winning team (max 15)
    c. Medallions - for each member of the finalist team (max 15)
7. GHAC REPRESENTATION: refer to GHAC Constitution.
8. GENERAL REGULATIONS: The following exceptions to C.V.A. Rules will be permitted:
    a. More than (12) players are allowed to be listed on the score sheet and to play in one match. Team members will be allowed to come off the bench to listen to the coach during timeouts. More than one coach may be allowed to come off the bench to speak to the home team during a time out. (Max. of 2)
    b. The host school will provide whistles, time clock, competent linesperson, game ball, scorer and visual scoreboard. The home team will provide two linespersons. The visiting team will provide their own practice balls.
    c. LEAGUE GAMES:
        i. All matches will be (2) out of (3) games.
        ii. In the event that a regular season match has been decided after 2 sets a third compulsory friendly set will be played to 15 points. Friendly sets will not be played in play off competition after a match has been decided.
        iii. Flip a coin for serve in the 3rd game and switch ends after one team accumulates (8) points.
        iv. All games are to be played in the school's main gymnasium.

v. The Convenor will attempt to schedule half of the school's games with the Junior Team playing first and the other half with the Senior Team playing first. vi. Warm-up will be 5-5-2 with home team having court first (5-5-2 means the home team has the entire court for five minutes, followed by the visiting team having the court for five minutes, followed by a 2 minute serving period by both teams.

d. All HCAA SENIOR finals and OFSAA qualifying/challenge matches (GHAC semifinal and final) will be best 3 out of 5. All HCAA JUNIOR finals will remain best 2 out of 3 format. TO WIN A SET A set (except the deciding set) is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a twopoint lead is achieved (26-24; 27-25; etc.). TO WIN THE MATCH The match is won by the team that wins 2 of 3 sets or 3 of 5 sets. In the case of a 1 – 1 tie (best 2 of 3) or 2 – 2 tie (best 3 or 5), the deciding set (3rd or 5th) is played to 15 points with a minimum lead of 2 points. There is no point limit.
e. At all HCAA games, effective September 1990, a three copy game sheet must be used with one copy going to the Visiting Team, one copy going to the Home Team and one copy going to the Athletic Convenor.
f. A player or coach ejected from a league or playoff game will be automatically prohibited from dressing for and participating in the next scheduled game.

PLAYING REGULATION 18.3 - VOLLEYBALL (GIRLS NOVICE)

1. AGES: All Novice competitors must meet the age classification as per HCAA Constitution.

2. EVENTS: There will be a series of Novice Tournaments with playoffs and championship games to be played independently in a best 2 out of 3 formats at the high seed.
    a. A tournament format will be used for pool play.
    b. There will be tournaments during the winter season, with no more than one (1) per week. An attempt will be made to avoid tournaments close to exam period.
    c. There will be tournaments during the winter season, with no more than one (1) per week.
    d. Matches will be 2 sets to 25, no cap. (*If a tournament is running over time, games can start at 4-4 with the agreement of the coaches and host site)*
3. ENTRIES: Each school may enter (1) team in tournament play.
4. RULE BOOK: The Canadian Volleyball Association Rule Book for the current year is to be used. The following exceptions to the C.V.A. Rules will be permitted:
    a. More than (12) players are allowed to be listed on the game sheet and play in one match.
    b. Team members will be allowed to come of the bench to listen to the coach during time outs.

c. More than one (1) coach may be allowed to come off the bench to listen during a timeout.
d. No limit to serves.
e. Libero is permitted.
f. Net height is 2.20m
g. Ceiling touches are permitted. The ball can hit the ceiling and be played again if it doesn't cross the net. If the ball hits the ceiling on the way over, it is out of play.

5. OFFICIALS: OVA officials to be booked by HCAA convenor.
6. UNIFORMS: Team shirts with numbers must be used.
7. AWARDS: Awards (medals) will be given to first and second place
8. GENERAL REGULATIONS: TIE BREAKING PROCEDURE (TOURNAMENT PLAY)
    a. Record (win/loss) between/among tied teams. The number of matches won.
    b. Head-to-Head between/among tied teams.
    c. Point Differential between/among tied teams.
    d. Coin flip

