

# South Central Zone

---

## Senior High School Sports Handbook

10/9/2017

# Table of Contents

---

<b>Policies</b> _____	<b>5</b>
<b>Code of Ethics</b> _____	<b>5</b>
<b>General</b> _____	<b>7</b>
Memberships _____	7
Senior High Classification _____	7
Meetings _____	8
Executive Rotation _____	8
Geography _____	9
Activities _____	9
Zone Competition _____	10
SCZ Championships Hosting Guidelines _____	10
Host Groupings _____	12
Host Rotation _____	12
Sport Commissioners _____	13
New Activities _____	14
Areas _____	15
Competition _____	16
<b>Eligibility</b> _____	<b>16</b>
<b>Seasons of Play</b> _____	<b>18</b>
<b>Team Competition</b> _____	<b>18</b>
<b>Registration of Players</b> _____	<b>19</b>

<b>Finances</b>	<b>20</b>
<b>Awards</b>	<b>21</b>
Zone Competitive Dates & Bid	22
<b>Playing Equipment</b>	<b>23</b>
<b>Amendments</b>	<b>23</b>
<b>All-Star Games</b>	<b>23</b>
<b><i>Senior High Sports</i></b>	<b>24</b>
<b>Badminton</b>	<b>24</b>
<b>Basketball</b>	<b>26</b>
Senior Varsity	26
1A	26
2A	30
3A	34
4A	50
Junior Varsity	51
1A/2A	51
3A/4A	51
<b>Cheerleading</b>	<b>52</b>
<b>Cross Country</b>	<b>53</b>
<b>Curling</b>	<b>55</b>
<b>Golf</b>	<b>56</b>
<b>Rugby</b>	<b>57</b>
<b>Soccer</b>	<b>58</b>
<b>Track &amp; Field</b>	<b>59</b>

<b>Volleyball</b>	<b>62</b>
Senior Varsity	65
1A	65
2A	67
3A	69
4A	70
Junior Varsity	73
1A/2A	73
3A/4A	73

# 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 senior high school in the SCZ which has paid its annual fee according to the following scale:

Senior High Classification		
<b>No. of Students</b>	<b>Classification</b>	<b>Fee*</b>
<b>800 plus</b>	4A	\$85.00
<b>300 - 799</b>	3A	\$85.00
<b>100 - 299</b>	2A	\$80.00
<b>1 - 99</b>	1A	\$75.00

\*Fees are payable by October 15 of the current school year or a \$50 penalty will be assessed!

2. 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. 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.
3. 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.
4. In-house grade 9 teams (of senior high schools) must declare their level of play (junior varsity or junior high) by October 15 for volleyball and January 15 for basketball.
5. Applications from schools outside the SCZ shall be considered by the general membership.
6. The procedure for transfer of senior high schools between the SCZ and another zone shall be:
  - a. Application by September 15 of the current school year to the SCZ Executive and the Alberta Schools Athletic Association (ASAA) Executive.
  - b. Approval of the school and the two zones involved.
  - c. Approval of the ASAA.

## **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 Zone shall pay expenses for all approved delegates to the general meeting of the ASAA. These expenses are those outlined in the ASAA policy.
4. If needed, and at the request of the delegates to ASAA general meetings, the SCZ will cover the cost of the substitute teachers.
5. 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.
6. The spring and fall meetings of the SCZ will start at 10:00 am.
7. Voting in the new Executive takes place at the spring meeting.
8. 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**

<b>2009 – 2011</b>	Chinooks Edge South
<b>2011 – 2013</b>	Golden Hills
<b>2013 – 2015</b>	Rockyview
<b>2015 – 2017</b>	Foothills
<b>2017 – 2019</b>	Grasslands/Prairieland
<b>2019 – 2021</b>	Mountain View/Bow Valley



## Geography by School Board

---

<b>Foothills</b>	Foothills Composite, Oilfields, Strathcona Twedsmuir, Highwood, Edison
<b>Rockyview</b>	Chestermere, Bert Church, George McDougall, Springbank, Cochrane, Bow Valley, Beiseker, WG Murdoch, Airdrie Koinonia
<b>Chinooks Edge South/Bow Valley</b>	Sundre, Olds, Didsbury, Cremona, Hugh Sutherland, Olds Koinonia, Banff, Canmore
<b>Golden Hills</b>	Strathmore, Standard, Siksika, Drumheller, Three Hills, Prairie, Acme, Carbon, Trochu
<b>Grasslands</b>	Brooks, Rosemary, Duchess, Bassano, Berry Creek,
<b>Prairieland</b>	Morrin, Delia, JC Charyk, Youngstown, South Central (Oyen)
<b>Christ the Redeemer</b>	St. Anthony's, St. Joseph's, Notre Dame, Holy Cross, Our Lady of the Snows, Holy Trinity

---

9. 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. Senior 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. ASAA provincial competition bids by a SCZ school must be endorsed by Zone members.
6. The SCZ will endorse only one provincial competition bid for a single provincial championship.
7. Consecutive hosting of a competition will not be endorsed for provincial or Zone competitions if there is another competitive bid from another area or division school.
8. Only schools in the same classification may vote on the selection of a Zone or provincial competition host.
9. Provincial and Zone competition bids will be brought before the SCZ spring meeting.
10. 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.
11. Zone competition hosts will be posted on the SCZ website by mid June- for the next school year.

### **SCZ Championship Host Guidelines**

The following are guidelines to be taken into consideration when hosting a zone championship:

**Eligible Expenses include:**

referee and minor officials, medals and banners, care-taking costs (Max. 1 day) and Shuttles for badminton hospitality room (maximum \$150).

**Expense that are not eligible:**

trainers, massage therapists, photocopying, programs, pictures, and all-star awards.

**Maximum Entry fees per individual or team are:**

<b>Golf - \$80</b>	\$80
<b>Cross Country</b>	\$5
<b>Soccer</b>	\$200
<b>Volleyball</b>	\$250
<b>Basketball</b>	\$275
<b>Cheerleading</b>	\$150
<b>Curling</b>	\$75
<b>Badminton</b>	\$5
<b>Track &amp; Field</b>	\$5

(These are guidelines and there is nothing wrong with running the championship at a cheaper rate than this!)

The zone awards are going to cost approximately \$56/ banner and \$5.25/ medal for Senior high and Junior high and can be calculated for your zone championship.

Remember hosting zone championships are not for fundraising for your school team. Please try to just cover your operating costs.

Be sure to complete a **tournament statement** form found on the web site under forms after the championship is complete. This form shows your financial standings but also gives the results from the championship.

**Zone hosts should provide the zone secretary with:**

an e-mail address and a contact number where the host can be reached at the day after the championship. (ie. cell phone # or home phone #)

It would also be very much appreciated if the zone host could forward a contact number or e-mail address to the zone secretary for the winning team or teams qualifying for provincials.

**Zone Results** must be submitted to the zone secretary in a timely fashion so that they can be posted on the website as quickly as possible. This is the most used method of communicating results to all now! These should be sent in the night of or next day following the completion of the championship!

12. Rotation of SCZ hosts for 3A volleyball and basketball  
(Spring 2006) are as follows:

**Host Groupings:**

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>
Bow Valley	George McDougall	Bert Church	Cochrane
Holy Trinity	Highwood	Strathmore	Brooks
Chestermere	Canmore	Olds	Springbank
	Notre Dame	Drumheller	Foothills

**Senior Varsity Rotation**

<b>Year</b>	<b>Girls VB</b>	<b>Boys VB</b>	<b>Girls BB</b>	<b>Boys BB</b>
<b>2014 – 2015</b>	A	B	C	D
<b>2015 – 2016</b>	D	A	B	C
<b>2016 – 2017</b>	C	D	A	B
<b>2017 - 2018</b>	B	C	D	A

**Junior Varsity Rotation**

<b>Year</b>	<b>Girls VB</b>	<b>Boys VB</b>	<b>Girls BB</b>	<b>Boys BB</b>
<b>2014 – 2015</b>	D	C	B	A
<b>2015 – 2016</b>	A	D	C	B
<b>2016 – 2017</b>	B	A	D	C
<b>2017 - 2018</b>	C	B	A	D

No school should host more than one varsity team zone championship within a school year. Should an unforeseen event occur the hosting should stay within the host grouping first.  
(April 06)

### ***Sport Commissioners***

1. The conditions of appointment of Sports Commissioners shall be as follows:
  - a. Appointments to the roster of sport commissioners  
shall be ratified by the general membership.
  - b. They shall be appointed from among the school staff  
members of SCZ member schools.
  - c. Commissioners shall serve for a period of a minimum of two years and a  
maximum of four years.
  - d. A vacancy occurring during a term of office shall be filled by an interim  
appointment by the Executive, such appointment to be ratified by the general  
membership at the next meeting.
2. The duties and responsibilities of Commissioners shall include the following:
  - a. Co-ordination of Zone competition
    - i. At least three weeks prior to the event, assure all areas of the Zone are  
represented at the competition.
    - ii. Prepare the initial draw, where applicable, for the Zone competition  
and present it at the fall meeting for ratification.
    - iii. Recommend provincially certified neutral officials for Zone  
competition where feasible.
    - iv. Obtain appropriate awards for the Zone competition and forward  
them to the tournament host.
    - v. Within three weeks of the completion of the event, ensure the  
tournament coordinator forwards a financial statement to the SCZ  
Secretary.
    - vi. Submit a brief report on the tournament to the tournament host with  
a copy to the Vice President.
    - vii. Obtain a team sport commitment from each school, signed by the  
principal, three weeks prior to the competition.
  - b. Co-ordinate a coaches' meeting once a year.

- c. Review all policies regarding the sport and make recommendations for change at a general meeting.
- d. Attend Zone championships and provincial or regional competitions if possible.
- e. Be familiar with new developments in rules, equipment, coaching techniques etc.
- f. Distribute information such as noted in e.
- g. Present recommendations to Zone tournament chairmen, the SCZ Executive and member schools.
- h. Act as a consultant to meetings and committees conducted by people in the sport.
- i. Encourage the development of their sport through newsletters, talks and other forms of publicity and promotion.
- j. Liaise with provincial sport governing bodies, the SCZ Executive and the ASAA Sport Commissioner.
- k. Write reports, keep records and forward them to the next Commissioner.
- l. Whenever possible, submit dates for the following year's competition and interested hosts.

### ***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.
3. ASAA Handbook  
Any situation that is not covered by our policy is dealt with according to the ASAA handbook.

### ***Areas of Competition***

SCZ Senior high activities shall be administered through eight geographic districts. These districts shall be:

<b>SCZ Area</b>	<b>School Boards</b>	<b>Schools</b>	<b>Towns/Cities</b>
<b>Bow Valley</b>	Canadian Rockies, Christ the Redeemer	Canmore Collegiate, Banff Community, Our Lady of the Snows, Tsuu T'ina	Banff, Canmore
<b>Foothills</b>	Foothills, Christ the Redeemer	Centre for Learning, Foothills Composite, Highwood, Oilfields, Notre Dame, Holy Trinity, Strathcona Tweedsmuir, Edison, Chief Jacob Bearspaw	High River, Okotoks, Black Diamond
<b>Grasslands</b>	Grasslands, Christ the Redeemer	St. Joseph's, Brooks Composite, Bassano, Rosemary, Duchess, Newell Christian	Brooks, Bassano, Rosemary, Duchess
<b>Chinooks Edge South</b>	Chinooks Edge	Olds, Sundre, Didsbury, Hugh Sutherland, Olds Koinonia, Cremona	Carstairs, Olds, Sundre, Didsbury, Cremona
<b>Rangeland</b>	Prairieland, Prairie Rose, Christ the Redeemer	Morrin, Delia, JC Charyk, South Central, Berry Creek, Youngstown, St. Anthony's	Hanna, Oyen, Delia, Cessford, Youngstown, Morrin, Drumheller
<b>Rockyview</b>	Rockyview	Chestermere, Bert Church, George McDougall, Springbank, Cochrane, Bow Valley, Beiseker, WG Murdoch, Airdrie Koinonia	Chestermere, Airdrie, Springbank, Cochrane, Beiseker, Crossfield
<b>Three Hills</b>	Golden Hills	Drumheller Composite, Acme, Carbon, Three Hills, Prairie Christian, Trochu	Acme, Carbon, Drumheller, Three Hills, Trochu
<b>Wheatland</b>	Golden Hills, Christ the Redeemer	Strathmore, Standard, Siksika, Holy Cross	Strathmore, Standard, Siksika Nation

## **Competition**

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

## **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. Correspondence courses can be included as instructional minutes for students registered at 1A classified schools.
4. A senior high competitor must be under the age of nineteen years on September 1 of the school year. 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. Any student who is, or has been, registered and in attendance at a post secondary institution shall not be eligible for high school competition.
7. Students shall be eligible for competition for three consecutive years after registering in grade 10.
8. In 1A classified schools, grade 9 students register for participation in zone basketball, volleyball, curling, cheerleading, and golf competitions.
9. Grade 9 students in 1A schools only shall be eligible to compete in both Junior high zones and Senior high zones in basketball and volleyball. (Spring, 2014)
10. In-house grade 9 teams (of a senior high school) must declare their level of play by October 15 for volleyball and January 15 for basketball.
11. The principal of each school shall be responsible for the eligibility of the school's competitors for any competition.



12. **\*\*\* NEW \*\*\*** All member schools must ensure zone fees involving South Central Zone competitions are paid in order to retain a member in good standing and be eligible for Zone competition. Any member schools that have not paid outstanding zone fees will be ineligible to compete in any further competition with other members of the South Central zone until payment has been received.

### **Junior Varsity**

1. The junior varsity program must be a high school program.
2. Teams registering in volleyball and basketball must declare their classification (junior high, junior varsity or senior varsity) on school registration forms. Forms are due by October 15.
3. A student shall be eligible for junior varsity competition for three consecutive years after registering in grade 9. The first year in grade 9 is considered the first year of eligibility. Note that students in grades 7, 8 and 12 are ineligible for junior varsity competition.
4. A team/competitor shall be eligible for participation in only one Zone championship (junior high, junior varsity or senior varsity) in any given sport. A 1A team/competitor shall, however, be eligible for participation in both junior varsity and senior varsity Zone competition providing they have complied with the regulations outlined below throughout the current playing year.
5. Playing at a high level in volleyball and basketball during the season and coming down a level for Zones:
  - a. Any junior high player who plays three games/competitions or more at the junior varsity level or high school level is ineligible for junior high SCZ competition.
  - b. There will be no limit of games for Jr. Varsity players playing up with Sr. Varsity teams or playing against Sr. Varsity teams.
  - c. High Schools will be required to declare their rosters 8 days prior to zones for volleyball and basketball. Players may play in only one zone tournament in each sport, each year. Rosters are to be electronically submitted to the zone secretary.
6. The above applies to a bona fide student playing on an in-house or an outside school team (i.e. community team) in a school sponsored activity. (Clarification)

# Seasons of Play

Seasons of play for all sports, junior and senior high school, will follow those established by the ASAA.

