

Basketball ~ Senior



L. to R. Back: Mr. Overby, Melanie Boulet, Selina Pchajek, Susan McCowan, Cathy Holtmann, Lynda Schott, Mr. Clym.
L. to R. Front: Shawna Smith, Michelle Boulet, Gerri Balan.



ZONE 5 Constitution 2022-2023



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I. ZONE 5 CONTACTS

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204-280-0813

Treasurer

Rene Comeault
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rcomeault@isd21.mb.ca
204-467-8717

Zone 5 E-Mail and Cell Phone Directory 2019-2020

Name	School	E-mail Address	Cell Number
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	St. Laurent School		
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II. FAIR PLAY POLICY

Good sportsmanship is viewed by the Manitoba High Schools Athletic Association as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities, which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all athletic disciplines. Individuals, regardless of their role, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

The Zone 5 Sports Association has identified several groups within the high school community that are responsible for conducting themselves in a sportsmanlike manner. Following are expectations of each group.

A. EXPECTATIONS OF COACHES

- Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
- Instruct participants in proper sportsmanship expectations and demand that they make sportsmanship and ethics the No. 1 priority.
- Respect judgment of officials, abide by rules of the event, and display no behavior that could incite fans.
- Treat opposing coaches, administrators, participants and fans with respect. Shake hands with officials and opposing coach in public.
- Develop and enforce penalties for participants who do not abide by sportsmanship standards.

B. EXPECTATIONS OF STUDENT ATHLETES

- Treat opponents with respect: shake hands prior to and/or after contests.
- Respect judgment of officials, abide by rules of the event and display no behavior that could incite fans.
 - Cooperate with officials, coaches and fellow participants to conduct a fair competition.
 - Accept seriously the responsibility and privilege of representing school and community; display positive public action at all times.
 - Live up to high standard of sportsmanship established by coach.

C. EXPECTATIONS OF PARENTS, STUDENTS AND OTHER FANS

- Realize that a ticket is a privilege to observe a contest and support high school athletics, NOT a license to verbally assault others or to be generally obnoxious.
- Respect decisions made by game officials.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.
- Respect fans, coaches and participants.
- Maintain enthusiasm and composure
- Recognize outstanding performances on either side of the playing court, field, or arena.

III. GENERAL REGULATIONS - See MHSAA handbook:

<https://www.mhsaa.ca/about/handbook/>

A. Eligibility - (As per MHSAA By-Laws - "Rules and Regulations")

- Participating students must be under the age of 19 as of midnight of the current school year, August 31.
- Students are eligible to participate for four years. In determining the four-year clause, member schools must count grade 9 as the first year. The athlete's eligibility begins upon enrolment in grade 9 and is allowed four consecutive years of competition from time of enrolment in grade 9.
- For sports utilizing the Junior Varsity Category, participating athletes must be under the age of 17 as of midnight of the current school year, August 31.
- Students are eligible to participate in junior varsity for two years. In determining the two-year clause, member schools must count grade 9 as the first year. The athlete's eligibility begins upon enrolment in grade 9 and is allowed two consecutive years of competition from time of enrolment in grade 9.
- A student can only play for one school. Should there be a question in regards to what school a student is eligible to play for, it is the school

the student is registered in on the first day of classes of the current school year.

- No school shall include in its athletic line-up, or eligibility sheet, any student who has transferred from another school within the previous twelve (12) months. The MHSAA Transfer Policy applies to all students transferring into Manitoba high schools. This applies once a student has enrolled in grade 10. This does not affect students currently enrolled in grade 9. (see transfer policy page 41)
- Participating students must be certified by their principal, as bona fide students and as meeting all eligibility requirements. **They must be enrolled in and attending a minimum of two (2) full time credits during the season/semester they are competing in.**
- Be a member school in good standing with the Association and abide by all MHSAA regulations.² Participants in Association competitions must be representatives of their Zone in accordance with the by-laws of the particular sport in which they are participating.
- Remaining eligibility clauses can be found in the MHSAA handbook

B. Exceptions to Eligibility - (As per MHSAA By-Laws - "Rules and Regulations")

- Grade nine students are eligible for competition, provided they are included under the administration of the high school. Grade 7 and 8 students who are at least 15 years of age, as of August 31 of the current school year, and are ineligible for junior high competition, will be eligible for competition provided that they are included under the administration of the high school. If a student begins play in grade 8, their four years of eligibility would begin at that time.
- Students attending Rural Regional Schools (and are living 25 or more kilometers from the regional) are to be given the right to choose the regional school or their home school as the school they wish to play for in interscholastic sports. (pending approval from both schools and MHSAA). They would be committed to that one school for that entire school year. c)
- Overage appeals may be considered.

C. Eligibility Appeals - (As per MHSAA By-Laws - "Rules and Regulations")

There is an avenue to appeal a student who may not meet all eligibility requirements. For transfer students please see transfer policy on page 41. The appeal must include all of the following;

- Letter from the principal endorsing the appeal.
- Letter from the zone or league president endorsing the appeal.
- Letter explaining the student's extenuating circumstances and why an appeal should be granted (medical certificates, relevant documents must be included).
- A copy of the student's academic transcript.
- A copy of the student's attendance transcript for the current school year, or previous year. All of the above must be included in the appeal. Failure to include the above will result in the application not being considered. There will be four eligibility appeal deadlines per year. All appeals for each season must be emailed to chad@mhsaa.ca by noon of specified dates: See MHSAA Handbook, <https://www.mhsaa.ca/about/handbook/>

D. **Co-oping Schools** - Schools may apply for a co-op if they meet the following criteria:

- Combined populations of the schools involved (grades 9 - 12) must not exceed 425 students.
- Co-oping is limited to "A" and "AA" schools only.
- Co-oping can occur for a single sport and single gender in a school.
- Co-oping must take place for a minimum three-year period for that sport (co-ops cannot switch schools during the three years, without MHSAA approval).
- A maximum of four schools only may combine to form a co-op entry.
- The team must go under one school name - a new co-op name cannot be created.
- The schools must maintain administration of the co-op (i.e. it cannot be managed or controlled by a parent or other group).
- The co-op must be beneficial for all schools in the area.

