



CONSTITUTION & HANDBOOK

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SECONDARY CATHOLIC SPORTS ASSOCIATION CONSTITUTION

The Secondary Catholic Sports Association is a sporting body that promotes and provides sporting carnivals for secondary girls to compete in, within a Catholic environment. Each participant has a fair and equal opportunity to advance to her highest level, develop team spirit, and achieve individual excellence.

1) **Name**

The Association shall be called the SECONDARY CATHOLIC SPORTS ASSOCIATION. Herein after called the S.C.S.A.

2) **Membership**

- 2.1 Membership of the S.C.S.A. is restricted to metropolitan and country Catholic Secondary Schools, upon payment of the annual affiliation fee.
- 2.2 Membership is open either to girls schools or co-educational colleges, however events cater only for girls.
- 2.3 The admission of new members shall be by majority vote of the existing members at the Annual General Meeting.

3) **Termination of Membership**

- 3.1 Membership may be terminated by majority vote at the Annual General meeting (AGM) if a school does not comply with the constitution.
- 3.2 If a school wishes to withdraw from the Association, it must notify the executive in writing.

4) **Register of Membership**

- 4.1 The Executive Officer of the S.C.S.A. will maintain a register of current financial members.

5) **Government of Association**

- 5.1 The Executive Council governs the Association. Executive Council to consist of Executive Officer as a non-voting member and 7 positions as follows: 1 position to be elected each year and 2 positions to be nominated each year. President school also nominated. All positions are for 2 years. Nominated schools would occur on a rotation from a randomly allocated list. This would result in 3 members being changed each year.
- 5.2 The members of the Executive Council will fulfil their duties as set out in the job descriptions (See Appendix A.)

- 5.3 The Executive Council appointed at the Annual General Meeting shall take office at the end of that meeting and shall hold office for a two year period, except for the nominated school whose tenure is one year.
- 5.4 If the nominated school leaves the Association, the next nominated school will take on the role.
- 5.5 If any elected member resigns during the tenure, a new member will be elected by the Association.
- 5.6 The changeover for President and the Executive Officer needs to be completed by the end of November. If this does not occur, the Principal will be contacted by the president School and asked to help to solve the problem.

6) Meetings

- 6.1 1. Meetings of the Executive Council will be held four times per year on the second Tuesday of each term.
1. 2. The Annual General Meeting will be held on the third Tuesday of November.
- 6.2 Principals will be invited to attend the Annual General Meeting and are welcome to attend any other meeting.
- 6.3 Venue for the meetings will be decided upon by the Executive Council and will be central to the majority of schools in the S.C.S.A.
- 6.4 Attendance at the Annual General meeting is compulsory for all schools in the S.C.S.A. A proxy is acceptable, an apology is not acceptable.
- 6.5 Non-attendance at the Annual General Meeting may result in expulsion from the Association. When a school does not attend the procedure is:
a) phone all next day from Executive Officer to school
b) letter to Principal and Sports Co-ordinator. School to respond within 14 days
c) no response is a fine incurred
d) suspension from S.C.S.A. if school misses 2nd consecutive AGM.
- 6.6 The Agenda for the meeting will be:
- Prayer and Welcome
 - Apologies
 - Minutes
 - Discussion of Minutes and Business Arising
 - Correspondence
 - Treasurer's Report
 - General Business
 - Notification of Next Meeting
 - Close
- 6.7 When voting on a motion is required, one vote per voting member of the Executive Council and motions shall be carried on a simple majority, except as provided for in Constitution 6.9.

- 6.8 Notice of any motion concerning this Constitution shall be given 21 days in advance of the Annual General Meeting; and if the motion is passed at the following Annual General Meeting, the change shall become effective in the following year. Such motion shall not be carried except by a three-quarters membership majority. Committees controlling the S.C.S.A. activities may recommend changes in the Rules governing these activities; proposed changes must be notified beforehand by a notice of motion and shall be operative when approved by the S.C.S.A.
- 6.9 The nominated school with the unanimous consent of the members present at the meeting, shall be empowered to suspend the Constitution to meet any emergency.
- 6.10 Agenda for meetings, with motions shall be posted to members at least seven days in advance of the meeting. Minutes of the meeting shall be posted to members no later than 2 months after the meeting.
- 6.11 Amendments to the statement of purpose of the association can be made as a motion to a general meeting and carried by a three-quarters majority.
- 6.12 All S.C.S.A. meetings will be run along the lines set out clearly in Appendix B.

7) **Finances**

- 7.1 The financial year for the S.C.S.A. will be from the Annual General Meeting to the next, November to November.
- 7.2 The school affiliation fee for the ensuring year shall be determined at each Annual General Meeting.
- 7.3 A school shall be deemed affiliated on payment of the affiliation fee, and carnival fees to the Treasurer by the 1st March.
- 7.4 Schools not affiliated by the said date will be barred from entering their students in the S.C.S.A. sports activities. (See Membership 2.1).
- 7.5 The Treasurer/Executive Officer shall open such bank accounts as the Executive shall approve from time to time.
- 7.6 The bank account will be opened using two signatures from three authorised signatures: the Executive Officer and two members of the Executive Council.
- 7.7 Two members of the Executive Council and the Executive Officer shall be authorised to sign any official documents for or on behalf of the Association. Any two such signatures shall be deemed sufficient for this purpose.
- 7.8 All payments from the S.C.S.A. funds shall be approved by the Executive and be supported by documented evidence. The Treasurer/Executive Officer shall be required to report such payments at every meeting.
- 7.9 The Executive shall appoint an Auditor for the S.C.S.A. annually.

- 7.10 The Treasurer shall present audited statements of all S.C.S.A. transactions for the previous financial year to members at the Annual General Meeting.
- 7.11 It is permissible for the S.C.S.A. to raise funds by contributions, affiliation fees, and other fundraising means and to spend the funds so raised for the purpose of carrying out all or any of the aims of the S.C.S.A.
- 7.12 Any member withdrawing from the S.C.S.A. shall be liable for any outstanding monies.
- 7.13 In the event of the dissolution of the S.C.S.A. all monies after outstanding debts have been paid shall be evenly distributed amongst current member schools.
- 7.14 Fee Structure
Accident Indemnity Levy
Affiliation Fee
Administration Carnival Fee
- 7.15 An Insurance Policy is in operation to cover affiliated schools. See Appendix E.
- 7.16 The total remuneration cost for the Executive Officer position be paid to the school/employer of the Executive Officer, in consultation with the school Principal.

8) **Competitions**

- 8.1 The S.C.S.A. organises Inter-School Carnivals in Swimming, Athletics and various other sports.
- 8.2 The S.C.S.A. follows rules of the governing bodies except as stated in the handbook.
- 8.3 Only affiliated schools may compete in any competitions.
- 8.4 Divisions for Carnivals are:
Junior: Years 7 and 8
Intermediate: Years 9 and 10
Senior: Years 11 and 12
Invitation/Open all: All year levels
- 8.5 Page 15 Rule 11: Competitors may compete in one year/division group only. (this may be a year/division group higher, but not lower.)
- 8.6 The running of each Carnival is the responsibility of the organising school as set down by the S.C.S.A.
- 8.7 Organising schools must follow the Carnival operating procedure as authorised by the S.C.S.A.
- 8.8 No member schools may operate or fund any type of sporting event without the authorisation from the S.C.S.A. committee and members via a motion.

- 8.9 Students from any S.C.S.A. Year 7 - 10 School who are currently enrolled at an S.C.S.A. affiliated Year 11 and Year 12 school may only compete for their previous school.
- 8.10 Swimming, Athletics and some of the minor carnivals will be conducted in divisions in relation to previous performances. The winning school in each division will move up to the higher division and the school that finishes last moves to a lower division.
- 8.11 New Schools entering a Carnival will be placed in an appropriate division as determined by the Executive.
- 8.12 Any accident at any of the S.C.S.A. sporting events must be recorded on the official form within 24 hours. This form is in all folders. One copy of the form should be retained by the organiser and one copy forwarded to the Executive Officer Immediately. Failure to do so may jeopardise the insurance policy of the S.C.S.A. A copy of this form is in Appendix D - Accident Form.
- 8.13 Results of all S.C.S.A. sporting events must be clearly typed, dated and a copy forwarded to the Executive Officer within 3 weeks after the event.
- 8.14 Hot Weather Policy: At 8 am all schools ring the organising school if a hot day has been forecast or that all schools arrive at the venue and if the forecast is higher or equal to 35 degrees Celsius and this temperature is reached during the carnival, the teachers can confer and decide whether to continue.
- 8.15 Winners of Division 1 Carnivals will have the opportunity to progress to the next stage. e.g. Tennis - Victorian Schools Tennis Championships or Basketball - McDonalds Cup.
- 8.16 Late Entry Policy - Late entry is available to all but this will be dependent on the ability of the Host School to cater for the inclusion of the extra entries. Schools must check with the Executive Officer and then the Host School. All general entries to be finalised before the AGM.
- 8.17 Cancellation Policy - If a carnival is cancelled, no other SCSA carnival is to res-schedules for that particular year. Host schools may cancel a carnival after discussion with the Executive Officer and all participating schools. This decision would be made from the venue itself. Contact with the Executive Officer and Host School will be available from 7.00am by mobile phone and a final decision by 7.30am in the event of storm/lightning/very hot weather. (Time to travel to the venue by teams has to be considered.) There may be an exception to this where a carnival needs to be cancelled for weather conditions e.g. Extreme heat/storm/lightning. It is the aim of the Host School to attempt to run a carnival - i.e. there can be a delay to the start time of the event and time of rounds or number of events can be reduced. Therefore, the conditions of the carnivals can be modified according to safety requirements e.g. Cancel the hurdles and the high jump or reschedule later in the day.

* If the carnival is cancelled then the schools will be refunded their levy for that particular carnival less the cost of the forfeited booking fee.

9) **Authentication**

- 9.1 Any member of the association may be at any time inspect the books and documentation of the association.

The Procedure For Appointment of SCSA Executive Officer

Responsibility

The responsibility for the organisation and appointment of the position of SCSA Executive Officer should be that of the President School. The SCSA representative for the President School should consult with his or her principal about the process and should request that the principal or a principal's representative participate in the process of appointing an Executive Officer for the SCSA. Should the President School be unable to fulfil this responsibility, the Executive Council are to decide on a suitable arrangement.

The timeline for process should be as follows:

To commence after the Term 3 Executive Council meeting and to conclude early Term 4, as soon as practicable after the Term 4 executive council meeting, or earlier. This allows principals to plan for teaching loads in the following year and enable them to take into consideration a time allowance for the executive officer's role should the successful applicant be from his or her school.

Note: It is important that the principals be aware that the applicant must be a full-time or part-time employee of an SCSA School as the position must be covered by the Workcare arrangements of the applicant's school. The total remuneration cost for the position as at 29 August 2001 is \$5200. The appointed Executive Officer should negotiate with their respective principal as to how the remuneration is allocated: direct payment, a time allowance or a combination of both.

Procedure

- *Review of application pro forma*

The application pro forma should be reviewed/updated by the Executive Council at the Term 3 meeting.

- *Advertising of position*

A letter, along with the application pro forma, is to be sent to all member schools' principals requesting that the position be advertised in their schools. The letter should clearly detail the contact person for position and include a suitable deadline for applications: two weeks is suggested.

