



# N.E.C.I.S. SPORTS COUNCIL BY-LAWS

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**Amended:** 12 May 1980, 30 April 1981, 12 September 1981, 11 September 1982, 12 September 1985  
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May 2001, 2002, 2003  
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**Major redesign June 2015**



## FOREWARD

Welcome to the BY-LAWS of the Northwest European Council of International Schools (NECIS) Sports Council. Founded in 1980 by three schools whose goal was to organize inter-school tournaments in basketball, soccer and volleyball, NECIS has grown into an organization that boasts eleven member schools from seven different countries located in northwest Europe. Our aim is to promote competitive tournaments in nine different sports at four different age levels – soccer, volleyball, basketball, swimming, tennis, golf, softball, track and field and touch rugby – that emphasize good sportsmanship, respect, full participation and co-operation amongst students from various international backgrounds and cultures.

Our major tournaments are held at various times of the year and, in addition, many of our member schools participate in regular weekend games. A NECIS tournament provides an outstanding opportunity for our young athletes to develop their athletic prowess while being guided by experienced coaches and officials. For many students, our tournaments provide experiences and friendships that last beyond their time at one of our member schools and many alumni report that a NECIS tournament remains their abiding memory of their time in international education. NECIS schools offer holistic programmes that are rich in educational excellence and extra-curricular activities – a whole world of learning awaits!

In July 2015 these By Laws were redesigned and formatted to make them more user friendly. A new website [www.necis.eu](http://www.necis.eu) was generated to improve communication within our community and a new logo was also introduced. The old logo is below for reference.

On behalf of my fellow athletic directors within NECIS, welcome to our sports tournament organization. We hope to see you soon at a NECIS tournament, whether it be as an athlete, parent, coach or official.

**Garry Jones, NECIS Sports Council Chairman.**



## S1. PHILOSOPHY and AIMS

N.E.C.I.S. requires that every Athletic Director makes this document available to all coaches and supervises its implementation.

### S1.1. PHILOSOPHY

The N.E.C.I.S. Sports Council exists in order to provide opportunities for international schools located in North Western Europe to meet in specified tournament activities on a competitive basis. Each school should work toward a common aim to achieve an efficient and well-balanced program that promotes healthy competition, sportsmanship, and full participation.

### S1.2. AIMS

#### 1. a. U14, U12 and U10 levels.

To organize competitive tournaments in various team and individual sports (as stipulated in the By-Laws) in which participation by all members of the team is important within the limitations imposed by the various sports' governing bodies. Every student **MUST** play for at least a quarter/set, from beginning to end, of the game in total during EVERY game at a tournament.

**NOTE:** There are specific rules regarding the minimum amount of participation time at the U14 and U12 levels in Soccer, Volleyball, Mini-Volleyball, Basketball and Mini-Basketball. See Appendix D in the By-Laws (Guidelines for Soccer, Volleyball, Mini-Volleyball, Basketball, and Mini-Basketball) for these rules **THAT MUST BE STRICTLY ADHERED TO.**

#### b. Varsity and Junior Varsity levels.

To organize competitive tournaments in various team and individual sports (as stipulated in the By-Laws); while believing that participation by all members of the team is desirable, we recognize that this is not always possible in every game. However, every student **MUST** be allowed to play during the tournament and preferably all members of the team should be allowed to play in every game.

#### 2. To promote sportsmanship among fellow team members, members of the opposing team, officials, coaches and spectators.

### S1.3. SPORTSMANSHIP – NECIS Statement

The purpose of the Northwest European Council of International Schools is to provide a venue for athletes from the member schools to compete in an environment that is safe, challenging, professional and educational. Each athlete is given the opportunity to demonstrate her/his best athletic ability while maintaining a spirit of respect and co-operation with fellow athletes from various international backgrounds.

Each event involves students and adults in their different roles: these include the athletes, coaches, sports officials and spectators. All those involved in the event are expected to uphold the same spirit of respect and co-operation. This spirit is demonstrated by fair play among athletes, positive encouragement from coaches, impartial judgments from officials and respectful enthusiasm from spectators. The positive behavior of the adults is crucial to the successful educational aspect of the tournament.

The adults act as models for our athletes. Therefore profanity, deliberately making noises that distract and interfere with the performance of a competing athlete, the condemnation of coaches or officials, or any behavior that is disrespectful or degrading to the NECIS standard of sportsmanship, jeopardizes the purposes of the NECIS organization and, most of all, jeopardizes the quality of the experience for the athletes.

As the event ensues, we ask that all of our parents, coaches, officials and athletes keep this vision of our purpose in mind.

### S1.4. OBJECTIVES

1. To foster a sense of enjoyment and achievement throughout a tournament.
2. While recognizing that all participants should play to the best of their abilities, students should be encouraged to accept defeat gracefully and to celebrate success in a sporting manner.
3. To provide opportunities for positive emotional development in competitive and social situations.
4. To improve physical fitness.
5. To allow students to accept responsibility.
6. To allow certain students to display leadership skills.
7. To teach our students the principle of co-operation among individuals while striving for a common goal.
8. To develop a positive working atmosphere between a coach and his/her team.
9. To demonstrate adequate preparation for the sport in which the students are involved.
10. To teach the necessary skills and impart a knowledge of the rules and tactics necessary to participate in

each sport.

11. To develop an interest in, and a desire to continue, sports activities in later years.
12. To provide opportunities for and to encourage social interaction with students from other international schools.

In order to achieve these objectives, the N.E.C.I.S. Sports Council requires that, for team sports, every Tournament Director:

1. Selects adequate facilities.
2. Uses qualified, up-to-date officials.
3. Organizes the tournament to provide maximum playing time for all teams regardless of their strengths.

For tournaments involving individual sports, each Tournament Director is required to adequately prepare the officials.

## S2. ARTICLES of ASSOCIATION

### **S2.1. PREAMBLE**

The formation of the N.E.C.I.S. Sports Council is to allow various schools to meet in specified tournament activities on a competitive basis. Each school should work toward a common aim in cooperation with other schools to achieve an efficient and well-balanced program.

### **S2.2. NAME**

The name of the organization will be the "N.E.C.I.S. Sports Council."

### **S2.3. MEMBERSHIP**

All schools, which pay annual dues to N.E.C.I.S., become members and are eligible for competition. Membership will entitle the school to voting privileges on all matters pertaining to the organization of the N.E.C.I.S. Sports Council, and to the admission of new schools to sport membership. The chief school officer, or his designee, and the Athletic Director shall represent the school with one vote per school.

As of August 2011 the following schools were full-members of N.E.C.I.S.:

- The Antwerp International School (AIS)
- International School of Amsterdam (ISA)
- International School of Luxembourg (ISL)
- The American School of The Hague (ASH)
- International School of Düsseldorf (ISD)
- The American International School of Rotterdam (AISR)
- International School of Hamburg (ISH)
- International School Stavanger (ISS)
- Copenhagen International School (CIS)
- Sigtunaskolan Humanistiska Låroverket (SSHL)
- The Bonn International School (BIS)

A school may be suspended or expelled from the N.E.C.I.S. Sports Council for failure to uphold the spirit and intent of the regulations. The N.E.C.I.S. Board of Directors has final authority in this matter.

**The elected officers and the N.E.C.I.S. Sports Council Coordinator will manage the organization. Matters of policy and action are to be decided at meetings of the regular membership. Robert's Rules of Order shall be followed.**

Amendments to the By-Laws can be proposed and voted upon at any N.E.C.I.S. Sports Council Meeting but they may not come into effect until the beginning of the following school year. The By-Laws Secretary will distribute an updated version of the By-Laws, containing all amendments from the previous twelve months, to the member schools in June of every year. These By-Laws will remain in effect with no changes permitted for the whole of the following school year. Any amendments to the By-Laws must have approval of the N.E.C.I.S. Board of Directors who are the ultimate authority for the N.E.C.I.S. Sports Council.

### **S2.4. QUORUM**

A meeting is not quorate until a simple majority of the member schools are present. Only one (1) vote per school is allowed.

### **S2.5 OFFICERS**

The officers will be the Directors' Liaison Officer, the N.E.C.I.S. Sports Council Coordinator, Secretary, and

the By-Laws Secretary. The terms of office are two years except for the Secretary, which is one year. Officers will be nominated and elected at the May meeting. New officers will preside at the first regular meeting of the new school year.

**Coordinator** shall preside at meetings and the Liaison Officer shall be kept informed of the proceedings of these meetings and shall be responsible for working with tournament directors, maintenance of N.E.C.I.S. Sports Tournament records and disseminating information concerning all approved N.E.C.I.S. Sports Tournaments to participating member schools.

**Secretary** will be responsible for taking the minutes of all meetings and distributing them to all members.

**By-Laws Secretary** will be responsible for updating and amending the By-Laws.

### S2.6 MEETINGS

Regular meetings shall be held in the months of August, November, March and May/June. The meetings shall consist of the N.E.C.I.S. Sports Council Coordinator, Athletic Directors from the member schools and the Liaison Officer. Dates and venues of the tournaments for the next school year are to be confirmed at the March meeting.

Special meetings may be held upon written notice to all member schools.

## S3. TOURNAMENT ORGANIZATION AND REGULATIONS

### S3.1. SCOPE

The organized tournaments under the N.E.C.I.S. Sports Council are as follows:

		U10	U12	U14	U14+	U15	JV	V	U16	16+
Fall	Soccer Boys		✓	✓			✓	✓		
	Volleyball Girls		✓	✓			✓	✓		
	Cross Country (B&G)		✓	✓	✓					
Winter	Basketball (B&G)		✓	✓			✓	✓		
	Swimming (B&G)	✓	✓	✓					✓	✓
Spring	Softball Coed						✓	✓		
	Soccer Girls		✓			✓		✓		
	Rugby Boys			✓				✓	✓	
	Track+Field (B&G)		✓	✓					✓	✓
	Golf	All Age (Gr5-12), handicap								
	Tennis	All Age (Gr5-12), seeded								

Notes: Individual Events – Swimming and Track and Field events are organized on an individual basis.

U12 – At the U12 age level ONLY, it is possible for girls to participate in Soccer and for boys to participate in Mini-Volleyball. The decision on whether or not to enter a co-educational team rests entirely with each member school. N.E.C.I.S. policy dictates that Soccer is organized ostensibly for boys, but girls may be allowed to participate; and that Mini-Volleyball is organized ostensibly for girls, but boys may be allowed to participate.

Fall Tournaments – Both the Soccer/Volleyball tournaments shall, whenever possible, be held on the same weekend, always two weeks before the E.C.I.S. Conference and usually on the second weekend in November.

Winter Tournaments – The U12/U14 Basketball Tournament should be held, whenever possible, on the first weekend in March. The V/JV Tournament should be held on the second weekend in March.

**A tournament shall be defined as participation by more than three N.E.C.I.S. schools.**

### S3.2. AGE GROUPINGS FOR TEAM TOURNAMENTS

All Tournaments are restricted to students who have not reached the age for the respective tournament on the 1st September of that particular school year.

Varsity Rugby is restricted to students who have not reached 19yrs of age before the Tournament commences.

Exceptions to the above age brackets can be made only by presentation of the situation to the N.E.C.I.S. Sports Council Coordinator for Council discussion and approval. Exceptions may only be requested at the following times:

- (i) Exceptions for the Soccer/Volleyball season at the Meeting of the N.E.C.I.S. Athletic Directors in

August.

- (ii) Exceptions for the Basketball season at the Meeting of the N.E.C.I.S. Athletic Directors in November, during the Varsity & Junior Varsity Soccer/Volleyball tournament.

### **S3.3. INDIVIDUAL ELIGIBILITY FOR TOURNAMENTS**

- a. Any student competing in Swimming or Track I.S.S.T. may compete in a N.E.C.I.S. tournament in the same sport.
- b. Team sheets for every team must be handed in to the Tournament Director at the coaches' meeting prior to the tournament. Thereafter, students must compete at the level they have been entered for, i.e. it is not allowed to transfer a player between a Varsity and a J.V. squad nor between an U14 and an U12 squad.
- c. Not more than two students who have reached the age of 19 years on September 1<sup>st</sup> of the current school year will be eligible to participate at Varsity level at a NECIS sports tournament (the exception to this rule is Rugby where no 19 year-olds are eligible to play – see Rugby section). Students who have reached the age of 20 years or older on September 1<sup>st</sup> of the current school year will be ineligible for a NECIS sports tournament. No 18 year-olds (as of 1<sup>st</sup> September) may play at Junior Varsity level.
- d. A student who participates in a Varsity or J.V. squad must fulfill two areas:
  - 1. They must be in a regularly established program.
  - 2. They must carry four (4) or more classes as an academic load.
- e. A student may not participate in the same team sport at two age levels.

Exceptions to the above statements can be made only by presentation of the situation to the N.E.C.I.S. Sports Council Coordinator for Council discussion and approval.

#### **Exceptions may only be requested at the following times:**

- (i) Exceptions for the Soccer/Volleyball season at the Meeting of the N.E.C.I.S. Athletic Directors in September.
- (ii) Exceptions for the Basketball season at the Meeting of the N.E.C.I.S. Athletic Directors in November, during the Varsity & Junior Varsity Soccer/Volleyball tournament

### **S3.4. SCHOOL ELIGIBILITY FOR TOURNAMENTS**

- a. An I.S.S.T. school may not enter its Varsity team in a N.E.C.I.S. tournament but may enter its Junior Varsity team at J.V. level.
- b. A NECIS school may participate in an ISST tournament.
- c. A Varsity team is defined as constituted of the strongest group of players from a particular school. A J.V. team is defined as constituted of the second strongest group of players. A school entering a Varsity/J.V. team tournament must first enter a Varsity team (except in the case that the average age of the players is below 16 years – see below). If a school has enough athletes for a second team, it may enter a team in the J.V. division. A Varsity team from an individual school must consist of at least an equal number (or more) of players as the JV team from that school in the same sport i.e. it is not permissible for a JV team to contain more players than the Varsity team. A school may enter a JV team only in a particular sport (i.e. and not a Varsity team) if the average age of the team members is below 16 years on 1<sup>st</sup> September of that particular school year although the rule that no 18 year-olds may play at JV level still applies.
- d. Non-N.E.C.I.S. Schools may be invited to attend a N.E.C.I.S. Tournament in order to complete the tournament entry or to improve the structure of the tournament. This will be allowed under the following conditions:
  - i. First priority for participants will be given to N.E.C.I.S. member schools.
  - ii. The approval of the Directors' Liaison Officer must be obtained before an invitation is extended to a non-N.E.C.I.S. school.
  - iii. A non-N.E.C.I.S. school may not host a N.E.C.I.S. tournament.
  - iv. Non-N.E.C.I.S. schools invited to a N.E.C.I.S. tournament must abide by all the N.E.C.I.S. tournament regulations.
  - v. A non-NECIS school may be invited to field a team to complete a JV tournament. If the school has both Varsity and JV teams they must ensure only members of the JV team come to the tournament. In the event that the school has only one team, a grade restriction will apply; the team may not include 11<sup>th</sup> or 12<sup>th</sup> grade students.
- e. The tournament directors of the Track and Field and the Swimming meets may invite non-NECIS schools to attend. However in order to decrease the pressure of numbers of participants the invite will be extended only at the under 16 and over 16 level.

f. Joint/Mixed Teams: Two NECIS schools may be permitted to enter a joint team at a NECIS soccer/volleyball/basketball/rugby/tennis/softball tournament if they are unable to field their own team and if it benefits the structure of the tournament. A non-NECIS school or a local club may be invited to a NECIS tournament if the Tournament Director considers it appropriate and if it benefits the tournament structure; however, he/she must first consult with the AD's group and obtain their permission. These non-NECIS schools or local clubs may not enter joint teams. NECIS schools may only enter joint teams from amongst the NECIS member schools. A NECIS school may not enter a joint team with players from a non-NECIS school or from a local club.

**Further exceptions may only be requested at the following times:**

- (i) Exceptions for the Soccer/Volleyball season at the meeting of the NECIS Athletic Directors in August.
- (ii) Exceptions for the Basketball season at the meeting of the NECIS Athletic Directors in November.

All N.E.C.I.S. schools will play tournaments and games under International Rules. If, for any reason, this cannot be followed the participating schools will make a discussion and decision when the game is scheduled.

**S3.5. RULES AND OFFICIALS**

Every effort must be made to obtain bona fide officials for all games. It is recognized that this is not always possible and that errors in interpretation and application of rules and judgments on the part of the officials may occur. However, the orderly and sportsmanlike conduct of school athletics dictates that decisions of game officials must be honored and be final. It is recommended that a meeting of coaches will be held prior to the beginning of a tournament; the timing and location of this meeting is at the discretion of the Tournament Director. Such a meeting is mandatory for both the Track and Field and Swim Meets; for all other tournaments a decision on whether or not to hold such a meeting is at the discretion of the Tournament Director. At this meeting the Tournament Director will distribute and discuss final arrangements for the tournament and any rules clarification should be discussed. No regulation pertaining to the running of a N.E.C.I.S. tournament may be changed by action taken at such a meeting. All schools should make every effort to have at least one representative present at the Coaches' Meeting.

**S3.6. BEHAVIOR AT TOURNAMENTS**

At no time during tournaments, tri or dual meets, will NECIS participating athletes smoke, use drugs or drink alcohol. This behavior is unacceptable and will not be tolerated in Home or Away situations. When staying in a hotel, the athletes should be in the hotel and should remain in their own rooms at the latest by the stipulated curfew time.

- V/JV tournaments - 23.00 hours.
- Under 14/Under 12 tournaments - 22.00 hours.
- Mixed age level tournaments - 23.00 hours.

A school chaperone or superior must be present to supervise his or her own students at all times when traveling.

When athletes are being housed by another school, both the guests and the hosts should be home (inside the house) at the latest by the stipulated curfew time of 23.00 hours."

**S3.7. AWARDS**

a. Varsity, J.V. U14 & U12 Tournaments for Team Sports i.e. Soccer (inc Girl's Soccer U15), Mini-Volleyball, Volleyball, Mini-Basketball, Basketball and Rugby (U19 and U16).

