

South Central Zone

Junior High School Sports Handbook

October 2017

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Policies

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. Fans

Fans must demonstrate courtesy and good sportsmanship by the appropriateness and timeliness of cheers, respect for other fans and the athletes, and attempts at effective crowd control.

d. Spectators

Spectators, both student and adult, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement for their team, not against their opponents. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgments. The use of air horns or artificial noise makers at Zone competitions is prohibited.

e. Administrators and teachers

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

2. All players, coaches, supervisors, and officials must be a staff member of that school or an agent of the board.
3. Every school team must be coached or supervised by a staff member of that school or an agent of the board.
4. During competition, every school team must be accompanied by a teacher-coach, teacher-supervisor or an agent of the board.
5. Participants who require overnight accommodation should be supervised by a chaperone of the same sex, approved by the school jurisdiction. Administrators, teacher-coaches, advisors or agents of the board must assume responsibility for the implementation of this code. School administrators must be advised of breaches of desirable practices on the part of students or coaches. Tournament chairmen should alert the Zone Executive to discipline problems associated with the conduct at provincial competitions.

Good sportsmanship cannot be legislated; it must be a goal toward which the Zone and its members strive.

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:

Junior High Classification

No. of Students	Classification	Fee*
325 plus or 100 plus grade 9's	4J	\$70.00
160-324 with less than 100 grade 9's	3J	\$70.00
90-159 with less than 60 grade 9's	2J	\$70.00
1-89 with less than 40 grade 9's	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 September 30: basketball, badminton, track & field
After December 1: badminton, track & field
After March 1: 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. Sheets can be downloaded off of the web page or fill in the on-line form. 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. 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. The declaration must be included in the school's registration.

6. Applications from schools outside the SCZ shall be considered by the general membership.
7. Other schools, school divisions or athletic leagues wishing to join a SCZ junior high league must apply one full year in advance of a SCZ vote.

Meetings

1. There are generally two meetings a year. The fall meeting shall be held the third Tuesday in September and the spring meeting shall be held two weeks prior to the ASAA spring meeting.
2. 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.
3. The spring meeting location is determined by a rotation and the fall meeting will be in Strathmore as long as Leslie Larson is Zone Secretary.
4. The spring and fall meetings of the SCZ will start at 10:00 am.
5. Voting in the new Executive takes place at the spring meeting.
6. The Executive – Secretary, President and Vice President. Junior High shall rotate on a two year basis by geography. For ease of transition, the Vice President, Junior High Shall be from the same division as the president.

Executive Rotation

2009 – 2011	Mountain View/Bow Valley
2011 – 2013	Golden Hills
2013 – 2015	Rockyview
2015 – 2017	Foothills
2017 – 2019	Grasslands – Praireland
2019 - 2021	Mountain View/Bow Valley

(Approved April 2001)

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 fax or e-mail to the Zone host by the host's 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)
11. Both teams must agree to not play the 7th & 8th 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)

Zone Hosts

1. Operate the Zone tournament.
2. Report results back to the president of junior highs.
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 area shall be able to send unlimited entries. In Track and Field, each area shall send two entries per event except Acadia/Badlands and Bow Valley/Rockyview will be represented together. The geographic areas for badminton and track and field shall be:

Bantam/Midget	Juvenile
Acadia/Badlands	Acadia/Badlands
Bow Valley/Rockyview	Bow Valley/Rockyview
Foothills	Foothills
Wheatland	Wheatland
Mountain View	Mountain View
Grasslands	Grasslands
Three Hills	Three Hills

(September 2010 – approved for Track and Badminton but to be revisited)

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:

SCZ Area	School Boards	Schools	Town/Cities
Acadia	Prairie Rose	Oyen Public, New Brigden, Warren Peers,	Oyen, New Brigden, Acadia Valley
Badlands	Prairieland	Morrin, Delia, St. Anthony's, Youngstown, JC Charyk	Morrin, Delia, Drumheller, Hanna Youngstown
Bow Valley	Canadian Rockies, Christ the Redeemer	Exshaw, Banff, Canmore Collegiate, Lawrence Grassi, Our Lady of the Snows	Exshaw, Banff, Canmore
Foothills	Foothills, Christ the Redeemer	Heritage Heights, Okotoks Junior, Strathcona Tweedsmuir, Red Deer Lake, John Paul II, Notre Dame, Senator Riley, Edison, Oilfields, Highwood, Centre For Learning	Okotoks, High River, Black Diamond
Grasslands	Grasslands, Christ the Redeemer	Alcoma, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, St. Josephs, Bassano, Jenner	Rainier, Rolling Hills, Rosemary, Tilley, Duchess, Brooks, Bassano, Jenner
Mountain View	Chinooks Edge	Cremona, Olds Koinonia, Hugh Sutherland, River Valley, Deer Meadows, West Glen, Olds Jr., Sundre, Didsbury	Cremona, Olds, Sundre, Didsbury
Rockyview	Rockyview	Airdrie Koinonia, Beiseker, Bow Valley, Chestermere Middle, Cochrane, Langdon, Manachaban, Springbank, George McDougall, WG Murdoch	Airdrie, Cochrane, Langdon, Chestermere, Crossfield, Springbank
Three Hills	Golden Hills	Dr. Elliot, Carbon, Drumheller, Prairie, Three Hills, Trochu Valley,	Carbon, Drumheller, Linden, Three Hills, Trochu
Wheatland	Golden Hills, Christ the Redeemer	Siksika, Standard, Crowther Memorial, Holy Cross	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. The competitor must be registered in a minimum of 800 instructional minutes per week for which departmental credits are granted.
4. A junior high competitor must be under the age of seventeen years as of September 1 of the current school year.
5. 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.
6. In 1J classified schools, grade 5 and 6 students may participate when needed in order to field a team.
7. 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. (Sept. 2010)
8. The principal of each school shall be responsible for the eligibility of the school's competitors for any competition.
9. 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 sport, junior and senior high school will follow those established by the SCZ.

