



THE SPIRIT
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2014

NORTH AMERICAN INDIGENOUS GAMES

SPORT TECHNICAL PACKAGE

November 16, 2012

2014 North American Indigenous Games
Sport Technical Package

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2014 North American Indigenous Games

Sport Technical Package

PRELUDE

The Sport Technical Package is a critical part of the North American Indigenous Games (NAIG) and offers comprehensive assistance to the Host Society and the Chefs de Mission. Key components include:

- Age and event eligibility definitions
- Age eligibility verification and sport technical information for team selections
- Tournament formats and scoring procedures
- Established maximum number of participants

Every NAIG coach, manager, Sport Chairperson and Mission Staff member has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the NAIG or affect final standings. If there is anything in the Technical Package that is unclear or that is not understood, individuals are encouraged to seek clarification from their Teams Chef de Mission.

The sport technical information provided within the Technical Package is developed primarily by the individual NSOs (National Sport Organization) and/or NGBs (National Governing Board), following the principles, guidelines and requirements of the NAIG Council (i.e., International Rules). As the overall governing body of the NAIG, the NAIG Council is the ultimate authority for the Technical Package, but this authority is exercised only with the knowledge and understanding of the NSO or NGB concerned.

If an individual wishes to initiate a change to a Technical Package for NAIG 2014, the desired change should be first directed to their Chef de Mission. The Chef will then bring the issue or concern forward to their NAIG Council representative who will in turn present it to the NAIG Council. Should the Council determine there is merit to the proposed change, it will then forward the issue to the Sport and Technical Committee for an opinion. Ultimately, the NAIG Council is the only body that can amend the Technical Package. Changes to age categories, eligibility requirements, team sizes or staff complements will not be considered after two (2) years prior to the upcoming NAIG. Substantive changes to events or competition formats will not be considered after eighteen (18) months before the NAIG. Minor corrections can be considered at almost any stage of the process, but will be increasingly difficult to achieve within six (6) months of the next NAIG. These time frames reinforce the importance of ensuring you have a complete understanding of the Technical Package early.

Note:

A 'National Sport Organization' is the representing group that governs a sport in Canada.

A 'National Governing Board' is the representing group that governs a sport in the U.S.A.

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1. EVENT CATEGORIES with reference to age

The NAIG will consist of both male and female events for many sports. Please refer to the specific sport technical package for the age categories offered.

2. COACHING CERTIFICATION STANDARDS

The NAIG Council is committed to advancing coaching development by establishing minimum certification requirements for all coaches participating in the Games. It is required that coaches attain a full Level One / Community Coaching certification for their sport within their jurisdiction. For the 2017 NAIG, a minimum of Level Two / Pre-Competitive Coaching Certificate will be required for each coach in each sport.

- a. Any contingent may choose to impose a higher level of coaching certification; and*
- b. In Canada: It is highly recommended that each coach be certified in the Aboriginal Coaching Manual.*

3. CHEF MEETINGS: VENUES AND SCHEDULES FOR SPORTS

Specific information regarding the venues and sport schedules will be provided at the Chef de Mission meetings.

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3-D ARCHERY

EVENT:

The NAIG 3-D Archery Competition will consist of both male and female individual events for U16 (born 1998 & later) and U19 (born 1995 & later).

In the following Equipment Divisions:

- Compound
 - Traditional
-

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter one (1) male and one (1) female athlete for each equipment division in each age category. An athlete is allowed to compete in only one category and one equipment division. Maximum number of archers per province/territory/state is 8.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) female staff.

GENERAL RULES:

The most recent version of Federation Internationale de Tir La'Arc (FITA) – Field & 3D Archery Rules will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

Athletes shoot two (2) rounds of twenty (20) targets per day from unmarked distances up to a maximum of fifty (50) yards for all U19 male and female and U16 males, forty (40) yards for U16 females and thirty (30) yards for the traditional division.

Drawing of lots:

A shooting group of archers (4-5) is determined by the Host Society. An adult scorer will accompany the shooting group.

OFFICIALS:

An experienced range officer controls the event designated and approved by the host society. The scores are tabulated by two (2) scorers (double scoring) within the shooting group.

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FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- All equipment shall comply with FITA classes defined.
- The 3-D Archers must supply their own equipment: arrows/bow and must comply with FITA rules, i.e. 60 pounds is maximum draw weight for all athletes.
- The arrows shall be of the same material and in uniform length and weight.
- **A leveling device may be used as long as it is not electronic.**
- **A single stabilizer maybe used that is no longer than 12 inches from the point of attachment. Stabilizer- any device used for the stabilization of the bow.**

Compound

- A compound bow must be used.
- The bow may be shot with a release, glove, finger tab or bare fingers.
- Any type of sight may be used.

Traditional

- Any recurve bow or longbow may be used.
- The bow must be shot with a glove, finger tab or bare fingers.
- A sight is not allowed.
- Stabilizers are not allowed.
- While shooting, the archer will touch the arrow with the index finger against the nock. The archer will use a single
- Anchor point - string walking and face walking are not allowed.

COMPETITION RULES:

- An athlete is allowed to compete in only one class.
- Equipment shall be checked before the match and shall not be altered during competition.
- Each target is numbered at the shooting position. The archer must touch the stake when shooting.
- Practice on the course is not permitted. Practice butts will be supplied by the Host Society on site.
- Equipment failures must be visible and agreed upon by the majority of the group. Upon agreement, the shooter must have his/her scorecards initialed by the entire group as an equipment failure. The scorecards of the shooter with the equipment failure will be totaled and initialed by the score keepers before leaving the range. At that time, the shooter, (with the failure) only must proceed forward through the course to the range tent and notify a range official.
- If there are three or more shooters remaining in the group they may continue shooting. If two or less shooters remain, they must join the following group (unless by joining the following group it will make a group of 6 or more) or step aside and await a range official before continuing.

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- The range official will hold the individual's scorecards until the repair is completed and he/she is escorted back onto the range. The range official will determine the amount of time necessary to make the needed repair. The time element will not be abused. A range official must escort all persons re-entering the range to the designated target.
- After each end the competitors walk to the target (which they share). An arrow earns the score of the zone it lands in. They are as follows:
 - Eleven (11) for the smallest ring, (10) points for the inner ring, eight (8) points for the outer ring, five (5) points for a body hit and zero (0) points for a hit in the horn or hoof, not touching body color, any other miss or glance off.
 - In case of a disagreement on the placement of the arrow, the range officer settles the dispute. The protest is brought forward by the coach or manager of the team.
- If the arrow is pulled before the tabulation, the person who pulls the arrow receives a zero for that target. The score cards have to be legible, completed in black or blue ink and signed by the scorer and the archer. If the tabulated scores do not match, the lesser value will be recorded as the official points.
- If an arrow lands in the dividing line it earns the higher value. A deflected arrow is scored where it lands. Witnessed pass through arrows are to be scored as agreed on by the majority of the group or a re-shot before shooters advance to the target. An arrow embedded in another arrow scores the same as the first. A re-shot is not warranted.
- When two archers or more have identical total scores, the process of tie breaking is as follows: a shoot off will be held using a Three-D animal target set at an unknown yardage, with an X placed in the center of the highest scoring area. The arrow closest to the center of the X will determine the winner. If only one shooter is present at the shoot off, he or she will be declared the winner.
- Shooting stakes shall be orange (max. distance of 50 yds) for all U19 male and female participants and U16 males, green (max. distance of 40 yds) for U16 females and yellow (max. distance of 30 yds) for all traditional participants.
- Field glasses (binoculars), telescopes and other optical aids may be used for spotting arrows provided they do not represent any obstacle to other athletes at the shooting peg.
- Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole in lenses, or similar devices, nor may they be marked in any way that can assist in aiming.
- The spectacle glass of the non-sighting eye may be fully covered or taped, or an eye patch may be used.