Trophies and medals for Soccer (Boys and Girls), Volleyball, Basketball, Rugby and Softball are awarded at all age levels as follows:

Cup Competition					Plate Competition	
Trophy	1	2	3	4	Trophy	1
Medals	1	2	3		Medals	None

The schools will keep these trophies and new ones ordered each year. In addition to the trophies, ALL tournament participants will receive an appropriately detailed patch.

b. School wide Tournaments i.e. Swimming, Track & Field and Tennis

Each student competes on an individual basis in these meets. There will be no team trophies. Each student will receive a pin/patch as a memento of his/her participation. In addition, those students finishing in 1st, 2nd or 3rd positions in a final event will be presented with a medal (or a ribbon/trophy). Those students finishing in 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> positions in a final event (as well as 7<sup>th</sup> and 8<sup>th</sup> positions in Tennis) will receive a ribbon. Students breaking a N.E.C.I.S. record in an event will be presented with a certificate.

c. N.E.C.I.S. Tournament 'Most Valuable Player Awards.'

These individual trophies shall be awarded at the end-of-season NECIS **Varsity** Soccer (Boys and Girls), Volleyball, Basketball, Rugby and Softball Tournaments. One trophy per participating Varsity team shall be awarded at the Awards' Ceremony at the conclusion of these six tournaments. The engraving on the trophy shall read:

<p style="text-align:center"><b>N.E.C.I.S. VOLLEYBALL TOURNAMENT</b> <b>M.V.P.</b> <b>2014</b></p>
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Every participating Varsity team shall be responsible for informing the Tournament Director in writing (via their coach and before the Awards' Ceremony) of their choice of 'Most Valuable Player' from within their own team only and **for that particular NECIS Tournament** only i.e. it should NOT take into account the season's performance, only that seen at the tournament. One award per Varsity team only shall be made i.e. it is not permitted to 'share' a trophy. The Tournament Director shall be responsible for purchasing one trophy per participating Varsity team. In this way, all the participating Varsity teams at a NECIS Tournament will have a 'Most Valuable Player' selected from within and by their own team and coach and honored at the Awards' Ceremony.

d. N.E.C.I.S. Tournament 'Most Sporting Team' Awards

These team trophies shall be awarded at the end-of-season NECIS Soccer, Volleyball and Basketball Tournaments at all age levels (Varsity, Junior Varsity, Under 14 and Under 12) for both boys and girls, i.e. a total of four trophies at each individual tournament. In addition, Most Sporting Team Awards will be awarded, one for each tournament section, at the Girls' Soccer, Rugby and Softball tournaments. They shall be presented at the Awards' Ceremony at the conclusion of these tournaments, preferably by the head referee, if not then by a representative from within the referees group.

Each team (players in conjunction with the coach) is responsible for submitting two votes for the Most Sporting Team in their section of a tournament. Their first-choice team will receive two points and their second-choice team one point. A team may not vote for itself. The referees team shall also submit two votes. They should use the criteria listed below to help them decide their votes. All votes must be submitted by halftime of the final game in the tournament in order to be valid. In the event of a tie, the Tournament Director, in co-operation with the Head Referee, shall decide the winner of the trophy. The criteria should include:

- respect for opponents, coaches, referees, table officials, spectators and teammates.
- acceptance of the referees' decisions without dissent.
- behavior of the coach.
- fair play and behavior on court in general.
- willingness to accept a defeat gracefully and to celebrate success in a sporting manner.
- the ability to be good representatives of their schools both on court and off.

The Tournament Director shall be responsible for purchasing the trophies that should be engraved as in the following example template:

<p style="text-align:center"><b>N.E.C.I.S. BASKETBALL TOURNAMENT</b> <b>U14 GIRLS</b> <b>MOST SPORTING TEAM</b> <b>2014</b></p>
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e. The Peter Fahning Awards for the 'Most Promising JV Basketball Player'.

These annual awards (male and female) are presented at the N.E.C.I.S. Tournament in memory of Peter Fahning from the International School of Hamburg who was tragically killed in a road accident. Peter was due to play in the tournament a few weeks after the accident occurred and had graced both the Junior Varsity and Varsity sections in previous years. The Junior Varsity Boys' coach from each school submits a written vote to the Tournament Director for one J.V. boy from another school; likewise, the Junior Varsity Girls' coach from each school submits a written vote to the Tournament Director for one J.V. girl from another school. The players (one boy and one girl) with the most recorded votes are awarded the trophies. No coach may submit a vote for a player from his/her own team.

f. Additional "Most Promising Junior Varsity Player" Awards

Similar "Most Promising Junior Varsity Player" Awards are presented at the Junior Varsity Soccer, Volleyball, Rugby (U16), Softball (if there is a JV section) and Girls' Soccer (U15) tournaments.

g. The Kristoffer Danielson Awards for the "Most Outstanding Tennis Player."



These annual awards (male and female) are presented at the N.E.C.I.S. Tournament in memory of Kristoffer Danielson from the Sigtuna school who sadly passed away from cancer in 2007. Kristoffer had graced the NECIS Tennis Tournament for a number of years and was both an outstanding player and sportsman of the highest caliber. The awards are presented to the boy and girl who best exhibit qualities of outstanding sportsmanship and tennis ability as well as being an excellent representative of his/her school and the NECIS Organisation. One coach from each participating school submits a written vote to the Tournament Director nominating one boy and one girl. The players with the most recorded votes are awarded the trophies. No coach may submit a vote for a player from his/her own team.

### S3.10. SIZE OF SQUADS

When students require hosting and for the official N.E.C.I.S. Tournaments, squads should be limited in number to:

Soccer (V+JV Boys)	16	Swimming	60
Soccer (U14+U12 Boys)	15	Track and Field	60
Soccer (Varsity Girls)	16	Softball	14
Soccer (U15+U12 Girls)	12	Tennis	10 (5 girls, 5 boys)
Basketball	12	Rugby (MS Touch Rugby)	12
Volleyball	12	Cross-Country (U12+U14 B+G)	9
		Cross-Country (14+ B+G)	7

**Schools should do their utmost to bring full squads to all team tournaments but especially to the U12 and U14 team tournaments.**

When a school is involved in a home game or when competing away from home and staying in a hotel/hostel (but NOT at an official N.E.C.I.S. Tournament) the size of the squads is at the discretion of the individual school.

A school wanting to bring more than the permitted maximum number of players to a N.E.C.I.S. tournament may apply to the Tournament Director. The decision on whether or not to allow this is at the Tournament Director's discretion. If a tournament director does allow a school to bring more than the permitted number of players, at the U12 and U14 level, every player must suit up and play in every game as per the substitutions rules.

The host school for either the N.E.C.I.S. Track and Field Meet or the Swim Meet is permitted to enter more than 60 athletes providing that the additional entries do not significantly lengthen the duration of the meet.

Students entered as managers for a tournament must remain as manager for the entire tournament, i.e. 'rotating' managers are not permitted.

## S4. GUIDELINES for SPORTS

The NECIS Sports Council recommends that the following guidelines should be implemented whenever possible. However, it is recognized that limitations with regard to time, facilities etc. will sometimes enforce a change in the recommended guidelines. They are for use in tournaments, triangular or dual meets. It is further recognized that most of the following partly constitute the International Rules for the various sports (NECIS adheres to International Rules), but it is felt that the following points should be emphasized:

### S4.1. BASKETBALL (Boys and Girls)

- Size of Court Regular court size for all four-age sections.
- Ring Height – U12 = 2m60 and Varsity, J.V. and U14 years = 3m05
- Size and type of ball

U12	Varsity, J.V. and U14 – <b>BOYS</b>	Varsity, J.V. and U14 – <b>GIRLS</b>
Spalding Junior	Spalding TF 1000	Spalding TF 1000 28.5

- Length of Game

Varsity	JV	U14	U12
4x 10mins stop clock	4x 8mins stop clock	4x 8mins stop clock	4x 8mins stop clock

\*Tournament Directors are empowered to employ reduced playing times at a NECIS Tournament in order to schedule the tournament appropriately. If he/she decides to use this option, he/she must inform all coaches in advance of the tournament commencing.\*

Whenever the score is tied at the end of the regular playing time, a 3-minute period of overtime should be played (stop-clock). If the score is tied at the end of the overtime, a further 3-minute period should be played. This should continue until a team is ahead at the end of the period of overtime and that team is declared the winner.

- e. Officials - Up-to-date qualified officials should be used who are trained in F.I.B.A. rules and wearing the approved clothes and badge.
- f. Table Officiating - To include a Scorer and a Timekeeper. International procedure should be followed, not American.
- g. **The Tournament Director will disqualify a team at the U12/U14 level that does not follow the substitution and playing time guidelines. The game will then be scored at 20 points to 0 for the 'winning' team and 2 points awarded in the league tables.**
- h. Tie breaking Procedure.  
 During the initial league stage, 2 points shall be awarded for a win and 0 points for a loss.  
 In the event of a TWO-TEAM TIE at the end of the league stage the result of the mutual game shall determine which team advances to the next stage of the competition.  
 In the event of a THREE-TEAM TIE at the end of the league stage the following steps are to be followed in order to determine which team advances to the next stage of the competition:
  - (i) Points for **minus** points against from mutual games (see point i. below).
  - (ii) Most points for from mutual games (see point i. below).
  - (iii) Points for **minus** points against from all games (see point i. below).
  - (iv) Most points for from all games (see point i. below).
- i. Points Difference  
 At all age levels, a maximum of +20 points per game will count towards a team's points difference total. This is done to discourage teams from inflicting too heavy a defeat on another team during the initial (league) stages of a tournament. Varsity, Junior Varsity and Under 14 coaches should not employ a full-court press when well ahead in a game.  
 At the U12/14 level the scoreboard will only show a maximum of 20 points difference. The score sheet will reflect the correct running score. At the JV/Varsity level both the scoreboard and the score sheet will show the running score of the game.
- j. **Alternate possession** will be used at all four age levels whenever a jump-ball situation occurs. The only jump ball to take place in a game shall be the one that starts the game. However, all periods of overtime shall start with a jump ball and thereafter-alternate possession shall continue to be used.
- k. There are normally no 24 second clocks in operation during NECIS games, except perhaps in the V/JV final games. In order to avoid teams running down the clock towards the end of a game, **during the last two minutes of a game only** the referees shall warn the team in possession that they must make a scoring attempt by calling out "10 seconds left." If the team in possession does not make a scoring attempt during those 10 seconds the referees should call a 24 second violation.

#### **I. RULES for U12 MINI-BASKETBALL.**

**Mini-Basketball shall be played at the U12 level. (See Appendix A15 for official rules.)**

Coaches are reminded that N.E.C.I.S. has adopted the following rules in addition to/instead of those of the official version:

1. It is not permitted to play a zone defence of any type at this level. This includes full-court and half-court zone defenses. A player deemed to have violated this rule shall have a technical foul called on him/her. If a team is deemed to be in violation of this rule, the coach shall have a technical foul called on him/her. A technical foul should be called on each occasion that a player/team violates this rule. However, a coach should not be excluded from the game after having two or more technical fouls called on him/her for this particular violation. **See below for a more detailed description of man-to-man defence.**
2. When the offensive team loses possession in their frontcourt, they must retreat to their backcourt and may not touch the ball again until it crosses the centerline. The same rule applies after a basket has been scored—the formerly offensive team must retreat to their backcourt.
3. A team regaining possession of the ball in their back court have 8 seconds (as per international basketball rules) to bring the ball from their back court, over the halfway line (which forms part of their back court) and into their front court. The team not in possession of the ball, whose players must have retreated into their back court, must allow their opponents to cross over the halfway line before commencing man to man defence. In particular, they must not put pressure on the player in possession of the ball until he has crossed over the halfway line.
4. The first quarter is started with a jump ball in the center circle. Subsequent quarters are started by the team with alternate possession from the centerline area. Alternate possession is employed at all other jump-ball situations. All periods of overtime should start with a jump ball.
5. There are normally no 24 second clocks in operation during NECIS games. In order to avoid teams running down the clock towards the end of a game, **during the last two minutes of a game only** the referees shall warn the team in possession that they must make a scoring attempt by calling out "10 seconds left." If the team in possession does not make a scoring attempt during those 10 seconds the referees should call a 24 second violation.
6. Schools should endeavor to bring twelve players to a tournament. See 'Size of Squads' for exceptions.

7. In U12 and U14 basketball games, players must report to the Scorer's table at the beginning of every quarter for the purpose of recording their numbers on the score sheet. Both coaches must report to the Scorer's table before the fourth quarter commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. **The Tournament Director will disqualify a team at the U12/U14 level that does not follow the substitution and playing time guidelines. The game will then be scored at 20 points to 0 for the 'winning' team and 2 points awarded in the league tables.**

8. Playing Time. Schools are reminded that they must endeavour to bring 12 players to a tournament. In order to encourage schools to do this, the following rule regarding playing time should be enforced: those teams with 11 or fewer players on a team must ensure that all players remain a substitute (i.e. not play in the game) for a minimum of one full quarter and play a minimum of one full quarter; those teams with 12 or more players on a team must ensure that all players play a minimum of one full quarter but there is no restriction that players must remain a substitute for one quarter providing that all players play for a minimum of one full quarter. **In order to correctly adhere to the rules regarding playing time, a team should have a minimum of 7 players. A team consisting of fewer than 7 players must still adhere to the rule regarding playing time which will result in that team playing at least one full quarter with fewer than 5 players on the court.**

9. Substitutions can only be made during the third and fourth quarters and not during the first and second quarters, unless an injured player needs to be replaced.

10. Only one time-out is allowed in each half of the game.

11. **Coaches are reminded that the Mini-Basketball rules state**

- (i) The game consists of four quarters each of 8 minutes stop clock (see note on page 25 regarding playing time at a tournament). There is a ten-minute interval between the second and third quarters (when the teams also change baskets) and a two-minute interval between the first and second quarters and between the third and fourth quarters.
- (ii) There is no provision for recording team fouls in Mini-Basketball and, consequently, no bonus shots can be awarded on the fifth team foul in a quarter. Personal fouls should be recorded in the usual fashion and players must be replaced upon committing their fifth foul.

***For the sake of clarity, the changes introduced to NECIS U12 Basketball at the start of the 2014-15 school year are listed below:***

- ***4 x 8 minutes stop-clock to be used.***
- ***Bonus shots will be awarded if a player is fouled in the act of shooting and the shot is successful.***
- ***3-point shots are to be counted as 3 points if the shot is successful.***
- ***Extra time of 3 minutes stop clock will be played if a game is tied at the end of the normal playing time.***
- ***The free throw line is to be positioned 4m from the backboard.***
- ***Team fouls will continue NOT to be counted and there will be NO free shots on or after the 5<sup>th</sup> team foul in a quarter.***

## **12. Referees RULES for MINI-BASKETBALL.**

Our N.E.C.I.S. organization has adopted international Mini-Basketball rules in our league and we have also made some of our own modifications in order to improve the play of our students. We play international rules with the following modifications:

- (i) It is not permitted to play a zone defence of any type at this level. This includes full-court and half-court zone defenses. A player deemed to have violated this rule shall have a technical foul called on him/her. If a team is deemed to be in violation of this rule, the coach shall have a technical foul called on him/her. A technical foul should be called on each occasion that a player/team violates this rule. However, a coach should not be excluded from the game after having two or more technical fouls called on him/her for this particular violation. **See below for a more detailed description of man-to-man defence.**
- (ii) The game is started with a jump ball, however the alternate possession rule is in effect thereafter. All periods of overtime should start with a jump ball.
- (iii) When an offensive team loses possession in their frontcourt, they must retreat to their backcourt and may not touch the ball again until it crosses the centerline. The same rule applies after a basket has been scored—the formerly offensive team must retreat to their backcourt. In other words, no pressure is allowed on the ball in the backcourt.
- (iv) **There are NO team fouls** so NO free shots can be awarded on or after the fifth foul in a quarter.

### **Man-to Man Defence.**

The following description of **man-to-man** defence should serve to clarify this rule.

*Man-to-man defence is the basic defensive technique in basketball. Each player on the defending team*

*shall be responsible for playing defence against one player on the other team so that, in the judgment of the referee, the defence is not sagging into a zone defence or employing the tactic of double-teaming.*

- 1) Man-to-man defence is defined as requiring the defensive player to remain within six (6) feet of the assigned offensive player.
- 2) Double teaming is not allowed.
- 3) The use of any defensive tactic that takes unfair defensive advantage of the offensive team is not allowed and will result in a warning for the first offence. A technical foul will be assessed for the second and subsequent violations.
- 4) Helpside defence is allowed to stop offensive penetration. The helpside defender may remain with the offensive player he took over. Once the original defender has recovered, he should take over the helpside defender's original player.
- 5) The use of an offensive tactic which takes unfair advantage of the defensive team is not allowed and will result in a warning for the first violation and a technical foul for each subsequent violation.

**Example 2a** -- An offensive ball handler has not dribbled past his/her defender and a second defensive player leaves his/her assigned offensive player and moves over to defend the ball handler. This is considered an illegal double-teaming of the ball handler.

**Example 2b** -- A defensive player leaves his/her assigned offensive player to guard another player who does not have the ball for the purpose of preventing the latter from receiving the ball. This is considered double-teaming and is prohibited.

**Example 4** -- In other words, a second defensive player can only play helpside if a player on his/her team loses his/her assigned opponent in defence; otherwise it is double-teaming.

**Example 5** -- A player formation that keeps one or more offensive players so far away from the key that the defensive players assigned to guard them are taken completely out of the defensive game.

### **13. OTHER RULES THE U12 SCOREKEEPER MUST ALSO KNOW.**

1. Those teams with 11 or fewer players on a team must ensure that all players remain a substitute (i.e. not play in the game) for a minimum of one full quarter and play a minimum of one full quarter; those teams with 12 or more players on a team must ensure that all players play a minimum of one full quarter but there is no restriction that players must remain a substitute for one quarter providing that all players play for a minimum of one full quarter. In order to correctly adhere to the rules regarding playing time, a team should have a minimum of 7 players. A team consisting of fewer than 7 players must still adhere to the rule regarding playing time which will result in that team playing at least one full quarter with fewer than 5 players on the court.
2. Only one time-out is allowed in each half of the game (in the first or second quarter and in the third and fourth quarter).
3. Substitutions can only be made during the third and fourth quarters.

