

**Turtle River Athletic
Council
T.R.A.C**

**Guidelines and Policies Manual
December, 7
(Revised 2015)**

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Turtle River Athletic Council General Policies

(Dec, 2015)

1. Coaching

- a) *Turtle River Athletic Council expects its members*
- i. To seek the most highly certified and trained sport-specific coaches available.
 - ii. In lieu of 1.i , members are to seek the most appropriate sport-specific coaches available.
 - iii. TRAC members are to ensure coaches have adequate knowledge of the rules of the sport as played in Turtle River School Division, adequate skills to properly manage the formal running and organizing of a sport team/individual sport and
 - a. Have the appropriate knowledge of TRAC and TRSD policies applicable to coaching within the division.
 - b. Coaches are to inform all senior students that if they intend to participate in any events, they must be able and willing to finish the event. Any school that does not complete their event will be disqualified from that event and their behaviour investigated and reviewed by TRAC.
 - c. Coaches must enforce all dress codes
 - d. Coaches to identify themselves upon arrival at an event to the convenor.
- b) *Turtle River Athletic Council members and school admin are responsible for all coaches they approve for coaching within their school.*
- i. Volunteers, Community coaches, Parents, and the like must be informed of proper conduct by TRAC members.
 - ii. All coaches should be made aware of the MHSAA guidelines for coaching conduct and behaviour prior to their involvement.
 - iii. Community coaches must be approved by school admin
 - a. All community coaches must have a staff member supervisor
 - iv. No coaches or supervisors at any TRSD event may consume alcohol or approve the alcohol consumption of students.
 - v. All coaches should read the Division Policy, “A Guide to Coaches, Officials, and Students” (September,2002)

2. Travel

- a) *All travel within the Division is provided by the TRSD buses whenever possible.*
- b) *Personal/Student Vehicle Usage*
- i. TRSD approves personal vehicle use when the proper personal usage form is completed. (August, 2001)

- ii. Liability is covered if an accident occurs as long as the personal usage form is completed properly. (August, 2001)
- iii. Student use of vehicles is approved under special circumstances by school administration (appointments, etc.), and under superintendent warning of “Being Prudent in all your decisions”. (November, 2002)
- iv. Liability covers all staff members of TRSD while supervising travel.

3. Costs

- a) *In the event of costs to a hosting school or venue,*
 - i. The cost shall be shared equally between all participating schools.

4. TRAC Chair/ Secretarial Duties

- a) *The TRAC Chair duties shall be as follows*
 - i. TRAC chair shall hold the position for 2 consecutive years, new term starting after the Spring Meeting of the last year
 - ii. Chair rotation is as follows: Alonsa, Ste.Rose, McCreary, Glenella, and Laurier
 - iii. Chair will mediate any concerns arising from sport activities, following the chain of command
 - iv. Chair will liaison with division administration
 - v. Chair will provide an agenda for TRAC meetings

b) *The secretarial duties shall be as follows*

- i.
- ii. Each school will take a turn at recording the minutes for the meetings in the following order- McCreary, Glenella, Alonsa, Laurier, and Ste. Rose.
- iii. All minutes should be typed and sent to each school within one week after completion of the meeting
- iv. For the purposes of record keeping, and organization, the minutes should be completed and e-mailed to chair within one week after completion of the meeting

5. Awards, Certificates

- a) *To maintain the professionalism and consistency within the division,*
 - i. TRAC members will use a common divisional certificate template for all competitions, in all venues, for all sports, for both junior and senior sports.
 - ii. TRAC members will use a common divisional certificate template for all competitions, in all venues, for all sports with a separate divisional certificate for finalists and a separate divisional certificate for the champions for both junior and senior sports.
 - iii. All championships will also terminate with the awarding of the TRSD divisional trophy.

- iv. For all team sports, such as volleyball and basketball, all TRAC members will award all-star certificate from a standard divisional TRSD template.
- v. All TRAC members are asked to check the trophies when convening a sport to ensure they are up to date and have room for name plaques. If they are not up to date, please notify the chair so he/she may order new ones. If there is no room for names, please add a new base to them and the cost will be divided up between the high schools for senior sports and the junior schools for junior sports.
- vi. All engraving is up to winning school.

6. Permission Forms

a) All TRAC members are expected to

- i. Use the standard divisional permission forms, including all medical information, assigned by the school division for travel *within the division* and ensure that these forms accompany the coaches on every sporting event.
- ii. Use the outside divisional permission forms, including all medical information, assigned by the school division for travel *outside the division* and ensure that these forms accompany the coaches on every sporting event.
- iii. Use one *general divisional* permission forms, including all medical information, assigned by the school division for travel within the division and ensure that these forms accompany the coaches on every sporting event.

