

**\*\*\*UPDATED – August, 2011\*\*\***

**Updates are Highlighted**

# **SCDAA**

**South Central District Athletic Association**

# **Constitution and Bylaws**

## **SCDAA (South Central District Athletic Association)**

The Education Act of 1995, states: “Subject to the stated policies of the board of education, a principal, under the supervision of the director, shall be responsible for the general organization, administration and supervision of the school, its program and professional staff.”

All school divisions within the boundaries of Prairie South School Division #210 entrust the SCDAA with: the organization, control and supervision of all interschool athletic competitions, subject to the guiding principles listed below. It is understood that, within these principles, the Principals consider the South Central District Athletic Association to be autonomous.

### PURPOSE

1. The purpose of the SCDAA is to coordinate the efforts of its members toward the ultimate objective of interschool athletics.
2. The major objective of interschool athletics is to provide wholesome opportunities for students to develop favorable habits, thereby making the student a better person and citizen. Participation in the activities of this organization will cultivate high ideals of fair play, good sportsmanship and good citizenship.
3. Participation in school sport should be enjoyable and fulfilling. Student athletes should be assured of experiencing competitive educational opportunities through meaningful athletic experiences.
4. Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the tangible evidence of the victory and defeat record, but rather, in the intangible personality development factors that are an outgrowth of the major objectives of the athletic program.

### Guiding Principles (Preamble)

Recognizing the need for a cooperative agency to plan, supervise and administer the inter-school activities of this district, it is recommended that the following principles be used as a guide to the association established for this purpose:

1. The aims and objectives of this association shall be in complete harmony with the constitution and bylaws as set forth by the Saskatchewan High Schools Athletic Association (SHSAA) and with the goals of education as set forth by Saskatchewan Learning.
2. Participation in the activities of this association should be encouraged because they are an integral part of the total education process.
3. All students should have the opportunity to realize the physical, social and emotional values that can be derived from inter-school competitions.

4. The SCDAА is opposed to the use of alcohol and drugs by players, coaches, supervisors, officials and others connected with athletic competition and ask members of this association to help in restricting their use. Any abuse of this principle should be reported to the executive so that action may be taken.
5. Good sportsmanship and complete participation cannot be legislated but must, through education, become the ultimate goals of this association.
6. Reasonable seasonal limits should be set for each sport. Care should be exercised not to devote an excessive number of hours to a sport with the result that the participants have neither the time nor the energy for productive academic achievement.
7. Athletic competitions should be planned so as to cause as little interference as possible with school attendance.
8. To place more emphasis on the skills learned and the appreciations developed through competition, rather than merely on winning games.
9. To encourage athletes and coaches at the bantam and junior level to stress a broad base of participation and the development of good sportsmanship.

**OUT-OF-TOWN TRAVEL AND MAXIMUM NUMBER OF GAMES**

1. School teams who compete in a SCDAА sponsored league must abide by the maximum number of games, matches, bouts or meets allowed by the SCDAА prior to play-offs (post-district play). There is to be **no** restriction on the number of tournaments a team may attend as long as the maximum number of games is adhered to. **Note: Only one tournament may be out-of-province.**
2. See below chart for **maximum** number of games (including all exhibition games), matches, bouts, or meets that a team may play excluding play-offs:

<b>SPORTS ACTIVITY</b>	<b>NUMBER</b>	
<b>FOOTBALL</b>	10	Games
<b>SOCCER</b>	22	Games *
<b>VOLLEYBALL</b>	60	Matches **
<b>JR. VOLLEYBALL</b>	45	Matches
<b>GOLF</b>	12	Tournaments
<b>CROSS COUNTRY</b>	7	Meets
<b>CURLING</b>	35	Games
<b>BASKETBALL</b>	32	Games
<b>JR. BASKETBALL</b>	24	Games
<b>WRESTLING</b>	30	Bouts
<b>BADMINTON</b>	35	Matches ***
<b>TRACK &amp; FIELD</b>	7	Meets

\* SOCCER            1 Game            =            90 minutes

\*\* VOLLEYBALL 1 Match = 2 Game Set or Best of 3 or Best of 5  
\*\*\* BADMINTON 1 Match = 3 Games

# CONSTITUTION

## ARTICLE I - Name

The name of this association shall be the South Central District Athletic Association (SCDAA) and it shall be a district council of the Saskatchewan High Schools Athletic Association (SHSAA).

