

JUNIOR HIGH ATHLETICS

2025-2026
HANDBOOK

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The decision to provide athletic opportunities for students is the responsibility of each school. Participation levels are decided at the school level by the principal and teacher coaching staff.

The Junior High Athletic Steering Committee consists of principals and athletic directors from EPSB Junior High Schools, and the Junior High Athletic Coordinators. This committee offers direction and leadership for EPSB inter-school athletics, and assists in decision-making concerning league organization and play.

Included in this handbook are Codes of Conduct, activity guidelines, recommendations and a calendar of activities for 2025-2026. The main communication link to the schools regarding handbook and activity schedules will be through the Athletics website:

www.edmontonschoolathletics.com

EPSB Athletics Vision and Mission

EPSB Vision:

Success, one student at a time.

Athletics Mission:

In support of Edmonton Public School's Core Values of Accountability, Collaboration, Equity and Integrity; EPSB Athletics facilitates growth of physical literacy* and positive development of the whole student through participation in interschool sport.

Goals:

1. To encourage high levels of participation in physical activity, introducing students to life-long athletic pursuits aiding the development of physical literacy.
2. To encourage and provide leadership in exceptional levels of sportsmanship and co-operation among participants.
3. To provide competitive opportunities that:
 - a. Foster the pursuit of excellence
 - b. Allow students to learn resilience and gain confidence
 - c. Develop problem solving and team-work skills
 - d. Create opportunities for goal-setting

**Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.*
-International Physical Literacy Association

To best assist in the operation of junior high athletic activities for students, this information as well as the Athlete, Coach, Parent and Spectator Codes of Conduct (Appendix A-D) should be shared with all individuals who volunteer as coaches. It is recommended that coaches attend the activity meeting of the sport they are coaching. Schools are encouraged to develop their own athletic handbooks as a reflection of their school's mission statement and share this information with teacher coaches, students, parents and out-of-school coaches. The following may assist schools with the development of athletic philosophies in keeping with our Vision and Mission, as well as Division Priorities, 2022 - 2026.

Division Priorities 2022-2026

1. Build on outstanding learning opportunities for all students.
2. Advance action towards anti-racism and reconciliation.
3. Promote a comprehensive approach to students and staff well-being and mental health.

Division Policies

Reference:

[HGDJ.AR](#) - Participation in Interschool Athletic Activities

The Division recognizes participation in interschool athletic activities as an important component of the total school experience. It enhances students' skills, knowledge, and character development; it encourages healthy lifestyles; and it promotes positive attitudes within and among participating schools. The Division's commitment to providing a safe learning environment for all students extends to students' participation in all forms of interschool athletic activities.

Benefits of Athletics

Athletic opportunities support the Edmonton Public Schools' Vision Statement for students, staff, parents, community and board in that these athletic opportunities are an extension of an excellent educational program. Students who participate in athletic programs tend to have higher academic success, better attendance, lower dropout rates and fewer discipline-related concerns.

Participation in athletics provides students with valuable educational lessons in teamwork, sportsmanship, fair play, winning and losing, work ethic, goal setting, self-discipline, building self-esteem and confidence developing skills to handle challenging situations. The community at large expects schools to provide students with these skills so they may become responsible and productive adults and citizens.

Participation in athletics fosters success in post-secondary education, career choices and becoming a positive contributing member of our community and society.

Safety Guidelines for Secondary Interschool Athletics in Alberta

Teachers and coaches should become familiar with *School Physical Activity, Health & Education Resources for Safety (SPHEREs, 2025)* (myspheres.ca)

The intent of this document is to focus attention on safe instructional practices in order to minimize inherent risk. Well-planned interschool athletic activities reduce the frequency and severity of injuries. By implementing safe instructional practices, such as use of logical teaching progressions, as well as the inclusion of age appropriate activities in practice preparations, planning and regular practices, the teacher/coach guards against foreseeable risks. A guideline alone does not eliminate risk regardless of how well it is written or how effectively it is implemented. Safety awareness, based on up-to-date information, common sense observation, the teacher/coach's ability to maintain a safe environment, action and foresight are keys to safe programming.

All interschool athletic activities, regardless of complexity or simplicity of the action, have an inherent level of risk. Variable factors such as skill level, previous experience of the student athletes and teacher/coach, weather conditions, facilities and equipment, may all affect the level of risk of any activity.

It is recommended that teachers and coaches complete *Safe Sport Training (Coaching Association of Canada, 2024)* (coach.ca/sport-safety/safe-sport-training) to support safe and healthy environments in which all student athletes can thrive.

Edmonton Public School Athletics Coordinators

If you require any assistance or clarification of the information provided in this handbook, please contact the Junior High Athletic Coordinators.

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GENERAL INFORMATION

1. Participation

To participate in Junior High EPSB Athletics a student must be attending, in person, grade 7-9 in an Edmonton Public School, or an Out-of-Division Member School.

As legislated in the “Fairness and Safety in Sport Act” athletes competing in female-only leagues must be female sex at birth. Additionally female athletes must submit a “Fairness and Safety in Sport Confirmation Form” signed by a parent or legal guardian to compete in a female only league. This form must only be completed once in a student’s time participating on Edmonton Public School teams.

Exceptions:

- a. When a new school is beginning to establish an athletics program, to enable more junior high students to participate in athletics, an exception can be made to allow grade 6 students to join team sports. If a school feels this is their situation, they can request this exception by sending a letter to the EPSB Junior High Athletics. Grade 6 students may not replace any grade 7-9 students on a team.
- b. Edmonton residents attending full time grade 7-9 synchronous classes at Argyll School may be granted an exception. In this case students must attend in-person training before attending an EPSB athletic competition. If not participating on an Argyll team, students may participate at their co-current or area school if there is room on a team and no students attending that school have been released from the team.
- c. If a specific sport is not offered at a member school, an athlete may participate in that sport at another member school. Students may only participate if there is room on a team and no students attending the receiving school have been released from the team. The principals from both schools must give written permission for the transfer, and schools must confirm this transfer with EPSB Junior High Athletics.

2. Sporting Behaviour and Conduct

In keeping with the EPSB Athletics goals of excellence in sportsmanship and cooperation, all participants in EPSB interschool athletics are responsible to conduct themselves with respect and courtesy. Please see and adhere to RESPECT code of conduct poster displayed in all EPSB athletics facilities.

There must be a school representative at all competitions (games, meets, bonspiels) to supervise and ensure sporting behaviour. Teams may not play without a staff member from each school present. The staff member may be any school employee designated by the principal, may be coaching/managing the team, or watching from another part of the gym/field etc. The school representative should introduce themselves to the visiting team, and if possible the game officials. Supervision does not end until the school or host facility (including school grounds) is entirely cleared of players.

Supervised spectators at both league and playoff games are permitted at the discretion of the host school. Each school should provide a supervisor(s) other than the coach for its spectators.

Sporting Behavior Requirements:

a. **Team Members:**

Coaches, players, and bench personnel must demonstrate qualities of courtesy and good sportsmanship. These are evidenced by proper acceptance of officials' judgment, positive encouragement and bench behavior, and respect for opposing players as well as for teammates.

b. **Spectators**

Spectators, both student and adult, must demonstrate courtesy and good sportsmanship by positive cheers of encouragement for their team, not against the opposing team. This is evidenced by the absence of booing and vulgarities. Spectators must also show proper acceptance of officials' judgment.

Statement on Discipline:

- A. Coaches, as representatives of the school, are responsible for the conduct of all members of the team, including players and assistant coaches. Coaches are encouraged to coach good sporting behaviour.

For a coach to address, or permit anyone on his/her bench to address uncomplimentary remarks to any official during a competition, or to indulge in conduct that might incite players or spectators against the officials, is a violation of the rules of the game and must likewise be considered unsporting behavior.

- B. Behaviour by any member of a team deemed objectionable conduct as defined in the rule book for a sport shall be immediately subject to the penalty prescribed in the rule book for such an offense. In this situation during a game, the head official for the game shall be empowered to see that the penalty is carried out (including ejection of team member/personnel from the game site)

to allow the game to continue or if necessary, to halt further play and award the game to the non-offending team.

- C. A spectator engaged in behavior deemed unsporting, including uncomplimentary remarks to the officials, players or coaches, shall be subject to ejection from the game site.
- D. Any unsporting or violent behaviour e.g. fighting, that results in an ejection of an athlete or coach from participation in a competition shall result in a suspension from the next scheduled competition (game, match etc.) of the current season.
- E. Any conduct that results in dishonor to the athlete, the team, or the school will be acted on immediately, once reported to the Junior High Athletics Coordinators (JHAC).

The JHAC will collect reports from parties involved (can include officials, coaches, players, spectators). Once all information is collected the JHAC will share with the School Principals and Athletic Directors of the school(s) involved to deal with in the manner which they deem necessary.

- F. The Junior High Athletics Coordinators, with the Junior High Athletics Steering Committee, are at liberty to impose further sanctions or suspensions, if warranted, for egregious or multiple offences by a given participant.

Fair play codes in the form of a Players Code of Conduct (appendix A), Coaches Code of Conduct (appendix B), Parents Code of Conduct (appendix C), and Spectators Code of Conduct (appendix D) have been developed – please use or refer to these as necessary.

3. **League Play**

- a. Schedules – Junior High Athletic Coordinators will create and post league and playoff schedules on the website: edmontonschoolathletics.com.
- b. Game Time - League games to begin between 4:00 and 4:30 p.m, with second and third games to follow in doubleheaders/jamborees. Please allow for travel and suitable warm-up time. If officials and teams are ready before that time, the game may begin.
- c. Severe Weather – In the case of severe inclement weather, including tornado warnings, the site supervisor will suspend play and direct participants to seek shelter as needed.

If the site supervisor hears thunder or witnesses lighting, they will suspend play and direct participants to seek shelter. Play will be suspended for 30 minutes, after which time the supervisor will reassess and determine if a return to play is possible.

In the case of poor air quality events when the [AQHI—health index](#) is at 7 or higher, individuals are recommended to reduce or end strenuous activities

outdoors and all outdoor activities will be suspended.

