



# CONSTITUTION

*Updated:*  
**September 29<sup>th</sup>, 2025.**

Three Year Calendar - District hosts

Events	2023-2024	2024-2025	2025-2026	2026-2027	2027-2028	2028-2029
Mountain Bike	East	East	East	East	East	East
Cross-Country	Central	East	East	East	East	East
Volleyball	West	East	Central	West	East	East
JV Volleyball	East	Central	East	West	Central	Central
Basketball	Central	West	East	Central	West	East
JV Basketball	East	East	East	East	East	East
Badminton	West West(H)	West Central(H)	West East(H)	West West(H)	West Central(H)	West East(H)
Track and Field	Central	Central	Central	Central	Central	Central

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

## 2025-2026 Age clarification for each category:

Year Of Birth	Category
2015	Tyro
2014	Novice
2013	Junior
2012	Intermediate
2011/2010	Senior (maximum grade 9)

**Note: Students YOB determine what category they belong in. Registrations must be done by Age category and not by grade level.**

## TABLE OF CONTENTS

### LAKELAND SCHOOLS ATHLETIC ASSOCIATION

SECTION	PAGE
<b>BYLAWS</b>	
Article 1 - Name - Motions .....	3
Article 2 - Objectives .....	3
Article 3 - Membership.....	4
Article 4 - Organization.....	5
Article 5 - Executive Committee.....	5
Article 6 - Duties of Executive Committee .....	6
Article 7 - Duties of the Officers of the Executive .....	6
Article 8 - Meetings .....	8
Article 9 - Voting.....	8
Article 10 - Elections of Executive Officers.....	9
Article 11 - Activities.....	9
Article 12 - Finances .....	10
Article 13 - Age Eligibility.....	11
Article 14 - Amendments .....	12
Article 15 - Duties of the Commissioner .....	13
Article 16 - Competition - Ward & District.....	13
Article 17 - Scheduling of Activities and Competitions .....	14
Ward and District Tier System.....	16
Article 18 - Supervision .....	17
Article 19 - Philosophy	
- Role of the Coach.....	18
- Sportsmanship .....	18
- Code of Ethics .....	19
- Sexual Orientation and Gender Identity.....	19
- Leadership.....	20
- Respect for Authority .....	20
- Respect for Others .....	20
- Self-Respect .....	20
Article 20 - School Colors and Team Names .....	21
Article 21 - Home School Students.....	21
Article 22 - Honorariums .....	21
Article 23 – Inventory .....	21
<b>POLICIES</b>	
Policy 1 - School Colours and Team Names .....	23
Policy 2 - Badminton .....	24
Policy 3 - Basketball.....	26
Policy 4 - Cross-Country Run .....	29
Policy 5 - Mountain Bike Racing .....	31
Policy 6 - Athletics .....	32
Policy 7 - Volleyball.....	35
Review of LSAA Bylaws and Policies .....	40

## 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 **Athletics (September 2024)** 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 Public Schools, 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
<b>Assumption</b> <b>Art Smith</b> <b>CLHS</b> <b>CLJHS</b> <b>École Voyageur</b> <b>Holy-Cross</b> <b>John N.A. Janvier</b> <b>Nelson Heights</b> <b>St. Dominic</b> <b>Elizabeth Settlement</b> <b>Lakeland Christian Academy</b> <b>North Star Elementary</b>	<b>Ardmore School</b> <b>BCHS</b> <b>École des Beaux-Lacs</b> <b>Dr. B</b> <b>HEB</b> <b>Iron River</b> <b>NDHS</b> <b>LTA (Learn Together Anywhere)</b>	<b>Aurora Middle School</b> <b>Caslan School</b> <b>École Plumondon School</b> <b>École Beauséjour</b> <b>École Ste-Catherine</b> <b>JA Williams High School</b> <b>Light of Christ</b>

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 \$100. 00 fine.
5. Admission of new members and expulsion of present members requires a 75% MAJORITY VOTE at an Association meeting.