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. To be eligible for Zone competition 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.
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. Any school electing to enter a team in the activities of volleyball and basketball in a classification above its school classification must decide to do so by October 15. Failure to do so will result in the school competing in the classification designated by Zone policy, as outlined in Membership.
9. A female teacher or adult chaperon shall supervise a girl's team and a male teacher or chaperone shall supervise a boy's team where overnight accommodation is required.

10. Composite area teams in individual or dual sports shall appoint team supervision from staff or area member schools. Teachers of both genders should accompany co-educational activities.
11. 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.
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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.
 7. The fee for participating in SCZ cross country, badminton, and track and field championships is \$5.00 per participant per competition. (April 2005)

Awards

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

Sport	Category	Awards	Banners
Badminton	1J,2J, 3J, 4J	First, Second and third place medals	3 1J, 2J, 3J/4J
Basketball	1J,2J, 3J, 4J	First, Second and third place medals	8 Boys and Girls 1J, 2J, 3J, 4J
Cross Country	Boys and Girls Bantam, Midget, Juvenile	First, Second and third place medals; ribbons first through tenth.	3 1J, 2J, and 3J/4J
Track & Field	Boys, Girls Bantam, Midget, Juvenile	Aggregate medal for 1 st , 2 nd , 3 rd , and ribbons for 1 st – 6 th	3 1J, 2J, 3 ,4J (New in 2018)
Volleyball	1J,2J, 3J, 4J	First, Second and third place medals	8 Boys and Girls 1J, 2J, 3J, 4J

2. SCZ medals and ribbons shall be supplied by the zone at the host's cost.
3. SCZ team awards are determined as follows:
 - a. Trophies awarded at Zone competitions shall be SCZ approved trophies only.
 - b. Approval of new trophies may be gained only with the expressed permission of the Zone Executive.
 - c. Trophy winners shall incur engraving costs.
 - d. A general banner will be purchased by the school for junior high Zone competitions. The cost of the full size banner will be absorbed by the host school.
 - e. The cost of championship banners is covered by event hosts.
 - f. There will be a championship trophy in basketball and volleyball for all levels both boys and girls. (approved spring 2009)
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 Wednesday in October
Volleyball	Second weekend in November
Basketball	First weekend in March
Badminton	First weekend in May
Track & Field	First Wednesday in June

For volleyball zone host must be informed of divisions' intent to participate by Oct. 31

For basketball zone host must be informed of divisions' intent to participate by Feb. 1

Playing Equipment

The official playing equipment for all Zone competitions will that used for senior provincial competitions and ASAA approved.

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. Games should be played to 21 points with the score standing at 21-20 and should follow the laws adopted by ASAA. (Fall 2007)
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:

Juvenile

Three Hills, Rocky View/Bow Valley, Foothills, Wheatland, Mountain View, Grasslands,Rangeland. Each of the regions sends two representatives.

Midget and Bantam

Three Hills, Rocky View/Bow Valley, Foothills, Wheatland, Mountain View, Grasslands, Rangeland. Each of the regions sends two representatives.