- d. Host schools will make arrangements for supplies based on discussion at activity-specific coaches' meetings (score sheets, timer, score clock, mats, game ball, etc.).
- e. Officiating
 - i. Athletics Coordinators will obtain association officials for City playoffs. Each home school can request association officials for league games. If officials are not secured the home school is responsible for providing their own officials for league games.
 - ii. Schools should determine payment of referees that they arrange on their own.
 - iii. Minor Officials - the home team shall provide minor officials in accordance with the sport. (ie, Basketball: both an official scorer and an official timer, and possible "assistant". Volleyball: an official scorer and an official score clock operator. Soccer: 2 lines people to assist the official)
- f. Rules – Will follow the Provincial or National sport body rule book with modifications for EPSB Junior High play, as listed in the activity pages in the Handbook and on the league website.
- g. Out of School Volunteer Coaches – Out of school volunteer coaches are required to have a Police Record Check.

ACTIVITY CALENDAR 2025-2026

LEAGUE	REGISTRATION DEADLINES	League START	CITY CHAMPIONSHIPS
BADMINTON Girls & Boys	March 2	March 23	Zone Championships – April 20- April 23 City Championships – April 27 – April 30
BASKETBALL Girls & Boys	November 26	January 12	March 9 – 12
CRICKET Boys /Mixed	March 26	April 29	June 9
Cross Country Running Girls & Boys	September 3	September 9	October 7
CURLING Mixed	October 2	November 17	March 7
FLAG FOOTBALL Girls & Boys	March 26	April 27	June 3 RO – June 10
RUGBY (Flag) Girls & Boys 7s	March 26	April 27	May 26 – Tier 2 June 2 – Tier 1
SLO PITCH Mixed	March 26	April 27	June 9 RO – June 11 & 12
SOCCER (Indoor) Mixed	November 26	January 12	March 16
SOCCER (Outdoor) Girls & Boys	June 25	September 8	October 8 – 9
TEAM HANDBALL Girls & Boys	Register through AB Team Handball Federation www.albertateamhandball.com	April 2026	Provincial Tournament – May 2026
TRACK AND FIELD Girls & Boys	Track Venue Booking – November 18 Season - April 5	PAT schedule Zone A – May 19 Zone B – May 22 Zone C – May 25 Zone D – June 2 Zone E – May 14 Rainout – May 26, June 4	June 11 Rainout: June 15
VOLLEYBALL Girls & Boys	September 20	Tuesday, October 14	Junior – November 27 & 28 Senior – December 4 & 5
WRESTLING Girls & Boys	October 24	November 3	February 5

Seasons of Play

When considering seasons of play EPSB Athletics requests all schools and coaches honour the core value of integrity and respect the health and equity of student-athletes throughout the district. Seasons of play are meant to refer to formal organization of a team including activities such as try-outs and mandatory practices.

The goal in establishing seasons of play guidelines is two-fold:

1. To “facilitate growth of physical literacy and positive development of the whole student through participation in interschool sport”:
 - a. Research suggests being a multi-sport athlete is much healthier for student-athletes, ‘Seasons of Play’ allow athletes to participate fully on multiple teams.
2. To ensure equity in programs across the membership

Season of Play Guidelines:

Cross Country	June 15 until October 7 (not intended to include summer holidays)
Outdoor Soccer	June 15 until October 9 (not intended to include summer holidays)
Volleyball	August 18 until December 5
Curling	October 1 until March 6
Wrestling	October 1 until March 6
Basketball	November 15 until March 12
Indoor Soccer	November 15 until March 12
Badminton	February 26 until May 1
Flag Rugby	April 1 until June 16
Flag Football	April 1 until June 16
Slo Pitch	April 1 until June 16
Track and Field	April 1 until June 19
Cricket	September 1 until June 16

TIER STRUCTURE

For organizing competitions, Edmonton Public Junior High Schools are arranged into three tiers by school population.

Tier 1

- school population – 400+

Tier 2

- school population 276 - 400

Tier 3

- school population 275 & under

Schools may not move down to participate in a smaller Tier, but may move up in a sport when they deem it appropriate.

When considering moving up a Tier for a sport use the following as a guideline:

General Criteria

- Number and ability of grade 9 team members
- ability of grade 7's and grade 8's; e.g., community or club programs
- time spent by teacher/coach during season & coach's expertise
- quality of junior program
- Tier 1 Regular Season may include:
 - Premier Conference district-wide play – ability to travel
 - City Conference geographically based
- Amount of tournament play; e.g., enter 3-4 per season
- cost of program; e.g., athletic fee, league fee, transportation costs

SCHOOLS BY TIER

TIERS	SCHOOL	TEAM NAME	COLORS
Tier 1 400+	1. Allendale	Eagles	Red, Black & White
	2. Avalon	Knights	Red, Black & White
	3. D.S. MacKenzie	Trojans	Navy & Burgundy
	4. Edith Rogers	Royals	Green, Grey, Black/White
	5. Hillcrest	Mustangs	Orange & Blue
	6. John D. Bracco	Bruins	Black & Teal
	7. Kate Chegwin	Chargers	Green, White & Red
	8. Killarney	Kodiaks	Green, Black & White
	9. Kisêwâtisiwin	Wolves	Blue, Yellow, Black & White
	10. Londonderry	Lions	Navy, Gold & White
	11. Mary Butterworth	Mavericks	Black & Red
	12. McKernan	Mustangs	Blue & Yellow
	13. Michael Phair	Griffins	Black & Orange
	14. Ottewell	Titans	Red & Black
	15. Parkview	Panthers	Navy & Gold
	16. Riverbend	Centurions	Green & Gold
	17. S. Bruce Smith	Scorpions	Teal & Black
	18. Steele Heights	Eagles	Black & White
	19. Svend Hansen	Thunder	Blue & White
	20. T.D. Baker	Bulldogs	Maroon, Black & White
	21. Thelma Chalifoux	Senators	Blue & Green
	22. Vernon Barford	Blues	Navy, Royal & White
	23. Victoria	Phoenix	Red, Black & White
	24. Vimy Ridge	Raiders	Black, Grey & White
	25. Westminster	Warriors	Burgundy & Grey
Tier 2 261 - 400	26. A. Blair McPherson	Mighty	Blue & Gold
	27. Alex Janvier	All-Stars	Blue & Grey
	28. Aurora Academic Secondary*	Bears	Navy & Blue
	29. Bessie Nichols	Nighthawks	Black, Red & Gold
	30. Crestwood	Bearcats	Red, White & Blue
	31. David Thomas King	Knights	Navy & White
	32. Dickinsfield	Panthers	Black & Gold
	33. Donald R. Getty	Eagles	Gold & Green
	34. Dr. Donald Massey	Mavericks	Red, White & Black
	35. Dr. Lila Fahlman	Flyers	Gold & Blue
	36. Dr. Margaret-Ann Amour	Armour	Black & Orange
	37. Edmonton Islamic Academy*	Ashab	Green, Black & White
	38. Elizabeth Finch	Fury	Blue, Black & White
	39. Ellerslie	Tigers	Orange, White & Black
	40. Esther Starkman	Huskies	Light Blue & Black

	41. Florence Hallock	Falcons	Purple & Green
	42. Garth Worthington	Grizzlies	Orange & Grey
	43. Highlands	Ravens	Navy, Grey & White
	44. Hilwie Hamdon	Huskies	Red & Gold
	45. Jan Reimer	Ravens	Green, Black & Blue
	46. Johnny Bright	Jaguars	Green & Black
	47. Rosslyn	Road Runners	Maroon
	48. Shauna May Seneca	Eagles	Orange, Black & Green
	49. Spruce Avenue	Spartans	Black & Red
	50. STEM Collegiate*	Storm	Blue, Yellow & White
	51. Westmount	Wolves	Blue, White & Red
Tier 3 260 & Under			
	52. Alberta School for the Deaf	Eagles	Green & Yellow
	53. amiskwaciy Academy	Eagles	Black & White
	54. Aurora Academic Primary*	Bears	Blue & White
	55. Balwin	Bulldogs	Navy & White
	56. Britannia	Bears	Blue, White & Gold
	57. École À la Découverte*	Renards	Blue & Black
	58. École Michaëlle Jean*	Phénix	Black & Red
	59. Edmonton Christian Northeast	Lions	Navy & Yellow
	60. Edmonton Christian West	Lions	Blue & Gold
	61. Edmonton Classical Academy*	Phoenix	Navy, White & Gold
	62. Grandview Heights	Cougars	Blue, White & Black
	63. Hardisty	Hornets	Black & Yellow
	64. Ivor Dent	Storm	Yellow, Blue & Green
	65. Joey Moss	Joeys	Blue & Orange
	66. Kenilworth	Knights	Blue, Grey & Black
	67. Kensington		Blue & Green
	68. Kim Hung	Phoenixes	Black, Red & Gold
	69. L.Y. Cairns	Colts	Royal, Sky, Black & White
	70. Laurier Heights	Lions	Blue, White & Black
	71. MAC Islamic*	Athletics	Black
	72. Major General Griesbach	Grizzlies	Red & White
	73. Meadowlark Christian	Wolves	Grey, Black, White & Gold
	74. Michael Strembitsky	Sharks	Blue & Green
	75. Millwoods Christian	Royals	Navy, Blue & White
	76. Nellie Carlson	Cubs	Burgundy, White & Black
	77. Parkland Immanuel Christian*	Penguins	Blue, White & Yellow
	78. Stratford	Eagles	Blue & White
	79. Suzuki Charter School*	Pride	Blue & Gold
	80. Waldorf Independent School*	Wolves	Blue & White
	81. Wiikwêntôwin - Nellie McClung		Navy & Green

*Associate Member/Independent School

League Information

Competition Levels

- Junior – students born in 2013, 2014
- Senior – students born in 2010, 2011, 2012

Junior and senior in the following events:

- girls/boys singles
- mixed doubles
- girls/boys doubles

Students must be a grade 7-9 student and can be entered in only one event each.

League Exhibition Season

There will be exhibition league play within each tier. Matches will be played in 2-4 school, mini-tournaments. Up to 3 representatives per category, per school.

