



CONSTITUTION

*Updated:
JUNE 24TH, 2019*

Three Year Calendar - District hosts

Events	2016-2017	2017-2018	2018- 2019	2019-2020	2020-2021	2020-2021
Golf	East	East	East	East	East	East
Mountain Bike	East	East	East	East	East	East
Cross-Country	Central	East	Central	East	Central	East
Volleyball	West	East	Central	West	East	Central
JV Volleyball	East	East	East	East	East	East
Basketball	Central	West	East	Central	West	East
JV Basketball	East	East	East	East	East	East
Badminton	Central	East	West (H)	Central (H)	West East (H)	East
Track and Field	West	East	Central	East	Central	East
Softball	-	Central	Central	Central	Central	Central

***Host schools will be confirmed at June meeting for the following year.**

2019-2020 Age clarification for each category:

2009 - Tyro

2008 - Novice

2007 - Junior

2006 - Intermediate

2005/2004 - Senior (maximum grade 9)

If a student is born in that year, they belong to that category.

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BYLAWS OF THE LAKELAND SCHOOLS ATHLETIC ASSOCIATION

ARTICLE ONE

- Association Name:

The name of this association shall be the **LAKELAND SCHOOLS ATHLETIC ASSOCIATION**, hereinafter abbreviated as the **L.S.A.A.** or referred to as the Association.

- Motions:

Any motion that is passed will need to stand for three years before it is modified or removed.

ARTICLE TWO

OBJECTIVES:

- 1** To direct and control athletics of the Association such that the Department of Education, Alberta School Boards, and concerned Schools will regard these athletics as educational resources to be encouraged and fostered.
- 2** To promote good sportsmanship, honesty, courtesy, and goodwill, within our schools and in every branch of inter-school competition.
- 3** To plan athletic competition in such a way as to cause minimal interference with school attendance or academic studies, wherever possible.
- 4** To promote awareness that:
 - a) The primary aim of school is education;
 - b) Athletics provide physical, social, and emotional values of great significance.
- 5** To introduce activities to school students in the Grades of 5 to 9.
- 6** To focus on, Mountain Bike Racing, Cross-Country Running, Volleyball, Basketball, Badminton, and Track and Field with regards to inter-school competitions.
- 7** To make provision for extra sports within the framework of the constitution for inter-school competition.

ARTICLE THREE

MEMBERSHIP

- 1 Membership in the Association will be open to schools having some or all of the grades 5, 6, 7, 8, or 9 in the Lakeland Catholic School District #150, Northern Lights School Division #69, East-Central Francophone School Division #3 and Federally funded schools i.e. Indian Affairs, etc.
- 2 Schools will be aligned into three wards to consist of teams as follows:

East	Central	West
Assumption Art Smith CLHS CLMS École Voyageur Holy-Cross LeGoff Nelson Heights St. Dominic Elizabeth Settlement Trinity Christian	Ardmore School BCHS École des Beaux-Lacs Dr. B HEB Iron River NDHS Frog Lake	Aurora Middle School Caslan School Beaver Lake Cree Nation École Plamondon School École Beauséjour École Ste-Catherine Kikino JAWS Waskateanau Light of Christ

- 3 Failure by a school to notify the Association of their non-participation in a Ward/District team sport event will result in a \$100 fine payable to LSAA. That school will still be responsible for their registration fee for the tournament. The \$100 fine must be paid in order to maintain good membership standing in the Association.
- 4 Failure by a school to send a representative to an Association meeting and failure to notify the Association President of their non-attendance at the meeting will result in a \$25.00 fine.
- 5 Admission of new members and expulsion of present members requires a 75% MAJORITY VOTE at an Association meeting.
- 6 **Fees:**

Association fee	\$40 per school
Mountain Bike	\$5 per athlete
Cross-country running	\$5 per athlete
Volleyball	Cost recovery
Basketball	Cost recovery
Badminton	\$5 per athlete at Wards
Track and Field	\$5 per athlete at Wards
Golf	Cost Recovery
Softball	Cost Recovery

ARTICLE FOUR

ORGANIZATION

1. The membership of the L.S.A.A. consists of:
 - a) Each member school having one voting representative.
 - b) The Executive Committee.
 - c) All superintendents from representative districts are included as official members of this body.

ARTICLE FIVE

EXECUTIVE COMMITTEE

1 The executive committee shall mean the **Executive of the L.S.A.A.** and shall consist of:

a) President:

The President must be an administrator or teacher of a member school. He/She shall retain office for a one-year term, unless voted in for follow up terms.

b) Past-President:

The Past-President must be an administrator or teacher of a member school.

c) Vice-President:

The Vice-President must be an administrator or a teacher of a member school. He/She shall retain office for a one-year term, unless voted in for follow up terms.

d) Secretary:

The Secretary must be an administrator or a teacher of a member school. He/She shall retain office for a one-year term, unless voted in for follow up terms.

e) Treasurer:

The Treasurer must be an administrator or a teacher of a member school. He/She shall retain office for a one-year term, unless voted in for follow up terms.

ARTICLE SIX

DUTIES OF THE EXECUTIVE COMMITTEE

- 1** The Executive Committee shall have full control of the affairs of the L.S.A.A. subject to the constitution by-laws or directions given by majority vote at properly constituted general meetings. Meetings shall be as business requires and shall be called by the President. Any three members constitute a quorum.

- 2** The Executive Committee shall act as a Commissioner in each of the activities of the Association.

ARTICLE SEVEN

DUTIES OF OFFICERS OF THE EXECUTIVE COMMITTEE

1 President:

He/She shall retain office for a one-year term, unless voted into office the next calendar year (June Meeting). He/She shall have the following duties:

- a) To have charge of the general business of the Association.
- b) To preside at the General and Executive meetings of the Association.
- c) To ensure that all of the Association activities are conducted in accordance with the constitution, by-laws, and directions of the Association.
- d) To authorize inquiry into any matter pertaining to the affairs of the Association and to ask any representative to attend any meeting when necessary.
- e) To prepare an agenda for all general and executive meetings.
- f) To arrange and conduct an election of the Executive Committee in the Spring.
- g) To centrally coordinate declarations for Junior teams for district play-off in Volleyball and Basketball.

2 Past-President:

The Past-President shall have the following duties:

- a) To serve as a resource person to the Executive Committee.
- b) To represent the Association in contacting the Boards of Education, Superintendents and the Press.
- c) To attend Executive Committee and General meetings.