Rule Violation:

- Any person in violation with FITA rules may be disqualified from the event.
- Any shooter, who disobeys shoot officials orders, will be disqualified from the event.
- Littering improper disposal of trash will be considered as un-sportsmanlike conduct which may result in disqualification.

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ATHLETICS

EVENT:

The NAIG Athletics competition will consist of both male and female individual and team relay events for U14 (born 2000 & later), U16 (born 1998 & later) and U19 (born 1995 & later).

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter eight (8) male and eight (8) female athletes for each age category. An athlete is allowed to compete in four events plus two (2) relays. Cross country counts as one of the four events.

For each age category, each contingent has a maximum of 3 athletes per individual event.

Number of Coaches:

Each Province, Territory and State may accredit:

- Rosters under 20 athletes - 3 staff, (2 coaches and 1 manager, 1 must be female)
 - Rosters between 21 and 30 - 4 staff, (3 coaches and 1 manager, 1 must be female)
 - Rosters between 31 and 40 - 5 staff, (2 must be coaches and 1 manager, 1 must be a female)
 - Rosters between 41 and 50 - 6 staff, (2 must be coaches and 1 manager, 2 must be female)
-

GENERAL RULES:

The most recent International Amateur Athletics Federation (IAAF) Competition Rules Book will apply.

COMPETITION FORMAT:

Events are either heats and finals, or just finals dependent on the number of entries.

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Category	U14		U16		U19	
Gender	M	F	M	F	M	F
80M			X	X	X	X
100M	X	X				
150M			X	X	X	X
200M	X	X				
300M	X	X			X	X
400M	X	X	X	X		
800M						
1200M					X	X
1500M	X	X	X	X		
2000M	X	X			X	X
3000M	X	X	X	X		
X Country	2K	2K	3K	3K	8K	6K
High Jump						
Long Jump						
Triple Jump	X	X				
Shot Put						
Discus						
Javelin						
4x100m						
4x400m						

Relays:

Each Province, territory and State may enter:

- One (1) male 4x100M team and one (1) female 4x100M team in all age categories.
- One (1) male 4x400M team and one (1) female 4x400M team in all age categories.

NOTE: To accommodate the number of participants, athletes may move up to compete in a higher age class relay team, but they may not compete in the same relay event in two different age categories.

OFFICIALS:

All officials (timer, photo finish, starter, etc.) will be designated and approved by the Host Society.

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FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- Competitors must wear their numbers on the front and back of their vests, except in the high jump events, where they may wear one number, either on the front or the back.
- In the track events, athletes also must wear hip numbers affixed to both sides of their shorts.
- Maximum spike length for track events – 6-7 mm (except for High Jump and Javelin)
- Maximum spike length for high jump and javelin – 12mm (rule 143.4)
- During the medal ceremonies, athletes must wear tracksuits in their team colors and shoes without spikes.
- All equipment used in the 2014 NAIG shall comply with IAAF Rules.
- Throwers may submit their own implements for certification and use in the events equipment pool as long as the implements comply with IAAF rules.
- For all throwing events the implement weight shall be as follows:

Male	U14	U16	U19
Shot put	3 kg / 6.6 lbs	4 kg / 8.8 lbs	6 kg / 13.2 lbs
Discus	750g / 1.7 lbs	1 kg / 2.2 lbs	1.750kg / 3.9 lbs
Javelin	400g / 14.1 oz	600g / 21.2 oz	800g / 28.2 oz
Female			
Shot put	3 kg / 6.6 lbs	3 kg / 6.6 lbs	4 kg / 8.8 lbs
Discus	750g / 1.7 lbs	1 kg / 2.2 lbs	1 kg / 2.2 lbs
Javelin	400g / 14.1 oz	500g / 17.6 oz	600g / 21.2 oz

COMPETITION RULES:

Qualifying Heights and Distance for Field Events

- The qualifying heights and distances will be determined at the Technical Meeting as well as the successive heights of the bar in the high jump event.

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BADMINTON

EVENT:

The NAIG badminton competition will consist of male and female singles, doubles and mixed doubles events for U15 (born 1999 & later) and U17 (born 1997 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter two (2) male and two (2) female per age category. An athlete is allowed to compete in the singles, doubles and mixed doubles events.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) female staff.

GENERAL LAWS:

The most recent version of the Badminton World Federation (BWF) Laws will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

Draw Format - Preliminary Rounds: All preliminary draws for all events (with less than 21 entries) in badminton will be round robin format with players/teams divided randomly into different pools. Pools will consist of a minimum of 3 and a maximum of 4 players/teams. Teams/players representing the same state/province/territory will be separated into different pools.

The top two finishers in round robin competition play, from each pool, will advance to the medal round.

Draw Format - Medal Rounds: The medal round format will be determined based on the number of entries for the event.

For examples of draws please see attached *Appendix A*

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OFFICIALS:

Tournament Referee will be appointed and approved by the host society. The umpires must have Provincial/State certification.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Badminton players must supply their own equipment, with the exception of shuttles. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what shuttle will be used. All equipment must comply with the rules and regulations according to Badminton World Federation (BWF).

COMPETITION RULES:

Seeded players are placed properly and byes are placed according to BWF rules. In general there is one seeded player for every eight entries some considerations are made to players from the same zone meeting in the first round.

Rally point scoring (2006)

- A match shall consist of the best of three games, unless otherwise arranged (Appendix 2 and 3).
- A game shall be won by the side which first scores 21 points, except as provided in Law 7.4 and 7.5.
- The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a 'fault' or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
- If the score becomes 20-all, the side which gains a two point lead first, shall win that game.
- If the score becomes 29-all, the side scoring the 30th point shall win that game.
- The side winning a game shall serve first in the next game

The referee is responsible for enforcing the default rules as published on the tournament entry form. For this reason, the umpire checks that match times in doubles/individual events are posted on the draw. The referee shall provide shuttles to the umpires for pre-test. The referee makes the final decision on rule interpretation at the request of the umpire.

Note: Play-off games will be done for the Bronze medal positions.

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BASEBALL

EVENT:

The NAIG baseball competition consists of U17 (1997 & later) male teams.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter a maximum of sixteen (16) male players per team.

Number of Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per team. The staff composition must have a minimum of one (1) male staff.

GENERAL RULES:

The most recent version of the Official Baseball Rules of the Major League Baseball will apply to the NAIG baseball competition. The International Baseball Federation follows the Official Baseball Rules of the Major League Baseball. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

OFFICIALS:

The umpire in chief must have a minimum National Level 4 certification. The remaining umpires must have a minimum Provincial Level 2.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

U17 age category shall follow standard rules for the playing field, dimensions and equipment:

- Distance between bases is ninety (90) feet
- Distance from home to pitcher is sixty feet, six inches (60'6")
- Wood bats only

Baseball players must supply their own bats, batting helmets, and gloves. Catchers shall supply all their additional equipment. All equipment shall comply with the International Baseball Federation (IBF) standards as per Baseball Canada for minor aged players.