**In U12 and U14 Basketball games, players must report to the Scorer's table at the beginning of every quarter for the purpose of recording their numbers on the score sheet. Both coaches must report to the Scorer's table before the fourth quarter commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. The Tournament Director will disqualify a team at the U12/U14 level that does not follow the substitution and playing time guidelines. The game will then be scored at 20 points to 0 for the 'winning' team and 2 points awarded in the league tables.**

### **m. U14 BASKETBALL RULES.**

International basketball rules apply with the following exceptions:

1. The game is divided into four quarters of eight minutes (see note on page 25 regarding playing time at a tournament).
2. The first quarter is started with a jump ball in the center circle. Subsequent quarters are started by the team with alternate possession from the centerline area. Alternate possession is employed at all other jump-ball situations. All periods of overtime should start with a jump ball
3. Schools should endeavor to bring twelve players to a tournament. See item 11. Size of Squads on page 19 (Size of Squads) for exceptions.
4. Those teams with 11 or fewer players on a team must ensure that all players remain a substitute (i.e. not play in the game) for a minimum of one full quarter and play a minimum of one full quarter; those teams with 12 or more players on a team must ensure that all players play a minimum of one full quarter but there is no restriction that players must remain a substitute for one quarter providing that all players play for a minimum of one full quarter. In order to correctly adhere to the rules regarding playing time, a team should have a minimum of 7 players. A team consisting of fewer than 7 players must still adhere to the rule regarding playing time which will result in that team playing least one full quarter with fewer than 5 players on the court.

**In U12 and U14 Basketball games, players must report to the Scorer's table at the beginning of every**

quarter for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the fourth quarter commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. The Tournament Director will disqualify a team at the U12/U14 level that does not follow the substitution and playing time guidelines. The game will then be scored at 20 points to 0 for the 'winning' team and 2 points awarded in the league tables.

5. There are normally no 24 second clocks in operation during NECIS games. In order to avoid teams running down the clock towards the end of a game, **during the last two minutes of a game only** the referees shall warn the team in possession that they must make a scoring attempt by calling out "10 seconds left." If the team in possession does not make a scoring attempt during those 10 seconds the referees should call a 24 second violation.

6. There are no restrictions on the type of defence that may be employed.i.e. both zone and man-to-man defence tactics may be employed.

#### S4.2. CROSS COUNTRY GUIDELINES

Races will be organised for the following groups, with the following squad sizes

Race Sections	U12G	U12B	U14G	U14B	14+G	14+B
Size of squads	9	9	9	9	7	7
Race Distance	3km	3km	5km	5km	5km	5km

The host school for a NECIS Meet is permitted to enter more runners provided that these runners are positioned at the back of the field at the start of the race and are clearly designated (coloured vests) as non-scoring runners.

- Equipment:** Spiked shoes may be worn.
- Team Composition:** A school is not required to enter a complete team to be eligible to compete. However, schools entering fewer than five (5) athletes in any age/gender section are not eligible to compete for the age team cup in that section. However, their runners are eligible to receive individual awards.
- Scoring:** The first five (5) finishers in an age section will contribute towards the **age** team score. A team's sixth, seventh, and eighth-placed runners will displace (bump) all scoring runners from other teams that finish further down the field. The finishing place points of all runners from schools with fewer than five competitors will be disregarded and the team points recalculated. Ties in team scores will be resolved in favour of the team whose sixth-placed runner finishes closer to first place.

##### Tie-Breaker Procedure

- Ties in team scores will be resolved in favour of the team whose sixth-placed runner finishes closer to first place.
- If the teams do not have a sixth runner then the tie will be broken by removing each team's best score, then adding the remaining four scores. If the ties still exists, this procedure should be repeated until the tie is broken.

**Example:** Team A finishing places = 1+6+7+9+12 = 35

Team B finishing places = 3+4+5+10+13 = 35

**Eliminate each team's best finishing place**

Team A finishing places = 6+7+9+12 = 34

Team B finishing places = 4+5+10+13 = 32 = **1<sup>st</sup> Place**

- Awards:** Trophy, cups, medals and ribbons will be awarded in line with the table below.

Awards	U12G	U12B	U14G	U14B	14+G	14+B	U16	U16	16+	16+
Individual Medal	1-3	1-3	1-3	1-3			1-3	1-3	1-3	1-3
Individual Ribbon	4-10	4-10	4-10	4-10			4-10	4-10	4-10	4-10
Age Team Cup	1	1	1	1	1	1				
Overall Team Trophy	1-3 (must have a runner in U12G, U12B, U14G, U14B, 14+G, 14+B sections)									

Overall Team Trophy: A team's first finisher in each age section will contribute towards the overall team trophy. A team must have a runner in each age category (U12G, U12B, U14G, U14B, 14+G and 14+B) to qualify for the overall team award.

- Venue:** Whenever possible host schools are to use a true cross-country course thereby avoiding paths and trails.

#### S4.3. GOLF TOURNAMENT GUIDELINES

The NECIS Sports Council recommends that the following guidelines should be implemented whenever possible. Tournament matches should abide by the Royal and Ancient (R&A) rules with adaptations for junior golf. These can be found on <http://www.randa.org>, with particular regard to the following:

- Age:** Students in secondary school Grades 6 to 12 are eligible to compete.
- Green Card / Handicap:** All players must hold a green card prior to the tournament and have a recognised handicap of 36 or less.

- c) Numbers of players: A team will consist of four players.
- d) Tournament Officials: It is recommended that the tournament director is a qualified official of golf and that a non-playing coach accompanies each school team to ensure fair play.
- e) Caddies: Caddies may not be used by any player.
- f) Distance Measuring Devices (DMD's): Electronic technology devices to measure distances may be used.
- g) Parents: Parents are permitted to walk the course as spectators if the local golf club allows this but they must not coach or give advice during the competition.
- h) Clothing: Players should wear suitable golf clothing acceptable to private golf clubs (no jeans, casual T-shirts or sandals).
- i) Speed of Play: It is expected that 18 holes should be completed in a maximum of 4½ hours, which means 15 minutes per hole. A provisional ball should be played from the same place if there is a risk that a ball maybe lost.
- j) Scorecard: Players are responsible for recording their playing partner's score and returning a signed scorecard to the tournament director/scoring official on completion of the round.

### **FORMAT GOLF TOURNAMENT**

Tee markers for all three rounds – red for the girls and yellow for the boys.

#### **Friday Morning: Stroke Golf with handicap over 18 holes**

Each team to play single rounds of stroke golf (not stroke play) where the 3 best rounds count towards a school's score. Players will be organized into flights of 3 (based on handicaps) by the Tournament Director and the Director of the golf club. Wherever possible, no two players from the same school will play in the same flight. Stroke golf is close to stableford. The difference in our tournament is that you play your strokes and if you reach the maximum of **double the listed par of the hole** and the ball is still not in the hole, you pick up the ball and write, for example on a hole par 5, 10 as the score or on a hole par 3, 6 as the score. This is done to save time and to ensure that the rounds finish in a timely manner.

Examples of Scoring:

<u>Par</u>	<u>Strokes</u>	<u>Score</u>
5	8	8
5	10 and the ball is still not in the hole	Pick up the ball and score 10
3	6	6
3	6 and the ball is still not in the hole	Pick up the ball and score 6
4	7	7

Final Score for the round: Gross Score minus the handicap. For example, Gross Score of 92 minus a handicap of 11 gives you a Net Score of 81. The three best scores from one school to count towards that school's total.

#### **Friday Afternoon: Fourball Bestball with handicap (9 holes)**

**Four Ball** is a match pitting two teams of two players (a total of four balls being played, hence the name) against each other.

- a) Wherever possible, each flight will contain two pairs of players from two different schools.
- b) All four players play their own ball throughout.
- c) At the end of each hole, the lowest score (taking into account handicap and the stroke index) between the two partners on each team counts towards that team's score.
- d) Players will be organized into flights of 4 (based on handicaps) by the Tournament Director and the Director of the golf club although coaches will be permitted to name their pairs.
- e) If a player reaches the maximum of double the listed par of the hole and the ball is still not in the hole, he/she should pick up the ball and write, for example on a hole par 5, 10 as the score or on a hole par 3, 6 as the score. This is done to save time and to ensure that the rounds finish in a timely manner.

As we will be using handicap and the stroke index system (in parallel) for this format, there follows a brief explanation of scoring:

- i) **First, you must calculate on which golf holes you will be awarded shots.**
- ii) If you have a handicap of 9, you would be awarded one extra shot for the holes with a stroke index of 1 to 9.
- iii) A **handicap** of 24 would give you one shot for every hole plus one extra for the 3 most difficult holes giving a total of 12.

Examples of Scoring (taking into account 9 holes only):

<u>Hole and Stroke Index</u>	<u># Strokes Taken</u>	<u>Handicap</u>	<u>Net Score</u>	<u>Team Score</u>
2 SI 1 Most difficult hole on Front 9	Player A = 7 Player B = 10	12 24	7 - 1 = <b>6</b> 10 - 2 = 8	<b>6</b>
7 SI 13 7 <sup>th</sup> most difficult hole on Front 9	Player A = 6 Player B = 7	12 24	6 - 0 = <b>6</b> 7 - 1 = <b>6</b>	<b>6</b>

9 SI 3 2 <sup>nd</sup> most difficult hole on Front 9	Player A = 6 Player B = 8	12 24	6 - 1 = 5 8 - 2 = 6	<b>5</b>
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- f) The two best team scores from each of the two/three different pairings from the same school in two/three different flights are added to a school's overall total i.e. only one score per pairing and up to a maximum of two scores per school will be used.
- g) All players must record their own personal score for each hole (even if you pick up) – these scores are important for the calculation of the two “Most Outstanding Golfer” awards.
- h) At the end of Day 1 the schools will be ranked, taking their scores from both rounds over 27 holes. The highest ranked school will be the one with the lowest score from the day's play. **At the end of Round 2, each player's handicap will be recalculated by the golf club for use in Round 3 on Day 2. In order to do this, they will take the results from both Rounds 1 and 2.**
- i) If two or more schools are tied for position at the end of Day 1, the following tie-breaker method will be used:
- Compare the teams' scores from the last 9 holes played (i.e. Round 2) – best score wins.
  - If the scores are still equal, compare the teams' scores from the last 6 holes (of Round 2) – best score wins.
  - If the scores are still equal, compare the teams' scores from the last 3 holes (of Round 2) – best score wins.
  - If the scores are still equal, compare the teams' scores from the last hole played (of Round 2) – best score wins.
  - In the unlikely event of a tie still existing, the team with the lowest total in Round 1 wins (taking the three best scores only).

On Day 2, the two highest ranked schools will play 4 matches of match play with handicap for Places 1 and 2. The next two highest ranked schools will play for Places 3 and 4 and so on. Schools will use their four best players (solely based on the scores from Day 1) to compete in the match play. All other golfers will compete for the individual Plate Trophy using the Stroke Golf format with handicap used in Round 1 (re-calculated handicap to be used).

**Saturday Morning: Match Play with (75%) handicap over 18 holes.**

The top four players from each school will compete in match play in which players compete to win individual holes, with the school winning the most holes claiming the match.

- Players will be sent out in flights of four, with Player 1 from School A playing against Player 1 from School B; and Player 2 from School A playing against Player 2 from School B etc.
- Players will be organized into flights of 4 by the Tournament Director and the Director of the golf club based on handicaps and results from Rounds 1 and 2.
- Each player will only be allowed to use 75% of their recalculated handicap. For example, a player of official handicap 24 will use handicap 18 for Round 3.**
- Singles Match Play** pits Player A from one school against Player B from another school, hole after hole. If Player A scores a net score of 4 on the first hole while Player B records a net score of 5, Player A wins the hole for his/her school.

As we will be using handicap and the stroke index system (in parallel) for this format, there follows a brief explanation of scoring:

- First, you must calculate on which golf holes you will be awarded shots.
- If you have a handicap of 9, you would be entitled to 9 extra shots. Therefore you would be awarded one extra shot for the 9 most difficult holes with a stroke index of 1 to 9.
- A **handicap** of 24 would give you one shot for every hole plus one extra for the 6 most difficult holes. Therefore, 2 shots for holes with a stroke index between 1 and 6 and one shot for holes with a stroke index between 7 and 18, giving a total of 24.
- All other players not involved in the match play competition on Saturday will play for the individual Plate Trophy using the format in Round 1.

**Examples of Scoring (taking into account 18 holes):**

Hole and Stroke Index	# Strokes Taken	Handicap	Net Score	Team Score
2 SI 1	Player #1 Team A=10 <b>Player #2 Team B=14</b>	12 <b>24</b>	10 - 1 = 9 <b>14 - 2 = 12</b>	Team A wins hole
7 SI 13	Player #1 Team A = 8 <b>Player #2 Team B=9</b>	12 <b>24</b>	8 - 0 = 8 <b>9 - 1 = 8</b>	Hole halved
11 SI 2	Player #1 Team A=11 <b>Player #2 Team B=12</b>	12 <b>24</b>	11 - 1 = 10 <b>12 - 2 = 10</b>	Hole halved
17 SI 12	Player #1 Team A=12 <b>Player #2 Team B=11</b>	12 <b>24</b>	12 - 1 = 11 <b>11 - 1 = 10</b>	Team B wins hole

- e) At the end of the play on Day 2, the two schools competing for places 1 and 2 will compare their results from the four matches: For example, the players from Schools A and B return the following scores:  
Game 1: School A wins 1 Up

Game 2: School A wins 2 Up  
 Game 3: School B wins 2 Up  
 Game 4: Match halved.  
 School A wins 2-1/2 to 1-1/2

The schools playing for places 3 and 4 do likewise, as do the schools playing for places 5 and 6 and so on.

- f) In the case of the two schools being tied for position (i.e. 2 matches to 2 matches) then the school with the most number of holes won would win the trophy. For example:

Game 1: School A wins 1 Up  
 Game 2: School B wins 2 Up  
 Game 3: Match halved.  
 Game 4: Match halved.

School B wins: although match score is tied at 2 - 2, School B wins by virtue of having won one more hole.

## **TROPHIES AND AWARDS**

- a) Every player will receive a tournament patch.
- b) Team trophies will be awarded to those schools finishing in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- c) Medals will be awarded to all players on a team finishing in 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- d) Two individual trophies for the "Most Outstanding Golfer" will be awarded to the male and female players with the lowest gross score from Rounds 1 and 2 of competition (Friday morning and afternoon). It is important that each player records his/her own personal score for each hole, even if he/she reached double the listed par of the hole and picked up.
- e) A plate trophy will be awarded for the Plate Competition on Saturday. This competition will use the stroke golf format with handicap used in Round 1 (re-calculated handicap to be used). Those golfers not participating in the Match Play competition (Round 3) on Saturday (as schools are permitted to use four players only for that competition) will be competing for the Plate which is an individual competition.
- f) Please note that players will be included in the match play competition if the two schools competing for a position have an equal number of golfers, for example, instead of playing 4 players from School A against 4 players from School B, schools could play 5 players from School A against 5 players from School B and so on.

## **S4.5. SOCCER (Boys and Girls)**

- a. Length of Game:

Varsity Boys	J.V. Boys	U14 Boys	U12 Boys	Varsity Girls	U15 Girls	U12 Girls
2 x 35	2 x 30	4 x 12½	4 x 10	2 x 25	4 x 12½	4 x 10

\*Tournament Directors are empowered to employ reduced playing times at a NECIS Tournament in order to schedule the tournament appropriately. If he/she decides to use this option, he/she must inform all coaches in advance of the tournament commencing.\*

- b. Size of Ball:

Varsity, J.V. and U14 Boys - Match ball Adidas size 5.

Varsity and U15 Girls - Match ball Adidas size 5.

U12 years Boys and Girls – Adidas size 5 lite 350g.

- c. Size of pitch, width, and height of goal

As stated in the rules of F.I.F.A. although please refer to the age sections for U12 Boys' and Girls' Soccer and U15 Girls' Soccer for exceptions.

- d. Officials:

Up-to-date, qualified referees should be used who are trained in F.I.F.A. rules and wearing the approved clothes and badge. Competent linesmen should also be used.

a. A player who is given a red card in a soccer game will automatically be excluded suspended from playing in the next game. Similarly with a player receiving two yellow cards (equals red card) in the same game. The Grievance Committee has the authority to increase the length of the suspension in cases of violent conduct or verbal abuse after due consideration of the referee's report and any witness statements.

b. Substitutes (Varsity, J.V. and U14 Boys; and Varsity and U15 Girls): Coaches may use the running substitution rule whereby players may enter and leave the game at the coach's discretion at any point during the game. The substitution must occur at the halfway line and the incoming player may not enter the field until the outgoing player has left the field. Previously substituted players may re-enter the game.

c. Goals For Minus Goals Against: At all age levels, a maximum of +5 goals per game will count towards a team's goal difference. This is done to discourage teams from inflicting too heavy a defeat on another team during the initial (league) stages of a tournament (e.g. 9-2 would be recorded as 7-2).

## **U12 BOYS Soccer**

- i) Every game is to be divided into 4 x 10 minute quarters (see note on previous page regarding playing



time at a tournament). The quarter breaks will last only as long as it takes to substitute players. The half-time breaks will last as long as is prescribed in the International Rules.

- ii) By the end of the game, every player **MUST** have played for one complete quarter from beginning to end.
- iii) During the first two quarters, substitutions can only be made at the end of the quarter, i.e. no substitutions can be made during a quarter, unless the referee deems that an injured player needs to be taken off the pitch. Substitutions may be made during the third and fourth quarters by using the running substitution rule described in the Varsity/JV section.
- iv) A player who has been previously substituted may re-enter the game at one of the prescribed substitution intervals.
- v) If a school enters a mixed team, there must always be at least nine boys on the pitch at any point in the game.
- vi) Short corners are taken from the edge of the penalty area.
- vii) Goal kicks are taken from the edge of the penalty area.
- viii) Goals measuring 5m x 2m should be used.
- ix) Pitch not to exceed 100m in length. If the pitch does exceed this length, then the 5m x 2m goals should be placed on the 5m line. If the pitch is at or below 100m in length, the goals should be placed on the regular goal line and protective pads should be wrapped around the regular goal posts.