## ARTICLE II – Structure

The SCDAA will administer District athletic competitions for the following categories:

- a) Bantam – students enrolled in grades up to and including grade 9.
- b) Junior – students enrolled in grades 9-10 (9-12 schools).
- c) Senior – students enrolled in grades 10-12 (K-12 schools, Gravelbourg, Assiniboia) and 11-12 (9-12 schools).

The SCDAA will be subdivided into four sections for playoff purposes;

- a) Moose Jaw: Vanier, Peacock, Central, Riverview, Ecole Ducharme, and Cornerstone
- b) North – Craik, Eyebrow, Central Butte, Chaplin, Caronport, Mortlach, Avonlea, and Rouleau
- c) South East – Assiniboia, Assiniboia Elementary, Coronach, Rockglen, Bengough
- d) South West – Gravelbourg, College Mathieu, Lafleche, Mossbank, Kincaid, Glentworth, and Mankota

## ARTICLE III - Objectives

- a) To encourage participation of students in activities through inter-scholastic and inter-section play and to provide representative teams and individual athletes from this district to further participation in provincial competitions.
- b) To plan, supervise and administer the inter-scholastic and inter-section activities of the Members of the association.
- c) To limit inter-district activities to those which may be considered as promoting the objectives of secondary education and which shall not unduly interfere with other portions of the school program, nor obstruct teachers and students in the performance of their regular day to day activities.
- d) To provide training and upgrading of coaches and officials through clinics.
- e) To ensure that neither the funds nor the property of the association be used for the personal profit of any individual or group of individuals.
- f) To ensure the association be organized and maintained in a democratic manner as outlined in this constitution and subsequent amendments.
- g) The association also encourages the following goals:
  - to develop a level of fitness relative to the sport the student is involved in.
  - to develop team sport skills.
  - to develop individual sport skills.

- to develop interpersonal skills.
  - to promote fun and enjoyment through participation in the pursuit of excellence.
  - to ensure that athletics is given as high a priority as possible among directors, administrators, trustees and staffs.
  - to develop an understanding in the community that coaching is a voluntary activity and that coaches give large amounts of their time.
- h) To encourage a varied athletic program in schools by restricting play to the recognized school sport season.
  - i) To promote a positive image of the interscholastic program.

ARTICLE IV - Meetings and Membership

Section 1: Membership and Representation

- a) Membership in this association shall be open to all Boards of Education and Conseil Scolaire with students enrolled in grades 7 to 12 within the district boundaries.
- b) Each school shall have one designate (appointed by the director of education) who is responsible for all matters pertaining to interschool athletics. Each Member (school board) should provide the district president with a list of its school designates at the beginning of each school year.
- c) Every school representative is entitled to a voice and a vote at any of the regular meetings and to attendance and a voice but not a vote at an executive meeting. Representative shall be defined as a director of education, trustee, principal or teacher associated with any school within the SCDA A boundaries. Other people may become representatives by motion at any regular meeting or executive meeting.

Section 2: Meetings

- a) Two general meetings shall be held during the school year. Normally the first week of September @ Gravelbourg and June @ Moose Jaw.
- b) There shall be an annual meeting of the association to be held in conjunction with the fourth regular meeting in June.
- c) Special meetings of the association or executive may be held at such time as the executive or President may determine.
- d) At the annual meeting each high school shall be allowed a maximum of four (4) votes for each agenda item. Each executive member will also be allowed one (1) vote.
- e) For both September and June general meetings, all schools that have 15 or more students in grades 9 or above must have a representative in attendance. Penalty see Art. VII - Sec. 4(b).
- f) Any eight (8) designates from schools within the district, by giving two (2) weeks notice in writing to the President, may call a special meeting of the district executive.
- g) SCDA A will pay for 7 voting members and up to 3 non-voting members to attend the SHSAA AGM. Non executive members must apply to the SCDA A President for one of the three non voting member positions prior to the spring executive meeting.

### Section 3: Rules of Order

- a) The rules of order for the conduct of all S.C.D.A.A. meetings will in general follow the Roberts Rules of Order, and will be as summarized below. All votes are calculated on the basis of present voting members. With the right to vote goes the right to abstain from the voting. The chair will not call for abstentions, nor do the voters have a right to announce that they abstained. Abstentions have no effect on the calculation of votes. A majority is more than half the votes cast. Note also that a majority is not necessarily one more than fifty (50) percent. In the case of a two thirds majority vote there must be at least sixty six (66) percent of present voting members in the affirmative for adoption.
- b) Voting by members shall be by secret ballot in the case of election of officers, and by show of hands in all other cases, except where a secret ballot is requested by at least three (3) members.

