Appendix A

Fair Play Guidelines

Cape Breton Victoria Regional School Board (CBVRSB)
Appendix for Sport and Recreation Programs
Structure for Game Protocol and Practices

General Structure Guidelines

• Minimum Team Roster Numbers

• Minimum Game Roster Numbers

• Game Time Length and Period / Halves Breakdown

• Shift / Line Time Durations and Rotations ("Rotation Grid Box")

• Alternate Shift / Line Rotations Due to Player Shortage

• Control of Runaway Game Scores (Game Officials, Players, Coaches)
• Large Registration Participant Numbers Alternatives

• Communicating fair Play Procedures to Players and Parent / Guardians

• Regular Season, Playoffs, Tournament (Home or Away) Participant Protocol

• Backup Player Pool for Shortages

• Teams consistently coming to games without the expected roster will be reported to administration.
Basketball

1. Teams are expected to team roster of 15. P-6.
   Teams are required to team roster a minimum of thirteen players. Grades 7-9

2. Teams are required to game roster a minimum of ten players each game or a forfeited will occur.

3. Shift rotation: three lines rotating six three minute stop clock shifts per half. P-6
   Shift rotation: no player will get more than one shift more than the player with the least shifts. Grades 7-9
   If you have 13 players, the first five play, the second five play, the next 3 play plus 2 from the first five and continue the rotation fairly. Players can't double shift or sit off more than two shifts in a row. They play when it is "their turn" in the rotation. Grades 7-9
   See “Rotation Grid Box” format below for line shortage rotations. P-6

4. Game time length will be thirty-six (36) minutes, comprised of 9 four minute shifts. (7-9).

5. Coaches and players are encouraged to avoid running up scores against weaker opponents. Game officials would control this direction.

6. All players will receive a Parent / Guardian Information Fair Play Policy Memo at the beginning of the program season.

7. Rules format are to be followed for regular season play, playoffs and home and away tournaments.

8. Schools are encouraged to have a backup pool of potential fill in support (players) in the event that a team finds it has a shortage of players. Teams may draw up players from a lower division for fill in support.
Hockey

1. Teams are to team roster (both male and female if no female exists) a minimum of sixteen (16) players.

2. Teams are required to game roster a minimum of eleven (11) players for each game or forfeit will occur. (Two five player lines plus a goalkeeper).

3. Game time length will be forty-eight minutes, comprised of two twenty-four minute periods straight clock time.

4. Shift rotation: eight three minute lines (straight clock) per period.

5. Game scores reaching a seven goal spread after the eight minute mark of the second period, would have the game officially awarded with the remaining time left scrimmaged, with stats and penalties recorded, but no additional goals recorded on the scoreboard. Game officials would control this direction. Coaches and players are encouraged to avoid running up scores against weaker opponents.

6. Schools with large registration interest are encouraged to look to forming additional teams.

7. All players will receive a Parent / Guardian Information Fair Play Policy Memo at the beginning of the program season.

8. Rules format are to be followed for regular season play, playoffs and home and away tournaments.

9. Schools are encouraged to have a backup pool of potential fill in support (players) in the event that a team finds it has a shortage of players. Teams may draw up players from a lower division for fill in support.
Hockey (con’t)

10. Penalties will be served by the penalized player(s). Subsequent shifts after a penalty, with time remaining in the penalty, would have the non penalized team add an extra player(s) to the shift, with the penalized team, playing its full shift of players. The maximum of extra players on a shift would be two for Elementary grades. Junior Highs would follow the regular rules of hockey for the second penalty putting two players off. Penalized teams are asked to split the shift of the second penalty so as no one player loses a full shift. Purpose of rule is to ensure non penalized players lose as little shift time as possible, serving a team mate’s penalty.
Rotation Grid  
(Assuming Two Players Short for Three Lines)  
Basketball / Hockey Sports

All players are allocated a number for rotation of lines.

<table>
<thead>
<tr>
<th>Line #</th>
<th>First Half:</th>
<th>Second Half:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>(1 – 2 – 3 – 4 – 5)</td>
<td>(5 – 6 – 7 – 8 - 9)</td>
</tr>
<tr>
<td>2</td>
<td>(6 – 7 – 8 – 9 – 10)</td>
<td>(10 – 11 – 12 – 13 – 1)</td>
</tr>
<tr>
<td>3</td>
<td>(11 - 12 - 13 - 1 – 2)</td>
<td>(2 – 3 – 4 – 5 – 6)</td>
</tr>
<tr>
<td>5</td>
<td>(8 – 9 – 10 – 11 – 12)</td>
<td>(12 – 13 – 1 – 2 – 3)</td>
</tr>
<tr>
<td>6</td>
<td>(13 – 1 – 2 – 3 – 4)</td>
<td>(4 – 5 – 6 – 7 – 8)</td>
</tr>
</tbody>
</table>