## Team Competition and Player Participation

1. Eligibility
  - a. To be eligible for senior high school Zone basketball competition, a student is not permitted to play on an outside basketball team during the same season.
  - b. To be eligible for senior high school Zone volleyball competition, a student is not permitted to play on an outside volleyball team during the same season.
  - c. Exemptions to a. and b. may be considered for students who have been invited to participate on a provincial/national/international team by a recognized sports governing body. Written requests for specific exemptions must be submitted by the school concerned to the Executive for consideration by the Eligibility Committee.
  - d. Grade 9s 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 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, curling, volleyball, cheerleading and golf, all members of a team must be bona fide students of the same school.

6. In Zone and provincial 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.
7. 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 for volleyball and by December 15 for basketball. Failure to do so will result in the school competing in the classification designated by Zone policy, as outlined in Membership.
8. 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.
9. 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.
10. Executive permission must be obtained prior to a school's volleyball and/or basketball teams' participation in non-school leagues.

## Registration of Players

The high school principal shall sign a registration statement. It is the principal's responsibility to confirm the required eligibility qualifications.

Provincial registration deadlines are as follows:

<b>Golf Registration/Classification</b>	<b>September 12</b>
<b>Volleyball and Football</b>	October 1
<b>Cross-Country</b>	October 5
<b>School Registration</b>	October 10
<b>Volleyball and Football Classification</b>	October 15
<b>Basketball registration /Classification</b>	December 15
<b>Curling and Cheerleading</b>	January 22
<b>Wrestling</b>	February 1
<b>Team Handball</b>	March 22
<b>Badminton</b>	April 15
<b>Rugby</b>	May 1
<b>Registration/Classification</b>	
<b>Track &amp; Field</b>	May 15

# 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. SCZ delegate mileage expenses to any ASAA meeting (APM & AGM) will paid by the SCZ.(Fall 2016)
5. 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.
6. The finances of the SCZ will not be used to support regional or provincial competitions.
7. The host committee may bill entry fees to area or district representative who fails to confirm their non participation in a competition by the deadline.
8. The fee for participating in SCZ cross country, badminton and track and field championships is \$5.00 per participant.

# Awards

---

1. SCZ individual awards shall be presented to the following schedule:

<b>Sport</b>	<b>Category</b>	<b>Medals</b>	<b>Banners</b>
<b>Badminton</b>	Singles, Doubles, Junior, Intermediate, Senior	Gold, Silver, Bronze	3
<b>Basketball</b>	Senior Varsity: 1A, 2A, 3A, 4A	Gold, Silver, Bronze	8
	Junior Varsity: 1A/2A, 3A/4A	Gold, Silver, Bronze	r
<b>Curling</b>	Boys, Girls, Mixed	Gold, Silver, Bronze	3
<b>Cross Country</b>	Boys and Girls Jr., Int., Sr.	Gold, Silver, Bronze and ribbons for 1 – 10	3
<b>Golf</b>	1A/2A Boy & Girl Boys Team and Girls Team	Gold, Silver, Bronze	4
	3A/4A Boys & Girls Boys Team and Girls Team	Gold, Silver, Bronze	
<b>Track &amp; Field</b>	Boys, Girls Junior, Intermediate, Senior	Aggregate Gold medals for each category, Ribbons for 1 – 4 <sup>th</sup> in each event	3
<b>Volleyball</b>	Senior Varsity 1A, 2A, 3A, 4A	Gold, Silver, Bronze	8
	Junior Varsity 1A/2A, 3A/4A	Gold, Silver, Bronze	4
<b>Cheerleading</b>	Small Squad, Large Squad, Co-ed Squad	Gold, Silver Bronze	3
<b>Soccer</b>	Boys & Girls	Gold, Silver, Bronze	2

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 for new trophies may be gained only with the expressed permission of the Zone Executive.
- c. Trophy winners shall incur engraving costs.
- d. SCZ team trophies are awarded to the winners of the following:

- i. All basketball classifications: junior and senior high
  - ii. All curling classifications
  - iii. All volleyball classifications: junior and senior high
- e. The cost of championship banners is covered by event hosts.
4. Where zone championships do not have a competition or only have one team involved no banner will be awarded.

## Zone Competition Dates & Bids

<b>Golf</b>		<b>Weekend before the provincial championship</b>
<b>Cross Country</b>		No more than ten days prior to provincial championship
<b>Volleyball</b>	Senior Varsity	Weekend before provincial championship
	Junior Varsity	Second weekend in November
<b>Wrestling</b>		Weekend preceding rural provincial competition
<b>Curling</b>		Weekend before provincial championship*
<b>Basketball</b>	Senior Varsity	Weekend before the provincial championship
	Junior Varsity	Same weekend as the senior varsity Zone competition
<b>Badminton</b>		Weekend preceding the provincial championship
<b>Track &amp; Field</b>		Wednesday of the weekend before the regional competition or, if rained out the Saturday before
<b>Football</b>		No later than the weekend preceding the provincial championship
<b>Cheerleading</b>		Weekend before the provincial championship
<b>Rugby</b>		Weekend before the provincial championship
<b>Soccer</b>		Girls in the fall Boys in the spring

\*Any other dates must be approved by the Commissioner. Any changes to the above must be approved by the SCZ Executive.

# Playing Equipment

---

The official playing equipment for all Zone competitions will be 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 a housekeeping nature and do not change the intent of the policy.

# All-Star Games

---

## ***Grade 12 All-Star Games***

1. Grade 12 boys and girls will play in either 1A/2A all-star games or 3A/4A all-star games.
2. The games will be held on the first Wednesday following provincial championships, with the girls playing at 6:00pm and the boys at 7:45pm
3. The financial responsibility will be that of the host school.
4. All participants will pay a fee of \$25.00 to \$30.00 to cover the costs of referees, team pictures, and a T-shirt (uniform)
5. The host school will arrange the game referees, T-shirts (which can now be ordered through the zone), and photographer.

# Senior High Sports

---

## Badminton

---

1. The rules governing badminton shall be the laws of badminton as adopted by the ASAA, International Badminton Federation and the Canadian Badminton Association.
2. An area or division team will consist of two competitors in each of the following divisions: Boys (singles and doubles) Girls (singles and doubles) Mixed doubles  
The age classifications are as set out by the ASAA:  
Junior, Intermediate and Senior
3. If the number of competitors is eight or less in a category there will be only a one-section round robin. Playoffs will have 1<sup>st</sup> vs 4<sup>th</sup> and 2<sup>nd</sup> vs 3<sup>rd</sup> in the semi finals.
4. For tie breaking procedures see ASAA policy handbook  
Badminton Section VIII 1. c) & 2. b)
5. A competitor may only enter one event.
6. Each of the following districts will send the top two qualifiers in all five divisions to the Zone championship:
  1. Chinooks Edge South
  2. Rocky View
  3. Grasslands
  4. Wheatland
  5. Rangeland
  6. Foothills
  7. Three Hills
  8. Bow Valley
7. All provincial travel subsidies are to be returned to the participating schools.



8. Zone Banner Scoring:

A zone banner will be awarded in each of the 1A, 2A, and 3A4A categories based on the ASAA 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.  
(Fall 2014)

9. Disciplinary action for missing matches.

After the beginning of matches if a player does not show for their games a \$50/team charge will be applied according to the ASAA handbook, and all previous scores will be forfeited and removed when calculating tie-breaking situations. This will exclude injury or illness and it is up to the coach to indicate this prior to the athlete leaving the championship!

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

11. Badminton zone hosts are rotated according to the following:

**2015 Canmore**  
**2016 Three Hills**  
**2017 Brooks**  
**2018 High River**  
**2019 Strathmore**  
**2020 Okotoks**  
**2021 Airdrie**  
**2022 Olds**  
**2023 Cochrane**  
**2024 Canmore**

**Note: It is the expectation that the communities listed are host locations for that region and will have the help of all schools within the regions area. ie Sundre, Didsbury with Olds, Standard with Strathmore etc. (Spring, 2014)**

# Basketball

---

1. The playing rules governing basketball shall be the rules adopted by the ASAA.
2. In order to standardize 3A Zone competitions a handbook shall be written. Host schools shall follow the formats as outlined in the Zone play-off handbook. (April '99)
3. The Alberta Basketball Officials Association shall provide officials for Zone competitions.
4. There shall be as many competitions as there are school classifications.
5. Zone qualifying playoffs must be completed at least five days prior to the Zone tournament. (May 2000)
6. Any changes to the Zone tournament schedule within 72 hours of the start of the tournament, must have verbal communications from the coach(es) affected. (May 2000)
7. The host team receives an automatic berth in the Zone championship. (May 2000)
8. All 2A Zone competitions shall take the form of an eight-team Oregon draw and be carried out over two days. The commissioner shall seed the tournament.
9. All other Zone competitions may be single elimination or round robin as seeded by the commissioner. If a single elimination tournament is used a consolation side is compulsory.
10. All 1A and 4A schools are eligible for Zone competition.
11. 3A basketball championships shall be a modified double knock out draw if the zone receives 2 or more provincial berths. The teams shall be ranked with, if necessary, 5th hosting 12<sup>th</sup>, 6th hosting 11th, 7th hosting 10<sup>th</sup>, and 8th hosting 9th in a play-off game to enter Zones.
12. There shall be no 7th or 8th place game in the 3A basketball championship.
13. The official basketball for zone competition will follow the ASAA approved ball.

## ***Senior Varsity***

### **1A**

1. All teams, registered with ASAA, qualify for zone competition.
2. Must confirm intent to compete by the Friday of the mid-February provincial ranking period.
  - no late teams
  - Send email or fax to zone commissioner

- Commissioner will send full list of teams entered to all entered schools and will have posted on website
- 3. Host school automatic entry in zone tournament
- 4. Top four ranked zone teams – automatic entry
  - Top three – if host school not ranked in the top four
  - Ranking for section 4 – by provincial rankings
  - If not four schools ranked – commissioner will get the South Central Zone team ranking for each ranking period from the provincial ranker.
- 5. Other four zone berths to be awarded by ranking eligible teams and playing to advance:
  - A) Higher ranked team will host and provide officials
  - B) Lower ranked team will travel
  - C) With no regional berths – playoff berths to be decided by the Friday AM of the week prior to zones.
    - Rationale: should be played the prior week to zones – leagues need to note – do not run league playoffs that week.
  - D) Teams will be ranked by:
    - 1. Use of provincial ranking – from provincial ranker
    - 2. Zone ranker (Commissioner)
    - 3. All coaches of teams competing
- 6. Zone tournament will have an eight team Oregon draw:
  - 1. 7<sup>th</sup> and 8<sup>th</sup> game optional
  - 2. Draw will be reseeded after entry games (especially if host not ranked)
  - 3. Tournament will run the Friday and Saturday of the weekend prior to provincials
- 7. Commissioner will have zone rankings posted on zone website following the release of the provincial rankings. Get rankings from the South, South Central and Calgary zone ranker for our zone schools.

Potential Schools:

Airdrie Koinonia	Bassano	Beiseker
Berry Creek	Carbon	Cremona
Delia	Duchess	Edison
Holy Cross	Morrin	Olds Koinonia
Our Lady of the Snows	Rosemary	St. Anthony's
Standard	St. Luke	Trochu
Youngstown		

**18 Teams:**

<b>Night 1</b>	<b>Night 2</b>	<b>Night 3</b>	<b>Zones</b>
18 vs 17 = X	X vs 9 = D	A vs 5	1 vs
16 vs 15 = Y	Y vs 10 = C	B vs 6	2 vs
	14 vs 11 = B	C vs 7	3 vs
	13 vs 12 = A	D vs 8	4 vs.

**17 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Night 3</b>	<b>Zones</b>
16 vs 17	9 vs 16 = A	5 vs D	1 vs
	10 vs 15 = B	6 vs C	2 vs
	11 vs 14 = C	7 vs B	3 vs
	12 vs 13 = D	8 vs A	4 vs

**16 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
16 vs 9 = A	5 vs D vs 4	1 vs
15 vs 10 = D	6 vs C vs 3	2 vs
14 vs 11 = C	7 vs B vs 2	3 vs
13 vs 12 = D	8 vs A vs 1	4 vs

**15 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
15 vs 5 = A	A – bye	1 vs
14 vs 9 = B	B vs 8	2 vs
13 vs 10 = C	C vs 7	3 vs
12 vs 11 = D	D vs 6	4 vs

**14 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
14 vs 13 = A	5 vs A	1 vs
12 vs 11 = B	6 vs B	2 vs
	7 vs 10	3 vs
	8 vs 9	4 vs

### 13 Teams

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
13 vs 12 = A	5 vs A	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 12 Teams

	<b>Night 1</b>	<b>Zones</b>
	5 vs 12	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 11 Teams

	<b>Night 1</b>	<b>Zones</b>
	5 bye	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 10 Teams

<b>Night 1</b>	<b>Zones</b>
5 bye	4 vs
6 bye	3 vs
7 vs 10	2 vs
8 vs 9	1 vs

**9 Teams**

<b>Night 1</b>	<b>Zones</b>
5 bye	4 vs
6 bye	3 vs
7 bye	2 vs
8 vs 9	1 vs

**2A**

1. All teams qualify for zone competition.
2. Must confirm intent to compete the of the mid-February provincial ranking period.
  - a. No late teams
  - b. Send email or fax to commissioner
  - c. Commissioner will send full list of teams entered to all entered schools and will have posted on the zone website.
3. Host school receives automatic entry into zone tournament.
4. Top four ranked zone teams receive automatic entry into zones. Top 3 if the host is not ranked in the top 4. Rankings are based on provincial rankings but if there are not four schools ranked the commissioner will get the South Central Zone team rankings for each of the ranking periods from the provincial ranker.
5. Other four zone berths to be awarded by ranking eligible teams and playing to advance:
  - a. Higher ranked team will host and provide officials
  - b. Lower ranked team will travel
  - c. With no regional berths – playoffs berths to be decided by the Friday morning of the week prior to zones.

- d. Teams will be ranked by
  - i. Use of provincial ranking
  - ii. Zone ranking by Commissioner
  - iii. All coaches of teams competing
- 6. Zone tournament will have 8 team Oregon draw with the 7<sup>th</sup> and 8<sup>th</sup> place game optional.
  - a. Draw will be reseeded after entry games (especially if host is not ranked)
  - b. Will run Friday and Saturday the weekend prior to the ASAA provincial tournament.
- 7. Commissioner will have the zone rankings posted on the zone web site following the release of the provincial rankings, ranking will come from the South ranker who will have ranked South, Calgary and South Central, could also do a point system ranking for each team within the zone.
- 8. The ranking procedure will have a representative from the south, east and west of SCZ. This will ensure that each ranker has seen the teams that they are ranking. Important that every game played is entered into ex-net to help compare teams, teams played and scores. (spring 2010)
- 9. Potential Schools competing at 2A Zones:

Acme	Drumheller	Oilfields
Strathcona Tweedsmuir	Banff	Sundre
Hugh Sutherland	Prairie Christian	Beiseker
JC Charyk	South Central	Three Hills
Didsbury	St. Joseph's	WG Murdoch
Notre Dame Collegiate	Holy Cross	Siksika

The following are the play down scenarios based on four automatic berths into Zones. Top four ranked schools or Top three ranked schools and host. These go from 18 schools down and are for playoff games to enter zones. Winner of each night continue on until 8 spots are filled for zones.