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COMPETITION RULES:

Rules Governing the Pitcher

(Exhibition Play, League Play, Play-Off's, Tournaments, and Championships)

8.01

- (1) Any player on the team is eligible to pitch, and there are No restrictions to the number of pitchers a manager may use in a game.
- (2) Pitchers shall be permitted to have 2 appearances in the same calendar day. If a pitcher requires a rest following 1st appearance, they cannot return in the same calendar day.
- (3) Pitcher cannot pitch 3 consecutive days unless a pitcher first 2 days combined does not exceed:
 - Midget: 40
 - If pitcher day 1 + day 2 exceeds figure above for their division, they require at least 1 days rest.
 - Pitcher cannot pitch 4 consecutive days. One (1) days rest is needed.
- (4) Pitchers and managers shall follow the following guidelines:

Midget	Rest
(16-18)	required
1-40	None
41-55	1 day
56-70	2 days
71-85	3 days
86-105	4 days
105	Maximum

- (5) The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Athletes must not exceed the maximum pitch count total for that day.
- (6) Once a player assumes the position of pitcher, they cannot catch for the remainder of the day.
- (7) Pitchers will be permitted to finish the batter if his or her maximum pitch limit has been reached for that calendar day.
- (8) Intentional Walks will be included in Pitch Count totals.

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- (9) Required Rest shall be defined in “Days” starting at 12:01am and ending at 11:59 pm of the next calendar day.
- (10) If a game continues past 12:01am, those pitches are counted as if pitched prior to midnight. If a game is suspended, when it resumes it is defined as a different day.

A pitcher who is removed from the mound during a game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game at another position.

Number of Innings

- The entire game shall consist of seven (7) innings including the medal rounds
- The ten run rules will be in effect anytime after the completion of 5 (or 4-1/2) innings of play.
- The umpire will award the game to the team with a lead of ten or more runs any time after the trailing team has had five turns at bat.

Extra inning game procedure

- If the game is tied at the completion of regulation (7 innings), the following procedures will be implemented during extra innings:
- Each team will begin the extra inning (and any subsequent necessary extra innings) with a player on first and second, no outs.
- The batting order of the extra inning or any subsequent innings will be determined by how the previous inning ended.
- The traditional system of the visiting team hitting in the top of the inning and the home team hitting in the bottom of the inning will remain in effect until a winner is determined.

Example:

If the last regulation inning ends with the #6 hitter having the last plate appearance (PA), then the extra inning begins the #7 hitter at bat, and the #5 hitter at second base and the #6 hitter at first base.

With the exception of beginning the inning with runners on first and second base with no one out, all other “Official Baseball Rules” and “Canadian Rules” will remain in effect during extra innings required to determine a winner.

Extra inning game procedure for each division as outlined below:

Midget: extra inning procedure for only round robin games.

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PART IV - BASEBALL CANADA

CHAMPIONSHIPS FORMAT & TIE BREAKING FORMULA

- 4.1 Please note the following before going through the tie-breaking formula:
- 4.1.2 In any 11 team tournament, the tie-break formula will be used only to rank the team within each pool. No tie-break games shall be played with any 11 team tournament.
- 4.1.3 When a multiple tie occurs and is only partially resolved, the remaining ties will be resolved by continuing on with the remaining tie breaking priorities until all 4 priorities have been exhausted. Then, and only then, will the remaining tied teams return to priority number 1 and proceed through the order again.
- 4.1.3 In a three-way tie, for first place only, one team will be awarded first place using the formula. The second and third teams involved in the tie will play a playoff game with the winner to advance to the championship round with the first place team. (Does not apply for Canada Cup)
- 4.1.4 In any tie scenario for 2nd place after round-robin play, teams will be placed using the tie breaking procedures and the 2nd and 3rd place team will then play a playoff game to determine which team will advance to medal play. (does not apply to Canada Cup)
- 4.1.5 In a mercy rule ball game, the winning team will get credit for 7 defensive innings while the losing team will only get credit for innings played.
- 4.2 Should ties occur between the provinces, division standings will be decided according to the following priorities:
1. The team with the best win-loss record in the game(s) between or among the tied teams will place higher in the standings.
 2. If the tie still persists, the placement of teams will be dictated by the ratio of number of runs against per defensive inning for games between or among the original tied teams.
 3. If the tie persists, the placement of teams will be dictated by the ratio of runs scored per offensive inning for games between or among the original tied teams.
Note: When calculating the number of defensive and offensive innings that are to be credited to each team under priorities (2) and (3), innings will be calculated on a fractional basis.
 4. If the tie still persists, the team having the best win-loss record in games played versus the highest placed team not in the tie, followed by comparison against the next highest placed team, etc. will place higher in the standings.
 5. If the tie still persists, the team with the best defensive ratio of defensive runs per defensive innings in all games will place higher in the standings.

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BASKETBALL

EVENT:

The NAIG basketball competition consists of both male and female team competitions for the U14 (born 2000 & later), U16 (born 1998 & later) and U19 (born 1995 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter a maximum of twelve (12) players per age category in both male and female categories.

Number of Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. Men's team: At least one of the coaches must be male. Women's team: At least one of the coaches must be female, if the head coach is male; then the manager must also be female.

GENERAL RULES:

The most recent Federation Internationale de Basketball (FIBA) Official Basketball Rules and updates (most recent rules changes up to the date of competition) will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries per age category. The host society will make every effort to create a basketball bracket for a double elimination competition.

OFFICIALS:

The chief official and referees will be designated and approved by the Host Society. The chief officials must have a minimum Provincials Level three (3) certification. When in Canada it is recommended that referees have a minimum Provincial Level two (2) certification (U14 & U16) and a minimum Provincial Level three (3) certification (U19).

Two officials will be used for all U14 and U16 games, while three officials will be utilized for all U19 games.

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FIELD OF PLAY/EQUIPMENT REQUIRMENTS:

- All courts and equipment shall comply with the FIBA rules, unless agreed upon i.e. key size. All Courts must be the same.
 - A ball size of 6 shall be used for all female age groups.
 - A ball size of 7 shall be used for all male age groups.
 - The official game ball used will be size 6 and 7 official FIBA game balls. Molten or Spalding balls are preferred. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what game ball will be used.
 - Game ball will be determined by coaches before start of each game, not new balls – broken in balls.
 - Teams must supply their own warm up balls and equipment.
 - Jersey numbers must comply with FIBA, numbered 4-15.
-

COMPETITION RULES:

- An entire game shall consist of:
 - Four (4) – eight (8) minute periods for ages U14.
 - Four (4) – ten (10) minute periods for ages U16 and U19.
 - Intervals of two (2) minutes between periods
 - A ten (10) minutes half time will be in effect
 - A twenty-four (24) second shot clock will be in effect
- Modification to U14 years, thirty (30) second shot clock, ten (10) second half court rule, no press and no zone.
- If the score is tied at the end of playing time of the fourth period, the game shall be continued with as many extra five (5) minute periods as is necessary to break the tie.
 - In all extra periods the teams shall continue to play towards the same baskets as in the fourth period.
- FIBA warm up procedures:
 - The clock will be set to a maximum of 20:00 to start the pre-game warm-up. May be modified depending on the timing of the games.
 - All other rules as written in the FIBA Official Basketball Rules 2012 unless modified.
- Once the score hits a 30 point spread, the clock will run continuously and the shot clock will be turned off.
- If there is a tie, then FIBA tie breaking rules will be followed.

Tie breaking format (FIBA Official Basketball Rules, Pg. 68, Classification of Teams)

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BOXING

EVENT:

To be eligible for Boxing Competition and for safety purposes, a minimum number of ten (10) bouts are required. Participants born in 1996 to 1997 are eligible. Participants born in 1998 (16 years of age) may be considered to be upgraded.