3 Vice-President:

The Vice-President shall have the following duties:

- a) To attend Executive Committee and General meetings of the Association and assume the duties of the President when that Officer is unable to act or is not present.
- b) To act as public relations person for the Association.
- c) Purchase awards and maintains a current inventory of awards and to be the official custodian of all trophies of the Association.

4 Secretary:

The Secretary shall have the following duties:

- a) To attend Executive Committee and General meetings of the Association and to serve as recording secretary.
- b) To send copies of minutes of all meetings to member schools' Association representatives, to member schools' principals, and to Association Superintendents within two weeks of any meeting.
- c) To make necessary arrangements for all meetings and to send out an agenda for all meetings 10 days prior to the date of the meeting.
- d) To ensure all member schools and Executive Committee are supplied with a current copy of the Constitution.
- e) To prepare and distribute an accurate directory of the Association in the fall of each year. The directory will include activity coordinators.
- f) To be the custodian of all records of the Association.

5. Treasurer:

The Treasurer shall have the following duties:

- a) To attend Executive Committee and General meetings of the Association and to serve as recording treasurer.
- b) To have charge of all finances of the Association.
- c) To present a full and detailed account of receipts and disbursements to the June meeting and when requested to prepare a duly audited statement for submission to the Association Boards of Education.

ARTICLE EIGHT

MEETINGS

1 The L.S.A.A. shall hold 3 general meetings per year as follows:

- September - 2nd Thursday at 10 a.m.
- March - 3rd Thursday at 10 a.m.
- June - 2nd **Monday** at 10 a.m. **(June 2018)**

Meeting time and place shall be determined by the Executive committee.

The L.S.A.A. shall hold Executive Committee meetings as required. Such meetings will be called by the President who must contact all Executive Committee members. Three members shall constitute a quorum.

As needed, executive members meeting will start at an earlier time.

ARTICLE NINE

VOTING

- 1** Voting privileges shall consist of 1 vote for each of the members of the Association. These members must be present at the meeting. If there are two or more representatives of any member school present, they shall decide before the vote, which member will have the voting privilege for that particular meeting.
- 2** The business of the Association shall be transacted by a show of hands. Upon request of two (2) member schools however, a vote by secret ballot shall be taken on any matter coming before the Association.

ARTICLE TEN

ELECTION OF EXECUTIVE OFFICERS

- 1** Candidates for the Offices of President, Vice-President, Secretary, and Treasurer shall be nominated from the floor at the June General meeting and should be voted upon for one term at that meeting. The Executives can be voted back in the following calendar year if selected by the membership.

ARTICLE ELEVEN

ACTIVITIES

- 1** All athletic activities over which the Association assumes control shall be governed by the by-laws attached to the Constitution.
- 2** Each athletic activity shall be organized and administered by a coordinator recommended by the Executive and subject to approval by the general membership.
- 3** Activity coordinators shall be appointed by the Executive Committee for each inter-school competition at the June meeting.
- 4** Any equipment damaged in a District or Ward competition will be repaired or replaced by the association.

ARTICLE TWELVE

FINANCES

- 1** Member schools shall pay an annual membership fee at the Cross-Country meet. The fee is \$40.00. These fees shall be used specifically for the achievement of the overall objectives of the Association.
- 2** Annual fees are to be reviewed each year at the June meeting.
- 3** Assessments in addition to the annual membership fees may be made upon ratification of a majority of schools at any legally called meeting.
- 4** The Association will pay for operating expenses of the office of the Secretary and Treasurer.
- 5** The Association will provide:
 - a) First, Second, Third, Forth, Fifth place ribbons for the Ward and District Track and Field Meets and will provide medals for age category winners to first place event winners.
 - b) Second to Tenth place ribbons for the District Cross-Country Run as well as medals to winners in the events, category Plaque/Trophy for the winning school.
 - c) A District trophy and medals for the winning teams in Junior Basketball and Volleyball and a second place plaque.
 - d) Badminton category winners shall be presented medals. A trophy for top school in Tyro, Novice, Junior, Intermediate and Senior Categories in Badminton.
 - e) Medals will be used by the LSAA.
- 6** The committee should approach companies to sponsor events.
- 7** The cost for Cross-country running is 5\$, Mt. Biking is 5\$, Badminton is 5\$, and Track and Field are 5\$ per athlete. Basketball & Volleyball as per Article 3. The host will calculate the total cost of running the tournament and divided by the participating teams. Please include the costs of the 24 medals and 2 plaques. Host need to contact the Vice-President and get price confirmations for medals and plaques. The host will need to pay the treasurer for the cost of the medals and plaques. You must pay for “no shows”.

ARTICLE TWELVE

FINANCES CON'T

8. If the school does not declare their entry by the assigned date, then that school must pay a \$50 penalty. This late entry is subject to approval by the executive.
9. All fees must be paid prior to, or on the day of, the first District competition. Failure to pay Fees on time will result in that school's participation being suspended for future events until payment is received.
10. If a team declares to go to District the team must pay the District fee. If weather conditions are too dangerous to travel, a team will be exempt from paying the District fee if they do not attend.

ARTICLE THIRTEEN

AGE ELIGIBILITY OF STUDENT PARTICIPANTS

- 1 To be eligible for Competitions, a resident student **must be in the Grades 5 to 12 and UNDER 18 YEARS OF AGE.** The student must be of this age as of **SEPTEMBER 1st OF THE CURRENT SCHOOL YEAR.**
- 2 For purposes of age eligibility, the date **DECEMBER 31st** will be uniform for competitions requiring age limits. These competitions include Track and Field, Cross-Country, Basketball, Volleyball, Badminton, and Softball.

Age Categories:	Tyro	10 and under
	Novice	11 and under
	Junior	12 and under
	Intermediate	13 and under
	Senior	15 and under

Please refer to first page for updated year of births for each category. These will be updated every year to reflect the correct year of eligibility.

- 3 A student cannot play on more than one team in the same sport for that school.
- 4 The LSAA will consider allowing schools (less than 30 total) to combine same gender for grades 7-9 team sports and grades 5-6. (eg. Volleyball and Basketball). Combined teams must be approved by Membership on individual and yearly bases. It would require vote by at least by a 60% of membership (60% quorum). Voting will be conducted at meetings or via email as necessary.
(Sept 2017)

- 5 A school can only participate in one association for Wards and District Competition. Mountain Bike and other invitational competitions can have teams/schools from different districts. (June 2018)

ARTICLE FOURTEEN

AMENDMENTS

- 1 Notice of motion to amend the Constitution or by-laws must be sent to the Executive Committee at least one month in advance of a general meeting. All member schools must be advised at least two weeks prior to a general meeting of the notice of motion.
- 2 A two-thirds majority is required to pass a motion to amend the Constitution or by-laws.