- Co-op is limited to the sports of Soccer, Volleyball, Hockey, Basketball, Fast Pitch, Baseball, Rugby, Lacrosse, Ultimate, and Football.
- For the sports of Volleyball, Hockey and Basketball, combined co-op populations will determine the category that the new co-op may compete in at the Provincial Championships.
- For exceptions to the co-op rule and the application process, refer to MHSAA Handbook, <https://www.mhsaa.ca/about/handbook/>

E. Sanctioning. Sanction must be obtained from the Executive Director of the Association for all of the following activities:

1. Tournaments: (team or individual sports). Sanction must be applied for by the tournament organizing committee of the following:

- a) Any tournament which has one or more teams from outside the Province of Manitoba;
- b) Any tournament which is not sponsored or administered by a member school;
- c) Any tournament which does not meet the requirements set out in number four of this article.

2. Age and Eligibility:

- a) All competitors competing in provincially sanctioned tournaments must be under 19 years of age as of August 31 of the current school year and attending an MHSAA member school.
- b) Schools from other provinces or states invited must satisfy the eligibility requirements of their home state or province.
- c) Schools may not play non-school teams in any tournaments.

3. Exhibition games (teams or individual sports):

- a) Sanction is not required for exhibition games, but member schools are required to report to the MHSAA any incidence(s) which arise 31 during exhibition games which adversely affect the welfare of the students.
- b) Sanction must be applied for by the members of the Association for any trip or tour that takes a member school of the Association outside the Province of Manitoba for a game or games.

4. Tournaments (not requiring sanction). A tournament does not require sanction, but does require to be registered if it meets the following requirements:

a) It is officiated by officials who are members of, or affiliated with recognized official organizations of the Association or host zone;

b) No team is required to play more than two games in one day (applies to basketball only);

c) All teams are members in good standing of the MHSAA;

d) The tournament is hosted by a member school of the MHSAA;

e) Awards are no more than certificates, ribbons, pins, medallions, or trophies;

f) Tournaments sponsored by the MHSAA. Registration: Although tournaments meeting the requirements listed do not need sanction, they must be registered online. All in-province tournaments must be registered online by the date listed under each sport. Registration would include the dates of the tournament and a list of the participating teams. Tournament results must be posted on the MHSAA website by noon on the Monday following the tournament.

5. To Obtain Sanction:

a) An application form for inter-provincial sanction is available from the MHSAA website, mhsaa.ca. Feel free to call the Executive Director if you need assistance with this or would like the form emailed to you. The completed form must be signed by the principal and submitted to the MHSAA office fourteen (14) days prior to the start of the competition.

b) The MHSAA Executive Director will consider the application for sanction and, if approved, copies of the application will be forwarded to the Executive Director of each state or provincial association.

c) Upon receipt of approval or denial of the sanction, the MHSAA office will notify the host school.

d) When teams or individuals have failed to receive proper sanctioning, they shall be automatically fined fifty dollars (\$50.00), and if this occurs another time during the school year, then that school will be automatically suspended from any provincial activities in that sport.

e) Each request for sanction will be evaluated in the list of the established Association policies. Factors such as distance to be traveled, lost time from school, number of games required per day, and commercial exploitation of the competing teams, will be considered in the evaluation of each request. If the

sanction is to be denied, then the Board of Directors or the Executive Director will inform the school or organization within one week of the request being received. Otherwise, the school organization may assume that sanction has been granted. If request for sanction is denied by the Association, then the particular school shall not be allowed to travel or compete under any other name.

- MHSAA will not sanction any tournament scheduled during the regular school hours of any provincial in-service.
- MHSAA will only sanction a tournament held on Remembrance Day if it begins after 1:00 pm.
- MHSAA will also not sanction any tournaments on a Provincial Championship weekend for any sport.

6. National Championships: The MHSAA, in conjunction with all other Provincial and Territorial Associations, opposes National Interscholastic Championships. Therefore, the MHSAA will not sanction competition at this level.

D. Penalties and Protests - (As per MHSAA By-Laws - "Rules and Regulations") , Refer to the MHSAA Handbook, <https://www.mhsaa.ca/about/handbook/>

F. Provincial Competition

1) General Information:

a. An activity shall be eligible to be considered as a Provincial Championship provided that a minimum of 8 zones (or 51 per cent of the zones) have competed in that activity for two or more consecutive years (at least two schools in each zone participating). 35

b. Before any new championships, categories, classifications, etc. are added to the MHSAA roster, a task force must be struck to review cost implications of championships and address human and financial resources.

c. Any motion involving the addition of a Provincial High School Championship has a one-year grace period before being allowed implementation.

d. If a new Championship is added, the costs would be added onto membership fees.

e. In order for a school to participate in a Provincial Championship, that school must compete in its zone league or zone play-off or interzone.

f. When the rules of the Association are in conflict with those of the Sport Governing Body, then the rules of the Association shall take precedence.

