## CANUSA

 GAMES

## STANDARDIZATION 2023

## GENERAL INFORMATION

(*Revised 2019)

The CANUSA Games shall be held the *first weekend during the month of August until such time as a change is requested by either city.

The CANUSA Games will be held in Flint-Greater Genesee County, Michigan during the even years and in Hamilton, Ontario during the odd years.

An Annual Meeting will be held each year in March or April in the city which hosted the Games the previous year. At this Annual Meeting the main order of business will be the discussion of amendments to the sport area standardization.

Ages - unless otherwise noted, all ages will be determined as of September 1st of the current year. * No participant under the age of 8 (above statement) will be allowed to play in the CANUSA Games.
*Executive Committees (from both cities) shall inform their counterpart as soon as they know they cannot field a particular team. Refer to "Forfeit" section on page 5 of this booklet for detailed rules and deadlines.
*Of note:

- An asterisk * indicates where a minor update has been made to the standardization booklet from the prior year.
- If significant changes have been made then asterisks * will not be used, but "Revised $Y Y Y Y$ " will be indicated underneath the Title at the top of the page.


## TROPHIES

A team trophy will be awarded in each sport area as designated in their individual rules and regulations. Each competitor in the CANUSA Games will be given a token commemorating his/her participation.

One (1) member of each Executive Committee shall sit in on the Selection Committee to determine the winners of the special memorial trophies in the areas of track, swimming, baseball, golf, darts and basketball.

THE MOTT-MANLEY INTERNATIONAL FRIENDSHIP TROPHY is given yearly to the Visiting City. This trophy, presented by the A.C. Spark Plug Division, General Motors, Flint, Michigan, symbolizes "... the true spirit of sportsmanship, the glory of sport and the honour of our Country."

THE HAROLD WEBSTER MEMORIAL TROPHY is a traveling trophy on which the boy or girl's name is inscribed yearly and remains in the hands of the CANUSA Executive Committee. A replica trophy will be awarded to the successful athlete. The trophies were and are donated by the Flint Journal.

THE JIMMY THOMPSON MEMORIAL TROPHY will be awarded annually to the outstanding competitor in swimming from the Host City. This trophy is presented by the Hamilton CANUSA Executive Committee.

THE BERNIE ARBOUR MEMORIAL TROPHY will be awarded annually to the most valuable baseball player from the Host City. This trophy is presented by the Hamilton Police Amateur Athletic Association in memory of Bernie Arbour, longstanding Baseball Chairman.

THE PAUL J. ROGERS MEMORIAL TROPHY will be awarded annually to the outstanding competitor in golf from the Host City in memory of Paul J. Rogers, long-standing Executive Committee member and past Chairperson.

THE BILL STIRRUP MEMORIAL TROPHY will be awarded annually to the female and the male who score the low actual in the golf competition from the Host City. This trophy is in memory of Bill Stirrup, long standing Media person and Executive committee member.

THE W. CLARENCE WILLSON MEMORIAL TROPHY will be awarded annually to the outstanding competitor in Girls Basketball from the Host City, in memory of Clarence Willson, a Founder and longstanding member of the Hamilton Executive Committee.

THE JIM MCGUIRE/PETE COLLEY SR. MEMORIAL AWARD will be awarded annually to an athlete from the home team who is the best shooter in the Darts competition and who best demonstrates the CANUSA philosophy. The trophy is in memory of Jim McGuire from Flint and Pete Colley Sr. from Hamilton who were longstanding Darts Coordinators and who exemplified the spirit of the CANUSA Games

THE JAMES H. BRACY MEMORIAL TROPHY This memorial trophy is dedicated to the contributions of James "JB" Bracy who was a devoted CANUSA leader for 55 years. This memorial recognizes a CANUSA Boys' Basketball participant who displays leadership, a positive attitude, sportsmanship and team play. It was awarded for the first time in 2013 and will be awarded annually.

## CANUSA GAMES

(*Revised 2019/**2020)

The first CANUSA Games were held during the summer of 1958 in Flint, Michigan.

## DEFINITION - CANUSA

CAN- Canada
USA- United States of America

## PURPOSE

The purpose of the CANUSA Games is to demonstrate a community approach to international goodwill through the field of amateur athletics between the cities of Hamilton, Ontario, Canada and Flint, Michigan, U.S.A.

## IMPLEMENTATION OF PURPOSE

Families from the Host City open their homes to the people from the Visiting City with the spirit of goodwill and neighbourliness that marks the friendly rivalry between youth and adults of the two cities in the two Countries.

## PHILOSOPHY

The CANUSA Games believes that world peace and understanding among men must begin in men's hearts, that neighbors must understand neighbours and that people must learn to live together in neighborhoods and cities before nation can understand nation and the world can live in peace. To this end, the CANUSA Games provide the opportunity at the grassroots level to learn to understand one another's problems, to work together and to find the means to improve themselves and their cities.

## TRANSPORTATION

All participants under eighteen (18) must travel by bus or the approved method of transportation.

## HOUSING

All participants under eighteen (18) years of age are to be billeted with a Flint family for the entire weekend. Certain sports, such as Bowling, also require participants 21 years of age and under to billet.
*Athletes enrolled in the Trial Modified Billeting Program will be matched up with a host family and CANUSA guidelines must be adhered too. Refer to the 2019 contract for details.

## PARTICIPANT'S SHIRTS

**The Host City will have the first pick of Participant T-shirt colors.

## GENDER EQUITY, DIVERSITY, AND INCLUSION

Hamilton, ON Athletes gender identity for competition will be set by the standards and guidelines of the Ontario Federation of School Athletic Associations (OFSAA). 2022 Statement: OFSAA supports student-athlete participation on a team of their lived gender.

Flint, MI Athletes gender identity for competition will be set by the standards and guidelines of the Michigan high School Athletic Associations adoption of the US Department of Education's Title IX Final Ruling. "No person in the United States shall on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

If there are any athletes with specific concerns for CANUSA Games billeting matchups, the Sport Coordinators/Chairpersons from both cities will communicate as such, so that a respectful solution can be reached.

## DECISIONS REGARDING RULE VIOLATIONS

1. All disputes are to be resolved by Co-Coordinators/Chairpersons involved. Failing that, protests may be lodged (competition to continue) by the Co-Coordinators/Chairpersons, in writing. Disputes will be arbitrated by a Committee comprised of the Chairmen of the Games (Flint and Hamilton) and the staff persons from both cities after meeting with the Co-Coordinators/Chairpersons from both cities.
2. All age divisions shall be followed as specified. The use of over-age players will result in an automatic forfeit of that game.

## COACH/PLAYER CONDUCT

1. The Host Chairman and the Visiting Team Chairperson are responsible for the conduct of their players and should be consulted when a coach is not doing his/her job, rather than ejecting the coach from the game. Both cities have a code of conduct for volunteers, coaches, sport area chairpersons and executive boards regarding always conducting themselves with the highest level of professionalism and moral ethics.
2. No alcohol or drug consumption will be tolerated during competition.

## TIES

Unless otherwise notes:

1. If an individual game/match ends in a tie, it is neutral i.e. no points are awarded to either city.
2. Individual games/matches are tallied and if a Sport ends in a tie, then it goes to the visiting city.