ARTICLE FIFTEEN

DUTIES OF THE COMMISSIONER (Executive Committee)

- 1** Competitors, coaches and teams guilty of misconduct shall be reported immediately to the Commissioner who shall deal with all parties directly involved.
- 2** The Commissioner shall investigate and rule on all incidents resulting from improper behaviour and conduct as reported to the President. Representation from the School(s), Coach(s), and Officials shall be made to the Commissioner prior to the final action being taken.
- 3** The Commissioner shall have the power to suspend a team/player or Coach from immediate further competition.
- 4** The Commissioner shall recommend to a general meeting the proposed suspension of a team from inter-school or tournament competition.

ARTICLE SIXTEEN

COMPETITION - WARD AND DISTRICT

East, Central, and West. Top teams will play in a District competition. This applies for volleyball, basketball and track and field.

Top two teams from each ward advance to District tournament instead of one. Ward winner will receive a plaque.

- 1** Ward and District inter-school competitions will take place in:

Volleyball, Basketball and Track and Field

- 2** District inter-school competitions will take place in:

Cross-Country Run, Mountain Bike and Badminton

* During Wards/Districts, teams will be unable to have more than 2 grade 9s on the floor at any given time (Applicable ONLY to grades 7/8/9 Division).

* Grade 9's will be identified in basketball with a piece of tape around their shoulder strap and in Volleyball with a piece of tape above their number on the back of their jersey

ARTICLE SEVENTEEN

SCHEDULING OF ACTIVITIES/COMPETITIONS

- 1 Schedules at the Ward levels will be made up by the Activity Coordinators and circulated to member schools as early as possible.
- 2 The following finals or play-offs dates will be observed for competition:

Mountain Bike Race

- The last Thursday of September

Cross-Country Run

- The first Friday of October
(Thursday if it is Family Friday or the day prior to the ASAA high school zones)

Volleyball

- Juniors will be the 2nd or 3rd week in November for Wards, with the District Final during the following Saturday
- Junior Varsity will be the 4th week in November.
- All volleyball District competitions must be held on the weekend

Basketball

- The last Saturday of February for "Juniors" for Wards and the District Finals are following Saturday.
- First Saturday of March for JV
- All basketball District competitions must be held on the weekend.

Badminton

- The last Saturday of April

Softball

- Open host in month of June

Track & Field

- WARD LEVEL

- The last week in May, one week prior to District Competition
- Hold on the last Wednesday, with Thursday, Friday the following Monday, Tuesday, etc. being the alternate date.

- DISTRICT LEVEL

- The following week Thursday of June with Friday and the following Monday, Tuesday, etc. being the alternate date.
- To alternate from year to year (East, Central, West)

- 3** Schools will play exhibition games for general league play with schedules developed by the Coordinator (basketball and Volleyball). An alternate home and home basis will be used for Volleyball and Basketball Schedules within a round-robin framework: whenever, possible.
- 4** Schedules for Ward and District competitions and meeting dates the following for the academic year will be submitted to member school Superintendents by June 30th.
- 5** If you cannot honour a league game, it is your responsibility to reschedule.
- 6** There should be a list of duties recommended by host schools to ensure that everything is done properly in terms of administration.
- 7.** All LSAA basketball and volleyball tournament organizers must submit a detail budget of the cost of the tournament to all participating team

9. Consultant contact for Host Teams:

Cross-Country Running and Mountain Biking – Marc Hamel @ Voyageur
Volleyball - Justin Barlow @ Dr. B
Basketball – Lori Hamel @ CLMS
Badminton - Lori Hamel @ CLMS
Track And Field- Paul Bourgoin @ ÉDBL

“Parent’s Code of Conduct” be promoted at all LSAA events

LAKELAND SCHOOLS ATHLETIC ASSOCIATION TIER SYSTEM

Junior Varsity League (JV) (9-10*):

Notre Dame High School	Bonnyville Centralized High School
Cold Lake High School	Assumption Jr/Sr high School
J.A. Williams High School	NHS (depending on year)
École Plamondon School	

*All 9/10 schools, thus all players participating are in those grades ONLY. The league games count towards the seeded District tournament.

7-9 Leagues:

If a school has 30 or more grade 9 students, you will play JV. If your school has fewer than 30 grade 9 students you may play in the 7-9 leagues

* Whatever "league" you declare to play in is the "district" that you play in. I.e. A school in the 7-9 division can move up at the start of the season and play in the JV League but MUST play in the JV Districts, and can no longer play in the 7-9 Leagues until the following calendar season for that sport.

Combining Small Schools:

LSAA will allow smaller member schools to combine students in order to make sports teams under the following conditions:

- 1) The number of students in that grade for a combined team must not exceed 30 in either school and are admissible to Wards and District Competition.
- 2) The request for a combined team must come before the LSAA Board for a vote. Where the request cannot be brought to the board during an official meeting for a vote, the matter will be resolved by members voting by email. Quorum of 2/3 (Two Thirds) is required.
- 3) The requests will be considered yearly on a case by case basis.

Motion Carried (June 2017)

ARTICLE EIGHTEEN

SUPERVISION

- 1** Supervision of visiting students attending Association activities will be the responsibility of **sending schools**, that is, of **their Principal** and **staff**. Supervision of **host students** will be the responsibility of the **home school** and **staff**.
- 2** Bus supervision in relation to sports is the **responsibility of the school Principals**.
- 3** Team supervision is the responsibility of their **respective coaches and school Principals**.

ARTICLE NINETEEN

PHILOSOPHY

1 Role of the Coach

When an individual takes on the responsibility of coaching a team, he/she must be aware in his/her own mind what his/her role actually is. He/She will be a father/mother, a teacher, a friend, and a housekeeper to the students under his/her charge. But most important of all he/she must be a leader, the individual responsible for shaping some of the life-long personality traits of his/her own players. Below are some of the things he/she must have established in his/her own mind and be prepared to pass on to the students on his/her team.

2 Sportsmanship

An important factor in the philosophy of a coach is his/her attitude towards winning and losing. A Coach assumes responsibility in this respect beyond simply gathering a winning team. He/She must realize that his/her attitude and philosophy are reflected in his/her team members. Therefore his/her objectives must be clear to himself/herself prior to taking on the duties of a Coach. If a Coach allows himself/herself emotional outbursts towards officials, his/her team members will follow suit and act in the same manner. If a coach does not accept part of the blame for defeat, then his/her players will also look for excuses to pass the blame and excuse themselves. Therefore, it is the duty of every coach, and especially those who coach young boys or girls, to instil a competitive, winning spirit in the boys/girls. At the same time, it is also the responsibility of the coach to show the boys/girls a sportsmanlike attitude towards losing and human error. When boys/girls are young, it is very easy to teach good as well as bad habits. If the coach maintains a good attitude towards all facets of the game, his/her players will follow his/her example.