### **U14 BOYS Soccer**

- i) Every game is to be divided into 4 x 12.5 minute quarters (see note on previous page regarding playing time at a tournament). The quarter breaks will last only as long as it takes to substitute players. The half-time breaks will last as long as is prescribed in the International Rules.
- ii) By the end of the game, every player **MUST** have played for one complete quarter from beginning to end.
- iii) Coaches may use the running substitution rule whereby players may enter and leave the game at the coach's discretion at any point during the game (**but see point (ii)**). The substitution must occur at the halfway line and the incoming player may not enter the field until the outgoing player has left the field. Previously substituted players may re-enter the game.

**The Tournament Director will disqualify a team, which does not follow the substitution and playing time guidelines at both the U12 and U14 age levels. The game will then be scored at 5-0 for the 'winning' team and 3 points awarded in the league table.**

### **GIRLS Soccer U12 and U15**

- i) The tournament is to be organized as a 7-a-side tournament, usually played across a regulation sized pitch.
- ii) The minimum dimensions of the pitch should be 50m x 30m and the maximum dimensions 60m x 40m.
- iii) The dimensions of the goals should be 5m x 2m; and the dimensions of the penalty area should be 21m x 8m.
- iv) Substitutions: Coaches may use the running substitution rule whereby players may enter and leave the game at the coach's discretion at any point during the game. The substitution must occur at the halfway line and the incoming player may not enter the field until the outgoing player has left the field. Previously substituted players may re-enter the game. **However, by the end of the game, every player MUST have played a minimum of one FULL quarter (i.e. from beginning to end of one quarter). The Tournament Director will disqualify a team which does not follow the minimum playing time regulations. The game will then be scored at 5-0 for the 'winning' team and 3 points awarded in the league table.**
- v) Goal kicks should be taken from the edge of the penalty area.
- vi) The offside rule should **not** be used.

### **Tie Break Procedure.**

During the initial league stage 3 points shall be awarded for a win, 1 point for a draw, 0 points for a loss.

**In the event of a TWO-TEAM TIE at the end of the league stage** the following steps are to be followed (in order) to determine which team advances to the next stage of the competition:

- i) Result of the **mutual** game.
- ii) Goal Difference: Goals for minus goals against from all games to a maximum of +5 goals per game.
- iii) Most goals scored from all games to a maximum of 5 goals per game.
- iv) Least goals conceded from all games.
- v) **5** penalties per team.
- vi) Sudden-death penalties.

**In the event of a THREE-TEAM TIE at the end of the league stage** the following steps are to be

- followed (in order) to determine which team advances to the next stage of the competition:
- (i) Points total from the mutual games involving the three teams.
  - (ii) Goal Difference: Goals for minus goals against from mutual games to a maximum of +5 goals per game.
  - (iii) Most goals scored from mutual games to a maximum of 5 goals per game.
  - (iv) Least goals conceded from mutual games.
  - (v) Goal Difference: Goals for minus goals against from all games to a maximum of +5 goals per game.
  - (vi) Most goals scored from all games to a maximum of 5 goals per game.
  - (vii) Three-way penalty shoot-out with every team taking 5 penalties against the other 2 teams i.e. a total of penalties per team.

**In the event of a TWO-TEAM TIE in the knockout stage** the following steps are to be followed (in order) to determine the winner of the game:

- i) 2 x 7½ minutes extra time (all age groups).
- ii) 5 penalties per team.
- iii) Sudden-death penalties.

### **Summary of Soccer Formats**

<u>Age Group</u>	<u>Size of Pitch</u>	<u>Size of Goal</u>	<u># Players on Pitch</u>	<u>Max # Squad</u>	<u>Offside</u>	<u>Size of Ball</u>	<u>Length of Game</u>	<u>Min' Players Time</u>
Var Boys	Full size	Full size	11	16	Yes	Size 5	2 x 35	None
JV Boys	Full size	Full size	11	16	Yes	Size 5	2 x 30	None
U14 Boys	Full size	Full size	11	15	Yes	Size 5	4 x 12½	Min. 1 complete ¼
U12 Boys	≤100m, if not goals on 5m lines	5m x 2m positioned on 5m lines	11	15	Yes	Size 5 350g lite	4 x 10	Min. 1 complete ¼. Min of 9 on pitch.
Var Girls	Full size	Full size	11	16	Yes	Size 5	2 x 25	None
U15 Girls	Cross pitch	5m x 2m	7	12	No	Size 5	4 x 12½	Min. 1 complete ¼
U12 Girls	Cross pitch	5m x 3m	7	12	No	Size 4	4 x 10	Min. 1 complete ¼

### **S4.6. SOFTBALL Coed REGULATIONS.**

Teams: are comprised of 5 girls and 5 boys in the field with the following positioning requirements: 3 male and 3 female in the infield, and 2 male and 2 female in the outfield. In case of an injury, 8 players will make up the batting order, keeping to the equal boy/girl ratio.

1. Playing Positions: Coaches must take into account the experience of the players when determining field positions especially the catcher's position.

2. Uniforms/Helmets/Shoes: Teams should make an effort to wear jerseys with numbers so that the scorekeeper/umpire can keep track of the batting order. Helmets are required for all batters and base runners. Shoes with plastic spikes are allowed only if spikes extend no longer than 1.9 cm. No metal spikes are allowed.

3. Turn at bat and Batting Order: The choice for the turn at bat for each inning is decided before the tournament. For the final games a toss of a coin will be used to decide. The batting order is up to the discretion of the coach providing that sexes alternate in the order. Note: If a team does not have enough male or female players, an out must be taken when two players of the same sex bat back to back (rule 7, sec. 2.b and 6. j). Players who are not fielding are permitted in the batting order providing that an equal number of boys and girls is always maintained and players only bat once in the batting order.

4. Substitution: Allowed once per game for each player. A player substituted may re-enter the game in the same batting position of the batting order. Substitution of boy for girl and vice versa in batting order is not allowed.

5. Balls, Bats and Batting: Balls are 12" and should be as official as possible (red stitch ball, with a COR .47 and have a marking of MSP-47 and ISF logo). Minimum weight is 178 grams and maximum of 198.4. Bats shall be a smooth cylinder with a knob. No more than 5.7 cm (2.25 in.) in diameter. No more than 86.4 cm (34in) in length. No devices or attachments shall become flush with the knob. Bats that are broken, dented or altered are illegal. Umpires should check all bats to make sure no illegal bats are used. No bunts are allowed in slow pitch softball.

6. Pitching: The pitcher may be a boy or a girl and do not need to alternate each inning. There is no limit to the number of innings a pitcher may pitch. Before each half inning the pitcher is allowed one minute

to deliver ONLY 5 practice pitches. The pivot foot must remain in contact with the pitchers plate until the pitched ball leaves the hand. The pitcher has 10 seconds to deliver the pitch.

7. Pitching distance and arc: The distance from pitching mound to home plate is 14.02 meters. The pitch must be delivered at a moderate speed underhand, below the hip, with a perceptible arch of at least 6 feet (180 cm) and not more than 12 feet (360 cm) at its highest point from the ground. The speed of the pitch is left entirely to the judgment of the umpire.

8. Strikes and Home Plate Mat Dimensions: A foul on a two strike count will be called a strike (third strike) and the batter is out. A strike is also called anytime the ball strikes the approved strike mat. The Mat extension is placed over the triangle section of the home plate. The home plate extension mat dimension will be 92cm length, 61cm width. The rectangular part of the plate that extends away from the mat is 17 x 8.5 inches (43cm by 22cm). (see diagram)

9. Pitching Mound, Base and Field Distances: Pitching distance is 46' (14cm) measured from the front edge of pitcher's plate to apex of home plate. 60' (18.2cm) is measured between bases, from outside edge to outside edge or outside edge to apex. The field length for the JV division should be 70 meters from home plate, with a retaining fence if possible.

10. Base running: Sliding, leadoffs and stealing are prohibited. Runners may leave their base only when the ball is hit. The home plate or the extension mat must be touched by runners and fielders in order for the run to count.

11. Scoring runs: Any ball rolling, hitting or going over/under a fence or line in the outfield will be called a "ground rule double". A ball bouncing off a fence and staying in sight is "playable". In order to provide safety for the running and fielding players at the home plate, a Commitment Line and Safety Line will be drawn and the safety scoring line is in effect. (see diagram).

12. Playing Rules for Scoring Runs: a. Commitment Line: A 3-foot long (1 meter), 3-inch (10 cm) wide commitment line shall be marked perpendicular to the foul line and placed 20 feet (6.1 meters) from home plate. Once a runner's foot touches the ground on or past the commitment line, the runner may not return to third base; the runner must continue toward the scoring line. Violations will result in an out. b. Scoring Line: A safety scoring line shall extend from first base toward the backstop. The scoring line is for use by the offensive player only and need only be touched or crossed to score a run. A portion of the foot must touch the ground before the home plate is touched by the defending team. c. All plays at the plate shall be force plays. A defender shall record an "out at the plate" by having possession of the ball and tagging home plate prior to the runner touching or crossing the scoring line. If a defender attempts to tag an offensive player at the scoring line the runner shall be called safe. A runner who attempts to score by touching or crossing other than the scoring line shall be called out.

13. Runs allowed: A maximum of 15 runs will be allowed for each inning half, except for the last inning. The game will not continue, if:

- i. after 3 innings, one team is leading by 25 or more points.
- ii. after 4 innings, one team is leading by 15 or more points
- iii. after 5 innings, one team is leading by 10 or more points.

14. Time Limit: 60 minutes or 7 innings is the limit of innings played. The last inning in which each team shall be allowed to bat, shall be announced before the inning starts by the umpire around the 45 minute mark. Time starts from the moment of the first pitch and stops at the moment of the last out. Complete innings must be played in the league games (knock out stages) and round-robin play. Note: This rule is important for Breaking Ties. Each team has equal opportunity to score runs which may determine who advances in league play when the standings are tied.

#### **Tie Break Procedure**

A tie will stand DURING league play or in a round-robin tournament.

In the case of a tie in the league standings AFTER the league play or round-robin, the mutual game result will determine the outcome.

In the case of a tied game (a game reaches the time limit or is tied after 7 innings) DURING cross-over and final play, the individual tie break will come into place: Starting with the top of the extra inning, and each half inning thereafter, the offensive team shall begin it's turn at bat with the player who batted last in the previous inning is placed at 2nd base (in scoring position). The player who is running can be substituted in accordance with the substitution rules.

Three-Team Tie: In the event of a THREE-TEAM TIE at the end of the round-robin or league stage, the following steps are to be followed (in order) to determine which team advances to the next stage of the competition:

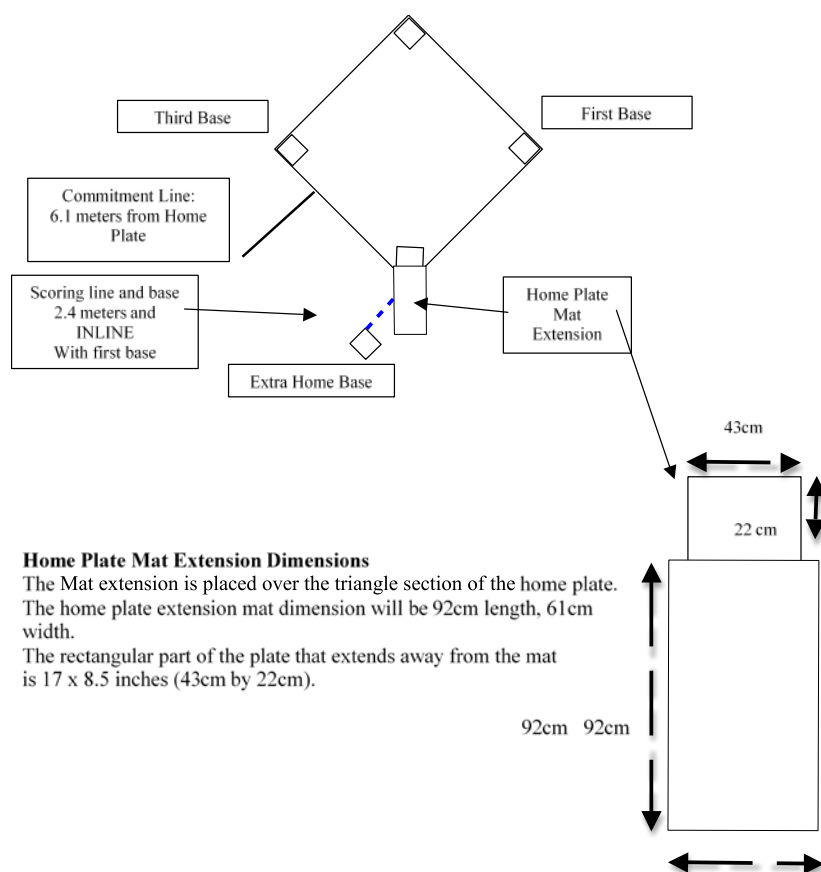
- a) Points for MINUS points against from mutual games.
- b) Most points for from mutual games.
- c) Points for MINUS points against from all games.
- d) Most points for from all games.

A maximum of + or -10 runs per game will count toward a team's point difference total.

## **ISF Rules for Coaches review prior to Tournament:**

- I. **INFIELD FLY** (rule 1- sec. 45) An Infield Fly is a fair fly ball (not including a line drive or an attempted bunt) that can be caught by an infielder with ordinary effort when first and second, or first, second, and third bases are occupied, before two are out. The pitcher, catcher, and any outfielder that positions himself in the infield on the play shall be considered infielders for the purpose of this rule. NOTE: When it seems apparent that a batted ball will be an infield fly, the umpire shall immediately declare, "INFIELD FLY, IF FAIR-THE BATTER IS OUT," for the benefit of the runners. The ball is alive and runners may advance at the risk of the ball being caught, or retouch and advance after the ball is touched, the same as on any flyball. If the hit becomes a foul ball, it is treated the same as any foul. If a declared infield fly is allowed to fall untouched to the ground, and bounces foul before passing first or third base, it is a foul ball. If a declared infield fly falls untouched to the ground outside the baseline, and bounces fair before passing first or third base, it is an infield fly.
- II. **SCORING OF RUNS** (rule 5- sec. 7) a. One run shall be scored each time a runner legally touches first, second, third bases and home plate (line) before the third out of the inning. b. A run shall not be scored if the third out of the inning is a result of 1. The batter-runner being put out before legally touching first base. 2. A runner being forced out (including on an appeal play) due to the batter becoming a batter-runner. 3. The runner fails to keep contact with the base to which he is entitled until a pitch is batted or reached home plate. 4. A preceding runner being declared out.
- III. **LEGAL DELIVERY** (Rule 6- sec. 3)
  - a) The pitcher must not make any motion to pitch without immediately delivering the ball to the batter.
  - b) The pitcher must not use a pitching motion in which, after having the ball in both hands in the pitching position, he removes one hand from the ball, takes a backward and forward swing, and returns the ball to both hands in front of the body.
  - c) The pitcher must not use a windup in which there is a stop or reversal of the forward motion.
  - d) The pitcher may take the ball behind his back on the back swing.
  - e) The pitcher must not use a windmill or slingshot-type pitch, or make a complete revolution in the delivery.
  - f) The ball must not be outside the pitcher's wrist on the downward motion and during the complete delivery.
  - g) The delivery must be an underhanded motion with the hand below the hip, and the palm may be pointing downward.
  - h) On the forward swing of the pitching arm 1. The elbow must be locked at the point of release, and 2. The shoulders and driving hip must be squared to home plate when the ball is released.
  - i) The release of the ball must be on the first forward swing of the pitching arm must past the hip. The release must have a complete, smooth follow-through with no abrupt stop of the arm near the hip.
  - j) Both feet must remain in contact with the pitching plate at all times prior to the forward step.
  - k) In the act of delivering the ball, the pitcher must take one step simultaneous with the release of the ball. The step must be forward toward the batter and within the 61.0cm (24 in) length of the pitcher's plate. NOTE: It is not a step if the pitcher slides his foot across the pitcher's plate, provided contact is maintained with the plate. Lifting the pivot foot off the pitcher's plate and returning it to the plate, creating a rocking motion, is an illegal act.
  - l) Pushing off with the pivot foot from a place other than the pitcher's plate before the stepping foot has left the plate is considered a crow hop and is illegal.
  - m) The pitcher must not continue to wind-up after releasing the ball.
  - n) The pitcher shall not deliberately drop, roll or bounce the ball in order to prevent the batter from hitting it.
  - o) The pitcher has 20 seconds to release the next pitch after receiving the ball, or after the umpire indicates "Play Ball." NOTE: An additional ball is awarded the batter.

## **Diagram of Commitment and Safety Lines**



**S4.7. SWIM MEET REGULATIONS.**

- a. Entries will be limited to **60 swimmers**.
- b. The Meet will be run under A.S.A. or F.I.N.A. rules.
- c. Age groups and events.

**U10 and U 12 years** (2 groups - boys & girls)

25m Freestyle	25m Breast Stroke	25m Back Stroke	25m Butterfly
50m Freestyle	50m Breast Stroke	50m Back Stroke	50m Butterfly
100m Freestyle			
100m Individual Medley	4x25m Freestyle Relay	4x25m Medley Relay	

**U14, U16 and 16+ years** (2 groups - boys & girls)

50m Freestyle	50m Breast Stroke	50 Back Stroke	50m Butterfly
100m Freestyle	100m Breast Stroke	100m Back Stroke	100m Butterfly
200m Freestyle			
200m Individual Medley	4x50m Freestyle Relay	4x50m Medley Relay	

- d. Four (4) competitors per event per school will be allowed.
- e. Each competitor will be allowed to compete in a **MAXIMUM** of six (6) events.
- f. Competitors will be allowed to compete in a higher age group (but not lower) for all individual events. Once they have been an individual event in a higher age group, they must remain in that group for all their individual events.
- g. Competitors will be allowed to compete in a higher age group (but not lower) for Relays only—provided that they do not exceed six (6) total events—i.e. they may compete in one age group for their individual events and move up to a higher age group for the relay(s).
- h. If a team has more than one team in a relay, only one of those teams can place.
- i. Competitors will be allowed to compete in the same relay event at different age levels i.e. they may compete at their correct age level and at a higher level(s). However, it is not permissible for boys to compete in girls' races and vice-versa; nor is it permissible to compete at a lower age level. They may also compete at different age levels for the different relay disciplines providing they adhere to the above-mentioned rules. **Swimmers may enter a maximum of six (6) events to include all individual and relay events.**
- j. **False Start Procedure:** Swimmers shall be disqualified for a false start in accordance with

international regulations. An exception to this rule will be made in the U10 age groups where a second start will be allowed after the first false start – thereafter international regulations shall apply.

k. **Meet Entry Procedures:** The Meet Director will set an appropriate deadline for receiving the entry forms from each participating school. It is compulsory for all schools to enter a time for each event that a swimmer enters for. In this way the Meet Director will be able to seed the heats in an appropriate manner. The Meet Director will send an initial entry report to each participating school for the purposes of checking their entries. The Meet Director will also set an appropriate deadline for making changes. Once this deadline has passed, no more changes will be allowed, only scratches. The only exception to this rule is in the case of a swimmer who is ill/injured or who does not travel to the meet – changes will be allowed in this instance. The Meet Director should ensure that he/she sends the initial entry report after the entry deadline but before the deadline allowing changes to be made.