- *Processing of applications*

The President is to process applications, organise an interview panel and arrange and conduct the interviews.

The interview panel should consist of:

- the principal or principal's representative of the current President School;
- 2 current and experienced executive committee members of the SCSA Executive Council.

If there be 6 fewer applications for the position, all applicants should have the opportunity to present for interview. Should there be more than 6 applications the interview panel should select 4 - 6 of the most suitable applications and offer them an interview at a time and venue that is mutually convenient to the principal or principal's representative, and other members of the interview panel.

For preparation purposes, all members of the interview panel should have copies of the application of the interviewees prior to the interviews being conducted.

On completion of the interviews, the panel is to come to a decision and make their recommendation to Executive Council at the Term 4 meeting.

The successful applicant to be, in the first instance, verbally offered the position of SCSA Executive Officer. If the applicant accepts the offer, a formal letter of offer is sent to the applicant along with a letter informing the applicant's principal of the offer, conditions of the role as outlined in the SCSA Constitution and the remuneration that accompanies the job.

Successful applicant to sign and return to the President School an agreement to the terms and conditions, a copy of which should be also supplied for the applicant's records.

Letters of the outcome to be sent to all applicants.

- *Announcement of position filled.*
Principals and members of executive council to be notified.
- *Transition procedures.*
President School to ensure the handover of SCSA records to new Executive officer at end of year.

President School to send a letter of thanks to outgoing Executive Officer.

By Jan Savage
Mercy College
President School, 2001 - 2002

**Secondary Catholic Sports Association Incorporation
Application Form**

Executive Officer

Name:

School:

Years of teaching experience:

Position in the School:

List the position(s) of responsibility currently or previously held.

Outline your experience in organisational and administrative positions.

Outline your previous experience in organising sporting activities.

Outline your experience in directing groups of adults towards a task.

What skills do you consider important to fulfil the role of the SCSA Executive Officer.

List the name, position and phone number of two referees.

SIGNATURE:

DATE:

Principal's Endorsement

As Principal of the applicant named above, I am aware of the responsibilities of the position of the Secondary Catholic Sports Association's Executive Officer and I support his/her application.

SIGNATURE:

DATE:

SECONDARY CATHOLIC SPORTS ASSOCIATION APPENDICES

APPENDIX A

THE ROLE OF THE EXECUTIVE COUNCIL

1. At the first Executive Council meeting after the Annual General Meeting the Council will vote on how to run the council until the next Annual General Meeting, selecting Option A or B.
Option A: Council members will be elected to hold the role of President, Vice President, Secretary and Treasurer as set out in Appendix A.
Option B: The Council will rotate the duties at each meeting and will be responsible and perform all duties covered by Appendix A for President, Vice President, Secretary and Treasurer. The main duties for each meeting are Chairperson, Minutes, and prayer.

THE ROLE OF THE PRESIDENT

1. The President shall be the Chairperson of the meetings.
2. The President shall set the venue and date for all meetings.
3. The President shall appoint an Auditor.
4. The President shall have use of the Common Seal where deemed necessary.

THE ROLE OF THE VICE PRESIDENT

1. The Vice President shall support the President.
2. The Vice President shall assume the role if and when the occasion arises.
3. It is recommended that the Vice President becomes involved and familiar with the President's role as he/she will assume those responsibilities in the next executive period.
4. Publicity Officer: Publicise S.C.S.A. and results in relevant newspapers.

THE ROLE OF THE SECRETARY

1. The Secretary shall keep full and accurate minutes and give the minutes to the Executive Officer to type, copy and send.
2. The Secretary shall provide and organise afternoon tea for each meeting.
3. The Secretary shall ensure an agenda for meetings at least one week prior to the meeting is sent by the Executive Officer.

THE ROLE OF THE TREASURER

1. Open cheque account at bank near school with signatures of two members of the Executive Council and the Executive Officer. Any two to operate in name of Secondary Catholic Sports Association.
2. Present a financial statement at every meeting using SCSA letterhead. This statement should be typed.
3. To purchase (or delegate) trophies, and any miscellaneous items for carnivals.
4. To arrange and procure suitable insurance. See Appendix E.
5. Maintain books and receipts to be available to an appointed auditor and present a typed auditors report at AGM and send a copy to Physical Education Staff and Principal.
6. Negotiate fee structure (Affiliation and Carnival Fees) at AGM for the following year.
7. Responsible for collection of unpaid fees by March 1st of that year.

THE ROLE OF THE EXECUTIVE OFFICER

1. Work with the Executive Council.
2. Attend all meetings of the Executive Council as a non voting member.
3. Keep an accurate mailing list of current members.
4. Type and send Agendas and Minutes of Meetings to member schools.
5. Book venues, Officials and First Aid for all Carnivals for the Association.
6. Re-confirm bookings in writing for the above for the current year.
7. Send out forms regarding confirmation of schools intended participation in above carnivals for the following year. Collate and publish of schools for carnivals with host schools indicated.
8. Collate **lists** of all carnivals' results school aggregate and total.
9. Send letters to the following years Host Schools to inform them of what has been booked, the results from the previous year and therefore who has the trophies.
10. Send letter to trophies winners for the Association to remind them that they need to return their trophies to the indicated Host School at least one month before the next carnival.
11. Send letters of thanks on behalf of all carnivals to venues, officials and first aid.
12. Send letters to schools who have not returned host folders.
13. Update records for carnivals.

14. Maintain and update activity folders.
15. Order ribbons etc. for carnivals when necessary.
16. To carry out the role of Treasurer.
17. Distribute all supplements to the Handbook at the AGM i.e.
 - a. Updated records.
 - b. Complete table of winners for all carnivals.
 - c. Calendar of events for the following year.
 - d. List of schools, addresses, phone/fax number, Principal's name physical education staff contact and home phone number if supplied.
18. Complete the appropriate forms for the Incorporating Body.
19. Have custody of the Common Seal for the Association. The Executive Officer shall have use of the seal where deemed necessary.
20. Custody of documents, books and securities rests with the Executive Officer.

APPENDIX B

MEETING PROCEDURE

1. The quorum for general meetings of the S.C.S.A. shall be a simple majority, except as provided for in Constitution 6.9.
2. The order of business shall follow the agenda, i.e.
 1. Prayer and Welcome
 2. Apologies
 3. Minutes of the previous meeting
 4. Discussion of Minutes and Business Arising
 5. Correspondence
 6. Treasurer's Report
 7. General Business
 8. Notification of Next Meeting
 9. Close
3. When the President addresses the meeting all others must remain quiet and attentive. Any person wishing to speak must raise his/her hand.
4. No interruption of a speaker is allowed, except by the President.
5. All proposals made to the meeting shall be in the form of motions.
6. Every speaker must keep to the question. Any member who digresses from the subject may be called to order by the President.
7. All motions and amendments must be moved and seconded. If no seconder is found the motion or amendment lapses.
8. A motion or amendment which has been moved and seconded shall not be withdrawn without unanimous consent of the meeting.
9. The proposed motion shall be immediately put to the meeting for a decision unless there is an amendment thereto.
10. A motion may be amended at any time during the debate thereon by:
 - (a) striking out certain words.
 - (b) adding certain words.
 - (c) deleting certain words and adding others.providing that the substance of the original motion is retained.
11. Length of discussion time per motion is determined by the President and all persons shall be given sufficient time to speak. If insufficient time remains, the motion will be deferred to the next meeting.
12. Motions shall be put to the meeting by the President asking "those in favour" to vote first and "those against" to vote second and then "those abstaining". The President's decisions as to which has the majority shall be final.

13. Once a motion has been passed, no further discussion will be entered into.
14. One vote per school is allowed. Constitution 6.7
15. At all meetings of the S.C.S.A. the President shall have an ordinary vote and in the case of equal voting he/she will also have the casting vote. Constitution 6.8

APPENDIX C

GENERAL EQUIPMENT

<u>Stop Watches:</u>	9
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Bib Number	Amount of Bibs	Baton Colour	Amount of Batons
1	19	Red	5
2	20	Yellow	5
3	19	Blue	4
4	14	Green	4
5	20		
6	21		
7	13		
8	19		

APPENDIX D

ACCIDENT FORM

This form is to be completed within 24 hours of the event. Refer to directions in Section 8.12 page 7.

Code of conduct for Coaches/ Officials/ Players.

The following information has been adapted from the Australian Sports Commission document – Code of Conduct.

Official Code of Behaviour

In your role as an official appointed by *your school*, you must :

1. Place the safety and welfare of the players/participants above all else.
2. Accept responsibility for all actions taken.
3. Be impartial.
4. Avoid any situation which may lead to a conflict of interest.
5. Be courteous, respectful and open to discussion and interaction.
6. Value the individual in sport.

Coach Code of Behaviour

In your role as a coach appointed by the school, as the Coach you :

1. Do not tolerate acts of aggression.
2. Provide feedback to players and other participants in a manner sensitive to their needs. Avoid overly negative feedback.
3. Recognise players' rights to consult with other coaches and advisers. Cooperate fully with other specialists (for example, first aiders doctors and physiotherapists).
4. Treat all players fairly within the context of their sporting activities, regardless of gender, race, place of origin, athletic potential, colour, sexual orientation, religion, political beliefs, socio-economic status and other conditions.
5. Encourage and facilitate players' independence and responsibility for their own behaviour, performance, decisions and actions.
6. Involve the players in decisions that affect them.
7. Encourage players to respect one another and to expect respect for their worth as individuals regardless of their level of play.
8. Ensure any physical contact with players is appropriate to the situation and necessary for the player's skill development.
9. Be acutely aware of the power that you as a coach develop with your players in the coaching relationship.
10. Avoid situations with your players that could be construed as compromising.

11. Do not exploit any coaching relationship to further personal, political or business interests at the expense of the best interest of your players.
12. Accept and respect the role of officials in ensuring that competitions are conducted fairly and according to established rules.
13. Know and abide by rules, regulations and standards, and encourage players to do likewise. Accept both the letter and the spirit of the rules.

Player Code of Behaviour

In your role as a player/participant in any activity held by the S.C.S.A , you will:

1. Respect the rights, dignity and worth of fellow players, coaches, officials and spectators.
2. Not tolerate acts of aggression.
3. Respect the talent, potential and development of fellow players and competitors.
4. Care for and respect the equipment provided to you as part of your program.
5. Be frank and honest with your coach concerning illness and injury and your ability to play
6. Conduct yourself in a professional manner relating to language, temper and punctuality.
7. Maintain high personal behaviour standards at all times.
8. Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
9. Cooperate with coaches, officials and staff.

Off Field expectations of Behaviour.

It is expected that the supervising staff will carry out their duty of care regarding their students at the tournament.

1. All teams must be supervised by the schools own staff.
2. All schools must stay until the end of the tournament or Grand Final as courtesy to the schools.
3. All schools are responsible to ensure that there is no damage done by students to the facilities hired by SCSA.
4. Schools and teachers are responsible to ensure their area is left free of rubbish at each SCSA sporting venue.

Weather policy

Inclement weather

If inclement weather occurs after all rounds have been played and before the finals have been played then the results will be taken from the points and percentages from the rounds to establish the winner. Highest points and percentage will be the winner for the event.

If there is inclement weather occurs half way through the finals then the team ahead at the time will be declared the winner. If rounds have not been completed due to inclement weather, which threatens safety, then host school and participating schools in conjunction with Executive Officer will cancel the day and send all schools home.