6. The eight geographic regions shall be placed into four pools of four teams and play a round robin draw with the top two teams in each pool advancing to the

quarter finals. 2 Round Robin Pools of 8 teams. (Spring 2011)

7. The categories shall be:

Bantam	Under 13 as of September 1 and in grade 7.
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

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. 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.
 - a. Badminton Alberta coaching is allowed between the 2nd and 3rd game in preliminary play and after each game from the semi-finals on.
19. Pools for the tournament will be as follows:

Juvenile, Midget and Bantam

Odd Years	Pool A	Foothills 1, Acadia/Badlands 1, Grasslands 2, Wheatland 2
	Pool B	Three Hills 1, Bow Valley/Rocky View 2, Mountain View 2
	Pool C	Grasslands 1, Bow Valley/Rocky View 1, Acadia 2
	Pool D	Wheatland 1, Mountain View 1, Foothills 2, Three Hills 2
Even Years	Pool A	Foothills 1, Bow Valley/Rocky View2, Wheatland 2
	Pool B	Three Hills 1, Acadia/Badlands 1, Grasslands 2, Mountain View 2
	Pool C	Grasslands 1, Mountain View 1, Three Hills 2
	Pool D	Wheatland 1, Bow Valley/Rocky View 1 Acadia 2, Foothills 2

(September 2010)

20. The rotation schedule for badminton is as follows:

2011	Mountain View
2012	Wheatland
2013	Three Hills
2014	Foothills
2015	Calgary
2016	Bow Valley/Rockyview
2017	Grasslands
2018	Mountain View

Rangeland is not included in the hosting cycle!

21. The cost is \$3.00 per athlete to a maximum of \$5.00 depending on facility costs.

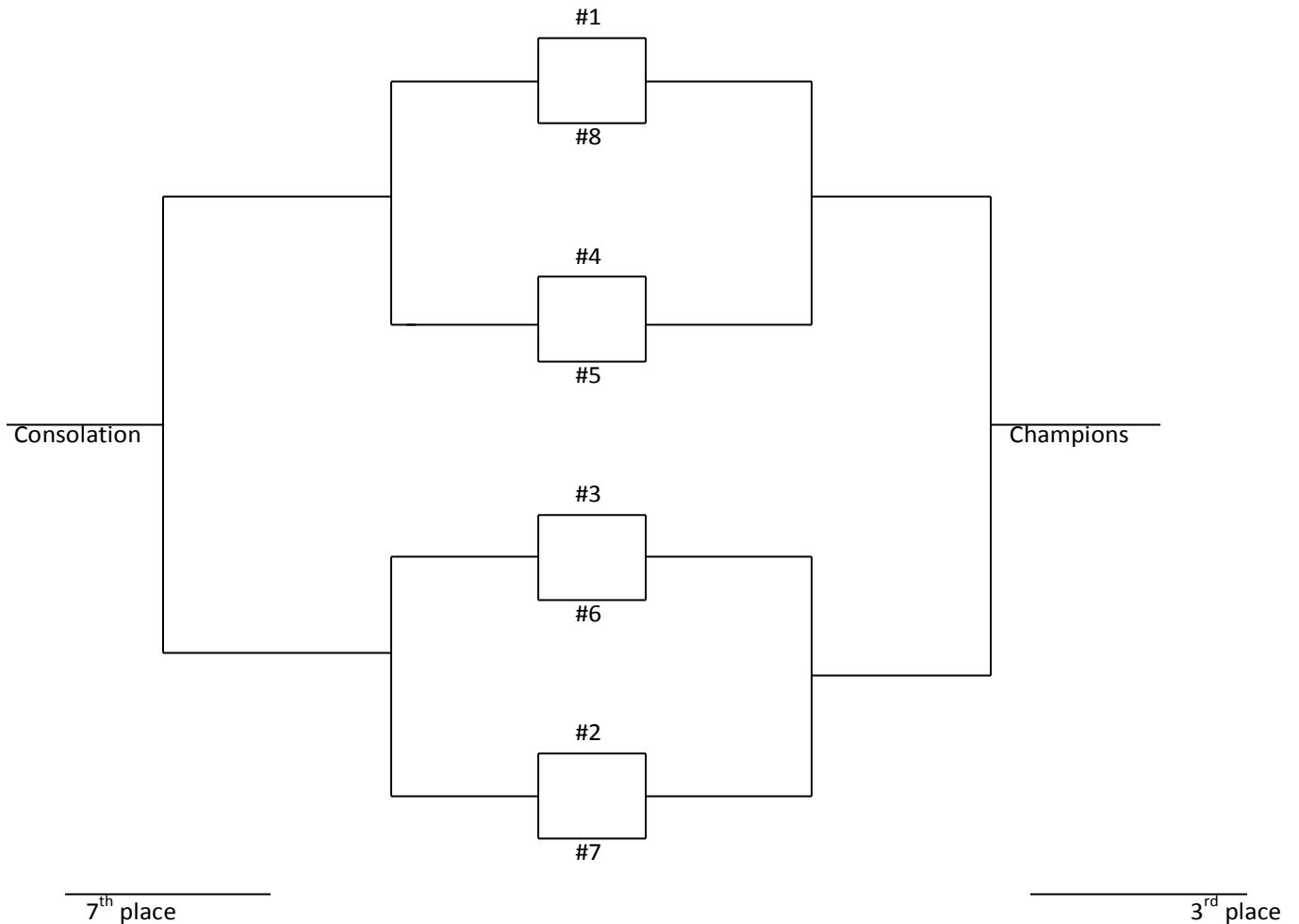
22. Points system for the awarding of the 3 team banners shall be as follows:

- a. Award points for each member of a pool (first in pool 7 points, second 6 points, third 5 points, fourth 4 points, fifth three points etc.) If there are no athletes in the fifth, sixth, seventh or eighth positions then no points are awarded.