#### 6. Association Fees:

<b>Association fee (Membership)</b>	<b>\$40 per school per year (due in September)</b>
<b>Mountain Bike</b>	<b>\$5 per athlete</b>
<b>Cross-country running</b>	<b>\$5 per athlete</b>
<b>Volleyball</b>	<b>Cost recovery and 50\$ per team to LSAA</b>
<b>Basketball</b>	<b>Cost recovery and 50\$ per team to LSAA</b>
<b>Badminton</b>	<b>\$10 per athlete at Wards (June 2025)</b>
<b>Athletics (Track and Field)</b>	<b>\$10 per athlete at Wards (June 2025)</b>

## **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**

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. They 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. They shall retain office for a one-year term, unless voted in for follow up terms.

**d) Executive Manager:**

The Executive Manager must be an administrator or a teacher of a member school. They 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. They 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:**

They shall retain office for a one-year term, unless voted into office the next calendar year (June Meeting). They 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. Executive Manager:**

The Executive Manager shall have the following duties:

- a) To attend Executive Committee and General meetings of the Association and to serve as recording Executive Manager.
- 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.
- b) 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 - 2<sup>nd</sup> Thursday at 10 a. m.  
March - 3<sup>rd</sup> Thursday at 10 a. m.  
June - 2<sup>nd</sup> Monday at 10 a. m.

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**

Candidates for the Offices of President, Vice-President, Executive Manager, 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, Fourth, Fifth place ribbons for the Ward and District Athletics 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. Also, a second and third place plaque to respective teams.
  - d) Badminton category winners shall be presented medals.
  - 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 \$10, and Athletics are \$10 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".
8. **Only Cheques** are to be handed in to Treasurer. **LSAA will not accept any cash** for payments or registrations. All payments must be addressed to **Lakeland Schools Athletic Association**.

## **ARTICLE TWELVE**

### ***FINANCES CON'T***

9. If the school does not declare their entry by the assigned date, then that school must pay a \$100 fine. This late entry is subject to approval by the executive.
10. 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.
11. 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 1<sup>st</sup> OF THE CURRENT SCHOOL YEAR**.

**Grade 4's** would be allowed to compete in team competition events (Cross-Country, Volleyball, Basketball, Badminton and Relay Teams in Track and Field) where the grade 4 student is required to make a team. The school Representative needs to demonstrate /provide evidence to the LSAA executive that the grade 4 student is required for that team. This has to be done prior to the season of play.

Providing the school has grade 4's in their grade configuration and are members of the association. (This not to be used to have masses of grade 4's participating.) Grade 4's cannot replace a grade 5. (A Grade 4 student can replace a grade 5 student if they is of grade 5 age. )

2. For purposes of age eligibility, the date **DECEMBER 31<sup>st</sup>** will be uniform for competitions requiring age limits. These competitions include Athletics, 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 60% of membership. Voting will be conducted at meetings or via email as necessary.

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.

## **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 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, badminton and track and field.

Top two teams from each ward advance to District tournament instead of one. Ward winner will receive a plaque in volleyball and basketball. Badminton winners receive a medal.

1. Ward and District inter-school competitions will take place in:
  - Volleyball, Badminton, Basketball and Athletics
2. District inter-school competitions will take place in:
  - Cross-Country Run and Mountain Bike

\* 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 **Thursday of April (September 2024)**

#### **Softball**

- Open host in month of June

#### **Athletics**

##### **- 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 teams.
8. For all team sports, players must have numbered (front and back) jerseys.
9. Consultant contact for Host Teams:

Cross-Country Running and Mountain Biking - Donavan Pinsky @ Art Smith

Volleyball - Andrew Przybylski @ JAWS

Basketball - Mitch Gillis@ NHS

Badminton - Steven Reid @ École Plamondon School

Track and Field- Paul Bourgoin @ École des Beaux-Lacs

**“Parent’s Code of Conduct” should 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  
École Voyageur  
École Plamondon School  
École des Beaux-Lacs

\*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. Policy removed (June 2025)~~

\* 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 should 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.

## **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, they must be aware in their own mind what their role actually is. They will be a father/mother, a teacher, a friend, and a housekeeper to the students under their charge. But most important of all they must be a leader, the individual responsible for shaping some of the life-long personality traits of their own players. Below are some of the things they must have established in their own mind and be prepared to pass on to the students on their team.