Seniors will play on Mon./Tues. and Juniors play Wed.

- Monday, March 23 & Wednesday, March 25 – Singles
- Tuesday, April 7 & Wednesday, April 8 – Doubles
- Monday, April 13 & Wednesday April 15 – Mixed Doubles

Zone Championships

Each school may enter 2 representatives in each category to the Zone Championships. Declare school reps by Tuesday, April 14 (Seniors) Thursday, April 16 (Juniors).

Play Dates

- Monday, April 20 – Seniors (Thursday, April 23 - based on gym availability)
- Wednesday, April 22 – Juniors (Thursday, April 23 – based on gym availability)

Tournament Format

- Round Robin Format: 1 game to 11 points – capped.
- Quarter Final: One game to 15 (win by two)
- Semi-finals & Finals – Best of Three –11 points (win by two)

City Championships

- Monday, April 27 – Seniors
- Wednesday, April 29 - Juniors

Tournament Format

- Round Robin Format: 1 game to 15 points – capped.
- Semi-finals & Medal Matches: Best of Three –15 points (win by two)

Playing Rules

Will be according to the current rules utilized by IBF Laws of Badminton, available through Badminton Alberta.

BASKETBALL

League Information

Competition Levels

- Junior Boys & Girls – grade 7 and 8 students
- Senior Boys & Girls – grade 7, 8 and 9 students
 - If an athlete plays a league senior game they become ineligible to play on the junior team.

Regular Season

- Teams will be divided into Geographical pools in their Tiers and play all teams in their pool. A Premier city-wide division will be created in Tier 1 as necessary.
- Playdates: double-headers with start times at 4:15pm and 5:35pm
- EBOA officials will attempt to be secured for games. If none are available the home school is responsible for providing officials.

Playoffs

- The top teams in each pool will advance to playoffs – see website for playoff format and dates.

Playing Rules

Will be according to the current rules utilized by FIBA with the following modifications for junior high play:

- Four eight-minute quarters - stopped time. During the last two minutes of the second half and the final two minutes of the subsequent extra period, the game clock shall be stopped following a successful field goal.
Overtime - 5 minute period.
- Man-to-man defence during league play, including playoffs. See website for Zone Defence Clarification.
 - Zone full court press may be utilized. When ball crosses centre line defensive team reverts to man-to-man play. After a 20-point spread, full court press must be taken off.
- Over and back line on small courts will be determined by coaches and referees before start of game.
- Please note “Fair Play” Mercy Rule - if midway through 4th quarter, the score

- has a 30 point difference, clock may run except during time-outs and free throws.
- In an attempt to minimize running up scores, there is a 20-point maximum differential that will be recorded from the final score.
 - Example: 60-25 will be recorded as 45-25
- Forfeits will be recorded as 20-0 in favour of the winning team
- There is no cap on roster size.

FIBA Rules Highlights:

- 24-second shot clock (Called by officials, except in playoff where a shot clock is available).
- Leather game ball: girls size 28.5 (6); boys size 29.5 (7)
- 5 timeouts per game - 2 in first half; 3 in second half with no carry over. Only 2 can be used in final 2 minutes of game.

League Tie-breaker Rules:

If 2 or more teams have the same win-loss record of all games in the pool, the game(s) between these 2 or more teams shall decide the ranking.

If the 2 or more teams have the same win-loss record of the games between them, further criteria will be applied in the following order:

1. Higher game points difference of the games between them.
2. Higher number of game points scored in the games between them.
3. Higher game points difference of all games in the pool.
4. Least amount of game points surrendered in all games in the pool.

If at any level of these criteria one or more team(s) can be ranked, the procedure shall be repeated from the beginning for all the remaining teams not ranked yet.

If these criteria still cannot decide, a draw shall decide on the final ranking.

Cross-Pool Tie Breaker Rules:

To determine wild card positions or home court advantage in playoffs, criteria will be applied in the following order:

1. Higher win/loss percentage in regular season games
2. Higher game points difference/game in regular season games
3. Least amount of goals allowed/game in regular season games

If these criteria still cannot decide, a draw shall decide on the final ranking.

CRICKET

League Information

- Matches are held at the Millwoods Park (66 St. & 23 Ave.) & Coronation Park (11425 142 street) Cricket Pitches
- Teams will play each team in their pool
- Game start time 4pm/4:15pm. Please allow for travel.
- 10 a side. Reserve players optional, players may be substituted at the halfway point of the match. Any mix of girls and boys.
- Alberta Cricket will provide equipment, umpires and scorebooks
- Schools must provide protective 'cups' for batting players
- Students must be wearing Athletic attire or cricket 'whites' wherever possible
- Teams without uniforms must bring pinnies (used as a uniform) to distinguish between two teams
 - Example: Vernon Barford – blue pinnies, Kate Chegwin – green pinnies.
- Winning teams email results to John.Ioannides@epsb.ca within 24 hours so that standings can be updated each week.

Playing Rules

- Each batting pair will bat two 'overs' (12 balls) each
- Each student will bowl two 'overs' when fielding.
- Normal ICC run-scoring in effect. Teams will be deducted 5 runs every time they lose a wicket. Batting pairs will bat for the full 2 overs despite losing any wickets.

Please contact Chris Marathalingam (Alberta Cricket) at 780-438-0460 if you have any questions regarding rules.

CROSS COUNTRY RUNNING

League Information

Age Categories

- Junior - students born in 2013 or later
Intermediate - students born in 2012
Senior - students born in 2011 or earlier
*All students must be in grades 7-9

Distances

All students will run the same distances in the first two meets. Orienteering Run distances will be determined by the athlete.

City Championships Distances:

- Junior - 2000m
Intermediate - 3000m
Senior - 4000m

Season

- Tuesday, September 9 at Northeast River Valley Park (2K Individual Run)
Tuesday, September 16 at Rundle Park (Orienteering Run)
Tuesday, September 23 at Aspen Drive/122 St to Vernon Barford (Individual Run)
Tuesday, October 8 at Goldbar Park (City Championship)

Athletes should enter at least two of the first three meets to qualify for the Championship

Awards

Team Awards:

- Tiers 1, 2 and 3 – aggregate scores to be awarded according to team results
- Step 1: Top 3 racers from each school in each age category earn points for their school. *Minimum 3 athletes needed to qualify in a category
Example: 1st = school A - 2nd, 10th, 15th = 27 total
2nd = school B – 1st, 11th, 17th = 29 total
- Step 2: School are ranked by placing totals and top 10 in each category are given aggregate points
Example: school A (1st) = 10 aggregate points
school B (2nd) = 9 aggregate points
- Step 3: Aggregate points are tabulated and places awarded for each Tier
 - In the event of a tie - best place finish of the first runner is considered.

Individual Awards:

- Gold, Silver & Bronze medals in each category
- Finisher Ribbons for all City Championship Athletes

League Information

Regular Season

- There will be three leagues - Saville Monday & Saville Friday
- Games begin at 4:15 p.m. and go to approximately 5:45 p.m.
- Teams will play 2 Exhibition Games and then a Round Robin
- Schools are responsible for ensuring clean footwear, and providing sliders and brooms for their teams. Please remind curlers not to wear any form of clothing that may drag on the ice. Students should dress comfortably for activity. Change of footwear for use on ice will be mandatory.

Playoffs

- League Championship: the top four teams will qualify for the Championship Side Playoffs, next four teams will qualify for the Consolation Side Playoffs
- Top teams from each league + wildcards to bring the total to 16 will qualify for the Combined League City Championship Bonspiel
- Championship Bonspiel will be a 16 team Oregon Draw to determine the overall Combined League City Championship

Playing Rules

Will be according to the current rules utilized by Curling Canada with the following modifications for junior high play:

- We stress our leagues are mixed and would like to see 2 girls/2 boys, but teams may be of any ratio of girls/ boys. Some schools will be playing with various combinations - your understanding is appreciated.
- Substitutions: Players may substitute as well as switch positions in between ends. A team must have a minimum of three players to begin a game.
- Late Arrival
 - 10-20 minutes late – the non-offending team receives one point. Game begins with the non-offending team having Last Stone in the first end of play.
 - 20+ minutes late – match is forfeited and a score of 4-0 will be recorded.

- It is the intent of our league that the players officiate themselves and adult interference is avoided no matter how well intended.
 - After the first 5 weeks, coaches are not allowed to be on ice and coaching during games. No coaching from behind the glass using hands signals etc. – allow players to strategize and pick shots for themselves.
 - Coaches should not be involved in the determination of scoring. Allow players to decide on close rocks situations for scoring. If help is needed (ie. How to measure) a neutral coach may assist. If the students are unable to make the determination the rocks are “a wash” – no further points awarded in that end.

- Adult On-Ice Assistance – Adult Stewards

Our curling league encourages students to build independence and leadership through independent strategy and decision making. While recognizing this, we also strive to assist student-athletes to grow in sporting behavior, curling skills, and knowledge of curling rules and etiquette. To balance both of these goals:

 - One Adult Steward per team will be permitted to be on the ice
 - Permitted for five weeks: the first four weeks of the season, and the first week back in January. (May be five consecutive weeks, depending on league schedule)
 - There are no requirements for any team to provide any on-ice adult personnel, this is opened as an opportunity, not a necessity
 - May be a coach, or an adult assistant coach designated by the team coach.
 - Can assist students from any school, as necessary
 - Are to coach skills, curling etiquette and sporting behavior or help with strategy as necessary, ensuring they do not interfere or slow down game play; only offering assistance as needed

- 1 – two-minute timeout per match. In this instance coaches may enter the rink to talk to players, but may not step onto the ice.

- Game length – in Regular Season the goal is 4-5 ends. A horn will sound at 5:15pm. When athletes hear the horn – they are to complete the end they are on and play one more end. City Championships games are all 4 ends.

- There are no ties allowed. Conduct a draw to the button by skips if tied after the final end. Sweeping is allowed only on your own team rock.

FLAG FOOTBALL

League Information

Regular Season

- Teams will be divided into Geographical pools in their respective Tiers and play all teams in their pool.
- Playdates: Jamboree format with 2-3 teams travelling to host, with start times at 4:15pm, 4:55pm and 5:35pm
- EFFA officials will be booked for games as available. All teams must have an individual to officiate games EFFA officials are not available for.