Code of conduct Banners: Each school will have a Sports code of conduct banner that is visible in their school gym. It is to be an asset that could help when dealing with people who are losing perspective with the intentions of LSAA and other sporting events. LSAA will cover the cost for these banners and schools must contact the treasurer to place an order.

3. **Noisemakers** are not allowed at all LSAA sanctioned events.

4 Code of Ethics and Responsibility.

Prior to becoming a coach, a man/woman must have a code of ethics by which he/she lives. This code of ethics should be such that it is one worthy to be passed on to a group of boys/girls. These ethics must be well developed and unchangeable so that at all times the team knows what is to be expected of them and what they expect of the coach. The coach's philosophy must be in line with his/her life style so that he/she can lead by example at all times, on and off the playing surface.

The coach has the responsibility of his/her players before, during and after games and practices. Therefore, their actions will reflect his/her philosophy towards his/her duties and the game. The coach must realize that his/her responsibilities are more than just the changing of lines in games. It goes further to include the teaching and developing of youth. The coach must always remember that the development of such traits as dignity and humility are more important than the actual winning and losing of a game. Therefore, the code of ethics a coach puts forth should allow the boys/girls to develop not only as players, but also as respectable people.

5 Leadership

The leadership a coach provides is very important to young players because this reflects his/her code of ethics as well as his/her attitude towards sportsmanship. A good coach leads by example; therefore he/she should set the best example possible. Each coach should coach to win and have his/her boys/girls play for the same reason. This winning spirit will allow the team to meet competition more favourably. He/She should show leadership qualities which will allow his/her to gain the qualities of pride and humility. The boys/girls should be capable of accepting either achievement or downfall in a mature manner. Humility breeds stability, and stability breeds success. If a coach leads the team in ways that make them more mature in their actions and attitudes, then they will be better prepared for life. Each coach can attain this goal, but only if he/she sets a good example as a leader.

6 **Respect for Authority**

Most coaches fail to recognize that for the game to be played perfectly, all players on his/her team must be well disciplined. Probably the best method of obtaining discipline is through the development of respect. This respect must begin with the players respecting authority which affects them. Therefore, the coach must teach respect for the officials, coaches, and others who have some authority which affects the team lives of the boys/girls. The best way for this respect to be taught is by example. That is, the coach should show respect for those who have authority over the team and as a result the players will soon realize those peoples' decisions and actions are to be respected.

7 **Respect for Others**

Next to respect for authority, the respect of peers is most important in developing a disciplined team. Once attained, this type of respect allows teams to gain a measure of dignity and humility even in losing, because of the respect that they have for the other teams' ability. It is often very hard for teams to respect an opponent because they have been shown that in order to compete one must think of the opposition as lesser people. This is not true, and it is a lesson which should be learned as early in life as possible.

8 **Self Respect**

Self-respect is perhaps the hardest type of respect for a player to learn. It is a different quality than confidence although both are related. In order to gain self-respect, a player must know his/her own abilities on and off the playing surface. Only then can his/her actions reflect the self-respect he/she has. Self-respect is a measure of stability. Actions which bring undue attention to a player generally show some type of complex, the player has. Once he/she has gained self-respect, a player will only draw attention which is due to him/her and therefore a sense of pride will develop.

9 Violations of the above will be address accordingly to the ATA code of conduct policy and the proper chain of command.

ARTICLE TWENTY

SCHOOL COLORS AND TEAM NAMES.

- 1 Member schools must identify their team colors and team names with the Association.
- 2 Member schools must not use the colors or names previously picked by another member school.
- 3 Member schools should make application to the Association to change their colors and/or team name.

ARTICLE TWENTY-ONE (March 2018)

HOME SCHOOL STUDENTS

- 1 Home school Boards are allowed to join LSAA and homeschool students are allowed to participate in individual sports as long as proof of liability insurance exists.
- 2 Each homeschool board can join the LSAA separately
- 3 Each Home school Board would pay the yearly LSAA member fee.
- 4 Home school students must reside in the Lakeland District and need to have a proof of residency in the LSAA jurisdiction.
- 5 Home school students must participate in Ward in which they reside.

ARTICLE TWENTY-TWO

HONORARIUMS

- 1 LSAA Webmaster: 250\$/year
- 2 LSAA Meet Managers: 100\$/year **(June 2018)**

ARTICLE TWENTY-THREE

INVENTORY

- 1 Inventory will be updated by Webmaster and posted on the LSAA website under "Inventory"



POLICIES

POLICY ONE

SCHOOLS, TEAM NAMES AND COLORS

1 The following school names and colors are identified with member schools:

EAST WARD

CLMS	Hornets	- Gold, Black and White
CLHS	Royals	- Black, Gold and White
Nelson Heights	Knights	- Burgundy, Gray and Black
École Voyageur	Vipers	- Red, Blue and White
LeGoff	Cougars	- Red, White and Black.
St. Dom's	Saints	- Blue and White
Art Smith	Lightning	- Blue and Gold
Holy Cross	Coyotes	- Red and Gray
Elizabeth Settlement	Hawks	- Red and Black
Trinity Christian School	TBD	- TBD

CENTRAL WARD

Ardmore	Timberwolves	- Blue and Gold
École des Beaux-Lacs	Attaque	- Blue, White and Black
Holy Family	Hurricanes	- TBA
B.C.H.S.	Road Runners	- Burgundy and White
Dr. Brosseau	Bobcats	- Black, White and Red
H.E. Bourgoin	Bears	- Black, Blue, and White
Iron River	Dragons	- Red and Grey
Notre Dame High	Wild Cats	- Blue, Gold and White
Frog Lake	TBD	- TBD

WEST WARD

Aurora Middle school	Thunder	- Blue and Gold
Amisk Community School	TBD	- TBD
École St-Catherine	Les Loups	- Black
Kikino	Eagles	- Red, White and Gold
J.A.W.S.	Sharks	- Blue and White
École Beauséjour	Linx	- Blue and White
École Plamondon School	Hawks	- Black, Blue and White
Waskatenaueu	Hurricanes	- Red and Black
Caslan School	TBA	- Red and Black
Light of Christ	TBD	- TBD

POLICY TWO

BADMINTON

1. Rules shall be according to the International and Canadian Badminton Association. The District Tournament will be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.