All Participants must present their boxing credentials demonstrating a minimum of ten (10) sanctioned bouts.

Any boxer can be granted open status by Provincial/State Boxing Association for Participants under ten (10) bouts. Verification by the Provincial/State Association must be provided.

WEIGHT (KG/LBS AND OZ)

Youth Male boxers (96-97)				
10 weight categories				
Weight Division	Over – kg	Under – kg	Over lbs/ozs	Under lbs/ozs
Light-Fly	46	49	101.2	107.8
Fly	49	52	107.8	114.4
Bantam	52	56	114.4	123.2
Light	56	60	123.2	132.0
Light-Welter	60	64	132.0	140.8
Welter	64	69	140.8	151.8
Middle	69	75	151.8	165.0
Light-Heavy	75	81	165.0	178.2
Heavy	81	91	178.2	200.2
Super-Heavy	+ 91		200.2+	

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Youth Female boxers (96-97)				
10 weight categories				
Weight Division	Over – kg	Under – kg	Over lbs/ozs	Under lbs/ozs
Light-Fly	45	48	99.0	105.6
Fly	48	51	105.6	112.2
Bantam	51	54	112.2	118.8
Feather	54	57	118.8	125.4
Light	57	60	125.4	132.0
Light-Welter	60	64	132.0	140.8
Welter	64	69	140.8	151.8
Middle	69	75	151.8	165.0
Light-Heavy	75	81	165.0	178.2
Heavy	81	--	178.2+	

PARTICIPANTS:

Number of Athletes:

Each Province, Territory, and State may enter one (1) male and one (1) female in each weight division for each age category. (This to be finalized depending on the advance entry numbers)

Number of Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) female.

Additional coaches on a graduated scale depending on the number of competitors will be as follows:

- 7-12 competitors – 1 extra coach,
- 13-20 competitors 2 extra coaches,
- More than 20 – 3 extra coaches.

GENERAL RULES:

The most recent version of the Association Internationale de Boxe Amateur (AIBA) rules will apply. Unless otherwise stated in this package.

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COMPETITION FORMAT:

Minimum number of three (3) participants for each weight category for that event to run. If three participants are not reached by the registration deadline the event will be cancelled. This will be updated after initial registrations.

Rounds:

Females:

- Four (4) rounds of two (2) minutes each, with one (1) minutes rest intervals

Males:

- Three (3) rounds of three (3) minutes each, with one (1) minutes rest intervals
-

OFFICIALS:

The referees and judges will be designated and approved by the Host Society. All referees and judges must have a minimum National level four (4) certification or AIBA 1 Star designation. To encourage the participation and development of local officials through NAIG the gloves, timekeepers, recorders, and equipment technicians for boxing must be certified officials, having attained a minimum level one (1) certification.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- All equipment must comply with the rules and regulations of the Association Internationale de Boxe Amateur (AIBA).
- Competitors will supply their own bandages (handwraps) and singlets and AIBA approved head guards.
- The wearing of competition headguards during competition is compulsory.
- Headguards with the AIBA-approved label must be worn.
- The color should be as for corner – Red/Blue.
- Female competitors will be required to provide their own breast protector (which are optional) and pelvic protectors.
- A boxer is not allowed to wear his or her own gloves in competition.
- The Host Society will supply competition gloves.

Bandages:

- A velpau bandaging or training hand wrap may be used. The bandage must not be longer than 4.5m (14 feet 1 inch), and no shorter than 2.5m (8feet 2 inches). The bandage should be 5.7cm (2inches ¼) wide. A single strap of adhesive 7.6cm (3inches) long and 2.5cm (1inche0 wide, but in no case to exceed 5cm wide, may be used on the upper wrist to secure the bandages. The bandage may go through the finger once.

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COMPETITION RULES:

- Bouts between females and males are not permitted.
- Female boxers
 - When down (8 count) twice in a round or three times in a bout, the bout shall be stopped. The boxer receiving the blows shall lose the contest by RSC or RSC(H) depending on the area of the blows.
- Male boxers
 - When down (8 count) three times in a round or four in a bout, the bout shall be stopped. The boxer receiving the blows shall lose the contest by RSC or RSC(H) depending on the area of the blows.
- At the end of the bout the gloves and headgear shall be removed for the presentation of the decision.

Medical Weigh ins

- All competitors shall be ready to weigh in on the first morning of competition and on each subsequent morning on which they are drawn to box.
- Those who have weighed in on the first morning and then receive a “bye” or “walkover” shall not be required to weigh-in for the “bye” or “walkover”.
- A competitor must be passed each day as fit to compete by the appointed Doctor of Medicine before being weighed in.
- One coach may accompany the boxer to the medical examination Area. A test scale will be provided for competitors to test their weight prior to participating in the official weigh-in
- A competitor shall be allowed to present him/herself at the official weight scales only once per competition day. The weigh recorded on that presentation is final
- The weight is the one shown by the scale, no allowance is made for clothes therefore the competitor has the option to weigh in with or without clothing (underwear)
- Medical and weigh-ins shall be conducted out of the view of members of the opposite sex, with the exception of the attending doctor.
- Female competitors may be accompanied by a female coach or a female official when attending the medical examination and weigh in. Female competitors shall report to the attending medical officer regarding any menstrual irregularities, particularly the presence of amenorrhea (loss of menstruation).

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CANOEING / KAYAKING

EVENT:

The NAIG canoeing competition consists of male and female singles, doubles and mix doubles for all age classifications in the following events:

Category	U14 (2000 & later)		U16 (1998 & later)		U19 (1995 & later)	
	M	F	M	F	M	F
200m	K1	K1	K1	K1	K1	K1
1000m	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1
3000m	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1
6000m					MC1, K1	MC1, K1
10000m						
1000m (Dbls)	MC2	MC2	MC2	MC2	MC2	MC2
3000m (Dbls)	MC2	MC2	MC2	MC2	MC2	MC2
6000m (Dbls)					MC2	MC2
10000 (Dbls)						
1000m M Dbl	MC2	MC2	MC2	MC2	MC2	MC2
3000m M Dbl	MC2	MC2	MC2	MC2	MC2	MC2
6000m M Dbl					MC2	MC2
10000m M Dbl						

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter six (6) male and six (6) female for each of the age categories listed above. An athlete is allowed to compete in a maximum of six (6) events. All registered competitors must race at least two events.

COACHES

Number of Coaches:

Each Province, Territory and State may accredit:

- Team roster under ten (10) athletes:
 - One (1) coach and one (1) manager, one (1) must be female
- Team roster of eleven (11) to twenty (20) athletes:
 - Two (2) coaches and one (1) manager, one (1) must be female
- Team roster of twenty-one (21) to forty (36) athletes,
 - Three (3) coaches and one (1) manager, two (2) must be female

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Coach Qualifications

Canadian Teams

Head Coaches: It is highly recommended that all head coaches be certified under the National Coach Certification Program (NCCP) in either Sprint or Marathon Competitive – Introduction (ELCC) context but at a minimum be trained in either the Sprint or Marathon Competitive – Introduction (ELCC) context.

GENERAL RULES:

The most recent version of the CanoeKayak Canada (CKC) Marathon Canoe Racing Competition Rules and Sprint Racing Rules will apply, unless otherwise stated in this package.

COMPETITION FORMAT:

Events are either finals **OR** semi finals/finals, **OR** heats, semi finals/finals, dependant on the number of entries. There will be no consolation races.