Swim coaches are reminded that NECIS Swim Meets are organised under ASA / FINA rules. The following extracts from those rules are included in our By-Laws to remind coaches of the competition rules regarding starts, turns, stroke technique, medley races and general rules pertaining to a race. The only exception to be made is the regulation regarding starts in the U10 age group ONLY whereby NECIS rules supersede ASA / FINA rules: **a swimmer in the U10 age group will not be disqualified after the first false start – a second start will be allowed and thereafter ASA / FINA rules will apply.**

#### **SW 4 THE START**

**SW 4.1** The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

**SW 4.2** The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

**SW 4.3** In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

**SW 4.4** Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5.

#### **SW 5 FREESTYLE**

**SW 5.1** Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

**SW 5.2** Some part of the swimmer must touch the wall upon completion of each length and at the finish.

**SW 5.3** Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

#### **SW 6 BACKSTROKE**

**SW 6.1** Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

**SW 6.2** At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

**SW 6.3** Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

**SW 6.4** When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

**SW 6.5** Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

### **SW 7 BREASTROKE**

**SW 7.1** After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

**SW 7.2** From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.3** The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

**SW 7.4** During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

**SW 7.5** The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

**SW 7.6** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### **SW 8 BUTTERFLY**

**SW 8.1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

**SW 8.2** Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

**SW 8.3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

**SW 8.4** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

**SW 8.5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

### **SW 9 MEDLEY SWIMMING**

**SW 9.1** In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

**SW 9.2** In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

**SW 9.3** Each section must be finished in accordance with the rule which applies to the stroke concerned.

### **SW 10 THE RACE**

**SW 10.1** All individual races must be held as separate gender events.

**SW 10.2** A swimmer swimming over the course alone shall cover the whole distance to qualify.

**SW 10.3** The swimmer must remain and finish the race in the same lane in which he/she started.

**SW 10.4** In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

**SW 10.5** Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.

**SW 10.6** Pulling on the lane rope is not allowed.

**SW 10.7** Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

**SW 10.8** No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.

**SW 10.9** Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.

**SW 10.10** There shall be four swimmers on each relay team.

**SW 10.11** In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

**SW 10.12** Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

**SW 10.13** The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

**SW 10.14** Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

**SW 10.15** Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.

**SW 10.16** No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

#### S4.8. TENNIS TOURNAMENT GUIDELINES.

##### A. TOURNAMENT FORMAT

a) **Eight schools will be invited to participate in the tournament.** Each school must enter a team consisting of 10 players - 5 girls and 5 boys. Total of 80 participants. Everyone will play singles on the first day (total 160 games) and everyone will play doubles or mixed doubles on the second day mixed (total 80 games).

b) **Singles Format** - players (of any age) must be ranked 1 to 4 for the Open Section of the singles tournament plus one player for the U14 section (age taken is that on September 1<sup>st</sup> of that particular school year). There will be 5 different levels for the girls and 5 for the boys. Each level will consist of 8 players who will be sub-divided into either group A or group B. An example of the format in each group would then be:

Level 1 Girls			
Match No.	Group A.	Match No.	Group B.
a.	1 vs. 2	c.	5 vs. 6
b.	3 vs. 4	d.	7 vs. 8
e.	1 vs. 3	g.	5 vs. 7
f.	2 vs. 4	h.	6 vs. 8
i.	2 vs. 3	k.	6 vs. 7
j.	1 vs. 4	l.	5 vs. 8
The results give a ranking 1 to 4 in each league.			
<b>7th &amp; 8th</b> m.	4th Group A vs. 4th Group B		
<b>5th &amp; 6th</b> n.	3rd Group A vs. 3rd Group B		
<b>3rd &amp; 4th</b> o.	2nd Group A vs. 2nd Group B		
<b>1st &amp; 2nd</b> p.	1st Group A vs. 1st Group B		
<b>NOTES:</b>			
1. Total of 16 games per level with each player having 4 games.			
2. To complete the competition would require 160 games.			

c) **Doubles Format** - each school must enter 2 boys doubles teams, 2 girls doubles teams and 1 mixed doubles team; players may play on only one doubles/mixed doubles team. There will be 2 different levels for the boys doubles and 2 different levels for the girls doubles. The format will follow the same as for the singles competition resulting in a total of 16 games per level with each team having 4 games. Total 64 games.

d) **Mixed Doubles Format** - there will be 1 level for the mixed doubles. Format as above resulting in a total of 16 games with each team having 4 games.



**\*\* If a section of the tournament has 6 or less players (singles) or teams (doubles) entering, then a round-robin format should be used in order to maximize the number of games \*\***

- e) **The tournament draw** (i.e. to determine if a player is drawn in Group A or in Group B and the number he/she is allotted in either Group A or Group B) for both the singles and doubles tournaments shall be performed by the Tournament Director in the presence of the host school Director - both parties to sign that the draw was performed fairly. Separate draws should be performed for all levels in both the singles and doubles tournaments i.e. a total of 15 separate draws.
- f) **A minimum of 10 indoor courts should be available for our use.** Each game will consist of 25 minutes duration with an extra 5 minutes allowed for a (very short) warm-up and cleaning.
- g) **In the group (league) games, players will be awarded 2 points for a win (including a game won by default; see points (e) and (f) under MATCH RULES) and 1 point in the (unlikely) event of a draw.**
- i) If two players are tied for a position in the league tables, the result of the mutual game will decide the placing.
  - ii) If the mutual game ended in a draw, then the total points difference (points scored minus points against) from all the group (league) games will decide the placings. If a defaulted match affects these calculations, all the results of the player who defaulted a match will be omitted from the calculations of the total points difference. If a player who has defaulted a match is one of the two players involved in a tie at the end of the league stage and their mutual game ended in a draw, then the defaulted match is scored as follows: the average of all the 'points for' from all the group (league) games (either Group A OR Group B) in that section/level of the tournament and the average of all the 'points against' from all the group (league) games (either Group A OR Group B) in that section/level of the tournament.
  - iii) -If more than two players are tied for a position in the league tables, the total points difference (points scored minus points against) from all the group (league) games will decide the placings. If a defaulted match affects these calculations, the defaulted match shall be scored as follows: the average of all the 'points for' from all the group (league) games (either Group A OR Group B) in that section/level of the tournament and the average of all the 'points against' from all the group (league) games (either Group A OR Group B) in that section/level of the tournament.

## **B. MATCH RULES**

- a) **The rules of the International Tennis Federation will operate during the tournament.**
- b) **Coaching during a game is NOT allowed.**
- c) **Scoring** - there will be no umpires. Players will be responsible for keeping their own score which should be done aloud to avoid confusion. Players will toss a coin at the beginning of every match - the winner has the choice of whether to serve first or the choice of ends. There will be no changing of ends during the match. The match will be played on a continuous score basis with one point for each rally (i.e. no games and sets) and the score when the signal is sounded will determine the result i.e. the point in progress will not count. If the score is tied when the signal sounds at the end of a **final (placing) game**, the point currently being played will NOT count. The person due to serve next will serve again and the winner of that point will be declared the match winner.
- d) **Service Rotation** - in singles play, the first person to serve will have 2 serves, the second person to serve will also have two serves but thereafter the serve will change after every 4 serves. In doubles play, the usual service rotation will be in operation; during the first round of serving the server will have 2 serves but thereafter the serve will change after every 4 serves. Players must be on time for their game. If a player is not present on court at the start of play every effort should be made to locate the player quickly. If the player is still not on court 2 minutes after the signal has been sounded then he/she will forfeit the game. Play should start immediately the signal sounds. Play should stop immediately the signal sounds 25 minutes later
- e) **Continuous Play** - play shall be continuous from the first service until the match is concluded, in accordance with the following:
- i) if the first service is a fault, the second service must be struck by the server without delay.
  - ii) the receiver must play to the reasonable pace of the server and must be ready to receive when the server is ready to serve.
  - iii) play should not be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength, breath or physical condition. In the case of a treatable medical condition play may be suspended for a maximum of two minutes. If the injured player is unable to continue after two minutes he shall forfeit the game. If the player is able to continue after two minutes the game on that court will be extended for the two minutes that play was suspended for after the 25 minute signal has sounded. A maximum of one period of medical treatment per player per game may be allowed.
  - iv) upon violation of the principle that play shall be continuous the Tournament Director may, after giving due warning, disqualify the offender who will forfeit that game.
- f) **The N.E.C.I.S. organisation values good sportsmanship very highly!** If players cannot agree on a call, they should play a let

## C. GENERAL

- a) Players' tennis clothing and tennis footwear during tournament play should conform to the expected standards - it should be clean and presentable. Cut-off jeans will not be allowed.
- b) Trophies will be awarded to all those players who finish in 1st, 2nd and 3rd places in all the levels for both singles and doubles play.
- c) The recommended match ball is the Dunlop Tournament Ball or a ball of a similar quality. New balls should be provided for each day of the tournament.

### S4.9. TRACK AND FIELD PROCEDURES.

#### A. ENTRY REGULATIONS.

- a) A school's team shall be limited to **60 athletes**. Only NECIS member schools will be permitted to compete at the NECIS Meet.
- b) Each school may enter up to four (4) athletes in each event at all age levels.
- c) The Meet will be run following I.A.A.F. Rules and Regulations.
- d) Competitors in the Under 12 section will be allowed to compete in a maximum of four (4) individual events **to include any additional events that the Tournament Director may organise**. They may also compete in a relay in addition to their individual events.
- e) Competitors in the U14, U16 and 16+ years sections will be allowed to compete in a maximum of five (5) individual events. They may also compete in a relay in addition to these individual events.
- f) Competitors will be allowed to compete in a higher age group (but not lower) for all their individual events. Once they have been entered in a higher age group, they must remain in that group for all their individual events.
- g) Competitors will be allowed to compete in a higher age group (but not lower) for a relay only, i.e. they may compete in one age group for their individual events and move up to a higher age group for the relay.
- h) It is not permissible for boys to compete in girls' races and vice-versa.
- i) **4 x 100m and 4 x 400m Relay Events:** Schools may only enter a B team for a relay event at the discretion of the Meet Director and only if lane space permits, up to a maximum of 6 teams per race. A Meet Director should not add an additional race to the meet schedule in order to accommodate B teams. Nor shall the Meet Director stage more than two timed finals per age section per sex. **B teams will not be allowed to place (compete for medals) in the relay event and must be clearly identifiable as B teams by wearing coloured vests with their competitors' numbers clearly visible.**
- j) Entry Deadlines.

The Meet Director will set an appropriate deadline (**the Entry Deadline**) for receiving the entry forms from each participating school. **It is compulsory for all schools to rank their athletes in an event A, B, C and D (best athlete in that event to be ranked A).** In this way the Meet Director will be able to seed any heats in an appropriate manner. The Meet Director will send an **Initial Entry Report** to each participating school for the purpose of checking their entries. The Meet Director will also set an appropriate deadline for making changes (**Changes Deadline**). Once this deadline has passed, no more changes will be allowed, only scratches. The only exception to this rule is in the case of an athlete who is ill/injured or who does not travel to the meet – changes will be allowed in this instance. The Meet Director should ensure that he/she sends the **Initial Entry Report** after the **Entry Deadline** but before the **Changes Deadline**.

#### B. AWARDS

The NECIS Organization invites athletes to compete at the Track and Field Meet on an individual basis. There will be no team scoring and no team trophies will be awarded. Each athlete will receive a NECIS Track and Field patch as a memento of his/her participation. In addition, those athletes/relay teams finishing in 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> positions in a final event will be presented with a medal. Those students finishing in 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> positions in a final event will be presented with a ribbon (athletes finishing in 7<sup>th</sup> and 8<sup>th</sup> positions in the 100m or Hurdles events will also be awarded a ribbon). Athletes breaking a NECIS record in an event will be presented with a certificate.

#### C. AGE GROUPS AND EVENTS

**Age is taken on 1<sup>st</sup> September of current school year. E.g. an athlete who turned 12 years by or on September 1<sup>st</sup> must compete at the U14 age level.**

Event	U12B&G	U14G	U14B	U16G	U16B	16+G	16+B
100m	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓	✓
3000m		✓	✓	✓	✓	✓	✓

Long Jump	✓	✓	✓	✓	✓	✓	✓
Triple Jump				✓	✓	✓	✓
High Jump	95cm	1.10m	1.15m	1.20m	1.35m	1.25m	1.40m
Ball Throw 200g	✓						
Shot Putt		3kg	3kg	4kg	4kg	4kg	5kg
Discus		1kg	1kg	1kg	1.5kg	1kg	1.5kg
Hurdles		80m	80m	80m	100m	80m	100m
Relay 4x100m	✓	✓	✓	✓	✓	✓	✓
Relay 4x400m	✓	✓	✓	✓	✓	✓	✓

**a) Additional Events for the Under 12 Age Group**

These **may** be included in the NECIS Meet but this is at the discretion of the Meet Director who is under no obligation to include them if, for example, he is unable to find a sufficient number of officials.

- i) **Turbo Javelin** (only for those athletes not competing in the Ball Throw event) – 100cm and 220g. This event should be staged at the same time as the Ball Throw event for that age group.
- ii) **Mini-Hurdles** (only for those students not competing in the 100m Sprint) – 60m race over (x6) 60cm high hurdles. This event should be staged on the back straight of the track at the same time as the 100m Heats are being staged on the home straight.
- iii) **'B' Competition for Long Jump or Standing Long Jump** (only for those students not competing in the main Long Jump event). Only if a second pit is available. This event should be staged at the same time as the main Long Jump event for that group

**D. TRACK EVENTS ORGANISATION**

- a. As a general rule, track events have precedence over field events. The starter will not wait for a track athlete competing in a field event. The athlete must inform the field event judge that he/she will be competing and then report for the track event.
- b. 100m, 200m and 400m Races: if an event does not have enough competitors to justify heats and finals then the event will be run as a straight final on Day 1.
- c. Hurdles: if an event does not have enough competitors to justify heats and finals then the event will be run as a straight final at the time allotted to the heats on Day 1. A Hurdles Final will only be run on Day 2 if absolutely necessary i.e. heats for that event took place on Day 1.
- d. If a runner, having qualified from a heat or a semi-final for a final, is forced to scratch from that final (please scratch as early as possible), every effort must be made to find the next placed/next fastest runner from the heats in order that he/she may compete in the final. In particular, we should try to avoid empty lanes in a 100m, 200m or 400m final.
- e. The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats of the 100m, 200m 400m and Hurdles events, i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. The lane assignments for the heats (not semi-finals and finals) for these events shall be drawn at random by the Meet Director. Likewise with the 4 x 100 m relay event (finals or timed finals).

**Note: Schools will be compelled to enter times and distances for all athletes in all events if the Meet Director decides to employ the Hi-Tec software for organising the meet.**

**f. Hurdles Races NECIS Specifications.**

Event Order	Age group	Race distance	height of hurdle	no. of hurdles	distance start to 1 <sup>st</sup> hurdle	Distance between hurdles	distance from last to finish
1	U14 Girls	80m	76.2cm	8	12m	8m	12m
2	U14 Boys	80m	76.2cm	8	12m	8m	12m
3	U16 Girls	80m	76.2cm	8	12m	8m	12m
4	16+ Girls	80m	76.2cm	8	12m	8m	12m
5	U16 Boys	100m	84.0cm	10	13m	8.5m	10.5m
6	16+ Boys	100m	84.0cm	10	13m	8.5m	10.5m
	U12 mini	60m	60cm	6	11.75m	7.5m	10.25m

**g. Advancement from Heats to Finals (for an 8-lane track)**

Declared Entries	Number of Heats	Qualification for Final
9-16	2	Top 3 from each heat + 2 fastest losers
17-24	3	Top 2 from each heat + 2 fastest losers
25-32	4	Winner of each heat + 4 fastest losers

33-40	5	Winner of each heat + 3 fastest losers
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**Note:** The Meet Director will need to make adjustments to the above table if a 6-lane track is in use. In this instance, the Meet Director should refer to the 200m schedule.

**h. 100m Races (Heats, Semi-Finals and Finals).**

i) Advancement from Heats to Semi-Finals to Finals (for an 8-lane track)

Declared Entries	Number of Heats	Qualification for Semi-F from Heats	Qualification for Final from Semi-F
9-16	NA	2 Semi-Finals	Top 3 from each Semi-F + 2 fastest losers
17-24	3	Top 3 from each heat + 7 fastest losers	Top 3 from each Semi-F + 2 fastest losers
25-32	4	Top 3 from each heat + 4 fastest losers	Top 3 from each Semi-F + 2 fastest losers
33-40	5	Top 2 from each heat + 6 fastest losers	Top 3 from each Semi-F + 2 fastest losers

ii) Allocation of Lanes

**Heats:** The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

**Semi-Finals:** After the heats have taken place the Meet Director will be able to rank the athletes as follows:

Rank	Qualified as:	Rank	Qualified as:
R1	Fastest heat winner	R7	Fastest 3rd place
R2	2nd fastest heat winner	R8	2nd fastest 3rd place
R3	3rd fastest heat winner, etc.	R9	3rd fastest 3rd place, etc.
R4	Fastest 2nd place	R10	Fastest time qualifier
R5	2nd fastest 2nd place	R11	2nd fastest time qualifier
R6	3rd fastest 2nd place, etc.	R12	3rd fastest time qualifier, etc.
		R13	- R16 etc.