Extreme Heat Policy

Cancellations due to extreme heat will be made with consultation with the Executive Officer. When temperatures exceed 34° C, the competition will need to be reviewed and contact will need to be made with the Executive Officer before cancellation of the event.

**SECONDARY CATHOLIC
SPORTS
ASSOCIATION

HANDBOOK**

S.C.S.A. ATHLETICS CARNIVAL RULES
--

1. General Information

a) Program

Programs are the individual school's concern. The host school will send a master copy to each school. A program complete with the competitors' names should be sent to the host school well prior to the carnival.

On the day of the carnival alterations may be made to names of competitors provided the organising school is notified prior to the event. Notification of changes is not required for relays and ball games.

b) Host School

One host school is appointed to run each carnival and the appointed Athletics Convenor will run the carnival.

The information must give out data at least three weeks prior to the event.

The competing schools must return data by the required date or contact the organising school. If this does not occur the school will be disqualified.

c) Officials

Where possible Victorian Athletics Association officials shall be used. These should be booked by the Executive Officer upon request of the organiser.

All schools are required to supply staff officials to conduct track and field events.

Schools may also be required to provide student officials.

The host school will forward information explaining the duties of each official. Rules are to be distributed to school officials well in advance of the sports, so that the officials are conversant with the rules, regulations and procedures of their specific duty.

d) Refreshments

Staff and officials should provide their own lunch, with tea and coffee and light refreshments made available by the host school, within the budget set by the Executive Officer.

e) First Aid

St. John's Ambulance or Sports First aid will be in attendance. (To be booked by the Executive Officer upon request from the organiser.)

f) Supervision

Each school is responsible for the supervision, safety and conduct of their students.

Each school is responsible for the cleanliness of their spectator and competitor area.

At the conclusion of the sports each school is responsible for cleaning up their area.

Garbage bags will be supplied for this purpose, but it is better practice not to litter!

g) Lanes and Seating Positions

Lanes and seating positions will be divided by rotation, prior to the carnival. The school in Lane 1 will be seated next to the Start. Other schools will be seated in order toward the Finish. i.e. Team 8 at Finish. Rotation for next year will be 1 to 2, 2 to 3, ..., 8 to 1.

2. General Rules

a) Rules

The meeting shall be held under the auspices of the S.C.S.A. The rules shall be those of the S.C.S.A. which are those of Athletics Australia unless otherwise stated.

b) Year levels

Competing athletes may compete in only one year level for which they are eligible. However, they may compete in an event in another year level for which they are eligible if there is no 'identical' event in their own year level. Competitors must compete in the lowest year level for which they are eligible.

Although A, B, C, D, E and F Divisions of each event are worth the same points, it is required that each school enter their best athlete in A division, the second best in B division, the third best in C Division and etc.

There is no limited to the number of events for any competitor.

Junior athletes must be Year 7 and 8.

Intermediate athletes must be Year 9 and 10.

Senior athletes must be Year 11 and 12.

c) Divisions

For the 800, 1500 and Walk the result will decide the division of the competitor. The first place competitor for each school shall be awarded A division, and the second place competitor shall be awarded B division.

d) Dress/Spikes

Students are expected to compete in appropriate school athletic uniform. The use of running spikes are permitted in all track events. Maximum length of spikes is 9mm (all track event) and 12mm (all field events). Competitors face disqualification if longer spikes than regulation are worn.

e) Lane Numbers

Track competitors will be required to wear identifying numbers on their uniform - to be worn both front and back. A school will compete in the same lane for the entire carnival. Numbers will be issued by the school convening the track events. Schools are requested to supply their own pins. The order in competing in field events corresponds to lane numbers. If photo finish equipment is to be used each school will be issued with lane stickers. These will be organized by the Executive Officer.

f) Marshalling

Competitors must report to the marshalling area for their event at least 15 minutes prior the schedules starting time of the event. Competitors should be aware that the scheduled times printed in the program are approximate and subject to change. Appropriate announcements shall be made concerning any substantial alterations.

g) Warm-up

All competitors are responsible for their own general warm-up prior to competing. Track athletes are permitted to warm-up on the back straight and top bend when appropriate. Under no circumstances may a track athlete warm-up on the front track.

h) **Allocation of Points**

Athletes who fail to register a throw/jump in a field event, or fail to complete a track event, or are disqualified in a track event will not be awarded any points.

Points are awarded to all competitors according to the division in which they are competing. No points are awarded for disqualification.

e.g.

DIVISION	1st	2nd	3rd	4th	5th	6th	7th	8th
A	8	7	6	5	4	3	2	1
B	8	7	6	5	4	3	2	1
C	8	7	6	5	4	3	2	1
Relays	16	14	12	10	8	6	4	2
1100m Walk	8	7	6	5	4	3	2	1
1500 Metres	8	7	6	5	4	3	2	1

In the 1100m WALK and 1500m RUN, the A and B runners will run in the same race, scored as two events. Ribbons will be given to the three place getters for each group. The A WALKER must have the letter A mark on their arm. (The event organisers will have to separate the runners to the Finish.)

Situation - Equal Place

Athletes who are given equal place receive the points according to the place they are given. The following space will be spare. In multiple ties the same rule will apply. e.g. Equal 2nd - both get 7 points. No third place. 4th place 5 points.

i) **Clash of Events**

When clashes between track and field events occur, it is imperative that the athlete (or a representative from the school) reports to the Field Marshall prior to taking part in the track event. The athlete is to compete in the track event and then return to the field event immediately.

j) **Protests**

Intention to protest must be given to the track referee (track events) or field referee (field events) within 15 minutes of the event finishing, by the teacher-in-charge of the team.

k) **Presentations**

Immediately after each event the first three placegetters must report to the official table for presentation of ribbons. A perpetual trophy shall be awarded to the school with the highest points at the conclusion of the meeting, who will hold the trophy for one year. At the conclusion of the carnival each school's athletics captains and ten team representatives should move to the announcement area. The captain of the winning school should make a short speech and call for three cheers for the other schools.

FIELD EVENT SPECIFICATIONS

A Division only. Years 7,8,9,10,11,12.

SHOT PUT

AGE SECTION	WEIGHT OF SHOT
Girls Year 7	2.724kg (6lbs)
Girls Year 8	2.724kg (6lbs)
Girls Year 9	2.724kg (6lbs)
Girls Year 10	2.724kg (6lbs)
Girls Year 11	4.000kg (8lb 13 oz)
Girls Year 12	4.000kg (8lb 13 oz)

DISCUS

AGE SECTION	WEIGHT OF DISCUS
Girls Years 7 - 12	1.00kg

JAVELIN

AGE SECTION	WEIGHT OF JAVELIN
Girls Years 7 - 12	600 gms

HIGH JUMP

AGE SECTION	START HEIGHT
Girls Years 7 and 8	1.10m - 5m rises to 1.20 then up by 3 cm
Girls Years 9 and 10	1.15m - 5cm rises to 1.30 then up by 3 cm
Girls Years 11 and 12	1.20m - 5cm rises to 1.40 then up by 3 cm

TRACK EVENTS SPECIFICATIONS

a) Starting

Athletics Victoria starters will require all competitors in events up to and including 400m events to use a 'crouch' start. This includes Hurdle events and Relays. Starting blocks are optional. Blocks are provided by Athletics Victoria/ Olympic Park through booking of equipment and will be available on the day of the competition. Competitors may elect to use their own starting blocks. Spike length permitted for starting blocks is 9mm.

b) False Starts

If an athlete should make a false start, the starter will recall the athletes and the athlete concerned will be given a warning. Any athlete to break a second time will be disqualified.

c) Hurdles

Age Section	Event Distance	Hurdle Height	No. of Flights	Metres to First	Metres Apart	Metres to End
Juniors	80m	76cm	9	12.00	7.00	12.00
Inter	90m	76cm	9	13.00	8.00	13.00
Seniors	100m	76cm	10	13.00	8.50	10.50

Track events

	100m	Year 7s & 8s A,B ,C,D, E & F divisions Year 9, 10, 11 & 12 A, B ,C, D,E,&F divisions
	200m	A,B ,C divisions Years 7,8,9,10,11 & 12
	400m	A & B divisions Junior, Intermediate, Senior
Hurdles shall be	80m }	A & B divisions: Years 7 & 8
	90m }	A & B divisions: Years 9 & 10
	100m }	A & B divisions: Years 11 & 12
Walk	1100m	Junior, Intermediate and Senior with 2 competitors.
Run	800m	Junior, Intermediate and Senior with 2 competitors
Run	1500m	Junior, Intermediate and Senior with 2 competitors
Relays	4 x 100 }	A & B divisions Years 7,8,9,10,11,12.

d) Relays

The marshalling area will only be available for competing athletes. Teachers, non-competing athletes and spectators are required to remain clear of this area at all times.

- Relay Teams

Each of the four team members runs one stage of the race. No competitor may run more than one stage of the race.

- The Baton

The baton must be carried by hand throughout the race. If dropped it must be recovered by the athlete who dropped it. The athlete may leave her lane to retrieve the baton provided that, by doing so, she does not lessen the distance to be covered, nor impede another team. Provided this procedure is adopted, and no other athlete is impeded, dropping the baton shall not result in disqualification. In all relay races the baton must be passed within the take-

over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton which is decisive, and not the position of the body or limbs of the competitors.

- **4x100m**

The race shall be run entirely in lanes. In 4 x 100m, members of a team other than the first runner may commence running and not more than 10m outside the take-over zone. A distinctive orange mark shall denote this extended limit.

The changeover zone is indicated by a yellow line with a hook at one end within each lane. Athletes must change the baton within the changeover zone.

Athletes may make one check-mark on the track, within his own lane, by using self-adhesive tape, maximum 5cm x 40cm, of a distinctive colour which cannot be confused with permanent markings.

Competitors, after handing over the baton, should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of her stage, she is liable to cause disqualification of her team.

e) **Walk events**

There should be at least 3 walk judges present for each event at each carnival. The Chief Judge shall allocate to each member of the judging panel a judging position. The Chief judge shall view the start and the finish of the event and may judge from any position during the event.

Prior to the start time of each event, the Chief judge or persons nominated by the judge shall, after identifying themselves to the athletes explain the technicalities of the walk judging.

The walkers will be given verbal cautioning during the race; the judge shall call out the athlete's number/ school and then the term caution shall be used. A judge may caution an athlete twice once for contact and once for knees. Cautions shall not be permitted in the last lap of an event. If the walker receives 2 reports will usually result in a disqualification.

FIELD EVENTS: TECHNICAL REQUIREMENTS

Marshalling:

Girls marshal at their event area at least ten minutes prior to the starting time of the event. Track events take priority over field events.

Warm-up:

Students are responsible for their own general warm-up prior to warming up with equipment. All warm-ups with equipment must be supervised.

Event Closure:

The event does not close until all competitors have completed the competition. If competitors have left a field event to run a track event they are asked to return promptly after the track event has been completed. If for some reason the competitor withdraws from the competition, please inform the officials in charge of the event.

Shot Put:

The shot is put from a circle and must land within the marked sector (45 degrees from centre of circle). The winner is the competitor with the best distance after three trials. A tie for first place is decided by the competitors' second best throws.

