

# South Central Zone

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## **Junior High School Sports Handbook**

October 2019

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# Policies

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## Code of Ethics

Adults who work with students in inter-scholastic activities should present a positive role model for them to emulate. Students who represent a school in inter-scholastic activities must be creditable school citizens.

The South Central Zone (SCZ or Zone) recognizes that the school administration is responsible for all athletic programs and the conduct of all school representatives, whatever the level and location of the competition. In recognition of this authority and responsibility, the Zone represents the following general guidelines.

1. All competition must be conducted with a high standard of courtesy, fair play and sportsmanship. All those involved share a responsibility.

a. Coaches

Coaches must demonstrate qualities of courtesy and good sportsmanship. These are evidenced by proper acceptance of officials' judgments, positive encouragement of player performance and bench behavior.

b. Athletes

Athletes must demonstrate qualities of courtesy and good sportsmanship by proper acceptance of officials' judgments, and by showing proper respect for opposing athletes as well as for teammates.

c. Cheerleaders

Cheerleaders must demonstrate courtesy and good sportsmanship by the appropriateness and timeliness of the cheers they lead, respect for the other cheerleaders and athletes, and their attempts at effective crowd control.

D. Spectators

i. Spectators, both student and adult, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement for their team, not against the opposing team. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment. Artificial noisemakers are not permitted during Zone Championship Tournaments/event including: Badminton, Basketball, Cheerleading, Curling, Golf, Team Handball, Track and Field, Volleyball and Wrestling. With the exception of air horns and electronic megaphones, noisemakers are permitted at Cross Country, Football and Rugby. Prohibited noisemakers may include but are not limited to: air horns, cow bells, plastic tube horns, garbage can lids, etc. The Zone Championship host shall have the authority to eject from the competition facility individuals who, following a warning, refuse to comply with this requirement.

ii. Eviction for Inappropriate Language and/or Behaviour

The Host Committee or its designated representative shall have authority to direct any person to immediately leave any premises or venue hosting any ASAA sanctioned event if that person:

1. exhibits rude or abusive behaviour to any other person
2. uses vulgar, obscene or abusive language and/or gestures
3. fails to promptly follow any reasonable direction given to that person by the

designated representative of the Zone Host Committee or its designated representative shall have the authority to notify local law enforcement personnel of the failure of any person to immediately comply with a direction to leave any premises or venue hosting any zone sanctioned event.

e. Administrators and teachers

Administrators and teachers must demonstrate courtesy and good sportsmanship by setting a positive example.

2. During zone competition, every school team must be accompanied by a teacher-coach, teacher-supervisor or an agent of the board.

# General

## **Memberships**

1. Membership shall be open to any junior high school in the SCZ which has paid its annual fee according to the following scale:

| <b>Junior High Classification</b>           |                       |             |
|---|-----------------------|-------------|
| <b>No. of Students</b>                      | <b>Classification</b> | <b>Fee*</b> |
| <b>325 plus or 100 plus grade 9's</b>       | 4J                    | \$70.00     |
| <b>160-324 with less than 100 grade 9's</b> | 3J                    | \$70.00     |
| <b>90-159 with less than 60 grade 9's</b>   | 2J                    | \$70.00     |
| <b>1-89 with less than 40 grade 9's</b>     | 1J                    | \$70.00     |

\*Fees are payable by September 30 of the current school year or a \$50.00 penalty will be assessed.

2. Junior high schools registering after the dates listed below will be allowed to compete only in the sports indicated:

After October 15: basketball, badminton, track & field

After December 1: badminton, track & field

After March 1 but before March 30: track & field

3. Registration of schools for Zone membership shall be the responsibility of the individual school. A single fee per school shall cover membership only. Schools shall register through the on line form found on the website at [http://southcentralzone.com/?page\\_id=32](http://southcentralzone.com/?page_id=32). Additional fees shall be administered to cover the cost of annual basketball and volleyball score pads. As well as any new rulebooks requested by individual schools.
4. All member schools must ensure all fees, fines or other financial matters involving SCZ competitions are paid in order to remain a member in good standing and eligible for Zone

competitions.

5. Any school electing to enter a team in activities of volleyball and basketball in a classification above its school classification must decide to do so by October 15 for volleyball and January 15 for Basketball. Schools may opt up for one sport and still remain in the designated classification for the other sport as long as the declaration is made by October 15 for volleyball and January 15 for
6. Applications from schools outside the SCZ shall be considered by the general membership and application must be made one full year in advance of the SCZ vote.

### ***Meetings***

1. There are generally two meetings a year. The fall meeting shall be held around the third week in September and the spring meeting shall be held two weeks prior to the ASAA spring meeting. Date and locations of the two meetings will be set at the spring meeting the previous year.
2. The spring and fall meetings of the SCZ will start at 10:00 am.
3. Each jurisdiction within the SCZ shall send a maximum of three representatives to the fall and spring meetings. Each jurisdiction shall be allowed one vote per school classification represented in their jurisdiction for matters other than general business. All delegates get one vote on general business matters.
4. The spring meeting location is determined by a rotation and the fall meeting will be in Three Hills as long as Michael Vaughan is Zone Secretary.
5. Voting in the new Executive takes place at the spring meeting.
6. The Executive – Secretary, President (Senior High AD) and Vice President (Junior High AD). Vice President shall rotate on a two year basis by geography. The executive shall follow the following rotation (see below) but if nominations come from other areas, they can be accepted and voted on at the spring meeting.