g. Provincial Championship Awards shall be the responsibility of the Association. All competitors at the Provincial Championships shall receive certificates, which shall indicate that name of the activity, year, and the word "competitor", or "participant".

h. The cost of referees at the Association play-off level will be the responsibility of the Association. This includes interzones, wildcards and Provincial Championships. The Association shall cover all facility rental expenses when a non-school facility is required.

i. Spectator admission fees may be collected at Provincial Championships at the discretion of the Board of Directors. The Association shall retain the profits from all competition beyond the zone level. The hosts of "A", "AA", "AAA" and JV "A/AA" & "AAA" provincial championships shall retain 50% of the gate receipts and forward the remaining 50% to the MHSAA. The "AAAA"

and "AAAA" JV provincial championships will receive a minor official honorarium and will return 100% of the gate receipts to the MHSAA.

j. All zones (except zone 11) will be assigned administration or technical duties in the running of the Provincial Track & Field Championships.

k. No Association championship tournament shall begin prior to 9:00 a.m. on the first day of the competition. Consideration will be given in regards to the distances traveled by out-of-town teams when arranging tournament draws.

l. Power to move locations of championships will rest with the MHSAA staff, in the case of emergencies, of zones or schools not fulfilling their agreement or failing to make proper arrangements.

m. Any protests regarding procedure or rulings occurring during the course of inter-zone, zone, wildcard or provincial games must be submitted in writing and posted within 48 hours to the convener of that activity, with a copy to the Assistant Executive Director of the Association (for hockey - to Executive Director). Any decision of follow-up shall rest with the Board of Directors.

2) Intent to Participate: It is the responsibility of the zone or league representative to indicate the zone's intention to participate in Association competition at the provincial level in any/or all of the following activities:

- a) Golf;
- b) Cross-Country Running;
- c) Volleyball;
- d) Curling;
- e) Hockey;
- f) Basketball;
- g) Badminton;
- h) Track and Field;
- i) Fast Pitch;
- j) Soccer;
- k) Baseball

Any zone that fails to indicate its intention will not be allowed to participate in that particular activity during the school year. Any zone that fails to honour its

commitment will forfeit the right to participate in that particular activity for the following school term, unless sufficient notification canceling the intention to participate is given.

3) Organization of Provincial Championships: The MHSAA handbook has suggestions on running a successful championship. You don't need to reinvent the wheel. Many successful championships have been run before so reach out and ask questions when necessary.

G. Fees

1. Each school division of the Interlake Region shall send to the Treasurer of the Regional Association by October 1:

*Cheque to cover Provincial Fees set by MHSAA

*Statement of enrolment of each high school of the division.

*Cheque to cover Zone fees at a cost per student.

a. The administration and physical education staff must ensure payment is made.

b. Cheque payable to: "Zone 5 Sports"

c. The Zone President and Zone Treasurer will have signing authority.

d. Zone Sport Fees: Refer to Fees Template.

e. Awards - Teams winning Zone championships will receive banners for which they must pay for at the first meeting after that competition.

(Cost is subject to change)

First and second place event winners in Badminton (Varsity and JV) -- medals.

f. The Zone may pay up to \$200.00 to any school hosting a Provincial event upon written request by that school at the Regional meeting.

ZONE 5 and MHSAA FEES

Invoice Date: _____

School: _____

School Population: _____

MHSAA Fees

Part 1) School Classification Fee

“AAA” Schools (>300)	\$705
“AA” Schools (100 – 300)	\$530
“A” Schools (<100)	\$480

Part 2) Cost/Student

School Population × \$1.00/student (billed directly by MHSAA and paid by the division offices of Lakeshore, Interlake, and Evergreen). Other schools need to pay!! (note: student numbers are based on previous school year)

ZONE 5 Fees

Part 3) Cost/Student

School Population ×
\$0.40/student (note: population based on September 30 of current year of participation)

TOTAL OWING: Part 1 + Part 2 + Part 3 + Part 4 (back page)
= _____ + _____ + _____ + _____ = _____

Note: see back page for Zone 5 Sports Fees.

Part 4) ZONE 5 SPORTS FEES

Part A) Individual Sports

Golf \$6/athlete × $\frac{\underline{\hspace{2cm}}}{\text{Number of athletes}}$ = $\underline{\hspace{2cm}}$ **max(\$48)**

Cross Country \$6/athlete × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$70)**

JV Badminton \$6/athlete × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$70)**

V Badminton \$6/athlete × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$70)**

Track and Field \$6/athlete × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$70)**

Part B) Team Sports

Soccer \$70/team × $\frac{\underline{\hspace{2cm}}}{\text{(number of teams)}}$ = $\underline{\hspace{2cm}}$ **max(\$140)**

Volleyball \$125/team × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$500)**

Curling \$70/team × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$140)**

Basketball \$125/team × $\underline{\hspace{2cm}}$ = $\underline{\hspace{2cm}}$ **max(\$500)**

Fastball \$70/team = $\underline{\hspace{2cm}}$ **max(\$70)**

Baseball \$125/team = $\underline{\hspace{2cm}}$ **max(\$125)**

TOTAL OWING:

Make cheques payable to Zone 5 Sports, and send to Stonewall Collegiate ATTN: Rene Comeault, 297 5th Street West., Stonewall, Manitoba, R0C 2Z0. Please include a copy of this invoice with your payment.

