

SECTION VI

Athletic Division

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITION

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit. On the other hand, a sports program has the potential of becoming an end in and of itself. Students and staff who hold sports above all else do themselves a disservice and do not honor the Lord.

Regional and International Student Conventions are not intended to be tournaments to determine state and national championships. Schools that enter regional competition solely to compete in sports are missing a tremendous opportunity for their students to broaden their talents and abilities in other areas.

Regional and International Student Conventions may refuse to accept teams or individuals:

1. Who are only interested in sports competition.
2. Whose coaches or players have demonstrated disrespect for A.C.E. leadership, officials, and/or other teams and coaches.
3. Who have repeatedly displayed a negative attitude.

UNSPORTSMAN-LIKE CONDUCT PENALTY - DISQUALIFICATION

A.C.E. desires to assist schools in training young people to respect authority and conduct themselves in a Christian manner at all times, including stressful or demanding situations. Many times "Christian testimonies" are tarnished by public displays of unsportsman-like conduct. **Remember, God is not necessarily concerned with who wins the game, but rather how the game was played.** Any participant, player (on the court or on the bench), or coach who conveys and/or displays any attitude of disrespect, disgust, and/or disagreement could be disqualified from athletic competition.

ATHLETIC DRESS CHECK

The athletic judges will conduct dress check each day before every athletic event. Students will not be allowed to compete until dress corrections are made. (See athletic dress guidelines on pages I-7 and I-8.)

FIRST AID

Each school is responsible for providing their own first-aid supplies for athletic competition. Schools are responsible for helping their students as much as possible before consulting the medical/first-aid team.

TRACK AND FIELD (Male & Female)

PERFORMANCE EVENTS

NB! Female field events can only be entered at the European Student Convention. They are not offered at the International Student Convention; therefore, no ISC nominations can be earned for these events.



GENERAL GUIDELINES FOR TRACK AND FIELD

1. Appropriate athletic clothing must be worn. Boys must be clean shaven to compete. (See athletic dress code in Section I of these guidelines.)
2. A contestant may enter no more than four events in Track and Field.
3. It is the responsibility of the contestant to be present when his event is run. He will be disqualified if he misses his event.
4. Substitutions in relay teams are allowed only in cases of sickness or family emergency.
5. All substitutions must be approved by the Athletic Director.
6. Contestants must compete with shoes on both feet.
7. In all field events, it is the contestant's responsibility to check in with the Chief Judge before competition begins.
8. Any contestant performing in both field events and running events must immediately report to the starting place for his race when his running event is announced over the P.A. system. However, he must tell the field event Chief Judge of his whereabouts and report back to the same judge when his running event is completed; each contestant shall resume field competition where he left off.
9. Qualifiers for the final heats will be the eight contestants or teams with the fastest qualifying times. Eighteen contestants qualify for fastest times for the 1600-Meter Run and twelve for the 800-Meter Run.
10. A heat shall consist of up to eight runners with each runner assigned his own lane.
11. Winners of heats shall be placed in lanes accordingly:
 - a. Fastest Time Lane 4
 - b. Second fastest time Lane 5
 - c. Third fastest time Lane 3
 - d. Fourth fastest time Lane 6
 - e. Fifth fastest time Lane 2
 - f. Sixth fastest time Lane 7
 - g. Seventh fastest time Lane 1
 - h. Eighth fastest time Lane 8
12. Depending on entry numbers, the athletic director may decide that no finals will be run for certain events. Times from heats will be used to determine placings.
13. In the 100-Meter Dash, the 200-Meter Dash, the 400-Meter Dash, the 400-Meter Relay, and the first lap of the 1600-Meter Relay, a runner shall run within his assigned lane and shall not step over his lane line for three or more consecutive steps with either or both feet.
14. In the 800-Meter Run, the 1600-Meter Run, and the second lap of the 1600-Meter Relay, a runner must be one full stride ahead of another runner before he can cut over to the latter's course.
15. All field measurements are to be recorded to the nearest 1/4 inch (0.5cm) except in the high jump where the measurements will be recorded, by the judges, to the nearest 1/2 inch (cm). Times are to be recorded to the nearest 1/10 second.