## Executive Rotation

|             |                         |
|-------------|-------------------------|
| 2017 - 2019 | Grasslands – Praireland |
| 2019 – 2021 | Chinooks Edge           |
| 2021 – 2023 | Bow Valley              |
| 2023 – 2025 | Golden Hills            |
| 2025 – 2027 | Rockyview               |
| 2027 - 2029 | Foothills               |

### 7. Semi-annual meeting agendas are as follows:

10:00 am to 12:00 pm – SCZ general business

Lunch 12:00 pm to 12:30 pm

12:30 pm to 1:30 pm Jr. & Sr. High small group discussion

1:30 pm to 3:30 pm – New business from small group discussion

### **Activities**

1. All athletic activities are sponsored by SCZ by-laws and policies.
2. Each zone competition shall be organized and administered by a committee from the host area.
3. Each activity shall be governed by a code of rules as stated in the policy for that activity unless otherwise ruled by the general membership.

### **Zone Competition**

1. Dates and locations of the competitions shall be ratified at the spring meeting.
2. All host bids shall be received no later than the fall meeting and if there is no bid for the competition at the fall meeting the Executive will select the host from late bids submitted. Junior high bids are rotated by division.
3. Failure by a participant to confirm their attendance by e-mail to the Zone host by the sport established deadline will result in exclusion from that Zone competition.
4. Failure by a participant to let the Zone host know whether or not they are participating will

result in the school paying the entire entry fee if less than two weeks' notice is given. Failure to pay the fee results in excluding that school from further competition until the fee has been paid.

5. Consecutive hosting of a competition will not be endorsed for Zone competitions if there is another competitive bid from another area or division school.
6. Only schools in the same classification may vote on the selection of a Zone competition host.
7. Zone competition bids will be brought before the SCZ spring meeting.
8. Any zone competitions which do not have hosts following the spring meeting will be noted on the SCZ website. After one month the Vice President may solicit and name competition hosts.
9. Zone competition hosts will be posted on the SCZ website by mid-June for the next school year.
10. Junior high SCZ championships in basketball and volleyball shall be awarded on a rotational basis. In the event that a region chooses not to host when it is their turn, the option to host goes back to a bid at the spring meeting. (April 1996)

### ***Zone Hosts***

1. Operate the Zone tournament.
2. Report results back to the zone secretary.
3. Supply a financial report back to the SCZ.

### ***New Activities***

New activities to be sponsored by the Zone shall be adopted according to the following procedures.

The activity may be proposed after due notice of motion without detailed policy at a meeting of the general membership. If approved, the activity may be implemented in one of the following ways:



1. By assigning it to an area to conduct on trial basis. The host would prepare detailed policy for the initial competition.
2. Proposed policy is submitted at the same time as the proposal to approve the activity, provided proper notice of motion is given for both.

For Cross Country each SCZ area shall be able to send unlimited entries. In Track and Field, each SCZ area shall send two entries per event except Acadia/Badlands which will be represented together. The geographic areas for badminton and track and field shall be:

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**Bantam/Midget/Juvenile**

Acadia/Badlands

Bow Valley

Rockyview

Foothills

Wheatland

Chinooks Edge

Grasslands

Three Hills

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***Competition***

A competition is viewed as a league game, exhibition game or a tournament.

**Areas:** Volleyball and basketball 1J, 2J, 3J and 4J leagues may be represented by the following areas:

| <b>SCZ Area</b>    | <b>School Boards</b>                  | <b>Schools</b>  | <b>Town/Cities</b>   |
|--------------------|---------------------------------------|---|--|
| <b>Acadia</b>      | Prairie Rose                          | Oyen Public, New Brigden, Warren Peers,   | Oyen, New Brigden, Acadia Valley   |
| <b>Badlands</b>    | Prairieland                           | Morrin, Delia, St. Anthony's, Youngstown, JC Charyk   | Morrin, Delia, Drumheller, Hanna Youngstown                                |
| <b>Bow Valley</b>  | Canadian Rockies, Christ the Redeemer | Exshaw, Banff, Banff Elementary, Canmore Collegiate, Lawrence Grassi, Our Lady of the Snows   | Exshaw, Banff, Canmore   |
| <b>Foothills</b>   | Foothills, Christ the Redeemer        | Heritage Heights, Okotoks Junior, Strathcona-Tweedsmuir, Red Deer Lake, St. John Paul II, Notre Dame, Senator Riley, Edison, Oilfields, Highwood, Centre For Learning, Millarville, Westbrook, St. Francis of Assisi, Westmount   | Okotoks, High River, Black Diamond   |
| <b>Grasslands</b>  | Grasslands, Christ the Redeemer       | Alcoma, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, St. Josephs, Bassano, Jenner, Berry Creek, Newell Christian, Christ the King  | Rainier, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, Bassano, Jenner |
| <b>Chinooks</b>    | Chinooks Edge                         | Cremona, Olds Koinonia, Hugh Sutherland, River Valley, Deer Meadows, West Glen, Olds Jr., Sundre, Didsbury  | Cremona, Olds, Sundre, Didsbury  |
| <b>Edge South</b>  |                                       |   |  |
| <b>Rockyview</b>   | Rockyview                             | Airdrie Koinonia, Beiseker, Bow Valley, Chestermere Middle, Cochrane, Langdon, Manachaban, Springbank, George McDougall, WG Murdoch, Banded Peak, Cochrane Christian, Ecole Fracophone Airdrie, Fireside, Footprints, Indus, Bearspaw, Heloise Lorimer, Prince of Peace, Windsong Heights, East Lake, Ecole Airdrie, Meadowbrook, Mitford, Muriel Clayton, Bert Church, CW Perry, WH Croxford | Airdrie, Cochrane, Langdon, Chestermere, Crossfield, Springbank            |
| <b>Three Hills</b> | Golden Hills                          | Dr. Elliot, Carbon, Drumheller, Prairie, Three Hills, Trochu Valley,  | Carbon, Drumheller, Linden, Three Hills, Trochu                            |
| <b>Wheatland</b>   | Golden Hills, Christ the Redeemer     | Siksika, Crowther Memorial, Holy Cross, George Freeman, Trinity Christian, Wheatland Crossing   | Siksika Nation, Standard, Strathmore,                                      |