7. Events

a) It is expected that all TRAC members will

- i. Convene, coach and/or host a number and variety of sports throughout the entire year.
- ii. Fill in an “Intent to Participate” form at the fall meeting.
- iii. Send an e-mail reminding TRAC members of the upcoming event no less than 2 weeks prior to their event and requesting entries from that school.
- iv. Send all sports entries for competition to the appropriate convener no less than 1 week prior to the event. To ensure accuracy of entries, hard copies of the documentation of entries are required either through e-mail or through fax machines. Phone calls may be appropriate in some situations, but documentation should exist.
- v. All **TRAC members** will send out documentation of the information regarding the upcoming event within 1 week prior to the hosting that particular event.
- vi. All senior teams must complete the event regardless of how long the event carries on after 3:30.(April, 2005)

- vii. All schools must be notified if there is a change in venue.
- viii. Documentation of the event will include the following:
 - A. Sport
 - B. Junior or Senior
 - C. Date
 - D. Venue
 - E. Format
 - F. Start and End Times (approximate)
 - G. Dress Codes
 - H. Costs
 - I. Food Availability

b) It is expected that upon completion of a sporting event

- i. Conveners or TRAC members shall email all TRAC members with any issues or concerns no later than 1 week after the completion of the event.
- ii. Awards and Certificates will be presented in accordance with 5.a)
- iii. Costs shall be calculated and divided up amongst the participating teams and the billing of the school(s) taking place no longer than 2 weeks after the conclusion of the event.

c) All conveners will:

- i. Consult the specific Sport guidelines for setting up their events to ensure the same standards and procedures are followed for that sport year to year.
- ii. Consult the specific Sport guidelines to ensure rules and regulations remain consistent year after year. (I.e. Golf scores should be calculated by the same rules year after year, regardless as to who the walkers may be).
- iii. Ensure coaches have understood their expectations and are clear as to the format and rules for each sport event.
- iv. Any changes being made to the guidelines in any specific year must be approved by all TRAC members (ie. Mixed teams)

9. Referees

- a) In an effort to keep costs as low as possible, TRAC members are to:*
- i. Have PE staff, coaches, responsible senior students, and/or leadership students to officiate all junior sports. (April, 2005).
 - a. If a coach is reffing a game, they cannot coach at the same time on the court.
 - ii. All after school sports officiating costs will be taken care of by the host school. (April, 2005).
 - a. TRAC members will not be compensated for officiating in their own school/event

- iii.
- iv. Officials for Senior Divisional Tournaments will be brought in on a need basis only and the cost to be shared by all participating teams. (April, 2005).
- v. It is cheaper to pay a subs wage rather than to pay the cost of referees for the day for the major sports. Therefore, qualified staff will be asked to book a sub and they can be freed to referee during Divisional Championships. (April, 2005).

10. Junior Sports

- a) *In an effort to maximize participation, development and prepare for senior sports,*
 - i. All grade 6-8 students are eligible for junior sports
 - ii. Junior teams may compete after school hours with administrative consent. (April, 2005).
 - iii. Girls may play on a boys team, provided there is no girls team to participate on. (September, 2003).
 - iv. The maximum age for participating in junior sports is 14 as of August 31 of that current calendar year. (Implemented Jan. 1, 2006) (November, 2004).
 - v. All junior players will compete in their age appropriate category
 - vi. All junior participants must be returned back to their home school in time for buses (3:30). All Juniors to be back for buses. (September, 2002).
 - i. Exception -curling.
 - vii. A formal request to the TRSD superintendent must be made if an event is going to go past 2:30. (September ,2002)

11. Senior Sports

- a) For all senior sports activities, the following policies for TRSD athletics has been approved by the TRAC
 - i. There is no time limit or restrictions for Senior sports events to be completed by.
 - ii. All senior teams must complete the event regardless of how long the event carries on after 3:30.(April, 2005)
 - iii. Senior Eligibility- Same as MHSAA
 - 1. Grade 8 students may be called up in order to maintain a senior team, only at the divisional level and all TRAC members must agree to it, per sport

12. Protocol

- a) All TRAC members, coaches and officials must follow TRSD protocol.
 - i. If someone comes to you with a Divisional issue follow procedure. Any breach of protocol at any sporting event must first go through convener. If it is still not resolved, then the breach must be taken to the chair of TRAC. (Feb 27th, 2003)

- ii. Chain of command as follows-
 - i. Convener, Trac Member, Trac Chair, School Administration, Superintendent, School Board

13. Dress Codes

- a) To maintain the integrity of the sport, safety, and to give it competitive status,
 - i. All participants must dress in sport specific attire. This means proper footwear, shorts, track pants, or school uniforms.
 - ii. Participants must be made aware that they will be disqualified from the competition based on inappropriate dress.
 - 1. Socio economic issues will be taken into effect
 - iii. All coaches are responsible for their own athletes' attire.
 - iv. All coaches are to check MHSAA provincial clothing dress codes.
 - v. Jewellery is not allowed to be worn during any sporting event. Taping of jewellery is not acceptable.

14. Other

- a. To maintain the competitiveness and integrity,
 - i. Golf-
 - i. All teams entered in the tournament must finish the event or be disqualified.
- b. Hardball/Fastball
 - i. Junior boys will play Peewee hardball.(September,2005)
 - ii. Junior girls will play Peewee Fastball. (September,2005)
- c. Number of Sports days given by the board
 - i. We have 3 full days to use
 - a. Track and Field will be used as the last event in June.
 - b. The other 2 activities will be chosen by the convener
 - ii. Plus 2 winter activity days
- d. Curling
 - i. Senior Curling to use 2 venues, if necessary
- e. Badminton
 - i. Senior Divisional Point System
 - a. Following mhsaa point system
 - i. 12 points for 1st
 - ii. 10 points for 2nd

2. Track and Field Duties

- i. Expectations of Convener

- a. Coordinates entries and prints packages, per event, prior to the event
- ii. Help from Volunteers/other Staff
- iii. Number of entries per school set at 4 (maximum of 5 events when signing up for Relay; minimum up to individual school)
- iv. Use of Meet Manager
 - a. For Zone entries only
- v. Grade 7 and 8 heights to be measured and entries should be age appropriate prior to sending entries. (April 5 2005)
- vi. Keep cost down (April 5 2005)
- vii. All TRAC members' schools will share the costs of paint
 - a. 1 box per school

3. Seasonal Schedules

- a. Seasonal schedules within the division will depend on the number of teams participating in each sport.
- b. Any extra games are the individual school's responsibility.