PLAYING REGULATION 19.0 - WRESTLING

1. EVENTS: O.F.S.A.A. metric weights will be used in Halton. The weights are as follows: a. 38 kg (84)
    b. 41 kg (90.4)
    c. 44 kg (97)
    d. 47.5 kg (104.5)
    e. 51 kg (112.5)
    f. 54 kg (119)
    g. 57.5 kg (126.75)
    h. 61 kg (134.5)
    i. 64 kg (141)
    j. 67.5 kg (149)
    k. 72 kg (158.75)
    l. 77 kg (169.75)
    m. 84 kg (185)
    n. 95 kg (209)
    o. Unlimited

2. ELIGIBILITY: Boys will be eligible to compete in their respective weight classes.
3. ENTRIES: Each school may enter an unlimited number of competitors per weight class; however, only the highest two (2) finishers will count for team points.
4. RULE BOOK: The C.I.A.U. wrestling rule book will govern with the right of modification where it benefits Halton.

5. OFFICIALS: Only rated officials will be used. Five officials should be used. (If there are four mat surfaces)
6. UNIFORMS: Not specified.
7. AWARDS: A Trophy will be presented to the overall team Champion. Individual Weight Class Champions receive Medallions. The winning team will receive (18) Medallions.
8. GHAC REPRESENTATION:
    a. ELIGIBILITY: The top (4) wrestlers as determined by each region, shall be eligible for GHAC competition. If one region does not have (4) competitors, the other region may send their 5th and 6th place finishers. The regional results must be forwarded by telephone or by fax to the GHAC Convenor within (24) hours of the regional competition. Both the Hamilton and Halton Championships should be held on the same day. Wrestlers must compete in a minimum of (3) competitions prior to their regional qualifying tournament to be eligible for GHAC competition. All wrestlers must be registered with the Hamilton, HCAA and GHAC Convenors, (2) weeks prior to the GHAC competition.

    Wrestlers must be registered at a given weight Wrestler may wrestle 119, 127, or 134)

    b. BYE INTO GHAC: Athletes may be given a bye directly into GHAC under exceptional circumstances such as injury, sickness, involvement in a higher level of competition etc. The granting of a bye is at the discretion of the regional coaches and must follow a formal request by the athlete's coach. Injured or ill athletes must make weight at the Regionals, those involved in another competition must be competing at or below their GHAC weight or make weight before departure. If an athlete receives a bye, he must be seeded #1 or #2 from his region. The region will only qualify (3) others at the regional competition and a maximum of (4) overall.
    c. SEEDING:1st and 3rd seeds from one region will be grouped with the 2nd and 4th seeds from the other region. In the first round the pairings will be #1 seed (Hamilton/Halton) vs. #4 seed (Hamilton/Halton) and #2 seed (Hamilton/Halton) vs. #3 seed (Hamilton/Halton).
    d. FORMAT: A two pool round robin format will be used. All wrestlers in the pool will face one another, unless one wrestler is winless after two rounds and all other competitors have won one match. If two wrestlers are winless after Round #2, they will meet to determine 3rd place in the pool. (Good points will not be used to eliminate wrestlers

    who have not met). In the semi-finals, #1 from Pool #1 and Pool #2 will face #2 from Pool#2 and Pool #1. The winners of the semi-finals will compete for the Gold Medal and qualify for OFSAA competition, while the losers will compete for the Bronze. The 3rd place finisher in each pool will wrestle for 5th place. If there are less than (6) competitors, only (1) Pool will be used. In a (1) Pool system, the zone champions will face the lowest finisher from the other zone in round #1. Zone Champions will not meet before round #3.

e. SCORING: Only the top placing per school will count for team points. Challenge matches do not affect medal placement or team scoring. SCORING: 1ST - 12 POINTS 2ND - 9
POINTS 3RD - 6 POINTS 4TH - 4 POINTS 5TH - 2 POINTS 6TH - 1 POINT
f. CHALLENGE MATCHES: Using the Pool format, there will no longer be any challenge matches
g. WEIGH-INS: Optional night before weigh-ins will be held at two locations. Weigh-ins will be done from 6:00 PM to 6:30 PM and supervised by a GHAC Official. Night before weigh-ins must be verified by an official and an opposing coach. Night before weigh-ins will be held in alternating years in Burlington/Hamilton and Georgetown/Milton. Those who do not weigh in the night before, may weigh in at the competition site on the morning of the competition.
h. GHAC DRAW: FORMAT - (2) Four man Pool - FILA Round Robin Scoring - Same format as used in C.I.A.U. competition. - Seeding remains as is

