

## **School District of Mystery Lake Code of Behavior**

Recommended conduct for participants (participants are all aspects of the team including coaches, chaperones, managers, etc.):

1. Students must remember they are representing their schools and School District of Mystery Lake and must conduct themselves accordingly.
2. Drinking alcoholic beverages and/or using illegal drugs, etc., are strictly prohibited while engaged in interscholastic activities, regardless of age. All chaperones and game organizers are required to notify the chairperson and their administration of any consumption of alcohol, use of banned drugs, or any breaches regarding the Code of Conduct by their players as soon after the infraction as possible.
3. The School District of Mystery Lake prohibits smoking for all athletes at all athletic events within the Division.
4. The School District of Mystery Lake expects good sportsmanship and fair play in all activities. The School District of Mystery Lake realizes it is the responsibility of administration, coaches, chaperones, and athletes to ensure that good sportsmanship and fair play is exhibited during all activities.
5. The School District of Mystery Lake would remind all coaches and athletes that while teams are visiting other schools they must respect property and the rules of that school. We would ask all our athletes to conduct themselves as ladies and gentlemen while guests in another school.

## CODE OF ETHICS FOR ATHLETES

The school requires the athlete to:

1. Conduct themselves at all times with honor and dignity
2. Treat visiting team(s), spectators, and officials as honored guests
3. Faithfully complete schoolwork as practical evidence of their loyalty to school and team
4. Show that it is a privilege to represent your school
5. Remember that there is no place in school athletics before, during, or after competition for the use of drugs or alcohol of any kind

The game requires the athlete to:

1. Maintain a high degree of physical fitness
2. Be fair at all times no matter what the cost
3. Believe in the honesty and integrity of opponents and officials
4. Play the game for the game's sake
5. Accept peacefully and without question the decision of the officials

Sportsmanship demands that the athlete:

1. Recognize and applaud honestly and wholeheartedly the efforts of their team or opponents regardless of skill, score, color, creed, or race
2. Give opponents full credit when they win and learn to correct their faults through failures
3. Play hard and to the limit of their abilities regardless of discouragement. True athletes do not give up, nor do they quarrel, cheat, bet, or show off
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter

## **CODE OF ETHICS FOR COACHES**

The school expects the coaches to:

1. Be an integral part of the school system with its educational contribution
2. Remember that the athletic arena is a classroom with moral and educational obligations required at all times
3. Insist upon high scholarship and enforcement of all rules of eligibility

The athletes expect the coach to:

1. Maintain a genuine and up-to-date knowledge of that which he/she proposes to teach
2. Maintain fair, unprejudiced relationships with all squad members
3. Pay careful attention to the physical condition of players
4. Inspire a love of the game and a desire to compete fairly

Sportsmanship demands that coaches:

1. Take a strong stand against profanity, unfair play, and unsportsmanlike behavior of their teams
2. Maintain self-control at all times, accepting decisions of officials without outward appearance of vexation
3. Teach athletes to win by use of legitimate means only
4. Believe in the honesty and integrity of opponents and officials
5. Teach that to win is always desirable, but to win at any cost defeats the purpose of the game

## **CODE OF ETHICS FOR OFFICIALS**

The contest expects the officials to:

1. Maintain a professional relationship toward the event, the players, the coaches, and spectators at the venue and away from the venue
2. Be thorough in his/her preparation
3. Be on time for duty and appear in appropriate uniform and professional manner
4. Be rested and alert

The rules expect the official to:

1. Adhere to right decisions despite disapproval of spectators, coaches, and players
2. Control his/her temper at all times in dealing with players, coaches, and crowds
3. Respect and aid companion officials in making decisions
4. Make interpretations and announcements clear to both teams

Sportsmanship demands that officials:

1. Maintain a pleasant, impartial attitude toward all players and coaches
2. Carry out their duties so as not to distract from the players or the game
3. Discourage any acts of poor sportsmanship

# VOLLEYBALL LEAGUE

(Updated – September 2016)

Grade 7-8 (Include grade 6 if not enough players)