### ARTICLE V - Executive Officers

#### Section 1: Executive Members and Term Length

- a) The Executive of the South Central District Athletic Association shall consist of the following voting members:
  - a. President (2 year term)
  - b. Administration Rep (1 year term)
  - c. Officials Commissioner (1 year term)
  - d. Four Section Reps (1 year term)
  - e. Secretary (1 year term)
  - f. Treasurer (1 year term)
  - g. Trustee (3 year term)\*
  - h. LEADS Rep. (2 year term)\*
  - i. Past President (1 year term)
  - j. Athletic Commissioner(s)

\*eligible from any school board within the SCDA

#### Section 2: Eligibility of the Executive

- a) Any teacher, trustee or school designate within the district boundaries may be on the Executive.
- b) Elections will take place at AGM or if a vacancy occurs during the year.
- c) Executive shall remain until the AGM.

#### Section 3: Executive Powers

- a) Request resignation of any elected officer for missing 2 consecutive meetings.
- b) Executive empowered to rule on such cases not covered by constitution or bylaws.
- c) Executive empowered to strike committees.
- d) Fines of school not being represented by the set number of designates at each meeting.
- e) To act as the official voice of the SCDA, to speak on behalf of the teachers/coaches of the SCDA to the Prairie South Board of Education, the Holy Trinity Roman Catholic Separate Board of Education, the senior administration and all other bodies in all matters of concern to the SCDA.
- f) To act as a liaison for the SCDA coaches and members with the Prairie South Board of Education, Holy Trinity Roman Catholic School Board and all other bodies in all matters of concern to the SCDA.

#### Section 4: Executive Meeting

- a) The executive will have a regular meeting in December and in April.
- b) The executive may meet, adjourn and otherwise regulate their meetings as they may determine. Questions arising at a meeting shall be decided by a majority of votes, but in the case of a tie vote the question shall be decided in the negative.
- c) A quorum of the executive shall be a majority of the elected executive.

### ARTICLE VI – Duties of Officers

#### Section 1: President

- a) Shall preside at all meetings and shall act as chief executive officer of the district.
- b) Shall be an ex-officio member of all committees.
- c) Shall call all regular meetings and have the power to call special meetings as necessary.
- d) Circulate an advance notice of meetings and an agenda prior to the meeting day.
- e) Be the SCDA representative to the SHSAA.
- f) Represent the district at the SHSAA President’s meeting.
- g) Shall have signing authority all cheques and documents binding on the association.
- h) May appoint executive members to recommend and review nominations for district service awards.
- i) Shall chair the discipline committee or appoint an executive member to do so.
- j) Shall perform any other such duties as are normally expected of the President of such an organization.
- k) Appoint a vice-president from members of the executive.
- l) Represent the SCDA at the SHSAA AGM
- m) Serve one year as non-voting advisor on the executive once their term ends

#### Section 2: Vice-President

- a) During the absence of the President or his/her inability to perform such duties, the

- Vice-President shall carry out all duties of the President.
- b) Shall perform such duties as the executive may determine.

### Section 3: Section Reps

- a) Shall perform such duties as the executive may determine.
- b) Shall seek reactions and collate decisions made within their section.

### Section 4: Secretary

- a) Keep the minutes of all meetings.
- b) Copy and distribute such minutes to each member of the SCDAAs as soon as possible after each meeting.
- c) Send one copy each to the Executive Director of the SHSAA, the Director of the Holy Trinity Roman Catholic Separate School Division #22 and the Director of the Prairie South School Division #210.
- d) Post a copy of the minutes to the District website.
- e) Record attendance for voting purposes.

### Section 5: Treasurer

- a) Shall arrange to have books audited annually.
- b) Receive and deposit all monies payable to the organization and make the authorized payments by cheque bearing the signatures of the Treasurer and President.
- c) Present a tentative budget in June for the ensuing school year.
- d) Prepare an interim statement of receipts, disbursements, and balance at all regular meetings.
- e) Prepare a financial statement ending June 30 for presentation in September meeting.

### Section 6: Officials Commissioner

- a) Shall organize clinics to upgrade officiating.
- b) Shall be a liaison to the SHSAA in matters affecting officiating.
- c) Shall attend the SHSAA Officials Commissioners meeting in December.
- d) Shall represent the SCDAAs at the SHSAA AGM in June.
- e) Shall assign officials for all SHSAA playdowns held within SCDAAs.

### Section 7: Athletic Commissioner(s)

- a) Shall have complete control over all game official organizational responsibilities except any playoff leading to an S.H.S.A.A. provincial championship.
- b) Shall act as liaison between the S.H.S.A.A. and the district.
- c) Shall make schedules and follow up reports or receive from the commissioners.