Contingents are permitted only one entry per event. All races will begin with a mass start.

OFFICIALS:

All officials will be designated and approved by CanoeKayak Canada and the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The Host Society shall provide the canoes for the competition. Competitors must supply their own paddles, PFDs and all accessories. All Canoe equipment must comply with the Marathon Canoe Racing Competition rules. The kayaks will be provided by CanoeKayak Canada, CanoeKayak Saskatchewan, Alberta Canoe Sprint Racing Affiliation, Manitoba Paddling Association and CanoeKayak BC.

The canoe used for this event will be determined one (1) year out and will be distributed through the Chef de Missions. All competitors will carry government approved PFD's in their boats. U14 age class competitors are required to wear PFD's. (In Canada, Canadian legislation will govern; in the USA, American legislation will govern.)

COMPETITION RULES:

The CanoeKayak Canada Marathon "Code of Safety" will apply to the competition when held in Canada.

The Code of Safety is available on line at: www.canoekayak.ca in the Marathon Section.

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GOLF

EVENT:

The NAIG golf competition will consist of male and female competitors in the following: U17 (born 1997 & later) and U19 (born 1995 & later) age categories.

Additional costs for practice rounds are the responsibility of the team and/or golfer for all age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter two (2) male and two (2) female for each age category.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coaches and one (1) manager for the entire roster. The staff composition must have a minimum of one (1) female staff.

The Rules of Golf stipulate that teams may assign one person to act as a coach and have contact with the team members during their round (Rule 8-2). * If there are two courses being used, an exception will be considered where a contingent can assign a second coach to assist with the other coach.

GENERAL RULES:

When in Canada, the Rules will be followed according to the Royal Canadian Golf Association (RCGA) and when hosted in the USA will follow the rules according to the United States Golf Association (USGA). Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be stroke play for all the age categories. Golfers will play up to a minimum of 54 holes (3 rounds). If the numbers warrant a cut after 36 holes (2 rounds) the Competition Committee* will determine and set the cut line at the first coaches meeting prior to the start of the competition. 18 holes (1 round) will be played per day of competition.

OFFICIALS:

All officials will be designated by the approved by the Host Society. All Rules Officials must have a Level 3 or 4 RCGA or USGA certification.

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FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The golfers must supply their own equipment (clubs and balls). All equipment must comply with The Rules of Golf as set forth in the RCGA and USGA.

COMPETITION RULES:

Dress Code will be according to the Golf Club being used. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what the dress code is for the club.

Tees will be determined at future Chef de Mission meetings.

THE RULES OF GOLF; Section III Rule 33 – The Committee

33-5. Score Card

In stroke play, the Committee must provide each competitor with a score card containing the date and the competitor's name. **Note:** The Committee may request that each competitor record the date and his/her name on his score card.

33-7. Disqualification Penalty; Committee Discretion

A penalty of disqualification may in exceptional individual cases be waived, modified or imposed if the Committee considers such action warranted.

Any penalty less than disqualification must not be waived or modified.

If a Committee considers that a player is guilty of a serious breach of etiquette, it may impose a penalty of disqualification under this Rule.

Appendix 1 - Part C: 11 – How to decide ties

33-6. Empowers the Committee to determine how and when a stroke play tie shall be decided. The decision should be published in advance.

In the event of a tie for the championship in any age division, there will be a sudden death playoff immediately following completion of play. The playoff will start on Hole #1.

*Competition Committee is also known as the Golf Competition Committee or the committee brought together to organize and implement the golf competition.

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LACROSSE – BOX (Men’s)

EVENT:

The Box Lacrosse competition will consist of male teams for U16 (born 1998 & later) and U19 (born 1995 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each province, territory and state may enter a maximum of twenty (20) uniformed players for each age classification. The twenty (20) players shall be comprised of eighteen (18) players and two (2) goalkeepers. Five (5) players and one (1) goalkeeper shall be permitted on the floor at one time.

Number of Coaches:

Each Province, Territory and State may accredit a maximum of 4 team staff, which can include coaches, one (1) must be a certified trainer and one (1) must act as a manager for each team. The staff composition must have a minimum of one (1) male staff per age category.

GENERAL RULES:

The most recent version of the official rules of Box Lacrosse provided by the International Lacrosse Federation will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

OFFICIALS:

The Referee-in-Chief and attending officials will be designated and approved by the host society. The officials must have a minimum provincial level two (2) certification.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The indoor lacrosse playing surface shall be of material approved by the Host Society. The box shall be enclosed by a wall known as the boards which may be constructed of wood, plastic or any other material as approved by the Host Society. The boards shall be topped by a surrounding barrier of glass or other suitable material to a minimum height of three (3) feet on the sides and six (6) feet on the ends to keep the ball in play.

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Players are required to supply their own equipment and it must comply with International Lacrosse Federation rules. Required equipment includes a lacrosse stick, protective gloves, suitable shoes, shoulder/vest pads, rib pads and a protective helmet equipped with a face mask and a chinstrap which must be properly fastened on both sides. An intra-oral mouthpiece must cover all upper jaw teeth.

In addition, the designated goalkeeper shall wear a throat guard, arm and chest protector and shin guards.

COMPETITION RULES:

Complete up to date rules can be found at www.intlaxfed.org.

- A full Box Lacrosse game shall consist of sixty (60) minutes, divided into three (3) periods of twenty (20) minutes each.
- There shall be a ten (10) minute intermission between each period. Teams may leave the bench area.
- In the event of a tie score at the end of regulation time, play shall continue after a five (5) minute interval. The period(s) shall be ten (10) minutes stop time.
- If still tied the teams switch goals defended and continue to play an extra twenty (20) minute stop time period. The game ends upon scoring the first goal (sudden death).

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RIFLE SHOOTING

EVENT:

The NAIG rifle competition will consist of male and female individuals in the age categories of U16 (1998 & later) and U19 (1995 & later). Team events (for teams of three [3] members only) will also be offered.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter two (2) males and two (2) females per age category. Maximum number of shooters per province/territory/state is 8.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coaches and one (1) manager per team. The staff composition should have a minimum of one (1) female staff.

GENERAL RULES:

The most recent version of the International Sport Shooting Federation (ISSF) rules will apply. Unless otherwise stated in this package. When in Canada the Shooting Federation of Canada – Sporting Rifle Rules (SFC-SRR) rules will apply.

COMPETITION FORMAT:

Competition format is dependent on the number of entries per age group and gender. The shooting range is fifty (50) meters for all positions.

Athletes will shoot a 3P match of 120 shots and a prone match of 60 shots over three days. On day 1, athletes compete in one match of 20 prone, 20 standing and 20 kneeling shots. On day 2, athletes compete in one match of 20 prone, 20 standing and 20 kneeling shots. On day 3, athletes compete in a 60 shot prone match.

SFC-SRR Rule 6.4.1.4 states that each participant will have thirty (30) minutes for 20 shots in each position.

Individual medals will be handed out at the end of each event. An overall medal will be awarded at the end of competition. To be eligible for the overall medal each athlete must have completed competition in both the 3P and prone events.

The Host Society will provide the Chef de Missions with the specified targets that will be used six (6) months prior to the games.

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OFFICIALS:

An experienced range officer will control the Rifle shooting event. All officials will be designated and approved by the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- All equipment shall comply with the **SFC-SRR** unless otherwise specified below.
- Rifle shooters must supply their own rifle according to **SFC-SRR** regulations.
- Refer to **SFC-SRR Rule 4.4.5.3.** for the use of telescopes.
- Refer to **SFC-SRR Rule 4.3.7.** for the use of a sling or hand stop is prohibited in the sporting rifle competitions.
- Refer to **SFC-SRR Rule 4.4** regarding Clothing Regulations.