## Eligibility

1. All questions regarding eligibility of players except as herein provided must be referred to an eligibility committee which shall consist of the SCZ Executive.
2. The competitor must be a bona fide student of a SCZ member school. A student becomes a bona fide student of a school on the first day of classes beginning the term of semester in the school in which he/she is registered. In the case of transfer from one school to another, the student shall become a bona fide student in the new school upon the date of his/her first attendance at classes following the acceptance of his/her transfer in by the principal.
3. A junior high competitor must be under the age of seventeen years as of September 1 of the current school year.
4. It must be the opinion of the principal of the school that it is in the best interest of the competitor and of the school board as a whole for him/her to participate.
5. In 1J classified schools, grade 5 and 6 students may participate when needed in order to field a team.
6. Any junior high team that exceeds three games or one tournament at the junior or senior varsity level cannot compete in Jr. High South Central Zone competition. A junior high team that competes in a JV league can participate in the 3A/4A JV zone championship.
7. The principal of each school shall be responsible for the eligibility of the school's competitors for any competition.
8. All schools classified as 4J will have an automatic berth into Zone competition. An eight-team draw will be filled with other schools that have opted up. If there are more teams interested in participating at the 4J level (i.e. seeking a berth) a playoff will occur between the different SCZ areas. For example: if there are four 3J schools wishing to play in the 4J tournament, a playoff will happen to determine the remaining two spots. For 1J, 2J and 3J Zone Tournaments, one berth is given to each SCZ area. If more teams are needed to fill an eight team draw, then a wild card spot will be awarded. The host area receives an automatic berth. A second wildcard spot is given to the area with the most registered schools at a given level and a third spot will go to the area with the next highest number.

# Seasons of Play

Seasons of play for all sports, will follow those established by the ASAA.

## Team Competition and Player Participation

1. Grade 9's are permitted to play on junior varsity or junior high teams as well as community teams. (Fall 2006)
2. A junior high student is permitted to play on a non-school team during the same season.
3. Competitors, coaches and teams guilty of misconduct before, during or after a Zone competition must be reported to the Zone Executive and Commissioner in charge of that section of the sport. Misconduct includes the consumption of alcohol and non-medical use of drugs.
4. The chairman of the Zone tournament committee shall have the power to suspend a player guilty of misconduct, pending action of the Executive and/or general membership.
5. All participants must be bona fide students of the school they represent. In the team activities of basketball, volleyball; all members of a team must be bona fide students of the same school. In the case of a 1J school that cannot offer a team/program due to a small number of participants, students may play for another 1J school that offers a program/team. A 1J school, however, cannot receive students for a specific team from more than one school. In the event of a joint school team, the combined populations of the two schools will determine at which classification level the team will compete in for that sport only.
6. Teams participating in junior high SCZ tournaments are required to wear a standard uniform. The tournament director has final say as to the appropriate dress code.
7. In Zone competition, a school may elect to enter a team in a given activity in the classification above its school classification while still retaining its right to enter teams in other activities in the proper classification of the school.
8. Executive permission must be obtained prior to a school volleyball and/or basketball

teams' participation in non-school leagues.

## Finances

1. The intent is that all SCZ competitions be organized in such a manner as to be self-sufficient while keeping the cost to individuals/teams minimal.
2. An entry fee, subject to approval by the SCZ Executive, may be charged by the host committee of Zone competitions.
3. The SCZ Secretary-Treasurer shall receive an annual honorarium of \$4000.00. The President shall receive an annual honorarium \$500.00 and the Vice President shall receive an annual honorarium of \$500.00. (Sept. 2009)
4. The host committee may bill the area or district co-coordinator for entry fees to individual events. This is to be paid in one transaction.
5. The finances of the SCZ will not be used to support regional or provincial competitions.
6. The host committee may bill entry fees to area or district representatives who fail to confirm their non-participation in a competition by the deadline.