The athletes shall then be placed in the semi-finals in the order of seeding in a zig-zag formation.

Lane Allocation:	L5	L4	L3	L6	L2	L7	L1	L8
Semi-Final 1:	R1	R4	R5	R8	R9	R12	R13	R16
Semi-Final 2:	R2	R3	R6	R7	R10	R11	R14	R15

**Finals:** After the semi-finals have taken place the Meet Director will be able to rank the athletes as follows:

Rank	Qualified as:	Rank	Qualified as:
R1	Fastest semi-final winner	R5	Fastest 3 <sup>rd</sup> place
R2	2 <sup>nd</sup> fastest semi-final winner	R6	2nd fastest 3rd place, etc.
R3	Fastest 2 <sup>nd</sup> place	R7	Fastest time qualifier
R4	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place	R8	2 <sup>nd</sup> fastest time qualifier

The athletes shall then be placed in the final as follows.

Lane Allocation:	L5	L4	L3	L6	L2	L7	L1	L8
Semi-Final 1:	R1	R2	R3	R4	R5	R6	R7	R8

**Note:** The Meet Director will need to make adjustments to the above table if a 6-lane track is in use. In this instance, the Meet Director should refer to the 200m schedule.

**i. 200m Races (Heats, Semi-Finals and Finals).**

i) Advancement from Heats to Semi-Finals to Finals (for an 6-lane track)

Declared Entries	Number of Heats	Qualification for Semi-F from Heats	Qualification for Final from Semi-F
7-12	NA	2 Semi-Finals	Top 2 from each Semi-F + 2 fastest losers
13-18	3	Top 2 from each heat + 6 fastest losers	same as above

19-24	4	Top 2 from each heat + 4 fastest losers	same as above
25-30	5	Top 2 from each heat + 2 fastest losers	same as above
31-36	6	Winner of each heat + 6 fastest losers	same as above
37-40	7	Winner of each heat + 5 fastest losers	same as above

ii) Allocation of Lanes

**Heats:** The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

**Semi-Finals:** After the heats have taken place the Meet Director will be able to rank the athletes as follows:

Rank	Qualified as:	Rank	Qualified as:
R1	Fastest heat winner	R6	3rd fastest 2nd place, etc.
R2	2nd fastest heat winner	R7	Fastest time qualifier
R3	3rd fastest heat winner, etc.	R8	2nd fastest time qualifier
R4	Fastest 2nd place	R9	3rd fastest time qualifier etc.
R5	2nd fastest 2nd place	R10	– R12 etc.

The athletes shall then be placed in the semi-finals in the order of seeding in a zig-zag formation.

Lane Allocation:	L3	L4	L2	L5	L1	L6
Semi-Final 1:	R1	R4	R5	R8	R9	R12
Semi-Final 2:	R2	R3	R6	R7	R10	R11

**Finals:** After the semi-finals have taken place the Meet Director will be able to rank the athletes as follows:

Rank	Qualified as:	Rank	Qualified as:
R1	Fastest semi-final winner	R4	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place
R2	2 <sup>nd</sup> fastest semi-final winner	R5	Fastest time qualifier
R3	Fastest 2 <sup>nd</sup> place	R6	2 <sup>nd</sup> fastest time qualifier

The athletes shall then be placed in the final as follows.

Lane Allocation:	L3	L4	L2	L5	L1	L6
Semi-Final 1:	R1	R2	R3	R4	R5	R6

j. **400m Races (Heats and Finals).**

i) Advancement from Heats to Finals (for an 6-lane track)

Declared Entries	Number of Heats	Qualification for Final from Heats
7-12	2	Top 2 from each heat + 2 fastest losers
13-18	3	Winner of each heat + 3 fastest losers
19-24	4	Winner of each heat + 2 fastest losers
25-30	5	Top 6 times
31-36	6	same as above
37-40	7	same as above

ii) Allocation of Lanes

**Heats:** The Meet Director will use the A, B, C and D ranking system to ensure an equal distribution of runners throughout the heats i.e. as far as possible, an even distribution of runners ranked 'A' in each heat; likewise with runners ranked 'B' and so on. Wherever possible, the Meet Director should avoid placing runners from the same school in the same heat. **The lane assignments shall be drawn at random by the Meet Director.**

**Finals:** After the heats have taken place the Meet Director will be able to rank the athletes as follows:

Rank	Qualified as:	Rank	Qualified as:
R1	Fastest semi-final winner	R4	2 <sup>nd</sup> fastest 2 <sup>nd</sup> place
R2	2 <sup>nd</sup> fastest semi-final winner	R5	Fastest time qualifier
R3	Fastest 2 <sup>nd</sup> place	R6	2 <sup>nd</sup> fastest time qualifier

\*\* Depending on the number of heats, the Meet Director will have to modify the above system \*\*

The athletes shall then be placed in the final as follows.

Lane Allocation:	L3	L4	L2	L5	L1	L6
Semi-Final 1:	R1	R2	R3	R4	R5	R6

k. **800m Races (Finals).**

- i) To be run as straight finals (1 race per age group per sex). It is not permissible to run more than one race at the same time.
- ii) Curved line start; no lanes.
- iii) If contact occurs within the first 20 metres of the start of a race, resulting in an athlete(s) falling, the race will be stopped and restarted.
- iv) Runners ranked A and B (and only those runners) from each school will be allowed on the first curved line. All other runners will be lined up on a second curved line positioned 2 meters behind the first line. The only exception to this rule is if a race has fewer than 12 competitors on the first line in which case other runners (ranked C and D) may be allowed on the first line. Once a runner has a full stride on another he/she may cut in.

l. **1500m and 3000m Races (Finals).**

- i) To be run as straight finals (1 race per age group per sex). It is permissible to run two races at the same time if those races have fewer than 12 competitors each; in this case, one set of athletes must be clearly identifiable by wearing a colored vest with their competitors' numbers clearly visible.
- ii) Curved line start; no lanes.
- iii) If contact occurs within the first 20 metres of the start of a race, resulting in an athlete(s) falling, the race will be stopped and restarted.
- iv) Runners ranked A and B (and only those runners) from each school will be allowed on the first curved line. All other runners will be lined up on a second curved line positioned 2 meters behind the first line. The only exception to this rule is if a race has fewer than 12 competitors on the first line in which case other runners (ranked C and D) may be allowed on the first line. Once a runner has a full stride on another he/she may cut in.

m. **4x 100m and 4x 400m Relay Races (Finals / Timed Finals).**

- i) Schools may only enter a B team for the relay event at the discretion of the Meet Director and only if lane space permits, up to a maximum of 6 teams per race. A Meet Director should not add an additional race to the meet schedule in order to accommodate B teams. Nor shall the Meet Director stage more than two timed finals per age section per sex. **B teams will not be allowed to place (compete for medals) in the relay event and must be clearly identifiable as B teams by wearing coloured vests with their competitors' numbers clearly visible.**
- ii) A race with 6 or fewer teams entered shall be run as a straight final. A race with 7 or more teams entered shall be run as two timed finals with overall positions decided by times; this should be made clear to all athletes before the start.
- iii) The usual I.A.A.F. rules for relays will apply including the 20m changeover boxes and the 10m acceleration zone (from the fly line). The race shall be run in lanes and a staggered start should be in operation. **All coaches and officials should be aware that the staggered starts for the 4 x 400m event are not the same as for the 4 x 100 event, nor for the 400m individual event – they are located further forward as the first 500m of a 4 x 400m event have to be run in lanes.**
- iv) The Meet Director should position at least two changeover officials at each changeover zone in order to observe any possible infringements of the rules.

**E. FIELD EVENTS ORGANISATION**

- a. As a general rule, track events have precedence over field events in so far as the starter will not wait for a track athlete whereas a field event judge will wait for a field event athlete who is also competing in a track event providing that the athlete informs the field event judge that he/she will be competing at a later time. However, the athlete must complete his field event during the time scheduled for that event.
- b. The field event judge must keep their event open for the full length of time scheduled for that event unless all the listed athletes have completed the event.
- c. **Long Jump, Triple Jump, Ball Throw (Turbo Javelin), Discus and Shot Put.**
  - i) The order of competition is as listed on the result sheet.
  - ii) Each athlete shall be allowed one official practice jump in the Long-Jump and Triple Jump events

but this jump should not be measured. Athletes in the Ball Throw, Discus and Shot Put (*and Turbo Javelin*) events shall be allowed one official practice attempt but this attempt should not be measured.

- iii) Each athlete will be allowed three (3) attempts, the best attempt to count. After each attempt, the throw or jump must be measured with a tape measure **EVEN IF IT IS NOT THE LONGEST MEASURE. In the event of a tie, the second best attempt will decide the placing and so on.** A foul should be counted as one of the three attempts but should not be measured.
- iv) These events should be run under I.A.A.F. rules. In particular, officials are reminded that:

**Long Jump/Triple Jump:** each jump must be measured at right angles from the scratch line to the nearest break in the sand made by **any part of the body**. Put the zero end of the tape on the nearest break in the landing area and read off the distance at the scratch line to the nearest 1 cm below the distance jumped. Each athlete must take-off from behind the scratch line – no part of the foot should be in front. The Triple Jump must be a distinct “hop, step and jump” – it is a foul if the athlete drags the “sleeping foot.”

**200g Ball Throw (Turbo Javelin):** the ball/javelin must be held in one hand and thrown from behind the arc (scratch line) and between the run-up lines. The ball/javelin must land within the marked 29 degree sector. The athlete should not step on or over the scratch line even after the ball/javelin has landed. The throw is measured by placing the zero of the tape on the place where the ball/javelin first touched the ground and measuring to the inside of the throwing arc with the tape on a line through the centre of the arc. The throw is measured to the nearest 1cm below the actual distance thrown.

**Discus:** all throws must land within the inner edge of the lines marking the 40 degree sector to be valid. The throw is measured by placing the zero of the tape on the nearer edge of the mark first made on the ground to the inner edge of the circle along a line drawn to the centre of the circle. The throw is measured to the nearest 1cm below the actual distance thrown. It is a foul if the athlete, once he/she has entered the circle and started to throw, touches with any part of his/her body the top of the circle or the ground outside it. The athlete may not leave the circle until the discus has landed and then only from a standing position from the rear half of the circle.

**Shot Put:** all puts must land within the inner edge of a sector measuring 40 degrees. The put is measured by placing the zero of the tape on the nearer edge of the mark first made on the ground by the shot and running it through the centre of the putting circle – the distance is read off at the inside edge of the circle line and measured to the nearest 1cm below the actual distance. It is a foul if, after an athlete has entered the circle and started to make the put, he/she touches the circle or the ground outside it with any part of his/her body. It is also a foul if he/she touches the top of the stop board although he/she may rest the feet against the inside of the stop board. The athlete may not leave the circle until the shot has landed and then only from a standing position from the rear half of the circle. **The shot must be put from the shoulder with one hand only. At the time the athlete takes up his/her putting stance, the shot must be touching or be in close proximity to the chin and the hand shall not be dropped below this position during the act of putting. The shot must not be brought behind the line of the shoulders.**

d. **High Jump.**

- i) The order of competition is as listed on the result sheet.
- ii) The athletes are **NOT** entitled to an official practice attempt.
- iii) This event should be run under I.A.A.F. rules. In particular, officials are reminded that:

**Starting height:** An athlete may commence jumping at any height above the official starting height and elect to jump at any subsequent height. **He/she is eliminated from the competition after three consecutive failures irrespective of the height.** The effect of this rule is that an athlete may forego his second or third attempt at a particular height (after failing on the first or second attempt) and still jump at a subsequent height.

**Miss a height:** If an athlete forgoes an attempt at a certain height he/she may not return to that height for a subsequent attempt unless in the case of a tie for first place.

**Height increments:** The bar should be raised in increments of 5cm for all age groups until such time as there are 8 or fewer athletes remaining in the competition, at which point the bar should be raised in increments of 3cm. The last athlete remaining in the competition may decide the increment by which the bar should be raised.

**Event clash:** An athlete who leaves the competition to compete in a track event (which have priority over field events) has the right to re-enter the high jump competition at the height she/he was previously attempting.

**Winner:** An athlete is entitled to continue jumping even after all other athletes have failed until he/she has three consecutive failures.

**Height measurement:** The height of the bar should be measured perpendicularly and in whole cm from the ground to the upper side of the bar at its lowest point i.e. in the centre of the bar. **This is especially**

**important if an athlete is attempting to break a NECIS Record.**

**Failure:** A failure is recorded if the athlete dislodges the bar even after he/she has landed; hits the upright and dislodges the bar; takes off from both feet; runs underneath the bar without dislodging the bar; or touches the ground or the landing area beyond the plane of the uprights without first clearing the bar.

**Tie:** A tie for a position is resolved as follows:

- i) The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- ii) If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- iii) If the tie still remains the athletes shall be awarded the same place unless the tie is for first place in which case the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping; if no decision is reached the bar shall be raised, if the tying athletes were successful, or lowered, if not, by 2cm (Under 16 and 16+ age groups) or 3cm (Under 12 and Under 14 age groups). They shall attempt one jump at each height until the tie is resolved. Athletes so jumping must jump on each occasion when resolving the tie.

**High Jump Starting Heights.**

Age	U12B&G	U14G	U14B	U16G	U16B	16+G	16+B
Starting Height	95cm	1.10m	1.15m	1.20m	1.35m	1.25m	1.40m

**F. START NUMBERS FOR ALL SCHOOLS**

AIS	001 - 099	ISH	600 - 699
ISA	100 - 199	ISS	700 - 799
ISL	200 - 299	CIS	800 - 899
ASH	300 - 399	SSH	900 - 999
ISD	400 - 499	BIS	1000 - 1099
AISR	500 - 599		

[See Appendix A14. For Program of all events](#)

**S4.10. VOLLEYBALL**

- a) **Height of Net:** The net height should be measured from the center of the playing court. The two ends of the net (over the sidelines) should be the same height from the playing court and not exceeding the regulation height by more than 2 cm. The following net heights should be used

Varsity	JV	U14	U12
2m 24	2m 18	2m 10	2m 00

- b) **Length of Game:** At all age levels a match shall be decided by the best of five sets with each set being scored to 25 points using the rally-point system, except the fifth set which shall be scored to 15 points. The only exception to this rule is the **Plate Competition** on the **final** day of a tournament where matches will be played as the best of 3 sets with the third set scored to 25 points. In all matches, a team must win by two clear points in each set. \*Tournament Directors are empowered to employ reduced playing times at a NECIS Tournament in order to schedule the tournament appropriately. If he/she decides to use this option, he/she must inform all coaches in advance of the tournament commencing.\*
- c) **Ball:** Mikasa MVA 200 (yellow/blue/white), Tachikara Volley-lite will be used for the Under 12 games.
- d) **Warm-up:** Each team should have a 5-minute warm-up at the net.
- e) **Time-outs** should have a limit of 30 seconds.
- f) **Interval time** of 2 minutes should be allowed between sets and 5 minutes between the 4th and 5th sets.
- g) **Starting line-ups** should be given to the Scorer complete with uniform numbers and starting court positions.
- h) **Match Officials** The home team should provide a knowledgeable and qualified match official. If possible, a floor referee should also be available.
- i) **Team captains** should be appointed who are responsible for the conduct of team players. During the match, the captain may submit to the referees requests or questions or ask for an explanation of the interpretation of the rules.
- j) **Game Protocol** Teams should be aware of and practice the proper game protocol. This includes the correct lining-up of the starting players before the game. Also, the proper way to change courts at the end of each set and after the eighth point of the deciding set.
- k) **The Tournament Director will disqualify a team which does not follow the substitution and playing time guidelines at the Under 14 and Under 12 age levels. The game will then be scored at**



**3 sets to 0 and 75 points to 0 for the 'winning' team (or 2 sets to 0 and 50 points to 0 in a game played to the best of 3 sets).**

#### **Tie Break Procedure**

During the initial league stage 2 points shall be awarded for a win and 0 points for a loss. **In the event of a TWO-TEAM TIE at the end of the league stage**, the result of the mutual game shall decide which team advances to the next stage of the competition.

**In the event of a THREE-TEAM TIE at the end of the league stage**, the following steps are to be followed (in order) to determine which team advances to the next stage of the competition:

- i. Sets for **minus** sets against from mutual games.
  - i. Most sets for from mutual games.
  - ii. Points for **minus** points against from mutual games.
  - iii. Most points for from mutual games
  - iv. If teams are still tied, follow the same procedure taking into account all games.
- l) Coaches are reminded that NECIS Volleyball games are played according to the current international rules including the rally-point system and the legality of net serves. However, while the Varsity/Junior Varsity rules allow for the optional use of the 'libero' position, it is not allowed at the U14 and U12 age levels.

#### **n. U12 MINI-VOLLEYBALL RULES**

1. Equipment: Tachikara Volley-lite ball and court; net height 2m00
2. By the end of the **third** set, every player **must** have played for one **complete set**, i.e. they must have played from the beginning to the end of a set, without being substituted. A player that is substituted must play **another complete set**, i.e., from the beginning to the end of a set, without substitution.
3. If a school enters a mixed team, there must always be at least five girls on the court at any point in the game.
4. In Under 12 and Under 14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. **If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game by 0 sets to 3 and by 0 points to 75 (or by 0 sets to 2 and 0 points to 50 in a game played to the best of 3 sets).**
5. The server may only play 5 consecutive serves. After 5 consecutive serves the serving team must rotate and use a new server. This continues until a side-out is reached, when the serve goes to the opposition. A net serve is allowed. The service may be taken up to one meter inside the court (i.e. one step) and may be hit from the hand."
6. It is not permitted to use the 'libero' position at the U12 level

#### **ALL OTHER VOLLEYBALL RULES APPLY.**

##### NOTES FOR VOLLEYBALL REFEREES AT THE U12 AGE LEVEL

All International Volleyball rules apply with the following exceptions:

1. Net height: The net height at this age level is 2m00.
2. Service: The service may be taken up to one meter inside the court (i.e. one step) and may be hit from the hand.
3. In U12 and U14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time. **If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game by 0 sets to 3 and by 0 points to 75 (or by 0 sets to 2 and 0 points to 50 in a game played to the best of 3 sets).**
4. The server may only play **5 consecutive** serves. After 5 consecutive serves, the serving team must rotate and use a new server. This continues until a side out is reached, when the serve goes to the opposition. A net serve is allowed.
5. It is not permitted to use the 'libero' position at the U12 level.