## FORFEITS

1. If a sport area cannot field teams after the deadline dates, July $30^{\text {th }}$, of each given year, it will be considered a forfeit.
2. Each forfeit shall be equal to 1 point per age division.
3. If any sport area cannot field a team before the set date of July $30^{\text {th }}$, it is considered a non-scored event.
4. After July $30^{\text {th }},{ }_{2}$ if a sport area cannot field a team, it is considered a forfeit. A forfeit is a loss of 1 point per age division or the entire sport.

## SUSPENSIONS

If in the event a sport is suspended for 2 years, a discussion shall take place to determine whether to eliminate the sport or not. Elimination will take place on the vote of both committees.

## RAIN DELAY/ RAIN OUT/ UNPLAYABLE CONDITIONS

The official policy and procedures of the host facility/venue (e.g. City of Hamilton Recreation Division, Flint Community Schools) will apply and be adhered to when declaring rain delays/outs and unplayable conditions. The host city Coordinator should advise/consult the visiting city Coordinator and inform the CANUSA Headquarters as soon as possible.

In terms of Scoring/Results, unless otherwise specified under the Sport in this booklet, the following protocols will be
followed if an event/sport is rained out and cannot be played.

- If the event is over $50 \%$ complete, the city ahead will be declared the winner.
- If the event is less than $50 \%$ complete, it will be declared a rain out and will not count in results.

In the event of uncertainty or dispute, the President/General Chairperson or Board Sport Liaison/Executive director from both the host and visiting cities are to be consulted for final decision.

## STANDARDIZATION BOOKLET

The CANUSA Standardization is to be used as a guide to further the quality of competition between the cities of Hamilton, Ontario, Canada and Flint, Michigan, U.S.A.

For further information contact:

Tony Sitko, CANUSA General Co-Chairman
452 Saginaw St. Suite 1
Flint, Michigan 48502
810-201-8459
tsitko@crim.org

CANUSA Office Administrator or CANUSA $1^{\text {st }} \mathrm{VP}$ Community Services, Lister Block Building P.O. Box 2040 Hamilton, Ontario 905-546-2424 ext. 2537
canusa@hamilton.ca

## BASEBALL

## DIVISIONS

11 years old and younger who do not reach their 12th birthday before May $1^{\text {st }}$ of the current calendar year.

13 years old and younger who do not reach their 14th birthday before May $1^{\text {st }}$ of the current calendar year.

15 years old and younger who do not reach their 16 th birthday before May $1^{\text {st }}$ of the current calendar year.

18 years old and younger who do not reach their 19th birthday on or before May $1^{\text {st }}$ of the current calendar year. Ages as of May $1^{\text {st }}$ of the current calendar year. (Flint and Hamilton)

## DIAMOND DISTANCES

## Age Pitching Bases

11 and under 44 ft 65 ft
13 and under 50 ft 75 ft
15 and under 60 ft 6 " 90 ft
18 and under 60 ft 6 " 90 ft

## RULES REGULATING COMPETITION

1. Player roster not to exceed sixteen (16) players. Unlimited re-entry shall be played in all divisions. No player shall sit a second inning until all players have sat one inning. Exception may be the pitcher if still pitching.
2. Games to be seven (7) innings unless the score is tied, then extra innings shall be played. No new inning after 2 hours, or 7 full innings, whichever comes first. A game can end on a 10 run mercy rule after 5 innings, if agreed by both teams at the time.
3. The visiting club shall have the first (1st) home game.
4. Only the captain or coach may dispute the umpire's decision during the game.
5. No metal spikes to be allowed in the "11 and under" and the "13 and under."
6. In all divisions, any pitcher, if removed from the game, may return but not to pitch.
7. Teams exceeding 9 players will bat in a round robin format.
8. Catcher/base runner "speed" up rules are optional.
9. Composite-barrel baseball bats for junior league baseball must meet BBCOR (Batted Ball coEfficient of Restitution) standard and have a "drop" of no more than "minus-3.". Bats that do not have composite materials in the barrel (i.e. all metal, all alloy, all wood), and meet all other applicable standards, can have ANY drop weight. Bats with a barrel of less than $25 / 8$ inches also can be used in the Junior League Baseball Division but must still comply with all other specifications noted.
10. Little League International Baseball rules shall also apply.

## HOST CITY'S RESPONSIBILITIES

1. To provide facilities, umpires, balls, etc.
2. Umpires to be rotated so they do not work the same series twice.

## TEAM TROPHY

This trophy shall be awarded to the city winning five (5) or more of the eight (8) games. In case of a tie in games, the Visiting City will receive the trophy.

## BERNIE ARBOUR TROPHY

The trophy will be awarded to the one (1) player from the Host City who best exemplifies the combination of competition and sportsmanship, which includes modesty, humbleness, desire and determination. The selection shall be made by a Committee from the Host City, immediately following the last ball game.

## BOYS BASKETBALL

(*Revised 2019)

## DIVISIONS

*2013 10 and under 8 min. quarters stop time. (\#6 ball)
*2012 11 and under 8 min. quarters stop time. (\#6 ball)
*2011 12 and under 8 min . quarters stop time. (\#6 ball)
*2010 13 and under 8 min. quarters stop time.
*2009 14 and under 8 min. quarters stop time.
*2008 15 and under 8 min. quarters stop time.
*2007 16 and under 8 min. quarters stop time.
*2006 17 and under 8 min. quarters stop time.

Ages as of September $1^{\text {st }}$ of current year (Flint)
Ages as of January $1^{\text {st }}$ of current year (Hamilton)

## RULES REGULATING COMPETITION

1. Each team will be limited to fifteen (15) players. Visiting team to bring max 10 (to help with housing issues).
2. It is expected that each player on the game roster will play in each half of the game. No additions may be made to the roster for game two.
3. Competitors may play in only one (1) age bracket, which may be up one (1) division. A competitor may play in a higher division. The Chairpersons will notify each other of these cases prior to game time.
4. National Federation of State High School Athletic Association Rules to be followed.
5. All age brackets must play two (2) games.
6. Bonus on the seventh (7th) foul in all games played per half. Double bonus on the $10^{\text {th }}$ foul per half. Overtime -4 minutes - stop time.
7. Both Hamilton and Flint, all age divisions will wear CANUSA numbered T-shirts.
8. Ball size will be \#6 (28.5) in age groups 10,11 and 12 yr . old.
9. No pressing until the last two (2) minutes of second half in -9, $10 \&$ under division.
10. That no pressing be permitted if a team has a twenty (20) point lead.
$3 \times 3$ OPTION: In the event that a team from either city will not be able to field a $5 \times 5$ team then a $3 \times 3$ for option will be implemented for the division in question. Calibre of athletes and number of players available will be taken into consideration by both convenors. $3 \times 3$ Rules set out by JRNBA (https://ir.nba.com/3v3-rules-game/) will be in effect.

## HOST CITY'S RESPONSIBILITIES

1. Provide the game ball (leather).
2. Provide the scorer.
3. Provide a timer.
4. Provide all referees for each game.
5. *Provide a copy of the Basketball standardization rules at the scorer's table
6. Provide the playing area.

## TEAM TROPHY

The team trophy is determined by the most games won (including girls division). In case of a tie, Visiting City receives the trophy.