The competitor must begin her put from a stationary position. Only one hand may be used and throughout the putting action this hand must not be dropped below its starting position. The shot must not be brought in front of the line of the shoulders. A put is invalid if the competitor, after commencing her action, touches with any part of her body the top of the stopboard or the ring bounding the circle or the ground outside. She is permitted to touch the inside of the stopboard or ring. The competitor must not leave the circle until the shot has touched the ground, when she must, standing, leave from behind the dividing line.

Provided there has been no infringement, a competitor is permitted one interruption for each trial. When interrupting a trial, the competitor must lay down her shot. She must then restart from a stationary position.

Puts are measured from the nearest mark made by the shot to the inner edge of the ring bounding the circle.

Measurement is along a line from the mark and through the centre of the circle. Distances are recorded to the nearest 1.0 cm below the distance put.

Discus:

The discus is thrown from a circle and must land within the marked sector (45 degrees from centre of circle). The winner is the competitor with the best distance after three trials. A tie for first place is decided by the competitors' second best throws.

The competitor must begin her throw from a stationary position. She may hold the discus as she wishes and use any throwing technique. The throw is a foul if, after commencing her action, she touches with any part of her body, either the top of the ring bounding the circle or the ground beyond it. This rule remains in force while the discus is in flight. At the end of the throw the competitor must, from a standing position, leave the circle from behind the dividing line.

Provided there has been no infringement, a competitor is permitted one interruption for each trial. When interrupting a trial, the competitor must lay down her discus. She must then recommence her action from a stationary position.

Throws are measured from the nearest mark made by the discus to the inner edge of the ring bounding the circle. Measurement is along a line from the mark and through the centre of the circle. Distances are recorded to the nearest 2.0cm below the distance thrown.

Javelin:

The javelin is thrown from behind an arc and must land within the marked sector (29 degrees). The winner is the competitor with the best distance after three trials. A tie for first place is decided by the competitors' second best throws.

The javelin must be held at the grip. It must be thrown over the shoulder or the upper part of the throwing arm. It must be neither slung or hurled. The competitor is not permitted to turn her back to the area after preparing to throw and before discharging the javelin. A throw is a foul if the competitor touches with any part of her body, the arc or scratch lines on the ground beyond her. The parallel lines may be crossed during the run-up but the competitor must be between them when the javelin is released. The competitor must not leave the delivery area until the javelin has landed when she must leave from behind the arc and scratch lines.

The javelin must land tip first but it need not tick in the ground. If the javelin breaks in the air, a trial is not counted provided the throw was made in accordance with the rules.

Throws are measured from the nearest mark made by the head of the javelin to the inner edge of the circumference of the arc. Measurement is along a line from the mark and through the centre of the radius of the arc. Distances are recorded to the nearest even unit of 2.0 cm below the distance thrown.

Long Jump:

Competitors have three trials. The competitor with the longest jump is declared the winner. A tie for first place is decided by the competitors' second best jumps. A no-jump is recorded if any part of the foot goes over the front edge of the take-off board, including running off the side of the board.

The jump is measured from the front edge of the board (closest to the pit) to the nearest break in the sand made by any part of the body of the competitor.

Triple Jump:

The triple jump comprises a hop, step and jump sequence. The winner is the competitor with the best distance after three trials. A tie for first, place is decided by the competitors second best distances.

A no-jump is recorded if any part of the foot goes over the first edge of the take-off board, including running off the side of the board.

A no-jump is also recorded if the correct jumping action is not used. This requires that the competitor must perform the hop to land on the same leg as he took off with, the step to land on the other foot, from which the jump is performed.

The distance is measured from the front edge of the board (closest to the pit) to the nearest break in the sand made by any part of the body of the competitor.

High Jump:

The high jump is made over a crossbar between rigid uprights. The crossbar is raised after each round and competitors remain in the competition until eliminated by three consecutive failures.

The bar will not be lowered to accommodate athletes returning from other events. The athlete must re-enter at the current bar height. When two competitors remain, they may agree between them the increase in height.

Length of run-up is unlimited. Marks may be placed for run-up and take-off but may not be placed in the landing area. A handkerchief or similar marker may be placed on the bar for sighting purposes. Competitors may not use weights or grips.

Competitors may start jumping when they wish and choose whether to attempt any subsequent jump.

A jump is counted a failure if the competitor takes off from two feet; touches the ground or landing area beyond the plane of the uprights without first clearing the bar (whether or not she makes a jump); knocks the bar off the support even if she has landed before the bar falls.

The uprights may be moved only if the take-off or landing area has become unsuitable, and then only with the judges agreement and at the end of a round. The crossbar must always be replaced with the same surfaces facing upward and forward.

Resolving ties:

- (a) The competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- (b) 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.

S.C.S.A. BASKETBALL

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school should have their own basic first aid kit for their own students.
UMPIRES:	Provided by the S.C.S.A.
SCORERS:	Each school to provide a score keeper per game.
SCORING:	Win - 4 points Loss - 0 points Draw - 2 points
TOURNAMENT DRAW	Round Robin preferably with finals. Draw to be made up by host school depending on number of team entries. Finals make up as specified by organising school. Draw to be faxed 4 weeks before tournament to the Executive Officer for approval.
LENGTH OF GAME	As set by host school organising tournament.
GAME TIME:	Minimum of 30 minutes per game. (2 x 13 minutes halves with 3 minutes half time break).
EQUIPMENT:	Each team is asked to provide their own competition basketball, clearly marked.
AGE GROUPS:	Junior Years 7 & 8 Intermediate Years 9 & 10 Senior Years 11 & 12
<u>RULES</u>	Unless otherwise stated Victorian Basketball Association Rules will be followed.
UNIFORM	All players must have matching tops, with matching numbers on front and back.
<u>TEAMS</u>	10 players per team. A player must play in 2 games to play in the finals.
<u>CLOCK:</u>	For the finals the clock will only be stopped in the last two minutes of play for time outs, shooting fouls, jump balls, and/or by the referee.
<u>TIME OUTS:</u>	One time out per team for each half for 30 seconds, but no time outs in the last 2 minutes.
FORFEIT:	Teams will have 5 minutes to start play or default the game. A score of 12 - 0 will be given.

JUNIOR TEAMS:	Junior Teams will shoot free throws from the short line.
PLACINGS:	Teams will be placed in order from wins to losses, then by percentage points.
AWARDS	Trophies and Pennants for winning teams in Junior, Intermediate and Senior.

S.C.S.A. CROSS COUNTRY

1. The event categories are:

Junior	Years 7 & 8
Intermediate	Years 9 & 10
Senior	Years 11 & 12
2. Teams will consist of a maximum number of 15 competitors per event. To be eligible for category awards a team must consist of a minimum of 4 runners.
3. Scoring.

The first four runners from each school will make up the team score. This is calculated by adding their finishing places together. Therefore the lowest aggregate score is the winner. e.g. $1+2+3+4 = 10$
 $7+5+9+20 = 41$

In the event of scores being tied, the team with the lower placed (closest to the winner) fourth scoring athlete shall be declared the winner
e.g. $4+11+20+27 = 62$
 $1+12+24+25 = 62$

The second team is the winner due to the lower fourth placed runner i.e. 25th.
4. Footwear. Spikes are not allowed during competition. Automatic disqualification will result if a runner wears spiked footwear.
5. Uniform. Team members must wear the school sports uniform when competing.
6. Each runner must wear an identification tag during the race, which indicates her name, school and age group.
7. Runners must stay on the marked course. It is hoped the course markings will be clear and well-marshalled by officials. The course is subject to alteration at any time - usually due to changes in weather conditions. Runners deviating from the course shall be disqualified.
8. At the start each school will have two girls on the start line, with the remainder of the team in pairs behind them.
9. All events will be conducted over a 3 kilometre (3000 metre) course.
10. Awards. The first ten individual runners in each event will receive medallions. Ribbons (1st, 2nd, 3rd) will be awarded to the first, second and third placed teams in each event. A trophy will be awarded to the winning team in each event - Junior, Intermediate, Senior. A trophy will be awarded to the Overall Aggregate winning school. This is calculated by adding scores from the three age groups.
11. SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Due to the nature of cross country running, all students on medication e.g. asthmatics should bring medication with them (to be written on tag).
12. All paper work is the responsibility of the organising school. Prompt return of vital information is essential. Schools should ensure that all deadlines are met in regard to providing information to the organising school.

S.C.S.A. DIVING

1. All divers will perform three (3) dives from the different groups:
FORWARD DIVE
BACK DIVE
REVERSE DIVE
INWARD DIVE
TWIST DIVE
2. Dives may be performed from either the 1 metre or 3 metre springboards.
3. The degree of difficulty for each dive will be applied to all dives. A diver's score for a dive is calculated by adding the 3 judges scores and multiplying the tally by the degree of difficulty.

e.g. $4.5 + 4.5 + 4.5$ $\times 1.4$ $= 17.5$
 (judges scores) degree of difficulty score
4. Schools not aware of a dive's degree of difficulty can leave that area on the entry form blank. The judges on the night will fill in the appropriate degree of difficulty. Schools will be required to submit an entry form prior to competition.
5. Two competitors per category (Junior, Intermediate, Senior) may be entered. The more accomplished diver will assume the 'A' division. The other will be 'B'.
6. First, Second and Third placegetters receive ribbons.
7. Awards
Overall Diving Champion School (Year 7 - 12 Aggregate).
8. Dives
(See Attachment).

FINA TABLE OF DEGREE OF DIFFICULTIES									
SPRINGBOARD		1 METRE				3 METRE			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
FORWARD GROUP		A	B	C	D	A	B	C	D
101	Forward Dive	1.4	1.3	1.2		1.6	1.5	1.4	
102	Forward Somersault	1.6	1.5	1.4		1.7	1.6	1.5	
103	Forward 1-1/2 Somersault		1.7	1.6		1.9	1.6	1.5	
104	Forward Double Somersault		2.3	2.2			2.1	2.0	
105	Forward 2-1/2 Somersault		2.6	2.4			2.4	2.2	
106	Forward Triple Somersault			2.9			2.8	2.5	
107	Forward 3-1/2 Somersault			3.0			3.1	2.8	
109	Forward 4-1/2 Somersault							3.5	
112	Forward Flying Somersault		1.7	1.6			1.8	1.7	
113	Forward 1-1/2 Somersault		1.9	1.8			1.8	1.7	
115	Forward 2-1/2 Somersault							2.5	
BACKWARD GROUP									
201	Back Dive	1.7	1.6	1.5		1.9	1.8	1.7	
202	Back Somersault	1.7	1.6	1.5		1.8	1.7	1.6	
203	Back 1-1/2 Somersault	2.5	2.3	2.0		2.4	2.2	1.9	
204	Back Double Somersault		2.5	2.2		2.5	2.3	2.0	
205	Back 2-1/2 Somersault		3.2	3.0			3.0	2.8	
207	Back 3-1/2 Somersault							3.4	
212	Back Flying Somersault		1.7	1.6			1.8	1.7	
213	Back Flying 1-1/2 Somersault							2.1	
REVERSE GROUP									
301	Reverse Dive	1.8	1.7	1.6		2.0	1.9	1.8	
302	Reverse Somersault	1.8	1.7	1.6		1.9	1.8	1.7	
303	Reverse 1-1/2 Somersault	2.7	2.4	2.1		2.6	2.3	2.0	
304	Reverse Double Somersault		2.6	2.3			2.4	2.1	
305	Reverse 2-1/2 Somersault		3.2	3.0			3.0	2.8	
307	Reverse 3-1/2 Somersault							3.5	
312	Reverse Flying Somersault		1.8	1.7				1.8	
313	Reverse Flying 1-1/2 Somersault								
INWARD GROUP									
401	Inward Dive	1.8	1.5	1.4		1.7	1.4	1.4	
402	Inward Somersault		1.7	1.6			1.5	1.4	
403	Inward 1-1/2 Somersault		2.4	2.2			2.1	1.9	
404	Inward Double Somersault			2.8			2.6	2.4	
405	Inward 2-1/2 Somersault		3.4	3.1			3.0	2.7	
407	Inward 3-1/2 Somersault							3.4	
412	Inward Flying Somersault		2.1	2.0			1.9	1.8	
413	Inward Flying 1-1/2 Somersault			2.7				2.4	