I. Guidelines to Commissioners

1. Responsible for sending out draw to all schools one week prior to the competition.
2. Should include any local regulations or restrictions.
3. Outline of draw regulations:
 - a. in case of tie
 - b. has power to rearrange draw in case of 'no shows' on day of event
 - c. responsible for sending statement of expenses to Zone Treasurer
4. Responsible for assisting to find qualified officials for Zone finals.
5. Where applicable, should phone and/or write to the Provincial Officials Association for verification.
6. Responsible for regulations as per by-laws of each sport.
7. Provide written report (see next page) on completion of event filed with Secretary to include:
 - a. teams participating
 - b. order of finish
 - c. costs incurred and fees received
 - d. violations of constitution
 - e. problems incurred
 - f. calibre of officiating
 - g. recommendations or comments
8. Responsible for postponing and rescheduling event in case of adverse weather conditions.
9. If Inclement weather cancels any of the schools involved in Zone Championships, the tournament will be postponed to a later date.
10. If the Zone championships require the use of an outside facility the convenor must have a contract in place that covers cancellation fees and timeline for cancellation

Zone 5 Commissioner's Report

Sport:

Commissioner:

Date:

Teams Participating:

Cost Incurred:

Any Violation of Constitution:

Problems Incurred:

Caliber of Officiating:

Recommendations or Comments:

Member Schools

School	Address	Phone	Class	School Colors	Nick Name
Arborg Collegiate	Box 220 Arborg ROC OAO	376-2605	AA	green/white	Senators
Ashern Central School	Box 1200 Ashern ROC OEO	768-2571	AA	black/red	Cobras
Fisher River High School	Box 109 Koostatak ROC 1SO	645-2206	A	red/white	Hawks
Fisher Branch Colegiate	Box 250 Fisher Branch ROC OZO	372-6459	A	blue/white	Cougars
Gimli High School	Box 1260 Gimli ROC 1BO	642-8546	AA	navy/gold	Lakers
Lake Manitoba			A	blue/white	Eagles
Lake St. Martin	Box 2020 Gypsumville ROC 1JO		A		
Lundar School	Box 602 Lundar ROC 1YO	762-5610	A	red/black/ white	Kodiaks
Morweena Christian School	Box 1030 Arborg ROC OAO	364-2466	A		
Peguis Central School	Box 670 Peguis First Nation ROC 3JO	645-2164	AA	gold/black	Wolverines
Riverton Collegiate	Box 749 Riverton ROC 2RO	378-5135	A	blue/white	Patriots
St. Laurent School	Box 800 St. Laurent ROC 2SO	646-2209	A	blue/red/ black/white	Hawks
Stonewall Collegiate	451-5th St. West Stonewall ROC 2ZO	467-5539	AAA	purple/gold	Rams
Teulon Collegiate	Box 189 Teulon ROC 3BO	886-2593	AA	red/white	Saints
Warren Collegiate	119 Macdonald Avenue Warren ROC 3EO	322-5586	AA	royal/gold	Wildcats

VII. SPORT COMMISSION REGULATIONS

A. Golf

1. Location and date to be determined at June meeting (previous year).
2. Competition to be 9 holes for girls and 18 holes for boys.
3. Each school is permitted to enter one (1) girls' team and one (1) boys' team.
4. Each team shall consist of a minimum of three (3) members to a maximum of four (4) members, from the same school.
5. Schools are permitted to enter individual golfers into the zone championship if they cannot field a team. If the top individual scorer for the zone is not a member of the zone winning team, then the zone will also be permitted to enter that top individual boy (1) and girl (1) scorer from their zone tournament.
6. To be eligible to participate in the MHSAA Provincial Golf Championships, golfers must shoot a score under double par for the course at their zone championship.

B. Soccer

- 1) Teams must declare their intent to enter a team at the September then verify their entry after the first week.
- 2) League play will be determined by the commissioner and a schedule sent out as soon as available.

3) RULES:

- a. FIFA rules will be in effect.
- b. Special playing rules approved by the MHSAA will take precedence over playing rules in the official rule book.
- c. All games will consist of two 45-minute halves.
- d. Overtime.
 - i. Should there be overtime, the overtime will consist of two 7½ minute halves.
 - ii. After that, if the teams are still tied, penalty kicks (as per FIFA Rules) will decide the winner. Teams will select five players from those

eleven players on the field at the end of the overtime to take the first round of kicks alternately with the opposition.

iii. If, after the first round of kicks the score still remains tied, then teams will continue alternating the shootout one at a time with those players of the eleven who have not shot.

iv. Teams must have an even number of shots to declare a winner. That is, the first team to score does not necessarily win.

v. If the score remains tied after all eleven players have taken kicks, then any of the first five shooters is eligible to take kicks again.

e. Uniforms:

i. Shin guards are mandatory.

ii. Teams must have the same coloured shirts and matching shorts. Absolutely no multicoloured shorts, knee length shorts or cut off jean shorts.

iii. A set of extra uniforms or pinnies (numbered) should also be brought to prevent uniform clashes.

iv. Athletes, team members and coaches will not be allowed to wear headgear during competition (except the goal keeper).

f. Substitutions:

i. Each team is allowed an unlimited number of substitutes.

ii. Substitutions are allowed at any time during the game when there is a definite stoppage in play and when the substituting team is in possession of the ball.

iii. The referee must be informed of the intention to enter the game by calling "substitution". The substitute should remain on the sidelines until the referee waves him/her in.

iv. Players coming out of the game may return later.

v. Players sent off during a game by the referee cannot be replaced. The suspended player cannot return during the game.

g. Cautions:

i. A player receiving one red or two yellow cards during the tournament will be automatically suspended for the following game.

ii. In the case of a red card received during a game, the player will be ejected, and the team will be forced to play short for that game.