## Awards

1. SCZ individual award shall be presented according to the following schedule.

| <b>Sport</b>             | <b>Category</b>                               | <b>Awards</b>   | <b>Banners</b>                        |
|--------------------------|---|---|---------------------------------------|
| <b>Badminton</b>         | 1J,2J, 3J, 4J                                 | First, Second and third place medals  | 4<br>1J, 2J, 3J, 4J                   |
| <b>Basketball</b>        | 1J,2J, 3J, 4J                                 | First, Second and third place medals  | 8<br>Boys and Girls<br>1J, 2J, 3J, 4J |
| <b>Cross Country</b>     | Boys and Girls<br>Bantam, Midget,<br>Juvenile | First, Second and third place medals;<br>ribbons first through tenth.   | 4<br>1J, 2J, 3J, 4J                   |
| <b>Track &amp; Field</b> | Boys, Girls<br>Bantam, Midget,<br>Juvenile    | Aggregate medal for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , and ribbons for 1 <sup>st</sup> – 6 <sup>th</sup> | 4<br>1J, 2J, 3J ,4J                   |

|                   |   |                                       |
|-------------------|---|---------------------------------------|
| 1J,2J, 3J, 4J     | First, Second and<br>third place medals | 8<br>Boys and Girls<br>1J, 2J, 3J, 4J |
| <b>Volleyball</b> |   |                                       |

2. SCZ medals and ribbons shall be supplied by the zone and the costs will be incorporated into the entry fees to recover the costs.
3. A general banner will be purchased by the zone for junior high Zone competitions. The cost of the full size banner will incorporated into the entry fees to recover the costs of the banners.
4. Where zone competitions do not have a competition or only one team involved, no banner is awarded. (Sept. 2007)

## Zone Competition Dates & Bids

| Sport         | Details                    |
|---------------|----------------------------|
| Cross Country | Second week in October     |
| Volleyball    | Second weekend in November |
| Basketball    | First weekend in March     |
| Badminton     | First weekend in May       |
| Track & Field | Last week in May           |

## Amendments

1. All policy items under may be amended by a majority vote of the general membership providing the amendments have been circulated to member schools as notices of motion at least two weeks prior to general meetings.
2. Notices of motion to amend policy may be waived where such amendments are clearly of housekeeping nature and do not change the intent of the policy.

# Junior High Sports

## Badminton

1. The rules governing junior badminton shall be the laws of badminton as adopted by the ASAA, IBF and the Canadian Badminton Association.
2. All games shall be to 21 points. A game must be won by 2 points, but is capped at 30.
3. All round robin games will consist of one game. Quarter final games are one game. All other playoff games are the best of three. Semi-final winners advance to the championship while the losers play a best of three for third and fourth place.
4. Medals will be awarded for first, second and third place.
5. Geographic regions for the Zone tournament will be:

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|  |  |
|--|--|
| <b>Juvenile, Midget<br/>and Bantam</b> | <b>Three Hills, Rocky View, Bow Valley, Foothills,<br/>Wheatland, Chinooks Edge, Grasslands,<br/>Rangeland (Acadia/Badlands). Each of the<br/>regions sends two representatives.</b> |
|--|--|

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6. The eight geographic regions can send 2 entries per event and the entries shall be placed into 2 Pools of 8 teams for round robin play. (Spring 2011)
7. The categories shall be:

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|               |   |
|---------------|---|
| <b>Bantam</b> | Under 13 as of September 1 and in grade 7.      |
| <b>Midget</b> | Under 14 as of September 1 and in grade 7 or 8. |

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8. A competitor may only enter one event.
9. There is a dress code to be followed at the Zone tournament. Tops will be white unless it is an official school color. Tank tops are not allowed. Shorts will be a solid color unless they are an official school color. No cut offs are allowed.
10. The entry fee will be determined by the Zone host. The host will try to keep the cost to \$5 per athlete. Fees are to be paid with one cheque per division.
11. Round–robin placing will be based on:
  - a. Win/loss record
  - b. A two way tie is broken with the head-to-head result.
  - c. In a three way tie for first place, the players will be ranked 1, 2 and 3 based first on games won minus games lost and second on points won minus points lost. The second and third ranked players will then play one game to 21 points to determine second place in the round robin.
  - d. In a three way tie for second place, the players will be ranked 1, 2 and 3 as described in 'c' above. The second and third ranked players will play one game to 21 points to determine who will play the first ranked player in one game to 21 points that will then determine second place in the round robin.
12. Badminton is a game of sportsmanship. The one on whose side the bird lands makes the call. If you are unsure ask your opponent. If they are unsure re-serve.
13. Problems are handled by stopping the game and asking the gym supervisor for an umpire. It is too late to complain once the game is over.
14. Call the score out loudly after every rally.
15. Know the division you are representing and the category.
16. Competitors must be present when the game is called. Late matches are called three times in three minutes and then the missing team defaults.



17. Winners and losers are to report to the results table after the game.
18. Coaching and/or calls from spectators or coaches are not allowed. Coaching is allowed between the 2<sup>nd</sup> and 3<sup>rd</sup> game in preliminary play and after each game from the semi-finals on.