FINA TABLE OF DEGREE OF DIFFICULTIES									
SPRINGBOARD		1 METRE				3 METRE			
		Straight	Pike	Tuck	Free	Straight	Pike	Tuck	Free
TWISTING GROUP		A	B	C	D	A	B	C	D
5111	Forward Dive 1/2 Twist	1.8	1.7			2.0	1.9		
5112	Forward Dive 1 Twist	2.0	1.9			2.2	2.1		
5121	Forward Somersault 1/2 Twist	1.9	1.8		1.7	2.0	1.9		
5122	Forward Somersault 1 Twist				1.9				2.0
5124	Forward Somersault 2 Twists				2.3				
5126	Forward Somersault 3 Twists				2.7				
5131	Forward 1-1/2 Somersault 1/2 Twist		2.1	2.0			2.0	1.9	
5132	Forward 1-1/2 Somersault 1 Twist				2.2				2.1
5134	Forward 1-1/2 Somersault 2 Twists				2.6				2.5
5136	Forward 1-1/2 Somersault 3 Twists				3.0				2.9
5138	Forward 1-1/2 Somersault 4 Twists								3.3
5152	Forward 2-1/2 Somersault 1 Twist		3.2	3.0			3.0	2.8	2.8
5154	Forward 2-1/2 Somersault 2 Twists						3.4	3.2	3.2
5211	Back Dive 1/2 Twist	1.8				2.0			
5212	Back Dive 1 Twist	2.0				2.2			
5221	Back Somersault 1/2 Twist				1.7				
5222	Back Somersault 1 Twist				1.9				
5223	Back Somersault 1-1/2 Twists				2.3				
5225	Back Somersault 2-1/2 Twists				2.7				
5227	Back Somersault 3-1/2 Twists								3.2
5231	Back 1-1/2 Somersault 1/2 Twist				2.1				2.0
5233	Back 1-1/2 Somersault 1-1/2 Twists				2.5				2.4
5235	Back 1-1/2 Somersault 2-1/2 Twists				2.9				2.8
5237	Back 1-1/2 Somersault 3-1/2 Twists								3.2
5239	Back 1-1/2 Somersault 4-1/2 Twists								3.6
5251	Back 2-1/2 Somersault 1/2 Twist						3.1	2.9	2.9
5311	Reverse Dive 1/2 Twist	1.9				2.1			
5312	Reverse Dive 1 Twist	2.1				2.3			
5321	Reverse Somersault 1/2 Twist				1.8				
5322	Reverse Somersault 1 Twist				2.0				
5323	Reverse Somersault 1-1/2 Twists				2.4				
5325	Reverse Somersault 2-1/2 Twists				2.8				
5331	Reverse 1-1/2 Somersault 1/2 Twist				2.2				2.1
5333	Reverse 1-1/2 Somersault 1-1/2 Twists				2.6				2.5
5335	Reverse 1-1/2 Somersault 2-1/2 Twists				3.0				2.9
5337	Reverse 1-1/2 Somersault 3-1/2 Twists								3.3
5351	Reverse 2-1/2 Somersault 1/2 Twists						3.1	2.9	2.7
5371	Reverse 3-1/2 Somersault 1/2 Twists							3.5	3.5
5411	Inward Dive 1/2 Twist	2.0	1.7			1.9	1.6		
5412	Inward Dive 1 Twist	2.2	1.9			2.1	1.8		
5421	Inward Somersault 1/2 Twist		1.8	1.7			1.6	1.5	
5422	Inward Somersault 1 Twist				2.1				
5432	Inward 1-1/2 Somersault 1 Twist				2.7				2.4
5434	Inward 1-1/2 Somersault 2 Twists				3.1				2.8

S.C.S.A. HOCKEY

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.				
UMPIRES:	Provided by the S.C.S.A.				
SCORERS:	Host school to provide officials where required. May request assistance from participating schools.				
AGE GROUPS:	<table> <tr> <td>Junior</td><td>Years 7 - 9</td></tr> <tr> <td>Senior</td><td>Years 10 - 12</td></tr> </table>	Junior	Years 7 - 9	Senior	Years 10 - 12
Junior	Years 7 - 9				
Senior	Years 10 - 12				
SCORING:	Win - 3 points Loss - 0 points Draw (scored) - 2 points Draw (scoreless)- 1point If teams are drawn on the same points at the end of the round robin competition and only one of the team may progress to the final then a penalty shoot out will take place.				
TOURNAMENT DRAW	Round Robin preferably with finals. Draw to be made up by host school depending on number of team entries. Finals make up as specified by organising school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.				
GAME TIME:	20 mins. 2 x 10 min. halves, plus changeover time as stipulated by host school.				
<u>RULES</u>	Official Victorian Hockey Association Rules unless otherwise stated. All players must have matching tops. All tops to be numbered. Bibs with numbers will be accepted. The goalkeeper must wear complete protective equipment. Shinguards and Mouthguards are compulsory for all players.				
TEAMS	11 players with 4 substitutes. Interchange can be made from the center of the ground at any time.				
OFF-SIDES RULE:	NO off-side rule.				
BLOOD RULE:	No player will be allowed on the hockey ground if they are bleeding or have blood on their clothing.				
DRAWN GAME IN GRAND FINAL:	2 x 5 minute extra halves. If still drawn there will be a penalty shoot out. If a game is drawn in a semi-final - a penalty shoot out takes place.				

AWARDS

Trophies and Pennants (from 2000) for winning teams in Junior, Intermediate and Senior.

S.C.S.A. INDOOR CRICKET

FIRST AID: SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer.
Each school responsible for the first aid of their own students.

UMPIRES: Provided by the Cricket Centre.

SCORERS: Provided by the Cricket Centre.

SCORING:
Win - 4 points
Loss - 0 points
Draw - 2 points

TOURNAMENT DRAW Round Robin preferably with finals.
Draw to be made up by host school depending on number of team entries. Finals make up as specified by organising school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.

GAME TIME: 50 mins or 60 mins depending on number of schools and draw.

THE BALL: Indoor cricket ball provided by the Centre.

RULES

UNIFORM All players must wear school sports uniform or team uniform.

TEAMS 8 players in each team. Substitution for injured player only.
Injured player may not return.

LENGTH OF GAME a) 50 min games. 8 over innings per team. (2 overs per batting team) 6 ball overs. 1 over per bowler.
b) 60 min games. 16 over innings per team. (4 overs per batting team) 6 ball overs. 2 overs per bowler.

RULES Rules shall be in accordance with the official rules of indoor cricket, adopted by Indoor Cricket Victoria (ICV) and as outlined by the Australian Indoor Cricket Federation. (copies available at Centre).

WIDES: Wides for Juniors will be the edge of the pitch.

AGE GROUPS:
Juniors Years 7 & 8
Intermediate Years 9 & 10
Senior Years 11 & 12

TIE IN FINALS:

If there is a tie in the final then both teams will play one batting pair for two or four overs. If still a tie then the least number of outs.

AWARDS

S.C.S.A. will provide Junior, Intermediate and Senior and Overall trophies for the West division and Junior, Intermediate, and Senior trophies for the East division.

S.C.S.A. INDOOR SOCCER

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.
UMPIRES:	Provided by the S.C.S.A.
SCORERS & LINE UMPIRES:	Host school to provide officials where required. May request assistance from participating schools.
SCORING:	Win - 4 points Loss - 0 points Draw - 2 points
TOURNAMENT DRAW	Round Robin preferably with finals. Draw to be made up by host school depending on number of team entries. Finals make up as specified by organising school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.
GAME TIME:	20 mins 2 x 10 min halves, plus changeover time as stipulated by host school.
EQUIPMENT	This shall be a FIFA approved indoor soccer ball. Size 4. First named team on draw to provide match ball for each game unless host school has indicated otherwise.
<u>RULES</u>	FIFA Indoor soccer rules unless otherwise stated.
UNIFORM	All players must have matching tops. All tops to be numbered. Bibs with numbers will be accepted. The goalkeeper must be of a different colour to that worn by either side. SHINGUARDS ARE COMPULSORY.
TEAMS	5 players with 4 substitutes working on an interchange system that allows any player to go on and off during a match.
LENGTH OF GAME	As set by host school organising tournament.
PLAYING AREA	35m x 15m. Wooden floorboards.
FORFEITS	Score for a forfeit game is 3 - 0
FOULS	Any players who intentionally commits any of the following offences: <ul style="list-style-type: none"> • Jumping or tackling from behind • Slide tackling • Pushing, tripping or charging an opponent • Holding, kicking or striking an opponent • Playing in a dangerous or unfair manner

- Handles the ball (this does not apply to the GK within her own penalty area)

shall be penalised by the award of a **direct free kick** to the opposing team from where the offence occurred. Should one of these offences be committed within the penalty area, a **penalty kick** shall be awarded regardless of the position of the ball, as long as it is in play.

SEND OFF

Players shall be sent off **if in** the referees opinion they:

- are guilty of serious foul play
- are guilty of violent conduct
- are guilty of foul / abusive language
- are guilty of persistent misconduct after having received a caution.

The team with the player sent off must then play 5 mins. (3 mins if halves less than 20 mins.) with a player less unless they first concede a goal. If more than one player has been sent off, a time count will apply for each player sent off. Only one player may come on following the team conceding a goal. When replacing a player who has been sent off, the new player must wait for the referees signal before entering the court.

FREE KICKS

When a free kick is being taken, the defending team must be at least 5 metres from the ball until it is put into play. If the attacking team takes longer than 4 secs. to put the ball into play an indirect free kick shall be awarded to the other team.

GOAL CLEARANCE

When the ball completely passes over the goal line excluding the portion between the goal posts and under the crossbar having last been touched by an attacking player, the goalkeeper shall throw it back into play from within the penalty area. There is a 5 sec. time limit - free kick outside semi circle (penalty area). If the goalkeeper kicks it into play, the opposing goalkeeper at the other end has the throw in.

KICK IN

When the ball passes over the sideline it shall be KICKED back into play from the place where it crossed the side line by a player of the opposing team to that of the player who last touched it. The ball must be stationary on the side line and the kicker's feet must be a 5 metres from the ball until it is put into play. If the attacking team takes longer than 4 secs. to put the ball into play, the kick in shall be awarded to the other team.

CORNER KICK

When the ball completely passes over the goal line excluding the portion between the goal posts and under the crossbar, having last been touched by a defending player, a corner kick shall be awarded. The kick shall be taken by placing the ball on the intersection of the goal line and the side line and kicking it into court. Defending players must be at least 5 metres from the ball until it is put into play. If the attacking team takes longer than 4 secs. to put the ball into play an indirect free kick shall be awarded to the other team.