2. Mavis 300 green band florescent shuttles shall be the official shuttles of the District Tournament.

3. **WARDS:** Schools can enter a maximum of 2 students per category in singles play and 2 teams in doubles play. Schools must submit their entries 1 week prior to Wards. Tournament format for Wards will be **Round Robin** tournament playing 1 single game to 21 points. There will be no medals, ribbons, plaques or prizes handed out at the Wards level. Registration is 5\$ for Wards only. There is not cost for students moving on to Districts. Wards have to submit their district qualifiers to district host no later than Monday morning at 9am following the wards competition. Wards competition will be held on Thursdays starting at 4pm in designated schools. Rankings must also be submitted to District host. **(March 2018)**

4. **DISTRICTS: Qualifiers for Districts.** Each Ward will submit 3 qualifiers per category who move on to Districts competition. District Host gets 1 extra qualifier. This brings 10 players per category for Districts tournament. **(Sept 2017)**

Ward tournament will be the week prior to Districts on the Thursday. Ward results must be handed in to District Host by Monday (9am) prior to Districts. **(Sept 2017)**

For Wards, member schools may send a team of (80) players for the following categories:

Girls' Singles	- 2 players	Tyro, Novice, Junior, Intermediate & Senior
Boys' Singles	- 2 players	Tyro, Novice, Junior, Intermediate & Senior
Girls' Doubles	- 4 players	Tyro, Novice, Junior, Intermediate & Senior
Boys' Doubles	- 4 players	Tyro, Novice, Junior, Intermediate & Senior
Mixed Doubles	- 4 players	Tyro, Novice, Junior, Intermediate & Senior

Age Categories: See Article 13

A player can only participate in one event and one category

5. **District competition:** District format will be 2 pools Round Robin of five players. Round Robin matches is **1 single game to 21 points**. Top 2 from each pool advance to playoffs. Playoffs are **Best of 3 matches**. **(Sept 2017)**

District Badminton will be **hosted** every second year in West Ward (Lac La Biche) and alternate years shared between the Central Ward and East Ward. (The alternation of Central and East Wards every second year is to be opposite their hosting of District Track and Field if possible). (Sept 2017)

6. The Association shall provide 6 dozen shuttles to the host school for use during the District Tournament. These shuttles shall be retained by the host school.
7. An umpire must be assigned to each gymnasium.
8. Players are recommended to wear protective eyewear.
9. Scorekeepers are assigned by tournament organisers as needed.
10. Check-in for Badminton athletes will occur prior to the beginning of the draw on that day. Players will do this 15 minutes prior to the start of the opening game of the draw. Failure to do so, results in a loss.
11. Registration fee: See Article 3
12. It is recommended that each school send 3 supervisors to the Tournament.
13. A 10\$ fine per Scratch will be invoiced in Badminton if schools does not notify 48 hours prior to tournament. (September 2018)
14. It is the schools responsibility to replace their scratches and advise the other school if a 3rd or 4th place player can move up. (Ward scratches – it is up to the school with the scratch to find the next placed player)
15. Badminton Draw Sheets available for Download on LSAA Website (Resources)

POLICY THREE

BASKETBALL

- 1** The playing rules governing basketball shall be the rules adopted by the Alberta School Athletic Association (ASAA).
- 2** The basketball to be used for all play shall be a size 6 for 7-9 league and JV Girls, whereas a size 7 for JV Boys will be used.
- 3** Host schools are responsible for providing quality refereeing.
- 4** District games shall consist of four 10-minute quarters each of which will be running time. Half time is 5 minutes. The clock will be stopped for time outs and foul shots. 7-9 will have the last 2-minute with stop time (only if its within a 10 point difference). Overtime, if necessary, in the game, will consist of one 5-minute running time period. If still tied, then another 5-minute running-time period will be played and as many more that are needed to break the tie. It is the discretion of the referee to call a bench technical foul for any delay of the game.
- 5** Basketball District finals will be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
- 6** District winners shall receive medals (maximum 15) and the annual District Trophy. A plaque will be awarded for second place. No award for consolation.
- 7** Cost of officials for Association sponsored tournaments will be paid by the host organizer and costs recovered by attending members.
- 8** Schools are allowed to declare only one team for ward playoffs.
- 9** The three point shot is eliminated in League, Wards and Districts.
- 10** The host school must use a master draw from the association.
- 11** A District basketball game must have 2 officials. For LSAA league and tournament games, players should wear numbers jerseys.
- 12** Schools can have Co-Ed teams, but they must play in the boys categories, and this is only if a school is short of players.

- 13. If a basketball team has 15 points lead or greater, all team members must retreat past their center line (no full court press or back court pressure). If they fail to do so, after a verbal warning, a bench technical foul will be administered to the pressing team.
- 14. When there is a dispute, a coin toss will be used to determine who gets what bench.
- 15. No full court press at grade 5/6 basketball.

16. Seeding for district play, here is the format:

Pool A	Pool B
1 st place Host	2 nd place Host
2 nd place	1 st place
2 nd place	1 st place

- 17. 7-8-9 League will play a **P2P defense format**. Fouls would receive a warning then followed by Technical Foul format. (June 2019)

5/6 Basketball: The goal of 5/6 Basketball is to promote better skill development, participation, meaningful competition, and fun.

Rules

- a) Teams will consist of athletes in grades 5 and 6. (if a school has more than 18 players it would be best to make two teams)
- b) Games will be 45 minutes long, consisting of 15 - 3 minute shifts with **no** break.
- c) Teams will switch ends at the 24 minute mark (after the 8th shift)
- d) There will be a 5 minute warm up.
- e) During the 3 minute shifts, it will be run time except for foul shots.
- f) No time outs allowed.
- g) Personal fouls are in effect. Each team is to keep track of their own player fouls. After 5 individual personal fouls the player is not allowed to play for the remainder of the game. (Coaches are expected to keep control of their players)
- h) Use regular Basketball rules for foul shots. *Players may move up from the foul line about 2 feet if they need to.*
- i) Teams **Encouraged** play man to man defense.
- j) Once the Defensive team gets scored on or gains possession of the ball (on the court or a throw in) the Offensive team must back up to their defensive side of half and once the opposing team player crosses half they can be picked up. (no full court press)
- k) Substitutions will occur after every 3 minutes. The clock will stop for substitutions. The team that was in possession of the ball at the 3 minute substitution whistle will get to throw the ball in from the side line at half court.
- l) All players should get fairly equal playing time. Players should just slide down the bench and wait for the next 3 minute change. (If a team has 9 or less players that the same player should not be double shifted more than once. The double shifting should be equal amongst all the players)

It is recommended that coaches and refs meet prior to start of game.