- d) Shall receive team entries and forward them to the S.H.S.A.A.
- e) Shall update the district handbook annually.
- f) Ensures that delegates to the S.H.S.A.A. annual general meeting are appointed and makes arrangements for their attendance.
- g) Shall inform district activity playdown commissioners of any suspensions of a Member or individual participant.
- h) Shall complete MAP grant forms.
- i) Shall keep all reports of commissioners on file and up to date.
- j) Order awards for District championships.
- k) Book facilities.
- l) Shall give direction to all activity commissioners in carrying out their duties.
- m) Collect and keep on file, copies of Registration Cards (pink cards), SHSAA E5 forms and Team Registration Forms.
- n) Shall co-ordinate accommodations and transportation for post-district competition.

#### Section 8: LEADS and Trustee Representative

- a) Shall act as a liaison between the SHSAA and the respective bodies they represent
- b) Shall represent the SCDA A at the SHSAA AGM

#### ARTICLE VII – Discipline Committee

- a) The executive may appoint any of the following members as a district discipline committee:
  - i) President (Chairperson)
  - ii) Vice-President
  - iii) Athletic Commissioner
  - iv) Principal
  - v) Trustee
  - vi) Director or Superintendent
- b) The discipline committee, working with both the S.C.D.A.A. and S.H.S.A.A. constitutions and by-laws shall expeditiously hear all evidence on the incident and shall render a written decision. The discipline committee will consider each case presented and take appropriate action based on the severity of the misconduct. These actions include but are not limited to the following:
  - i) dismissal of the complaint
  - ii) letter of concern
  - iii) letter of reprimand
  - iv) period of probation
  - v) forfeiture of game
  - vi) forfeiture of championship
  - vii) maximum period of one year probation or suspension

- c) In any case the Member involved may appeal the decision of the discipline committee by making a formal written or oral presentation to the chair of the discipline committee who shall take the necessary action to consider the appeal properly in light of the presentations information. This would mean the striking of an appeal committee which would be make up of a Director, Administrator and Trustee from three different school division than the appealing division. Such appeal also requires a two hundred (200) dollar deposit to be presented. If the appeal is upheld then the deposit will be returned. Further:
  - i) all parties shall have advance notice of the appeal hearing date.
  - ii) parties shall have the right to have counsel present.
  - iii) parties may make written/oral presentations.
  - iv) all evidence is considered by the board.
  - v) appeal board can confirm or reverse the discipline committees findings, but may not amend the penalty.

## ARTICLE VIII – Finances

### Section 1: Self Sufficiency

- a) The organization must maintain its own solvency at all times. That is, it shall not incur a deficit.

### Section 2: Annual Fees for Schools

- a) Team fees will be \$20 annually
- b) Per capita fees will be \$1.25 per student from grades 9-12

### Section 3: Financial Details

- a) An honorarium shall be paid to the secretary, treasurer, official’s commissioner, and president.
- b) District activity play down commissioners and executive shall be paid expenses for organizing district activities and for any business sanctioned by the executive.
- c) The fiscal year for the association will end June 30.

### Section 4: Financial Penalties

- a) Any Member of the S.C.D.A.A. may be charged a fifty (50) dollar performance bond for a breach of the withdrawal from competition rule as stated below. This bond or part of this bond may be charged in the event that a team, coach, official of any other individual representing said Member in S.H.S.A.A. sanctioned competition fails to comply with district regulations concerning withdrawal from a competition without proper notice, which is four (4) days prior to the event in question. Any breach of the

section will be dealt with by the discipline committee.

- b) In the event that a participating school does not have the required representation at a meeting, the district shall fine the school fifty (50) dollars.

#### Section 5: Coaches Symposium Bursaries

- a) Any members wishing to attend the SHSAA Coaches Symposium must apply to the SCDAAs President by June 15<sup>th</sup>. The map grant will be divided by the number of participants and will be paid on submission of receipts by Sept 30<sup>th</sup> of each year.

### ARTICLE IX – Amendments to the Constitution and By-laws

#### CONSTITUTION

- a) The Constitution may only be amended at the SCDAAs Annual Meeting held in June.
- b) Written notice of proposed amendments to the Constitution shall be forwarded to the President at least two weeks prior to the Annual Meeting. The President shall circulate the proposed amendment(s) to all member schools at least one week prior to the Annual Meeting.
- c) A two-thirds majority vote of a properly constituted quorum shall be required to pass an amendment.
- d) Proposed constitutional amendments shall be voted upon at the Annual Meeting and if passed shall become effective at the conclusion of the Annual Meeting or from the date noted in the amendment.
- e) Any proposed amendments submitted after the deadline will require a three-quarter majority of a properly constituted quorum.