Guns at the Games:

When athletes check in for accreditation, please declare all firearms as the guns will be taken to the Shooting Venue site and locked in the storage area. There will be no rifles stored or kept in the Athlete Villages.

Ammunition:

The host society will provide ammunition for the competition; however, athletes should be prepared to provide their own ammunition for practice, and will assume the cost, acquisition and safe transportation of the ammunition to the shooting range. In either case, the type of ammunition used will be determined by the host society and all teams must comply with the ammunition type. Ammunition must also be kept in storage at the Shooting Venue along with the guns.

**Any athletes traveling across the border must check on the procedures for transporting guns and ammunition.
This is the responsibility of the athlete and coach.**

COMPETITION RULES:

Competition rules will be outlined at the Chef de Mission meetings.

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SOCCER

EVENT:

The NAIG soccer competition consists of both male and female teams for U16 (born 1998 & later) and U18 (born 1996 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter a maximum of eighteen (18) players per age category for both male and female.

Number of Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team.

GENERAL RULES:

The most recent version of The Laws of the Game of the Federation International de Football Association (FIFA) Rules will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

OFFICIALS:

All Officials will be appointed and approved by the Host Society. When in Canada, all officials must be registered with the CSA through the Host Provincial Associations and will be appointed and approved by the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Refer to FIFA Laws of the Game, Law 1, 2 and 4.

For Law # 4 please see attached *Appendix B*.

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COMPETITION RULES:

Disciplinary Rules:

- a) A Soccer Discipline Committee shall consist of a chairman and representatives of two participating teams having no vested interest in the outcome of the hearing.
- b) The conduct of the games shall follow the Laws of the game as approved by FIFA.
- c) Players accumulating three cautions (yellow cards) during the tournament shall receive an automatic one game suspension.
- d) Players ejected from a game (red card) shall be suspended automatically for a minimum of one (1) game. Further sanctions will be determined by a hearing of the Soccer Discipline Committee.

An entire game for the NAIG soccer shall consist of the following:

- All age categories shall play two (2) halves of forty five (45) minutes each, with a ten (10) minute interval between halves.
- The winning team is awarded three (3) points and the defeated team is awarded zero (0) points for the pool standings in the round robin tournament. When the score is tied at the end of regulation time each team is awarded one (1) point for the pool standing in the round-robin tournament.
- In play-off games where the score is tied at the end of regulation time, extra time will be played consisting of two (2) periods of fifteen (15) minutes. If the score remains tie at the end of extra time, kicks from the penalty mark shall be taken to determine the winner.

Substitution Rule:

A maximum of five (5) substitutions shall be allowed in the whole game (including extra time). Unlimited substitutions may be made at half-time, or at full-time before any extra time. A player who has been substituted is not eligible to re-enter (except at half-time or prior to the commencement of extra time).

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SOFTBALL

EVENT:

The NAIG competition consists of male and female teams for U16 (born 1998 & later) and U18 (born 1996 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory or State may enter a maximum of fourteen (14) players per male and female age categories. A minimum number of players required per team is eleven (11).

Number of Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team.

GENERAL RULES:

The most recent International Softball Federation (ISF) Technical Code will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. The minimum number of games each team will play will be three.

OFFICIALS:

An Umpire in Chief will be designated and approved by Host Society. For all semi-final and finals games, three umpires per game will be utilized.

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FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Ball size and pitching distance between the home plate and pitcher's mound:

Age category	Ball size	Pitching distance
Male: U16	30.5 cm (12")	12.8m (42')
Male: U18	30.5 cm (12")	14.0m (46')
Female: U16	30.5 cm (12")	12.2m (40')
Female: U18	30.5 cm (12")	13.1m (43')

Safe base will be implemented.

Competitors must supply their own bats, helmets, gloves, and catchers must supply their own special additional equipment. Offensive and Defensive players may wear an ISF approved face mask. Absolutely no metal spikes will be allowed. All equipment must comply with the ISF standards.

COMPETITION RULES:

- The teams will warm-up off the competition diamond and will be allowed only 10 minutes on the competition diamond prior to game time.
- An entire game for the NAIG softball tournament shall consist of seven (7) innings or a maximum time of ninety (90) minutes. No new inning will start after ninety (90) minutes. If the game is tied after ninety (90) minutes the tied breaking procedures will apply.
- The pitcher must deliver the ball for a walk; there will be no automatic walks.
- The seven (7) run rule will be in effect anytime after the completion of 5 (or 4 1/2) innings of play. The umpire will award the game to the team with a lead of seven (7) or more runs any time after the trailing team has had five (5) turns at bat.
- Mercy Rule
 - In all categories, games will end after 2½, 3, 3½ or 4 complete innings of play if there is a difference of 15 runs.
 - In all categories, games will end after 4½, 5, 5½ or 6 innings of play if there is a difference of 7 runs
- In the case of a tie game during the round robin play and/or play offs, the International tie breaking rule shall be followed:
 - Starting with the top of the eighth inning, and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat ninth (tenth in SP, or eleventh in SP with an EP) in that respective half inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

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Tie breaking procedures

Final Standings in the Qualifying Round (Round Robin) shall use the following criteria to determine the order of finish.

Note 1. No Provincial Championship games will remain a tie.

Note 2. If a game is tied after seven (7) complete innings, the teams will revert to the international tie breaking rule starting in the top of the eighth (8th) inning.

Note 3. When using all the criteria below full team records of the entire Round Robin are used and only 4, 5, 6, etc. complete innings in 4½, 5½, 6½ etc. inning games are to be used.

Note 4. If the home team is ahead after 6½ innings of play, they will NOT bat in the seventh (7th) inning. This rule will also be in effect if the mercy rule comes into play after 4½ or 5½ innings.

Two (2) teams tied

- a) The winner of the round robin game between the tied teams receives the higher placement.
- b) In the event the two teams did not play each other in the qualifying round (round robin);
 - i) The difference of plus and minus of total runs scored, with a limit of seven (7) plus or minus per game for all games played in the Round Robin will be used to determine the higher placement. If still tied then....
 - ii) Least runs allowed by each team for all games played in the Round Robin will be used to determine the higher placement. If still tied then.....
 - iii) Total runs for each team (with a maximum of 7 runs per game) for all games played in the Round Robin will be used to determine the higher placement.

Three (3) teams tied

- a) If all three teams have played each other the winner of the round robin games between the tied teams will receive the higher placement.
- b) If only one team has played all teams they are tied with, and won both games, then they will receive the higher placement. The two remaining teams will revert back to the two teams tied criteria above.
- c) If the teams have or have not played each other, the difference of plus or minus of total runs scored, with a limit of seven (7) plus or minus per game for all games played in the Round Robin will be used to determine the highest placement. If the two teams remaining have played each other, the head to head game will be used to determine the 2nd and 3rd position. If the two teams have not played each other, the plus/minus criteria will be used to determine 2nd and 3rd placements. If still tied then....
 - i) Least runs allowed by each team for all games played in the Round Robin will be used to determine the higher placement. If still tied then....
 - ii) Total runs for each team (with a maximum of 7 runs per game) for all games played in the Round Robin will be used to determine the higher placement.