23. A qualified Badminton Alberta official will be appointed to oversee all zone badminton championships.

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
 - 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.
6. 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)

Year	1J Girls	1J Boys	2J Girls	2J Boys	3J Girls	3J Boys
2010-2011	Mountain View	Mountain View	Three Hills	Three Hills	Wheatland	Badlands
2011-2012	Bow Valley/Calgary	Mountain View	Mountain View	Mountain View	Badlands	Three Hills
2012-2013	Grasslands	Badlands	Bow Valley Calgary	Wheatland	Grasslands	Foothills
2013-2014	Foothills	Three Hills	Foothills	Rangeland	Rockyview	Wheatland
2014-2015	Acadia	Acadia	Wheatland	Grasslands	Mountain View	Grasslands
2015-2016	Three Hills	Foothills	Rockyview	Bow Valley	Three Hills	Mountain View
2016-2017	Rangeland	Grasslands	Rangeland	Foothills	Bow Valley Calgary	Rockyview
2017-2018	Wheatland	Bow Valley Calgary	Grasslands	Rockyview	Wheatland	Badlands

2J 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 first to tenth place. Banners will be awarded to the winning schools.
4. The Zone event classifications for both boys and girls shall be:

Bantam	Under 13 as of September 1 and in grade 7.
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

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

Bantam Boys	2000 m
Bantam Girls	2000 m
Midget Boys	2000 m
Midget Girls	2000 m
Juvenile Boys	3000 m
Juvenile Girls	2000 m

6. A zone banner will be awarded in each of the Jr. High categories 1J, 2J, 3J/4J.
7. A team may have up to 20 members in each category
8. 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 \$5.00 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:

Bantam	Under 13 as of September 1 and in grade 7.
Midget	Under 14 as of September 1 and in grade 7 or 8.
Juvenile	Under 17 as of September 1 and no higher than grade 9.

8. A competitor may enter only one age classification.

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

2017	Grasslands
2018	Bow Valley
2019	Mountain View
2020	Rangeland
2021	Three Hills
2022	Wheatland
2023	Rockyview
2024	Grasslands

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

Boys	Girls
100m	100m
200m	200m
400m	400m
800m	800m
1500m	1500m
80m Hurdles(30" or 76cm)	80m Hurdles (30" or 76cm)
100m Hurdles 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:

Boys	Girls
Open 4 x 400m relay	Open 4 x 400m relay
Open 3000 metres	Open 3000 metres

The 800m and 1500m 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 (1st to 3rd in all age categories)

will be awarded as follows:

1st – 7 points

2nd - 5 points

3rd – 4 points

4th – 3 points

5th – 2 points

6th – 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 rd Pool A	vs	2 nd Pool B
Game 2	2 nd Pool A	vs	3 rd Pool B
Game 3	Winner of Game 1	vs	1 st Pool A
Game 4	Winner of Game 2	vs	1 st 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 weakest team by record plays off against the second weakest team in order to get down to a six team draw.
8. If there are six teams, the tournament will consist of two pools of three. Play-offs cross over 3rd vs. 2nd 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 2nd vs. 3rd 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 1st vs. 4th and 2nd vs. 3rd. 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:
 - a. Best record
 - b. Widest diversity of competition
 - c. Date of application for entry to tournament
16. A libero may be used at the junior high zone competition. (Fall 2016)
17. 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)
18. 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
2010 - 2011	Grasslands	Mountain View/Rockyview	Three Hills	Grasslands	Three Hills	Mountain View
2011- 2012	Mountain View/Rockyview	Calgary	Grasslands	Foothills	Bow Valley	Rockyview
2012- 2013	Calgary	Wheatland	Bow Valley	Mountain View	Wheatland	Badlands
2013- 2014	Foothills	Grasslands	Wheatland	Badlands	Badlands	Three Hills
2014- 2015	Wheatland	Foothills	Rockyview	Wheatland	Grasslands	Foothills
2015- 2016	Bow Valley	Three Hills	Badlands	Bow Valley	Rockyview	Wheatland
2016- 2017	Acadia	Bow Valley	Mountain View	Grasslands	Foothills	Bow Valley

4J Host rotation needed

One year policy change for 4J Girls volleyball – see spring 2017 minutes.

Host shall choose the nearest date to November 11 to host the 4J volleyball zones.