Omit for now. Fouls occurring in act of shooting or after 10 team fouls. Player that was fouled is awarded 2 free throw attempts. Each completed free throw basket is worth 1 point. (to be discussed in March Meeting)

Grade 5 and 6 Basketball Note: (June 2018) Notice of motion: Jason (Assumption) - Add 5/6 Basketball and Volleyball to our constitution. (Constitutional change) Vote: Carried

POLICY FOUR

CROSS-COUNTRY RUN.

1 Age categories for competition shall be as follows:

BOYS/GIRLS

Tyro
Novice
Junior
Intermediate
Senior

*Age eligibility will be determined as of ARTICLE 13.2 in the CONSTITUTION.

2 Distances for age categories will be as follows:

Tyro	1500 metres
Novice	1500 metres
Junior	2000 metres
Intermediate	2500 metres
Senior	3000 metres

Cross-Country: All runners will receive a RACE BIB NUMBER from race coordinators. RACE BIB must be pinned to the front of T-Shirt or race pinnies by using 4 safety pines supplied. Please do not insert safety pins in the Tear Off section.



- 3 For the District competition, there will be no maximum number of participants in any age category. The top five finishers from each School's group will have points that count towards the overall Category award. The points will be awarded as follows:

First Place Finishers	- receive 1 point each
Second Place Finishers	- receive 2 points each
Third Place Finishers	- receive 3 points each
Fourth Place Finishers	- receive 4 points each
Fifth Place Finishers	- receive 5 points each
And so on....	

Athletes finishing the top 10 in each category will receive ribbons. First place finishers will receive medals as well. A Category Group Plaque will be awarded to the school with the lowest point total for the first 5 qualified runners from their school in that category.

- 4 The District competition in Cross-Country will be held as per **ARTICLE SEVENTEEN** of the Constitution.
5. Registration fee: See Article 3
6. **Runners are not allowed to listen to music** (iPod or similar device) while competing. This is for safety reasons, as athletes need to be aware of their surroundings at all time during the race. Runners will be disqualified if using electronic devices.
7. Cross Country Run start time is 10:30am

POLICY FIVE

FOOTBALL

- 1 The league will be played under the rules of tackle football concerning first downs, touchdowns, conversions, rule infractions, etc.
- 2 The rules concerning the line of scrimmage are the following
 - A. Offensive linemen can
 1. Use their hands to block,
 2. They are not allowed to hold and tackle.
 3. They are allowed to push the defenders, and maintain a position between the defender and the ball carrier.
 4. If they are blocking off of the line of scrimmage, they are not to take a run at the defender. They can get in the way of the defensive player, but they must slow down to avoid contact at full speed.
 - B. Defensive linemen can
 1. Not run over the offensive lineman. They must try to get around the offensive lineman.
 2. There is to be a minimum amount of contact on the line of scrimmage. The onus is placed on the defensive player to avoid the contact from the offensive lineman.
 - C. Ball Carrier
 1. He cannot run over a defensive player. Like in basketball, he cannot make contact with a defensive player who has position. The onus is on the ball carrier to avoid contact with the defensive player.
 2. The ball carrier must have a flag on each hip. The flag cannot be wrapped around the belt. The belt and flags must be worn over top of the shirt. They cannot be hidden.
 3. The ball carrier cannot interfere with a defender trying to catch the flag off of the belt by slapping the defender's hand away.
 - D. Defensive Player
 1. Must play the flag of the ball carrier.
 2. They are to avoid all contact with the ball carrier except for the flag.

The game is played with 8 players on at a time. The offense consists of 3 Offensive Linemen, 1 Quarterback, 2 Running Backs, and 2 Receivers.

The defence consists of 2 Defensive ends, 1 Nose tackle, 2 Middle Linebackers, 2 Corners, and 1 Safety.

Only the Defensive Linemen can rush the Quarterback on passing plays. On running plays, all defensive players are allowed to cross the line of scrimmage to get the ball carrier. There is to be no blitzing by any player. The Middle Linebackers must mirror the Running backs. If the Running Backs line up inside the Tackles, so must the Middle Linebackers. If the Running Backs line up like Receivers, then the Middle Linebackers must cover them.

Teams must declare on third down whether or not they will be punting. If a team is punting, the defensive linemen can not rush. There is no blocking the punt. The punting team can not run down field to cover the punt until the ball is punted. The defensive team is only allowed to send two players deep to return the punt. Every other defender must maintain his normal position until the ball is punted.

Converts can be either 1 or 2 point converts. We encourage all teams to kick 1 point converts so that players will get to experience that part of the game. On converts, the defending team cannot attempt to block the convert.

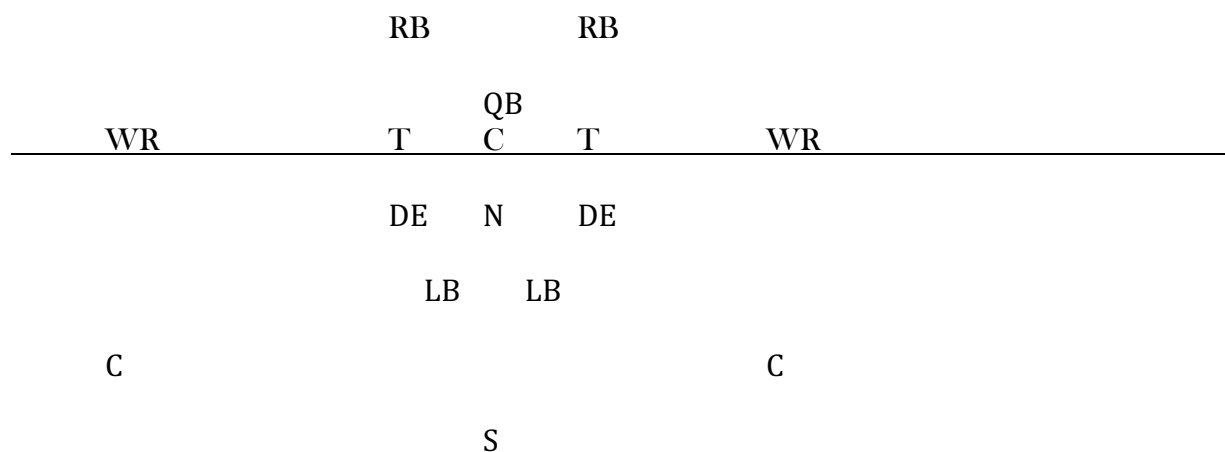
Field goals are allowed. Again the defensive team cannot try to block the field goal. Should the team miss the field goal, the other team will get possession of the ball on their own 35 yard line. There are no run backs allowed.