Turtle River Athletic Council T.R.A.C

Sport Specific Guidelines and Policies

Senior and Junior Golf
Senior Soccer
Junior Soccer
Grade 5 & 6 Soccer Day
Cross-Country
Senior Volleyball
Junior Volleyball
Senior Curling
Junior Curling
Senior Basketball
Junior Basketball
Senior Badminton
Junior Badminton
Junior Track and Field
Grade 5 & 6 Track and Field
Senior Fastball
Junior Fastball
Senior Hardball
Junior Hardball
Grade 5 & 6 Soccer- Baseball Day

Junior and Varsity Golf

1. Facilities:

- McCreary Golf Course
 - Facilities should be booked in the spring for the fall events

2. Entries

- Each school may enter a girl's team and a boy's team of 4. If there is room in the tournament they may enter more than one team.
- High school Golfers at the **zone level must** be able to shoot the following:
 - **Under double par**
 - the exception would be if you have three golfers and need one to complete a team
 - Individual golfers are also welcome at the divisional level. The division recognizes individual low scores with certificates, but the Sectional and Zone competition only recognizes team scores.
- Junior Golfers entries should be based on your own digression. The objective is to maximize participation, but there is not enough time to teach non-golfers at the tournament.

3. Format

- Write up foursomes on course scorecards so that golfers are playing with golfers from other communities. Usually each golfer has their own card in tournament play. If you have a walker with each group, the walker can keep score for all four players on one card. *Walkers are strongly recommended to keep the competition fair and to answer rules questions.*
- If you do not have a walker for each foursome, each player should sign their opponents scorecards at the end of the round to verify that the score is correct. Each player should say their score out loud after each hole (*this is not to hang the guilty but to protect the innocent*)
- **For every 4 golfers participating, the school must supply a walker, in both divisional and zone play**
- **Jr golf is to be played under the Texas Scramble format**

4. Results

- The best three scores from the four-person team are added together to determine results. The top two teams from each sectional may go on to compete at the Zone 8 tournament.

5. Extras

- Longest Drive, closest to the pin, etc...

6. Rules

- See "Golf Rules in Brief"

Turtle River School Division Varsity Divisional Soccer Championships

1. Number of Teams:

Each school is allowed to enter one team in each category -boys and girls.

2. Times:

- Start time: 10:00 am
- End time: There is no definitive time the tournament must be completed by.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per Canadian Soccer Association and/or FIFA (these are made available through Canada Soccer Association) and can be printed from FIFA.com

5. Referees:

- **TRAC members** are responsible for refereeing or for finding appropriate **officials**. Referees need not be certified, but should have appropriate level of ability.
- Use of divisional staff is possible and permissible, but these referees do not receive payment for officiating during **school hours**.
- Any cost for referees having to be brought in from outside the division will be shared equally between participating teams

6. Venues:

- to be determined in the TRAC fall meetings
- shall be prepared in advanced with clearly marked lines, corner flags, mesh nets, size 5 soccer ball, and in/out flags.

7. Dress Code:

- As per TRAC division policy

8. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.
- Senior Divisional trophy to be awarded for 1 year to Senior champions

10. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Length of game shall be determined by the convener based on number of teams entering tournament.

Turtle River School Division Junior Divisional Soccer Championships

1. Number of Teams:

Each school is allowed to enter one team in each category -boys and girls.

2. Times:

- Start time: 10:00 am
- End time to be determined by convener based on format as divisional Policy requires all junior athletes to be at their home school no later than 3:30 p.m.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per Canadian Soccer Association and/or FIFA (these are made available through Canada Soccer Association) and can be printed from FIFA.com

5. Referees:

- PE staff is responsible for refereeing or for finding appropriate replacements. Referees need not be certified, but should have appropriate level of ability.
- Use of divisional staff is possible and permissible, but these referees do not receive payment for officiating.
- Any cost for referees having to be brought in from outside the division will be shared equally between participating teams.

6. Venues:

- to be determined in the TRAC fall meetings
- shall be prepared in advanced with clearly marked lines, corner flags, mesh nets, size 5 soccer ball, and in/out flags.

7. Dress Code:

- As per TRAC division policy

8. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.

10. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Length of game shall be determined by the convener based on number of teams entering tournament.

Turtle River School Division Grade 5-6 Activity Day

The grade 5-6 activity day is held during the regular school day. All students will be back at their respective schools to take their regular bus home. Start time for the activity is 10:00 a.m.

