

## **ALL SPORTS**

**Eligibility** - See the NDA Constitution.

### **Schedules -**

If at all possible, there shall be no overlapping of NDA schedules (including NDA play-off games) for season sports.

There shall be no NDA scheduled games, or activities, for **3 days** preceding any examination day in a school calendar. Any changes will be communicated amongst principals.

Every attempt should be made to avoid league games on Sundays or holidays.

Every attempt should be made to schedule no more than 2 games per week in all sports.

No NDA contest or activity shall be scheduled that "**affects school time**", unless authorized by these guidelines, or arranged through the mutual agreement of the Principals of the schools involved.

The schedules for all NDA sports must be made available to all Principals for approval, at the earliest time possible, but no later than 24 hours prior to the beginning of each sport season.

Any incidences of player or coach misconduct but be forwarded, by the convenor to the coach's principal.

In order to participate in any NDA activity, participants shall be in the charge of a coach for the duration of the game or contest.

## **CROSS COUNTRY**

*The starting time for the NDA meet shall be no earlier than 11:00 a.m.*

## **TRACK AND FIELD**

*Number of Meets - One Meet*

*Starting Time - 9:00 a.m.*

### **Staff Allotment:**

**Coaches:** *Each school must provide coaches according to the following guidelines:*

- (a) Each school must release a minimum of two (2) coaches, in addition to their complement of officials, and these coaches must have no officiating duties.*
- (b) Where a school has 51-70 athletes on its team, a minimum of three (3) coaches must be released to coach.*
- (c) Where a school has over 70 athletes on its team, a minimum of four (4) coaches must be released to coach.*
- (d) If a school has more than four (4) coaches on their staff, the remainder must be prepared to be part of the school's allotment of officials.*
- (e) The functions of the field referee, track referee and three (3) members of the Jury of Appeal must be filled by coaches.*

**Officials:** *45 staff will be used in the following capacities:*

- 1. Meet Director*

2. Announcer (x2)
3. Starters Assistant (Clerk) (x3)
4. Starter (x3) plus one coach for the hurdles
5. Finish Line Recorders (x2)
6. Results, implement weighins, ribbons (x4)
7. Hurdle crew, steeplechase crew, relay and track marshals (x3)
8. Javelin (Boys and Girls) (x2)
9. High Jump (Boys and Girls) (x2)
10. Discus (Boys and Girls) (x2)
11. Long Jump (Boys and Girls) (x2)
12. Triple Jump (Boys only)
13. Shot Put (Boys and Girls) (x2)
14. Pole Vault (Boys only)
15. Timers (x5)
16. Finish Line Judges (x8)
17. Field Preparation (x2)

*The determination of the 45 officials will be as follows:*

*The convenor, will determine the number of staff required by participating schools in order to generate 40 officials.*

*The other 5 officials must be provided by the host school.*

## **ALPINE SKIING**

*Number of Meets - 3 Meets*

- 2 pre-NDA - 1 slalom and 1 giant slalom*
- 1 NDA*
- these meets shall be run on different days than the Cross Country Ski Meet.*

**Staff Allotment:**

**Pre-NDA Meet**

- maximum of 2 teachers per school who will act as officials
- 1 coach per school who must have no officiating duties

**NDA Meet**

- maximum of 3 teachers per school who will act as officials
- 1 coach per school who must have no officiating duties

**Starting Time - all Day Meet**

**CROSS COUNTRY SKIING**

**Number of Meets - 4 Meets**

- 1 relay
- 1 novice
- 1 pre-NDA
- 1 NDA
- these meets shall be run on different days than the Alpine meet

**Staff Allotment:**

- maximum of 1 teacher/volunteer per school to act as an official
- 1 coach per school who must have no officiating duties

**Starting Time - 1:00 p.m.**