Four (4) or more teams tied

- a) In the event that four or more teams are tied, the following criteria will be used:
- b) The difference of plus or minus of total runs scored, with a limit of seven (7) plus or minus for all games played in the Round Robin will be used to determine all four placements. If still tied then....
 - i) Least runs allowed by each team for all games played in the Round Robin will be used to determine the higher placement. If still tied then....
 - ii) Total runs for each team (with a maximum of 7 runs per game) for all games played in the Round Robin will be used to determine the higher placement.

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SWIMMING

EVENT:

The NAIG swimming competition consists of both male and female individual events and relay events for U14 (born 2000 & later), U16 (born 1998 & later) and U19 (born 1995 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter:

- A maximum of four (4) male swimmers and four (4) female swimmers per each age classification respectively.
- An athlete is allowed to compete in a maximum of six (6) events plus three (3) relays.

Number of Coaches:

Each Province, Territory and State may accredit:

- Rosters 16 athletes and under – 3 staff (2 coaches and 1 manager of which there must be a member of each gender represented on staff if there are both genders of athletes.
 - Rosters of 17 Athletes and over –4 staff (3 coaches and 1 manager of which there must be a member of each gender represented on staff if there are both genders of athletes.
-

GENERAL RULES:

The most recent version of the Federation Internationale de Natation Amateur (FINA) Rules will apply.

COMPETITION FORMAT:

Events are heats and finals, regardless of the number of entries to determine seeding times for finals.

All relays as well as the 800M freestyle and 1500M freestyle will be ran as timed finals.

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Category	U14		U16		U19	
Gender	M	F	M	F	M	F
Free 50m						
Free 100m						
Free 200m						
Free 400m						
Free 800m	X		X		X	
Free 1500		X		X		X
Free 4x50						
Free 4x100						
Back 50m						
Back 100m						
Back 200m						
Breast 50m						
Breast 100						
Breast 200						
Fly 50m						
Fly 100m						
Fly 200m						
IM 200m						
MR 4x50						

Relays:

Each Province, Territory and State may enter:

- One (1) 4x100M Freestyle relay for each age category
- One (1) 4x50M Freestyle relay for each age category
- One (1) 4x50M Medley relay for each age category

Relay team members shall be properly entered in at least one (1) individual event.

NOTE: To accommodate the number of participants, swimmers may move up to compete in a higher age class relay team, but they may not compete in the same relay event in two different age categories.

Only in the case of injury in an age group relay, can teams apply for exception to the above rule.

OFFICIALS:

All officials will be designated and approved by the Host Society.

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FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- This event will be a Short Course (25m pool)
 - The swimmers must supply their own equipment and must comply with FINA rules.
 - The Host Society must provide a warm up and cool down area for the athletes.
-

COMPETITION RULES

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

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VOLLEYBALL

EVENTS:

The NAIG volleyball competition consists of male and female teams for U16 (born 1998 & later) and U19 (born 1995 & later) age categories.

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State may enter a maximum of twelve (12) players per age category per male and female teams.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team

GENERAL RULES:

The most recent version of the Federation International de Volleyball (FIVB) Official Rule Book will apply. Unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three matches.

OFFICIALS:

All officials will be designated and approved by the Host Society. In Canada the match officials must have a Level two (2) Provincial Badge or higher. All other officials (lines-persons, scorekeepers) must have current Level one (1) Local Badge.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

All equipment shall comply with FIVB rules. The height of the net shall be according to the following information:

- U16 Female: 2.20m
- U16 Male: 2.35m
- U19 Female: 2.24m
- U19 Male: 2.43m

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COMPETITION RULES:

- Rally point scoring will be implemented
- A team wins a set (game) by scoring 25 points via rally scoring and with a minimum lead of two (2) points. In the case of a 24-24 tie, play is continued until a two (2)-point lead is achieved.
- A match in the Round Robin will consist of five (5) sets per match. The team wins a match by winning three (3) of the five (5) sets. A set is played to 25 points with a minimum lead of two (2) points.
- A match in the Playoff rounds (quarter finals) will be best of five (5) sets. The team wins a match by winning three (3) sets of the five (5). In case of a 2-2 tie, the deciding set is played to 15 points with a minimum lead of two (2) points, no cap via rally point scoring.
- FIVB Tie breaking procedures will apply.
- There will be 15 minutes warm-up time allocated on the competition court prior to game time.

Tie breaking rules will be in accordance with FIVB Sports Regulations 2004, Pg. 25:

8. TEAMS RANKING SYSTEM DURING THE COMPETITION

8.1 RANKING BY MATCHES WON AND LOST:

The ranking of teams is determined by the results of matches on the basis of matches won and lost.

8.2 POINTS AWARDED PER MATCH TO EACH TEAM

The following points will be awarded per match to each team:

Matches Won	2 points
Matches Lost	1 point
Matches Forfeited	Zero points

8.3 IN THE CASE OF A TIE:

- 8.3.1 **Set quotient** - In the case of equality in the number of points gained by two or several teams, they will be classified in descending order by the quotient resulting from the division of the number of all sets won by the number of all sets lost.
- 8.3.2 **Points quotient** - If the tie persists as per the set quotient (8.3.1) the teams will be classified in descending order by the quotient resulting from the division of all points scored by the total of points lost during all sets.
- 8.3.3 If the tie continues as per the points quotient (8.3.2) between two teams, the priority will be given to the team which won the last match between them.
- 8.3.4 When the tie in points quotient is between three or more teams, a new classification of these teams in the terms of 8.2 and 8.3 will be made taking into consideration only the matches in which they were opposed to each other.

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WRESTLING

EVENT:

The NAIG wrestling competition consists of both male and female individual competition for following age and weight classes. Participants born in 1996 to 1998 are eligible (Cadet). Participants born in 1999 may be considered to be upgraded.

M	F
42 KG / 92.6 lbs	38 KG / 83.8 lbs
46 KG / 101.4 lbs	40 KG / 88.2 lbs
50 KG / 110.2 lbs	43 KG / 94.8 lbs
54 KG / 119.0 lbs	46 KG / 101.4 lbs
58 KG / 127.9 lbs	49 KG / 108.0 lbs
63 KG / 138.9 lbs	52 KG / 114.6 lbs
69 KG / 152.1 lbs	56 KG / 123.5 lbs
76 KG / 167.5 lbs	60 KG / 132.3 lbs
85 KG / 187.4 lbs	65 KG / 143.3 lbs
100 KG / 220.5 lbs	70 KG / 154.3 lbs
115 KG / 253.5 lbs	80 KG / 176.4 lbs
130 KG / 286.6 lbs	90 KG / 198.4 lbs

PARTICIPANTS:

Number of Athletes:

Each Province, Territory and State is allowed to enter one (1) male and one (1) female athlete per weight division for each age group.

Number of Coaches:

Each Province, Territory and State may accredit one (1) coaches and one (1) manager per male and female teams. The staff composition must have a minimum of one (1) female staff.

GENERAL RULES:

When in Canada the most recent version of the Canadian Amateur Wrestling Association (CAWA) rules will apply. Unless otherwise stated in this package.

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COMPETITION FORMAT:

Minimum number of three (3) participants for each weight category for that event to run. If three participants are not reached by the registration deadline the event will be cancelled. This will be updated after initial registrations.

In the double elimination bracket draw format a win advances the wrestler to the next round and closer to the final. A first loss relegates the athlete to the repechage (consolation) rounds for (third place) and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2: 2,4,8,16,32, 64 and so on.

Following the weigh in, there will be a coaches meeting to determine seeding.