Players # 9 / 10 / 11 / 12 / 13 will have one less line playing time, but this format minimizes the discrepancies of playing time. Coaches could look to rotating those players positions each game so as the same players are not losing the extra line each game. For the hockey sport, goaltenders would each play a full period.
**Baseball / Softball**

1. Teams are expected to team roster a minimum of fourteen (14) players.

2. Teams are required to game roster a minimum of ten (10) players each game.

3. Game length will be six (6) innings (Elementary); seven innings (7) (Junior High).

4. Each player must play a minimum of three innings.

5. All players bat (if you have 14 players all 14 bat before you start over with the batting order) however only 9 or 10 players in the field at a time.

6. Game scores reaching a ten run spread after four innings would have the game officially called. Game officials would control this direction. Coaches and players are encouraged to avoid running up scores against weaker opponents. Coaches should be aware when there is the possibility of a ten run rule game being called, and insure changes are made early enough to give subbing players as best a chance to get playing time as possible.

7. Teams will be limited to a maximum of scoring six runs in any given inning.

8. Schools with large registration interest are encouraged to look to forming additional teams.

9. All players will receive a Parent / Guardian Information Fair Play Policy Memo at the beginning of the program season.
10. Rules format are to be followed for regular season play, playoffs and home and away tournaments.

11. Schools are encouraged to have a backup pool of potential fill in support (players) in the event that a team finds it has a shortage of players. Teams may draw up players from a lower division for fill in support.
Soccer

1. Teams are expected to team roster a minimum of sixteen (16) players.

2. Teams are required to game roster a minimum of nine (9) players each game.

3. Game time length will be straight time, sixty (60) minutes for Elementary, and eighty (80) minutes for Junior High, comprised of two equal halves.

4. Shift rotation: all players guaranteed minimum of fifteen minutes per half.

5. At the discretion of the officials, game scores reaching a six (6) goal spread, after the half way point of the second half, would have the game officially awarded, with the remaining time left scrimmaged, with stats and penalties recorded, but no additional goals would be recorded on the scoreboard. Game officials would control this direction. Coaches and players are encouraged to avoid running up scores against weaker opponents.

6. Schools with large registration interest are encouraged to look to forming additional teams.

7. All players will receive a Parent / Guardian Information Fair Play Policy Memo at the beginning of the program season.

8. Rules format are to be followed for regular season play, playoffs and home and away tournaments.

9. Schools are encouraged to have a backup pool of potential fill in support (players) in the event that a team finds it has a shortage of players. Teams may draw up players from a lower division for fill in support.
Volleyball

1. Teams Rosters are expected to be a minimum of twelve (12) players.

2. Team Game Rosters are required to be a minimum of nine (9) players.

3. Game Matches will be comprised of a best two out of three series set.

4. Any given player will serve a maximum of four serves, before turning service over to the opposing team. (For Elementary Division).

5. All Players must play at least until one team reaches 18 and for half of the third set.

6. Schools with large registration interest are encouraged to look to forming additional teams. Elementary Schools are encouraged to use the “Mini Volleyball System” as a feeder program to their school volleyball club.

7. All players will receive a Parent / Guardian Information Fair Play Policy Memo at the beginning of the program season.

8. Rules format are to be followed for regular season play, playoffs and home and away tournaments.

9. Schools are encouraged to have a backup pool of potential fill in support (players) in the event that a team finds it has a shortage of players. Teams may draw up players from a lower division for fill in support.
10. **Appendix: Rotation Grid for Volleyball Sport:**

- Match comprised of two out of three sets.
- Set 1: Players # 1 – 2 – 3 – 4 – 5 – 6
- Set 2: Players # 7 – 8 – 9 – 10 – 11 – 12 (*players must play at least until one team reaches 18*)
- Set 3 (If Applicable): Two lines of six (Coach’s choice), splitting the set at the half way scoring point. Games of fifteen (15) would change when the first team reaches eight (8).
Competitive Cheerleading
Need to follow NSSAF Guidelines

1. REGULATION 20-Updated Sept. 14, 2013

2. 20.1 Classification

3. Open

4. 20.2 Regional Representation

5. In order to compete at the Regional or Provincial levels, a team must have competed in at least one competition prior to April 1st of the current school year.

6. Number of teams/region to advance to be determined annually by the NSSAF.

7. Schools in the Host Region may bid to host Provincial.

8. 20.3 Awards

9. NSSAF Gold Medallions (maximum 26) to members of Championship team and coaches. Championship Banner to the winning team.