#### **2. Sportsmanship**

An important factor in the philosophy of a coach is their attitude towards winning and losing. A Coach assumes responsibility in this respect beyond simply gathering a winning team. They must realize that their attitude and philosophy are reflected in their team members. Therefore, their 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, their team members will follow suit and act in the same manner. If a coach does not accept part of the blame for defeat, then their 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 students. At the same time, it is also the responsibility of the coach to show the students a sportsmanlike attitude towards losing and human error. When students 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, their players will follow their 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.

**Sportsmanship Pins:** Sportsmanship Pins are available to be handed out to athletes/coaches/parents that have gone above and beyond their role during LSAA events. This would be a special award presented by LSAA Executive, LSAA representative or event coordinator.

#### **3. Noisemakers**

Noisemakers are not allowed at any LSAA sanctioned events.

#### **4. Code of Ethics and Responsibility.**

Prior to becoming a coach, an individual must have a code of ethics by which they live. This code of ethics should be such that it is one worthy to be passed on to a group of students. 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 their lifestyle so that they can lead by example at all times, on and off the playing surface.

The Coach's has the responsibility of their players before, during and after games and practices. Therefore, their actions will reflect their philosophy towards their duties and the game. The coach must realize that their 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 students to develop not only as players, but also as respectable people.

#### **5. Sexual orientation and gender Identity.**

Sexual Orientation and Gender Identity Policy LSAA prohibits discrimination on the basis of sexual orientation, gender identity, gender expression, which includes any individuals who identify as or are perceived as lesbian, gay, bisexual, transgender, transsexual, two-spirit, queer or questioning. In order to comply with human rights obligations and uphold the principles of equity and inclusion, LSAA maintains the following policy to facilitate and encourage the participation of all students, staff, coaches, managers, trainers and any other persons associated with school sport to ensure all members of our diverse communities are welcomed, respected, accepted and supported in all aspects of their athletic endeavours. This policy covers participation at LSAA Ward and District competitions and other activities. The LSAA recognizes the implementation of this policy will require the collaboration of all parties involved. The Association believes that all students, regardless of sexual orientation, gender identity and gender expression, should have the opportunity to participate in LSAA activities in a safe, respectful, inclusive and non-judgmental environment. Any student, staff, coach, manager, trainer or other persons who identify as or are perceived as lesbian, gay, bisexual, transgender, transsexual, two-spirit, queer or questioning may participate fully and safely in sex-separated sport activities in accordance with their lived gender identity.

## **6. Leadership**

The leadership a coach provides is very important to young players because this reflects their code of ethics as well as their attitude towards sportsmanship. A good coach leads by example; therefore, they should set the best example possible. Each coach should coach to win and have their students play for the same reason. This winning spirit will allow the team to meet competition more favourably. They should show leadership qualities which will allow them to gain the qualities of pride and humility. The students 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 they set a good example as a leader.

## **7. Respect for Authority**

Most coaches fail to recognize that for the game to be played perfectly, all players on their 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 students. 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.

## **8. 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.

## **9. 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 their own abilities on and off the playing surface. Only then can their actions reflect the self-respect they have. 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 they have gained self-respect, a player will only draw attention which is due to them and therefore a sense of pride will develop.

**10. Violations** of the above will be addressed 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 should 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**

### **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.
6. Home School students can participate in Team events with an existing school member, providing there is room on their roster. (can't replace a student from the host school).

## **ARTICLE TWENTY-TWO**

### **HONORARIUMS**

1. Executive members: 500\$/year (March 2025)
2. LSAA Webmaster: \$250/year
3. LSAA Meet Managers: \$100/year

## **ARTICLE TWENTY-TREE**

### **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**

CLJHS	Cobras	- Orange and Blue
CLHS	Royals	- Black, Gold and White
Nelson Heights	Knights	- Burgundy, Gray and Black
École Voyageur	Vipers	- Red, Blue and White
John N.A Janvier	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
North Star Elementary	Polar Bear	- Yellow and Blue
Assumption Jr/Sr High	Crusaders	- Blue/Grey/White