Convener's duty list:

1. Contact all schools to confirm date and venue.
2. Get a list of all grade 5-6 students from their respective school. Have teacher * students who excel in the sport.
3. Home room teacher to go with students.
4. Organize draw.
5. Find refs. (At this level the leadership classes could be used.)
6. Make sure a canteen is available at the school and send a menu out to the schools (Some schools have the students pre-order)
7. Prepare venue and have equipment ready. If the schools need to bring some equipment let them know in advance.
8. Students are to be dressed appropriately for the day (runners and gym clothes)

Turtle River School Division Cross-Country Championships

1. Number of Teams:

- Each school is allowed to enter as many runners as they wish, within appropriate reason, in each category.
 - a) Gr. 5-8 Boys
 - b) Gr. 5-8 Girls
 - c) Gr. 9-12 Boys
 - d) Gr. 9-12 Girls

2. Times:

- Start time: 10:00 am
- End time to be determined by convener based on format as divisional Policy requires all junior athletes to be at their home school no later than 3:30 p.m.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Venues:

- to be determined in the TRAC fall meetings
- Trails
 - Alonsa Trail (Bacon Ridge)
 - Ste. Rose Trail (South of School)
 - McCreary Golf Course
 - Riding Mountain National Park (to use the park you need permission from the park which is quite a bit of red tape, so plan well in advance).

5. Dress Code:

- As per TRAC division policy

6. Awards

- 1st, 2nd, 3rd place certificates will be given out in each category for individual and teams.
- Team runners also qualify to place for individual competition

7. Format

- Distances as per MHSAA
- All same distance races can run at once if you have the means to get their times and organize results efficiently.
- Grouping the runners is your choice based on the number of runners
- If you are short on time, you may also stagger the races.
 - A map of the trail is a good idea
 - Trail should be marked at any junction or turns
 - Mark out or red tag possible dangerous spots

- Create a funnel at the finish line so there are definite placings and no ties
- There should be an ATV available in case of injury. You may choose to follow each run with an ATV or place someone at the halfway mark.
- Runners are either running for an individual placing or a team placing but not for both.
- Teams consist of 5-7 runners the same age category and same gender. The top 5 runners' results are counted.

8. Results

Method 1

- Hand each runner a numbered card at the finish line.
- The runner or coach then writes their name on the back of the numbered card and hands it in at the results table.
- The results table should have a list of numbers (i.e. 1-25), with a time for each number.
- After the race, the names and schools are added to each placing.

Method 2

- Runners are given a nametag to hand to the marshal as they come through the finish line. (This can sometimes lead to more confusion), or they can use track numbers on jerseys.

9. Provincials and Zones

- Provincial Cross-country is an open championship. You do not need to win the zone to compete in the Provincial. You need to participate in the Zone in order to be entered.

Turtle River School Division
Junior Varsity and Varsity Divisional Volleyball Championships

1. Number of Teams:

Each school is allowed to enter one team in each category -boys and girls.

2. Times:

- Start time: 10:00 am
- End time: There is no definitive time the tournament must be completed by.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per Volleyball Canada Indoor Rule Book (these are made available through Manitoba Volleyball Association)

5. Net Heights:

- JV Girls: 2.15
- JV Boys: 2.20
- Varsity Girls: 2.24 m
- Varsity Boys: 2.43m

6. Referees:

- PE staff is responsible for refereeing or for finding appropriate replacements. Referees need not be certified, but should have appropriate level of ability.
- No umpires or linesmen are required but may be added to help Referee.
- Use of divisional staff is possible and permissible, but these referees do not receive payment for officiating.
- Any cost for referees having to be brought in from outside the division will be shared equally between participating teams.

7. Venues:

- to be determined in the TRAC fall meetings

8. Dress Code:

- As per TRAC division policy

9. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format
- Food should remain out of the gymnasiums.

10. Awards

- 1st and 2nd place certificates will be given out in each division.
- All-star awards should be considered by the convener.
- Senior Divisional trophy to be awarded for 1 year to Senior champions

11. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.
- Standard 4 team pool with semifinals and finals.

Turtle River School Division Grade 7-8 Divisional Volleyball

1. Number of Teams:

Each school is allowed to enter a minimum of one team in each category -boys and girls. If possible, by way of a modified format, by a schools absence, or number of available venues, conveners should try to include as many teams as possible. This may make the use of cross-court tournaments more advisable.

If a school cannot find enough players in grade 7 and 8, students in grade 6 may participate. Girls may fill holes on any boys' teams to fill roster or for participation. Grade 7's and 8's are expected to play before any grade 6's.

2. Times:

- Start time: 10:00 am
- End time: no later than 2:15. All junior volleyball players need to be back for buses.

3. Travel:

- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per Volleyball Canada Indoor Rule Book (these are made available through Manitoba Volleyball Association) with the following exception:

- Serving Rule: No player shall serve more than 5 consecutive points before their team must rotate and the next player of that same team in the service order shall serve next.

5. Net Heights:

- Junior Boys Net Height: 2.15 m
- Junior Girls Net Height: 2.10 m

6. Referees:

- PE staff is responsible for refereeing or for finding appropriate replacements.
- Referees need not be certified, and older High School students can be used with prior adequate training.

7. Venues:

- to be determined in the TRAC fall meetings

8. Dress Code:

- As per TRAC division policy

9. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format
- Food should remain out of the gymnasiums.

10. Awards

- 1st and 2nd place certificates will be given out in each division.
- All-star awards should be considered by the convener.
- Junior Divisional trophy to be awarded for 1 year to junior champions

11. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.

Turtle River School Division Senior Divisional Curling

1. Number of Teams:

- Each school is allowed to enter one team in each category: boys, girls, and mixed.
- If entering a mixed team the girls and boys need to play alternating positions.