## THE JAMES H. BRACY MEMORIAL TROPHY

This memorial trophy is dedicated to the contributions of James "JB" Bracy who was a devoted CANUSA leader for 55 years. This memorial recognizes a CANUSA Boys' Basketball participant, from the Host city, who displays leadership, a positive attitude, sportsmanship and team play. It was awarded for the first time in 2013 and will be awarded annually.

# GIRLS BASKETBALL 

(*Revised 2019)

## DIVISIONS

*2013 10 and under 8 min. quarters stop time. (\#5 ball)
*2012 11 and under 8 min. quarters stop time.
*2011 12 and under 8 min. quarters stop time.
*2010 13 and under 8 min . quarters stop time.
*2009 14 and under 8 min. quarters stop time.
*2008 15 and under 8 min . quarters stop time.
*2007 16 and under 8 min. quarters stop time.
*2006 17 and under 8 min. quarters stop time.

Ages as of September $1^{\text {st }}$ of current year (Flint)
Ages as of January 1st of current year (Hamilton)

## RULES REGULATING COMPETITION

1. Each team will be limited to fifteen (15) players. Visiting team to bring max 10 (to help with housing issues).
2. It is expected that each player on the game roster will play in each half of the game. No additions may be made to the roster for game two.
3. Competitors may play in only one (1) age bracket, which may be up one (1) division. A competitor may play in a higher division. The Chairpersons will notify each other of these cases prior to game time.

- If necessary, due to low numbers or injury, some players can play in two games, but Coordinators and coaches from both teams must be aware of this prior to the start of the game.

4. National Federation of State High School Athletic Association Rules to be followed.
5. All age brackets must play two (2) games.
6. Bonus on the seventh (7th) foul in all games played per half. Double bonus on the 10th foul per half. Overtime - 4 minutes - stop time.
7. Both Hamilton and Flint, all age divisions will wear CANUSA numbered T-shirts.
8. Ball size will be \#6 (28.5) except for 10-year-olds age division where the \#5 will be used (foul line for 10 years will be forward 1 foot).
9. No pressing until the last two (2) minutes of the second half in -9, 10 \& under division.
10. No pressing will be permitted if a team has a twenty (20) point lead. No pressing after a 15-point lead in 10 year old.

* Violation of the no fall back rule for the team with over 20 points (or 15) means that the losing team get to inbound the ball in the front court at the foul line extended.

If pressing occurs with the 20 point leader, they will be given a warning. The second time it happens, a $\mathbf{2}$ shot technical foul will be given and possession of the ball.
$3 \times 3$ OPTION: In the event that a team from either city will not be able to field a $5 \times 5$ team then a $3 \times 3$ for option will be implemented for the division in question. Calibre of athletes and number of players available will be taken into consideration by both convenors. $3 \times 3$ Rules set out by JRNBA (https://jr.nba.com/3v3-rules-game/) will be in effect.

## HOST CITY'S RESPONSIBILITIES

1. Provide the gyms and the game ball (leather).
2. Provide qualified carded officials/referees.
3. Provide the scorer and scorebook.
4. Provide a timer and time clocks.
5. *Provide a copy of the Basketball standardization rules at the scorer's table

## TEAM TROPHY

The team trophy is determined by the most games won (including boys division). In case of a tie, the Visiting City will be awarded the trophy.

## THE W. CLARENCE WILLSON MEMORIAL TROPHY

This trophy is in memory of Clarence Willson, a founder and longstanding member of the Hamilton Executive Committee. It will be awarded annually to a recipient from the Host City to a participant in Girls Basketball who displays leadership, a positive attitude, sportsmanship and team play.

# BOWLING (10 PIN) 

## DIVISIONS (all apply to Boys and Girls)

## Youth Division

- 2 Teams of 5 (15 and under)
- 5 Boys
- 5 Girls
- 2 Teams of 5 (21 and under)
- 5 Boys
- 5 Girls


## Adult Division

- Adults 22+
- Minimum 10 Bowlers, Maximum 15 Bowlers
- Any combination of male and female


## RULES REGULATING COMPETITION

1. Each team will be limited to five (5) bowlers
2. Competitors may only compete in one (1) age bracket
3. Players can move up an age division, but not down
4. For u15 and u21, the USBC rules are to be followed (while in the USA) 5. For u15 and u21, the Canadian Tenpin Federation rules are to be followed (while in Canada)
5. For Adults, USBC rules are to be followed

- Handicap will be based on a bowler's average
- Each bowler uses their highest average from the past 3 years - If the bowler does not have an established average, the bowler will use an average based on 15 games of practice
- If there is no established average, a girl bowler will default to a 120avg. And boys will default to 150 avg.
- Absent bowlers will use their average minus 10
- Vacant bowlers will be given a 150 average
- A baker handicap will be determined by $90 \%$ of the team's average and 1000
- In the event of an absence or vacancy during bakers, the bowlers will continue rotating until the game is complete.
- Youth scores will be added to adult scores for each tournament to determine a winner between Canada and USA
- The scores from each tournament will be added together to find an overall winner.


## TOURNAMENTS

1. Friday Singles Event
a. 3 games
b. Handicap will be based off of $90 \%$ of the difference in the bowler's average and 200
c. Scoring: Youth and Adults separately
i. 1st Place 40pt
ii. 2nd Place 39pt
iii. 3rd Place 38pt
iv. Respectively to 40th Place, 1pt
2. Saturday Team Event
a. MHSAA High School Format
b. Handicap will be based off of $90 \%$ of the difference in the bowlers average and 200
c. 2 Baker Games
d. 2 Petersen Games
e. 30 Point System
i. $\quad$ Baker $1=4 \mathrm{pt}$
ii. $\quad$ Baker $2=4 \mathrm{pt}$
iii. Baker Totals $=2 \mathrm{pt}$
iv. Petersen 1 Head to Head 1-5 points
v. Petersen 1 Totals 4 pt
vi. Petersen 2 Head to Head 1-5 points
vii. Petersen 2 Totals $4 p t$
viii. Overall Totals 2pt

HANDICAP FORMULA - Team Handicap is Total Team Average divided by 5, 90\% of the difference of that and 200 Individual Handicap is $90 \%$ of the difference of the bowlers average and 200

## HOST CITY RESPONSIBILITIES

1. To provide a facility to compete and keep score
2. Computerized score is to be used if it is available
3. All score corrections must be agreed to by both teams and can be made by any competent team member. If a decision cannot be agreed upon, the host city coordinator will decide based on the rules above.
4. Host city will provide bowling equipment (shoes and balls) if needed.

## DARTS

(*Revised 2020)

## DIVISIONS

*21 \& over Men (8 players from each city)
*21 \& over Women (8 players from each city)
14-18 Boys (4 players from each city)
14-18 Girls (4 players from each city)
$11-13$ Boys (4 players from each city)
11-13 Girls (4 players from each city)
Total participants from each city would be 32.
Ages as of CANUSA weekend.

## MATCHES

" 701 " - 4 person team event
"501" - Doubles
"501" - Singles
Round robin in doubles and round robin in singles - match will consist of the best two (2) out of three (3) games for adults only. All Youth divisions will only play one game.