#### **CENTRAL WARD**

Ardmore	Timberwolves	- Blue and Gold
École des Beaux-Lacs	Attaque	- Blue, White and Black
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
LTA		

#### **WEST WARD**

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

## **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.

#### **Tie Breaker Procedures: (June 2024)**

Clearly define the Tie-Breaking Procedure so that 3-way ties are broken:

- a) by head-to-head results between tied teams
- b) by +/- ratio between tied teams
- c) by +/- ratio between all teams in the pool

Teams would then be ranked in order based on the criteria above with no additional tie-breaker games being added to the schedule (only exception would be in the rare case if there was still a "tie" after a, b, and c have been used).

**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. Registration is \$5 for Wards and District. 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.

**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.

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

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 with a cap set at 27 points. Top 2 from each pool advance to playoffs. Playoffs are Best of 3 matches (21 points with a cap set at 27 points).

District competition will be held on the following **THURSDAY** of Ward competitions. (September 2024)

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).

**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:** Have scorekeeping and facilitating the tyro games for wards and districts. **(Sept 2023)**

**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 do not notify 48 hours prior to tournament.

**14.** It is the school's 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)

**16. Scoring for Tyro.** Tournament organizers can assign a senior player if available or an unbiased competent individual to keep score at the tyro category as available and required.

**17.** Coaches are allowed a 1-minute discussion with their athletes between 2 badminton sets.

## 18. MEDALS

**WARDS:** Wards Medals will be a generic badminton medal. Gold, Silver, Bronze

**DISTRICT:** District Medals will be a LSAA labeled badminton medal. Gold, Silver, Bronze

\*\*\* Note: As of 2019, the association is allowing the West Ward to have 3 entries for Ward Badminton Competition. The West Ward is the smallest Ward and tends to have the fewest number of participating schools. If school participation increases in the future, West Ward will come back to the 2 students registration rule. The association will review this accommodation on a yearly basis.

\*\*\* East Ward school CLHS registrations (Novice to Senior) are permitted to register up to 4 participants per event for the next 3 years. (2023-2024, 2024-2025, 2025-2026) (March 16<sup>th</sup>, 2023)

Have a  $\frac{1}{4}$  final for 2nd and 3rd place finishers in all divisions at districts. 1 game to 21 points. (Sept 2023)

## POLICY THREE

### BASKETBALL

1. The playing rules governing basketball shall be the rules adopted by the Alberta School Athletic Association (ASAA).
2. Start time for Ward a are to start at 4PM. If referees are present and teams wish to start earlier, they are allowed to start earlier if all parties are in agreement. (June 2025)
3. 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.
4. Basketball Roster is set at a maximum of 15 players as per FIBA rules for grades 7-8-9 teams. (June 2023)
5. Host schools are responsible for providing quality refereeing.

6. District games shall consist of four 8-minute quarters each of which will be stop time. Half time is 5 minutes. The clock will be stopped for time outs and foul shots. Overtime, if necessary, in the game, will consist of one 5-minute stop time period. If still tied, then another 5-minute stop 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. (June 2025)
7. Basketball District finals will be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
8. District winners shall receive medals (maximum 15) and the annual District Trophy. A plaque will be awarded for 2nd and 3rd place.
9. Cost of officials for Association sponsored tournaments will be paid by the host organizer and costs recovered by attending members.
10. Schools are allowed to declare only one team for wards playoffs. (Policy removed as of June 2023)
11. The three points shot is allowed in 7-8-9 league when 3pts line is available.
12. The host school must use a master draw from the association.
13. A District basketball game must have 2 officials. For LSAA league and tournament games, players should wear numbers jerseys.
14. 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
15. 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.
16. A defending player must be actively defending their player. Failure to do so, at the discretion of the referee, will result in a team violation (a chosen offensive player will shoot one foul shot, and the offensive team will regain possession at half court). To be considered actively guarding an opponent, a defender must be within arm's length of an opponent (when in the free throw lane) and must be in a guarding position.
17. When there is a dispute, a coin toss will be used to determine who gets what bench.
18. No full court press at grade 5/6 basketball. (June 2023 as per new 3X3 rules)

**19.** Seeding for district play, here is the format:

Pool A	Pool B
1 <sup>st</sup> place Host	2 <sup>nd</sup> place Host
2 <sup>nd</sup> place	1 <sup>st</sup> place
2 <sup>nd</sup> place	1 <sup>st</sup> place

**20.** 7-8-9 League will play a **P2P defense format**. Fouls would Receive a warning then followed by Technical Foul format. (Policy removed June 2025)

**21. 5/6 Basketball:** The goal of 5/6 Basketball is to promote better skill development, participation, meaningful competition, and fun.