**18 Teams:**

<b>Night 1</b>	<b>Night 2</b>	<b>Night 3</b>	<b>Zones</b>
18 vs 17 = X	X vs 9 = D	A vs 5	1 vs
16 vs 15 = Y	Y vs 10 = C	B vs 6	2 vs
	14 vs 11 = B	C vs 7	3 vs
	13 vs 12 = A	D vs 8	4 vs.

**17 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Night 3</b>	<b>Zones</b>
16 vs 17	9 vs 16 = A	5 vs D	1 vs
	10 vs 15 = B	6 vs C	2 vs
	11 vs 14 = C	7 vs B	3 vs
	12 vs 13 = D	8 vs A	4 vs

**16 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
16 vs 9 = A	5 vs D vs 4	1 vs
15 vs 10 = D	6 vs C vs 3	2 vs
14 vs 11 = C	7 vs B vs 2	3 vs
13 vs 12 = D	8 vs A vs 1	4 vs

**15 Teams**

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
15 vs 5 = A	A – bye	1 vs
14 vs 9 = B	B vs 8	2 vs
13 vs 10 = C	C vs 7	3 vs
12 vs 11 = D	D vs 6	4 vs

**14 Teams**



<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
14 vs 13 = A	5 vs A	1 vs
12 vs 11 = B	6 vs B	2 vs
	7 vs 10	3 vs
	8 vs 9	4 vs

### 13 Teams

<b>Night 1</b>	<b>Night 2</b>	<b>Zones</b>
13 vs 12 = A	5 vs A	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 12 Teams

	<b>Night 1</b>	<b>Zones</b>
	5 vs 12	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 11 Teams

	<b>Night 1</b>	<b>Zones</b>
	5 bye	4 vs
	6 vs 11	3 vs
	7 vs 10	2 vs
	8 vs 9	1 vs

### 10 Teams

<b>Night 1</b>	<b>Zones</b>
5 bye	4 vs
6 bye	3 vs
7 vs 10	2 vs
8 vs 9	1 vs

### **9 Teams**

<b>Night 1</b>	<b>Zones</b>
5 bye	4 vs
6 bye	3 vs
7 bye	2 vs
8 vs 9	1 vs

### **3A**

The right to host 3A zones will be awarded to a school that bids to host and is highest on the rotation. If a team that is at the top of the rotation does not bid then their position on the list will remain. After two consecutive years of not bidding this school will move to the bottom of the list.

1. In order for the bid to be legal, the school bidding must:
  - a. Submit the bid to the Zone Secretary by the spring motion submission deadline.
  - b. The intent to host must have the school principal's signature.
  - c. The bid must name the school contact person in charge of the tournament.
  - d. The bid must contain a statement of commitment to abide by the rules and guidelines as set forth by the zone.

2. Host Rotation

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>
<b>Bow Valley</b>	George McDougall	Bert Church	Cochrane
<b>Holy Trinity</b>	Highwood	Strathmore	Brooks
<b>Chestermere</b>	Canmore	Olds	Springbank
<b>W.H. Croxford</b>	Notre Dame	Drumheller	Foothills

Year	Girls Basketball	Boys Basketball
2020 – 2021	C	D
2021 - 2022	B	C
2017 - 2018	A	B
2018 - 2019	D	A
2019 – 2020	C	D

3. If the Zone has one representative to provincials then the SCZ championships shall be a draw that has been pre-determined by the number of teams competing.

2 teams:

- Best of 3 game series with the higher seed hosting the first game Wednesday. The second game will be played Friday at the lower seeds gym. If needed, the third game will be played Saturday at the higher seeds gym

3 teams:

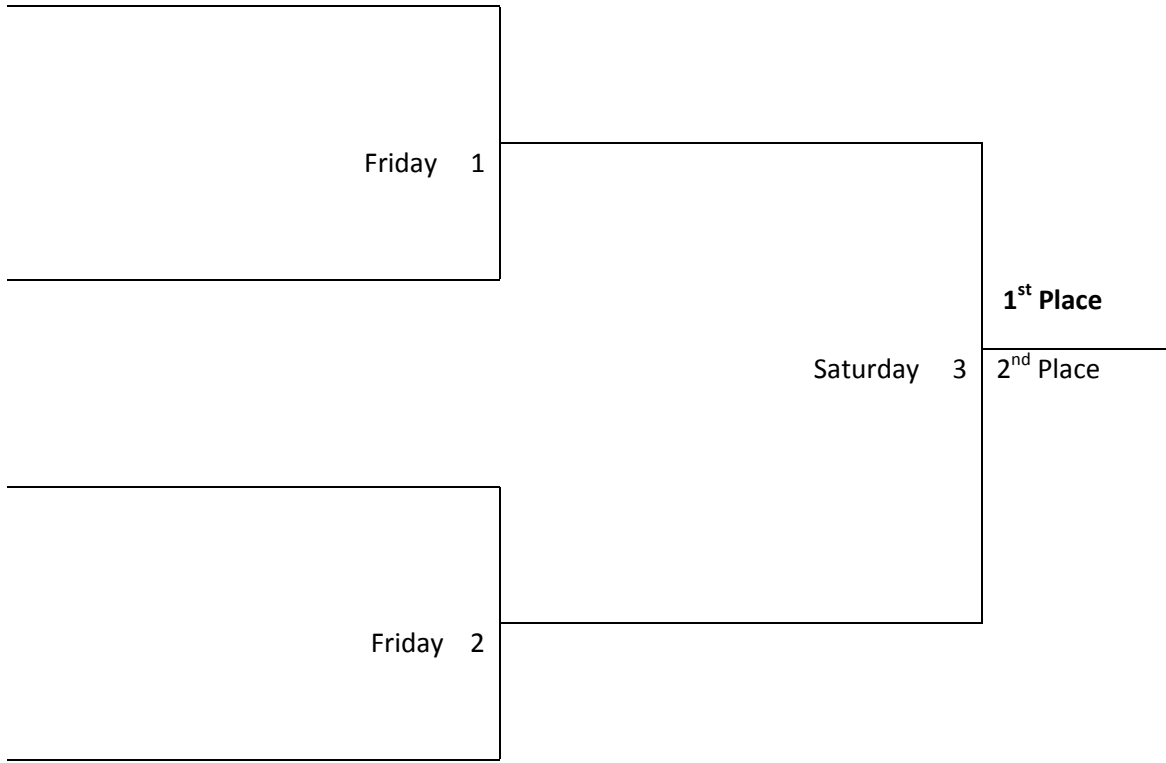
- 2 vs 3 in a one game playoff.
- Winner of the 2 vs 3 game will play the 1<sup>st</sup> ranked team in a best of 3 game series with the higher seed hosting the first game Wednesday. The second game will be played Friday at the lower seeds gym. If needed, the third game will be played Saturday at the higher seeds gym

4 teams:

- 1 vs. 4 and 2 vs 3 in first round
- Games will be played Friday, and Saturday.

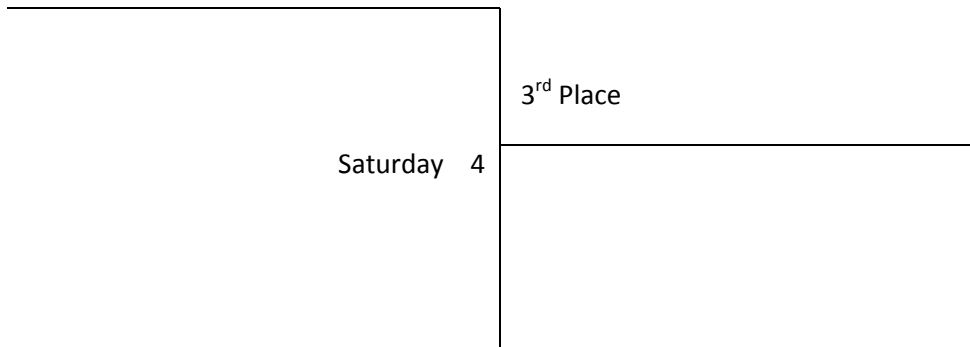
### 4 Team Draw

#### Winner's Bracket



#### Loser's Bracket

L1



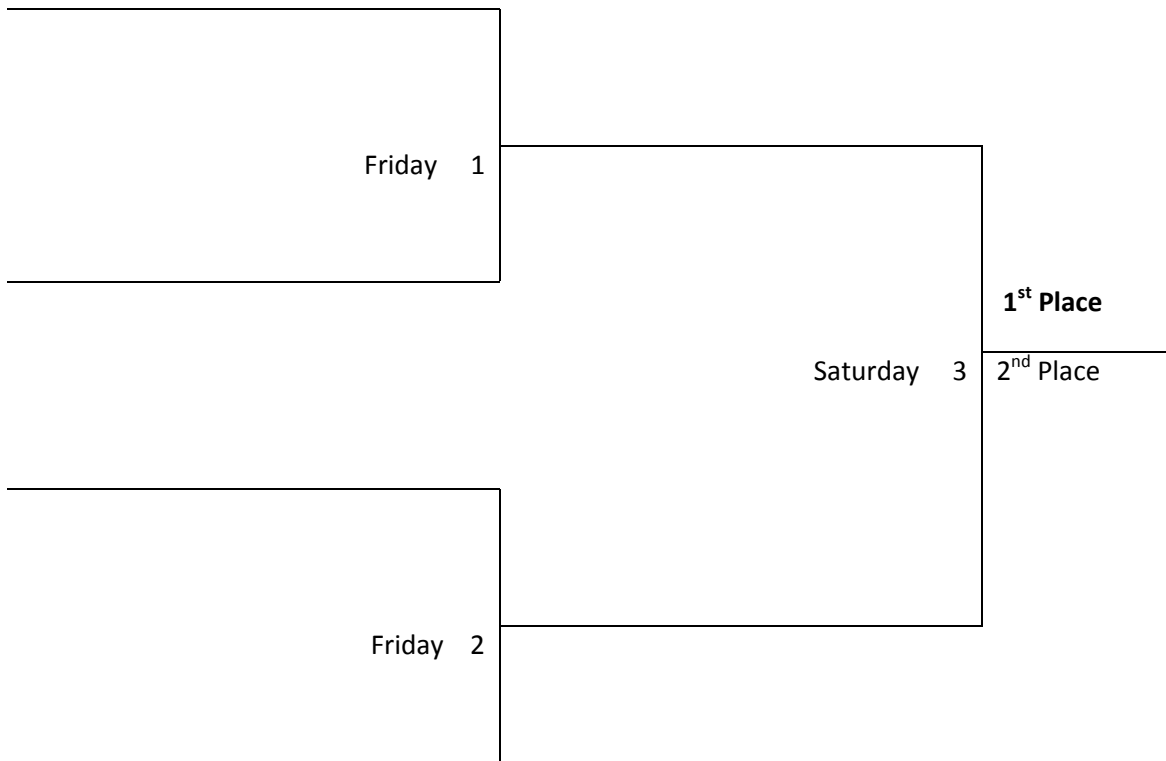
L2

5 teams:

- 5 vs 4 will play a one game play in game at the higher seed. This game will be played on the Monday or Tuesday.
- A 4 team draw will be used to determine Provincial Seed
- 1 vs. 4/5 and 2 vs 3 in first round
- Games will be played Friday, and Saturday.

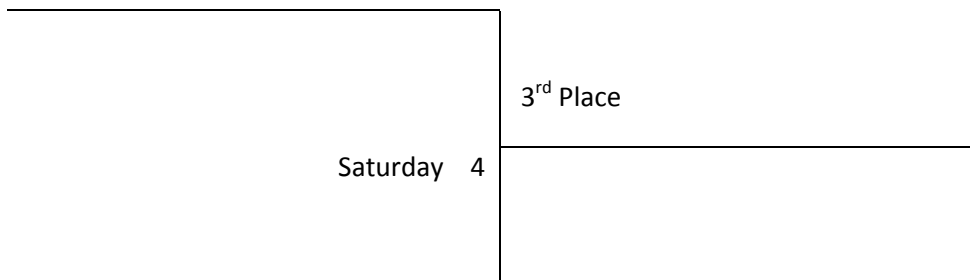
**4 Team Draw**

Winner's Bracket



Loser's Bracket

L1



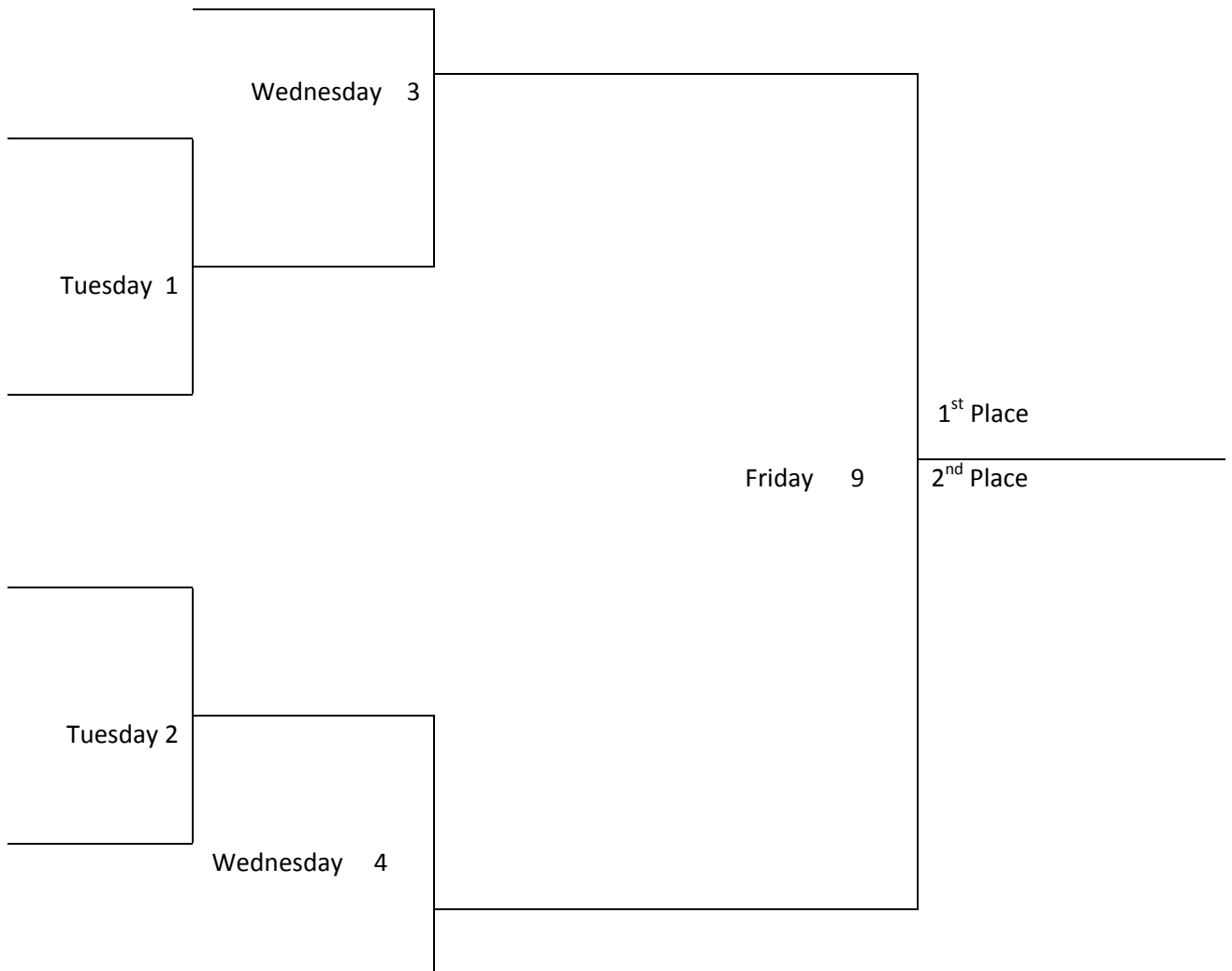
L2

6 teams:

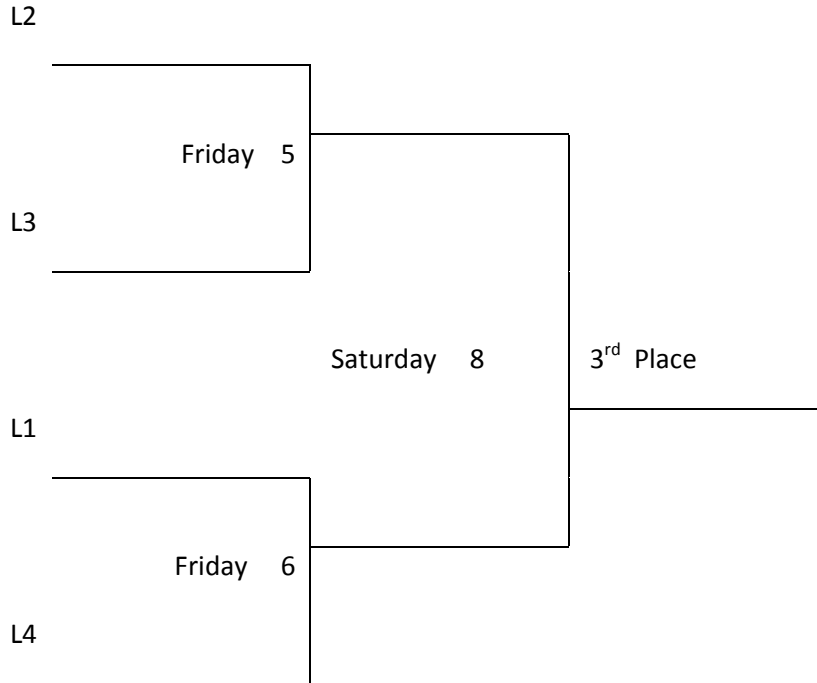
- 1 and 2 seed will receive a bye into semis, and will play their Wednesday game at home. 6 vs 3 and 5 vs 4 will play their games at the higher seed on the Monday or Tuesday.
- Games will be played on Monday/Tuesday, Wednesday, Friday and Saturday

### 6 Team Draw

Winner's Bracket



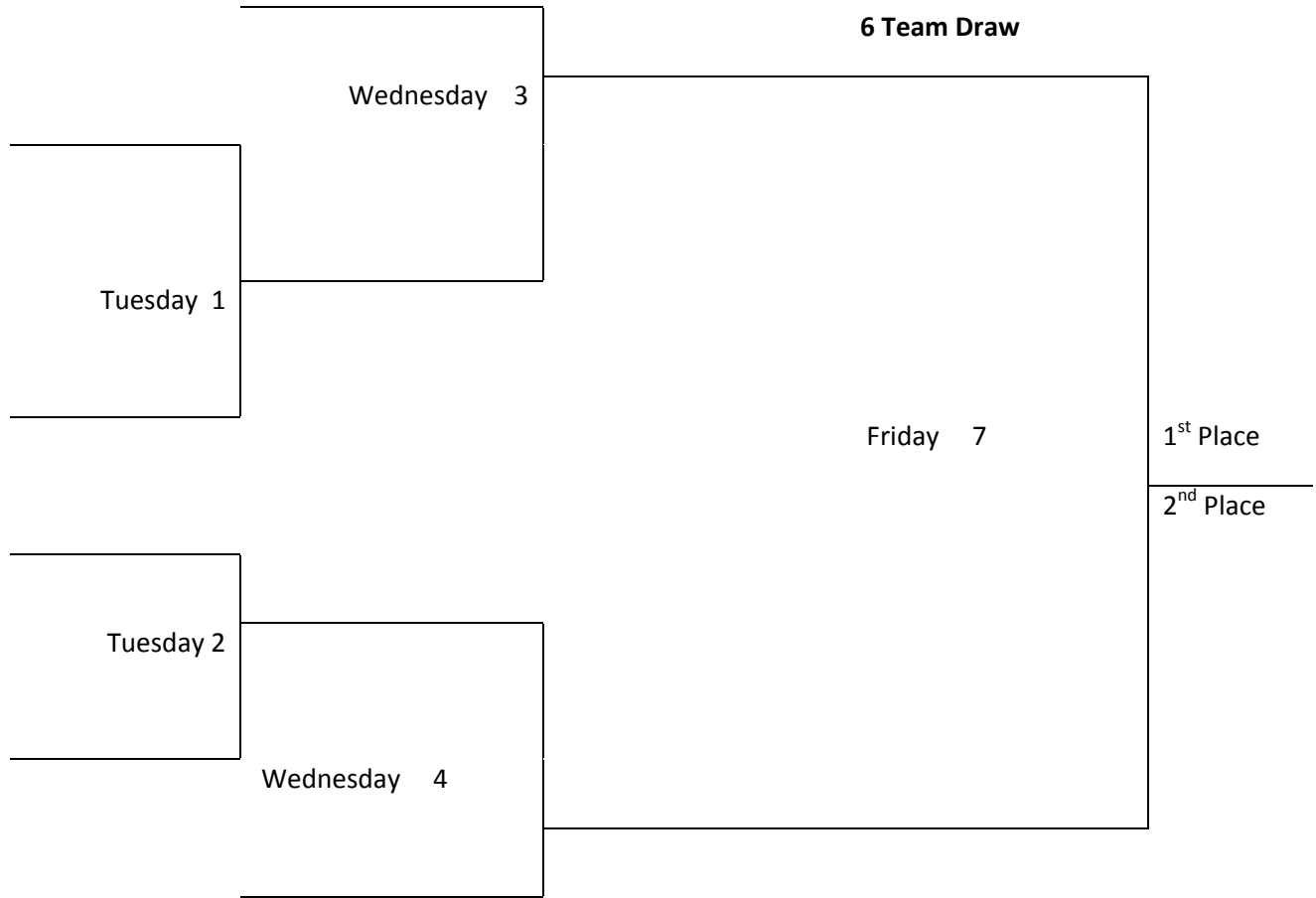
Loser's Bracket



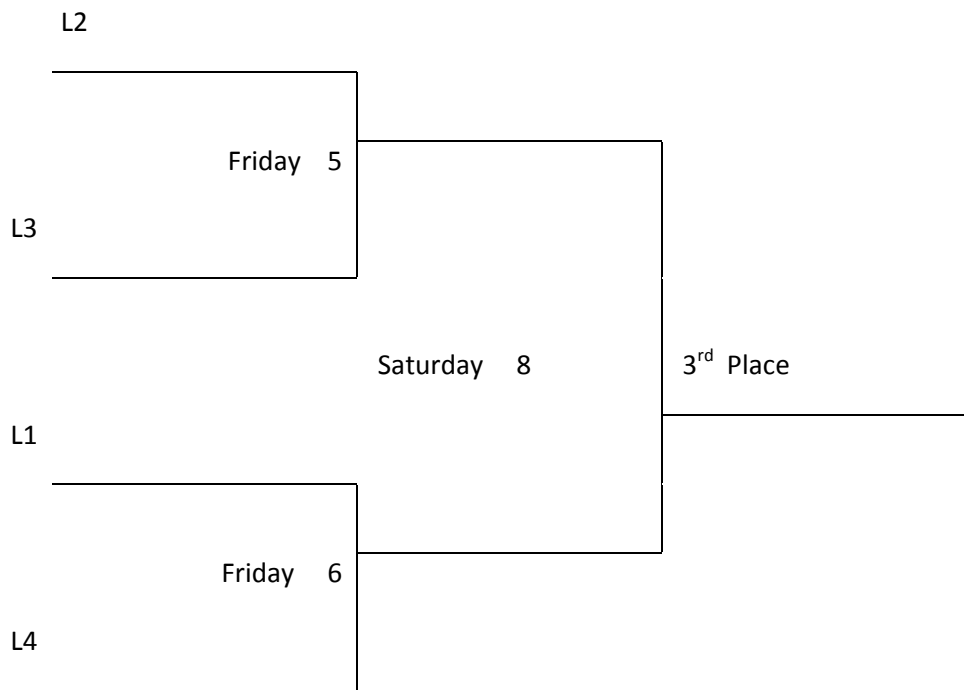
7 teams:

- 7 vs 6 will play a one game play in game at the higher seed. This game will take place Monday.
- 7/6 vs 3 and 5 vs 4 will play their games at the higher seed and play their game Tuesday.
- 1 and 2 seed will receive a bye into semis and host their game on the Wednesday.
- Games will be played on Tuesday, Wednesday, Friday and Saturday

Winner's Bracket



Loser's Bracket





8 teams:

- Oregon tournament draw. Can use existing draw in handbook.
- Games will be played on Thursday, Friday and Saturday.

9 or more teams:

- Play in games will be used to finalize the draw at 8 teams. These games will be played on the Monday or Tuesday.
- Oregon tournament draw. Can use existing draw in handbook.
- Games will be played on Thursday, Friday and Saturday.

4. If the Zone is guaranteed two representatives to provincials the zone tournament draw is set as a modified double elimination draw starting on Wednesday evening.

2 teams:

- Best of 3 game series with the higher seed hosting the first game Wednesday. The second game will be played Friday at the lower seeds gym. If needed, the third game will be played Saturday at the higher seeds gym

3 teams:

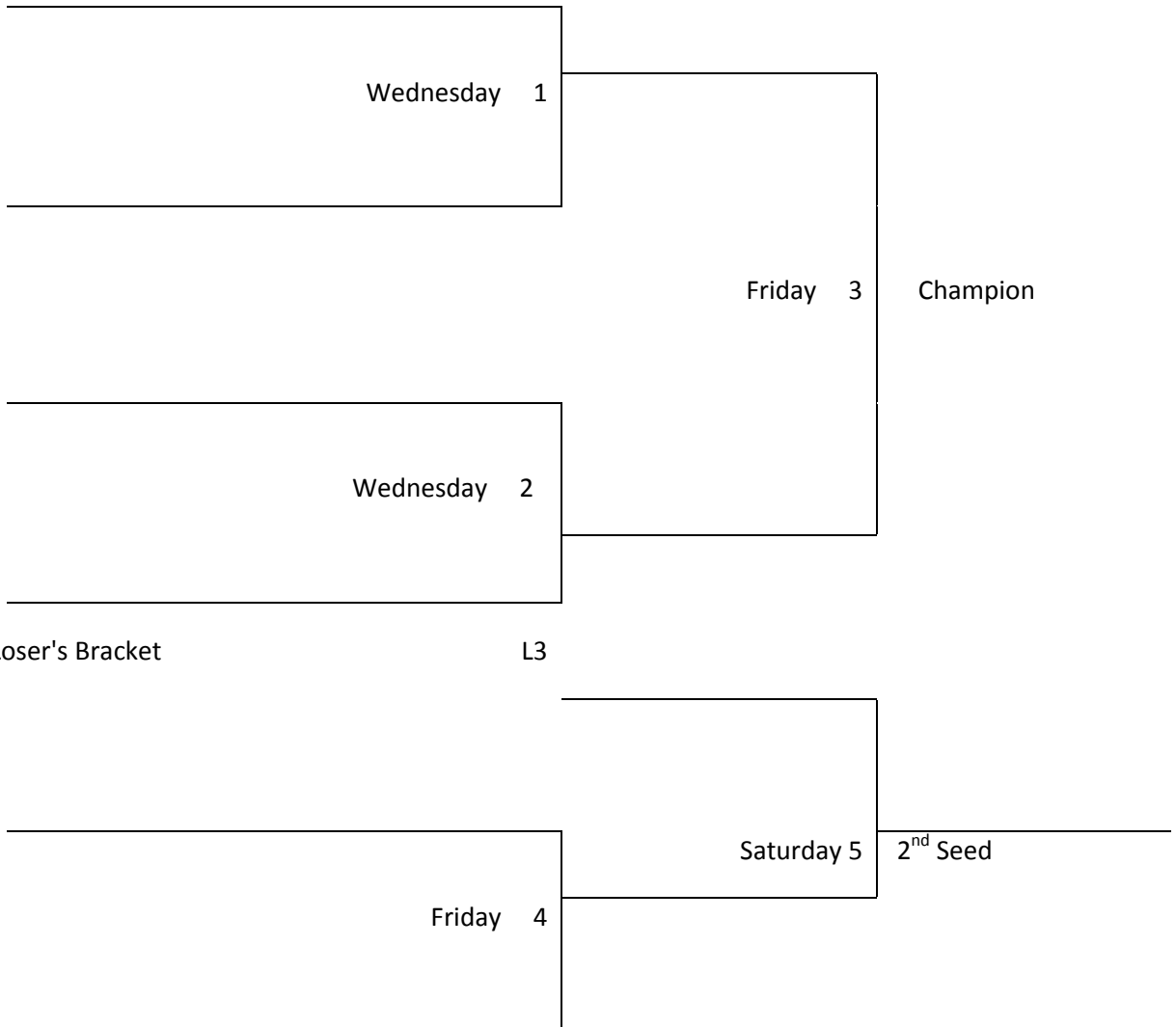
- 2 vs 3 in a one game playoff.
- Winner of the 2 vs 3 game will play the 1<sup>st</sup> ranked team in a best of 3 game series with the higher seed hosting the first game Wednesday. The second game will be played Friday at the lower seeds gym. If needed, the third game will be played Saturday at the higher seeds gym to determine the one and two seed representing the zone.

4 teams:

- Modified double elimination with 1 vs. 4 and 2 vs 3 in first round
- Games will be played Wednesday, Friday, and Saturday.