#### BYLAWS

- a) Bylaws may be amended at any SCDAAs general meeting.
- b) Written notice of proposed amendments to the bylaws shall be forwarded to the President at least two weeks prior to a general meeting. The President shall circulate the proposed amendment(s) to all Member schools at least one week prior to the meeting.
- c) Proposed amendments shall be voted upon at the Annual Meeting and if passed by a majority of a properly constituted quorum shall become effective at the conclusion of the Annual Meeting or from the date noted in the amendment.
- d) Any proposed amendments submitted after the deadline will require a two-thirds majority of a properly constituted quorum.

### ARTICLE X – Order of Business

a) The order of business at meetings shall be as follows:

- i) call to order
- ii) adoption of agenda
- iii) minutes of last meeting
- iv) financial report
- v) special reports/presentations
- vi) old or unfinished business
- vii) commissioners report(s)
- viii) officials report
- ix) new business
- x) adjournment

b) The order of business at the annual general meeting shall be as follows:

- i) call to order
- ii) adoption of agenda
- iii) discussion of formats for district championships
- iv) district competition sites and dates for the following year
- v) discussion of the constitution
- vi) upcoming provincial hosting responsibilities
- vii) SHSAA AGM resolution discussion
- viii) SCDA A executive elections
- ix) old/unfinished business
- x) adjournment

#### ARTICLE XI – Bids to Host

- a) Bids by schools to be the S.C.D.A.A. host for provincial events must be presented in writing and voted on at the district annual general meeting in June for events that will take place in subsequent years.

# **BYLAWS**

## **ARTICLE I – Eligibility**

### General Requirements:

- a) Students must meet **all** SHSAA eligibility requirements.
- b) The eligibility requirements of the SCDA are that, in any school year, each student:
  - i) must be registered in a minimum of 50% of the total number of possible classes throughout the season of the activity. Ex. For the Copernican system, a student must always be registered in at least 1 class. Students taking classes in a school on the semester system must be registered in 2.5 or 3 classes. If a student falls below the 50% minimum, he/she immediately becomes ineligible to play, and
  - ii) prior to first inter-school competition (first full contact practice for football), must provide a signed and completed parental permission/medical form on file with the high school, and
  - iii) must not be in violation of any school or board of education policy that would prevent the student from participating in the activity.
- c) Players who dress for a third league game or attend a second tournament in a senior sport shall not be eligible to participate as a bantam/junior in that same high school sport during that same season. *Bantam/Junior players may participate in one senior tournament and play in two senior league/exhibition games before becoming ineligible to play junior.* Once the Bantam/Junior season has ended, all players become eligible for Senior rosters. Exceptions may be granted to Bantam to Senior, must apply in writing to the executive.
- d) Period of eligibility:
  - i) For **bantam** district activity play downs (except cross country and track and field) competitors must be in Grade nine (9) or lower **and** under sixteen (16) as of September 1 of that school year.
  - ii) For **junior** district activity play downs (except cross country and track and field) competitors must be in Grade nine (9) or ten (10) **and** be allowed to play for two years.
  - iii) For **senior** district activity play downs (except cross country and track and field), as per SHSAA eligibility rules.

## **ARTICLE II – Finances**

- a) District fees collected from a school, which subsequently drops out of the activity, will only be refunded if the school has not participated in any competition in the

activity, and submits a written request to the SHSAA before the activity's E-5 deadline.

- b) Mileage will be paid out at a rate of Prairie South mileage rate less 0.15/km for the driver and 0.05/km per passenger to a maximum of the PSSD mileage rate, per car for the SHSAA AGM and SHSAA District Presidents Meeting in December.
- c) Schools hosting district competitions (except cross country and golf) are expected to charge a gate admission per event of three (3) dollars for adults, two (2) dollars for students and 12 years and under free. The money collected will be split between the association and the school on a 50/50 basis. The penalty for not collecting a gate will be that all competition expenses will be borne by the host school.
- d) Ice rentals and officiating expenses for section and district championships are the responsibility of the host school division.
- e) A per diem will be paid to members representing the SCDA A on official business at the rate of \$10 for breakfast, \$15 for lunch, \$20 for supper.