- iii. The player will not be allowed to play in the next game.
- iv. If a player receives two yellow cards in one game, he/she will be ejected from the game and the team will be forced to play short for that game. The player will not be allowed to play in the next game.
- v. If a player receives two yellow cards during the tournament he/she will be suspended from the next game.

h. Equipment: Coaches are asked to bring the following equipment to minimize problems:

- i. the team's own properly marked soccer balls for warm-ups (Size 5)
- ii. first aid kits. Each school is responsible for bringing: Tape, bandages and other supplies for treating minor injuries

C. Cross-Country

1. Location and Date: To be determined at June (prior year) meeting
2. Events: Zone Champions: shall be declared in each of the following events:
 - a. Boys
 - i) Junior Team - 4000 meters
 - ii) Senior Team - 5000 meters
 - iii) Junior Open - 4000 meters
 - iv) Senior Open - 5000 meters
 - b. Girls
 - i) Junior Team - 3000 meters
 - ii) Senior Team - 4000 meters
 - iii) Junior Open - 3000 meters
 - iv) Senior Open - 4000 meters

3. Entries:

- a. Boys' and Girls' Team Events - One team per school. Teams consist of five to seven runners only.
- b. Open Boys' and Girls' - Any eligible high school student not running in a team event.
- c. Entries to be sent to Commissioner one week prior to the event.
- d. Top two teams per category eligible for Provincials.

4. Scoring:

- a. Open runners which are not included in the team composition may still run and are eligible for the overall open championship.
- b. The Team Champion will be determined by the team which has the lowest accumulated score after adding the placing of the school's first five runners.
- c. Teams must start the race with at least 5 runners. If your team finishes with less than 5 runners, a 'phantom' number, which would be equivalent to the number of the last runner in the race, would be assigned to the non-finishing competitor.
- d. If two or more teams are tied with identical team scores, the tie will be broken using the finish of the best 5th team runner.

5. Provincials from Zones

- a. Each zone is allowed to enter up to four (4) teams per zone, per category.
- b. Open entries and team entries will run together.
- c. The Zone Convener(s) must be the only person submitting the team names and individual names to the provincial convener.
- d. Entries must be sent in on Zone Entry forms (emailed to the zone conveners) provided by the MHSAA.

D. Volleyball

1. Zone Play:

- a. There is no league play within the zone, however, teams are encouraged to play as many intra-zone exhibition games possible in order to facilitate rankings for zone playoffs.
- b. Teams need to indicate their intention to participate prior to the ranking meeting.
- c. Final rankings of teams will be determined at the zone meeting prior to the zone championships.

2. Rules

- a. The playing rules of Volleyball Canada shall govern the competition unless specified below.
- b. Special playing rules approved by the MHSAA will take precedent over rules in the official rulebook.
- c. The libero number will be REQUIRED only on the rotation lineup card for each set and not on the player roster.
- d. Teams will be allowed 12 substitutions per set. A player can be substituted unlimited up to the 12 substitutions per set.
- e. The Official Ball is the Mikasa MVA200 (multi-colored)
- f. Net Height:

JV Boys - 2.35m	JV Girls - 2.20m
Varsity Boys - 2.43m	Varsity Girls - 2.24m
- g. All matches are a best two out of three.
- h. The 1st and 2nd set is won by the first team to score 25 points via rally-point scoring, with a minimum lead of two points. The deciding 3rd set is played to 15 points with a minimum lead of 2 points. (no point cap).
- i. students may compete in an unlimited number of matches at the varsity level and still maintain their eligibility to compete in the junior varsity Zone Championships.
- j. Students must compete in a minimum of 6 games at the JV level in order to be eligible to compete in zone and provincial play-offs. Tournaments would count as two (2) games.

k. **Game Limit** - The maximum number of matches are 25 per season. Each tournament counts as 2 matches and the 25-match limit does not include league playoffs, zone playoffs, or provincial playoffs. It does include exhibition matches. Exceeding the game limit will result in a \$200.00 fine to the school and possible exclusion from Provincial Championships.

3. **Zone Championship:**

a. Draw to be set up by the convener in regards to the number of participating teams.

b. To be eligible to compete in the zone championships, a team must have played a minimum of 3 matches. Tournaments would count as 2 matches.

c. When possible, the following table will serve as a guideline for setting up tournament draws.

Number of Teams	Round Robin	Play-offs
4	One pool	Top 3 Advance
5	One pool	Top 4 Advance
6	Two Pools of 3	Top team gets bye, cross over
7	Play in Game (6 vs 7)	Same as 6-team tournament
8	Two Pools of 4	Top 3, #1 gets bye
9	Play in Game (8 vs 9)	Same as 8-team tournament
10	Two Pools of 5	Top 4, cross over
11	Play in Game (10 vs 11)	Same as 10-team tournament
12	* Power Pools	Same as Provincial Championship
13	Play in Game (12 vs 13)	Same as 12-team tournament
14	Zone Qualifier (4 teams, 11 to 14 th ranked)	Same as 12-team tournament

*There will be three power pools of four teams for round robin. Round Robin will be used to determine play-off seeding, as all teams will advance to single eliminate play-off.

E. Basketball

1. RULES:

a. FIBA rules will be in effect, unless special playing rules are put forth by the MHSAA. In this case, the MHSAA rules will take precedence.

b. students may compete in an unlimited number of matches at the varsity level and still maintain their eligibility to compete in the junior varsity Provincial Championships. Students must compete in a minimum of 6 games at the JV level in order to be eligible to compete in zone and provincial play-offs. Tournaments would count as two (2) games

c. The Official Ball is the Wilson Evolution

d. All Varsity games will be 10-minute quarters, with a 24 second shot clock and 8 second back court.

e. All Junior Varsity games will be 10 minute quarters, with 30 second shot clock and 10 second back court.