### 4 Team Double Elimination

Winner's Bracket

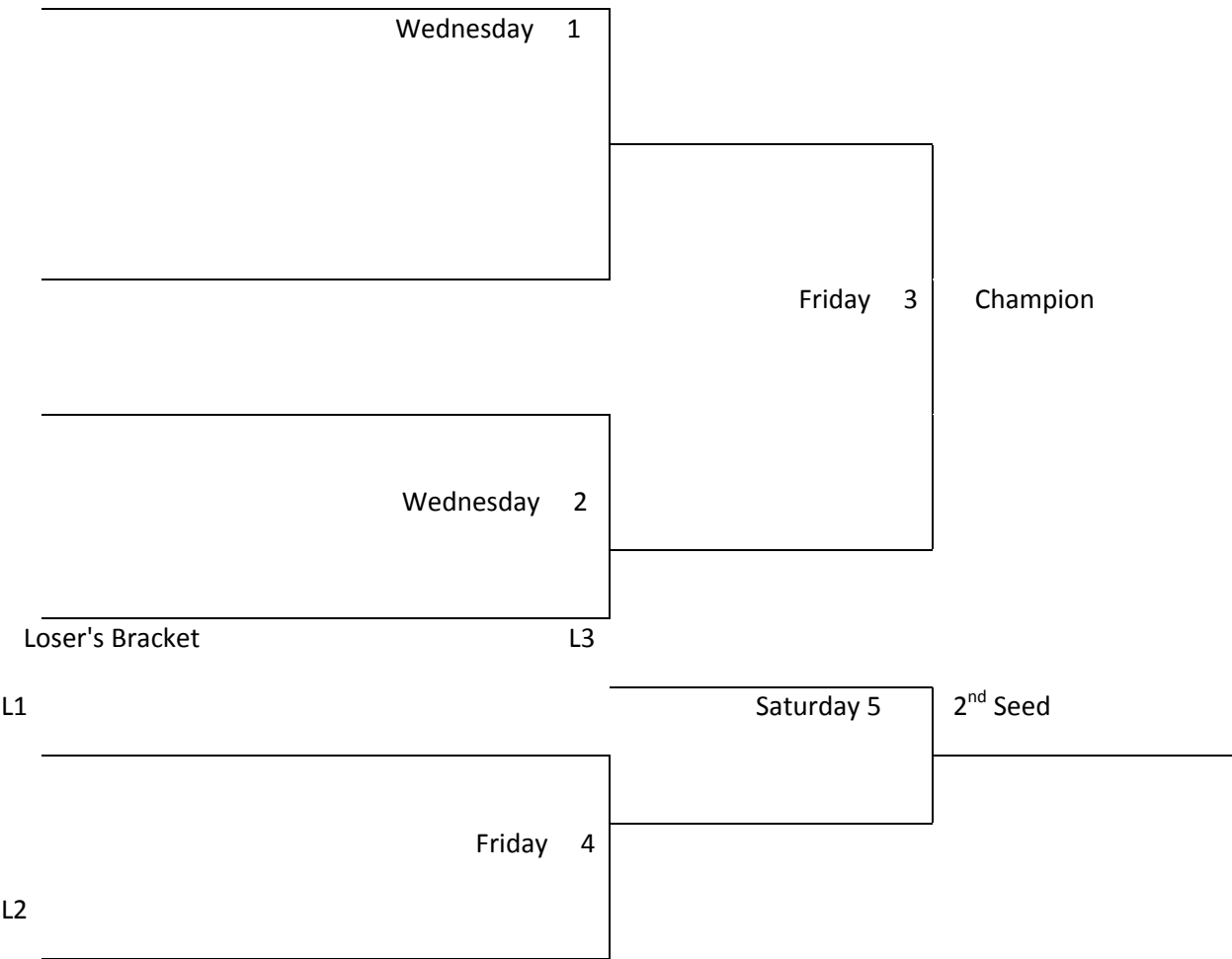


5 teams:

- 5 vs 4 will play a one game play in game at the higher seed. This game will be played on the Monday.
- A 4 team draw will be used to determine Provincial Seed
- Modified double elimination with 1 vs. 4 and 2 vs 3 in first round
- Games will be played Wednesday, Friday, and Saturday.

#### 4 Team Double Elimination

Winner's Bracket

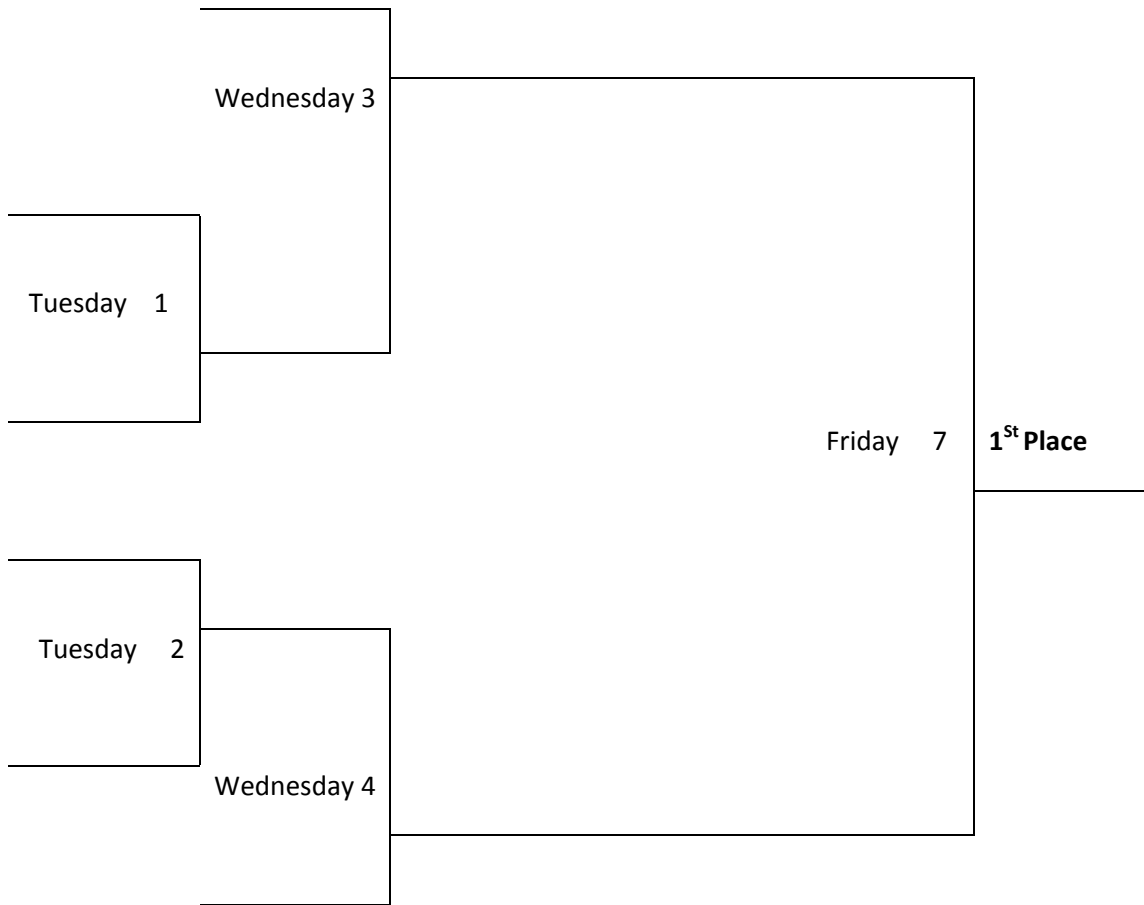


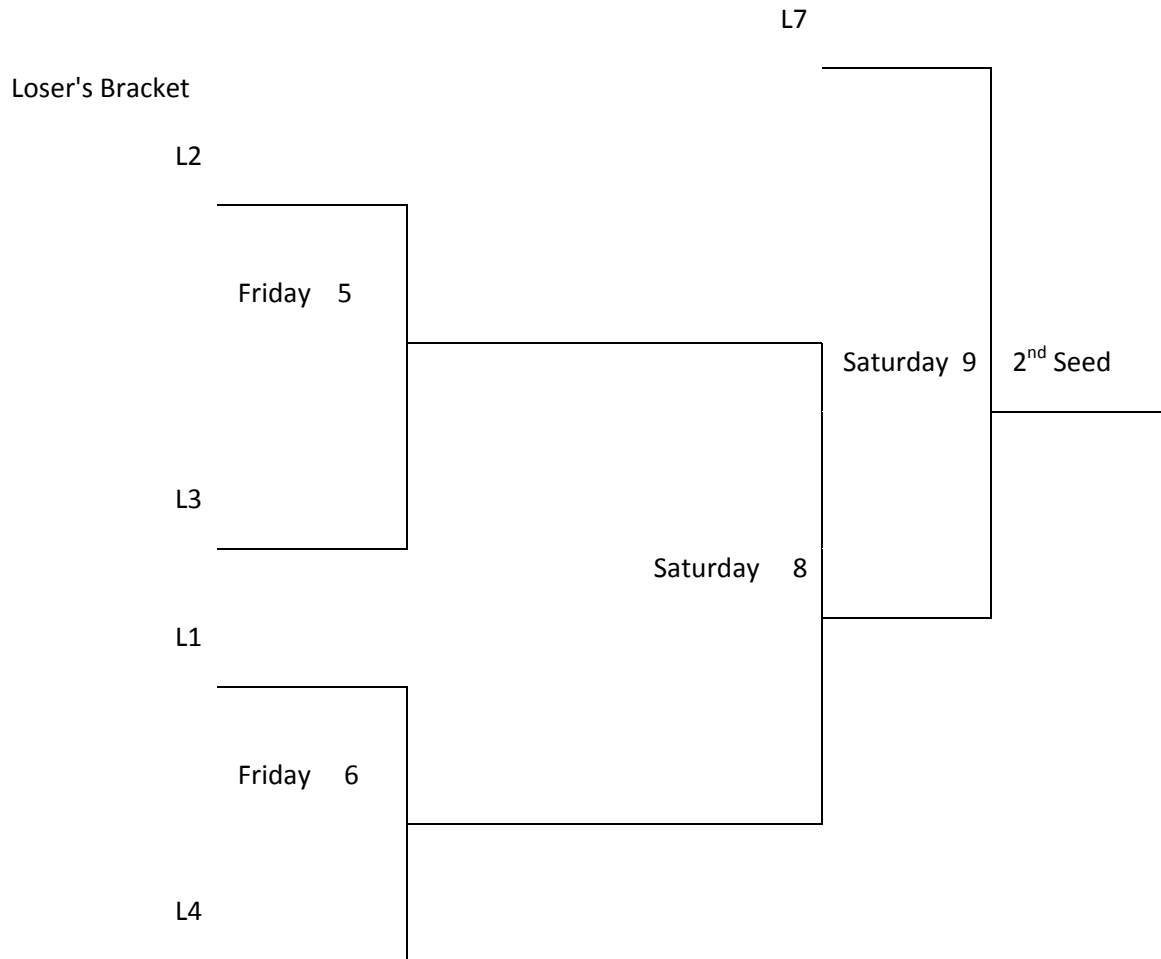
6 teams:

- Modified double elimination.
- 1 and 2 seed will receive a bye into semis, and will play their Wednesday game at home. 6 vs 3 and 5 vs 4 will play their games at the higher seed on the Tuesday.
- Games will be played on Tuesday, Wednesday, Friday and Saturday

Winner's Bracket

**6 Team Double Elimination**



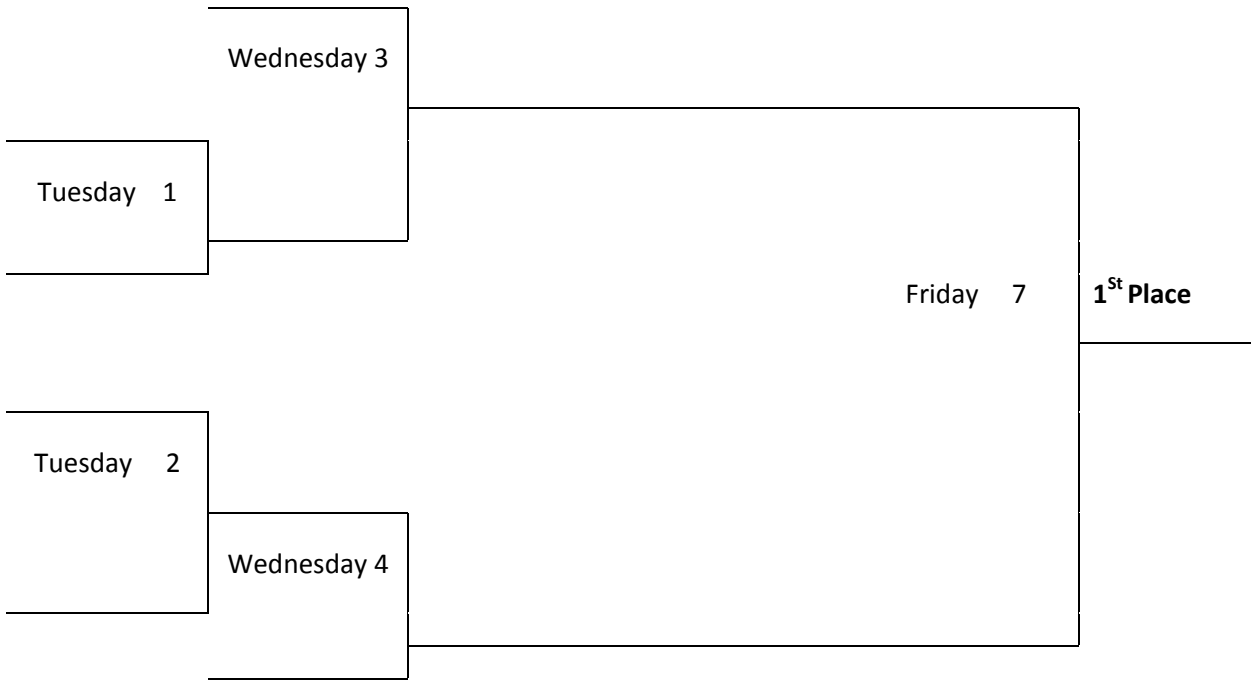


7 teams:

- Modified double elimination.
- 7 vs 6 will play a one game play in game at the higher seed. This game will take place Monday.
- 1 and 2 seed will receive a bye into semis. 7/6 vs 3 and 5 vs 4 will play their games at the higher seed.
- Games will be played Tuesday, Wednesday, Friday and Saturday