## RULES OF PLAY

1. Home team has the choice of "diddle for the middle" (seeing one or throwing one). "Closest to the bull".
2. Team will exchange names on paper for all games.
3. Games will start straight in with double out ("Flying start").
4. Game is won when the marker calls check and is clearly a double.
5. Dart or darts are not to be removed until marker and player have agreed that score is correct.
6. The marker can tell the shooter what is scored and what is remaining. The marker cannot tell the shooter what to throw at.
7. Bullseye counts as double twenty-five (25) and you can go out with the bull.
8. Score cannot be changed after six (6) darts have been thrown and pulled from the board.
9. 21 \& over divisions will consist of twelve (12) men and twelve (12) women. A team may play with a minimum of one (1) player. The team must concede six (6) singles, five (5) doubles and one (1) team game. In singles, player plays two (2) games one (1) against each (male versus male, female versus female) and five (5) doubles mixed by using dummy score as indicated below.
10. All divisions will have nineteen (19) games.

Dummy Score
Dummy Score occurs every second score in doubles.
Dummy Score counts twenty-five (25) until 100 or under. The Dummy Score counts zero (0). Team play is three (3) players and one (1) Dummy Score.

For example:
Hamilton Flint
Score Remain Score Remain

Player 50129 Player 60139
Dummy 25104 Player 8059
Player 5549 Player 1940
Dummy 049 Player

## SCORING

1. Point for each win (match).

## HOST CITY'S RESPONSIBILITIES

1. To supply eight (8) official bristle dart boards.
2. To provide official score cards.
3. Must be a CANUSA Official or Representative conducting the event.
4. To make sure distances and heights of the boards are correct (under rules of the WORLD DART

FEDERATION). Every board must be 5'8" from floor to center of the bull. The distance is $7^{\prime} 91 / 4$ ".

## THE JIM MCGUIRE/PETE COLLEY SR. MEMORIAL AWARD

The Jim McGuire/Pete Colley Sr. Memorial Trophy will be awarded annually to an athlete from the home team who is the best shooter in the Darts competition and who best demonstrates the CANUSA philosophy. The trophy is in memory of Jim McGuire from Flint and Pete Colley Sr. from Hamilton who were longstanding Darts Coordinators and who exemplified the spirit of the CANUSA Games.

## FLAG FOOTBALL (5v5 Non-Contact)

(Revised 2023)

## DIVISIONS

Minimum of 8 players to maximum of 12

- 5 on offence, 5 on defense at a time
- U12, boys born in 2011 or 2012 or younger
- U14, boys born in 2009 or 2010 or younger
- U14, girls born in 2009 or 2010 or younger


## RULES REGULATING COMPETITION

## Most recent NFL Flag / international 5 on 5 rules

https://usaflag.org/usa-flag-football-rules/? gl=1*1jt6w15* ga*MTY1NTUwMzI5NS4xNjc
4MDQyMjYz* ga BNZ8HM8JVC*MTY3ODA0MjI2My4xLjAuMTY3ODAOMjI2My4wLjAu
MA... \& ga=2.90676313.2134609132.1678042264-1655503295.1678042263

## Play Summary:

1. Coin toss to determine offence, defence or defend an end.
2. Teams scrimmage from 5 yard line
3. 3 downs to half, if reached then additional 3 downs to score
4. 4th down risk option after first 3 downs, if unsuccessful in crossing half, opposing team will scrimmage from that point
5. QB can't run pass line of scrimmage
6. Hand-off running plays allowed with exception of:
a. No run zones are 5 yards before half and 5 yards before the end zone
7. QB can be rushed by defender starting 7 yards back from scrimmage
a. Teams can choose not to rush the QB (7 steamboats play dead)

Timeouts - 1 per half. No carry over
No coaches on the field
Series - Best of 2, one game Friday, one game on Saturday. Game 2 "overtime format" will be used to determine series winner if tied 1-1

Overtime - Will be 3 converts per team alternating. (Choose 1 or 2 points). Higher total wins. Double overtime will be 1 per team

## Length of Game/Timing

1. Game will consist of two - 25 minute halves - running time
2. Last minute of game, clock will stop for incompletions and out of bounds play

Field Size - The field will measure 70 yards long by 30 yards wide including 10 yard end zones.

## Scoring

1. Touchdown: 6 points
2. Convert: 12 yard convert -2 points
3. 5 yard convert - 1 point
4. Safety Touch: 2 points
5. Intercepted converts: 2 points

Referees - Two per game, will be recruited from local Flag League that uses these rules. One referee will also serve as scorer and the other timer.

Equipment - Each team will provide/bring their own flags. Home team will supply two youth size footballs per game and time clock. Cones will be used to mark boundaries per NFL Flag rules

## HOST CITY'S RESPONSIBILITIES

1. Provide the game balls.
2. Provide the scorer.
3. Provide a timer.
4. Provide all referees for each game.
5. Provide the playing area.

## GOLF

(*Revised 2019)

## DIVISIONS

Will only have matched where both cities have enough players.
Male and Female:

- 13 and under (with the attempt to match players in similar ages)
- 15 and under
- 17 and under
- Adults 18 and older

Ages as of September $1^{\text {st }}$ of the current year.

## TEAM COMPOSITION

Male and Female:

- 13 and under - 6
- 15 and under - 8
- 17 and under - 8
- Adults 18 and older - 4

TOTAL: 26 from each city

## RULES REGULATING COMPETITION

1. *Follow new PGA golf rules.
2. *Push carts for 13 and under only.
3. Electronic Aids can be used during actual competition.
4. If in the event there is only 1 rangefinder, the group will share it.
5. All events are 18 -hole matches, except "11 and under male" who will play nine (9) hole matches. These will be two-point matches [one (1) point for match play and one (1) point for medal play (Starting time 8:00 a.m. where possible].
6. Competition is match, match, medal.

One (1) point for the first (1st) nine (9) holes (match)
One (1) point for the second (2nd) nine (9) holes (match)
One (1) point for the total score (medal)
Three (3) possible points
Maximum default points will be three (3)
(ties in any of these areas earn one-half point for each competitor)
7. Parents will be allowed to walk the course with children who are competing provided they follow the rules posted by the local CANUSA Executive Committee.

## HOST CITY'S RESPONSIBILITIES

1. Securing adequate facilities for all tournaments.
2. Communicating with the Visiting Chairman as to:
a) Course and course location
b) Possible costs involved
c) Availability of courses for practice rounds
d) Tee-times for contestants
3. The "11 and under" division is to have a non-playing scorekeeper assigned to each group. PAUL J. ROGERS MEMORIAL TROPHY

The trophy will be awarded to a golfer from the Host City who best exemplifies the combination of competition and sportsmanship. The selection shall be made by a Committee from the Host City. Trophy will be presented at Closing Ceremonies.

## THE BILL STIRRUP MEMORIAL TROPHY

The trophy will be awarded annually to the female and the male who score the low actual in the golf competition from the Host City. This trophy is in memory of Bill Stirrup, long standing Media person and Executive committee members

## GIRLS GYMNASTICS (Suspended)

(*Revised 2020)

## *PARTICIPANTS

18 maximum \& two (2) alternates (before the start of the meet, the club MUST announce the names of the two alternates, who's scores will not be allowed to count for the team. The names will be kept confidential).

The idea of the CANUSA games is to experience the friendship and international goodwill between the cities of Hamilton, Ontario, Canada and Flint, Genesee County, Michigan. We in no way want to add any stress to the critical summer training time, so we will allow athletes participating to compete in the Games with the routines that they will compete with in their next competitive season. For example: If a compulsory gymnast competes Level 4-5, they will not be penalized for any lack of requirements in the standardization. Levels 6-10 and Xcel Gold-Diamond will need to follow the minimum requirements below.