There will be no point awarded for missed field goals, punts, or kickoffs that go into the end zone. Any punt into the end zone will come out to the twenty yard line.

EQUIPMENT

Flags -The flags must be 22 cm (15 inches) in length.
 -Each team should have a minimum of 16 flags of the same color.

Footballs -It is suggested that a full size football (J5V) be used. A smaller ball may be used if either team finds the full size ball too large. We do not want to penalize any team because of their physical development.



The above offensive and defensive are the most realistic football formations that you should start with. You are welcome to change formations as you see fit, but to help your players learn about the game and try out for tackle football in the fall, the above formations will help them the most.

POLICY SIX

Mountain Bike Racing BOYS/GIRLS

Tyro
Novice
Junior
Intermediate
Senior
High School (grades 10 to 12)

*Age eligibility will be determined as of ARTICLE 13.2 in the CONSTITUTION.

1. Race distance will range from 9km to 12km.
2. **All racers must wear their safety helmet during the race.**
3. All racers must follow designated track. Flags and arrows will indicate the way.
4. Hazards (pointy rocks, branches....) will be painted in fluorescent paint. Hazards will be marked as best as possible
5. Race officials will count completed laps and race time when the racer crosses the starting line as required.
6. If possible, coaches, bring tools for bike repairs and flat tires.
7. Cancellation of race: the race will be cancelled if the weather is inclement or if conditions are hazardous. If it's a few showers here and there, we'll have more fun in the mud!!! If cancelled, an alternate date will be communicated.
8. The association will not be held responsible for any injuries due to any accident or obstacle.
9. If you want to pass a slower racer, please yell "**TRACK LEFT or TRACK RIGHT!!!**" and proceed with caution.
10. If you do not follow the established course, you will be disqualified. Race officials will be present on race perimeter.
11. If you see someone who is hurt, advise a race official immediately. Safety is a priority!
12. Registration fee: See Article 3

POLICY SEVEN

SOFTBALL.

- 1 Softball competition will be at the District level and will be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
- 2 Competitions shall be organized by the host school according to available facilities. Participating schools shall be informed of the details of such organization at the March general meeting.
- 3 All competitions will be run in accordance with the latest edition of the **CASA RULE BOOK**.(Canadian Amateur Softball Association)
- 4 Association adopted rules:
 1. **One Boys team, One Girls team, and One Mixed team per school.**
 2. 11 inch softball will be used.
 3. Boys will pitch 14m (46'), and Girls from 12.8m (42').
 4. A male or female may pitch on the mixed teams; however, any batter may request that the pitching be slowed down.
 5. No whip
 6. Pitches are does not go above the shoulder height.
 7. 10 players on field. (Minimum of 4 of both sexes for mixed play)
 8. Runners may not leave the base until the ball leaves the pitchers hand.
 9. Stealing is permitted.
 10. Bunting is permitted.
 11. All Schools are to bring their own equipment and warm up balls.
 12. Game length with be determined by host (Depends on number of teams entered)
 13. Mercy rule - you are only allowed to go through the batting order once per inning, except the last inning being opened.
 14. Decisions on tied games will be left up to the tournament host.
 15. Registration fee is cost recovery.

POLICY EIGHT

TRACK AND FIELD

- 1 Rules shall be according to the Canadian Track and Field Association.
- 2 Ward and District Track & Field meets shall be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
- 3
 - A) Schools may have a maximum of 2 athletes in each event for Ward ~~and District~~ competition. West Ward may enter 3 athletes per event for Ward competition.
 - B) Ward level competitors finishing First, and Second, (top 2) in each age category event shall be included in the District level of Competition.
 - C) If a Ward cannot fill a complete team, the coordinator for that Ward will fill the empty event spot with the advice of the coaches in the schools in that Ward. Replacement/s must be reported before deadline.
 - D) Each athlete may compete in a maximum of 4 events plus the relay to bring it to 5 events maximum for one athlete.
- 4 Appropriate attire must be worn by competitors for all Track & Field events. Competitors **MUST** include footwear in their attire. Jeans, sandals and flat shoes are not allowed.
- 5 Age Category : Please refer to Article 13
- 6 Equipment specifications:
 - **Shot Put:**
Senior Boys use 4kg shot. All other categories use 3kg shot.
 - **Discus:**
1kg discus
All categories use a rubber discus except for Seniors.
Seniors use Metal riar.
Senior Girls & Boys may spin if discus cage/netting is available.
 - **Triple Jump:** Open to all categories
 - Hurdles:**
Tyro, Novice, Junior, and Intermediate hurdle height is 18" high .
Senior hurdle height is 24" high

Distances specifications:
Girls is 80m dash: 12m to first Hurdle, 8m between (8 hurdles in total)
Boys is 100m dash: 13m to first Hurdle, 8.5m between (10 hurdles in total)

- 7 Records for the Ward and District meets shall be sent to member schools by the Ward and District Coordinators (Meet Managers)
- 8 The host school with direction from the Meet Managers, will inform participating schools as to their responsibilities at the Track & Field meet **NOT** later than one week prior to the designated competition date.
- 9 Participating schools must have the competitor entries (Team Manger file) sent to the Ward Meet Mangers one week prior to competition at the Ward event. Ward Meet Managers send results to District Meet Manager.

10 Events included in the meets shall be:

<u>BOYS</u>	<u>GIRLS</u>
100 meter hurdles	80 meter hurdles
100 meters	100 meters
200 meters	200 meters
400 meters	400 meters
800 meters	800 meters
1500 meters	1500 meters
Long Jump	Long Jump
High Jump	High Jump
Triple Jump	Triple Jump
Shot Put	Shot Put
Discus	Discus
4 X 100 meter relays	4 X 100 meter relays

11 Javelin competition is **NOT** authorized by the Association due to possible safety factors.

12 Medals will be presented to category winners based on the following point system.

First	- 5 points
Second	- 4 points
Third	- 3 points
Fourth	- 2 points
Fifth	- 1 point

13 First through 5th place ribbons will be presented in each event at Ward and District competition.

14 A participant may be moved up an age group, but must participate at that level for the entire Track & Field meet. **NOTE:** Relay teams will be an exception for this Section.