10. NSSAF Silver Medallions (maximum 26) to members of runner-up team and coaches.

11. NSSAF Bronze Medallions (maximum 26) to members of third place team and coaches.

12. 20.4 A team shall consist of a minimum of five (5) and a maximum of twenty-four (24) members.

13. 20.5 Time limit for routines shall be a maximum of two minutes thirty seconds (2:30).

14. 20.6 The NSSAF Championship to be held at a Place and Date TBA, shall consist of:
Competitive Cheerleading (con’t)
Need to follow NSSAF Guidelines

15. EITHER if seven (7) or fewer teams are entered in the championship Competition, all teams will perform in the morning. The order of performance will be determined at the start of the competition by a drawing done by each team’s coach. In the case of the “pool” system being used, the drawing will take place just before each pool of teams begins to compete. A separate draw will take place for the championship round. The team with the highest score will be declared the winner and the team with the second highest score will be declared the runner-up.

16. OR

17. If eight (8) or more teams are entered in the Championship Competition, a drawing will be held on the day of the competition (and with all of the coaches present) to determine whether a team will compete in “Pool A” or “Pool B”, each pool having one-half (or one-half, plus or minus one) of the teams entered. The competition would run with all of the teams from Pool A performing, then a 10-15 minute break for the judges, followed by all of the teams from Pool B performing. After a minimum 30-minute break, the four (4) teams with the highest scores, regardless of which pool each team was in, will go on to the “Championship Round”. From this round the team with the highest score will be declared the winner and the team with the second highest score will be declared the runner-up. Team standings will be determined by the sum of the first round and the Championship round.
**Competitive Cheerleading (con’t)**

**Need to follow NSSAF Guidelines**

18. 20.7 While the NSSAF Competitive Cheerleading Championships are intended to be a finale to the cheerleading season, the cheerleading team, with the school’s approval, may lead the cheering at events for the full school year. However, the performance of jumps, gymnastics and stunts at an event should only occur when (a) the team has mastered them in a gym; (b) there is a safe performance area; and (c) a qualified cheerleading coach is present to direct the team.

19. 20.8 The Head Coach of a cheerleading team must have completed an NSSAF-approved Coaching Clinic.

20. A Coach who has completed the NSSAF-approved Coaching Clinic must be present at all practices and competitions. The list of persons who have completed the program will be available from the NSSAF office.

21. All competing teams must be accompanied by a teacher or adult designated by the Principal who is responsible for the conduct and safety of the team members.

22. 20.9 The Scoring Judges (not the Tally Judges) assigned to a competition shall stop a team from competing or interrupt a team’s performance if any of these rules are violated. In any event, at the end of the competition, one of the judges shall convey the reason for the stoppage or interruption to the teacher/designate responsible for the team and a written explanation must be sent by the judges or their association to the NSSAF within one (1) week of the competition.

23. 20.10 Any competing team, which does not complete its routine for any reason shall not receive a score.
Competitive Cheerleading (con’t)

Need to follow NSSAF Guidelines

24. 20.11 Performing any Illegal or Not Permitted Stunts shall result in disqualification, which will be reported to the NSSAF by the coach of the hosting team. Judges reserve the right to disqualify a team if there are more than 2 different rule infractions in a single routine or if a rule infraction poses a significant safety hazard to team members.

25. 20.12 A Participant who is bleeding has an uncovered open wound or an excessive amount of blood on the uniform shall stop performing to receive proper medical treatment.

26. 20.13 A Participant who is rendered unconscious or apparently unconscious shall not be permitted to resume participation in the competition being held on that day without written authorization from a physician, the original of which must be presented to the judges prior to the Participant taking to the floor.

27. 20.14 Rules of Play: As approved by the NSSAF and circulated to participating schools. Official copies are available through the NSSAF office.

28. 20.15 Cheerleading mats are mandatory for all competitions. A minimum of 54x92 foot (9 panels) matted competition surface is required for Provincial Championship. A minimum of 7 panels 42x42 (7 panels) are required for all other competitions.

29. 20.16 A team must compete in the same level in at least one competition prior to April 1st of that season to be eligible to compete in a regional competition.

30. 20.17 The cheer component is not required. The coach may decide to do a cheer in the routine or not. If a cheer is done it must be within the 2 minutes and 30 seconds.
Competitive Cheerleading (con’t)
Need to follow NSSAF Guidelines

31. 20.18 Level placement is done on a competition by competition basis. It is the coaches responsibility to notify the event host upon registration (at least two weeks prior to the event) which level their team will compete at.

32. 20.19 Junior High teams may compete at Level 2 or 3; Senior High teams may compete at level 2 or 4.

33. Please Note: Regulation 7.17 – Any coach under the age of 21 must be accompanied at all times by a teacher on staff.