Winner's Bracket

### 6 Team Double Elimination



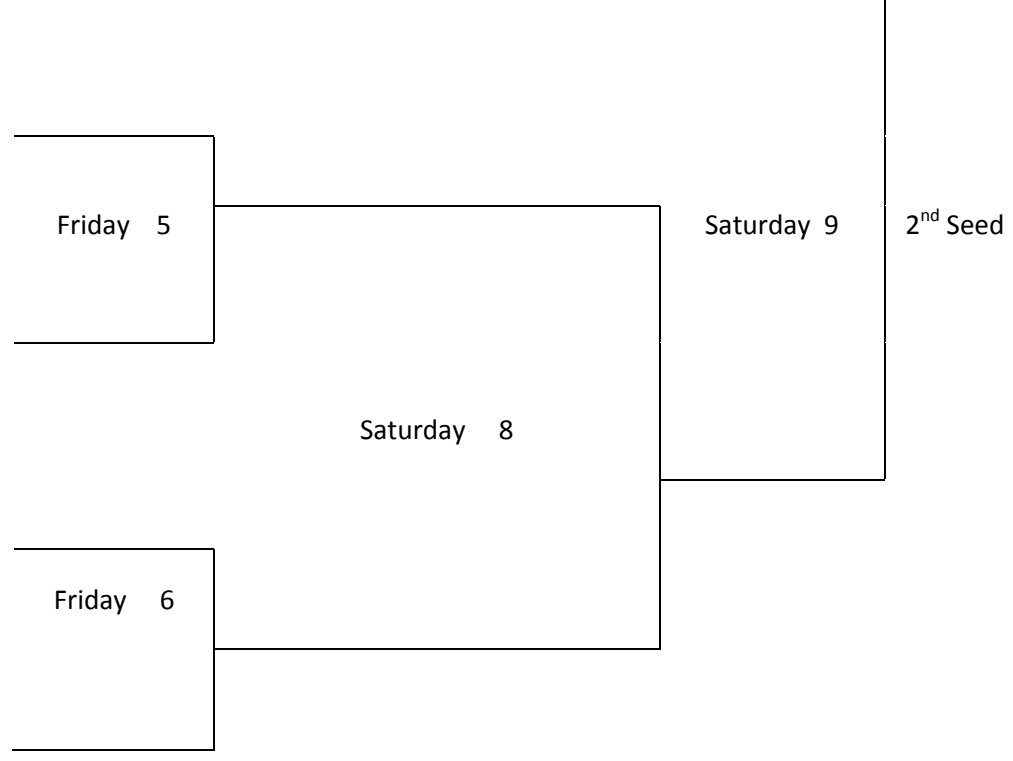
Loser's Bracket

L2

L3

L1

L4



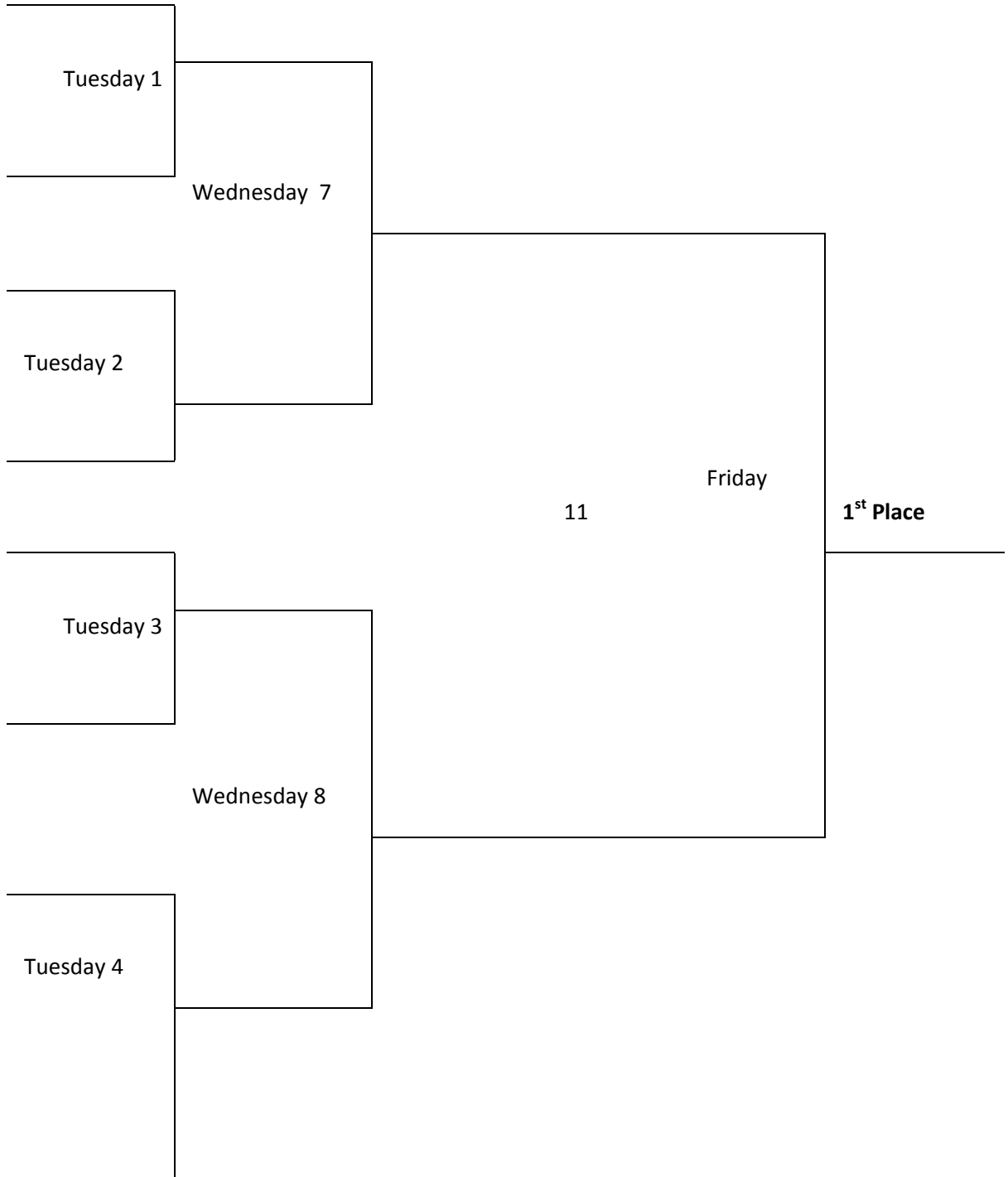
8 teams:

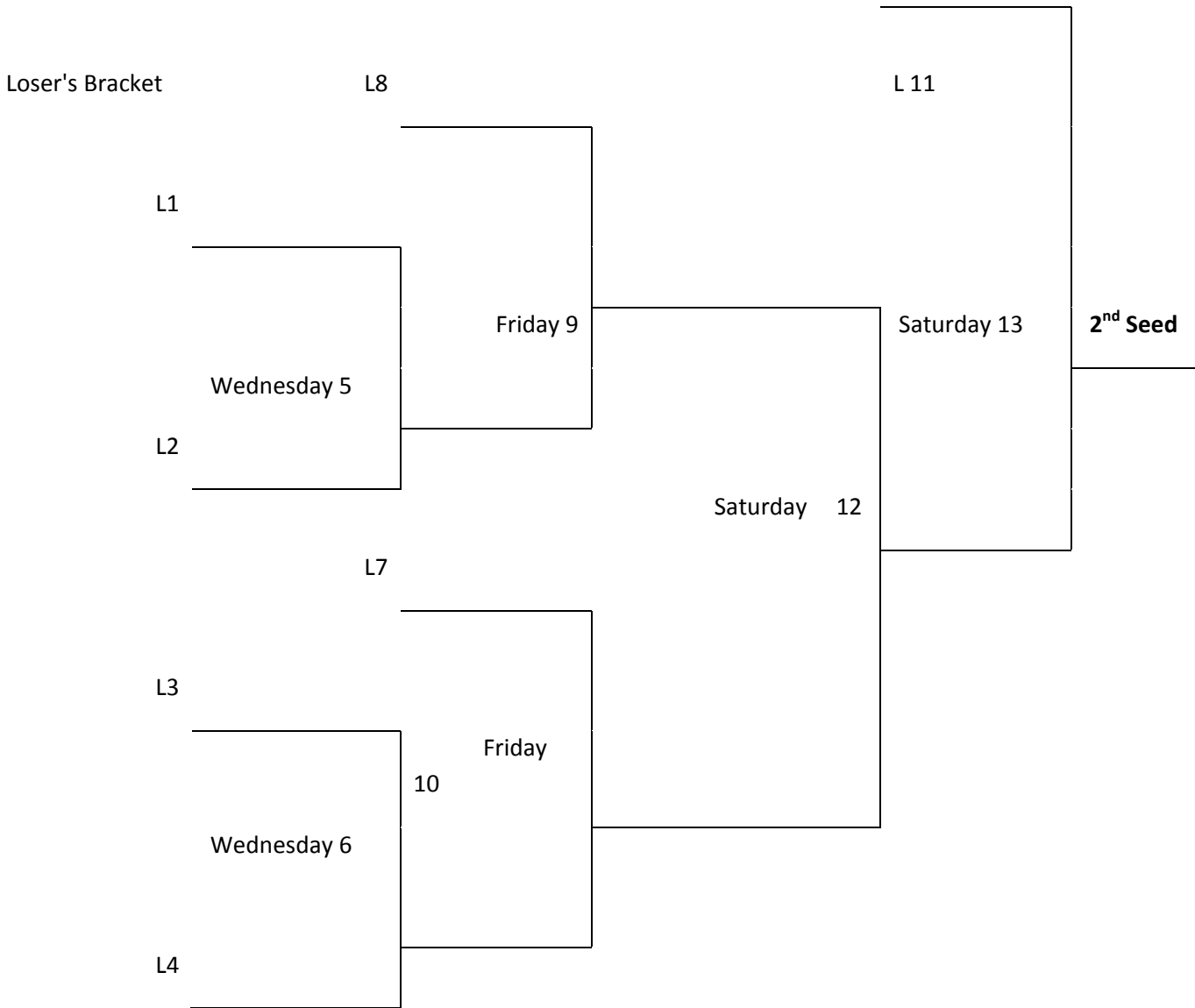
Modified double elimination.

Games will be played on Tuesday, Wednesday, Friday and Saturday.

Winner's Bracket

**8 Team Double Elimination**





9 or more teams:

- Play in games will be used to finalize the draw at 8 teams. These games will be played on the Monday.
- Modified double elimination. See Tournament Draw used for double elimination tournament with 8 teams participating (see above).
- Games will be played on Tuesday, Wednesday, Friday and Saturday.

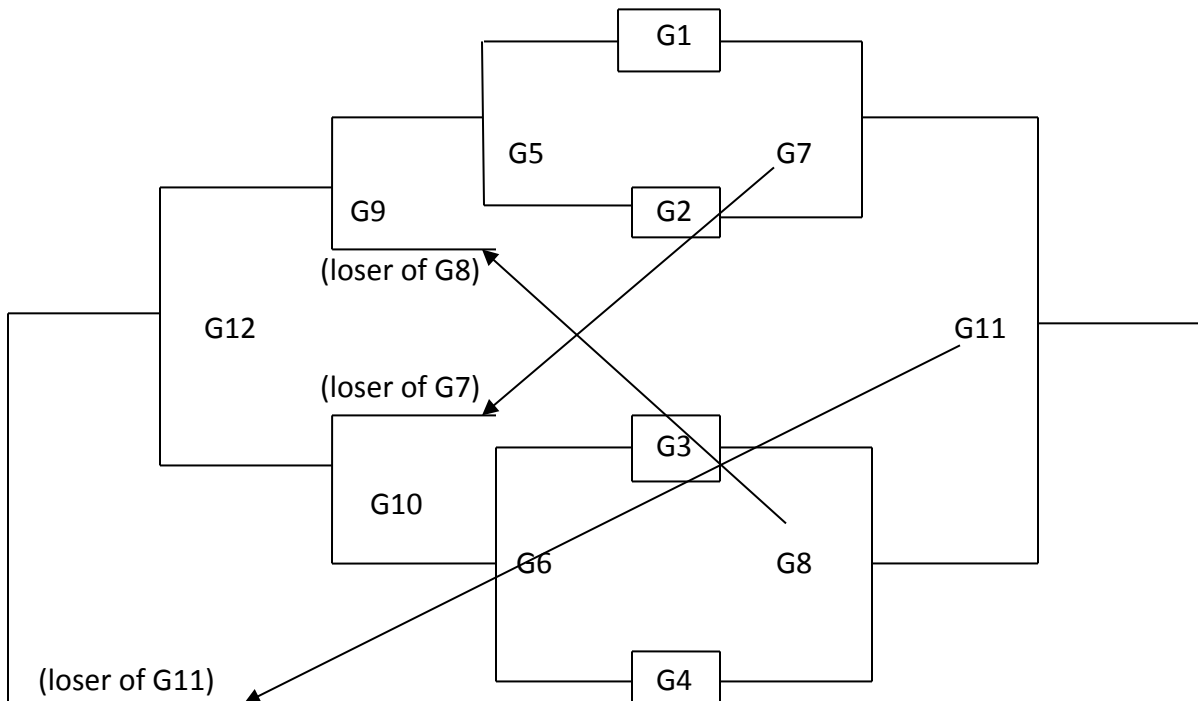
5. If the zone is guaranteed three representatives to provincials then Game 13 is removed.



6. First round playoff games are hosted by the high ranked team.
7. Play in games are set up and to be played on Monday or Tuesday night of the Zone tournament week pending on the number of teams participating in the tournament. Cost of officiating to be covered by host team. (Spring 2011)
8. In the modified double knockout format the Saturday games are to be played at 10:00am and 6:00pm respectively. (Spring 2017)

**a. Play-in Game & Zone first round game**

Monday/Tuesday	Wednesday
13 vs 5 = A @ 5	4 vs A @ 4
12 vs 6 = B @ 6	3 vs B @ 3
10 vs 7 = C @ 7	2 vs C @ 2
9 vs 8 = D @ 8	1 vs D @ 1



## 4A Basketball

### Host Rotation

Year	Host
2017	Holy Trinity Academy
2018	Chestermere
2019	Foothills Composite
2020	Newest 4A Team to enter or back to Holy Trinity Academy
2021	Newest 4A Team to enter or back to Chestermere
2022	Newest 4A Team to enter or back to Foothills Composite

### 4A Zone Tournament formats (Spring 2017)

#### 3 Teams

##### MODIFIED ROUND ROBIN (2 game guarantee)

1 VS 2 (Tuesday)

2 VS 3 (Wednesday)

1 VS 3 (Thursday)

ZONE FINAL (Saturday)

# 1 on the draw is always the "HOST" School

If # 2 on the draw loses their 2 games then the Thursday game of 1 vs 3 can be the zone final or Saturday's game is moved up to Friday as long as both teams agree upon the move. If Saturday's game is moved up to Friday then there is no need to play the Thursday game.

In the event of a 3-way tie after the round robin:

The third place team will be eliminated using the following formula:

Points For/ Points Against ratio. Team with the lowest ration will be eliminated.

The remaining 2 teams will play in the zone final on the Saturday.

The winner of the zone tournament will represent South Central Zone at Provincials. In the event that the SCZ receives 2 berths to provincials, both teams in the zone final will attend Provincials and represent SCZ.

#### 4 Teams

#4 SEED VS # 1 SEED (TUESDAY) (GAME 1) doubleheader of boys and girls

#3 SEED VS. # 2 SEED (WEDNESDAY) (GAME 2) doubleheader of boys and girls

LOSER OF GAME 1 VS. LOSER OF GAME 2 (FRIDAY)-----BRONZE MEDAL doubleheader of boys and girls

WINNER OF GAME 1 VS. WINNER OF GAME 2 (SATURDAY)---GOLD/SILVER MEDAL doubleheader of boys and girls

SEEDING PROCESS: TEAMS WILL BE SEEDED BASED ON PROVINCIAL REGIONAL RANKINGS

PLEASE NOTE THAT EACH NIGHT IS A DOUBLE HEADER EVENING OF A BOYS AND GIRLS GAME AT THE ZONE HOST SCHOOL.

### **Junior Varsity**

1. High schools may combine with one or more schools to form one JV team, when circumstances warrant. The schools grade 9 populations would be added to the high school count to determine classification for zone competition. This would require permission of the sending schools.

### **1A/2A**

The zone is broken down into six regions, each with one berth, plus host and wildcard berths, plus host and wildcard berths. Areas without teams mean additional wildcard berths going to the areas with the most entries.