2. Times:

- Start Time: 9:45
- End time: Depends on length of Bonspiel
- The bonspiel will not be finished by the end of the school day.
- Athletes will not be home for regular buses (please indicate this on the permission form)

3. Travel:

- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules:

- Canadian Curling Association Rules will be used unless special playing rules are put forth by the MHSAA. In this case the MHSAA rules will take precedence

5. Venues:

- to be determined in the TRAC fall meetings

6. Dress Code:

- As per TRAC division policy
- All curlers need a broom, slider, and a change of footwear.
- Appropriate clothing to be worn (no jeans or headwear)

7. Canteen

- A canteen will be in operation for the duration of the bonspiel.

8. Awards

- 1st and 2nd place certificates will be given out in each division.
- Senior Divisional trophy to be awarded for 1 year to Senior champions Team Trophy

9. Format

- Divisions will either be placed in pool or round robin depending on the number of entries.
- All games will be 6 or 8 ends depending on number of entries and format.
- Coaches are to collect \$2.00 from each curler and hand it in to the convener on arrival at the rink. This money will go toward ice rental.
- A coin toss will decide who begins each game.

- A buzzer will be in effect. Buzzer will sound at 1hr 50 min into the game, meaning the current end is to be finished and to play one more end
- Draw format will depend on the number of entries in each category.

Turtle River School Division Junior Divisional Curling

1. Number of Teams:

- Each school is allowed to enter one team in each category: boys, girls, and mixed.
- If entering a mixed team the girls and boys need to play alternating positions.
- If one or more schools are unable to fill their given spot for any category, the other schools will have the opportunity to apply for extra positions, in order to fill the draw
 - i. Extra entries must be submitted to the TRAC convenor
 - ii. If more than one school wants extra entries, the flip of a coin will be used to decide on the successful school

2. Times:

- Start Time: 9:45
- End time: Depends on length of Bonspiel
- The bonspiel will not be finished by the end of the school day.
- Athletes will not be home for regular buses (please indicate this on the permission form)

3. Travel:

- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules:

- Canadian Curling Association Rules will be used unless special playing rules are put forth by the MHSAA. In this case the MHSAA rules will take precedence

5. Venues:

- to be determined in the TRAC fall meetings

6. Dress Code:

- As per TRAC division policy
- All curlers need a broom, slider, and a change of footwear.
- Appropriate clothing to be worn (no jeans or headwear)

7. Canteen

- A canteen will be in operation for the duration of the bonspiel.

8. Awards

- 1st and 2nd place certificates will be given out in each division.

9. Format

- Divisions will either be placed in pool or round robin depending on the number of entries.
- All games will be 4, 6 or 8 ends depending on number of entries and format.
- Coaches are to collect \$2.00 from each curler and hand it in to the convener on arrival at the rink. This money will go toward ice rental.
- A coin toss will decide who begins each game.
- Draw format will depend on the number of entries in each category.

Turtle River School Division
Junior Varsity and Varsity Divisional Basketball Championships

1. Number of Teams:

Each school is allowed to enter one team in each category -boys and girls.

2. Times:

- Start time: 10:00 am
- End time to be determined by convener based on format.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per NCAA Basketball Rulebook and in accordance with MHSAA rule updates and changes.

5. Referees:

- PE staff is responsible for refereeing or for finding appropriate replacements. Referees need not be certified, but should have appropriate level of ability.
- Use of divisional staff is possible and permissible, but these referees do not receive payment for officiating.
- Any cost for referees having to be brought in from outside the division will be shared equally between participating teams.

6. Venues:

- to be determined in the TRAC fall meetings

7. Dress Code:

- As per TRAC division policy

8. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.

10. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Length of game shall be determined by the convener based on number of teams entering tournament.

Turtle River School Division Junior Divisional Basketball Championships

1. Number of Teams:

- Each school is allowed to enter a minimum of one team in each category -boys and girls. If possible, by way of a modified format, by a schools absence, or number of available venues, conveners should try to include as many teams as possible. This may make the use of cross-court tournaments more advisable.
- If a school cannot find enough players in grade 7 and 8, students in grade 6 may participate. Girls may fill holes on any boys' teams to fill roster or for participation. Grade 7's and 8's are expected to play before any grade 6's.

2. Times:

- Start time: 10:00 am
- End time: no later than 2:15. All junior basketball players need to be back for buses.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per NCAA Basketball Rulebook and in accordance with MHSAA rule updates and changes.

5. Referees:

- PE staff is responsible for refereeing or for finding appropriate replacements. Referees need not be certified, but should have appropriate level of ability.
- Use of divisional staff is possible and permissible, but these referees do not receive payment for officiating.
- Any cost for referees having to be brought in from outside the division will be shared equally between participating teams.

6. Venues:

- to be determined in the TRAC fall meetings

7. Dress Code:

- As per TRAC division policy

8. Canteen

- Players should have access to canteen while their team is not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.

10. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Length of game shall be determined by the convener based on number of teams entering tournament.

Turtle River School Division Senior Divisional Badminton Championships

1. Number of Teams:

- Each school is allowed to enter two individuals or two teams in each category: Mens' Singles, Men's Doubles, Ladies' Singles, Ladies' Doubles, and Mixed Doubles
- If entering a mixed team the girls and boys need to play alternating positions.