**Juvenile, Midget and Bantam**

|               |   |
|---------------|---|
| <b>Pool A</b> | Foothills 1, Three Hills 2, Rangeland 1, Grasslands 2, Bow Valley 1, Wheatland 2, Chinooks Edge 1, Rocky View 2 |
| <b>Pool B</b> | Foothills 2, Three Hills 1, Rangeland 2, Grasslands 1, Bow Valley 2, Wheatland 1, Chinooks Edge 2, Rocky View 1 |

19. The rotation schedule for hosting zone badminton is as follows:

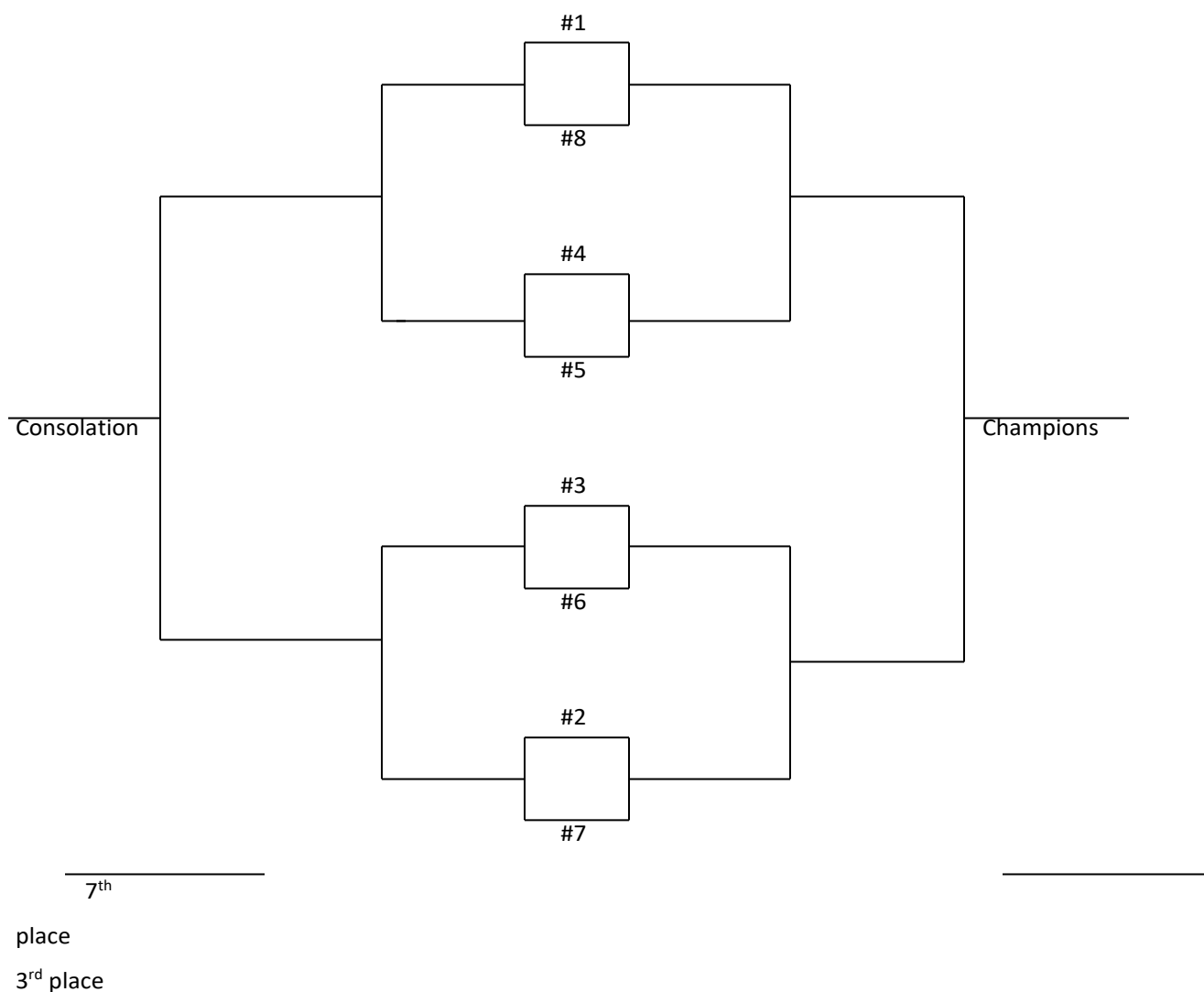
|             |               |
|-------------|---------------|
| <b>2018</b> | Chinooks Edge |
| <b>2019</b> | Wheatland     |
| <b>2020</b> | Three Hills   |
| <b>2021</b> | Foothills     |
| <b>2022</b> | Rocky View    |
| <b>2023</b> | Bow Valley    |
| <b>2024</b> | Grasslands    |
| <b>2025</b> | Chinooks Edge |

20. A zone banner will be awarded in each of the 1J, 2J, 3J and 4J categories based on the following format for calculating team points: one point awarded per match win. All match wins in singles qualifying round, round-robin play and play-offs are included.
21. Should a player fail to show up for matches and leaves the tournament, all games played earlier in the day as well as all those still needing to be played shall be scored as a 21-0 victory for his/her opponent.