9. GENERAL REGULATIONS:
   a. TOURNAMENT DRAW: The F.I.C.A. positive point draw system will be used with seeding where possible. A (2) pool system will be used where there are (6) or more competitors in a weight category.
   b. TEAM SCORING: All individuals placing in the top (6) will score points for their team. Only the top (2) wrestlers per school may count for team points.
   c. WEIGH-INS: Calibrated scales must be used.
   d. DATES: The GHAC Meet should be approximately one week before OFSAA and the Halton Tournament one week before GHAC.
   e. HALTON SEEDING RULES: Seeding will be done at the coaches meeting and be used to seed from (2) to (4) competitors. Seed #1 and Seed #4 will be placed in Pool #1, Seed #2 and Seed #3 will be grouped in Pool #2, under the following criteria:
      i. Defending HCAA Champion. (Same weight class) ii.
      Defending HCAA Champion. (Other weight class) iii.
      Defending HCAA Medalist. (Same/other weight class)
      iv. Record in current season and tournament placements

PLAYING REGULATION 20 - ULTIMATE FRISBEE

1. EVENTS: There will be a competition for Varsity Team Champions
2. ENTRIES: Each HCAA Member School may enter one team
3. RULE BOOK: All teams will play under the current rules, available online at Ultimate Canada or USA Ultimate
4. OFFICIALS: While the sport is self-refereed, the convenor or another designated Observer will be available for rule clarifications

5. UNIFORMS: All competitors must wear a uniform top 6. AWARDS: There will be:
    a. A trophy - for the winning team
    b. Medallions - for each member of the winning team
    c. Medallions - for each member of the finalist team 7. GHAC REPRESENTATION: Refer to GHAC Constitution 8. GENERAL REGULATIONS:
    a. All teams will play with 7 players on the field, with a minimum of 3 males and 3 females. The seventh player is either a female or a male.
    b. The field of play will follow regulation size. Using a 110 m Canadian football sized field, each end-zone will be 20 yards / 18m deep, with a 70 yard / 64 m playing field between the endzones. The width of the field is intended to be 40 yards / 37m wide. If a 110 yard long field of play is not available and/or a more narrow field needs to be used, the convenor will notify all teams of the dimensions of the field before the start of the game or tournament. Teams should be a minimum of 3 yards back from the sideline.
    c. The following procedures shall take place at each game:
        i. At the beginning of the game players will flip a disc to determine which team will start with the disc and which end each team will start at. The winner of the disc flip has the choice of picking the end they wish to begin at or if they wish to pull or receive the disc. ii. At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.
        iii. At the beginning of the game if there is a conflict over jersey colour then the disc will be flipped to determine which team will change jersey colour.
        iv. At the completion of the game players and coaches shall shake hands with all opponents.
        v. At the completion of the game players will participate in a spirit circle
    d. Gender ratio - The gender ratio rules will follow the WFDF rule 'A' which prescribes the ratio as follows: At the start of the game, after the first disc flip, an additional disc flip happens with the winner selecting the gender ratio for the first point. For the second and third points, the ratio must be reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats until the end of the game (half time has no impact on the pattern) The gender ratio also determines which gender pulls the opening disc (the greater number determines the gender pulling the disc)
    e. A standard game should consist of two 30 minute halfs with a standard halftime of 10 minutes. If the championship is played in a tournament format, then the length of the games may be reduced including the reduction or removal of the standard halftime.
    f. Each team has 1 timeout (70 seconds) per half in a standard game
        i. This may be reduced if the a standard length of game is not used and shall be announced during the Coaches / Captains meeting

ii. Any player may call a timeout after a goal is scored and before both teams have signaled readiness to start the pull
iii. After the pull, only the thrower (or the coach of the team) in possession of the disc may call a timeout
iv. Substitutions are not permitted during a timeout
v. When an Injury timeout (not counted against a team's quota of timeouts) is called, the health and safety of the player are of primary concern
vi. A substitution is permitted for an injured player during an injury timeout vii. A technical timeout (not counted against a team's quota of timeouts) are permitted for resolution of illegal equipment, a dangerous condition, or a broken disc
viii. A spirit timeout (not counted against a team's quota of timeouts) may be called by the Captains to resolve a perceived Spirit of the Game violation. Team members may not engage in tactical discussions, nor may team members extend the spirit timeout for a tactical advantage

g. Spirit of the Game is an important aspect of Ultimate – Spirit scores are awarded by the opposing team. See Appendix for Spirit Score / Game Reporting Sheet
h. Tie breaker is broken down in the following order:
i. Head to Head play
ii. Spirit Points iii. Points Against iv. Coin Toss