## AGES

8 to 18 years old (as of competition date).

## *TEAM SCORING

Top eight (8) scores per event will determine the team score
All scores will be flashed

## COMPETITION FORMAT

Option "A"- warm up, compete; warm up, compete etc.
General Stretch and Settings - 30 minutes

## *TECHNICAL RULES

## 1. Vault:

- Warm up - 1 minute per athlete, maximum of eight athletes warming up at one time (running time is allowed i.e.

16 minutes for 8 athletes)

- Vault Table can be set to any height (equipment permitting)
- Values: All Vaults (10.00)
- *Use of spring board is allowed without a penalty; not a tramp board
- Handspring vault is the minimum requirement


## 2. *Bars:

- Warm Up - 1 minute per athlete, maximum of eight athletes warming up at one time. (running time allowed) •

Group athletes together according to bar setting

- B, C, D, E and super E skills may count as "A"s
- Scores start at 10.0
- *Gymnast need 6 A value parts in their routine
- *Level 4-5 gymnasts will compete their standard routine without penalty


## Special Requirements:

- A minimum of 6 " $A$ " value skills
- A clear support skill finishing at horizontal or above (ex. cast to horizontal)
- A Circling Skill (not the mount or dismount)
- A Dismount from the high bar


## Supplemental "A"s:

- Pull over
- Long Hang Swing Pull Over •

Toe-on $1 / 2$ turn LB

- Stoop, Straddle or Squat On •

Toe-on dismount (either bar) •
Glide, Swing $1 / 2$ turn on $L$

- Counter swing
- Under swing

3. *Beam:

- Warm up - Compete when 2 identical beams are available. If not, then use the bump start format. • *Warm up - 1 minute per athlete, maximum of eight athletes warming up at one time (running time is allowed i.e. 16 minutes for 8 athletes)
- *Gymnasts need a minimum of 6 A value parts in their routine
- *Level 4-5 gymnasts will compete their standard routine without penalty
- *Maximum 1 minute, 30 seconds ( 0.1 deduction for overtime)
- *B, C, D, E and super E skills may count as "A"
- *Height of beam: $100 \mathrm{~cm}, 110 \mathrm{~cm}$, or 125 cm (FIG)


## Special Requirements (@ 0.2 each):

- Minimum of $1 / 1\left(360^{\circ}\right)$ turn on one foot
- Two different dance skills, can be isolated or in a series (ex. split jump and straight jump) • One jump/leap that reaches $120^{\circ}$ angle (ex. split jump with $120^{\circ}$ split)
- Two acro skills and one of the skills must achieve or go through vertical (ex. cartwheel and backward roll) • A dismount (ex. roundoff off the beam)


## Supplemental "A"s:

- Round Off dismount
- Front Handspring dismount
- Handstand $1 / 4$ turn dismount


## 4. *Floor:

- Warm up - in between routines and on tumbling strip (2 minutes per athlete.)
- Must have six (6) "A" skills worth 0.5 each.
- Floor will be timed- maximum of 1 minute 30 seconds ( 0.1 deduction for overtime)
- B, C, D E and super E skills count as "A"s
- All scores star from 10.0
- Gymnast need 6 A value parts \& 1 B value part
- *Gymnasts need a minimum of 6 A value parts in their routine
- *Level 4-5 gymnasts will compete their standard routine without penalty


## Special Requirements (@ 0.2 each):

- Minimum of two directly connected acro skills, both must have flight (ex. front handspring, front tuck) • Either a $2^{\text {nd }}$ pass of 2 directly connected acro skills with flight or an aerial or a salto (ex. roundoff back handspring, back tuck or a side aerial)
- A dance passage with two skills, one of which is a leap with a $120^{\circ}$ cross or side split - they can be directly or indirectly connected
- Minimum of $360^{\circ}$ turn on one foot


## Spotting:

- point deduction for spotting (deducted from final score)
- 0.5 points deduction for assisting a landing (deducted from final score)
- Spotting the pre-flights or support phase on vault results in void vault ( 0.0 score)

Other: There is no limit as to the number of times a skill can be used for credit

## Deductions:

- Up to 0.2 Artistry
- Up to 0.2 Dynamics
- Up to 0.2 Rhythm and Tempo • Up to 0.2

Out of Bounds ( 0.1 each time)

## *JUDGES

*There will be a total of four (4) judges, two on each event while simultaneously running 2 events at a time. Each city is responsible for providing two judges in their home year and away year. USAG Level 4 and Xcel Gold rule requirements will be the minimum requirements allowed. As difficult as it may be for the judges to judge a variety of criteria, we need to all remember that this is all for fun. Keep in mind that our end goal during the games list to allow the girls to participate with minimal changes to the current routines.

There will be a total of four (4) judges. Each city is responsible for providing two (2) judges, in a home year and an away year. USGA Excel program Platinum level will be used for judging rules.

## Additional Notes:

1. No persons (except CANUSA officials) are allowed to approach any judge at any time. 2.

Judges submit the final average score only.
3. Final score (only) must be flashed.
4. Coaches may only inquire about the start value of the routine. Inquiries must be presented to the home coordinator within 10 minutes of scores being entered for that team event rotation.
5. Final scores must be checked by judges of respective events before the award presentation. 6. Printed copy of final scores must be provided to both coordinators at the completion of the meet. 7. Deductions for each event follow the JO code of points.
8. *If the gymnast is level 4-5 let the judge know ahead.

# ICE HOCKEY 

(Revised 2019)

## HOST CITY'S RESPONSIBILITIES

1. Provide ice and pucks
2. Provide registered referees
3. Provide timer, scorer, and scoresheets
4. Provide medical personnel/trainer

## TEAMS

- Divisions:
- 10 and under
- 12 and under
- 14 and under
- Each division will play 2 games (1 on Friday and 1 on Saturday).
- Ages as of September $1^{\text {st }}$ of the current year.
- Maximum 18 player roster.


## PLAYING RULES

1. Teams will play by Hockey Canada Rules in Hamilton, and USA Hockey Rules in Flint with the following modification.
a) Body Checking is prohibited in all 3 age divisions
2. Using a standing agreement between USA Hockey and Hockey Canada, the following policy regarding protective equipment is in effect.
a) Canadian Teams playing in the United States
i. Hockey Skates (approved design for hockey)
ii. CSA Certified Helmet (All age classifications)
iii. CSA Certified Face Mask (with color-coded CSA sticker)
iv. BNQ Certified Throat Protector
b) USA Hockey Teams playing in CANADA
i. Hockey Skates of approved design for hockey
ii. HECC Approved Helmet
iii. HECC Approved Face Mask
iv. Non-Clear Internal Mouthpiece
3. Game Time
a) $10 \mathrm{U} 35^{\prime} 10^{\prime} / 10^{\prime} / 15^{\prime}$
b) $12 \mathrm{U} 40^{\prime} 12^{\prime} / 13^{\prime} / 15^{\prime}$
c) $14 \cup 45^{\prime} 15^{\prime} / 15^{\prime} / 15^{\prime}$
d) The clock is stopped during all stoppages in play.
e) Each team is allowed 1 timeout per game.