OFFICIALS:

When in Canada all officials will be designated and approved by the Canadian Amateur Wrestling Officials Association (CAWOA) in conjunction with the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The wrestler must supply her/his own equipment and must comply with the CAWA rules. Athletes must appear on the edge of the mat wearing a FILA approved one piece singlet of the colour assigned to them (Red or Blue). It is forbidden to have a mixture of red and blue colours on the singlet and wrestling shoes free of buckles and metal ridges, tape, and a handkerchief to be tucked inside the singlet for blood. Headgear is optional.

COMPETITION RULES:

The pre-competition weight-in will take place for one hour for each age category on the evening prior to the first day of competition. The NAIG competition will have only one (1) weigh-in session as above.

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APPENDIX A: Badminton Draw Formats

DRAW FORMAT: Preliminary Rounds

1. All preliminary draws for all events (with less than 21 entries) in badminton will be round robin format with players/teams (in general) divided by random into different pools.
2. Pools should consist of a minimum of 3 and a maximum of 4 players/pairs.
3. Teams/players representing the same state/province/territory should be separated into different pools.
4. The top two finishers in round robin competition play, from each pool, will advance to the medal round.

DRAW FORMAT: Medal Rounds

The medal round format will be determined based on the number of entries for the event.

1. 5 Entries in an Event or Less

If 5 entries are submitted for an event, a single pool round robin format will be used, with no need for preliminary rounds.

2. 6-8 Entries in an Event

Two pools will be created for 6-8 entries.

If 2 pools are used for an event, the team/players finishing first in pool #1 will play the team/player finishing #2 in the opposite pool. This will be the semi final matches with the winner advancing to the finals and the losing teams would face each other to contest for the bronze (third place) respectively.

If a two pool competition is held, the top two Provinces/States/Territories from the previous NAIG games (based on overall results for badminton) shall be separated into different pools.

3. 9-12 Entries in an Event

Three pool competition (for 9-12 entries)

If a three pool competition is held, the top three Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools.

If 3 pools are used, the top 2 teams/players from each pool, as determined by round robin play, will advance to the medal rounds. Once these 6 players/teams are decided, the format will be as such:

- 3.1 A single elimination draw with two equal halves of four (4) positions each (there will be six (6) players/teams and two (2) byes.
- 3.2 Teams finishing first in their respective pools and from the same province/territory/state must be placed on opposite halves of the draw. If this is not an issue, teams finishing first in their respective pools will be separated as far from each other as possible in the draw and should not meet in the first round. In addition, both sides of the draw must have at least one of these first place finishers and no more than two (2).

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- 3.3 Teams finishing first in their respective pools should be separated/spaced from each other as far as possible with their position in the draw being decided by chance.
- 3.4 One bye will be designated for both the top and bottom half of the draw, this can be decided by a coin toss.
- 3.5 Unless problematic for the official creating the draw, teams/players who finished first in their respective pool shall be favoured to receive a bye.
- 3.6 Teams/players advancing to the medal rounds from the same pool shall be separated into the two halves of the draw (ensuring they cannot possibly meet again unless they would be playing for Gold or Bronze medals).
- 3.6 Teams/players advancing to the medal round will be separated (into different halves of the draw) from fellow teammates from the same Province/State/Territory.

4. 13-16 Entries in an Event

Four (4) pool competition (for 13 -16 entries).

All regulations listed for a three pool (9-12 entries) will be used except that eight (10) players /teams will advance to the medal round. A draw sheet of 8 will be used for the medal round.

If a four pool competition is held, the top four Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools.

5. 17-20 Entries in an Event

Five (5) pool competition (for 17-20 entries)

All regulations listed for a four (4) pool competition (13-16 entries) will be used except that ten (10) players /teams will advance to the medal round. A draw sheet of 16 will be used with 3 byes in the top half of the draw and 3 byes in the bottom half of the draw.

If a five pool competition is held, the top four Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools, see 9-12 entries in an event.

6. 21 or More Entries in an Event

With 21 or more entries in an event, a single elimination draw will be created which will determine medals winners. The following guidelines shall apply:

- 6.1 Teams/players from the same Province/State/Territory will be separated (into different halves of the draw) from fellow teammates from the same Province/Territory/State.
- 6.2 The top two Provinces/States/Territories (based on overall results from badminton at the last NAIG) will have their top entries separated into 2 different halves of the draw. If any byes are awarded, these two players/teams will have first priority to receive them.
- 6.3 The top three and four Provinces/State/Territories (based on overall results from badminton at the last NAIG) will have their top entry placed into two different halves of the draw. The quarter they are placed in must not be the same quarter as the top two Provinces/ States/Territories (based on overall results from badminton at the last NAIG) - see 6.2.
- 6.4 All other entries will be placed in the draw at random.

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Round Robin Tie Breaking Procedure

1. If two teams are tied following a round robin competition, the team winning the encounter between the two teams shall be awarded the higher placing.
2. If three teams are tied following a round robin competition the team, the most points attained based on the following guideline shall be used to determine placement of teams:
 - a. Team winning 2 games - 0 games (in a match) = 3 points awarded
 - b. Team winning 2 games - 1 game (in a match) = 2 points awarded
 - c. Team losing 1 game - 2 games (in a match) = 1 points awarded

Points would be calculated for all matches played in a round robin with the team. The team with the most points will be placed first with second and third place teams determined in the same manner.

2. If still tied, then the team with the fewest points scored against them in matches played between the teams involved (with the tie) will be declared the winner.
3. If still tied, then the team with the fewest points scored against them in the matches played involving the entire round will be declared the winner.
4. If still tied, the winner will be declared by playing a single BWF regulation game or match (at discretion of tournament referee) against the teams involved. If more than two teams are involved a new straight draw will be created with placement of teams and byes in draw being done by referee. No ties will be possible with this final procedure.

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APPENDIX B: FIFA, Law 4 – The Players' Equipment

Safety

A player must not use equipment or wear anything that is dangerous to himself or another player (including any kind of jewellery).

Basic equipment

The basic compulsory equipment of a player comprises the following separate items:

- A jersey or shirt with sleeves – if undergarments are worn, the colour of the sleeve must be the same main colour as the sleeve of the jersey or shirt
- Shorts – if undershorts are worn or tights, they must be of the same main colour as the shorts
- Stockings – if tape or similar material is applied externally it must be the same colour as the part of the stocking it is applied to
- shinguards
- footwear

Shinguards

- are covered entirely by the stockings
- are made of rubber, plastic or similar suitable material
- provide a reasonable degree of protection

Colours

- The 2 teams must wear colours that distinguish them from each other and also the referee and the assistant referees
- Each goalkeeper must wear colours that distinguish him from the other players, the referee and the assistant referees

Infringements and sanctions

In the event of any infringement of this Law:

- Play need not be stopped
- The player at fault is instructed by the referee to leave the field of play to correct his equipment
- The player leaves the field of play when the ball next ceases to be in play unless he has already corrected his equipment
- Any player required to leave the field of play to correct his equipment must not re-enter without the referee's permission
- The referee checks that the player's equipment is correct before allowing him to re-enter the field of play
- The player is only allowed to re-enter the field of play when the ball is out of play

A player who has been required to leave the field of play because of an infringement of this Law and who re-enters the field of play without the referee's permission must be cautioned.

Restart of play

If play is stopped by the referee to administer a caution:

- The match is restarted by an indirect free kick taken by a player of the opposing team from the place where the ball was located when the referee stopped the match (see Law 13 – Position of free kick)