2. Zone Championship Format

a. Varsity:

i. If there are 3 teams.....

- league play.
- 2 vs 3 in a single game semi-final
- best 2 out of 3 for top 2 teams.

ii. If there are 4 teams or more.....

- exhibition schedule with a zone tournament.
- Only 4 teams to advance to zone playoff.

b. Junior Varsity

a. Draw to be set up by the convener in regards to the number of participating teams.

b. To be eligible to compete in the zone championships, a team must have played a minimum of 3 matches. Tournaments would count as 2 matches.

c. When possible, the following table will serve as a guideline for setting up tournament draws.

3	Zone tournament	Top team gets a bye
4	1 vs 4, 2 vs 3	
5	Play in game (4 vs 5)	1 vs 4, 2 vs 3
6	Two Pools of 3 (Day 1)	Day 2) Top 4 to playoffs (1 vs 4, 2 vs 3)
7	Play in game (6 vs 7)	See 6-team format
8	Bracket Draw (2 days)	TBA (Consolation????)

F. Curling

1. RULES:

a. Curling Canada Rules will be used unless special playing rules are put forth by the MHSAA. In this case, the MHSAA rules will take precedence.

b. All boys & girls games will be eight (8) ends using the thinking-time system.

c. In the event of a tie, at the end of the 8th end, an extra end is necessary and shall be played in rotation until a winner is declared. Thinking time will be 32 minutes.

d. For mixed doubles all games will be six ends with a time clock of 50 minutes.

e. Each team will have 5 minutes of warm-up time and will complete a single draw to the button at the completion of warm-up to determine who has hammer. If neither team's draw reaches the house a coin toss will be used to determine who has hammer to start the game.

f. Time-Outs:

- In mixed doubles there are no time outs.
- In the boys and girls curling teams may call two sixty second time outs per game. One time out per extra end is allowed.
- The coach may confer with the team at that time.

- A player or coach of the team whose clock is running may only call a time out. The team that called the time out may access the playing surface with their coach.
- The team that did not call the time out may confer with the coach, but they shall not access the playing surface.
- These two timeouts are in addition to the five minute time out after the 4th.
- Before the first extra end, there will be a two-minute break, where the coach is allowed to go onto the ice to talk to their rink.
- If a team is unable to commence play at the designated time, it shall be assessed a penalty of one point and one end shall be considered played for the first 5 minutes the team is late.
- One penalty point shall be considered for each additional five minutes the team is late. When the game commences, the nonoffending team will be given the choice of last rock. After thirty minutes have elapsed, the non-offending team shall be declared the winner.
- If there are any concerns, the umpire can be summoned to assist.

G. Badminton

1. **Date, Time, and Place:** To be determined at Zone meeting (March).
2. **Entry:** Three entries per category (Girls and Boys Singles, Girls and Boys Doubles, Mixed Doubles)
3. **Tournament Format:**
 - Round Robin:** single - 21 point games, must win by 2 (cap 30)
 - Playoff Format** - top 8 (or 12) ** in each category will qualify for double knock-out playoffs. Players will be seeded based on round robin play (win loss record, point differential, and fewest points allowed)

**** Playoff Format dependent on number of entries but will be double knockout.**

Zone 5 Badminton Tournament Configuration		
Number of Entries	Pools Alignment	Play-off Structure
6 - 9	1 Pool	Top 4
10	2 Pools	Top 8
11	2 Pools	Top 8
12	2 Pools	Top 8
13	2 Pools	Top 8
14	2 Pools of 7	Top 8
15	2 Pools of 5	Top 8
16	2 Pools of 8	Top 8
17	2 Pools	Top 8
18	2 Pools of 9	Top 8
19	3 Pools	Top 12
20	3 Pools	Top 12
21	3 Pools of 7	Top 12
22	3 Pools	Top 12
23	3 Pools	Top 12
24	3 Pools of 8	Top 12
25	4 Pools	Top 12
26	4 Pools	Top 12
27	4 Pools	Top 12
28	4 Pools of 7	Top 12

Play-Off Date will include a combined championship with JV and Varsity competing together.

9:45 a.m. - JV warmup

10:00 a.m. - JV Start

11:30 a.m. - Varsity Warm-up (note: this warmup will be staggered upon completion of jv games)

11:45 a.m. - Varsity Start (note: start times will vary)

1:00 p.m. - JV and Varsity Continue Together

4. **AWARDS:** Team - banner awarded to the top school using the following scoring table.

Place	Points
1 st	10
2 nd	7
3 rd	5
4 th	3
5 th	2
6 th	2
7 th	1
8 th	1

Tie breaker, if tied - greatest number of 1st place finishes. If still tied - greatest number of 2nd place finishes. If still tied - greatest number of 3rd place finishes. If still tied - greatest number of 4th place finishes. If still tied, it will be the greatest number of athletes in the quarterfinal.

Individual - Medals for winners and runner-ups.

5. **ENTRIES:** Will be submitted on or before a date determined by the convener. Entries are to be submitted using an Excel document sent out by the convener that will look similar to the sample below. A rating system will be used by coaches to rank their teams for pool seeding purposes.