ARTICLE III – Sponsored Activities

Section 1: Awards

- a) Activities for which the association shall provide gold medallions are:

i) Grass Golf	bantam/senior	Boys and Girls	(12)
ii) Cross Country	bantam/midget/jr/sr	Boys and Girls	(8)
iii) Soccer		Boys and Girls	(23/tm)
iv) Volleyball	bantam/jr/sr	Boys and Girls	(16/tm)
v) Curling	bantam/sr	Boys, Girls, Mixed	(16x2)
vi) Basketball	bantam/jr/sr	Boys and Girls	(15/tm)
vii) Badminton	bantam/sr	Boys, Girls, Mixed	(8x2)
viii) Track and Field	bantam/midget/jr/sr	Boys, Girls	(13x8)
ix) Football		Boys	(50)

- b) Medallions will be awarded only when a competition is held or contested.
- c) Additional medals may be purchased from SCDA A for \$6 each.
- d) Silver and bronze medallions will be awarded in golf, badminton, and cross country
- e) Silver medallions will be awarded in curling, volleyball, and basketball
- f) Ribbons will be awarded for 2<sup>nd</sup> to 4<sup>th</sup> in track and field and 4<sup>th</sup> through 6<sup>th</sup> in cross country

Section 2: Playoff Hosting

- a) The rotation for activities will be:
  - i) Moose Jaw
  - ii) South West Section

- iii) North Section
- iv) South East Section
  
- b) This rotation shall be picked up at the appropriate place in the rotation based on the section that hosted in the previous year.
- c) Sections will be skipped if the activity does not apply to that section.
- d) In special circumstances sections may exchange position in the rotation for an activity.
- e) Sections may be skipped in the rotation if they so request.
- f) If a section passes its host responsibilities for district play downs, they may not enter athletes/teams in that play down at the discretion of the executive.

### Section 3: Officials Clinics

- a) South Central will host up to four volleyball clinics, three basketball clinics, and two football clinics upon request of the membership.

## ARTICLE IV - Activity Play Down Direction

### Section 1: Guidelines

- a) Whenever feasible, district play downs should be held in the evening and/or Saturday (with the exclusion of cross country, golf, track and field and curling), in order to avoid missed school time.
- b) The Athletics Commissioner shall be responsible for organizing the tournament subject to the SCDA and SHSAA guidelines in each sport.
- c) Officials for all district championships must be co-ordinated through the Officials Commissioner and from within the SCDA boundaries whenever possible and practical.

See web site for further details regarding host responsibilities.

### Section 2: District Coach

- a) When district coaches are assigned, they shall have the authority over all student competitors. The association shall support any decisions made with regard to discipline or competition by said coach.

### Section 3: Uniforms

- a) The association shall provide uniforms for track and field and cross country. Any such uniforms that are lost will be paid for by the school under whose jurisdiction the offending student falls.
- b) Teams that do not conform to SHSAA uniform codes will be fined \$50 .

ARTICLE V – Competition, Practicing, Rules of Play, Tie-Breaking Criteria

- a) Starting dates of practice for the various sporting activities shall be as follows: The **exact date** will be decided by the sports commissioner in consultation with the coaches of the activity. The closing date shall be when Provincial Play downs are completed.

Football*, **	-12 weeks prior to provincial final.
Volleyball	-14 weeks prior to 2 <sup>nd</sup> provincial volleyball weekend.
Soccer	-10 weeks prior to provincial soccer tournament.
Cross Country	-10 weeks prior to provincial meet.
Golf	-10 weeks - 5 weeks in the spring and 5 weeks in the fall.
Curling	-19 weeks prior to provincial bonspiel.
Basketball***	-18 weeks prior to HOOPLA.
Wrestling	-17 weeks prior to provincial tournament.
Badminton	-12 weeks prior to provincial tournament.
Track & Field	-11 weeks prior to provincial meet

\* *A five day spring **football** camp may be run on SCDA A and principal approval.*

\*\* Before the first regular season football game of the season, **teams must have participated in a minimum of 10 practices, but no more than 15** after the official start date determined by the SCDA A league coaches and commissioner. A team must participate in a minimum or seven organized practices before competing in a controlled scrimmage with another team.

\*\*\* In basketball, grade nine athletes are allowed to start practices two days before the official start of the season in order to help with selection of teams and to better facilitate the scheduling process.