**22.** Grades 5 and 6 Basketball teams will play the 3X3 Basketball system. (June 2023)

i. Please refer to the LSAA website in the resources section for a complete guide of the FIBA 3X3 rules.

**23.** Basketball schedules for 7-8-9 Basketball must be completed before the last week before the Christmas Break. (June 2024)

## **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 pins 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**

### **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, we will try to have an alternate date if possible
- 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 SIX**

### **TRACK AND FIELD - Athletics (September 2024)**

- 1.** Rules shall be according to the Canadian Track and Field Association.
- 2.** Ward and District Athletics 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 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 attires must be worn by competitors for all Athletics 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.
  - Javelin:** Tyro to Intermediate: 500g Turbo-Javelin, Senior 500g regular
  - Discus:** 1kg discus  
All categories use a rubber discus except for Seniors.
  - Seniors use Metal rim.
  - Senior Girls & Boys may spin if discus cage/netting is available.
  - Triple Jump:** Open to Jr. Inter. and Sr. categories
  - Standing Long Jump:** Open to Tyro and Novice categories
  - Hurdles:**  
Boys and girls: Junior, Intermediate and Senior hurdle height is 27" high.
  - There are no hurdles for Tyro and Novice categories.**
- Distances specifications:
  - Girls 80m dash: 12m to first Hurdle, 8m between (8 hurdles in total)
  - Boys 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 Athletics meet **NOT** later than one week prior to the designated competition date.**

**9. Participating schools must have the competitor entries (Team Manager file) sent to the Ward Meet Managers 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:**

<b>BOYS</b>	<b>GIRLS</b>
100 meters hurdles	80 meters 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 (Jr, Int, Sr)	Triple Jump (Jr, Int, Sr)
Standing Broad Jump (Tyro and Novice)	Standing Broad Jump (Tyro and Novice)
Shot Put	Shot Put
Discus	Discus
4 X 100-meters relays	4 X 100-meter relays

Turbo Javelin (Boys and Girls Tyro to Intermediate – 500g)

Standard Javelin (500g) (Senior Boys and Girls)

Sr. Boys and Sr. Girls must use Starting Blocks for all SPRINT events but. It will remain at the discretion of Meet Managers and Track Marshals to apply the rule as so the athlete has the best success at their event(s).

**11. Javelin competition will use a Turbo-Javelin for Tyro to Intermediate and a regular Javelin for Seniors.**

**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 Athletics meet to cancel if needed. Schools are required to find out if the meet is cancelled if you are not notified.
- 17.** Athletics 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.
- 18.** Athletics 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 Athletics 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 and per athlete that qualify for Districts)
- 24.** There will be no substitutions for injured athlete except for relays.
- 25.** A maximum of **1 practice and 4 attempts and one practice for Jumping and Throwing events at Districts. High Jump is excluded. (September 2025)**
- 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 Athletics Host run 2 mats at high jump.
- 29.** Clean-up and storage: Each school should have one representative that stays behind after a competition for clean-up and equipment storage.

**30.** District Athletics 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 so the same ward does not have to host District Athletics and District Badminton in the same school year).