PENALTY KICK

The goal keeper must stand (without moving her feet) on **her** own goal line between the goal posts until the ball is put into play. The penalty taker must kick the ball forward in a continuous motion.

GOAL KEEPER

In general play, if they do not drop kick the ball, the opposing Goalkeeper has a free drop kick at the other end.
If the ball hits the ceiling net, roof a drop ball will occur.

A player committing any of the following offences:

- playing in a dangerous manner
- intentionally obstructing or body checking an opponent
- charging the goalkeeper
- when playing as a goalkeeper inside her penalty area:
- controlling the ball with her hands having received it from a team mate using a foot pass
- after clearing the ball by throwing or punt kicking it does not touch the ground in the goalkeepers own half of the court.
- when the ball has passed beyond half way line or it has been touched by an opponent, the goalkeeper controls it for more than 4 secs.
- having controlled the ball and returning it to play it is returned by a team mate and the goalkeeper touches or controls it with the hands or the feet a second time before it has passed beyond the half way line or has been touched by an opponent

shall be penalised by the award of an **indirect free kick** to the opposing team from where the offence occurred. Should this be inside the penalty area, the free kick shall be taken from the six metre line at the point near set to where the offence occurred.

CAUTION

Players shall be cautioned if:

- During a substitution, they enter the court before the player being replaced has left
- They persistently infringe the laws of the game
- the show by word or action or dissent with any decision of the referee
- they are guilty of unsporting behaviour

for any of these offences the referee shall award an **indirect free kick** to the opposing team from where the offence occurred.

AWARDS

Trophies and Pennants will be given to the winning teams for Junior, Intermediate and Senior.

S.C.S.A. NETBALL

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer.
UMPIRES:	<p>The Executive Officer to organize Netball umpires for the 3 days of SCSA Netball competition. Each umpire must wear a white top and white netball skirt.</p> <p>The umpire is to check fingernail length and presence of jewellery. They are in control of the game. With any difficulty that occurs, the supervisor gives the final decision.</p> <p>Infringement of any of the above is a loss of two points.</p>
SCORERS:	Host schools may request each school to supply a scorer per team. Score sheets are to be handed to the recorder/supervisor at the completion of the game.
SCORING:	<p>Win - 4 points</p> <p>Loss - 0 points</p> <p>Draw - 2 points</p>
TOURNAMENT	Round Robin preferably with finals.
DRAW	<p>The draw is to be made up by the host school depending upon the number of team entries. Finals make up is specified by the host school.</p> <p>GAME TIME: 20 minutes (2 x 10 minute halves) with a 2 minute break at half time. The time between each game will be 2 minutes. In the case of a drawn game in finals : 2 x 3 minute halves will be played. If a draw after extra time then the team who reaches to 2 goal advantage wins.</p>
EQUIPMENT	The ball is to be a match competition netball. The first named team on draw is to provide the match ball unless the host school has indicated otherwise.
UNIFORM	<p>All players must have match tops and matching netball skirts or Lycra dresses— preferably <i>No</i> shorts are to be worn but if they must for a cultural reason then no pockets are allowed.</p> <p>All players must wear positional bibs of the same colour where possible.</p> <p>No watches or jewellery are to be worn.</p> <p>Nails may not be taped and NO gloves are to be worn students will have to play with short fingernails..</p> <p>Infringement of any of the above: loss of two goals.</p>
MEMBERS	A maximum of ten players per team with only seven on court at any one time.
INTERCHANGE	Two players may interchange at half time only, except in the case of any injury. In drawn games in the finals you may substitute a

player.

CENTRE PASS

The first named team is to take the centre pass. The other team chooses the goal end.

BLOOD RULE

Any player with blood on their skin must be substituted immediately and can be re-substituted at next appropriate whistle.

LATE POLICY

Late to courts rule – reschedule the match if the schools buses are late. Otherwise the penalty is 1 goal for each minute the team is late.

School with greater distance to travel need to be given a bye in the first round to allow extra time to get to the venue.

RULES

Apply all the current rules as set down by Netball Victoria.

Apply the Netball Victoria rule whereby the teams who are late to take the court will result in their opposing team be awarded one goal for each minute the team is late

AWARDS

Trophies and Pennants will be awarded to the winning teams for Junior A, Junior B, Intermediate A, Intermediate B, Senior A and Senior B

S.C.S.A. OUTDOOR SOCCER

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.
UMPIRES:	Provided by the S.C.S.A.
SCORERS & LINE UMPIRES:	Host school to provide officials where required. May request assistance from participating schools.
SCORING:	Win - 4 points Loss - 0 points Draw (scored)- 2 points Draw (Scoreless)- 1 point
TOURNAMENT DRAW	Round Robin preferably with finals. Draw to be made up by host school depending on number of team entries. Finals make up as specified by organising school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.
GAME TIME:	20 mins 2 x 10 min halves, plus changeover time as stipulated by host school.
THE BALL	Size 5 First named team on draw to provide match ball for each game unless host school has indicated otherwise.
<u>RULES</u>	Official outdoor soccer rules unless otherwise stated. The Offside rule will be played in the Division 1 tournament only.
UNIFORM	All players must have matching tops. All tops to be numbered. Bibs with numbers will be accepted. The goalkeeper must wear complete tracksuit or outfit or jumper/shorts but it must be of a different colour to that worn by either side.
LENGTH OF GAME	As set by host school organising tournament.
TEAMS	11 players with 5 substitutes working on an interchange system that allows any player to go on and off during the match.
NO OFFSIDE	It is hoped that the attacking team will not simply leave a player next to the goal keeper - if so the referee will: a) ask the player to move out of the large box, especially if the play is at the other end of the field; b) be asked to be very strict on any contact whatsoever on the goalie by that attacking player.
BOOTS	Boots are permitted to be worn.
NO HANDS	The referee will be asked to be very liberal with this rule, especially

with the Junior sides. Hands may be used to protect any part of the body. However a goal cannot be scored as a result of this protective action.

FREE KICKS

All players to be a good 10 metres from the player with the ball.

KICK OFFS

Player kicks the ball backward; a second player needs to touch the ball before the opposing team may cross halfway.

NO CHARGING

No charging into a dribbler or tackling from behind. **NO SLIDING TACKLES** where contact is made to the opposing player.

**NO SWEARING
MISCONDUCT**

Players will be warned and given a yellow card. If a second warning is given in the same match, the referee will give a red card, whereby the player is sent off the field and will miss the next game.

If a player receives one yellow card in one match and then another in a following match, the player will automatically miss the next game.

THROW INS

This must be done with both feet on the ground and with both hands the ball is thrown over the head.

CORNER KICKS

To be taken on corner of large penalty box.

GOAL KICKS

Goalkeeper is allowed to bring the ball to the edge of penalty box for both placement kicks and regular handed kicks.

PENALTY

Given when "deliberate" hand-ball or serious trip or push in penalty area.

DRAWN GAME IN GRAND FINAL

2 x 5 minute extra halves. If still drawn there will be a penalty shoot out.

If a game is drawn in a semi-final - a penalty shoot out takes place.

AWARDS

Trophies and Pennants for winning teams in Junior, Intermediate and Senior.

SHIN GUARDS

Compulsory.

S.C.S.A. SOFTBALL

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.
UMPIRES:	Provided by the S.C.S.A.
SCORERS:	Host school to provide officials where required. May request assistance from participating schools.
SCORING:	Win - 4 points Loss - 0 points Draw - 2 points
TOURNAMENT	Round Robin preferably with finals.
DRAW	Draw to be made up by host school depending on number of team entries. Final make up as specified by organising school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.
GAME TIME	Minimum of 45 mins per game. Maximum of 60 minutes per game. (will depend if draw and time permits)
EQUIPMENT	All batters and base runners must wear approved helmets. Catchers must wear helmet, mask, throat and chest protector.
<u>RULES</u>	
UNIFORM	All players must be in team uniforms or sports uniforms. No jewellery or chewing gum.
TEAMS	9 players per game and players must play in 2 games to qualify for the final. Substitutions as stated by the A.S.F.
LENGTH OF GAME	As set by host school organising tournament.
RULES TO REMEMBER	<p>A. In an infield fly - the batter is out, when first and second, or first, second and third bases are occupied before two are out.</p> <p>B. The batter is out under the following conditions:</p> <ol style="list-style-type: none"> 1) When the third strike is caught by the catcher. 2) When she has three strikes if there are less than two out and the first base is occupied. 3) When she bunts foul after the second strike. If the ball is caught in the air, it remains alive and in play.
FORFEITED	The score of a forfeited game shall be 7-0 in favour of the team not at fault.
DECLARATION	Declaration Rule: Either side can declare their innings at a close at

any time.

AGE GROUPS

Junior	Years 7 & 8
Intermediate	Years 9 & 10
Senior	Years 11 & 12

DIMENSIONS

Square	18.3m (60 feet)
Diagonal	25.86m (84 feet 10 ins)
Pitch Height	12.2m (40 feet)

AWARDS

Trophies and Pennants for winning teams in Junior, Intermediate and Senior.

S.C.S.A. SWIMMING

1. All competing schools must be affiliated with the S.C.S.A.
Each Division's carnival will be conducted with the same set of rules, procedures, events and awards.
A promotion and relegation system applies across all divisions.
New schools to the association will enter at the most appropriate level, as decided by the Executive Council.
2. One host school is appointed to conduct each Carnival. Participatory schools will be expected to help officiate as required. Schools should be notified as to their role as soon as practicable.
3. Where possible, Swimming Victoria officials will be used. Swimming is conducted under the rules of the Australian Swimming Inc. unless otherwise stated.
4. Definitions of strokes should be as per the Swimming Victoria Officials Manual. This is available on request from Swimming Victoria.
5. The host school should give out details of the Carnival at least three weeks prior. Participating schools must return any required data/information by the required date, or contact the organiser.
6. Officials are only permitted at poolside during the carnival. Violation by parents, spectators, teachers or swimmers may result in the disqualification of a swimmer.
7. Swimmers may compete in one category/year level only. This may be one higher but not lower. There is no limit to the number of events a competitor can contest.

Junior Category swimmers must only swim in Year 7 or 8 events.
Intermediate Category swimmers must only swim in Year 9 or 10 events.
Senior Category swimmers must only swim in Year 11 or 12 events.
8. Where events are categorised into A and B divisions, each school is expected to place the fastest swimmer in A division and the second fastest in B. While this may not always appear to occur (after the times are published), it should occur for a large percentage of cases.
9. Lane positions and team seating will rotate yearly. Promoted and relegated schools assume each other's position in the rotation of positions.
10. A representative from each school must report to the organiser/organising school official on arrival regarding any changes or further information.
11. Warm-up time between 7.00pm and 7.20pm. Schools used the lane allocated to them for the Carnival.
12. All swimmers must wear their school's cap. While not all schools have official bathers, it is the responsibility of each school to ensure that their swimmers present themselves appropriately and with taste.