- b) The SCDA A is opposed to pre-season & out-of-season practices. *A coach working with a team member or members in an organized activity with a goal of improving the team for interschool competition shall constitute a practice.*

- c) A practice shall be defined as:

- i) a coach/designate is present and drills are being run
- ii) a coach/team is developing skills and strategies to get ready for competition
- iii) game specific skill evaluation of players is involved
- iv) gym/facility is being used for restricted group of players for game specific skill development

- d) A practice is not:

- i) fitness testing, strength training, strength testing or other programs where general

- athletic skills such as speed, agility and power are being measured. It must be understood that these activities must not result in students being informed about their future (make/cut) with the team.
- ii) involvement in any intramural activity
- e) A “Club Team” is defined as:
- i) a team not sanctioned by the SCDA
  - ii) a team that does not use the school uniforms or the school name and is not funded by the school
  - iii) a team that is not covered by the school system insurance policy
- NOTE: Club teams are not allowed to use school facilities on school days between the hours of 7:00 am - 6:00 pm.
- f) All league changes must be requested from the athletic commissioners by May 15<sup>th</sup> of the year prior to the changes.

## ARTICLE VI – AWARDS

### **Section 1 : Service Award**

- a) Not necessarily a yearly award.
- b) Each division will be allowed to submit one name for each of the following categories per year:
  - i) teacher/coach
  - ii) administrator
  - iii) trustee
  - iv) volunteer (non-faculty member)
- c) Names which are not chosen may be submitted again in subsequent years.
- d) The application should be a summary of the involvement of the individual nominated with reference to:
  - i) years of service
  - ii) responsibilities
  - iii) an ambassador for S.C.D.A.A.
- e) This character reference will be the basis of judgment the executive will use for selection of the award.
- f) The merits of any one or more of the three (3) above-mentioned items will enable a nominee to be eligible for this award.
- g) The executive under the direction of the President will select the winners annually.
- h) Deadline for submissions is the date of the spring executive meeting.
- i) The award will consist of a plaque.
- j) There may be one recipient per category per year unless the executive makes an exception.

**Section 2: Coaches/Officials Recognition Award**

- a) The S.C.D.A.A. shall present awards to long serving coaches and officials within the district on an annual basis.
- b) The award will consist of framed certificates for service of five (5), ten (10) or fifteen (15) years.
- c) Those people with twenty (20) years of service will receive a plaque and an invitation to the district annual meeting supper.
- d) Those people with increments of 5 years of service will receive a personal gift as determined by the executive.

# SPORT ACTIVITY RULES

## Cross Country

### RULES:

1. This competition will consist of a bantam, midget, junior and senior categories. This event is open to all competitors.
2. The cross country run shall be over a course of 3000m to 6000m in length. Measurement shall be along the middle of the course. The course shall be clearly marked by a wide chalk line or by sign posts with large directional arrows wherever the course turns, or by flags about one foot square mounted on stakes which hold them to the ground.

Flag designations:    A **RED** flag generally indicates a turn to the **LEFT**.  
                                  A **WHITE** flag generally indicates a turn to the **RIGHT**.  
                                  A **YELLOW** flag generally indicates **STRAIGHT AHEAD**.

3. Cross country running is intended as an “off-track” activity and, therefore, a variety of terrain must be expected by the competitor. Prepared surfaces should not be expected and a variety of footing caused by natural terrain and weather conditions must be accepted as part of the competition.
4. Competitors in cross country events are not allowed to receive any assistance or refreshments from any person during the progress of the race.
5. 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> medallions will be presented to male and female participants in each category.
6. The distance for bantam cross country is 2000m.
7. Bantam aged athletes must be under 14 and in Grade 7 or 8.
8. Cross country athletes wear our South Central uniforms when we are representing South Central at Provincial Cross Country championships.

## Golf

### RULES:

1. During Section tournaments, each school can only register a maximum of **14** golfers per school.

2. One team and the top 3 male and female scorers (if not part of the team) from each section will advance to the district tournament.
3. In the case of a tie for one of the top three places in the individual category (male or female), where at least one of the individuals in a tie are not part of the school winning team, that there be a one-hole sudden victory playoff, starting at the first hole to determine the individual(s) that moves on to qualify for Provincials.
4. Green fees will be the responsibility of each school (or division).
5. Bantam district golf tournament will be held the same weekend as senior district golf. Entries will be capped at 12 participants per section.
6. Caddying and/or coaching are not allowed during the course of play.
7. The SCDA A will make an effort to send an adult with each group of golfers to act as a resource person on golfing rules, local course rules and golf etiquette.
8. All coaches/teacher supervisors must be present at the golf course while their athlete(s) golf.
9. The district golf tournament will be run as the SHSAA tournament.
10. Meals will be purchased by the SCDA A for all non-coaching facilitators.
11. Grade 9 athletes may only participate in the playoffs for either the bantam or the senior championships.