Playoffs

- The top teams in each pool will advance to playoffs – amount of teams (three-six) will be based on pool size
- Every attempt will be made to book officials for ¼ final games – if none are available, team coaches/staff are responsible for officiating. Semi-Finals and Finals will all have EFFA officials.
- City Championship Finals will take place June 3 @ Vernon Barford Fields.

Playing Rules

Rules are modelled off of Football Canada/CFL/NFL Flag League with EPSB modifications - see league page on edmontonschoolathletics.com for full rules package.

- 5 players a side
- Uniforms:
 - All players should be wearing the same colour shirt/jersey. Numbers are required.
 - Shorts must be a different colour than flags and may not have pockets.
- Flags – League Flags – pop flags new for 2026 season
- No metal cleats
- All athletes must wear a mouth guard

League Information

Exhibition Season

- Jamboree Play: 1- 3 school teams travel to one host site
- Coaches arrange informal round robin with teams participating on each day
- Games start at 4:15 p.m. or sooner (allow for travel)
- Exhibition game times: Two 10 minute halves, with a 5 minute half time.
- Coaches officiate
- Coaches record team Wins/Loses to help set up Championship Tournament seeds

Playoffs

- Tier 1 & Tier 2 Championship Festivals
- One boys & one girls entry/school
- Each team will be placed in a pool and play a round robin
- Top teams advance to elimination playoffs
- Nor'Westers officials

Playing Rules

Full Junior High Flag Rugby Laws & the Summary of Laws can be found on the Rugby League Page at edmontonschoolathletics.com

- 7 players per side – Squad size can be any number
- Field of Play - Regular size field (can be modified depending on numbers).
- Ball Size 4 or 5 (5 for games – if possible).
- Flag – Good quality, long enough
- Shorts must be a different colour than flags and may not have pockets
- Length of Games - Championships: Two 7-minute halves, 2-minute break for half time.

INDOOR SOCCER

League Information

- Mixed league
 - 2 players of each gender on the field of play at all times
 - 1 player of the 2 can be the goalie
- Games start – 4:00, 4:15, 4:30 p.m. at Edmonton Indoor Soccer Centers.
- Game length – two 25-minute halves
- 1 Time out per team per game. Can be requested at any stoppage in play.
- Game Results:
 - Regular season games may end in a tie.
 - Standings = 3 points for a win, 1 point for a tie
 - Playoff games go directly to shoot-out from penalty kick area
 - Teams must have at least 1 player of each gender in first 5 kickers.
 - If tie is not broken after each team has taken 5 kicks, continue with alternating single kicks until tie is broken. All eligible players must take a kick before any player takes a second kick.
- Fair Play Rule: Maximum goal differential +5
 - e.g.: 9-2 would be recorded as 7-2
- Forfeit: Recorded 5-0

Playing Rules

Playing rules will be according to the current rules utilized by Edmonton Minor Soccer Association (EMSA)

League Tie-Breaker Rules

Two teams tied – game played between the two teams will decide.

if still tied, goals for/goals against difference in the total regular season will determine;

if still tied least goals against;

if still tied most goals scored;

Three or more teams tied – games played between the tied teams will decide (win/loss).

if still tied, games played between the tied teams will decide (goals for/against difference)

if still tied, total goals for/goals against difference in the regular season will decide

if still tied – least goals against

if still tied – most goals scored

If teams remain tied after all of the tiebreakers listed above have been exhausted, a coin-toss will determine ranking

OUTDOOR SOCCER

League Information

- All games will be composed of two 30-minute halves.
- Tier 3 Mixed – Each team must have a minimum of 4 players of each gender on the field at all times. (e.g. 7 boys/4 girls ratio must be maintained) If a team is short the minimum number of players per gender they will forfeit the game.
- Game Ball: Leather - Size 5
- Field Markings:
 - As a condition of league participation, schools are responsible for having fields marked. Each field should be clearly lined, and pylons or flags used at the four corners and halfway. During registration schools can request a contractor to mark their field, or mark the field on their own.
- Game Results
 - Regular season games may end in a tie.
 - Points = 3 points for a win, 1 point for a tie
 - In playoffs, if the score is still tied after regulation time:
 - Play a maximum of two 5-minute periods
 - If teams are still tied at the end of two 5-minute periods, a shoot-out occurs; 5 kicks from each team (5 different players) alternate kicks between teams.
 - Only those players from each team who are on the field participating in the game at the end of the final overtime period are eligible to kick
 - Coaches establish first 5 shooters, which must shoot in order (list given to referee)
 - If tie is not broken after each team has taken 5 kicks, continue with alternating single kicks until tie is broken. All eligible players must take a kick before any player takes a second kick.
 - If still tied, sudden death shoot-out continues with players 1 through 11 in the same previous order.

Playing Rules

Playing rules will be according to the current rules utilized by FIFA Soccer.

- All players must wear appropriate attire (i.e., shin pads, proper gym shoes, shorts and matching tops). Players may wear either running shoes or rubber soccer cleats. Jewellery, including taping of jewellery is not permitted.
- Fair Play Rule: Maximum goal differential +5; e.g.: 7-0 would be recorded as 5-0
- Rain-Out game that cannot be played – each team will be awarded 1 point
- Forfeit: Recorded 5-0.

League Tie-Breaker Rules

Two teams tied – game played between the two teams will decide.

if still tied, goals for/goals against difference in the regular season will determine;

if still tied least goals against;

if still tied most goals scored;

Three or more teams tied – games played between the tied teams will decide (win/loss).

if still tied, games played between the tied teams will decide (goals for/against difference)

if still tied, total goals for/goals against difference in the regular season will decide

if still tied – least goals against

if still tied – most goals scored

If teams remain tied after all of the tiebreakers listed above have been exhausted, a coin-toss will determine ranking

League Information

Regular Season

- Teams will be divided into Geographical pools in their Tiers and play all teams in their pool.

Playoffs

- The top teams in each pool will advance to playoffs – amount of teams (three-six) will be based on pool size
- City Championship Finals will take place June 11, 2026

Playing Rules

Full Junior High Mixed Slo-Pitch Rules can be found on the Slo-Pitch League Page at edmontonschoolathletics.com. Where not listed playing rules will be according to the current rules utilized by Alberta Softball (AASA).

- Equipment
 - Helmets are mandatory for all batters and base runners. Helmets must have a chin strap.
 - Catchers and pitchers must wear a mask. Other equipment is optional based on team preferences
 - No metal cleats
 - Mat Dimensions: 2-feet by 3-feet
- Rosters may be any size.
- Each team must have a minimum of 4 players of each gender on the field at all times. (e.g. 6 boys/4 girls ratio must be maintained).
 - If a team cannot field 10 players, the minimum allowed will be 8.
 - 3 girls & 5 boys = no outs
 - 3 girls & 6 boys = out taken in 10th spot of batting order
- Starting line ups may be 10 players, 11 players, or 12 players
 - If adding an extra player or two to your line up:
 - 11 players – may add a player of either gender, 6 & 4 ratio must be maintained in field – all players may play any position for any amount of innings in field
 - 12 players – extra players must be one boy and one girl, 6 & 4 ratio must be maintained in field – all players may play any position for any amount of innings in field
 - Note: All players in original batting lineup bat, regardless of whether or not they have played in the field

- The players in the starting lineup (10, 11, or 12 players originally listed on batting order) may be substituted for and may subsequently be re-entered once, in the same spot in the order so that the batting order stays the same.
 - Substitutions - boy for boy/girl for girl.
 - In the case of a substitution players must play defense before they can bat.
- Courtesy runner (last recorded out) may be used in case of injury. The umpire should be made aware that a courtesy runner will be required prior to the game, or after an injury occurs. The players must make it to first base on their own. A courtesy runner may then take their place at first.
- Players must play 1 season game to qualify for playoffs.
- Game Play
 - 7 inning games, maximum 5 runs per inning, 7th or final inning will be unlimited runs.
 - Games will be played in 1 hour 30 minutes, with no new innings starting after 1 hour 15 minutes. This does not include playoffs. Announce before last inning starts.
 - Mercy Rule: after 5th inning 10 run lead. Teams may continue to play if both teams agree and time allows.
 - Tie after 7 – International rule in effect – the batter to last bat in the previous inning goes to second as a base runner. Batting order then continues as written.
 - Default game score is 7-0.
 - Four straight balls (0 strikes) to any batter – batter advances to second, next batter still bats.

League Tie-Breaker Rules:

- If 2 or more teams have the same win-loss record of all games in the regular season, the game(s) between these 2 or more teams shall decide the ranking.
- If the 2 or more teams have the same win-loss record of the games between them, further criteria will be applied in the following order:
 - Higher run difference of the games between them.
 - Higher number of runs scored in the games between them.
 - Higher run difference of all games in the regular season.
 - Least amount of runs surrendered in all games in the regular season.
- If at any level of these criteria one or more team(s) can be ranked, the procedure shall be repeated from the beginning for all the remaining teams not ranked yet.
- If these criteria still cannot decide, a draw shall decide on the final ranking

TRACK AND FIELD

League Information

Age Categories:

- Junior - students born in 2013 or later
Intermediate - students born in 2012
Senior - students born in 2011 or earlier
*All athletes must be in grades 7-9

Zone Meets

- 5 full day zone meets – 9:45 a.m. – 3:30 p.m.
- each school may enter up to 2 competitors per event per age class in all events, except 4x100M relays where 1 team per event per age class may be entered
- competitors must remain in their age classification for all events.
 - Exception: competitor may compete at a higher classification but must compete at that classification in all other events.
- each competitor may enter two events plus be a member of a relay team;
 - e.g.: 2 track and relay, 2 field and relay, 1 track and 1 field, and relay
- if a competitor is entered in two events being conducted at the same time
 - competitor must check in with the officials at both events as close to the beginning of each event as possible
 - track events take precedence over field events, a competitor must run in their scheduled heat
 - a competitor must have completed a qualifying throw or jump before the event proceeds to the additional 1-3 trials awarded to the top competitors, or will not be permitted to compete in the event
- competitors must compete in their school's allocated zone meet
- events not requiring heats will be run as finals
- the top 3 in each age class in each event will qualify for the City Championships
- entries for zone meets must be sent electronically on HyTek to Valerie Kemp at emoctrack@gmail.com by 4:00 p.m. date listed on Allocation Page
- record performances will be recorded at the Zone and City Championship meets
- all schools will have meet responsibilities – ie. Bring long jump student volunteers & equipment