<b>Region A</b>	Crossfield, Beiseker, Banff, Airdrie Koinonia, Our Lady of the Snows
<b>Region B</b>	Oilfields, Siksika, Notre Dame, Edison, Strathcona Tweedsmuir
<b>Region C</b>	Didsbury, Sundre, Carstairs, Cremona, Olds Koinonia
<b>Region D</b>	Prairie, Acme, Three Hills, Trochu, Carbon, Standard, Holy Cross
<b>Region E</b>	Hanna, Oyen, Youngstown, Delia, Morrin, St. Anthony's
<b>Region F</b>	Bassano, Duchess, Rosemary, St. Joseph's

\*Following schools are missing: Berry Creek, Drumheller, Tsuu T'ina, Newell Christian, Chief Jacob Bearspaw

### **3A/4A**

#### **Host Rotation Groups**

<b>Group A</b>	<b>Group B</b>	<b>Group C</b>	<b>Group D</b>
Bow Valley	George McDougall	Bert Church	Cochrane
Holy Trinity	Highwood	Strathmore	Brooks

Chestermere	Canmore	Olds	Springbank
	Notre Dame	Drumheller	Foothills

### Basketball Host Rotation

Year	Girls BB	Boys BB
2018 – 2019	B	A
2019 – 2020	C	B
2020 – 2021	D	C
2017 - 2018	A	D

3A/4A JV Zone tournament will be a traditional 8 team Oregon Draw with the 7<sup>th</sup>/8<sup>th</sup> place game optional! (Spring 2011)

There will be separate championships for the 3A and 4A Basketball JV Zones (Spring 2017)

## Cheerleading

---

- I. The rules governing cheerleading shall be determined by a committee that includes the Commissioner and the director for girls' athletics. These rules shall be distributed well in advance of the provincial meet so that all coaches and participants will be familiar with them prior to competition.
- I. A team shall consist of four or more members with all team members being students of the same school.
2. Athletes compete in the following categories:
  - a. Small squad (one male, 4-12 members)
  - b. Large squad (one male, 13-20 members)
  - c. Co-ed squad (two or more males, 4-20 members)
3. The Zone competition shall be open.
4. Each area may select a maximum of two teams as representatives of the area at the Zone competition.
5. Judging criteria will include:
  - a. Showmanship
  - b. Precision, group unity

- c. Voice
  - d. Spirit
  - e. Strength and flexibility moves
6. A school's cheerleading team shall be the same group that cheers for the school during athletic contests throughout the year. The Association Cheerleading competition is designed as the culmination to the season and it is not intended that cheerleaders separate themselves from supporting the inter-scholastic athletic program. A competition routine shall be a maximum of five minutes long. At least one and a half minutes must be done without music.

## Cross-Country

1. Zone event classifications for both boys and girls events shall be the same as ASAA event classifications.
2. Zone event distances for both boys and girls shall be the same as ASAA event distances.
3. The meet shall be run in accordance with the track and field rules published by the International Amateur Athletic Federation (IAAF).
4. The fee charged to schools participation in the SCZ championships shall be \$5.00 per competitor. (Sept. 2002)
5. All entries will be by individual school.
6. A competitor may enter only one event.
7. A Zone banner will be awarded in all three high school categories (1A, 2A, and 3A/4A). A team champion is determined using the ASAA scoring format. (April, 2002)
8. A team may have unlimited members in each category - junior, intermediate and senior - but only the top four from any school will be scored.
9. A team championship shall be awarded in each category. In order to qualify, each school must have four runners finish. The following format shall be used to

determine total points. Any school without a complete top four, the school will replace the remaining third and fourth places with last place plus one. Every category must have two runners to create a team. The school with the lowest total points is the category champion. For example

Event Rank	Points
1	1
10	10
15	15
20	20
Junior Girls Team Total	46 points

10. An overall 1A, 2A, 3A/4A SCZ aggregate champion shall be determined in accordance with the following scale:

Event Rank	Aggregate Points
1	10
2	8
3	6
4	4
5	2
6	1

Cross Country rotation – In the event that there is not a volunteer host

<b>2011</b>	Grassland/Rangeland
<b>2012</b>	Rockyview
<b>2013</b>	Foothills
<b>2014</b>	Chinooks Edge South
<b>2015</b>	Bow Valley
<b>2016</b>	Golden Hills

# Curling

---

1. All members of a rink must meet ASAA eligibility and registration regulations.
2. High school students who advance to the provincial junior men's or provincial junior women's championships are eligible to compete in SCZ curling competitions in the same school year, as per ASAA policy on the division of provincial junior teams amongst school teams.
3. A high school student is eligible to play on one representative school team only.
4. There will be three Zone competitions: Boys, Girls and Mixed
5. Each rink will consist of five students (boys and girls) and six students in mixed curling.
6. The teams shall compete with four a side. In mixed curling, a rink shall be composed of two girls and two boys with girls and boys alternating at various team positions.
7. All games will be eight ends in duration with a coach's break after the fourth end. (Spring 2003)
8. Competition will be held as a two-day event. The event will have two pools with a semi-final cross over, similar to that of provincial play. (Spring 2003)
9. The rules governing curling shall be the rules of the Canadian Curling Association.
10. ASAA rules governing competition will be observed with the exception of those previously stated.
11. The host has the option of filling any gaps in the tournament first before getting teams from other districts.
12. Curling has seven areas and a host:
  - Mountain View
  - Rocky View
  - Grasslands
  - Wheatland
  - Rangeland
  - Foothills/Bow Corridor
  - Three Hills/Drumheller
  - Host
13. **\*\*\* NEW \*\*\*** The rule of one team per category per school does not apply to South Central zone curling play-downs. In the event that extra teams are requested to fill a draw in the zone play-downs, the next highest ranked team should get first option to fill the

draw. If they are unable to commit to the event then, then the next ranked team should be chosen.

# Golf

---

1. The playing rules of the Canadian Professional Golfers' Association and local rules, as proclaimed by the host club, shall govern the SCZ golf tournament.
2. There shall be three Zone team competitions:
  - 1A/2A boys
  
  - 1A/2A girls
  
  - 3A/4A boys
  
  - 3A/4A girls
3. Each area or district boys or girls team shall consist of four members from the same school who shall play one round of 18 holes.
4. A team's score shall be compiled using the best three gross scores for the eighteen holes for males and nine for females.
5. There shall be two individual competitions, one for boys and one for girls.
6. Each school district shall be represented by one male and one female team and one female golfer and one male golfer.
  
7. An individual competitor may be a declared member of his/her area team. However, an area champion who does not belong to a team may also be the area representative.
8. Each individual competitor shall play a round of 18 holes and the gross score will determine the champion. Low gross male and low gross female represent the Zone as individual competitors.
9. A team consists of four members only. A school may not send an alternate.
10. In individual competition, four girls and four boys may represent the Zone; two each from 1A/2A and two each from 3A/4A.
11. Qualifying scores of a maximum 100 for Boys and 125 for Girls in 3A/4A Categories and 110 for Boys and 135 for Girls in 1A/2A Categories. (Spring 2011)



# Rugby

---

1. The playing rules governing Rugby will be endorsed by the under 19 International Rugby Board with the ASAA modifications
2. In order to standardize the zone competitions the host schools shall follow the formats outlined below (Sec 10)
3. The RAMOA is recognized to provide officials for zone competitions.
4. There shall be as many competitions as there are school classifications.
5. Zone qualifying playoffs must be completed at least 2 days prior to the zone tournament.
6. Any changes to the zone tournament schedule within 72 hours of the start of the tournament, must have verbal communications from the coach(es) affected. (May 2000)
7. The host team receives an automatic berth in the zone championship.
8. All other zone competitions may be single elimination or round robin as seeded by the commissioner. If a single elimination tournament is used a consolation side is compulsory.
9. All byes in the competition must occur in the first round.
10. All South Central Zone Draws will be an 8 team draw.
  - If there are not 8 teams bye's will be given to the higher ranked teams in the first round of playoffs.
  - If there are more than 8 teams play in games will be needed. 8 plays 9, 7 plays 10, etc. until an 8 team draw is achieved. (Fall 2012)
11. All games will be played at the Calgary Rugby Union, if fields are unavailable the hosts will be selected by the commissioner based upon playing fields suitability and availability. Hosts will be based on past years seniority. For example A hosted 2 years ago and B hosted 3 years ago. School B will be given priority.

12. Hosts will be selected by the commissioner based upon playing fields and seniority. For example school A hosted 2 years ago and school B hosted 3 years ago. School B will have seniority.

13. Seeding will take place the Friday of the week prior to the zone competition beginning. The ranking committee will consist of the Commissioner and two other Rugby coaches (One coach from the girl's side and one from the boy's side.)

14. Teams that have not played against another South Central Zone team or have not played against a mutual opponent of a South Central team will be the lowest ranked team coming into the zone championship. (Fall 2012)

## Soccer

1. All teams wanting to participate in the South Central Zone Championship must register with the zone host two weeks prior to the date of Zones.

2. All teams that register for zones must then pay the required fee for the zone tournament regardless of whether you drop-out or attend. For example, if the Girls Zones takes place on October 14/15 schools would need to register with the zone host by September 30 or be ineligible for zones.

3. The format/draw for the South Central Zone Championship shall be determined by the Girls/Boys Zone Soccer Commissioner. The draw will be sent out to all teams no later than one week prior to zones.

4. The Girls/Boys Zone Soccer Commissioner shall rank the teams registered for zones to achieve a balanced schedule.

5. Grade 9 students will be permitted to play in both boys and girls South Central zone soccer championships. (Spring 2013)

6. Zone Tie-Breaking procedures – If tied in round robin play after regulation, teams will go straight to shoot out (penalty kicks) to determine a winner.

Tie Breakers for determining overall placing will be 3 points for a win, 2 points for a shootout win, 1 point for a shootout loss and 0 points for a regulation loss. Total points will determine placing. If still tied after that, the following tie breaking procedure will be used:

- A. Head to Head results
- B. Goal Differential (Goals for minus goals against) higher number = best ratio
- C. Least goals conceded

- D. Most goals scored
- E. Disciplinary record
  - Least amount of red cards
  - Least amount of yellow cards
- F. Coin Toss  
(Fall, 2013)

7. FIFA rules will be used at all South Central Zone Soccer Championships.
8. Grade 8 students in 1A schools are eligible for zone championships in soccer only. (Spring, 2014)
9. A joint school policy similar to Cheerleading, Football and Rugby will be accepted with soccer. The joint policy can occur in any classification of school but the joint school can only occur with one other school! (Fall 2014)

## Track and Field

---

1. The IAAF rule book will govern all Zone competitions, subject to any modifications accepted by the ASAA.
2. The fee charged to schools competing at the SCZ championship shall be \$5.00 per competitor.
3. Each area or district will be allowed two entries in each event. The exception is in relays, where one entry is allowed.
4. SCZ representatives at regionals are the first and second place finishers in all events. Competitors unable to attend the regional or provincial competitions must leave a notice of intent with the Zone competition host to avoid financial responsibility for the cost incurred by the Zone at further competitions (with exceptions for third place in events designated by the ASAA).
5. In order to fill the lanes in Zone relays, each division should be able to send a second team. If more than eight teams register, the host will run two heats and the best two times advance to the provincial championship.
6. Zone competitions will be governed by ASAA regulations with the exception of those mentioned above.
7. The following is a rotational system for hosting SCZ senior high track and field meets:

2017	Three Hills and Wheatland
2018	Rockyview
2019	Foothills
2020	Grassland & Rangeland

8. The top two will qualify out of each region for Zones with Rangeland only qualifying one and zone host region receiving the extra place if wanted. (spring 2013)
  - Mountain View
  - Rocky View
  - Foothills
  - Grasslands
  - Three Hills
  - Wheatland
  - Bow Valley
  
9. South Central Zone will cover the overage of rental of equipment for Junior and Senior High track and field. (Spring 2014)
  
10. **\*\*\* NEW \*\*\*** On an annual basis the zone will purchase the updates for the Hytek meet manager and the site license.

## II. Track and Field Meet Schedule

### Sr. High Track and Field Championships Schedule of Events

#### Track Schedule

10:00 am	3000m All Classes (Boys/Girls of same age category together)
10:50 am	Hurdles (Girls)
11:10 am	Hurdles (Boys)
11:25 am	100m Heats
12:00 noon	400 Finals
12:30 pm	1500m Finals
1:15 pm	100m Finals
2:00 pm	200m Finals
2:30 pm	800m Finals
3:00 pm	4x100m Relays
3:30 pm	4x400m Relays

#### Field Schedule

Time	Junior Girls	Junior Boys	Int. Girls	Int. Boys	Senior Girls	Senior Boys
10:00am	Long Jump Pole Vault	Javelin	High Jump Pole Vault	Discus	Triple Jump Pole Vault	Shot Put
11:00am	Shot Put	Long Jump	Javelin	High Jump	Discus	Triple Jump
12:00pm	Triple Jump	Shot Put Pole Vault	Long Jump	Javelin Pole Vault	High Jump	Discus Pole Vault
1:00pm	Discus	Triple Jump	Shot Put	Long Jump	Javelin	High Jump
2:00pm	High Jump	Discus	Triple Jump	Shot Put	Long Jump	Javelin
3:00pm	Javelin	High Jump	Discus	Triple Jump	Shot Put	Long Jump

# Volleyball

---

## A. Rules

The rules of Volleyball Canada shall govern SCZ volleyball, with the following ASAA modifications:

1. Substitutes - The modified 12 substitute rule will be used. The rule is as follows:

- a) a team shall be allowed a maximum of 12 substitutions in any one game
- b) a player may leave the game and re-enter the game, but only for the same player. Players are 'tied' together; e.g., 7 for 12 - these two players are attached for that game and a player must re-enter for the same player
- c) unlimited substitutions are allowed up to 12 per game

Examples:

- i. 7 for 12; 12 for 7 (2 subs) x 6 12 subs
- ii. 7 for 12; 12 for 7 (2 subs) x 2 4 subs  
8 for 6; 6 for 8 (2 subs) x 4 8 subs

2. The top of the net is to be set at the height of 2.43 m for males and 2.24 m for females. The net height for Junior Varsity boys will be 2.35m.
3. Allow teams to list up to 15 on the scoresheet.
4. ASAA is not adopting the FIVB uniform rule.
5. Athletes of one gender must compete for a school team with athletes of the same gender.
6. Timeouts shall be one minute in duration.

## B. Officials

1. The SCZ recognizes the Alberta Volleyball Association as the official organization for training and certifying of officials and gives its full support by using certified neutral officials.
2. It is the responsibility of the Zone competition chairperson to ensure that minor officials -

linesmen and scorekeeper are properly trained and present.