16. Starting blocks may be used for any race. It is the responsibility of a fellow teammate to remove the blocks immediately after the race has begun.
17. In all events that involve measuring (except high jump), ties by identical measurements shall be separated by the second best performance of the tying contestants. If a tie still exists, it shall be decided by the third performance.
18. Spectators and coaches are not allowed on the track field.
19. Contestants may wear watches during competition.

In case of a conflict of rules with other athletic rules, the A.C.E. guidelines have precedence.

TRACK AND FIELD ORDER OF EVENTS

100-Meter Dash

1600-Meter Run

400-Meter Dash

200-Meter Dash

800-Meter Run

400-Meter Relay

1600-Meter Relay

This order is given for
your information in selecting
your participation in
Track events.

RELAYS (400-,1600-Meter) (Male and Female)

PERFORMANCE EVENT

1. Each relay team must consist of four members.
2. Relay runners must be dressed in uniformity; all four runners must be dressed alike.
3. Each member must run at least one, and no more than one, leg of the relay.
4. A baton must be carried and passed, not thrown, in succession to each runner.
5. In each relay, a runner must pass the baton to the next runner inside the 20-meter passing zone. Passing of the baton before the baton reaches the zone or after it goes beyond the zone, disqualifies that team.
6. After passing the baton, runners must continue in their lane so as not to interfere with others.
7. The baton must be carried by hand.
8. If any member of a relay team runs any part of the race without a baton, his team shall be disqualified.
9. A dropped baton must be recovered by the runner who dropped it, without interfering with other runners. If a baton is dropped in the passing zone, either runner of the same team in the zone may recover the baton. Disqualification occurs for interfering with another runner.
10. A member of a relay team may not run outside the passing zone to take the baton from a fallen member.
11. A runner who is to receive the baton may start his running no more than 10 meters outside the 20-meter passing zone. A runner may also start his running anywhere inside the 20-meter passing zone.
12. In the 400-Meter Relay, the runners must remain within their lanes throughout the race.
13. A 400-Meter Relay team shall consist of 4 runners, each running approximately 100 meters.
14. A 1600-Meter Relay team shall consist of 4 runners, each running approximately 400 meters.

15. In the 1600-Meter Relay, one lap must be completed before any runner may move to an inside lane. The curve judge of the final leg of the race shall arrange the runners from the inside lane out according to the order of the upcoming runners as they round the curve.

Contestants should select events carefully so they will not be competing in a back-to-back situation; i.e., 400-Meter Relay followed by 1600-Meter Relay.

HIGH-JUMP (Male & Female at ESC; Male only at ISC)

PERFORMANCE EVENT

1. Before competition, each contestant may take one trial jump at the starting height (4'6") for all contestants. Each contestant is allowed three (3) attempts at each height to clear that height. A third failed attempt eliminates the contestant.
2. A successful jump is one in which a jumper clears the crossbar without knocking the crossbar off the uprights. An unsuccessful attempt is one in which the contestant knocks the crossbar off with any part of his body or clothing.
3. A legal jump is one in which the jumper takes off or jumps from one foot.
4. Contestants reporting late will have to begin jumping at the present bar height.
5. A high jump crossbar shall be raised two inches at a time until the height of 4'10" is reached. From then on, the height shall be raised one inch at a time until six contestants remain. At that point, the height shall be raised one-half inch at a time.
6. A contestant may pass at any height. Once he has begun his jumping at any height, he may not pass that height.
7. A record of failures and successes shall be marked for all contestants. A zero will stand for a miss, an X will stand for a successful attempt, and a P will stand for a pass. (See example below.)