City Finals

- Tuesday, June 9 – 9:45 a.m. – 6:00 p.m @ Rollie Miles
- Semi-Finals heats will be run in all laned events, top eight competitors will advance to finals later in the day
- Medal will be awarded to the top 3 competitors in each event, ribbons will be awarded for 5th – 8th place finishers
- all schools with qualifying athletes will have meet responsibilities

2026 Track and Field Zone Allocations

9:45am – 3:30pm @ Rollie Miles

Tuesday, May 19	Friday, May 22	Monday, May 25	Tuesday, June 2	Thursday, May 14
Zone A	Zone B	Zone C	Zone D	Zone E
Alex Janvier Allendale Avalon Balwin Britannia Edm. Christian NE Florence Hallock Kim Hung Mary Butterworth Maj. Gen. Griesbach Meadowlark Christian Millwoods Christian Nellie Carlson Spruce Avenue Svend Hansen T. D. Baker	A Blair McPherson amiskwaciy Academy Bessie Nichols David Thomas King Edith Rogers Edm. Christian West Hardisty Joey Moss kisêwâtisiwin Laurier Heights Londonderry MAC Islamic School Michael Phair Riverbend Rosslyn STEM Collegiate	AB School for the Deaf Aurora Crestwood Esther Starkman Highlands Ivor Dent Kate Chegwin Kenilworth Ottewell Parkland Immanuel Parkview Steele Heights Suzuki Victoria Wihkwêntôwin NM Waldorf Indep.	Argyll School Donald R. Getty Dr. Donald Massey Dr. Lila Fahlman École À la découverte Edm. Classical Academy Elizabeth Finch Grandview Heights Hilwie Hamdon John D. Bracco Killarney McKernan Michael Strembitsky Stratford Vernon Barford Vimy Ridge Westmount	Dickinsfield Dr. Margaret-Ann Amour D.S. MacKenzie École Michaëlle Jean Edmonton Islamic Ellerslie Garth Worthington Hillcrest Jan Reimer Johnny Bright Kensington LY Cairns S Bruce Smith Shauna May Seneca Thelma Chalifoux Westminster

IMPORTANT DATES –

Hy-Tek Training: Wednesday, April 15 @ Michael Phair School

Hy-Tek Entries to Val: Zone E – Monday, May 11
 Zone A – Wednesday, May 13
 Zone B – Tuesday, May 19
 Zone C – Wednesday, May 20
 Zone D – Monday, May 25

Zone Rainout Day: Tuesday, May 26
 Thursday, June 4

City Finals: Thursday, June 11 @ Rollie Miles - 9:45-3:30pm

City Finals Rainout Day: Monday, June 15

Order of Events – Zone Meets

Track Events

- first event will begin at 9:45am – events will follow after in order listed times are approximate, be ready to go when event is called

Qualify to City Championships

- top 3 athletes in each event qualify

<p>1. 4 x 100 Metre Timed Final (9:45am)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	<p>5. 200 Metre Timed Final (12:45 pm)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
<p>2. 100 Metres Heats (10:30 am)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	<p>6. 400 Metre Timed Final (1:45 pm)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
<p>3. 1500 Metre Timed Final (11:15 am)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	<p>7. 100 Metre Final (2:45pm)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys
<p>4. 80M Hurdles Timed Final (12:15 pm)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys 	<p>8. 800 Metre Timed Final (3:00pm)</p> <ul style="list-style-type: none"> • junior girls • intermediate girls • senior girls • junior boys • intermediate boys • senior boys

Field Events

- Start times are approximate – please make students are ready to begin at these times
- Track events take precedent over field events – students should check into field event then proceed to track event
- Athletes must have completed one qualifying trial (throw/jump) before the extra trials begin to qualify in the event

Qualify to City Championships

- all field events - top 3 in each age class in each zone meet

High Jump (East Mat) <ul style="list-style-type: none"> • Junior Girls • Intermediate Girls • Senior Girls 	10:30 a.m. 12:15 p.m. 1:45 p.m.	High Jump (West Mat) <ul style="list-style-type: none"> • Junior Boys • Intermediate Boys • Senior Boys 	10:30 a.m. 12:15 p.m. 1:45 p.m.
Long Jump (Southwest Pit) <ul style="list-style-type: none"> • Senior Girls • Junior Girls • Intermediate Girls 	10:30 a.m. 12:15 p.m. 1:45 p.m.	Long Jump (Northwest Pit) <ul style="list-style-type: none"> • Senior Boys • Junior Boys • Intermediate Boys 	10:30 a.m. 12:15 p.m. 1:45 p.m..
Triple Jump (Southeast Pit) <ul style="list-style-type: none"> • Intermediate Girls • Senior Girls • Junior Girls 	10:30 a.m. 12:15 p.m. 1:45 p.m.	Triple Jump (Northeast Pit) <ul style="list-style-type: none"> • Intermediate Boys • Senior Boys • Junior Boys 	10:30 a.m. 12:15 p.m. 1:45 p.m.
Shot Put I (East Circle) <ul style="list-style-type: none"> • Senior Girls • Junior Girls • Intermediate Girls 	10:30 a.m. 12:15 p.m. 1:45 p.m.	Shot Put 2 (West Circle) <ul style="list-style-type: none"> • Senior Boys • Junior Boys • Intermediate Boys 	10:30 a.m. 12:15 p.m. 1:45 p.m.
Turbo Javelin (North Infield) <ul style="list-style-type: none"> • Intermediate Girls • Senior Girls • Junior Girls 	10:30 a.m. 12:15 p.m. 1:45 p.m.	Turbo Javelin (South Infield) <ul style="list-style-type: none"> • Intermediate Boys • Senior Boys • Junior Boys 	10:30 a.m. 12:15 p.m. 1:45 p.m.

Order of Events – City Championship

TRACK EVENTS	FIELD EVENTS																																																												
<p><u>These are all APROXIMATE TIMES.</u> <u>Events will proceed directly after the conclusion of the previous race.</u></p> <ol style="list-style-type: none"> 1. 4 x 100 Metre Semi Final Heats (9:45 am) 2. 80M Hurdles Semi Final Heats (10:35 am) 3. 200 Metre Semi Final Heats (11:15 am) 4. 400 Metre Semi Final Heats (11:55 am) 5. 1500 Metre Final (12:35 pm) 6. 100 Metre Semi Final Heats (1:35 pm) <p style="text-align: center;">Lunch Break</p> <ol style="list-style-type: none"> 7. 80M Hurdles Final (2:30 pm) 8. 4 x 100 Metre Final (2:50 pm) 9. 200 Metre Final (3:30 pm) 10. 400 Metre Final (3:55 pm) 11. 800 Metre Final (4:15 pm) 12. 100 Metre Final (5:00 pm) <p>In all track events, age categories will proceed in the following order:</p> <ol style="list-style-type: none"> 1. Junior Girls 2. Intermediate Girls 3. Senior Girls 4. Junior Boys 5. Intermediate Boys 6. Senior Boys 	<p style="text-align: center;">High Jump – East Mat</p> <table style="width: 100%; border: none;"> <tr><td style="text-align: right;">Junior Girls</td><td style="text-align: left;">10:30 a.m.</td></tr> <tr><td style="text-align: right;">Intermediate Girls</td><td style="text-align: left;">12:15 p.m.</td></tr> <tr><td style="text-align: right;">Senior Girls</td><td style="text-align: left;">3:30 p.m.</td></tr> </table> <p style="text-align: center;">High Jump – West Mat</p> <table style="width: 100%; border: none;"> <tr><td style="text-align: right;">Junior Boys</td><td style="text-align: left;">10:30 a.m.</td></tr> <tr><td style="text-align: right;">Intermediate Boys</td><td style="text-align: left;">12:15 p.m.</td></tr> <tr><td style="text-align: right;">Senior Boys</td><td style="text-align: left;">3:30 p.m.</td></tr> </table> <p style="text-align: center;">Long Jump – Southwest Pit</p> <table style="width: 100%; border: none;"> <tr><td style="text-align: right;">Intermediate Girls</td><td style="text-align: left;">10:30 a.m.</td></tr> <tr><td style="text-align: right;">Senior Girls</td><td style="text-align: left;">12:15 p.m.</td></tr> <tr><td style="text-align: right;">Junior Girls</td><td style="text-align: left;">3:30 p.m.</td></tr> </table> <p style="text-align: center;">Long Jump – Northwest Pit</p> <table style="width: 100%; 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Senior Girls	10:30 a.m.																																																												
Junior Girls	12:15 p.m.																																																												
Intermediate Girls	3:30 p.m.																																																												

**EDMONTON JUNIOR HIGH SCHOOL ATHLETICS
GIRLS TRACK AND FIELD RECORDS AS OF
2025 City Championships**

JUNIOR

Event	Name	School	Year	Record
80 m Hurdles	Krista Kaert	Vernon Barford	1998	13.03
4 x 100 Relay	Vernon Barford	Vernon Barford	2013	:53.58
1500 m	Sadie Sigfstead	Avalon	2016	4:40.28
400 m	Monica Highbaugh	Edith Rogers	1986	1:00.12
200 m	Cheryl Allen	D.S. MacKenzie	1985	:25.46
800 m	Sadie Sigfstead	Avalon	2016	2:23.22
100 m	Cheryl Allen	D.S. MacKenzie	1985	:12.71
High Jump	Irene Okolo	Wellington	1980	1.55
Long Jump	Carolyn Kolton	Stratford	1976	4.84
Shot Put	April Houle	Stratford	1979	10.91
Triple Jump	Yllana Estillore	Hillcrest	2017	10.11
Turbo Javelin	Charlee Trudgeon	Esther Starkman	2017	30.96