**31.** Track and Field: Field events to stay OPEN until the next event time slot begins (March 2024)

**32.** High jump main mattress must also include side mats for landing area. (Sept. 2024)

\*\*\* East Ward school CLJHS registrations (Novice to Senior) are permitted to register up to 4 participants per event for the next 3 years. (2023-2024, 2024-2025, 2025-2026) (March 16<sup>th</sup>, 2023)

## **POLICY SEVEN**

### **VOLLEYBALL**

1. Ward and District Rules will match Volleyball Alberta 14u Rules (June 2023)
2. Start time for Ward a are to start at 4PM. If referees are present and teams wish to start earlier, they are allowed to start earlier if all parties are in agreement. (June 2025)
3. Net heights:
  - a. Grades 7-8-9: 215cm for girls, 220cm for boys
  - b. JV: 220 cm for girls and 235 for boys
4. Final matches for District Competitions shall be best 2 out of 3 sets.
5. Volleyball District finals shall be held in accordance with **ARTICLE SEVENTEEN** of the Constitution.
6. Each Ward winner will be awarded a plaque.
7. District winners shall receive Medals (maximum 15), and receive the annual District Trophy. A plaque will be awarded for second place.
8. Cost of officials for Association sponsored tournaments will be paid by the host organizer and costs recovered by attending members. See Article 3 for other Fees.
9. Schools may only enter one team for Ward playoffs. (Policy removed as of June 2023)

10. The district Volleyball tournament will have carded and/or experienced officials per court.
11. ~~No face pass reception on serves for grades 5 to 9 (JV league is authorised).~~  
This policy is removed and teams are now allowed to do a face-pass off the serve. For 5/6 triple ball, you must still do a forearm pass on the tossed ball. (June 2025)
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. No Libero in Volleyball for Grades 5 to 9 (JV league is authorised). As per CVA U16 rules.
14. **5 serves maximum** rule then you would have a server rotation. Team still has possession of the ball but this would eliminate having a huge serving run by only one player. This would apply to wards and district competition. (September 2023)
15. Teams would have to submit their team rosters to LSAA before wards competition. (September 2023)
16. **7-8-9 Volleyball (June 2023)** will follow Volleyball Alberta fair play rules. This only applies for league play. FPR does not apply for Ward and district playoffs. (EX: All players will play in all positions on the court. )
17. **JV Volleyball (June 2023)** will follow Volleyball Alberta fair play rules. This only applies for Round Robin matches. FPR does not apply for the playoffs rounds. (EX: All players will play in all positions on the court. )

**New proposed format for Volleyball. The information below is the guideline we will follow. If proposed document works, it will be voted in at the March 2024 meeting.**

- 1) The playing rules of Volleyball Canada shall govern all LSAA Volleyball events.
- 2) Volleyball Alberta Tripleball Format will be used for all Grade 5-6 competitions.
  - a) All VA Tripleball Rules/Procedures can be found in the link above.
- 3) Volleyball Alberta 14U Age Class Rules will be used for all Grade 7-8-9 Ward and District competitions (June 2023) with the following modifications:
  - a) Coaches are only permitted to take a maximum of 2 Timeouts per set.
  - b) 5 consecutive serves maximum. After the 5th successful point is scored off serve the serving team would rotate one position and maintain serve. (NEW Sept 2023)

**Highlighted Rules of LSAA Jr. 7-8(9) Volleyball are as follows:**

- a) 12 LIMITED Substitution Rule
- b) Libero IS NOT permitted
- c) Receiving the serve with an overhand motion using the fingers (volley/setting) IS permitted. (June 2025)

- d) All players listed on the score sheet must start the first or second set.
- e) Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets. Any line up can be used at the start of the third set and substitutions can be made. Teams that have less than 12 players may substitute any player in the second set that has already played in the first set.
- f) Teams are strongly encouraged to distribute playing time among all players on the team.
- g) Coaches that do not roster athletes on the score sheet or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule will be subject to sanctions. Injured athletes should be identified prior to the match starting.
- h) Volleyball Alberta 15U Age Class Rules will be used for all Jr. Varsity (9-10) Ward and District competitions (June 2023) with the following modifications:
  - Teams will be permitted to use 1 Libero.
  - LSAA JV WILL NOT follow the 15U guideline that permits substitutions at 15 points.