#### **p. U14 VOLLEYBALL RULES**

1. Equipment: Normal ball and court; net height 2m10.
2. By the end of the third set, every player must have played for one **complete set**, i.e. they must have played from the beginning to the end of a set, without being substituted. A player that is substituted must play **another complete set** i.e. from the beginning to the end of a set, without substitution.
3. In U12 and U14 Volleyball games, players must report to the Scorer's table at the beginning of every set for the purpose of recording their numbers on the Score sheet. Both coaches must report to the

Scorer's table before the third set commences for the purpose of ensuring that their team has adhered to the rules governing substitutions and minimum playing time.

**If a team or coach does not adhere to the substitution rules, they will automatically forfeit the game by 0 sets to 3 and by 0 points to 75 (or by 0 sets to 2 and 0 points to 50 in a game played to the best of 3 sets).**

4. It is not permitted to use the 'libero' position at the U14 level.
5. A net serve is allowed.

**ALL OTHER VOLLEYBALL RULES APPLY.**

## A. APPENDICES

### A5. RECORDS Short Course (25m) SWIMMING

Records from after Mar 2015 meet					
Freestyle					
<b>25 meters</b>	U10 Boys	16,05	Felix Lim	Rotterdam	2010
	U10 Girls	15,53	Anne Flor Smits	Antwerp	2008
	U12 Boys	14,28	Scott Eason	Hamburg	1998
	U12 Girls	14,05	Charné Olivier	Luxembourg	2008
<b>50 meters</b>	U10 Boys	36,91	Felix Lim	Rotterdam	2010
	U10 Girls	34,74	Masumi Kobayashi	Amsterdam	2001
	U12 Boys	30,56	Mark Forney	The Hague	2000
	U12 Girls	31.10	Grace Poorbaugh	Amsterdam	2014
	U14 Boys	57,68	Matthew Smyth	Stavanger	2013
	U14 Boys	26,74	Giorgio Beghi	Luxembourg	2013
	U14 Girls	28,77	Charné Olivier	Luxembourg	2010
	U16 Boys	25,00	Oliver Brache	Amsterdam	2012
	U16 Girls	28,72	Charné Olivier	Luxembourg	2012
	16+ Boys	26,03	Charter Sevier	The Hague	2010
	16+ Girls	29,62	Rachel Eden	Stavanger	2012
	<b>100 meters</b>	U10 Boys	1.27,98	Felix Lim	Rotterdam
U10 Girls		1.19,19	Monique Olivier	Luxembourg	2008
U12 Boys		1.05,55	Alec Karlsen	Stavanger	2011
U12 Girls		1.07,71	Charné Olivier	Luxembourg	2008
U14 Boys		59,38	Giorgio Beghi	Stavanger	2013
U14 Boys		2.13,50	Matthew Smyth	Stavanger	2013
U14 Girls		59,87	Monique Olivier	Luxembourg	2012
U16 Boys		53,45	Oliver Brache	Amsterdam	2012
U16 Girls		59,74	Monique Olivier	Luxembourg	2013
16+ Boys		58,65	Masaru Kogiso	Düsseldorf	2010
16+ Girls		1.01,79	Charne Olivier	Luxembourg	2013
<b>200 meters</b>		U14 Boys	2.05,84	Alec Karlsen	Stavanger
	U14 Girls	2.08,07	Monique Olivier	Luxembourg	2011
	U16 Boys	1.56,51	Oliver Brache	Amsterdam	2012
	U16 Girls	2.04,65	Monique Olivier	Luxembourg	2013
	16+ Boys	2.13,22	Charter Sevier	The Hague	2010
	16+ Girls	2.10,00	Charne Olivier	Luxembourg	2013
Breaststroke					
<b>25 meters</b>	U10 Boys	21.04	Anton Fourie	The Hague	2005
	U10 Girls	19.73	Emma Wilson	Antwerp	2002
	U12 Boys	18.11	Jasper Rehder	The Hague	1998
	U12 Girls	18.06	Sarah Clarke	The British School	1992
<b>50 meters</b>	U10 Boys	42.57	Ferron van Ritter	Hamburg	2009
	U10 Girls	43.08	Masumi Kobayashi	Amsterdam	2001
	U12 Boys	40.16	Mark Forney	The Hague	2000
<b>50 meters</b>	U12 Girls	39.31	Masumi Kobayashi	Amsterdam	2003
	U14 Boys	1.13,75	Matthew Smyth	Stavanger	2013
	U14 Boys	36.73	Joel Heersink	Hamburg	1993
	U14 Girls	38.65	Olivia Woodrow	Düsseldorf	2011
	U16 Boys	31.95	Anton Fourie	The Hague	2011
	U16 Girls	37,25	Pauline Sandor	The Hague	2012
	16+ Boys	30,99	Anton Fourie	The Hague	2012
	16+ Girls	34.14	Jordan van Wyk	The Hague	2009
<b>100 meters</b>	U14 Boys	1.20,17	Hans Auer	Antwerp	2013
	U14 Girls	1.17,06	Akane Ashida	Düsseldorf	2003
	U16 Boys	1.11,43	Anton Fourie	The Hague	2011

	U16 Girls	1.23,05	Helen Nie	The Hague	2012
	16+ Boys	1.08,40	Anton Fourie	The Hague	2012
	16+ Girls	1.17,35	Asuka Ashida	Düsseldorf	2003
<b>Backstroke</b>					
<b>25 meters</b>	U10 Boys	19.38	Christopher Ayoub	Amsterdam	2003
	U10 Girls	<b>18.95</b>	<b>Economon Athina</b>	<b>Amsterdam</b>	<b>2015</b>
	U12 Boys	17.84	Harrison Connor	Antwerp	2014
	U12 Girls	16.66	Wilson, Mamie	Amsterdam	2014
<b>50 meters</b>	U10 Boys	43.51	Mathew Thomson	Luxembourg	2008
	U10 Girls	42.28	Meghan Ingram	The Hague	2008
	U12 Boys	35.38	Michael Thomson	Luxembourg	2006
	U12 Girls	35.05	Courtney Wilson	Amsterdam	2014
	U14 Boys	1,07.61	Matthew Smyth	Stavanger	2013
	U14 Boys	30.26	Sven Meanhout	Antwerp	1987
	U14 Girls	34.48	Chelsea Wenos	Düsseldorf	2007
	U16 Boys	30.27	Zepher Begnell	The Hague	2011
	U16 Girls	32,08	Charné Olivier	Luxembourg	2012
	16+ Boys	30.51	Ryo Harita	Düsseldorf	2011
	16+ Girls	34.42	Claire Bridgeman	The Hague	2011
<b>100 meters</b>	U14 Boys	2.29,64	Matthew Smyth	Stavanger	2012
	U14 Boys	1.09,25	Ferron von Ritter	Hamburg	2012
	U14 Girls	1.11,19	Charné Olivier	Luxembourg	2010
	U16 Boys	1.01,66	Oliver Brache	Amsterdam	2012
	U16 Girls	1.08,26	Charné Olivier	Luxembourg	2011
	16+ Boys	1.05,13	Ryo Harita	Düsseldorf	2011
	16+ Girls	1.12,81	Nicole Goncalves	Sigtuna	2010
<b>Butterfly</b>					
<b>25 meters</b>	U10 Boys	17.82	Charter Sevier	The Hague	2002
	U10 Girls	17.27	Farrell, Mary Kate	The Hague	2014
	U12 Boys	15.54	Michael Thomson	Luxembourg	2006
	U12 Girls	15.52	Helen Nie	The Hague	2008
	U14 Boys	14.05	Stuart Browne	British School	1992
	U14 Girls	14.08	Katie Shuler	Amsterdam	1992
<b>50 meters</b>	U10 Boys	44.2	Charter Sevier	The Hague	2002
	U10 Girls	34.94	Masumi Kobayashi	Amsterdam	2001
	U12 Boys	34.4	Ferron von Ritter	Hamburg	2011
	U12 Girls	34.77	Wilson Courtney	Amsterdam	2014
	U14 Boys	30,44	Ferron von Ritter	Hamburg	2012
	U14 Girls	32.42	Akane Ashida	Düsseldorf	2003
	U16 Boys	27,28	Scott Bole	Amsterdam	2012
	U16 Girls	32,31	Helen Nie	The Hague	2012
	16+ Boys	28.66	Charter Sevier	The Hague	2009
	16+ Girls	32.34	Helena Saare	Sigtuna	2000
<b>100 meters</b>	U14 Boys	1.04,67	Alec Karlsen	Stavanger	2013
	U14 Girls	1.08,77	Monique Olivier	Luxembourg	2012
	U16 Boys	1.02,06	Scott Bole	Amsterdam	2012
	U16 Girls	1,07.50	Monique Olivier	Luxembourg	2013
	16+ Boys	1.03,68	Anton Fourie	The Hague	2012
	16+ Girls	1.11,67	Nicole Goncalves	Sigtuna	2010
<b>Individual Medley</b>					
<b>100 meters</b>	U10 Boys	<b>1.29.82</b>	<b>Max Wiedemann</b>	<b>Bonn</b>	<b>2015</b>
	U10 Girls	1.27,68	Masumi Kobayashi	Amsterdam	2001
	U12 Boys	1.17,21	Michael Thomson	Luxembourg	2006
	U12 Girls	1.17.76	Poorbauch, Grace	Amsterdam	2014
<b>200 meters</b>	U14 Boys	2.26,10	Alec Karlsen	Stavanger	2013
	U14 Girls	2.27,18	Monique Olivier	Luxembourg	2012
	U16 Boys	2.15,06	Oliver Brache	Amsterdam	2012
	U16 Girls	2.23,28	Monique Olivier	Luxembourg	2013
	16+ Boys	2.19,99	Anton Fourie	The Hague	2012

	16+ Girls	2.30,96	Charné Olivier	Luxembourg	2013
<b>Freestyle Relay</b>					
<b>4 x 25 meters</b>	U10 Boys	1.14,90	Mikrut, Mikrut		
			Pruitt, Wijsman	Antwerp	2005
	U10 Girls	1.12,03	Geddes, Cremer		
			Arad, Plowman	The Hague	2005
	U12 Boys	1.04,11	Castrade, Sidbury		
			Vandewalle, Wijsman	Antwerp	2005
	U12 Girls	59.94	Wilson, Wilson		
			Economon, Poorbaugh	Amsterdam	2014
<b>4 x 50 meters</b>	U14 Boys	1.57,27	Ellero, Fourie,		
			Vanwezer, Begnell	The Hague	2009
	U14 Girls	2.10,12	Advaney, Shirley		
			Sandor, Maddock	The Hague	2011
	U16 Boys	1.47,44	Fourie, Ellero,		
			Vanwezer, Begnell	The Hague	2011
	U16 Girls	2.07,30	Vogtlander, Koris		
			Yano, Santiago	The Hague	2013
	16+ Boys	1.50.25	Savier, Bulovas		
			Advaney, Van-Wyk	The Hague	2010
	16+ Girls	2.01,25	Wieler, Scholl		
			Olivier, Olivier	Luxembourg	2013
<b>Medley Relay</b>					
<b>4 x 25 meters</b>	U10 Boys	1.27,31	Gillman, Conway		
			Sevier, Schlegel	The Hague	2002
	U10 Girls	1.19.85	Paletta, Haarma		
			Farrell, Lovelace	The Hague	2014
	U12 Boys	1.15,33	Harrison, Auer		
			Lane, Mehta	Antwerp	2013
	U12 Girls	1.08,62	Poorbauch, Poorbach		
			Wilson, Wilson	Amsterdam	2014
	U14 Boys	1.13,21	Larive, Lambert		
			Kleiser, Browne	British School	1994
	U14 Girls	01/09/1931	Kristensen, Doble		
			Deavin, Iwahara	Amsterdam	1998
<b>4 x 50 meters</b>	U14 Boys	2.14, 18	Hill, Auer,		
			Lane, Verbrugge	Antwerp	2013
	U14 Girls	2.28,21	Geut, C. Galasso		
			Palmer, A.Galasso	The Hague	2007
	U16 Boys	2.00, 85	Begnell, Fourie		
			Vanwezer, Ellero	The Hague	2011
	U16 Girls	2.25,82	Cremer, Kopf		
			Nie, Highfill	The Hague	2011
	16+ Boys	2.05,80	Hele, Sarma		
			Sevier, Van-Wyk	The Hague	2009
	16+ Girls	2.11,25	Green, Ekström		
			Goncalves, Geijer	Sigtuna	2010

## A6. RECORDS Long Course (50m) SWIMMING

<b>Records from after Mar 2015 meet</b>					
<b>FREESTYLE</b>					
<b>50 meters</b>	U10 Boys	36.47	Max Wiedemann	Bonn	2015
	U10 Girls	35.01	Athina Economon	Amsterdam	2015
	U12 Boys	33.75	Ethan Crawford	Luxembourg	2015
	U12 Girls	32.82	Ada Dolanay	Amsterdam	2015
	U14 Boys	27.89	Anthony Woodrow	Dusseldorf	2014
	U14 Girls	29.67	Caitlin Johnson	Hamburg	2008

	U16 Boys	25.92	Ferron van Ritter	Hamburg	2014
	U16 Girls	30.36	Victoria Messer	Dusseldorf	2014
	O16 Boys	24.96	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	31.01	Brenna Lewis	Stavanger	2004
<b>100 meters</b>	U10 Boys	1.20.28	Max Wiedemann	Bonn	2015
	U10 Girls	1.37.81	Leire Bustamante	The Hague	2015
	U12 Boys	1.16.32	Daniel Boos	Amsterdam	2015
	U12 Girls	1.13.78	Ada Dolanay	Amsterdam	2015
	U14 Boys	1.01.14	Anthony Woodrow	Dusseldorf	2014
	U14 Girls	1:06.10	Caitlin Johnson	Hamburg	2008
	U16 Boys	56.57	Ferron van Ritter	Hamburg	2014
	U16 Girls	59.72	Monique Olivier	Luxembourg	2014
	O16 Boys	55.67	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	58.88	Monique Olivier	Luxembourg	2015
<b>200 meters</b>	U14 Boys	2.16.64	Anthony Woodrow	Dusseldorf	2014
	U14 Girls	2:21.15	Katie Cannon	Luxembourg	2008
	U16 Boys	2.06.88	Anthony Woodrow	Dusseldorf	2015
	U16 Girls	2.05.85	Monique Olivier	Luxembourg	2014
	O16 Boys	2.19.19	Hugo Duphorn	The Hague	2014
	O16 Girls	2.05.46	Monique Olivier	Luxembourg	2015
<b>BREASTSTROKE</b>					
<b>50 meters</b>	U10 Boys	44.77	Max Wiedemann	Bonn	2015
	U10 Girls	49.28	Francesca Coppo	Amsterdam	2015
	U12 Boys	45.83	Ethan Crawford	Luxembourg	2015
	U12 Girls	46.64	Lena Wiesniewska	Copenhagen	2015
	U14 Boys	36.84	Hans Auer	Antwerp	2014
	U14 Girls	38.27	Hannah Wiedemann	Bonn	2014
	U16 Boys	34.09	Hans Auer	Antwerp	2015
	U16 Girls	37.58	Akane Ashida	Dusseldorf	2004
	O16 Boys	31.43	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	38.93	Pauline Sandor	The Hague	2014
<b>100 meters</b>	U14 Boys	1.21.72	Campbell Lane	Antwerp	2014
	U14 Girls	1.22.42	Hannah Wiedemann	Bonn	2014
	U16 Boys	1:17.30	Hans Auer	Antwerp	2015
	U16 Girls	1:18.95	Akane Ashida	Dusseldorf	2004
	O16 Boys	1:10.58	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	1:27.17	Audrey Lands	The Hague	2008
<b>BACKSTROKE</b>					
<b>50 meters</b>	U10 Boys	43.70	Max Wiedemann	Bonn	2015
	U10 Girls	48.55	Marie Prochazkova	The Hague	2015
	U12 Boys	40.76	Ethan Crawford	Luxembourg	2015
	U12 Girls	39.90	Paige Lovelace	The Hague	2015
	U14 Boys	33.96	Ollie Maddock	The Hague	2014
	U14 Girls	33.54	Katie Cannon	Luxembourg	2008
	U16 Boys	30.23	Ferron van Ritter	Hamburg	2014
	U16 Girls	36.18	Holly Vandewalle	Antwerp	2014
	O16 Boys	30.94	Nathan Summers	Luxembourg	2015
	O16 Girls	36.01	Eri Kusashio	Dusseldorf	2014
<b>100 meters</b>	U14 Boys	1.11.17	Anthony Woodrow	Dusseldorf	2014
	U14 Girls	1:11.13	Katie Cannon	Luxembourg	2008
	U16 Boys	1.05.51	Ferron van Ritter	Hamburg	2014
	U16 Girls	1.20.25	Holly VandeWalle	Antwerp	2014
	O16 Boys	1:08.86	Nathan Summers	Luxembourg	2015
	O16 Girls	1.11.47	Charne Olivier	Luxembourg	2014
<b>BUTTERFLY</b>					
<b>50 meters</b>	U10 Boys	40.05	Max Wiedemann	Bonn	2015
	U10 Girls	52.64	Francesca Coppo	Amsterdam	2015
	U12 Boys	38.15	Jack Blake	Luxembourg	2015
	U12 Girls	35.65	Ada Dolanay	Amsterdam	2015
	U14 Boys	30.97	Leo Badaker	Copenhagen	2015