### **C. Competitions**

1. Schools are required to contact the regional host a minimum of two weeks before the event to indicate their intentions to participate in the regional tournament.
2. The regional host will contact the zone host with the results from the regional tournament.
3. If there are an odd number of teams in the zone competition, the Commissioner and host may add an additional team.
4. When preparing round-robin pools, teams are to be seeded according to their area or division record. If at all possible the ranking of pools should be as follows:
  - Pool A: 1, 4, 5, 8, 9, and 12
  - Pool B: 2, 3, 6, 7, 10, and 11
5. Zone competition will consist of two pools with a crossover as per ASAA policy.
6. The volleyball Commissioner, upon consultation with the Executive and Zone host, has the flexibility, in the case of an emergency or last-minute special situation, to modify the draw.
7. Game play is formatted with the following:
  - a. All matches shall consist of rally point scoring to the best two of three games. The first two games are played to 25 points, no cap. The third game to 15 points with no cap.
  - b. Upon completion of round-robin play, the top three teams of each section advance to an elimination match. The first place team from each pool receives a bye; the second place teams play the third place teams from the other pool. The winners of the two matches play the first place teams to determine the finalists. With tournaments of 6 teams or less, see format on p. 51 & 52.
  - c. Tie breaking procedures:
    - i. The Volleyball Canada tie-breaking procedure is used as outlined below. This system is used to rank teams in a pool, but is not used to eliminate a team. If teams are tied for the last play-off spot, the lowest ranked team will play one game to 25 points (no cap, win by two points) against the next lowest ranked team. If the winner of this game is still tied with another team for the last play-off berth, these two teams will play one game to 25 points (no cap, win by two points) and so on, until the winning teams is no longer tied for the last berth. For each of these elimination games, there will be a minimum warm-up of 15 minutes [5 minute warm-up, followed by 5-5 (serve within your 5 minutes)] to allow the teams an adequate warm-up. If two or more teams are

tied at the end of the preliminary round, the following criteria will be applied, in order:

- The team having the best ratio of won/lost matches, considering only matches played between the tied teams, will be ranked higher.
  - The team having the best ratio of won/lost games, considering only matches played between the tied teams, will be ranked higher.
  - The team having the best ratio of won/lost games, considering all matches of the round, will be ranked higher.
  - The team having the best ratio of points for/against, considering only games played between the tied teams, will be ranked higher.
  - The team having the best ratio of points for/against, considering all games played during the round, will be ranked higher.
  - Any game needed to break ties will be a single game, rally point scoring to 25 points with a two point difference to determine placing.
- ii. Matches or games between tied teams, means that only matches or games involving tied teams should be included in the calculation. Ratios are calculated using won/lost ratio, not lost games/games won.

Housekeeping September 2015



## Senior Varsity

### 1A

1. All 1A school volleyball teams registered with ASAA are eligible for Zone competitions.
2. The zone is divided into two regions, East and West. The regional tournaments will take place one week prior to the zone competition. The top four teams will qualify; with the zone host automatically qualifying in one of the four spots.

<b>West</b>	<b>East</b>
Acme	
Airdrie Koinonia	Bassano
Beiseker	Berry Creek
Cremona	Delia
Ecole Francophone Airdrie	Duchess
Edison	Morrin
Olds Koinonia	Rosemary
Our Lady of the Snows	St. Anthony's
Standard	Youngstown
Trochu	
Tsuu T'ina	
Chief Jacob	
Bearspaw	

3. Schools are required to contact the regional host a minimum of two weeks before the event to indicate their intentions to participate in the regional tournament.
4. The regional host will contact the zone host with the results from the regional tournament.
5. The zone competition will be a maximum eight team tournament, to be held the

weekend before provincials. Each region will be represented by four teams with additional berths awarded to a region if the other region cannot fill all four of their spots.

6. All round robin and play-offs matches shall be best two of three games, the first two being played to 25 points and the third to 15 points. There is no cap on any of the games.
  
7. The zone tournament will consist of two pools of four teams, followed by the play-off round. The pool format is as follows

<b>Pool A</b>	<b>Pool B</b>
<b>East 1</b>	West 1
<b>West 2</b>	East 2
<b>West 3</b>	East 3
<b>East 4</b>	West 4

8. If a zone tournament only has 6 or 7 teams the pools will be adjusted accordingly. If 5 or less teams are in a zone tournament only one pool will be needed.
9. The playoff round will consist of either options:

<b>7 or 8 Team Tournament</b>			
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 G1	vs	1 <sup>st</sup> Pool A
Game 4	Winner of G2	vs	1 <sup>st</sup> Pool B
Game 5	Loser of G3	vs	Loser of G4 (Bronze Medal)
Game 6	Winner of G3	vs	Winner of G4 (Gold Medal)

<b>6 Team Tournament</b>			
Game 1	1 <sup>st</sup> Pool A	vs	2 <sup>nd</sup> Pool B
Game 2	1 <sup>st</sup> Pool B	vs	2 <sup>nd</sup> Pool A
Game 3	Loser of G1	vs	Loser of G2 (Bronze Medal)
Game 4	Winner of G1	vs	Winner of G2 (Gold Medal)

### 5 Team Tournament

Game 1	First	vs	Fourth
Game 2	Second	vs	Third
Game 3	Loser of G1	vs	Loser of G2 (Bronze Medal)
Game 4	Winner of G1	vs	Winner of G2 (Gold Medal)

10. Ties are broken according to ASAA rules.

## 2A

1. All 2A schools are eligible for the Zone competition.
2. 2A Boys and 2A Girls Zone Competition will each be a **10 team event**. Representation at the Zone Competition shall be an equal number of teams from the East region and West region. Each region will be **represented by 5 teams** with additional berths awarded to a region if the other region cannot fill **all 5** of their spots. If needed, the region sending more than the **normal 5 teams** will hold a regional playoff one week prior to the Zone Competition.

Zone Hosts must be one of the 10 or less teams. Rankings for the Zone tournament can come from seasonal play and the regional playoff. The dividing line between regions is Highway 2.

East	West
Acme	Banff
Beiseker	Oilfields
Hanna	Carstairs
Oyen	Cremona
Siksika	Crossfield
Prairie	Didsbury
Three Hills	Strathcona Tweedsmuir
Trochu	Sundre
St. Joseph's	

3. If there are **10 or less** teams registered to participate in the Zone Competition, there will be no regional playoff. The zone host will accommodate all teams that are registered and create a two pool draw as necessary.

3. Two courts are required for both the boys and girls Zone competitions.
4. Pools are played according to the following:
  - a. If there are seven or fewer teams there will be a full round robin.
  - b. If there are eight or more teams there will be two pools with the highest ranked team playing in the pool with the fewest number of teams.
  - c. If at all possible the ranking of pools should be as follows:
    - i. Pool A: 1, 4, 5, 8, 9
    - ii. Pool B: 2, 3, 6, 7, 10
  - d. If there are nine teams, the highest rank team will be placed in the pool of four.
6. Game play is formatted with the following:
  - a. All matches shall consist of rally point scoring to the best two of three games. The first two games are played to 25 points with no cap. The third game to 15 points with no cap.
  - b. Upon completion of round-robin play, the top three teams of each section advance to an elimination match. The first place team from each section receives a bye; the second place teams play the third place teams from the other section. The winners of the two matches play the first place teams to determine the finalists.
  - c. If there are seven or fewer teams in the Zone Competition, the following playoff format will be followed. Upon completion of round-robin play, the top four will make the playoffs. The first place team will play the fourth place team and the second place team will play the third place team, with the winners advancing to the final and the losing teams playing for third place.
  - d. Tie breaking procedures:
    - i. Follow the Volleyball Canada tie-breaking procedure.

Passed September 2015

### 3A

1. All 3A schools will be eligible for Zone competition.
2. Pools are played according to the following:
  - a. If there are seven or fewer teams there will be a full round robin with each match played rally point to the best of three games. The first two games are played to 25 points, no cap. The third game is played to 15 points, no cap. The Commissioner and host will try to fill the eighth spot.
  - b. If there are eight or more teams there will be two pools with the highest ranked team playing in the pool with the fewest number of teams.
  - c. If at all possible the ranking of pools should be as follows:
    - i. Pool A: 1, 4, 5, 8, 9, and 12
    - ii. Pool B: 2, 3, 6, 7, 10, and 11
  - d. If there are nine teams, the highest rank team will be placed in the pool of four.
  - e. The Commissioner, along with other Zone coaches (via fax or email) will determine rankings within pools based on the results of play during the season.
3. Game play is formatted with the following:
  - a. All matches shall consist of rally point scoring to the best two of three games. The first two games are played to 25 points, no cap. The third game to 15 points with no cap.
  - b. Upon completion of round-robin play, the top three teams of each section advance to an elimination match. The first place team from each section receives a bye; the second place teams play the third place teams from the other section. The winners of the two matches play the first place teams to determine the finalists.
4. The 3A Zone volleyball tournament shall be a 12-team draw with Brooks, Canmore, Drumheller, Olds, Strathmore, the top three of four from Foothills and the top four of six from Rocky View. If additional teams are needed the host school and/or Rocky View would get first choice, followed by Foothills. (April 2002)

## 5. Host Rotation

Year	Girls VB	Boys VB
2018-19	A	B
2015-16	D	A
2016-17	C	D
2017-18	B	C

### 4A

1. All 4A school volleyball teams registered with ASAA are eligible for Zone competitions.
2. Pools are played according to the following:
  - a. If there are 2 teams there will be a best of 3 matches, head-to-head, each match to be played rally point to the best of five sets. The first four sets are played to 25 points, no cap. The fifth set is played to 15 points with no cap.
    - i. Host will be the highest ranked team based upon results recorded on ASAA Ex-Net. This team will host match 1 and 3 if required. The second match will be hosted by the 2<sup>nd</sup> ranked team.
    - ii. All matches are to be held on the week prior to the South Central Zone Championships weekend, up to and including the Saturday of that weekend. Dates and times are to be agreed upon by both teams competing.
  - b. If there are 3 teams there will be a full round robin with each match played rally point to the best two of three sets. The first two sets are played to 25 points, no cap. The third set is played to 15 points with no cap.
    - i. The host is determined by rotation schedule.
    - ii. Competition dates will be:
      1. Round Robin Tournament to be played on the Friday of the weekend prior to ASAA 4A Provincials.
      2. Semi Final will be played in the morning of the following Saturday (as per ASAA 4A Provincials Playoff Schedule).
      3. Final will be played evening of the same Saturday.
      4. Times to be agreed upon by all teams competing.
    - iii. Teams will be ranked 1 to 3 using Volleyball Canada Tie Breaking procedures.
      1. The team that is ranked 1 after round robin play will receive a first round bye in the playoffs.

2. The team ranked 2 after round robin play will play the team that is ranked 3 after round robin play for the right to play the team ranked 1 after round robin play.
  3. Winner of the first round playoff will play the team ranked 1 after round robin play for the right to represent the zone in ASAA 4A Provincials.
- c. If there are 4 to 6 teams there will be a full round robin with each match played rally point to the best two of three sets. The first two sets are played to 25 points, no cap. The third set is played to 15 points with no cap.
- i. Host is determined by rotation schedule.
  - ii. Competition dates will be:
    1. Round Robin Tournament to be played on the Friday of the weekend prior to ASAA 4A Provincials.
    2. Semi Finals will be played in the morning of the following Saturday (as per ASAA 4A Provincials Playoff Schedule).
    3. Final will be played evening of the same Saturday.
    4. Times to be agreed upon by all teams competing.
  - iii. Teams will be ranked 1 to 4 using Volleyball Canada Tie Breaking procedures to qualify for playoffs.
    1. The team that is ranked 1 after round robin play will play the team that is ranked 4 after round robin play in a semi-final playoff match.
    2. The team ranked 2 will play the team that is ranked 3 after round robin play in a semi final playoff match.
    3. Winners of the semi final playoff matches will compete in a final playoff match, the winner of which will represent the zone in ASAA 4A Provincials.
3. Game play is formatted with the following:
- a. All round robin matches shall consist of rally point scoring to the best two of three sets. The first two sets are played to 25 points, no cap. The third set is played to 15 points with no cap.
  - b. All playoff matches shall consist of rally point score to the best three of five sets. The first four sets are played to 25 points, no cap. The fifth set is played to 15 points with no cap.
  - c. Tie breaking procedures:
    - i. The Volleyball Canada tie-breaking procedure, outline below, is used. This system is used to rank teams in a section, but is not used to eliminate a team. If teams are tied for the last play-off spot, the lowest ranked team will play one game to 25 points (no cap, win by two points) against the next lowest ranked team. If the winner of this game is still tied with another team for the last play-off berth, these two teams will play one game to 25 points (no cap, win by two points) and so on, until the winning teams is no longer tied for the last berth. For each of these elimination games, there will be a minimum warm-up of 15 minutes that

includes five minutes of serving per side. If two or more teams are tied at the end of the preliminary round, the following criteria will be applied, in order:

- The team having the best ratio of won/lost matches, considering only matches played between the tied teams, will be ranked higher.
  - The team having the best ratio of won/lost games, considering only matches played between the tied teams, will be ranked higher.
  - The team having the best ratio of won/lost games, considering all matches of the round, will be ranked higher.
  - The team having the best ratio of points for/against, considering only games played between the tied teams, will be ranked higher.
  - The team having the best ratio of points for/against, considering all games played during the round, will be ranked higher.
  - Any game needed to break ties will be a single game, rally point scoring to 25 points with a two point difference to determine placing.
- ii. Matches or games between tied teams means that only matches or games involving tied teams should be included in the calculation. Ratios are calculated using won/lost ratio, not lost games/games won.

4. Host Rotation – will be dependent upon the number of 4A schools registered.  
(suggested only)

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| a. 2011 – George McDougall (Boys)    | Foothills Composite (Girls)      |
| b. 2012 – Foothills Composite (Boys) | Bow Valley (Girls – if eligible) |
| c. 2013 – Holy Trinity (Boys)        | George McDougall (Girls)         |
| d. TBD (Boys)                        | Holy Trinity (Girls)             |

Current confirmed 4A schools are:

Foothills Composite High School  
George McDougall High School

Bow Valley has historically opted up for the girls for the past several years. As such if they do so again they should be considered in the host rotation for girls.  
(Fall 2011)



### **Junior Varsity**

1. The net height for JV boys volleyball will be 2.35 m
2. High schools may combine with one or more schools to form one JV team, when circumstances warrant. The schools grade 9 populations would be added to the high school count to determine classification for zone competition. This would require permission of the sending schools.

### **1A/2A**

The Zone is divided by Highway 2 into East and West. The Zone tournament shall be a Ten-team team tournament with five teams coming from the East and five teams coming from the West. The host is to be included in these numbers. (Sept. 2015)

6 Team Tournament: Playoff Format

Quarterfinals:

Quarterfinal Game 1: 2<sup>nd</sup> Pool A vs. 3<sup>rd</sup> Pool B

Quarterfinal Game 2: 2<sup>nd</sup> Pool B vs. 3<sup>rd</sup> Pool A

Semifinals:

Game 3 1st Pool A vs Winner Game #2

Game 4 1st Pool B vs Winner Game #1

Finals:

Game 5 Loser of G3 vs Loser of G4 (Bronze Medal)

Game 6 Winner of G3 vs Winner of G4 (Gold Medal)

(Spring 2017)

### **3A/4A**

Host Rotation

Year	Girls VB	Boys VB
2018 - 2019	D	C
2019 - 2020	A	D
2016 - 2017	B	A
2017 - 2018	C	B

1. The 3A/4A JV Volleyball tournament will consist of 10 teams:  
Effective Fall of 2017 the 3A and 4A Zone championships will be split championships.
  - a. 4 Rockyview
  - b. 3 Foothills, including Strathmore, with Strathmore playing the 3<sup>rd</sup> place team from Foothills. Amended September 2015
  - c. 3 Other schools who do not belong to Rockyview or Foothills
  - d. Host comes from within the regional birth  
(Fall 2013)