	A	B	C	D
1	Zone 5 Badminton Registration Form			
2				
3	Last Name, First Name; Last Name, First Name (doubles only)	Category	School	Rating
4	Ledochowski, Rod;Comeault, Rene (sample only)	BD	WCI Saints	***** (excellent)
5				
6				

6. **RULES:** all matches will be governed by Badminton Canada rules, except where noted by special MHSAA rules. In these cases, MHSAA rules will take precedent over the official rules.

7. **Uniform Rule:** Proper uniforms must be worn. Players are allowed to wear school uniforms, which must have short sleeves, or a plain white T-shirt. Doubles must have consistent uniforms and shorts. Athletes can NOT wear other school jersey's that have the name of a sport on the jersey, other than the sport name of badminton. Athletes and coaches will not be allowed to wear headwear.

H. Fastball

1. Date, Time, and Place: To be determined at Zone meeting.
2. Participants: Declare intention to participate at May meeting.
3. Tournament: Draw to be determined by Commissioner.
4. Officials:
 - a. At least one umpire must be used to handle each game.
 - b. Official scorer is required at each game.
5. Equipment and Dress:
 - a. All catchers must wear CSA-approved masks, shin pads, protective helmets,
and chest protectors.
 - b. Metal baseball-type cleats may be worn.
 - c. Competitors are advised to wear baseball-type pants. No shorts will be allowed.
6. Rules: Manitoba Amateur Fastball Rules will be followed with the following adaptations:
 - a. Pitching Distance: Boys - 46 feet Girls - 40 feet
 - b. Distance between bases - 60 feet
 - c. All games will be five innings but a game may be called after the third inning

if one team has a lead of seven or more runs. Final games will be seven innings unless otherwise agreed upon.

I. Baseball

1. Date, Time, and Place: To be determined at Zone meeting.
2. Participants: Declare intention to participate at May meeting.
3. Tournament: Draw to be determined by Commissioner.
4. Officials:
 - a. At least two umpires must be used to handle each game.
 - b. Official scorer is required at each game.
5. Equipment and Dress:
 - a. All catchers must wear CSA-approved masks, shin pads, protective helmets, and chest protectors.
 - b. Metal baseball-type cleats may be worn.
 - c. Competitors are advised to wear baseball-type pants. No shorts will be allowed.
 - d. If possible, dress code used at Provincial tournament should be used.
6. Rules: Manitoba Baseball Rules will be used. (Midget Level)
 - a. Pitching Distance: 60'6"
 - b. Distance between bases - 90'
 - c. All games will be seven innings, but a game may be called after the fifth inning if one team has a lead of ten or more runs.

J. Track and Field

1. Eligibility and Events: As per MHSAA By-Laws.
2. Entries Limits: 3 individual events + 1 relay OR
2 individual events + 2 relays OR
1 individual event + 3 relays OR
Pentathlon + 1 individual event + 1 relay OR
Pentathlon + 2 relays

It is up to coaches to ensure that athletes are entered in their intended events. Corrections to entry lists are to be made before the start of the track meet. Athletes cannot enter themselves into events once the meet has started. This can only be done by the coaches.

3. Events

Boys - Track Event Boys

100 metres
200 metres
400 metres
800 metres

1500 metres
3000 metres

- Field Events

High Jump
Long Jump
Triple Jump
Shot Put
JV - 4kg,
Varsity - 5kg
Discus 1.5 kg
Javelin 700 grams

- 100m Hurdles (Varsity) - 8.5 m between flights and a height of 36 inches. Distance to first hurdle is 13 m.

- 100m Hurdles (Junior Varsity) - 100m Hurdles - 8.5 m between flights and a height of 33 inches. Distance to first hurdle is 13 m.

- Pentathlon (100m, 800m, Long Jump, High Jump & Shot Put)

Girls - Track Event Boys

- 100 metres
- 200 metres
- 400 metres
- 800 metres
- 1500 metres
- 3000 metres

- Field Events

- High Jump
- Long Jump
- Triple Jump
- Shot Put - 4kg,
- Discus 1 kg
- Javelin 600 grams

- Pentathlon (100m, 800m, Long Jump, High Jump & Shot Put)

- 100m Hurdles (Varsity) - 8 m between flights and a height of 33 inches. Distance to first hurdle is 13 m.

- 80m Hurdles (Junior Varsity) - 7.5 m between flights and a height of 30 inches. Distance to first hurdle is 12 m. (total = 8 hurdles)

- Pentathlon (100m, 800m, Long Jump, High Jump & Shot Put)

Relays: 4 x 100 relay - JV & Varsity

4 x 400 relay - JV & Varsity

Medley relay (400, 200, 200, 800) - JV & Varsity

Note: if a junior varsity aged athlete who competes in a varsity relay, must also compete in varsity individual events.

4. POINT SYSTEM:

Scoring Set-up

Standard Point System All Events			
Place	Individual Pts	Relay Points	CombEvt Pts
1	7	10	14
2	5	7	10
3	3	5	6
4	2	3	4
5	1	2	2

5. MEET SET UP: note: see Haley

6. RULES:

a. LJ, TJ, and throws: Number of attempts will be 3 attempts in qualifying round, with the top 8 athletes receiving 3 additional attempts.

b. High Jump Starting Heights

Junior Varsity Girls - 1.15 m

Varsity Girls - 1.20 m

Junior Varsity Boys - 1.30 m

Varsity Boys - 1.40 m

c. False Starts: Any competitor making a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) making the false start. Any athlete(s) making further false starts in the race shall be disqualified from the race.

d. Athletes in field and track events at the same time - Athletes having to leave a field event to compete in a track event, may return to their field event. When they return to their field event, they must resume at the present rotation as the other competitors.

e. Electronic Devices: Watches, monitors and other electronic devices are not permitted to be worn by athletes while competing. Athletes caught wearing such devices will be disqualified from the event in which the device was used.

f. Uniform Rule: Competitors must wear appropriate track and field attire. No headgear is allowed. School track and field uniforms are required. A t-shirt in school colors, with the school logo, will be accepted as a proper track uniform. It cannot be the school uniform of another sport. Absolutely no multi-coloured t-shirts, slogan t-shirts, multi-coloured shorts, cut off jean shorts. Tights will be allowed as long as they have no more than two colors and do not extend below the knee.