INTERMEDIATE

80 m Hurdles	Angela Whyte	Westminster	1994	:12.26
4 x 100 Relay	D.S. McKenzie	D.S. MacKenzie	1986	:51.99
1500 m	Sadie Sigfstead	Riverbend	2017	4:38.61
400 m	Kelly Kryzanowski	Laurier Heights	1982	:59.70
200 m	Cheryl Allen	D.S. MacKenzie	1986	:25.12
800 m	Sophie Sigfstead	Crestwood	2014	2:17.41
100 m	Cheryl Allen	D.S. MacKenzie	1986	:12.25
High Jump	Colleen Whitmore	Riverbend	1985	1.58
Long Jump	Mattea Francis	Kenilworth	2010	5.08
Shot Put	Alfreda Okolie	Edmonton Christian West	2022	12.66
Triple Jump	Ruth Ginther	McKernan	1995	10.64
Turbo Javelin	Iihan Ibrahim	Rosslyn	2005	38.17

SENIOR

80 m Hurdles	Angela Whyte	Westminster	1995	:11.88
4 x 100 Relay	D.S. MacKenzie	D.S. MacKenzie	1978	:50.40
1500 m	Sophie Sigfstead	Crestwood	2015	4:33.76
400 m	Cheryl Allen	D.S. MacKenzie	1987	:55.58
200 m	Janelle Lee Pong	Meadowlark Christian	2005	:25.53
800 m	Sophie Sigfstead	Crestwood	2015	2:11.91
100 m	Janelle Lee Pong	Meadowlark Christian	2005	11.90
High Jump	Stephanie Shultz	D.S. MacKenzie	1987	1.61
Long Jump	Joanne Otto	Grandview Hts.	1981	5.50
Shot Put	Ruby Straszynska	Allendale	2018	12.55
Triple Jump	Kory White	Hillcrest	2013	11.02
Turbo Javelin	Jessica Anderson	T.D. Baker	2005	40.68

**EDMONTON JUNIOR HIGH SCHOOL ATHLETICS
BOYS TRACK AND FIELD RECORDS AS OF
2025 City Championships**

JUNIOR

Event	Name	School	Year	Record
80 m Hurdles	Tim Dzenick	Hardisty	1975	11.90
	Jacob Rozon	Vernon Barford	2005	11.90
4 x 100 Relay	Vernon Barford	Vernon Barford	1994	50.67
1500 m	Isaak Kornelsen	Avalon	2004	4:44.18
400 m	Davis Foth	Riverbend	1991	57.34
200 m	Ezra Estillore	Hillcrest	2023	24.89
800 m	GlenAssheton-Smith	Kenilworth	1977	2:15.50
100 m	Kwadwo Gyimah	Aurora	2023	12.10
High Jump	Rick Vogel	Stratford	1975	1.67
Long Jump	Steven Dawes	Balwin	1988	5.83
Triple Jump	Chris Muchena	Vernon Barford	1999	11.34
Shot Put	Cam McArthur	Hardisty	1993	14.05
Turbo Javelin	Hudson ten Brinke	Parkland Immanuel Christian	2017	42.90

INTERMEDIATE

80 m Hurdles	Colin Amsbaugh	D.S. MacKenzie	1998	11.07
4 x 100 Relay	D.S. MacKenzie	D.S. MacKenzie	1984	:46.07
1500 m	Cole Peterson	Vernon Barford	2007	4:26.64
400 m	Dave McNeil	D.S. MacKenzie	1984	:53.81
200 m	John Odai	Steele Heights	1984	:23.54
800 m	Lee Miller	D.S. MacKenzie	1980	2:06.00
100 m	Tyson Day	Parkview	2005	:11.28
High Jump	Stephen Parker	Killarney	1993	1.81
Long Jump	Ryan Sweeney	Vernon Barford	1995	6.32
Triple Jump	Ethan Puyaoan	Michael Phair	2019	12.45
Shot Put	Gordon Whittaker	Grandview Hts.	1980	13.86
Turbo Javelin 500g	Xavier Lampshire	Allendale	2023	40.65
Turbo Javelin 300g	Jordan Kemp	Johnny Bright	2013	48:34

SENIOR

80 m Hurdles	Randy Korchinski	Rosslyn	1983	:10.60
4 x 100 Relay	Dan Knott	Dan Knott	1981	:45.00
1500 m	Aaron Robson	Vernon Barford	2001	4:19.46
400 m	Elvis Haughton	J.D. Bracco	1997	:52.12
200 m	Karl Jones	Killarney	1985	:22.50
800 m	Mike Loschack	T.D. Baker	2007	2:03.31
100 m	Tim Kong	Vernon Barford	2009	:10.87
High Jump	Matt Cardoza	Vernon Barford	2004	1.90
Long Jump	Travis Davson	Edith Rogers	1995	6.38
Triple Jump	Chris Muchena	Vernon Barford	2001	13.08
Shot Put	Greg Ganton	Ritchie	1975	15.33
Turbo Javelin 500	Ryan Appelt	S. Bruce Smith	2015	47.90
Turbo Javelin 300	Tyler Nguyen	Riverbend	2009	51.80

Playing Rules

<p>Starting Position for 80M Hurdles, 100M, 200M, 400M, 4 x 100M Relays</p>	<ul style="list-style-type: none"> - A Crouch Start is compulsory (Starting blocks optional) - “On your marks” command = an athlete shall approach the start line, assume a position with both hands and at least one knee in contact with the ground and both feet in contact with the ground or foot plates of the starting blocks. - “Set” command = an athlete shall immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the ground or foot plates of the blocks. - Once the Starter is satisfied that all athletes are steady in the Set position the gun shall be fired. 	
<p>Hurdles</p>	<p>Total Distance 80m Distance to first hurdle 12 m Distance between hurdles 8 m Distance after last hurdle 12 m (8 flights) Hurdle height 30 in. or 76.2 cm or .762 m</p>	
<p>Lane Assignments for City Championships</p>	<p>HyTek Results program will assign lanes according to times.</p>	
<p>Starting Heights for High Jump</p>	<p><u>Girls</u> Junior 1.10 m Intermediate 1.15 m Senior 1.20 m</p>	<p><u>Boys</u> Junior 1.20 m Intermediate 1.25 m Senior 1.30 m</p>
<p>Shot Put</p>	<p>Girls / Junior Boys 2.7 kilo Intermediate / Senior Boys 4.0 kilo</p>	
<p>Turbo Javelin</p>	<p>Girls /Junior Boy 300 grams Intermediate / Senior Boys 500 grams</p>	

High Jump Information for Officials

Competition

1. A competitor should take off from one foot.
2. A competitor fails if after the jump, the bar does not remain on the supports because of the action of a competitor while jumping.
3. Extraneous Forces – when it is clear that a force not associated with the competitor has displaced the bar; e.g., gust of wind, if such displacement occurs after a competitor has cleared the bar without touching it, then the attempt should be considered successful or, if such displacement occurs under any other circumstances, a new attempt should be awarded.

Measurement

1. Before starting a competition, judges should announce starting heights and successive later heights intended.

Starting Heights for High Jump	<u>Girls</u>		<u>Boys</u>	
	Junior	1.10 m	Junior	1.20 m
Intermediate	1.15 m	Intermediate	1.25 m	
Senior	1.20 m	Senior	1.30 m	

2. A competitor may start jumping at any height above starting height and may jump or not at their own discretion at any subsequent height. Thus, they may “pass” their 2nd or 3rd attempt at a height (after failing first try) and still jump at a later height.
3. Three consecutive failures, regardless of the height at which they occur, disqualify the competitor.
4. The winner is entitled to continue jumping until they have failed 3 consecutive times.
5. Circle to height for each competitor.

Ties

1. The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
2. If the tie still remains, the competitor with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.

3. If the tie still remains:

- (a) If it concerns the first place, the competitors 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, and if no decision is reached, the bar shall be raised if the tying athletes were successful or lowered if not, 2 cm for the High Jump. They shall then attempt one jump at each height until the tie is resolved. Competitors so tying must jump on each occasion when resolving the tie (see example).
- (b) If it concerns any other place, the competitors shall be awarded the same place in the competition.

High Jump Example

Heights announced by the Chief Judge at the beginning of competition: 1.75m; 1.80m; 1.85m; 1.88m; 1.91m; 1.94m; 1.97m; 1.99m...

Competitor	Heights							Failure s	Jump Off			Position
	1.75 m	1.80 m	1.85 m	1.88 m	1.91 m	1.94 m	1.97 m		1.94 m	1.92 m	1.94 m	
A	O	XO	O	XO	X-	XX		2	X	O	X	2
B	-	XO	-	XO	-	-	XXX	2	X	O	O	1
C	-	O	XO	XO	-	XXX		2	X	X		3
D	-	XO	XO	XO	XXX			3				4

O = Cleared

X = Failed

- = Did not Jump

A, B, C and D all cleared 1.88m.

The rule regarding ties now comes into operation; the judges add up the total number of failures, up to and including the height last cleared; i.e., 1.88m.

“D” has more failures than “A”, “B” or “C”, and is therefore awarded fourth place. “A”, “B” and “C” still tie and as this concerns the first place, they shall have one more jump at 1.94m where “A” and “C” lost their right to continue jumping.

As all the competitors tying failed, the bar is lowered to 1.92m for another jump-off. As only “C” failed to pass 1.92m, the two other tying athletes “A” and “B” shall have a 3rd jump-off at 1.94m, which only “B” has cleared and is therefore declared the winner.

Turbo Javelin Information for Officials

Turbo Javelin

1. The javelin should be thrown from within the javelin runway and released prior to the inner edge of the arc.
2. The javelin should be held at the grip.
3. It should be thrown over the shoulder or upper part of the throwing arm and not be slung or hurled. There must be a slight bend in the elbow when throwing.
4. A throw is good only if the tip of the head strikes the ground before any other part of the javelin and it lands within the landing sector.
5. At no time during the throw, until the javelin has been discharged into the air, may a competitor turn completely around, so that their back is towards the throwing arc.