**Highlighted Rules of LSAA Jr. Varsity are as follows:**

- a) 12 LIMITED Substitution Rule
- a) Libero IS permitted
- b) Players ARE permitted to receive serve with an overhand motion using the fingers.
- c) All players listed on the score sheet must start the first or second set.
- d) Substitutions are not permitted in the first or second set. In the case of injury, an Exceptional Substitution may be made. The injured/ill player may not return to the same set but may return to play in subsequent sets. Any line up can be used at the start of the third set and substitutions can be made. Teams that have less than 12 players may substitute any player in the second set that has already played in the first set.
- e) Coaches that do not roster athletes on the score sheet or misrepresent an athlete's playing status to avoid compliance with the Developmental Substitution rule will be subject to sanctions. Injured athletes should be identified prior to the match starting.

**Equipment:**

**1) Net Heights:**

- a) 5-6 Tripleball: 2. 15m for the Girls Division and 2. 20m for the Boys Division
- b) 7-8-9 Volleyball: 2. 15m for the Girls Division and 2. 20m for the Boys Division
- c) Jr. Varsity (9-10): 2. 20m for the Girls Division and 2. 35m for the Boys Division

**2) Competition Ball:**

- a) 5-6 Tripleball should use Mikasa VolleyLite or Molten Lite (reduced weight ball)
- b) 7-8-9 and JV should use the Molton Volleyball (game ball)

### **Ward & District Competition**

1. Volleyball Districts shall be held in accordance with ARTICLE SEVENTEEN of the Constitution.
2. The District Competition shall have carded and/or experienced officials on each court.
3. Teams will be required to submit a Team Roster before Ward competition begins (NEW 2023).
4. Cost of Officials for Association sponsored tournaments will be paid by the host organizer and costs recovered by attending members.
5. All Matches are best 2 out of 3.
6. First 2 games are to 25, with NO CAP.
7. If a third game is necessary, it shall be played to 15, with NO CAP.
8. All games must be won by a minimum point spread of 2.
9. All games must be won by a minimum point spread of 2.
10. Each Ward Champion shall be awarded a 1st place plaque.
11. District Champions shall receive medals (maximum of 15) and receive the annual District Trophy. A plaque will be awarded for 2nd Place.

**Seeding for the District Championship Tournament will be as follows:**

**District Championship Tournament Format**

<b>Red Pool</b>		<b>Time</b>	<b>Black Pool</b>	
<i>R1</i>	<i>1st Place (Host Ward)</i>		<i>B1</i>	<i>2nd Place (Host Ward)</i>
<i>R2</i>	<i>2nd Place (Closest Ward to Host)</i>		<i>B2</i>	<i>1st Place (Closest Ward to Host)</i>
<i>R3</i>	<i>2nd Place (Furthest Ward to Host)</i>		<i>B3</i>	<i>1st Place (Furthest Ward to Host)</i>
<b>Court#1</b>			<b>Court #2</b>	
<i>R1 vs. R2</i>		<i>10:00am</i>	<i>B1 vs. B2</i>	
<i>R1 vs. R3</i>		<i>11:00am</i>	<i>B1 vs. B3</i>	
<i>R2 vs. R3</i>		<i>12:00pm</i>	<i>B2 vs. B3</i>	

*Officials Break (30 Minutes)*

<b>Quarter-Final #1</b> <i>2nd in Black vs. 3rd in Red</i>	<i>1:30pm</i>	<b>Quarter-Final #2</b> <i>2nd in Red vs. 3rd in Black</i>
<b>Semi-Final #1</b> <i>1st in Red vs. Winner of Q1</i>	<i>2:45pm</i>	<b>Semi-Final #2</b> <i>1st in Black vs. Winner of Q2</i>
<b>Gold Final</b> <i>Winner of Semi #1 vs. Winner of Semi #2</i>	<i>4:00pm</i>	<b>Bronze</b> <i>Loser of Semi #1 and Loser of Semi #2</i>

- Officials receive a 30 Minute Break for Lunch
- Teams having to play back-to-back stretches of 3, 4, or even 5 matches will get at least a 30-minute break time for lunch
- Event will be designated to start at 10: 00am every year with the host playing the next closest Ward team first, which ensures the furthest traveling teams the latest possible start time.

#### Other Playoff Tournament Formats

##### 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).

##### 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)

## **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 2025)