2. Times:

- Start Time: 10:00 am
- End time: There is no definitive time the tournament must be completed by.

3. Travel:

- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules:

- As per Badminton Canada and MHSAA.
- Coaches are not allowed to coach during a game. This includes strategy and lines calling

5. Equipment:

- a) Net Heights
 - as per MHSAA
- b) Shuttlecocks
 - Mavis 300 blue band, optic yellow-only

6. Honor System:

- All competition is based on the honor system.
- Players are allowed to request adjudication from the convener

7. Venues:

- To be determined in the fall TRAC meeting

8. Dress Code:

- As per TRAC division policy and in accordance with the MHSAA Provincial Handbook

9. Canteen

- Players should have access to canteen while they are not participating.
- Lunch time can be included based on conveners format.
- Food should remain out of the gym at all times.

10. Awards

- 1st and 2nd place certificates will be given out in each category.
- Senior Divisional **Team** trophy to be awarded for one year to Senior Champions.

11. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Round Robin play and playoffs are standard.
- Standard 2-4 team pool with semifinals and finals
- **Games are played to 21, must win by 2, no cap**

12. Divisional Point System

- a. 12 points for 1st
- b. 10 points for 2nd
- c. No longer are points to be awarded for 3rd or 4th place.

13. Procedure

- Assign each entry a number
- Set up a round robin using these numbers and assign each game a number
- Using a scoreclock, put up the next game number to be played
- Inform athletes to watch the scoreclock for their game number and move onto the first available court when it becomes available.
- Winners report scores to the scorers table.
- See appendix for samples of draws, round robin, and playoffs.

Turtle River School Division Junior Divisional Badminton Championships

2. Number of Teams:

- Each school is allowed to enter two individuals or two teams in each category: Mens' Singles, Men's Doubles, Ladies' Singles, Ladies' Doubles, and Mixed Doubles
- If entering a mixed team the girls and boys need to play alternating positions.

2. Times:

- Start Time: 10:00 am
- End time: 2:15 pm as Juniors are to back at their home school for buses.

3. Travel:

- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules:

- As per Badminton Canada and MHSAA.
- Coaches are not allowed to coach during a game. This includes strategy and lines calling

5. Equipment:

- c) Net Heights
 - as per MHSAA
- d) Shuttlecocks
 - Mavis 300 blue band, optic yellow-only

6. Honor System:

- All competition is based on the honor system.

7. Venues:

- To be determined in the fall TRAC meeting

14. Dress Code:

- As per TRAC division policy and in accordance with the MHSAA Provincial Handbook

15. Canteen

- Players should have access to canteen while they are not participating.
- Lunch time can be included based on conveners format.
- Food should remain out of the gym at all times.

16. Awards

- 1st and 2nd place certificates will be given out I each category.

17. Format

- Draw format will depend on number of entries in each category.
- Playoffs should be run whenever possible.
- Round Robin play and playoffs are standard.
- Standard 2-4 team pool with semifinals and finals
- Games are played to 21, must win by 2, no cap

18. Divisional Point System

- d. 12 points for 1st
- e. 10 points for 2nd
- f. No longer are points to be awarded for 3rd or 4th place.

19. Procedure

- Assign each entry a number
- Set up a round robin using these numbers and assign each game a number
- Using a scoreclock, put up the next game number to be played
- Inform athletes to watch the scoreclock for their game number and move onto the first available court when it becomes available.
- Winners report scores to the scorers table.
- See appendix for samples of draws, round robin, and playoffs.

Turtle River School Division
Junior Divisional Track and Field
“Turtle Derby” Championships

1. Number of Participants:

- Determined by individual school

2. Times:

- Start time: 10:00 am
- End time to be determined by convener based on format as divisional Policy requires all junior athletes to be at their home school no later than 3:30 p.m.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per the National Federation Track and Field Rules shall be used in accordance with MHSAA.

5. Venues:

- to be determined in the TRAC fall meetings

6. Dress Code:

- As per TRAC division policy

7. Canteen

- Scheduled lunch break may be included based on convener’s format.
- Make drinks available for the complete meet.

8. Awards

- 1st, 2nd and 3rd place ribbons will be handed out per event
- Schools will split costs for the purchase of the ribbons

10. Facilities

- Track in Ste. Rose (315 meters)
- Track needs to be sprayed yearly to maintain at least 5 lanes
- Track needs to be drained of standing water
- Track needs to be measured and lined (minimum 18 cans of paint) for 100m, 200m,400m, 800m, and 1500m (counterclockwise)
- Permanent Discus Circle available- line the “V” and put up safety barrier
- Shot-put- line the circle and the “V” and put up toe board
- Long jump and Triple jump- till up pits and dig down toe boards.

11. Equipment

- **Shot-put** – need markers, tape measure , toe board
 - Grade 7 and 8- 6lbs shot-put
- **Discus-** need markers, tape

- All grades use 1kg
- **High jump**
 - Standards, Bar, Landing pit, tape measure
- **Long jump**
 - Toe Board (can use pitchers mound plate), Rake, Tape measure
- **Triple Jump**
 - Florescent paint for take-off lines
 - Pylons, Rake, Measuring Tape
- **Track**
 - Walkie talkies, bull horn,
 - starter's pistol, caps,
 - seating for timers, 6 to 8 stop watches
- **Results Table**
 - Results sheets
 - Ribbons and pins
 - * All results should be recorded in meters/cm

12. Format

- a) Meet athletes in the gym prior to meet to hand out schedules and explain where events are being held, which events will run finals, and other housekeeping.
 - b) Events should begin no later than 10:15 in order to be completed by 2:15.
- School relay teams will consist of no more than two seniors per gender per age group (i.e. Grade 7 Girls)
 - Track events take precedence over field events.
 - Usually a 20 minute lunch break from track events. Field events have no scheduled lunch break.