Measurement

1. In all throwing events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape at landing area).
2. The measurement of each throw should be made immediately after the attempt: in javelin, from where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.
3. Each competitor is allowed 3 trials.
 - a. In events with 1-19 competitors the top 6 of the competitors are allowed 3 additional trials.
 - b. In events with 20-24 competitors the top 6 of the competitors are allowed 2 additional trials.
 - c. In events with 25+ competitors the top 6 competitors are allowed 1 addition trials.
4. Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.
5. The 300 gram implement will be used for all age categories except the intermediate and senior boys, who will use the longer 500 gram Turbo Javelin.

Shot Put Information for Officials

Competition

1. The shot should be put from the shoulder with only one hand. At the time a competitor takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot should not be taken behind the line of the shoulders.
2. In throws, a competitor may not touch top of the stop board, circle or line. May touch inside of stop board iron circle.
3. In throws, a competitor must leave circle from rear half after implement has landed.
4. Each competitor is allowed 3 trials.
 - a. In events with 1-19 competitors the top 6 of the competitors are allowed 3 additional trials.
 - b. In events with 20-24 competitors the top 6 of the competitors are allowed 2 additional trials.
 - c. In events with 25+ competitors the top 6 competitors are allowed 1 addition trials.
5. Girls and junior boys – 2.7 kilo shot; Intermediate and senior boys – 4.0 kilo shot.

Measurements

1. In all throwing events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing area).
2. The measurement of each throw should be made immediately after the attempt: from the nearest mark made by the fall of the shot to the inside of the circumference of the circle along a line to the centre of the circle.
3. Ties are resolved by comparing 2nd best trial or 3rd best trial, etc.

Triple Jump Information for Officials

Competition

The rules for long jump apply to triple jump with the following additions:

1. The triple jump should consist of a hop, a step and a jump in that order.
2. The hop should be made so that a competitor lands first on the same foot as that from which they have taken off; in the step they should land on the other foot from which, subsequently, the jump is performed.
3. It should not be considered a failure if a competitor, while jumping, touches the ground with the “sleeping” leg.
4. Each competitor is allowed 3 trials.
 - a. In events with 1-19 competitors the top 6 of the competitors are allowed 3 additional trials.
 - b. In events with 20-24 competitors the top 6 of the competitors are allowed 2 additional trials.
 - c. In events with 25+ competitors the top 6 competitors are allowed 1 addition trials.
5. At the beginning of the competition each competitor will select their jumping board. Competitors may change jumping boards between jumps by notifying the official.

Measurement

1. In all horizontal jump events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing area).
2. All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended. The measurement shall be taken perpendicular to the take-off line or its extension.

Long Jump Information for Officials

Competition

1. A competitor fails if they:
 - (a) while taking off, touches the ground beyond the take-off line with any part of their body, whether running up without jumping or in the act of jumping; or
 - (b) take off from outside either end of the board, whether beyond or before the extension of the take-off line; or
 - (c) touch the ground between take-off line and the landing area; or
 - (d) employ any form of somersaulting while running up or in the act of jumping; or
 - (e) in the course of landing, touch the ground outside the pit closer to the take-off line than the nearest break made in the sand; or
 - (f) when leaving the landing area, the first contact with the ground outside the pit is closer to the take-off line than the nearest break made in the sand on landing, including any break made on overbalancing on landing which is completely inside the pit but closer to the take-off line than the initial break made on landing.

Note: It is not a foul if a competitor runs outside the white lines marking the runway at any point.

It is not a foul if a part of a competitor's shoe/foot is touching the ground outside either end of the take-off board, before the take-off line.

It is not a foul, if a competitor walks back through the landing area after having left the landing area in a correct way.

2. Except as shown in 1(b) above, if a competitor takes off before reaching the board it shall not, for that reason, be counted as a failure.
6. Each competitor is allowed 3 trials.
 - a. In events with 1-19 competitors the top 6 of the competitors are allowed 3 additional trials.
 - b. In events with 20-24 competitors the top 6 of the competitors are allowed 2 additional trials.
 - c. In events with 25+ competitors the top 6 competitors are allowed 1 addition trials.

Measurement

1. In all horizontal-jumping events, distances should be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimeter (zero end of tape in landing pit).
2. All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the take-off line, or take-off line extended (paragraph 1(f) above). The measurement shall be taken perpendicular to the take-off line or its extension.
3. Ties are resolved by comparing 2nd best trials or 3rd best trials, etc.

Relay Exchange Information for Officials

1. There should be minimum 2 umpires at each exchange zone – one at the beginning of the zone and one at the end. It is important to realize that in the 4x100 the exchanges are staggered and it can be difficult to observe the baton position in all 8 lanes. The primary position which allows for the best view of all exchanges is on the outside of the track, about 3 metres past the end of the 30m exchange zone.
2. For each race, call the competitors to the track and ensure they are in their assigned lanes. Remind them of the 30m exchange zone for their respective lane.
3. They are allowed two pieces of coloured tape to be placed at the edge of their lane so as to prevent it from getting caught in the spikes of competitors.
4. Listen for the announcement calling for your exchange area ready signal. You will have a walkie talkie handset. Raise your flag when you are ready.
5. When all exchange zones are ready the race will start.
6. The baton shall be handed “within the exchange zone. The incoming and outgoing runners shall not simultaneously touch the baton outside of the 30-meter exchange zone.” The actual exchange occurs when the outgoing runner first touches the baton and ends when the outgoing runner has sole possession of the baton before the competitor exits the zone.
7. Focus on the baton; it does not matter where the runners are; it is only required that the exchange occurs while the baton is in the 30m zone (marked by the blue and yellow lines) to be legal.
8. The baton must be passed off; in other words, from the hand of the incoming runner to the hand of the outgoing runner. It may not be thrown or tossed.
9. If the baton is dropped outside of the zone, only the competitor who drops it may pick it up. However, if the baton is dropped within the exchange zone, either one of the runners may retrieve it as long as there is no interference with the other competitors.
10. The umpire is looking for any signs of an illegal exchange as well as tripping, pushing, or slowing of competitors in a particular lane. Any infractions observed should be noted as to the nature of the violation and specifically which lane. If possible confer with the other umpire in your exchange zone. Report if violation provides an advantage to the violating team, or results in interference with the other competitors.
11. Report directly, by walkie talkie, to the head finish line judge. Report the nature of the violation and which lane it occurred in.
12. If no violations have occurred, wave your all clear flag when your exchange zone is called by the announcer.

League Information

Competition Levels

- Junior Tripleball Boys & Girls – grade 7 and 8 students
- Senior Boys & Girls – grade 7, 8 and 9 students
 - If an athlete plays a league senior game they become ineligible to play on the junior team.

Regular Season

- Teams will be divided into Geographical pools in their Tiers and play all teams in their pool. A Premier city-wide division will be created in Tier 1 as necessary.
- EVOA may be requested for games. If none are available the home school is responsible for providing officials. A list of High School officials will be made available to schools who would like to request them.
- Seniors: Play best of 3 sets. If the third set is necessary it will be to 15 points, no cap. Then play the next 2 games as exhibition with non-starters.
- Junior Tripleball: 3 teams at one host school. Play 2 sets vs. each team.

Playoffs

- The top four teams in each pool will advance to playoffs – see website for playoff format and dates.
- Senior playoffs - best 3 out of 5 sets. Junior playoffs - best 2 out of 3 sets.

Equipment

- Net height is measured as close as possible to 2.15 m for Senior & Junior girls and 2.24 m for Senior & Junior boys.
- Court Boundary Rules of the school in which games are being played will apply. The coach of the home school will announce these prior to start of evening play.
 - In the gymnasium where there is insufficient room to serve from behind the end line, masking tape should be placed on the floor to designate a service line, 2 metres forward from the wall.
- Official Ball Senior Volleyball Championships – Molten VM5000 FIVB Match Ball

Playing Rules

Will be according to the current rules utilized by CVA, with modifications for Junior High play.

- Scoring
 - Senior
 - All games are played rally point to 25 (win by 2 points), no cap
 - 3rd game in Regular Season & 5th game in playoffs is to 15 points, win by 2, no cap
 - Junior Tripleball:
 - All games are played rally point to 25 (win by 2 points), no cap
 - 3rd game in Playoffs is to 15 points, win by 2, no cap
- The modified 12-substitute rule will be used. The rule is as follows:
 - There is no limit to the number of times a player may leave or re-enter the set as long as the maximum number of 12 substitutions is adhered to and as long as they leave or re-enter for the same player.
 - Once you have a designated partner that is the only player that you may leave or re-enter that set for (this may change between sets).
- Players are allowed to play the ball overhead (set) on a serve or attack.

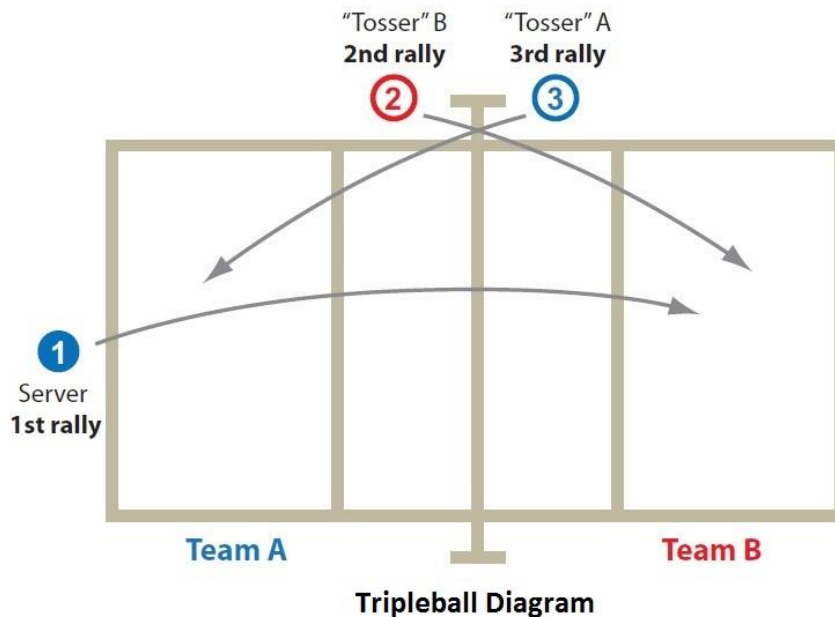
Libero

- The Libero may be re-designated after each set.
- Uniform: The Libero must wear a different colour uniform top, in contrast to the other members of the team. The Libero uniform does not have to be the same design, but it must be numbered.