	U14 Girls	31.16	Katherine Chmiel	Amsterdam	2015
	U16 Boys	26.97	Bjorn Berntsen	Stavanger	2014
	U16 Girls	32.33	Victoria Messer	Dusseldorf	2014
	O16 Boys	27.26	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	33.57	Jessie Villarreal	The Hague	2008
<b>100 meters</b>	U14 Boys	1.18.54	Ishan Phadke	Stavanger	2014
	U14 Girls	1.12.25	Hannah Wiedemann	Bonn	2015
	U16 Boys	1:02.13	Ferron van Ritter	Hamburg	2014
	U16 Girls	1:06.78	Monique Olivier	Luxembourg	2014
	O16 Boys	1.02.35	Nicholas Bonucchi	Luxembourg	2004
	O16 Girls	1:04.34	Monique Olivier	Luxembourg	2015
<b>INDIVIDUAL MEDLEY</b>					
<b>200 meters</b>	U14 Boys	2:38.07	Leo Badaker	Copenhagen	2015
	U14 Girls	2:42.19	Hannah Wiedemann	Bonn	2015
	U16 Boys	2.31.11	Mats Verbrugge	Antwerp	2015
	U16 Girls	2.25.78	Monique Olivier	Luxembourg	2014
	O16 Boys	2.36.25	Hugo Duphorn	The Hague	2014
	O16 Girls	2.22.92	Monique Olivier	Luxembourg	2015
<b>FREESTYLE RELAY</b>					
<b>4x 50 meters</b>	U14 Boys	1.59.88	Cunningham, Badaker Jacovljevic, Van A-Along	Copenhagen	2015
	U14 Girls	2:06.04	Geijer, Cannon Marukawa, Olivier	Luxembourg	2008
	U16 Boys	1.51.71	Verbrugge, Auer Lane, Lane	Antwerp	2014
	U16 Girls	2.09.24	Arad, Koris Puglia, Santiago	The Hague	2014
	O16 Boys	1.51.86	Sigfridsoson, Fraizer Hafez, Hoelzer	Dusseldorf	2015
	O16 Girls	2.05.67	Dalenbrook, Olivier Sigurdardottir, Olivier	Luxembourg	2014
<b>MEDLEY RELAY</b>					
<b>4x 50 meters</b>	U14 Boys	2.24.57	McKenzie , Paletta Anderson , Maddock	The Hague	2014
	U14 Girls	2:23.36	Wilson, Economon Chmiel , Wilson	Amsterdam	2015
	U16 Boys	2.08.72	Lane, Auer Lane, Verbrugge	Antwerp	2014
	U16 Girls	2.27.26	Ricci, Daly Reynolds, Dalum	Copenhagen	2014
	O16 Boys	2:11.21	Fraizer, Hoelzer Sigfridsoson, Hafez	Dusseldorf	2015
	O16 Girls	2.22.51	Dalenbrook, Lainati Olivier, Olivier	Luxembourg	2014

## A7. RECORDS Track + FIELD

AGE	EVENT	RECORD HOLDER	SCHOOL	YEAR	RECORD
U12G	100m	Emma Astrid Aberg	ISL	10	13.72s
U12B	100m	Yu Funabashi	ISD	01	12.69s
U14G	100m	Hannah Griffin	ISL	15	12.33s
U14B	100m	Jared Lyons	AIS	92	11.85s
U16G	100m	Chichi Nwokolo	ISS	93	12.68s
U16B	100m	Pieter Winters	ISA	93	11.09s
+16G	100m	Charlotte Arling	SSHL	01	12.98s
+16B	100m	Andoly Rathling	ASH	95	10.90s

U14G	80m hurdles	Carla Mulli	ISL	14	13.65s
U14B	80m hurdles	Marcus Ikaheimonen	ISS	12	11.67s
U16G	80m hurdles	Isa Winterbom	SSHL	08	12.76s
U16B	100 m hurdles	Marcus Ikaheimonen	ISS	13	14.62s
+16G	80m hurdles	Alessia Tomasi	ISL	15	14.24s
+16B	100m hurdles	Brendan Smyth	AIS	12	15.32s
U12G	200 m	Lucy Thorniley	ISS	89	28.75s
U12B	200 m	Jonas Lipka	ISD	07	24.17s
U14G	200 m	Olivia Tuokila	CIS	14	26.97s
U14B	200 m	Stefan Sigvaldsson	ISL	12	24.15s
U16G	200 m	Chichi Nwokolo	ISS	94	25.91s
U16B	200 m	Eivind Omli	AIS	07	22.87s
+16G	200 m	Chichi Nwokolo	ISS	96	25.60s
+16B	200 m	Andoly Rathling	ASH	95	22.25s
U12G	400 m	Naja Hvirgel	ASH	14	1:07.31
U12B	400 m	Senan Costigan	ISL	14	1:00.70
U14G	400 m	Jennifer Armitage	ISS	90	1:02.17
U14B	400 m	Peter Graham	ISL	98	54.30s
U16G	400 m	Chichi Nwokolo	ISS	94	1:00.05
U16B	400 m	Eivind Omli	AIS	07	51.51s
+16G	400 m	Chichi Nwokolo	ISS	96	1:00.09
+16B	400 m	Brian Smith	ISA	14	50.25s
U12G	800 m	Julia Toelle	ISD	12	2:33.88
U12B	800 m	Floris Zevenbergen	ISH	98	2:25.44
U14G	800 m	Megan Batty	ASH	07	2:26.95
U14B	800 m	Brian Smith	ISA	11	2:08.30
U16G	800m	Claudia Moehrke	AIS	11	2:27.53
U16B	800 m	Brian Smith	ISA	13	2:03.04
+16G	800 m	Claudia Moehrke	AIS	13	2:20.87
+16B	800 m	Brian Smith	ISA	15	1:57.78
U12G	1500 meters	Sydney Smith	ASH	14	5:18.86
U12B	1500 meters	Junny Jung	ASH	14	5:06.93
U14G	1500 meters	Megan Batty	ASH	06	5:08.48
U14B	1500 meters	Christopher Goldsworthy	CIS	10	4:39.05
U16G	1500 meters	Elizabeth Hassing	CIS	01	5:05.91
U16B	1500 meters	Chico Villano	ISD	90	4:23.64
+16G	1500 meters	Marlies Overbeeke	ISH	98	4:55.09
+16B	1500 meters	Lennard Hachmann	ISH	93	4:26.05
U14G	3000 meters	Megan Batty	ASH	07	11:07.54
U14B	3000 meters	Joseph Phiri	AIS	05	10:01.20
U16G	3000 meters	Elizabeth Hassing	CIS	01	11:11.86
U16B	3000 meters	Chico Villano	ISD	90	9:25.95
+16G	3000 meters	Marlies Overbeeke	ISH	98	10:25.53
+16B	3000 meters	Daniel Filipson	SSHL	09	09:33.5
U12G	4x 100m Relay		ISL	09	58.40s
U12B	4x 100m Relay		ISL	13	55.57s
U14G	4x 100m Relay		BPIS	02	53.60s
U14B	4x 100m Relay		ASH	03	49.66s
U16G	4x 100m Relay		ISL	13	53.72s
U16B	4x 100m Relay		ISS	03	45.69s
+16G	4x 100m Relay		SSHL	99	53.11s
+16B	4x 100m Relay		ISL	13	45.76s
U12G	4x 400m Relay		ISL	00	4:46.87
U12B	4x 400m Relay		ISL	08	4:39.66



U14G	4x 400m Relay		ISL	11	4:32.36
U14B	4x 400m Relay		ISL	89	4:06.93
U16G	4x 400m Relay		CIS	13	4:32.40
U16B	4x 400m Relay		ISL	12	3:38.91
+16G	4x 400m Relay		ISL	06	4:27.65
+16B	4x 400m Relay		ISL	10	3:33.35

## **A8. RECORDS Field TRACK + FIELD**

<b>AGE</b>	<b>EVENT</b>	<b>RECORD HOLDER</b>	<b>SCHOOL</b>	<b>YEAR</b>	<b>RECORD</b>
U12B	200g Ball Throw	Yuuki Kosaku	ISA	11	46.80m
U12G	200g Ball Throw	John Heinrich	ISL	09	50.03m
U14G	Shot Put	Eva Marie Woebse	ISHR	03	10.48m
U14B	Shot Put	Robert Gronström	SSHL	07	14.14m
U16G	Shot Put	Natsuki Teranaka	ISD	13	10.84m
U16B	Shot Put	Sebastian Swett	CIS	01	12.62m
+16G	Shot Put	Natsuli Teranaka	ISD	14	10.09m
+16B	Shot Put	Oscar Soderman	SSHL	01	14.75m
U14G	Discus	Olga Solomatina	ISD	01	22.66m
U14B	Discus	Eliot Gil	ISA	02	34.84m
U16G	Discus	Natsuki Teranaka	ISD	13	27.44m
U16B	Discus	Wayne Alleyne	ASH	99	32.98m
+16G	Discus	Kristin Mykkanen	ISS	98	26.23m
+16B	Discus	Joshua Jordan	ISL	02	36.91m
U16G	Triple Jump	Laerke Wolf	CIS	13	10.15m
U16B	Triple Jump	M. Finnis	ISL	93	12.15m
16+G	Triple Jump	Laerke Wolf Andreassen	CIS	14	9.50m
+16B	Triple Jump	Gennaro D'Agostino	ISL	90	13.59m
U12G	Long Jump	Eva Marie Woebse	ISHR	01	4.67m
U12B	Long Jump	Andrei Kasten	AISR	08	4.97m
U14G	Long Jump	Maren Connary	ISS	89	4.86m
U14B	Long Jump	John Harris	ISD	89	5.74m
U16G	Long Jump	Jacobine De Brauw	ISL	90	5.37m
U16B	Long Jump	Vincent Scillitani	ISS	04	6.39m
+16G	Long Jump	Petra Sairanen	ISL	90	5.24m
+16B	Long Jump	Anders Elfving	SSHL	06	6.29m
U12G	High Jump	A. Egertova	ISL	93	1.40m
U12B	High Jump	Daniel King	ASH	15	1.48m
U14G	High Jump	Tanja von Stegman	ISD	03	1.52m
U14B	High Jump	Toomas Tuohikorpi	ISH	86	1.75m
U16G	High Jump	Tessa Tumbare	CIS	13	1.56m
U16B	High Jump	Lawson Sherrard	ISA	15	1.81m
+16G	High Jump	Tessa Mades	CIS	15	1.58m
+16B	High Jump	Carl Lundmark	SSHL	97	1.95m

## A14. TRACK and FIELD PROGRAM of EVENTS

<b>N.E.C.I.S. TRACK AND FIELD MEET - Programme of Events.</b>										
<b>DAY 1.</b>										
APPROXIMATE TIME	TRACK	Event	Age LEVEL	SEX	TIME	FIELD	Event	Age LEVEL	SEX	
09.00 - 10.00	Hurdles	T1	U14	G	09.00 - 10.30	Long Jump	F1	U12	B	
	Heats / Finals	T2	U14	B		High Jump	F2	16+	B	
		T3	U16	G						
	(to be run as	T4	16+	G						
	finals if 6/8 or less	T5	U16	B						
	athletes entered)	T6	16+	B						
10.00 - 11.30	100m Heats	T7	16+	B	10.30 - 12.00	Shot Put	F3	U16	G	
		T8	16+	G		Long Jump	F4	U12	G	
		T9	U16	B		High Jump	F5	16+	G	
		T10	U16	G						
		T11	U14	B			Discus	F6	16+	B
		T12	U14	G						
		T13	U12	B						
		T14	U12	G						
10.00 - 11.30	<i>Mini Hurdles</i>	T15	<i>U12</i>	<i>B</i>						
	<i>(no 100m athletes)</i>	T16	<i>U12</i>	<i>G</i>						
11.30 - 12.30	1500m Finals	T17	16+	B						
		T18	16+	G						
		T19	U16	B						
		T20	U16	G						
		T21	U14	B		12.00 - 13.30	Shot Put	F7	U14	G
		T22	U14	G		Long Jump	F8	U14	B	
		T23	U12	B		High Jump	F9	U16	B	
		T24	U12	G						
12.30 - 14.30	200m Heats	T25	16+	B		Discus	F10	16+	G	
		T26	16+	G						
		T27	U16	B						
		T28	U16	G						
		T29	U14	B		13.30 - 15.00	Shot Put	F11	U14	B
		T30	U14	G		Long Jump	F12	U14	G	
		T31	U12	B		High Jump	F13	U16	G	
		T32	U12	G		Ball Throw	F14	U12	G	
14.30 - 16.30	400m Heats	T33	16+	B		<i>Turbo Javelin</i>	<i>F15</i>	<i>U12</i>	<i>G</i>	
		T34	16+	G						
		T35	U16	B			Discus	F16	U16	B
		T36	U16	G						
		T37	U14	B		15.00 - 16.00	Triple Jump	F17	U16	B
		T38	U14	G		15.00 - 16.00	Triple Jump	F18	16+	G
		T39	U12	B		15.00 - 16.30	<i>Turbo Javelin</i>	<i>F19</i>	<i>U12</i>	<i>B</i>
		T40	U12	G		15.00 - 16.30	Ball Throw	F20	U12	B
16.30 - 17.30	4 x 100m Relay Final	T41	16+	B						
		T42	16+	G		16.00 - 17.00	Triple Jump	F21	16+	B
		T43	U16	B		16.00 - 17.00	Triple Jump	F22	U16	G
		T44	U16	G						
		T45	U14	B						
		T46	U14	G						
		T47	U12	B						
		T48	U12	G						

<b>N.E.C.I.S. TRACK AND FIELD MEET - Programme of Events.</b>				
<b>DAY 2.</b>				
<b>Approximate TIME</b>	<b>TRACK</b>	<b>Event</b>	<b>Age LEVEL</b>	<b>SEX</b>
08.00 - 09.00	Hurdles Finals (if necessary)	T49	U14	G
		T50	U14	B
		T51	U16	G
		T52	16+	G
		T53	U16	B
		T54	16+	B
09.00 - 09.45	100m Semi-Finals	T55	U12	G
		T56	U12	B
		T57	U14	G
		T58	U14	B
		T59	U16	G
		T60	U16	B
		T61	16+	G
		T62	16+	B
09.45 - 10.45	3000m Finals	T63	U14	G
		T64	U14	B
		T65	U16	G
		T66	U16	B
		T67	16+	G
		T68	16+	B
10.45 - 11.45	200m Semi-Finals	T69	U12	G
		T70	U12	B
		T71	U14	G
		T72	U14	B
		T73	U16	G
		T74	U16	B
		T75	16+	G
		T76	16+	B
11.45 - 12.30	400m Finals	T77	U12	G
		T78	U12	B
		T79	U14	G
		T80	U14	B
		T81	U16	G
		T82	U16	B
		T83	16+	G
		T84	16+	B
12.30 - 13.00	100m Finals	T85	U12	G
		T86	U12	B
		T87	U14	G
		T88	U14	B
		T89	U16	G
		T90	U16	B
		T91	16+	G
		T92	16+	B
13.00 - 14.00	800m Finals	T93	U12	G
		T94	U12	B
		T95	U14	G
		T96	U14	B
		T97	U16	G
		T98	U16	B
		T99	16+	G
		T100	16+	B
14.00 - 14.45	200m Finals	T101	U12	G
		T102	U12	B
		T103	U14	G
		T104	U14	B
		T105	U16	G
		T106	U16	B
		T107	16+	G
		T108	16+	B
15.00 - 16.30	4 x 400m Relay Finals	T109	U12	G
		T110	U12	B
		T111	U14	G
		T112	U14	B
		T113	U16	G
		T114	U16	B
		T115	16+	G
		T116	16+	B

<b>TIME</b>	<b>FIELD</b>	<b>Event</b>	<b>Age LEVEL</b>	<b>SEX</b>
09.00 - 10.30	Shot Put	F23	U16	B
		F24	U16	G
		F25	U12	G
	Discus	F26	U14	G
10.30 - 12.00		Shot Put	F27	16+
	F28		U16	B
	High Jump	F29	U12	B
		Discus	F30	U14
12.00 - 13.30	Shot Put		F31	16+
		F32	16+	B
		F33	U14	B
	Discus	F34	U16	G
13.30 - 15.00		Long Jump	F35	16+
	F36		U14	G

**N.E.C.I.S. TRACK AND FIELD MEET - SCHEDULE OF FIELD EVENTS BY EVENT.**

<u>Time</u>	<u>Discus</u>	<u>Shot Put</u>	<u>Ball Throw</u>	<u>Turbo Javelin</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>
<b>DAY 1.</b>							
09.00 - 10.30					U12 B		16+ B
10.30 - 12.00	16+B	U16 G			U12 G		16+ G
12.00 - 13.30	16+G	U14 G			U14 B		U16 B
13.30 - 15.00	U16B	U14 B	U12 G	U12 G	U14 G		U16 G
15.00 - 16.30			U12 B	U12 B		U16B and 16+G 15.00 - 16.00	
16.00 - 17.00						16+B and U16G	

<u>Time</u>	<u>Discus</u>	<u>Shot Put</u>	<u>Ball Throw</u>	<u>Turbo Javelin</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>High Jump</u>
<b>DAY 2.</b>							
09.00 - 10.30	U14G	U16 B			U16 G		U12 G
10.30 - 12.00	U14B	16+ B			U16 B		U12 B
12.00 - 13.30	U16G	16+ G			16+ B		U14 B
13.30 - 15.00					16+ G		U14 G

**N.E.C.I.S. TRACK AND FIELD MEET - SCHEDULE OF FIELD EVENTS BY AGE GROUP.**

<u>Time</u>	<u>U12 G</u>	<u>U12 B</u>	<u>U14 G</u>	<u>U14 B</u>	<u>U16 G</u>	<u>U16 B</u>	<u>16+ G</u>	<u>16+ B</u>
<b>DAY 1.</b>								
09.00 - 10.30		Long Jump						High Jump
10.30 - 12.00	Long Jump				Shot Put		High Jump	Discus
12.00 - 13.30			Shot Put	Long Jump		High Jump	Discus	
13.30 - 15.00	Ball Throw "+ Turbo Jav		Long Jump	Shot Put	High Jump	Discus		
15.00 - 16.30		Ball Throw "+ Turbo Jav				Triple Jump 15.00 - 16.00	Triple Jump 15.00 - 16.00	
16.00 - 17.00					Triple Jump			Triple Jump

<u>Time</u>	<u>U12 G</u>	<u>U12 B</u>	<u>U14 G</u>	<u>U14 B</u>	<u>U16 G</u>	<u>U16 B</u>	<u>16+ G</u>	<u>16+ B</u>
<b>DAY 2.</b>								
09.00 - 10.30	High Jump		Discus		Long Jump	Shot Put		
10.30 - 12.00		High Jump		Discus		Long Jump		Shot Put
12.00 - 13.30				High Jump	Discus		Shot Put	Long Jump
13.30 - 15.00			High Jump				Long Jump	