- 15 It is recommended that there be at least 3 supervisors at the Ward Meet (these may be parents). At the District Competition there should be at least 2 supervising teachers from each school.
- 16 Host will make a decision prior to 7:00 AM the day of the track and field meet. Schools are required to find out if the meet is cancelled if you are not notified.
- 17 Track and Field meet will start at 10:00 AM and continue on longer than the school hours if needed. Coaches meeting starts at 9:30AM. Only scratches are allowed at that time. No
- 18 Track and Field data must be kept on Meet Manager.
- 19 Relays are 5 points because it is a team event.
- 20 Running shoes or track spikes must be used for all track and field events.
- 21 The safety guidelines in the book “Physical Activity in Alberta Schools” must be followed.
- 22 Any equipment damaged at a Ward or District competition will be repaired or replaced by the association.
- 23 Registration fee as per Article 3. (per athlete that you register for WARDS. No fees for Districts.)
- 24 There will be no substitutions for injured athlete except for relays.
- 25 A maximum of three attempts and one practice be allow for each event.
- 26 Each Ward will use the same software program for track and field.
- 27 Athletes are not allowed to listen to music while competing.
- 28 When available, we recommend that the Track and Field Host run 2 mats at high jump
- 29 Clean-up and storage: Each school should have one representative that stays behind after competition for clean-up and equipment storage
- 29 District Track and Field will always be in the East Ward (Assumption Track) and Central Ward (Notre Dame Track). (This is so District Track and Field will be on a rubberized Track). East and Central will host two consecutive years in a row and then move to the other ward for two years. (It will be two consecutive years to so the same ward does not have to host District Track and Field and District Badminton in the same school year). ***Motion Carried (June 2017)***

POLICY NINE

VOLLEYBALL

- 1 Rules will be according to the Alberta School Athletic Association (ASAA).
- 2 Net heights:
Grades 7-8-9: 215cm for girls, 220cm for boys
JV: 220 cm for girls and 235 for boys
- 3 Final matches for District Competitions shall be best 2 out of 3 sets.
- 4 Volleyball District finals shall be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
- 6
 - a) Each ward winner will be awarded a plaque.
 - b) District winners shall receive Medals (maximum 15), and receive the annual District Trophy. A plaque will be awarded for second place.
- 6 Cost of officials for Association sponsored tournaments will be paid by the host organizer and costs recovered by attending members.
- 7 Schools may only enter one team for Ward playoffs.
- 8 The district volleyball tournament will have carded and/or experienced officials per court.
- 9 No face pass reception on serves for grades 5 to 9 (JV league is authorised).
- 10 Schools can have co-ed teams, but they must play in the boys categories, and this is only if a school is short of players
- 11 **No Libero** in Volleyball for Grades 5 to 9 (JV league is authorised). As per CVA U16 rules.
Motion Carried (June 2017)
- 12 **District Volleyball Tournament Formats**
 - All games are best out of three
 - First two games are to 25 **no cap (June 2018)**
 - Last game is to 15 with no cap.

4 Team Format (7 games total)

 - Round robin followed by a final (1 vs 2).

5 Team Format (11 games total)

 - Round robin followed by a final (1 vs 2).

Playoff Tournament Formats

6 Team Format (11 games total) ***should be played in a double gym***

- 2 pools (A&B)
- Quarter finals (2A vs 3B, 2B vs 3A)
- Semi finals (1A vs Winner of 2B vs 3A, 1B vs Winner of 2A vs 3B)
- Finals (winner vs winner)

7 Team Format (12 games total) ***should be played in a double gym***

- 2 pools (A&B)
- Semi finals (1A vs 2B, 1B vs 2A)
- Finals (winner vs winner)

8 Team Format (15 games total) ***should be played in a double gym***

- 2 pools (A&B)
- Semi finals (1A vs 2B, 1B vs 2A)
- Finals (winner vs winner)

13 Seeding for district play:

	<i>Pool A</i>		<i>Pool B</i>
<i>A1</i>	<i>1st Place Host Ward</i>	<i>B1</i>	<i>2nd Place Host Ward</i>
<i>A2</i>	<i>2nd Place (Closest Ward to Host)</i>	<i>B2</i>	<i>1st Place (Closest Ward to Host)</i>
<i>A3</i>	<i>2nd Place</i>	<i>B3</i>	<i>1st Place</i>

<i>Pool A – Court 1</i>	<i>Time</i>	<i>Pool B – Court 2</i>
<i>A1 vs. A2</i>	<i>10:00am</i>	<i>B1 vs. B2</i>
<i>A1 vs. A3</i>	<i>11:00am</i>	<i>B1 vs. B3</i>
<i>A2 vs. A3</i>	<i>12:00pm</i>	<i>B2 vs. B3</i>

Officials Break (30 minutes)

<i>Quarter#1 2nd Place in B vs. 3rd Place in A</i>	<i>1:30pm</i>	<i>Quarter#2 2nd Place in A vs. 3rd Place in B</i>
<i>Semi #1 1st Place in A vs. W of Quarter #1</i>	<i>2:30pm</i>	<i>Semi #2 1st Place in B vs. W of Quarter #2</i>
<i>Final W of Semi #1 vs. W of Semi #2</i>	<i>3:30pm</i>	<i>Bronze L of Semi #1 vs. L of Semi #2</i>

- ✓ *Officials receive a 30 minute break*
- ✓ *Teams having to play back-to-back stretches of 3, 4, or even 5 will get at least a 30 minute designated break time for lunch.*
- ✓ *Event will be designate do start at 10:00 am every year with the host playing the next closest Ward team 1st which gives the furthest travelling team the latest start time.*

Grade 5 and 6 Volleyball Note: **June 2018**

Notice of motion: Jason (Assumption) - Add 5/6 Basketball and Volleyball to our constitution. (Constitutional change) **Vote: Carried**

*** Blake and Lori will iron out the details for 5/6 Volleyball and Basketball and present the constitutional change at the 2018 September meeting. This will include tournament formats, calendar rotations, etc...**

Review of LSAA Bylaws and Policies:

In June 2015, the LSAA representatives and executive members have decided to do a full review of all LSAA Bylaws and Policies. All reviews and modifications will be done prior to the start of that specific sport for the 2015-2016 school year. The executive members will first do a first review in the morning prior to the LSAA meeting with all representatives and communicate what needs to be modified, added, taken out, etc.

If a section does not need to be reviewed, no changes will be done and it will be marked as revised.

A note by the secretary will be added to each bylaw and policy when this has been completed (ex: Revised : September 2017)