7. AWARDS: Ribbons are to be awarded to 1st place, 2nd place, & 3rd place. Aggregate banners will be handed out in each category (JV Boys, JV Girls, Varsity Boys & Varsity Girls), along with two school classification banners ("A" and "AA"/ "AAA). Aggregate Banner Tie Breaker: The following sequence will be used to break ties for the Aggregate Banner categories: a) The team with the highest total number of accumulated

ribbons will be declared the winner. b) If still tied, the team with the highest total of accumulated 1st place ribbons will be declared the winner. c) If still tied, the team with the highest total of accumulated 2nd place ribbons will be declared the winner. d) If still tied, the team with the highest accumulated 3rd place ribbons will be declared the winner. e) If still tied, the team with the greatest number of participants will be declared the winner.

VIII. CHANGES TO CONSTITUTION

- a. Resolutions are to be submitted to the Secretary at the May meeting.
- b. Adoption of change will occur with majority vote. Motions will be voted on at June meeting.
- c. Vote: One per school; President may only vote on a tie.
- d. Any rule changes to the MHSAA By-Laws will automatically be adopted by Zone 5.

Provincial Championship Dates

Event	Provincial Date
Golf	3 rd Friday of September
Cross Country	2 nd or 3 rd week of October
A-AAA Soccer	3 rd weekend of October
A/AA JV Volleyball (12-team)	Thurs, Fri, Sat, 2 nd or 3 rd weekend of November
AAA JV Volleyball (10 team)	Thurs, Fri, Sat, 2 nd or 3 rd weekend of November
A/AA Varsity Volleyball Qualifiers (4 x 4-team)	Sat, 2 nd or 3 rd wknd of Nov.
A Volleyball (10 team)	Thurs, Fri, Sat, 3 rd wknd of Nov. or 1 st wknd Dec.
AA Volleyball (10 team)	Thurs, Fri, Sat, 3 rd wknd of Nov. or 1 st wknd Dec.
AAA Volleyball (10 team)	Thurs, Fri, Sat, 3 rd wknd of Nov. or 1 st wknd Dec.
Curling	Thurs, Fri, Sat, the 4 th weekend in February
Mixed Doubles Curling	Thurs, Fri, Sat, the 4 th weekend in February
A/AA Varsity Basketball Qualifiers (3 x 4-team)	Saturday, Three weeks prior to Spring Break
A/AA Varsity Basketball (8-team)	Thurs, Fri, Sat, One week prior to Spring Break

AAA Basketball (8-team)	Thurs, Fri, Sat, One week prior to Spring Break
A/AA JV Basketball (10-team)	Thurs, Fri, Sat, Two weeks prior to Spring Break
AAA JV Basketball (8-team)	Thurs, Fri, Sat, Two weeks prior to Spring Break
Badminton	First Friday Saturday in May
Baseball	Last wknd in May, or 1 st wknd in June
Fast Pitch	Last wknd in May, or 1 st wknd in June
Track and Field	Thurs, Fri, Sat, 1 st or 2 nd weekend in June.
Annual General Meeting	June 14, 15 & 16, 2020

Note: Zone championship dates are set according to the provincial dates, usually 7 to 10 days before provincial championships or Provincial qualifiers.

RECOGNITION AWARDS ZONE 5

1980 to Present

June 1981	Dan McNeil, Peter Froese, Gus Finnsen, Dennis Clym
June 1982	Lloyd Roche, Harvey Benson
June 1983	Brian Kennedy, Don Dewar
June 1984	Rashad Amer, Bob Moroz
June 1985	Ted Revel, Hannes Boundy, Brent Corrigan, Norm Nikkel
June 1986	No Awards
June 1987	No Awards
June 1988	Ed Matlashewski, Jerry Jonasson
June 1989	Gladwyn Scott, Diane Sigvaldson
June 1990	Robert Arnason, Blair DuGray, Paul Stapleton

June 1991	Dick Friesen, Ted Jenninga, Gerry Melnyk
June 1992	Ken Overby, Ian Petrie
June 1993	Jim Boaz, Lyle Eyjolfson
June 1994	John Forsyth, Gestur Jakobson
June 1995	Maurice Yarmie
June 1996	No Awards ?
June 1997	Claire Mackie, Bernie Hendricks
June 1998	Cliff Skibinski, Barry Carmen
June 1999	Gord Leduchowski
June 2000	Merv Prime, Scott Kwasnitza
June 2001	Art Koop, John Pattie, Craig Barron
June 2002	Olga Shadlock, Sandy Prise, Lawrie Hogg
June 2003	Greg Lupal, George Shadlock
June 2004	Jerry Ramnath, Tom Johnson, Dean Goodbrandson
June 2005	Ken Klimpke, Alvin Reinsch
June 2006	Ross Metcalf
June 2007	Rene Comeault
June 2008	Bill Kinley

June 2009

June 2010

Donna Moman, Rick Zarestky, Heather Einarson