22. Official Shuttle: The brand of badminton shuttle to be used at the zone championship shall be the Yonex Mavis 300.

# Basketball

1. There shall be as many competitions as there are school classifications. At the 1J level, schools may combine genders to compete in zone competitions in basketball and volleyball. Teams are required to compete in the boys zone competition. (Spring 2017)
2. Competition draw will be an Oregon draw with a consolation side.



3. Additional teams will be added to complete a Zone competition draw.
4. All host schools automatically qualify for Zone competition.

5. All SCZ basketball competitions shall be governed by the International Basketball Federation rule book (as adopted by the ASAA) with the following exceptions:
  - a. Size 6 ball for both boys and girls. The official basketball to be used for the zone championships shall be the Spalding Top Flite 1000.
  - b. Wide key (passed in 2007)
  - c. Three point rule in effect where facility permits.
  - d. 8 minute quarters with a one minute break between quarters and a 5 minute break at half time.
  - e. Alternating possession on all jump ball situations after the opening jump and any overtimes will start with a jump ball.
  - f. 8 second back court.
  - g. To use informal 24 second clock exercised by the ref within the last 2 minutes of the game. (Sept. 2010)
  - h. 4 minute overtime period will be used when needed.
  - i. Zone Defense is not permitted in the back court (For 3J and 4J Schools only)
  
6. Both teams must agree to not play the 7<sup>th</sup> & 8<sup>th</sup> place game in a SCZ competition. If one team decides not to play the game that team pays a non-participation fee of \$150, to be paid to South Central Zone. (September 2010)
  
7. The SCZ championships are awarded on a rotational basis. In the event that a region chooses not to host when it is their turn the option to host goes back to a bid at the spring meeting of the SCZ. (April, 1996)

| <b>Year</b>      | <b>1J Girls</b>  | <b>1J Boys</b>   | <b>2J Girls</b>  | <b>2J Boys</b>   | <b>3J Girls</b>  | <b>3J Boys</b>   |
|------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| <b>2018-2019</b> | Chinooks<br>Edge | Bow Valley       | Grasslands       | Foothills        | Rockyview        | Three Hills      |
| <b>2019-2020</b> | Bow Valley       | Grasslands       | Foothills        | Rockyview        | Three Hills      | Rangeland        |
| <b>2020-2021</b> | Grasslands       | Foothills        | Rockyview        | Three Hills      | Rangeland        | Wheatland        |
| <b>2021-2022</b> | Foothills        | Rockyview        | Three Hills      | Rangeland        | Wheatland        | Chinooks<br>Edge |
| <b>2022-2023</b> | Rockyview        | Three Hills      | Rangeland        | Wheatland        | Chinooks<br>Edge | Bow Valley       |
| <b>2023-2024</b> | Three Hills      | Rangeland        | Wheatland        | Chinooks<br>Edge | Bow Valley       | Grasslands       |
| <b>2024-2025</b> | Rangeland        | Wheatland        | Chinooks<br>Edge | Bow Valley       | Grasslands       | Foothills        |
| <b>2026-2027</b> | Wheatland        | Chinooks<br>Edge | Bow Valley       | Grasslands       | Foothills        | Rockyview        |

4J will be determined at the spring meetings.

# Cross Country

1. With the exception of event classification and event distance, the same regulations for the high school Zone competition will govern the junior high school Zone competition.
2. The fee charged to schools competing at the SCZ championship shall be a maximum of \$5.00 per competitor depending on expenses.
3. Medals will be awarded to the top three finishers with ribbons awarded for fourth to tenth place. Banners will be awarded to the winning schools. A zone banner will be awarded in each of the Jr. High categories 1J, 2J, 3J and 4J.
4. The Zone event classifications for both boys and girls shall be:

|                 |  |
|-----------------|--|
| <b>Bantam</b>   | Under 13 as of September 1 and in grade 7.             |
| <b>Midget</b>   | Under 14 as of September 1 and in grade 7 or 8.        |
| <b>Juvenile</b> | Under 17 as of September 1 and no higher than grade 9. |

5. The Zone event distance for both boys and girls shall be:

|                       |        |
|-----------------------|--------|
| <b>Bantam Boys</b>    | 2000 m |
| <b>Bantam Girls</b>   | 2000 m |
| <b>Midget Boys</b>    | 2000 m |
| <b>Midget Girls</b>   | 2000 m |
| <b>Juvenile Boys</b>  | 3000 m |
| <b>Juvenile Girls</b> | 3000 m |

6. A school team may have up to 20 members in each category
7. Only the top 4 runners that finish the race will score. If a school does not have 4 runners, they are still eligible for team scoring with 2 but the missing places score last place plus 1 for each missing runner.