13. No streamers or balloons are allowed into the Centre. It is the responsibility of each school to ensure that their area is left clean.
14. Spectators/Cheersquads and Swimmers are requested to be silent at the start of each race, so competitors can hear the starter's commands.
15. Programs are the individual school's responsibility. The host school will send a master copy to each school that they may use as they wish. A program with competitors names and divers options should be sent to the host school when requested.
16. Any person in Diving and Swimming events must report to the Diving Judge first, then to the Marshall at the marshalling area, if events clash.
17. Competitors must report to the marshalling area at least five events prior to their event. It is the competitor's responsibility to be aware of the vent order and any announcements made regarding marshalling. Competitors are to remain seated until directed by the Event Marshal to move behind the blocks.
18. Starting Procedure:
 - (a) Swimmers move to the start area and stand behind the blocks.
 - (b) Starter blows whistle and swimmers step onto the back of blocks.
 - (c) Command: Take your marks. Swimmers move to final starting positions on the front of the blocks.
 - (d) Gun/buzzer.
19. False Starts:

If a swimmer should make a false start, the starter will shoot the gun a second time and swimmers are recalled to the start.

All swimmers are informed that if any swimmer should make a second false start, the race will continue but the infringing swimmer will be disqualified, irrespective whether they were responsible for the first false start or not.
20. At the finish of all events competitors must remain in the water until they are told to exit the pool by the Finish Marshall. This is usually a whistle command.
21. Girls must exit the water via the sides and not attempt to climb over the end and risk damaging the electronic timing poles which will be used.
22. First, Second and Third placegetters receive ribbons. Throughout the evening every attempt should be made to acknowledge each palcegetter and each swimmer who creates a new standard/record.
23. Awards
 - Junior Aggregate Trophy (Year 7 and 8 Division winner)
 - Intermediate Aggregate Trophy (Year 9 and 10 Division winner)
 - Senior Aggregate Trophy (Year 11 and 12 winner)
 - Overall Champion School Trophy (Year 7 - 12 Aggregate winner)

24. Points

Individual Events	1st	2nd	3rd	4th	5th	6th	7th	8th
	8	7	6	5	4	3	2	1
Relay Events	1st	2nd	3rd	4th	5th	6th	7th	8th
	16	14	12	10	8	6	4	2

25. Rotation of Lanes and Seating

Lanes and Seating are numbered from 1 to 7. The school in lane 1 will be seated next to the Start. Other schools will be seated in order toward the Finish. i.e. School in lane 8 will be nearest the Finish. Rotation for next year will be 1 to 2, 2 to 3, ..., 8 to 1.

26. Swimming Events

Junior 100m Freestyle
 Intermediate 100m Freestyle
 Senior 100m Freestyle
 Year 7 50m Backstroke (A & B)
 Year 8 50m Backstroke (A & B)
 Year 9 50m Backstroke (A & B)
 Year 10 50m Backstroke (A & B)
 Year 11 50m Backstroke (A & B)
 Year 12 50m Backstroke (A & B)
 Junior 50m Butterfly (A & B in Division 1 Only)
 Intermediate 50m Butterfly (A & B in Division 1 Only)
 Senior 50m Butterfly (A & B in Division 1 Only)
 Year 7 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 8 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 9 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 10 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 11 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 12 50m Freestyle (A & B) (C & D Division 1 Only)
 Year 7 50m Breaststroke (A & B)
 Year 8 50m Breaststroke (A & B)
 Year 9 50m Breaststroke (A & B)
 Year 10 50m Breaststroke (A & B)
 Year 11 50m Breaststroke (A & B)
 Year 12 50m Breaststroke (A & B)
 Junior 4 x 50m Medley Relay (A & B in Division 1 Only)*
 Intermediate 4 x 50m Medley Relay (A & B in Division 1 Only)*
 Senior 4 x 50m Medley Relay (A & B in Division 1 Only)*
 Year 7 4 x 50m Freestyle Relay (A & B)
 Year 8 4 x 50m Freestyle Relay (A & B)
 Year 9 4 x 50m Freestyle Relay (A & B)
 Year 10 4 x 50m Freestyle Relay (A & B)
 Year 11 4 x 50m Freestyle Relay (A & B)
 Year 12 4 x 50m Freestyle Relay (A & B)

* The order for the Medley Relay is Backstroke, Breaststroke, Butterfly and Freestyle.

S.C.S.A. TENNIS

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.
UMPIRES & SCOREKEEPERS:	Players will umpire/score their own games. In the finals umpires and scorekeeper will be provided.
SCORING:	Win - 4 points Loss - 0 points Draw - 2 points If after the completion of the tournament 2 schools are on equal points, then the total games will determine which school will progress through to the Finals.
TOURNAMENT DRAW:	Round Robin preferably with finals.
GAME TIME	30 or 40 minutes depending on the draw
EQUIPMENT	Each school is to provide six new balls at the start of the day. The balls should be approved by the L.T.A.A. Racquets must also be approved by the L.T.A.A. Balls used must be new and of Competition Standard and the recommended type to be used are: Slazenger Championships.
<u>RULES</u>	Rules as set out by the L.T.A.A. unless otherwise stated. No one is allowed on the courts i.e. in fence area.
UNIFORM	Each player wears appropriate tennis attire or school Physical Education uniform. All players must wear approved tennis shoes.
TEAMS	Maximum 10 players per team. Players must play within the same section for the day. Single players (2) can only play singles for the day. Doubles A and Doubles B can have 2 reserves for each pair. The strongest should contest the Section A. Scoring is to be completed as a team.
LENGTH OF GAME	As set by host school organising tournament.
SCORING	Each game is one point. The winning school is the school with the most games won from the three games 1 singles, 2 doubles. Sets and matches are not given. (i.e. A vs B is 6-3, 2-6, 5-5. Then A's score is 13 and B's score is 14) No tie breakers, just first to six points.
TIMING	The central organiser shall keep time and start and finish rounds with a horn.

SCORE SHEET	Must be returned to central area by winning team. Results should be displayed after each round for all players and coaches to view.	
GROUPS	Junior	Years 7 & 8
	Intermediate	Years 9 & 10
	Senior	Years 11 & 12
FINALS	If in the finals the scores are tied, then teams with the most sets win. If sets are equal overall, then the game scores in the singles will determine the score.	
SERVING	Serving and changing of ends as by L.T.A.A.	
AWARDS	Trophies and Pennants be given to winning teams in Junior, Intermediate and Senior divisions.	

S.C.S.A. VOLLEYBALL

FIRST AID:	SCSA will provide first aid through either St John Ambulance or Sport First Aid booked by the Executive Officer. Each school responsible for the first aid of their own students.
SCORERS:	Host schools to provide officials where required. They may request assistance from participating schools.
UMPIRES:	Provided by S.C.S.A.
SCORING:	Win - 4 points Loss - 0 points Draw - 2 points
TOURNAMENT DRAW:	Round Robin preferably with finals. The draw is to be made-up by the host school depending on the number of team entries. Finals make up is specified by the host school. Draw to be faxed 4 weeks before tournament to Executive Officer for approval.
GAME TIME	25 minutes per game and/or the best of three sets with a point advantage. A match will be deemed a draw if time runs out, the set score is one all and one team is not in front by 2 points. Otherwise the team in front is the winner.
EQUIPMENT	The ball is to be a leather competition volleyball. The first named team on the draw is to provide the match ball unless the host school has indicated otherwise.
<u>RULES</u>	Australian Volleyball Federation Rules, unless otherwise stated. Scoring: Rally Points : a point is scored on every serve (you don't have to be serving to score a point). A match is the best of three games (or time). The first two games goes to 25 points and the 3rd to 15 but must be 2 points ahead. During service the ball must be lifted from the hand. Services from on the hand will no longer be allowed.
UNIFORM	All players must have matching tops with numbers on them. Bibs with numbers will be accepted. Knee pads are acceptable. No watches or jewellery are to be worn.
TEAMS	A maximum of ten players per team with only six on the court at any one time.
PLAYING AREA	8m x 9m court with the net height at 2.24 metres.
SUBSTITUTIONS	As stated by A.V.F.
TIME OUTS	One time out per set per team or a maximum of 30 seconds

THE SERVE

Overhead and underarm serves are allowed.

The ball must be clear of the support hand by the time it contacts the serving hand.

The ball may touch the net on a serve.

OTHER RULES

- only front court players may spike or block the ball.
- the team gaining the right to serve rotates in a clockwise direction. Players must be in correct rotational order before the serve.
- a Player may not touch the net or the opponents court during play.
- after the completion of a set teams change ends.
- the ball can be hit up to three times by a team (**not including a block**) before it is returned over the net.
- the ball cannot be played twice in succession by the same player (**excluding a block**)
- the ball must pass over the net and between the net antennas to remain in play.
- the ball may not be pushed, carried or held while in play.

AWARDS

Trophies and Pennants be given to winning teams in Junior, Intermediate and Senior divisions.

SCSA Suggested Athletics Program

EVENT#	EVENT	TIME	EVENTS	EVENT	TIME
1..	1500M JUNIOR	9.30AM	44..	200M YEAR 9A	
2..	1500M INTER		45..	200M YEAR 9B	
3..	1500M SENIOR		46..	200M YEAR 9C	
F1	HIGH JUMP YEAR 7	9.35AM	F20	SHOT PUT YEAR 7	11.15AM
F2	HIGH JUMP YEAR 8		F21	LONG JUMP YEAR 9	
F3	SHOT PUT YEAR 12		F22	JAVELIN YEAR 10	
F4	LONG JUMP YEAR 10		F23	DISCUS YEAR 12	
F5	JAVELIN YEAR 9		F24	TRIPLE JUMP YEAR 8	
F6	DISCUS YEAR 7		47..	200M YEAR 10A	
F7	TRIPLE JUMP YEAR 11		48..	200M YEAR 10B	
4.	80M HURDLES JUNIOR A		49..	200M YEAR 10C	
5.	80M HURDLES JUNIOR B		50..	200M YEAR 11A	
6..	90M HURDLES INTER A		51..	200M YEAR 11B	
7..	90M HURDLES INTER B		52..	200M YEAR 11C	
8..	100M HURDLES SENIOR A		53..	200M YEAR 12A	
9.,	100M HURDLES SENIOR B		54..	200M YEAR 12B	
10..	100M YEAR 7E		55..	200M YEAR 12C	
11..	100M YEAR 7F		56..	800M JUNIOR A	
12..	100M YEAR 8A		57..	800M JUNIOR B	
13.	100M YEAR 8B		58..	800M INTERMEDIATE A	11.50AM
14..	100M YEAR 8C		59..	800M INTERMEDIATE B	
15.	100M YEAR 8D		60..	800 SENIOR A	
16..	100M YEAR 8E		61.	800 SENIOR B	
17.	100M YEAR 8F		62.	4 X 100M YEAR 7A	
18.	100M YEAR 9A		63	4 X 100M YEAR 7B	
19.	100M YEAR 9B		F25	HIGH JUMP YEAR 9	12.00PM
20.	100M YEAR 9C		F26	HIGH JUMP YEAR 11	
21.	100M YEAR 10A		F27	SHOT PUT YEAR 11	
22..	100M YEAR 10B		F28	LONG JUMP YEAR 12	
23..	100M YEAR 10C		F29	JAVELIN YEAR 7	
24..	100M YEAR 11A		F30	DISCUS YEAR 8	
25..	100M YEAR 11B		F31	TRIPLE JUMP YEAR 7	
26..	100M YEAR 11C		64.	4 X 100M YEAR 8A	12.25PM
27..	100M YEAR 12A		65.	4 X 100M YEAR 8B	
28..	100M YEAR 12B		66.	4 X 100M YEAR 9A	
29..	100M YEAR 12C		67.	4 X 100M YEAR 9B	
F8	SHOT PUT YEAR 9	10.15AM	68.	4 X 100M YEAR 8A	
F9	LONG JUMP YEAR 11		69.	4 X 100M YEAR 8B	
F10	JAVELIN YEAR 8		F32	4 X 100M YEAR 9A	12.40PM
F11	DISCUS YEAR 11		F33	4 X 100M YEAR 9B	
F12	TRIPLE JUMP YEAR 10		F34	JAVELIN YEAR 12	
30..	400M JUNIOR A	10.25AM	F35	DISCUS YEAR 10	
31.	400M JUNIOR B		F36	TRIPLE JUMP YEAR 12	
32..	400M INTER A		70.	4 X 100M YEAR 10A	
33..	400M INTER B		71.	4 X 100M YEAR 10B	
34..	400M SENIOR A		72.	4 X 100M YEAR 11A	
35..	400M SENIOR B		73.	4 X 100M YEAR 11B	
F13	HIGH JUMP YEAR 10	10.45AM	74.	4 X 100M YEAR 12A	
F14	HIGH JUMP YEAR 12		75.	4 X 100M YEAR 12B	
F15	SHOT PUT YEAR 10				
F16	LONG JUMP YEAR 8				
F17	JAVELIN YEAR 11				
F18	DISCUS YEAR 9				
F19	TRIPLE JUMP YEAR 9				
36..	1100M JUNIOR WALK	10.50AM			
37..	1100M INTER WALK				
38..	1100M SENIOR WALK				
39..	200M YEAR 7A	11.10AM			
40..	200M YEAR 7B				
41.	200M YEAR 7C				
42..	200M YEAR 8A				
43..	200M YEAR 8B				
44..	200M YEAR 8C				