## PENALTIES

- Penalty calling and serving modifications.
- Penalties will be called and reported as per rules to the scorekeeper.
- Penalized player will not serve time for a minor infraction; power plays and shorthanded will be eliminated.
- The penalized player must be replaced on the ice for the resulting faceoff.
- The resulting faceoff will take place in the offending team's defensive zone.
- Coincidental penalties shall result in the play to keep playing on, referees will warn the players or assess penalties.
- Major penalties will count as 2 penalties and the offending player will serve the time in the penalty box, but the team will not play shorthanded.
- At the conclusion of the game, team penalties tallied will be totaled, and if the team behind or tied has a positive differential total, that team will be awarded the differential number of penalty shots.
- Penalty shot shooters will be selected by the coach with no player repeating until all players in the lineup have shot.
- A player charged with a major penalty involving serious injury or attempt to injure will be ejected from the game.
- Fighting will result in a major penalty, game misconduct, and weekend tournament suspension, along with future CANUSA consideration.


## FRIENDSHIP AMALGAMATION OF TEAMS

In the event of an extremely lopsided result in Game 1 in any division, Sport Area Chairpersons/Coordinators (with input from coaches and players) can decide the teams will be amalgamated for Game 2. The amalgamation must be agreed upon by both cities. The winner of the 1st game would be awarded a 2nd game win.

## CANUSA HOCKEY TROPHY

The CANUSA Hockey trophy will be awarded to the city who wins the most games. In the event of a tie (in overall games), the trophy will be awarded to the Visiting City.

## PICKLEBALL

## DIVISIONS

19 and under - minimum of four (4) men and four (4) women.
19 and over - minimum of four (4) mean and (4) women.
Ages as of September $1^{\text {st }}$ of current year.

## RULES REGULATING COMPETITION

19 and under Two Male Singles
Two Male Doubles
Two Female Singles
Two Female Doubles
Two Mixed Doubles

19 and over Two Male Singles
Two Male Doubles
Two Female Singles
Two Female Doubles
Two Mixed Doubles

1. There shall be five events with teams consisting of a minimum of four players. Two male and two female.
2. Matches will be played in accordance with the International Pickleball Federation and shall consist of the best two of three. Fifteen (15) games in all events.
3. If either city does not have a full team, the default(s) is awarded starting with the last team position(s). For example, if Number Two does not show, then Number Three and Number Four move up to play Number Two and Number Three, default number four match.
4. Balls will meet the current approved USAAPA and Pickleball CANADA standards.

## SCORING SYSTEM

Each match will count for one point.

## HOST CITY'S RESPONSIBILITIES

Personal equipment including paddles, shall be supplied by each competitor. Balls shall be supplied by the host team.

## SKEET

## DIVISION

Open twenty (20) shooters, top ten (10) scores to count - eighteen (18) years of age or older.

## RULES REGULATING COMPETITION

1. 100-bird event.
2. Standard skeet loads only.
3. No contestant may shoot in both Trap and Skeet.
4. National Skeet Shooting Association Rules.
5. Registration shall be from 9:00 a.m. to 10:00 a.m. and shooting be from 9:00 a.m. to 12:00 noon. SKEET continued
6. Flint CANUSA skeet shooters must qualify for the CANUSA Skeet Team by shooting in the Flint Olympian Games Skeet Competition.

## SCORING SYSTEM

The top ten (10) scorers will comprise the overall team score.
The CANUSA winner will be determined by the total number of clay targets broken by an equal number of shooters from Flint/Hamilton.

## HOST CITY'S RESPONSIBILITIES

Provide all scorers and officials. No shooter shooting in the match will be allowed to take part in any official's duties.

## TEAM TROPHY

In case of a tie, the Visiting City will receive the trophy.

## SOCCER

(*Revised 2023)

## DIVISIONS

Boys: 10 and under 30 minute halves
12 and under 35 minute halves
14 and under 40 minute halves
15-18 (High School)* 45 minute halves
Girls: 10 and under 30 minute halves
12 and under 35 minute halves
14 and under 40 minute halves
15-18 (High School)* 45 minute halves
Ages as of September 1st.

## RULES REGULATING COMPETITION

Federation of International Football Association (FIFA) Laws of the Game apply except as modified as follows:

1. Substitution shall be free substitution for the entire roster.
2. Substitutions (other than for injury) may occur as follows
a. By either team after a goal.
b. By either team on any goal kick.
c. By a team on its own thrown in (with piggy-backing by the other team if the first team substitutes on its own throw-in substitution opportunity).
3. 10 \& Under Divisions:
a. 7 players aside (one of whom is a goalkeeper).
b. No off sides.
c. All free kicks are taken as indirect free kicks unless infringement occurs within the offending team's penalty area in which case a penalty kick shall be awarded.
d. On throw-ins, the same player is permitted a second attempt if the first attempt is improperly executed.
e. Small sided game (smaller sized field pitch and smaller sized nets).
f. 7 players aside (one of whom is a goalkeeper) on the field.
g. No offsides.
h. All free kicks are taken as indirect free kicks unless infringement occurs within the offending team's penalty area in which case a penalty kick shall be awarded.
i. A player taking a throw-in to restart play will be given a second opportunity to complete it if the first attempt is not properly made.
4. *12 \& Under Divisions:
a. Players are not allowed to head the ball (applies to girls and boys). This precaution will be enforced to try and minimize the possibility of concussions.
5. Two (2) games in each division - one on Friday and one on Saturday.
6. Balls:
a. 10 \& Under Divisions and 12 \& Under Divisions - Size 4
b. All Other Divisions - Size 5
7. Roster Size:
a. 10 \& Under Divisions - 13 players
b. All other Divisions - 15 players

## OFFICIALS

- 10 \& under divisions will only have 1 referee.
- 1 Referee and 2 Assistant Referees will be appointed to officiate each game.
- Host City is responsible for appointing qualified game officials


## MINIMUM PLAYER PLAYING TIME

- Each player will play a minimum of ten (10) minutes per game.
- Coaches are encouraged to play all players equally and fairly as much as possible.


## TEAM TROPHY

Trophy awarded to the team who wins the most games. In the event of a tie (in overall games), the team trophy will be awarded to the Visiting City.

## DIVISIONS

1. 8-10 years
2. 11-12 years
3. 13-14 years
4. 15-17 years

Ages as of the 1st day of the CANUSA meet.
There shall be both a boys and a girls team from each city.