## **Rules:**

1. **There are to be no cuts or competitive tryouts for volleyball teams.** Schools have the option of adding additional teams to a league (i.e. 2 girls' volleyball teams). If a school intends to enter more than one team, athletes must be distributed between the teams equally according to ability – thereby making both teams of (more or less) balanced ability.
2. **All players are to get equal playing time regardless of the score.** Coaches must decide how their team can best follow this rule (i.e. straight rotation where each player subs off the court after his/her serves, or Line 1 plays game 1, Line 2 plays game 2, etc.).
3. Teams should try to play 4 games or to 5 PM.
4. **UNLIMITED SUBSTITUTIONS** – Note: When player “A” exits after serving that team must go through 5 servers before that player can serve again.
5. **SERVING** – No player can serve 2 overhand serves in a row or more than 5 serves in a row.
6. The server may serve from anywhere behind the back serving line. Net serves are legal.
7. Grade 7 students should raise their hand to indicate they will step one foot inside the back line for the serve. Grade 8 students must serve behind the back line.
8. Forehand pass (Bump) or Overhead pass (Volley) may be used when receiving a serve.
9. A screening violation will be called if the receiving team's view of the server is blocked by a member of the serving team. The serving team's front row players can stand at the net and put their arms up in any way, but cannot move them around. They must stay stationary.
10. The ball can be played by the foot.
11. **ATTACK LINE** – the line runs parallel to the net 3m away. Schools which do not have the line on their court should use a line which is close to that distance from the net. **Rule:** Back court players may not jump ahead of the attack line and contact the ball above the net. But can jump from behind the attack line above the net to hit the ball.
12. **Procedures for starting and ending a match:**

- a) Starting player line up on the baseline or backline.
  - b) On the whistle from the official, starting players will walk or jog in the single file to the right and shake hands or tap fists with all starting players of the opposing team.
  - c) The players will then go to their starting positions on the court.
  - d) At the end of a game, the players on the court line up on the backline. The official will blow the whistle and the players are to jog counter clockwise to the other backline. When the whistle blows again, they may report to the bench. Those players on the benches switch sides by walking directly to the bench.
  - e) Repeat the same procedure for the remaining games except for players shaking hands.
  - f) After the final game, teams (all players) lineup on the backline and in single file jog counter clockwise to the right and shake hands with all players on the opposing team.
13. Two 30 second time outs per game, per team is permitted. Players on the floor can come to the sideline but must remain on the floor to speak to the coach. Only the coach comes to speak to the players.
14. Rally point scoring. Games go to 25 and must be won by 2 or the first to 27 points.
15. \*\*\*Player Substitutions – When subbing a player, the coach will indicate to the official the substitution signal. The player that is coming from the bench to the court must go to the net closest to their bench. The coach will indicate to the official which players are switching by stating # for #. The player leaving the court will go to the player coming on the court and give a high five before the new player goes on the court.
16. No jewelry, including ear rings and no taping with the exception of medic alert bracelets which should be taped.

\*\*\* As per usual in previous seasons, if a team is subbing players consistently into the middle back, then the player substitution rule can be forgone. However, if just subbing one player into a position, please use the rule above.

## Tournament

\* Above rules remain for all games.

### Round Robin Matches

- A. Rally point scoring. 2 Games. Games go to 25 points and must win by 2 points. Capped at 27 points.

- B. At the end of the round robin games, placing will be determined by wins and loses. If there is a tie between teams then +/- between the tied teams. If still tied, then +/- for all games.

#### Playoff Games

- C. Playoff games are best of 3. Rally point scoring. First two games go to 25 points, must win by 2 points and capped at 27 points. If a 3<sup>rd</sup> game is required, it goes to 15 points and must win by 2 points with no cap. Teams switch sides at 8 points.

# Basketball League Rules

Revised 2016

## Rules:

1. **There are to be no cuts or competitive tryouts for basketball teams.** Schools have the option of adding additional teams to a league (i.e. 2 girls' basketball teams). If a school intends to enter more than one team, athletes must be distributed between the teams equally according to ability – thereby making both teams of (more or less) balanced ability.