SECONDARY CATHOLIC SPORTS ASSOCIATION
SWIMMING RECORDS
 Updated 2007

AGE	EVENT	NAME	SCHOOL	TIME	YEAR
JUNIOR	100mFREESTYLE	K.Rhim	Genazzano	1.03.85sec	2005
INTER	100mFREESTYLE	B. Parslow	Genazzano	59.60sec	2003
SENIOR	100mFREESTYLE	B.Parslow	Genazzano	59.48	2005
YEAR 7	50mFREESTYLE	K. Schnyder	SHGeelong	28.54sec	2006
YEAR 8	50mFREESTYLE	K.Rhim	Genazzano	29.05sec	2006
YEAR 9	50mFREESTYLE	B. Parslow	Genazzano	28.31sec	2002
YEAR10	50mFREESTYLE	B. Parslow	Genazzano	28.02sec	2003
YEAR11	50mFREESTYLE	B. Parslow	Genazzano	27.90sec	2004
YEAR12	50mFREESTYLE	B. Parslow	Genazzano	27.77sec	2005
JUNIOR	50mBUTTERFLY	K.Rhim	Genazzano	30.05sec	2006
INTER	50mBUTTERFLY	E.Ryan	Genazzano	31.07sec	1996
SENIOR	50mBUTTERFLY	B. Parslow	Genazzano	30.23sec	2005
YEAR 7	50 m BACKSTROKE	K.Rhim	Genazzano	34.26sec	2005
YEAR 8	50 m BACKSTROKE	D.Rafferty	Sion	33.73sec	2005
YEAR 9	50mBACKSTROKE	E. Giddings	SHGeelong	32.36sec	2002
YEAR10	50mBACKSTROKE	N.Williams	SHGeelong	33.10sec	2001
YEAR11	50mBACKSTROKE	E.Giddings	SHGeelong	32.60sec	2004
YEAR12	50mBACKSTROKE	S.Lennon	Genazzano	32.40sec	2004
YEAR 7	50mBREASTSTROKE	K.Rhim	Genazzano	36.99sec	2005
YEAR 8	50mBREASTSTROKE	K.Rhim	Genazzano	36.00sec	2006
YEAR 9	50m BREASTSTROKE	R.Raleigh	Star	35.80sec	2006
YEAR 10	50 BREASTSTROKE	V.Poynton	St Columbas	35.50sec	1997
YEAR11	50mBREASTSTROKE	S. Robinson	CLC	37.87sec	1998
YEAR12	50mBREASTSTROKE	K.Wood	SION	36.57sec	1996
JUNIOR	4x 50m MEDLEY RELAY		Genazzano	2.23.12sec	2005
INTER	4x 50m MEDLEY RELAY		Genazzano	2.15.31sec	2002
SENIOR	4x 50m MEDLEY RELAY		St. Columba's	2.15.31sec	2002
YEAR 7	4x 50m FREESTYLE RELAY		Kilbreda	2.09.45sec	2005
YEAR 8	4x 50m FREESTYLE RELAY		Siena	2.07.90sec	2004
YEAR 9	4x 50m FREESTYLE RELAY		SHGC Geelong	2.05.80sec	2000

YEAR10	4x 50m FREESTYLE RELAY		St.Columba's	2.04.10s ec	1997
YEAR11	4x 50m FREESTYLE RELAY		SHGC Geelong	2.04.13s ec	2002
YEAR12	4x 50m FREESTYLE RELAY		Genazzano	2.04.10s ec	2005

SECONDARY CATHOLIC SPORTS ASSOCIATION

ATHLETICS RECORDS

Updated 2007

TRACK EVENTS

JUNIOR	1500m	K Tou -May	SHGC	5.00.40sec	2005
INTER	1500m	K.Rau	SH. Geelong	4.51.98sec	2006
SENIOR	1500m	N.Harvey	Genazzano	4.43.73sec	1991

YEAR 7	100m	C.Ratcliffe	Loreto B.	12.94sec	1992
YEAR 8	100m	B. Bozin	Presentation	12.09sec	2000
YEAR 9	100m	J. Clarke	Siena	12.70sec	1991
YEAR10	100m	S. Cotchett	Genazzano	12.45sec	1996
YEAR11	100m	R. Kennedy	Loreto B.	12.47sec	1992
		D.Duch	Killester		2000
YEAR12	100m	L. Gambino	S.H.G.C.	12.08sec	1996

400m JUNIOR	C. Angel	St.Columba's	59.50sec	2002
400m INTER	S.Dietrich	Mater Christi	59.93sec	2003
400m SENIOR	B.Adamson	Loreto B.	57.10sec	1992

1100mWALK JUNIOR	J. Polmear	Loreto, B.	5.59.63sec	2004
1100mWALK INTER	L.Gleich	Loreto M.H.	5:31.20sec	2000
1100mWALK SENIOR	S. Bolton	Avila	5.33.35sec	2006

YEAR 7	200m	R. Ball	St.Columba's	26.70sec	1998
YEAR 8	200m	M.Galimi	Avila	26.87sec	1996
YEAR 9	200m	V.Slaven	Loreto M.H.	24.52sec	1991
YEAR10	200m	S.Cotchett	Genazzano	25.90sec	1996
YEAR11	200m	D.Adamson	Loreto B.	25.10sec	1991
YEAR12	200m	D.Adamson	Loreto B.	25.06sec	1992

JUNIOR	80mHURDLES	R.Jeffs	Killester	13.40sec	1991
INTER	90mHURDLES	N.Rodriguez	S.H.G.C.	13.88sec	1995
SENIOR	100mHURDLES	S.Gulli	SH Geelong	15.44sec	2005

JUNIOR	800m	G.Buckley	SH.Geelong	2.25.60sec	2005
INTER	800m	K.Rau	SH Geelong	2.19.60sec	2006
SENIOR	800m	C. Prior	S.H.G.C.	2.22.60sec	1997

YEAR 7	4x 100m RELAY	OLSH.	54.70sec	2006
YEAR 8	4x 100m RELAY	S.H.G.C.	53.50sec	1993
YEAR 9	4x 100m RELAY	S.H.G.C.	53.10sec	1990
YEAR10	4x 100m RELAY	Loreto M.H.	52.29sec	1995
YEAR11	4x 100m RELAY	S.H.G.C.	52.13sec	1995
YEAR12	4x 100m RELAY	S.H.Geel.	50.80sec	1996

FIELD EVENTS

YEAR 7	JAVELIN	J.Kaufman	PCW	31.88m	2005
YEAR 8	JAVELIN	J.Kaufman	PCW	34.15m	2006
YEAR 9	JAVELIN	B.Maurer	SH.Geelong	39.10m	2005
YEAR10	JAVELIN	B.Maurer	SH.Geelong	39.92m	2006
YEAR11	JAVELIN	S.Selby	Kilbreda	34.98m	1995
YEAR12	JAVELIN	S. Taylor	Kilbreda	42.99m	1998
YEAR 7	SHOT PUT	M. Satupai	Kilbreda	14.26m	2005
YEAR 8	SHOT PUT	M. Satupai	Kilbreda	14.22m	2006
YEAR 9	SHOT PUT	B.Maurer	SH.Geelong	13.42m	2005
YEAR10	SHOT PUT	S.Vernon	Kilbreda	14.67m	2004
YEAR11	SHOT PUT	S.Vernon	Kilbreda	10.61m	2005
YEAR12	SHOT PUT	S.Vernon	Kilbreda	11.37m	2006
YEAR 7	DISCUS	M. Satupai	Kilbreda	31.79m	2005
YEAR 8	DISCUS	M. Satupai	Kilbreda	44.58m	2006
YEAR 9	DISCUS	B.Maurer	SH Geelong	34.79m	2005
YEAR10	DISCUS	S.Vernon	Kilbreda	36.98m	2004
YEAR11	DISCUS	S.Vernon	Kilbreda	41.25m	2005
YEAR12	DISCUS	S.Vernon	Kilbreda	34.83m	2006
YEAR 7	LONG JUMP	L.Thomas	SHRGC.	4.71m	2000
YEAR 8	LONG JUMP	C.Illastre	St.Columba's	4.78m	1997
YEAR 9	LONG JUMP	O.Goder	Avila	5.04m	2003
YEAR10	LONG JUMP	C. Coventry	Ave Maria	5.05m	2006
YEAR11	LONG JUMP	K.Bulavakarra	SH.Geelong	5.07m	1996
YEAR12	LONG JUMP	J.Wenger	O.L.M.C.	5.08m	1992
YEAR 7	HIGH JUMP	B.Hevern	S.H.G.C.	1.49m	1995
YEAR 8	HIGH JUMP	M.Grau	OLSH	1.55m	2005
YEAR 9	HIGH JUMP	M.Grau	OLSH	1.56m	2006
YEAR10	HIGH JUMP	L.Ford	Loreto	1.68m	2004
YEAR11	HIGH JUMP	L.Ford	Loreto	1.68m	2005
YEAR12	HIGH JUMP	M. Bean	Star	1.67m	1998
YEAR 7	TRIPLE JUMP	L.Thomas	SHRGC	9.94m	2000
YEAR 8	TRIPLE JUMP	A.Morgan	Ave Maria	10.54m	2004
YEAR 9	TRIPLE JUMP	S.Poore	SHRGC	10.65m	2004
YEAR10	TRIPLE JUMP	C. Coventry	Ave Maria	11.02m	2006
YEAR11	TRIPLE JUMP	J.Sharples	Santa Maria	11.02m	1998
YEAR12	TRIPLE JUMP	O.Goder	Avila	11.11m	2006