## RULES REGULATING COMPETITION

1. It shall be the duty of the respective Chairperson/coordinator to ensure that the ages of all competitors have been verified.
2. Each team shall be limited to a maximum of two (2) competitors to each event except the 50 Free, 50 Back, 50 Breast, 50 Fly shall be limited to a maximum of three (3) competitors and one (1) relay team per relay event.
3. Each team will cap at 48 swimmers.
4. Entries to be in the hands of the receiving Chairperson/coordinator two (2) days prior to the date of competition.
5. *Events
a. Each competitor is limited to six (6) events. (Note: Competitors must compete in their own age group or older age group, but not in both)
b. The 200 Free Mixed Relay (must have 2 girls -2 boys on team).
6. Each event will have one (1) heat. (Note: there will be no combining of events unless the combining makes "common sense").
7.. Home team will be assigned lanes 2, 4, 6 and away teams will be assigned lanes $3,5,7$ for individual events.
8.. Home team will be assigned lane 4 and the away team will be assigned lane 5 for relay events.
7. Meet is run under FINA Swimming Rules. (Sections within the rules not pertaining to the competition will be excluded from the CANUSA swimming technical handbook).
8. Disqualifications and reporting them to the coach criteria.
a. A disqualification can be made only by the official within whose jurisdiction the infraction has been committed.
b. The referee or designated official making a disqualification shall make every reasonable effort to seek out the swimmer's coach and inform the swimmer's coach as to the reason for the disqualification.
9. Staffing of Meet. It's the responsibility of the Host team to make sure the minimum officials are on deck to run the swim meet. If officials are needed the Host team will inform the Visiting team as soon as possible. The minimum officials are: Referee, Starter, Stroke and turn judges (2-3). 12-18 timers (depending on manual or electronic timing and office staff. If the minimum officials are not available then coordinators will discuss a plan to run the meet.

## SCORING SYSTEM

Individual Events "" 50 's"
$1^{\text {st }}{ }^{7}$
$2^{\text {nd }} 5$
$3^{\text {rd }} 4$
$4^{\text {th }}{ }^{3}$
$5^{\text {th }^{2}}$
$6^{\text {th }} 1$
Relays
$1^{\text {st }} 8$
$2^{\text {nd }} 4$

Individual Events "100's" and "200's"
$1^{\text {st }}{ }^{7}$
$2^{\text {nd }} 5$
$3^{\text {rd }}$
$4^{\mathrm{th}^{1}}$

ORDER OF EVENTS

| GIRLS | AGE GROUP | EVENT | BOYS |
| :---: | :---: | :---: | :---: |
|  | FRIDAY |  |  |
| 1 | 15-17 | 200y I.M. | 2 |
| 3 | 13-14 | 200y I.M. | 4 |
| 5 | 11-12 | 200y I.M. | 6 |
| 7 | 8-10 | 100y I.M. | 8 |
| 9 | 15-17 | 50y BACK | 10 |
| 11 | 13-14 | 50y BACK | 12 |
| 13 | 11-12 | 50y BACK | 14 |
| 15 | 8-10 | 50y BACK | 16 |
| 17 | 15-17 | 200y FREE | 18 |
| 19 | 13-14 | 200y FREE | 20 |
| 21 | 11-12 | 200y FREE | 22 |
| 23 | 8-10 | 200y FREE | 24 |
| 25 | 15-17 | 100y FLY | 26 |
| 27 | 13-14 | 100y FLY | 28 |


| 29 | $11-12$ | $100 y$ FLY | 30 |
| :--- | :--- | :--- | :--- |
| 31 | $8-10$ | $100 y$ FLY | 32 |
| 33 | $15-17$ | $200 y$ FREE MIXED RELAY |  |
| 34 | $13-14$ | $200 y$ FREE MIXED RELAY |  |
| 35 | AGEGROUP | $200 y$ FREE MIXED RELAY |  |
| 36 | SATURDAY | EVENT |  |
| GIRLS | $15-17$ |  | BOYS |
| 37 | $13-14$ | $11-12$ | $200 y$ FREE MIXED RELAY |


| 53 | $15-17$ | $100 y$ BREAST | 54 |
| :--- | :--- | :--- | :--- |
| 55 | $13-14$ | $100 y$ BREAST | 56 |
| 57 | $11-12$ | $100 y$ BREAST | 58 |
| 59 | $9-10$ | $100 y$ BREAST | 60 |
| 61 | $15-17$ | $50 y$ FLY | 62 |
| 63 | $13-14$ | $50 y$ FLY | 64 |
| 65 | $8-10$ | $50 y$ FLY | 66 |
| 67 | $15-17$ | $13-14$ | $100 y$ FREE |
| 69 |  | $100 y$ FREE | 68 |
| 71 |  |  | 70 |


| 73 | $11-12$ | $100 y$ FREE | 74 |
| :--- | :--- | :--- | :--- |


| 75 | $8-10$ | $100 y$ FREE | 76 |
| :--- | :--- | :--- | :--- |
| 77 | $15-17$ | $50 y$ BREAST | 78 |
| 79 | $13-14$ | $50 y$ BREAST | 80 |
| 81 | $11-12$ | $50 y$ BREAST | 82 |
| 83 | $8-10$ | $50 y$ BREAST | 84 |
| 85 | $15-17$ | $100 y$ BACK | 86 |
| 87 | $11-12$ | $100 y$ BACK | 88 |
| 89 | $8-10$ | $15-17$ | $200 y$ FREE RELAY |
| 91 | $13-14$ | $200 y$ FREE RELAY | 90 |
| 93 | $11-12$ | $200 y$ FREE RELAY | 92 |
| 95 | $8-10$ | $200 y$ FREE RELAY | 96 |
| 97 |  |  | 98 |
| 99 |  |  | 100 |

## SWIMMING EVENTS (Distances will be in yards)

8-10 years
50y Freestyle
50y Back 50y Breast 50y Butterfly

11-12 years
50y Freestyle 50y Back 50y Breast 50y Butterfly

13-14 years
50y Freestyle
50y Back
50y Breast 50y Butterfly

15, 16, 17 years
50y Freestyle
50y Back
50y Breast
$50 y$ Butterfly

100y Freestyle
100y Back
100y Breast
100y Butterfly
100y Individual medley

100y Freestyle
100y Back
100y Breast
100y Butterfly

100y Freestyle
100y Back
100y Breast
100y Butterfly

200y Freestyle
200y Freestyle Relay
200y Medley Relay
200y Mixed Free Relay

200y Freestyle
200y Individual medley
200y Freestyle Relay
200y Medley Relay 200y Mixed Free Relay

200y Freestyle
200y Individual medley
200y Freestyle Relay 200y Medley Relay 200y Mixed Free Relay

200y Freestyle 200y Individual medley 200y Freestyle Relay 200y Medley Relay 200y Mixed Free Relay

## HOST CITY'S RESPONSIBILITIES

1. Securing facilities for events
2. Securing and listing proper scoring officials

## JIMMY THOMPSON TROPHY

The trophy is presented annually to the most valuable swimmer from the Host City who best displays both the CANUSA philosophy and ability in the sport of swimming.

## TENNIS

## DIVISIONS

12 and under Boys and Girls (4 males -4 females)
14 and under Boys and Girls (4 males - 4 females)
16 and under Boys and Girls (4 males - 4 females)
17 and under Boys and Girls (4 males - 4 females)
18-34 Men and Women (4 males - 4 females)
35 and over Men and Women (4 males - 4 females)
48 participants.
Ages as of September $1^{\text {st }}$ of current year.

## RULES REGULATING COMPETITION

1. Same as U.S.T.A.
2. Play four (4) singles in each division, boys and girls.
3. Play two (2) doubles in each division, boys and girls.
4. Play one (1) mixed doubles in "18-34" division.
5. There will only be four (4) persons in each age and sex classification.
6. Matches to start at 9:00 a.m.
7. Best two (2) of three (3) sets.
a. in the event of a tie breaker it will be a 10 point tiebreaker instead of full set in 3rd game
8. Players "12 and under", "14 and under", and "16 and under" may move up one (1) division but may only compete in one (1) division.