## 2. Equipment

- Net Height – 10 feet. Ball size – 6

## 3. Time

- Games will consist of 2 - twenty minute halves.
- 2 Time-outs per half. 30 seconds in length.
- Clock stops during time outs and free throws.
- Time outs can only be called when a team has possession of the ball.
- The last 2 minutes of the game will be stop time and the clock stops at every whistle.
- Teams have 10 seconds to cross half-court.

## 4. Fouls

- Players are ejected on 5 personal fouls.
- 2 shot bonus situation is in on 7<sup>th</sup> team foul per half.
- Team fouls reset in 2<sup>nd</sup> half.
- On shooting fouls, 2 free throws will be awarded.
- A technical foul results in 2 shots, plus possession.
- Two technical fouls result in a disqualification.
- A flagrant foul can result in a disqualification.

## 5. During Free Throw Shooting

- Clock stops during free throws.
- On a free throw, the players lined up in the key can start to box-out when the ball leaves the hand. The shooter and those players outside the key (usually 3 point line) can come in when the ball hits the rim.

## 6. Defense

- Man to man defense is to be played.
- Zone defense is not permitted.
- Closely guarded players have five seconds to release the ball.
- Full court press allowed until 20 point advantage. Once 20 point advantage is gained, the remainder of the half is played with half court press by the leading team.
- Possession arrow will be used for all held balls and to start the second half. The possession arrows begin the game by going to the team that lost the jump-ball. Ball is inbounded from center-line to start the second half.

## 7. Substitutions



- **All players are to get equal playing time no matter what the score is. We will have score sheets where score keepers will be keeping track of the player playing time.**
- A referee can call a technical foul on a team that is blatantly not playing all of its players equally (to the best of the coach's ability). A warning can be given by the referee to the offending team but is not necessary before giving the technical foul.
- Substitutions to be made in dead-ball (whistle) situations only.
- Substitute players must report to the score keeper's table before entering the game.

#### **8. Jewellery**

- No jewellery is permitted, including ear rings, with the exception of medic alert bracelets which must be taped.

#### **9. Sportsmanship**

- As a courtesy, teams leading by a wide margin are expected to make a reasonable effort not to run up the score.
- An emphasis on additional passing, decreased offensive rebounding, and increased playing time for less experienced players may all be helpful.

## Softball Tournament Rules

1. **There are to be no cuts or competitive tryouts for softball teams.** Schools have the option of adding additional teams to a league (i.e. 2 girls' softball teams). If a school intends to enter more than one team, athletes must be distributed between the teams equally according to ability – thereby making both teams of (more or less) balanced ability.
2. **All players are to get equal playing time regardless of the score.** Coaches must decide how their team can best follow this rule.
3. All games are 5 innings or one hour (**don't start another inning after 50 minutes regardless of the score**) with a maximum of 6 runs per innings. **The last inning is an "open" inning with no 6 run mercy cap** (this allows a team the chance to win/tie if they are losing by more than 6 runs). The decision to make the next inning "open" should be made around the 40 minute mark due to above 50 minute rule.
4. Each team will supply 2 game balls, bats and gloves for their team.
5. No limitation on the number of innings a pitcher may pitch.
6. No bunting allowed, no stealing and no leading off (the batter cannot leave the base before the ball is batted, but if he leaves the base and the batter misses the ball, the runner is not out).
7. No sliding at first base or home plate.
8. The pitch must be head high (**6 feet**) and to a maximum of 12 feet high and land on home plate or the mat behind home plate to be a strike (the rectangle).  
***But...*** if it's a windy day and both pitchers have problems to throwing strikes, the umpires have the right to use a strike zone (a pitch who passes over home plate between the highest shoulder and the lowest knee).
9. A commitment line will be established between third and home plate, 21 feet away from home. Once past that line, a player must run home.
10. Runners cannot touch home plate. A run is scored when they cross the scoring line at home. The back catcher plays home plate.
11. A batter who throws his/her bat will be out.
12. A hit foul ball after two strikes and the batter is out.
  - **MERCY RULE:** 10 run lead after **3** complete innings and the game is over.
  - Please remember this is a fun tournament, we have no trophy or prizes!

Rain date: **TBA**