Junior Volleyball - Tripleball

Overview of the Tripleball Sequence:

- a) The game follows a sequence of three rallies (service, tossed ball 1, tossed ball 2).
 - *1st rally – introduced by the server
 - *2nd rally – tossed ball given to the receiving team
 - *3rd rally – tossed ball given to the serving team
- b) The service rotates between teams after each three-ball sequence.
- c) A team must rotate and introduce a new server when it is their turn to serve
- d) Every ball is worth one point.



Tripleball Rules:

- Switching to a different position from your service order during a rally is NOT ALLOWED.
- Each rotation will have a different designated setter. The player in position #3 or #2 in service reception will be the designated setter; this position must be noted on the score sheet by the coach.
- Fair Play substitution rule applies:
 - Players not starting in the 1st set must start in the 2nd set.
 - If there is a 3rd set, the coach has the choice of starting any players
 - Substitutions are allowed during a match* – keeping in mind Volleyball Canada would like to emphasize that the Fair Play rule is intended to provide every athlete with the ability to participate equally in every game.
- Time-outs cannot occur during a 3-ball sequence.
- Athletes must play the tossed ball with a forearm pass, otherwise a replay will occur**
- Athletes cannot send the tossed ball over the net, otherwise a replay will occur**
- All other standard volleyball rules not listed above continue to apply.

EPSB Tripleball Modifications

- Overhand serve is allowed
- *Substitutions can only be made after one team has reached the score of 13 points, in a set to 25, or 8 points in a set to 15 and must be completed at the end of a 3-ball sequence
- **The second time a tossed ball is played over a net, or is not played with a forearm pass, it is a loss of the point.
- Reception of service or attack can be played overhead or “up top” (with a set). The free ball toss must be played with a forearm pass (bump).
- No Liberos in junior ball
- Minimum 9 players on a roster, maximum 15 players

Guidelines for Tossers:

- The Head Coach, Assistant Coach or a competent volunteer may be the “Tosser” and introduce balls to their own team.
- Balls are tossed underhand with two hands, with little to no spin and above the height of the antennae to allow athletes time to play the ball.
- The Tosser can step into the court to introduce the ball but must immediately move a safe distance away from the court after the toss.
- The free ball must be tossed directly to the athlete in position six, otherwise a replay will occur.
- The free ball will be introduced when the front row players are at the net and ready to transition; the Tosser verbal cues the athletes by calling “Free Ball”
- Tossers encourage a fast-paced transition between an end of a rally and the next toss.

League Tie-Breaker Rules

- If two or more teams are tied at the end of the regular season, the following criteria will be applied, in order:
 - The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
 - The team having the best ratio of won/lost games, considering matches played between the tied teams, will be ranked higher;

- The team having the best ratio of won/lost games, considering all matches of the regular season, will be ranked higher;
 - The team having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher;
 - The team having the best ratio of points for/against, considering all games played during the regular season, will be ranked higher;
 - Toss of coin
- Cross-Pool Tiebreaker – to determine wild cards and home court advantage in the playoffs, the following criteria will be applied, in order
 - The team having the best ratio of won/lost matches, considering all matches of the regular season, will be ranked higher;
 - The team having the best ratio of won/lost games, considering all matches of the regular season, will be ranked higher;
 - The team having the best ratio of points for/against, considering all games played during the regular season, will be ranked higher;
 - Toss of coin

WRESTLING

League Information

Affiliations

The wrestling league shall be responsible directly to Edmonton Public Schools. Teams may affiliate with the AAWA. This affiliation provides weekend liability insurance, chance for team championships and up-to-date wrestling information through the AAWA Newsletter. Financial aid is also provided.

Schedules

Schedules shall be drafted during coaches organizational meeting – tournament format, dual meets etc.

Competition Levels

Juniors - Students born in 2012 and later

Seniors - Students born in 2009, 2010, 2011

Weight categories will be modified each year by interest at school level

City Championship Meet - Structure to be decided by Athletics coordinators and school coaches. City Championships are February, TBA at Vimy Ridge.

Championship EPS junior high wrestling entry forms will be emailed to coaches.

Weigh-ins - Zone meets and semi-finals - as determined by convenors.

Championship meet as determined at the organizational meeting. In weight classes with single or double entrants, the weigh-in shall be at 12:00 noon on the day of the meet, or as otherwise determined by the committee.

Medical Supervision - Shall be provided for the City meet

Playing Rules

Wrestling will be governed by rules and regulations as set by AAWA, taken from FILA rules.

Bouts are two- 1:30 minute rounds.

Rule Modifications/Changes

- head and arm technique from standing position not allowed – ensure refs stop the action
- No Hip Toss
- Gabouri not allowed – standing or ground
- Take downs are 2 pts
- No pushing an opponent out of bounds (you must be attempting a takedown). First time receive a warning, every other occurrence is a caution (1-point deduction per) after the third caution - DQ

Uniforms - Runners or appropriate wrestling shoes and gym shorts or proper wrestling gear must be worn. Running shoes should be taped – no metal on shoes. Headgear is optional; **mouth guards are mandatory.**

Officiating - Referees are acquired through the AAWA Official's Association

Team Awards Point System – points based on the number of athletes per category.

No. of wrestlers →	6+	5	4	3	2	1
1 st	10	8	7	5	4	3
2 nd	7	6	5	3	2	
3 rd	5	4	3	2		
4 th	3	2	1			
5 th	2	1				
6 th	1					

Only one wrestler per team is awarded points in the same weight category for all awards excluding the Quality Team Award. If a team is tied with another team, the team breaks the tie with the most 1^s and so on through the descending finishes

Awards

Trophies

Boys Aggregate	Miles F. Palmer Memorial Trophy
Girls Aggregate	EPJHSAA Trophy
Junior Boys	EPJHSAA Trophy
Junior Girls	EPJHSAA Trophy
Senior Boys	EPJHSAA Trophy
Senior Girls	EPJHSAA Trophy
*Quality Team Award	Ford of Canada Award

*Minimum 11 athletes to qualify

Medals – Top three finishers in each category will receive medals. All others - ribbons.

Athletes' Code of Conduct

As a member of the (sport) team at (school name), I _____, understand that participating in interschool athletics is a privilege that comes with certain responsibilities. By signing this I agree to the Athletes' Code of Conduct.

1. I commit myself first to excellence in the classroom – my attendance and effort will be at a satisfactory level.
2. I commit to follow the (school name) code of conduct.
3. I commit to attend and give my best effort at all practices and games, and if I cannot, I will communicate with my coach in advance.
4. I commit to represent myself, my team, and my school in a respectful way. This means I will respect:
 - a. My teammates - I will encourage them and work with them to develop our skills and team play.
 - b. My coach(es) - I understand my coach will use their expertise and judgement to decide what is best for player and team development. If issues arise during the season, I will communicate positively with my coach to resolve them. I understand that playing time will be fair, but not necessarily equal.
 - c. Opposition teams and players – I will demonstrate sportsmanship and proper conduct during game play. I will win with humility and lose with grace.
 - d. The Game - I will play fair, abiding by the rules and regulations that govern my sport.
 - e. Officials – I will accept their judgement and decisions, acknowledging they are trying their best.
 - f. The school buildings and gyms I play in – I will leave them as good, or better than I found it.

I promise to honour these commitments; if I do not, my privilege to participate may be suspended.

(Signature)

(Date)

The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well. - Olympic Creed

Coaches' Code of Conduct

I recognize that being a coach is a great responsibility. Not only do I represent myself, my team and the school, but I play a large role in the growth and positive experience possible during students' participation on this team.

1. First and foremost I will be a model of respect for those involved in our game, demonstrating sportsmanlike behavior.
 - a. I will praise athletes when it is deserved, and avoid ridicule when correcting.
 - b. I will teach my players the rules, and communicate with officials in a respectful manner
 - c. I will develop team respect for opponent players and coaches
2. I will communicate team expectations as far as practices, games, playing time and personal conduct at the beginning of the season.
3. I will follow the advice of a physician, and/or concussion protocols to determine when an injured player is ready to play again.
4. I will ensure equipment and facilities are safe before we play.
5. I will keep myself informed on sound coaching principles and the principles of growth and development of adolescence.

(Signature)

(Date)

The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well.

- Olympic Creed



Parents' Code of Conduct

As a parent of an athlete I realize I play an impactful role in the experience and growth potential my child will gain through participating on this team. To contribute to a positive experience for them, and those involved I, _____ agree to the Parent's Code of Conduct:

5. I will remember that my child is involved for their enjoyment, not mine
6. I understand that my child must adhere to the school code of conduct and academic standards to be able to participate on this team. I commit to support the school in decisions to uphold this standard.
7. I will recognize the value and importance of volunteer coaches. I will respect their decisions, whether it be strategy, playing time, etc. If I have an issue, I will schedule a time to meet with the coach athletics director, or administration etc. as appropriate, and communicate respectfully.
8. I and my guests will honour the spectator code of conduct, included on the second page.

(Signature)

(Date)

The most important thing in life is not the triumph, but the fight; the essential thing is not to have won, but to have fought well.

- Olympic Creed

JUNIOR HIGH ATHLETICS

SPECTATOR CODE OF CONDUCT

BE LOUD BE PROUD BE POSITIVE

RESPECT
the facilities & staff

EXHIBIT
positive sportsmanship & ethics

SUCCESS
is more than just a final result

POSITIVE
words & actions toward all

EVERYONE
is doing their best - demonstrate respect for the judgement of
officials, volunteers & coaches

CELEBRATE
good play by all participants

TEACH & MODEL
winning with grace & humility and losing with dignity & honour

We reserve the right to remove any spectator from the event