# Track & Field

1. The IAAF rule book will govern all Zone competitions, subject to any modifications accepted by the senior high parent organization, the ASAA. The exception is the 800m which is not run in heats.
2. The fee charged to schools competing at the SCZ championship shall be no more than \$10.00 per competitor. There will be no added charge for relay teams.
3. Each area will be allowed two entries in each event. Bow Valley/Rockyview may enter two bantams and two midgets and will share two juvenile spots. In order to fill lanes in the zone relays each region will be allowed 2 relay spots to be run as 2 timed final heats. Each region should rank their teams 1 and 2.
4. Athletes can be entered in 4 individual events, plus one relay. Relay points will not be used towards the individual aggregate calculations. (Fall 2016)
5. Rangeland, (formerly Acadia/Badlands) will have 2 competitors/event.
6. Throwing Implement weights (spring, 2014)

| <u>Implement</u> | <u>Girls</u> | <u>Boys</u> |
|------------------|--------------|-------------|
| Shot Put         | 3 kg         | 4 kg        |
| Discus           | 1 kg         | 1 kg        |
| Javelin          | 500 g        | 600 g       |

7. The age classification for both boys and girls are:

---

|                 |  |
|-----------------|--|
| <b>Bantam</b>   | Under 13 as of September 1 and in grade 7.             |
| <b>Midget</b>   | Under 14 as of September 1 and in grade 7 or 8.        |
| <b>Juvenile</b> | Under 17 as of September 1 and no higher than grade 9. |

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8. A competitor may enter only one age classification.

9. Junior high track and field hosts shall be as follows:

|             |                       |
|-------------|-----------------------|
| <b>2017</b> | Grasslands            |
| <b>2018</b> | Bow Valley            |
| <b>2019</b> | Chinooks Edge         |
| <b>2020</b> | Foothills             |
| <b>2021</b> | Three Hills/Rangeland |
| <b>2022</b> | Wheatland             |
| <b>2023</b> | Rockyview             |
| <b>2024</b> | Grasslands            |

10. The following events will be scheduled at the Zone competition:

| <b>Boys</b>                              | <b>Girls</b>              |
|--|---------------------------|
| 100m                                     | 100m                      |
| 200m                                     | 200m                      |
| 400m                                     | 400m                      |
| 800m                                     | 800m                      |
| 1500m                                    | 1500m                     |
| 80m Hurdles(30" or 76cm)                 | 80m Hurdles (30" or 76cm) |
| 100m Hurdles<br>Juvenile (33" or 83.8cm) |                           |
| 4 x 100m relay                           | 4 x 100m relay            |
| 4 kg shot put (8lb 13oz)                 | 3 kg shot put             |
| 1 kg discus (2lb 3 oz)                   | 1 kg discus (2lb 3 oz)    |
| 600 gram javelin                         | 500 gram javelin          |
| High Jump                                | High Jump                 |



|             |             |
|-------------|-------------|
| Long Jump   | Long Jump   |
| Triple Jump | Triple Jump |

The following events will be scheduled as open events:

|                     |                     |
|---------------------|---------------------|
| <b>Boys</b>         | <b>Girls</b>        |
| Open 4 x 400m relay | Open 4 x 400m relay |

The 800m, 1500m and 3000m will be run as single heat timed finals (spring 2007)

**Jr. High Track and Field Championships**  
Schedule of Events

| Track    |                     | Track    |                   |
|----------|---------------------|----------|-------------------|
| 8:00 am  | Coaches meeting     | 11:00 am | 1500m finals      |
| 8:30 am  | 3000m – ALL classes | 11:45 am | 100m finals       |
| 9:20 am  | Hurdles – Girls     | 12:30 pm | 200m timed finals |
| 9:40 am  | Hurdles –Boys       | 1:00 pm  | 800m finals       |
| 10:00 am | 100m heats          | 1:30 pm  | 4x100m relays     |
| 10:35 am | 400m timed finals   | 2:00 pm  | 4x400m relays     |

| Field Event Schedule |              |             |              |             |                |               |
|----------------------|--------------|-------------|--------------|-------------|----------------|---------------|
| Time                 | Bantam Girls | Bantam Boys | Midget Girls | Midget Boys | Juvenile Girls | Juvenile Boys |
| 9:00 AM              | Long Jump    | Javelin     | High Jump    | Discus      | Triple Jump    | Shot Put      |
| 10:00 AM             | Shot Put     | Long Jump   | Javelin      | High Jump   | Discus         | Triple Jump   |
| 11:00 AM             | Triple Jump  | Shot Put    | Long Jump    | Javelin     | High Jump      | Discus        |
| 12:00 PM             | Discus       | Triple Jump | Shot Put     | Long Jump   | Javelin        | High Jump     |
| 1:00 PM              | High Jump    | Discus      | Triple Jump  | Shot Put    | Long Jump      | Javelin       |
| 2:00 PM              | Javelin      | High Jump   | Discus       | Triple Jump | Shot Put       | Long Jump     |

11. Points for all athletes for the aggregate award (1<sup>st</sup> to 3<sup>rd</sup> in all age categories) will be awarded as follows:

1<sup>st</sup> – 7 points

2<sup>nd</sup> - 5 points

3<sup>rd</sup> – 4 points

4<sup>th</sup> – 3 points

5<sup>th</sup> – 2 points

6<sup>th</sup> – 1 point

12. South Central Zone will cover the cost of any overage of rental equipment for Jr and Sr High track and field zone championships. (Spring, 2014)

## **Volleyball**

1. The rules of Volleyball Canada shall govern SCZ volleyball competitions with the exception of the provisions listed below.
2. The SCZ recognizes the Alberta Volleyball Association as the official organization for training and certifying of officials and gives its full support through the use of certified neutral officials.
3. In Zone competition it is the responsibility of the competition chairperson to ensure that the minor officials - linesmen and scorekeeper - are properly trained and present. The ref must be a certified adult. If possible the ump should be a certified adult.
4. A division or area is entitled to one representative per classification for Zone.
5. The Zone host must receive communication from each division by October 31 or the division will be ineligible for Zone competition. To avoid communication problems if your team is interested in attending zones get in contact with the zone host.