13. Entries (Set-up)

- Athletes should be placed in heats with students from different schools.
- Heats should have no more than 5 runners for the 100, 200, and 400.
- Other races can be raced based on the number of stopwatches and timers available.
- Athletes do not have to win Divisionals to compete at Interdivisionals (with Beautiful Plains)

14. Event Responsibilities

- To be determined at TRAC spring meeting.

Turtle River School Division
Grade 5 and 6 Divisional Track and Field

1. Number of Participants:

- Determined by individual school

2. Times:

- Start time: 10:00 am
- End time to be determined by convener based on format as divisional Policy requires all athletes to be at their home school no later than 3:30 p.m.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per the National Federation Track and Field Rules shall be used in accordance with MHSAA.

5. Venues:

- to be determined in the TRAC fall meetings

6. Dress Code:

- As per TRAC division policy

7. Canteen

- Scheduled lunch break may be included based on convener's format.
- Make drinks available for the complete meet.

8. Awards

- 1st, 2nd and 3rd place ribbons will be handed out per event
- Schools will split costs for the purchase of the ribbons

10. Facilities

- Track in Ste. Rose (315 meters)
- Track needs to be sprayed yearly to maintain at least 5 lanes
- Track needs to be drained of standing water
- Track needs to be measured and lined (minimum 18 cans of paint) for 100m, 200m,400m, 800m, and 1500m (counterclockwise)
- Permanent Discus Circle available- line the "V" and put up safety barrier
- Shot-put- line the circle and the "V" and put up toe board
- Long jump and Triple jump- till up pits and dig down toe boards.
- Other Events as agreed upon at spring meeting. (In the past a soccer-golf , football accuracy, earth ball, bocce ball and kick-punt-pass events have been used)

11. Equipment

- **Shot-put** – need markers, tape measure , toe board
 - Grade 5 and 6- 4 lbs shot-put
- **Discus-** need markers, tape
 - All grades use 1kg
- **High jump**
 - Standards, Bar, Landing pit, tape measure
- **Long jump**
 - Toe Board (can use pitchers mound plate), Rake, Tape measure
- **Triple Jump**
 - Florescent paint for take-off lines
 - Pylons, Rake, Measuring Tape
- **Track**
 - Walkie talkies, bull horn,
 - starter's pistol, caps,
 - seating for timers, 6 to 8 stop watches
- **Results Table**
 - Results sheets
 - Ribbons and pins
 - * All results should be recorded in meters/cm

12. Format

- a) Meet athletes in the gym prior to meet to hand out schedules and explain where events are being held, which events will run finals, and other housekeeping.
 - b) Events should begin no later than 10:15 in order to be completed by 2:15.
- School relay teams will consist of no more than two seniors per gender per age group (i.e. Grade 6 Girls)
 - Track events take precedence over field events.
 - Usually a 20 minute lunch break from track events. Field events have no scheduled lunch break.

13. Entries (Set-up)

- Athletes should be placed in heats with students from different schools.
- Heats should have no more than 5 runners for the 100, 200, and 400.
- Other races can be raced based on the number of stopwatches and timers available.

14. Event Responsibilities

- To be determined at TRAC spring meeting.

Turtle River School Division Varsity Girls Fastball Championships

- 1. Number of Teams:**
 - Each school is allowed to enter a single Girl's team.
- 2. Times:**
 - Start time: 10:00 am
 - End time: There is no definitive time the tournament must be completed by.
- 3. Travel-** Buses are to be booked well in advance and all efforts to "bus pool" should be made.
- 4. Rules:** As per MHSAA and Softball Canada
- 5. Umpires:**
 - Umpires should be brought in for this event. Considering the cost to do hire officials, a home plate umpire may be enough. However, based on the number of teams and number of games, the convener shall consider having a 2nd base umpire upon approval of the participating teams. The payment for the referee will be paid by the hosting convener and be reimbursed by the participating schools according to TRAC policy.
- 6. Venues:**
 - The division has a wonderful baseball facility in Ste. Rose. It has been agreed that the schools within the division make use of this facility. Book the diamond at Burnside Park.
- 7. Dress Code:**
 - As per TRAC division policy and accordance to the MHSAA Provincial handbook.
 - Batting helmets with cages must be used while batting and running on the base paths.
 - Chin Straps must be worn on all batting helmets, including base running
 - All catchers must have the appropriate safety equipment worn appropriately while behind the plate. This includes warming up the pitcher by the catcher or any other positional player.
- 8. Canteen**
 - Players should have access to canteen while they are not participating.
 - Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.
- Varsity Divisional trophy to be awarded for 1 year to Varsity champions

10. Format

- Draw format will depend on number of teams, but a round robin is preferred.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.
- Standard 1-4 team pool with semifinals and finals.
- Round robin games are 5 innings with a 10 run mercy call at the end of the 3rd inning. Exhibition, league and finals are 7 innings with a 10 run mercy called after 5 innings.