## HOST CITY'S RESPONSIBILITIES

Will furnish new tennis balls for matches.

## TEAM TROPHY

Trophy awarded to team with most points. Points are scored, one (1) point per match. In case of a tie, Visiting City will receive the trophy.

# TRACK AND FIELD 

## DIVISIONS

| $\frac{\text { Men }}{11 \&}$ under | $\frac{\text { Women }}{11 \& \text { under }}$ |
| :--- | :--- |
| $12-13$ | $12-13$ |
| $14-15$ | $14-15$ |
| $16-17$ | $16-17$ |
| Open | Open |

Ages as of September $1^{\text {st }}$ of the current year.

## RULES REGULATING COMPETITION

1. Each competitor shall be limited to four (4) individual events, including any individual open events but excluding relays. In the event this rule is violated, all points scored in individual events and relays will be forfeited.
2. Each team shall be limited to a maximum of three (3) competitors in each event.
3. Competitors may enter in divisions above their age bracket provided the event is not in their division, but they can't move up in relays. In addition, competitors may enter divisions above their age bracket, provided there are insufficient competitors in that higher age bracket. In the event this rule is violated, all points scored in the individual events by the individual will be forfeited, including relays.
4. Field events - in the long jump, shot put, discus and the triple jump, competitors will be allowed four (4) attempts only.
5. Open events are open to competitors in any age category, provided her/his age does not exceed that prescribed in the oldest age category.
6. If discrepancies arise concerning infractions by competitors, etc. the rules of the International Association of Athletics Federations (IAAF) will be in effect.

## SCORING SYSTEM

7-5-4-3-2-1-six places. Relay 5-2, no points if a relay team or individual is disqualified. This complies with the existing international scoring system.

## OFFICIALS AND JUDGES

Include as far as possible, an equal number of officials from each city to determine finish positions of contestants in each race.

## TEAM TROPHY

In case of a tie, the Visiting City will receive the trophy.

## HOST CITY'S RESPONSIBILITIES

The Host City will be completely responsible for the proper facilities, equipment and officials. The visiting team may bring its own field event implements, which will then be used by all competitors in the event.

A city may request help and equipment if it so desires.

## HAROLD WEBSTER TROPHY

The trophy will be awarded to the contestant of the Host City who best exemplifies the combination and sportsmanship, which includes modesty, humbleness, desire, and determination.

## METERS VS. YARDS

All running distances will be in metres. The Host City will determine distances in the field events in metres, or in feet and inches, as is convenient.

Records will be recorded and kept in both.

## EVENTS

## BOYS (11 \& under) GIRLS (11 \& under)

1. 100 meters 1.100 meters
2. 200 meters 2. 200 meters
3. 400 meters 3.400 meters
4. 800 meters 4.800 meters
5. $4 \times 100$ meter relay $5.4 \times 100$ meter relay
6. Shot put (6 lbs.) 6. Shot put (6 lbs.)
7. Long jump 7. Long jump
8. High jump 8. High jump

## BOYS (12-13) GIRLS (12-13)

1. 100 meters 1.100 meters
2. 200 meters 2. 200 meters
3. 400 meters 3.400 meters
4. 800 meters 4.800 meters
5. 1500 meters 5 . 1500 meters
6. $4 \times 100$ meter relay $6.4 \times 100$ meter relay
7. Shot put ( 6 lbs ) 7 . Shot put ( 6 lbs )
8. Discus ( 1 kg ) 8. Discus ( 1 kg )
9. High jump 9. High jump
10. Long jump 10. Long jump

BOYS (14-15) GIRLS (14-15)

1. 100 meters 1.100 meters
2. 200 meters 2. 200 meters
3. 400 meters 3.400 meters
4. 800 meters 4.800 meters
5. 1500 meters 5 . 1500 meters
6. $4 \times 100$ meter relay $6.4 \times 100$ meter relay
7. Shot put $(4 \mathrm{~kg}) 7$. Shot put $(4 \mathrm{~kg})$
8. Discus ( 1 kg ) 8. Discus ( 1 kg )
9. High jump 9. High jump
10. Long jump 10. Long jump

BOYS (16-17) GIRLS (16-17)

1. 100 meters 1.100 meters
2. 400 meters 2. 400 meters
3. 1500 meters 3.1500 meters
4. Shot put (12 lbs) 4. Shot put ( 4 kg )
5. Long jump 5. Long jump
6. $4 \times 100$ relay $6.4 \times 100$ relay

Events contested in the $16-17$ boys and girls categories will be subject to an annual review by the respective coordinators. The city which, in the following year, will be the visiting team will have the option of selecting events for the following year.

## OPEN BOYS OPEN GIRLS

1. Triple jump a. Triple jump
2. $4 \times 400$ meter relay b. $4 \times 400$ meter relay
3. 3000 meters c. 3000 meters
4. 110 meters 36 " (3) d. 100 meters 30 " (3)

## ORDER OF EVENTS

## FRIDAY 6:00 P.M.

## IRACK FIELD

100 meters hurdles Open Girls High jump Girls 110 meters hurdles Open Boys Long jump Boys 800 meters All age divisions (excluding 16 \& 17) Discus Girls 200 meters All age divisions (excluding 16 \& 17) Shot put Boys 3000 meters Open Boys, Open Girls
$4 \times 400$ meter relay Open Boys, Open Girls

## SATURDAY MORNING 10:00 A.M.

TRACK FIELD
100 meters All age divisions Long jump Girls 1500 meters All Girls (excluding 11 \& under) Discus Boys 400 meters All age divisions High jump Boys 1500 meters All Boys (excluding 11 \& under) Shot put Girls $4 \times 100$ meter relay All age divisions (excluding 16 \& 17) Triple jump Open Boys \& Open Girls
(The availability of officials will dictate how many events will be going simultaneously).

# WOMEN'S VOLLEYBALL 

(*Revised 2023)

## DIVISIONS

14 and under
16 and under
18 and under
Ages as of September $1^{\text {st }}$ of the current year.

## RULES REGULATING COMPETITION

1. Net height for all divisions is 7 ' $41 / 8^{\prime \prime}(224 \mathrm{~cm})$.
2. Each city will have one (1) team in each division, totaling 36 participants from each city.
3. A team shall be allowed a maximum of twelve (12) substitutions in any one set. Players may exit and re-enter a set an unlimited number of times within that twelve (12) substitution limit.
4. All divisions will play two (2) matches, best three (3) out of five (5) sets wins the match. It is expected that each player will play at least one (1) set each day.
5. Twenty-five (25) points per set, win by two (2). Fifth set (if required) is to fifteen (15) points, win by two (2). 6.

Clearly numbered jerseys to be used. Libero to wear a contrasting jersey.
7. A player may compete in only one (1) age division.
8. Single libero rule in effect (libero may only serve when competition is in Flint).

## HOST CITY'S RESPONSIBILITIES

1. Provide a suitable venue and all equipment - nets, standards, volleyballs, antennae, etc.
2. Provide at least one (1) official, two (2) lines people, and one (1) scorekeeper. OVA referees when games are in Hamilton and AAU/MHSAA referees when games are in Flint.

## TEAM TROPHY

The team trophy will be awarded to the city who wins the greatest number of matches. In the case of a tie, the trophy will go to the Visiting City.