6. Ideally, the tournament will consist of eight teams in two pools of four. At the conclusion of pool play the following format will be used

|        |                        |    |                                |
|--------|------------------------|----|--------------------------------|
| Game 1 | 3 <sup>rd</sup> Pool A | vs | 2 <sup>nd</sup> Pool B         |
| Game 2 | 2 <sup>nd</sup> Pool A | vs | 3 <sup>rd</sup> Pool B         |
| Game 3 | Winner of Game 1       | vs | 1 <sup>st</sup> Pool A         |
| Game 4 | Winner of Game 2       | vs | 1 <sup>st</sup> Pool B         |
| Game 5 | Loser of Game 3        | vs | Loser of Game 3 (Bronze Medal) |
| Game 6 | Winner of Game 3       | vs | Winner of Game 4 (Gold Medal)  |

(spring, 2014)

7. If there are 7 teams, the tournament will consist of two pools – one of three teams and one of four teams. Before the playoffs occur there will be a cross over game where the 4<sup>th</sup> place team from the pool of four will play the 3<sup>rd</sup> place team from the pool of three. Should the 4<sup>th</sup> place team win, that team will take the place of the 3<sup>rd</sup> place team from the pool of three and the loser of that game will be eliminated. Play-offs will then occur as they do in the six-team tournament found in zone policy.
8. If there are six teams, the tournament will consist of two pools of three. Play-offs cross over 3<sup>rd</sup> vs. 2<sup>nd</sup> with the loser of this game being eliminated. Winners play first-place teams with the successful team advancing to the gold medal game, the losers playing for bronze.
9. If there are five teams, the tournament will be a round robin, followed by 2<sup>nd</sup> vs. 3<sup>rd</sup> with the winner playing the 1st place team in the gold medal match.
10. If there are four teams, a round robin is played with 1<sup>st</sup> vs. 4<sup>th</sup> and 2<sup>nd</sup> vs. 3<sup>rd</sup>. The winners play for gold and losers play for bronze.
11. All matches are best of three with the first games played to 25 points, cap at 27 in round robin play. Third games are played to 15 points with a cap at 17 in round robin play.
12. Ties are broken according to Volleyball Canada and ASAA regulations.
13. The net height for girls is 2.15 metres and 2.24 metres for boys.
14. Host schools automatically qualify for Zone competition.
15. If all divisions do not field a team and there are spots open the criteria for selection are:
- Best record
  - Widest diversity of competition

c. Date of application for entry to tournament

16. Receiving a serve with an overhand motion using the fingers (volleying/setting the serve) is permitted.
17. A libero may be used at the junior high zone competition. (Fall 2016)
18. The official game ball to be used for the zone championship shall be the Tachikara SV5W Gold-SWB
19. At the 1J level, schools may combine genders to compete in zone competitions in basketball and volleyball. Teams are required to compete in the boys zone competition. (Spring 2017)
20. SCZ championships in volleyball shall be awarded on a rotational basis. In the event a region chooses not to host when it is their turn, the option to host then goes back to a bid at the spring meeting

**The following is the volleyball hosting rotation: (4J will be voted on at the spring meeting)**

| Year      | 1J Girls         | 1J Boys          | 2J Girls         | 2J Boys          | 3J Girls         | 3J Boys          |
|-----------|------------------|------------------|------------------|------------------|------------------|------------------|
| 2018-2019 | Three Hills      | Chinooks<br>Edge | Bow Valley       | Grasslands       | Foothills        | Rockyview        |
| 2019-2020 | Rangeland        | Bow Valley       | Grasslands       | Foothills        | Rockyview        | Three Hills      |
| 2020-2021 | Wheatland        | Grasslands       | Foothills        | Rockyview        | Three Hills      | Rangeland        |
| 2021-2022 | Chinooks<br>Edge | Foothills        | Rockyview        | Three Hills      | Rangeland        | Wheatland        |
| 2022-2023 | Bow Valley       | Rockyview        | Three Hills      | Rangeland        | Wheatland        | Chinooks<br>Edge |
| 2023-2024 | Grasslands       | Three Hills      | Rangeland        | Wheatland        | Chinooks<br>Edge | Bow Valley       |
| 2024-2025 | Foothills        | Rangeland        | Wheatland        | Chinooks<br>Edge | Bow Valley       | Grasslands       |
| 2026-2027 | Rockyview        | Wheatland        | Chinooks<br>Edge | Bow Valley       | Grasslands       | Foothills        |