Turtle River School Division Junior Girls Fastball Championships

1. Number of Teams:

- Each school is allowed to enter a single Girl's team.

2. Times:

- Start time: 10:00 am
- End time: End time: 2:15 pm to ensure juniors are back for buses.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: As per MHSAA and Softball Canada

5. Umpires:

- Umpires should be brought in for this event. Considering the cost to do hire officials, a home plate umpire may be enough. However, based on the number of teams and number of games, the convener shall consider having a 2nd base umpire upon approval of the participating teams. The payment for the referee will be paid by the hosting convener and be reimbursed by the participating schools according to TRAC policy.

6. Venues:

- The division has a wonderful baseball facility in Ste. Rose. It has been agreed that the schools within the division make use of this facility. Book the diamond at Burnside Park.

7. Dress Code:

- As per TRAC division policy and accordance to the MHSAA Provincial handbook.
- Batting helmets with cages must be used while batting and running on the base paths.
- Chin straps must be worn on all batting helmets
- All catchers must have the appropriate safety equipment worn appropriately while behind the plate. This includes warming up the pitcher by the catcher or any other positional player.

8. Canteen

- Players should have access to canteen while they are not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.

10. Format

- Draw format will depend on number of teams, but a round robin is preferred.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.
- Standard 1-4 team pool with semifinals and finals.
- Round robin games are 5 innings with a 10 run mercy call at the end of the 3rd inning. Exhibition and finals are 7 innings with a 10 run mercy called after 5 innings.

Turtle River School Division
Senior Divisional Hardball Championships

- 1. Number of Teams:**
 - Each school is allowed to enter a single Men's team.
- 2. Times:**
 - Start time: 10:00 am
 - End time: There is no definitive time the tournament must be completed by.
- 3. Travel-** Buses are to be booked well in advance and all efforts to "bus pool" should be made.
- 4. Rules:** as per Baseball Canada and in accordance with MHSAA
 - Pitch count is in effect for all games
 - If player is playing outside school ball, their pitches are still in effect
 - See mhsaa guidelines for pitch count rules
 - Only wood bats can be used, no aluminum or composite
- 5. Umpires:**
 - Umpires should be brought in for this event. Considering the cost to do hire officials, a home plate umpire may be enough. However, based on the number of teams and number of games, the convener shall consider having a 2nd base umpire upon approval of the participating teams. The payment for the referee will be paid by the hosting convener and be reimbursed by the participating schools according to TRAC policy.
- 6. Venues:**
 - The division has a wonderful baseball facility in Ste. Rose. It has been agreed that the schools within the division make use of this facility. Book the diamond at Burnside Park.
- 7. Dress Code:**
 - As per TRAC division policy and accordance to the MHSAA Provincial handbook.
 - Batting helmets must be used while batting and running on the base paths.
 - All catchers must have the appropriate safety equipment worn appropriately while behind the plate. This includes warming up the pitcher by the catcher or any other positional player.
- 8. Canteen**
 - Players should have access to canteen while they are not participating.
 - Lunch hour can be included based on conveners format

- Food should remain out of the gymnasiums.

9. Awards

- 1st and 2nd place certificates will be given out in each division.
- Senior Divisional trophy to be awarded for 1 year to Senior champions

10. Format

- Draw format will depend on number of teams, but a round robin is preferred.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.
- Standard 1-4 team pool with semifinals and finals.
- Games will be 7 innings depending upon the number of participating teams.
- Mercy rule is applied after 5 innings and the score differential is greater than 10.

Turtle River School Division Junior Divisional Hardball Championships

1. Number of Teams:

- Each school is allowed to enter a single junior men's team.
- Age eligibility according to TRAC policy.

2. Times:

- Start time: 10:00 am
- End time: 2:15 pm to ensure juniors are back for buses.

3. Travel- Buses are to be booked well in advance and all efforts to "bus pool" should be made.

4. Rules: as per Baseball Canada and in accordance with MHSAA

- Pitch count is in effect for all games
 - If player is playing outside school ball, their pitches are still in effect
 - See mhsaa guidelines for pitch count rules

5. Umpires:

- Physical Education staff should be responsible for umpiring home plate and may have a parent, volunteer, responsible senior student, or leadership student umpire 2nd base. Home plate umpires need to command and control the game, therefore it may be inadvisable to place a student behind the plate.

6. Venues:

- The division has a wonderful baseball facility in Ste. Rose. It has been agreed that the schools within the division make use of this facility. Book the diamond at Burnside Park.

7. Dress Code:

- As per TRAC division policy and accordance to the MHSAA Provincial handbook.
- Batting helmets must be used while batting and running on the base paths.
- All catchers must have the appropriate safety equipment worn appropriately while behind the plate. This includes warming up the pitcher by the catcher or any other positional player.

8. Canteen

- Players should have access to canteen while they are not participating.
- Lunch hour can be included based on conveners format

9. Awards

- 1st and 2nd place certificates will be given out in each division.

10. Format

- Draw format will depend on number of teams, but a round robin is preferred.
- Playoffs should be run whenever possible.
- Round robin play and playoffs are standard.
- Standard 1-4 team pool with semifinals and finals.
- Games will be 5 innings depending upon the number of participating teams. Finals will be 7 innings, depending on if there is time
- Mercy rule is applied after 3 innings and the score differential is greater than 10.