#### **Soccer**

1. The rules for soccer shall be maintained in the constitution used to run the leagues.
2. The Moose Jaw High School Athletic Association has the responsibility for structuring, team entries, rules, and advancement for girls soccer.

#### **Football**

1. The rules for football shall be maintained in the constitution used to run the leagues.
2. The Moose Jaw High School Athletic Association has the responsibility for structuring, team entries, rules, and advancement for 12 man football.

#### **Volleyball**

## RULES

1. In 1A, the top two teams from each section will advance to district championship. In all other categories (2A-5A) all registered schools will advance to districts.
2. Where there are two teams competing at that level they shall hold a best of five playoff match to determine the district representative.
3. Where there are three (3) to five (5) teams competing at that level they shall hold a round robin and a 1st vs. 2nd playoff to determine the district representative.
4. If there are six (6) teams competing at that level they shall hold a two (2) pool round robin playoff with a cross-over playoff to determine the district representative.
5. Bantam district play will consist of a four team round-robin tournament. If only three sections advance teams, each section will advance two teams to a two pool tournament.
6. Bantam volleyball leagues will not follow section boundaries; they will be structured to minimize transportation time.
7. All conference championships will be awarded on rotation.
8. Net heights are as follows:

Junior Boys:	2.35 m
Junior Girls:	2.15 m
Bantam Boys:	2.24 m
Bantam Girls:	2.10 m

## Curling

### RULES

1. Two teams per section will advance to the senior district championship in each of Boys, Girls and Mixed categories. The tournament will be a double-knockout format, there will be no A-B final. The A-side winner will be district champion and the B-side winner will assume the second berth at regionals
2. During years where South Central District may advance two teams to provincials, two teams will advance from each section to an eight-team district championship.
3. In bantam curling, if one section doesn't advance a team, the host section will enter a second team.

4. In bantam curling, mixed teams will be defined as four athletes, one of which must be of the opposite gender.
5. There is a two minute time out after the third end in bantam curling games.
6. Games are to be scheduled at 2:15 intervals for senior curling playoffs.

## **Basketball**

### **RULES**

1. All conference championships will occur on a rotation.
2. The bantam district playoff structure is as follows:
  - a) The district championship will be a bracket draw, A and B side
  - b) If four sections advance teams, each section will advance one team.
  - c) If three sections advance teams, each visiting section will advance one team and the host section will advance two teams.
  - d) If two sections have teams, each section will advance two teams.
  - e) The boys and girls tournament will be a maximum of four teams each, hosted in one community
3. All changes to league structure must approved by the executive with consultation of both leagues involved.
4. The bantams will use a 24 second clock for playoff games.
5. There will be no “walks” to the bantam district basketball championship. The executive will determine the playoff structure on an annual basis.
6. The hosting site for the bantam basketball districts will be rotated annually by section.

## **Wrestling**

### **RULES**

1. SAWA rules are used with SHSAA modifications. See SHSAA Handbook. Regional and Provincial wrestling championship competitors must wear either a

red/blue singlet or a school singlet. Club singlets are unacceptable.

### **Badminton**

#### RULES

1. All sections will send two (2) representatives per category for a two pool round robin draw. There will be a cross over playoff of the top two (2) teams in each pool. In senior there will also be a third place match.
2. Bantam will have two representatives from each rural section with a six-team round-robin district playoff.
- ~~3. All singles badminton players will wear goggles.~~
4. The district championship will follow the same format as the regional championship.
5. The senior district championship will rotate between Peacock and Gravelbourg annually.
6. Grade 9 athletes may only participate in the playoffs for either the bantam or the senior championships.

### **Track and Field**

#### RULES

1. Each section will advance two male and female athletes per event to the district meet in bantam and three athletes per events in midget, junior and senior categories.
2. For timed finals, the heats will be split, where the “fast” heat will have as many lanes filled as possible, and the “slow” heat will have a minimum of three athletes.
3. Bantam aged athletes must be under 14 and in Grade 7 or 8.
4. Athletes must wear numbered jerseys.
5. That the High Jump heights at section meets be 15 cm below and 10 cm below at the district from the SHSAA starting height for Provincials.
5. Athletes may participate in pole vault without a district competition provided they:
  - a. Are approved by their school division
  - b. Attend a Sask Athletics pole vault training session
  - c. Compete in at least one pole vault event prior to SHSAA provincials
  - d. They have successfully cleared the SHSAA provincials starting height
6. District point totals will be calculated.