Example:

	5'0"	5'2"	5'4"	5'6"
J. Michael Kindhart	X	OOX	P	OOO

8. A try at a height shall be scored when a contestant touches the crossbar, upright supports, or landing area on any official run.
9. The winner shall be the person who has made the highest jump. In the case of a tie, the person with the least number of misses shall be declared the winner. If any contestants still remain tied, a jump-off shall occur and be judged again on fewest misses or highest height.
10. After all other contestants have failed, the one contestant left has the right to continue jumping until he has three consecutive misses.

RUNNING LONG JUMP (Male & Female at ESC; Male only at ISC)

PERFORMANCE EVENT

1. Each contestant is allowed three jumps.
2. Before competition starts, each contestant is allowed two practice jumps.
3. A foul jump occurs when the take-off extends past the scratch line. The edge of the takeoff board nearest the landing pit shall be the scratch or foul line.
4. A foul jump occurs if the contestant touches any area outside the landing pit during his jump or if he runs through or past the pit after having begun his approach.

5. Measurements shall be made at right angles to the scratch line from the nearest break in the landing pit made by the contestant's feet, hands, body, or clothing.
6. The landing pit must be raked smooth by an official following each jump.
7. All jumps are to be recorded by the Chief Judge.

SHOT PUT (Male & Female at ESC; Male only at ISC)
PERFORMANCE EVENT

1. ESC will provide the appropriate shot.
2. Before competition starts, each contestant is allowed two practice puts.
3. The contestant with the longest put shall be declared the winner.
4. Each contestant is allowed three puts. They are to be taken in succession or in rotation with the other contestants. The contestant may choose one of these two ways.
5. A legal put must be made with one hand. During the attempt, the shot must not drop to the shoulder and must be kept in close proximity to the jaw.
6. A legal put must land in the designated area. The contestant's foot must not touch the out-of-bounds circle or, if using a stop-board, the top surface area of such stop-board. Any area outside the circle is also illegal until the put has been marked by the officials.
7. All puts by each contestant are to be recorded.
8. It is not a foul if any part of the contestant swings outside the circle without touching the ground.
9. *Different rules to the above may be implemented on the day based on what time allows. (e.g. a minimum qualifying first throw may be implemented). However, these changes will be clearly explained to the contestants on the day should this apply.*

DISCUS (Male & Female at ESC; Male only at ISC)
PERFORMANCE EVENT

1. ESC will provide the standard size rubber discus.
2. The contestant is allowed two practice throws.
3. The contestant with the longest of three throws will be declared the winner.
4. The contestant may not leave the designated throw circle during his event.
5. Items 6, 7, 8, and 9 under "Shot-Put" as applicable.

SOCCER KICK (Male Only)
PERFORMANCE EVENT

Soccer Kick competition will be conducted as an elimination event in a similar manner as High Jump.

Rules

1. A standard #5 soccer ball must be used by all contestants. The ESC shall provide a regulation ball and net.
2. The ball must be properly inflated and will be checked by the Event Director.

3. Athletic shoes without hard toes are required.
4. A kicking tee must not be used.
5. A successful kick is one that passes into the net without touching the ground. It must be in flight when it passes over the goal line.
6. Contestants are permitted two "warm-up" kicks.
7. Contestants can take no more than two approach steps.
8. Contact with the ball constitutes a kick.
9. All contestants start at 10 meters.
10. All contestants must report and continue until eliminated. Contestants reporting late for competition will begin where the ball is currently placed.
11. Each contestant is allowed three tries at that distance. They may pass if they so desire.
12. After all contestants have either passed or attempted the kick, the ball is moved back 5 meters. Rule #11 then applies again.
13. Continue the above process until a winner has been determined.
14. A record of failures and successes shall be marked for all contestants. A zero will stand for a miss, an X will stand for a successful attempt, and a P will stand for a pass. (See example below.)

Example:		20m	25m	30m	35m
	Racer Loyalton	X	OOX	P	OOO

15. The winner shall be the person who has made a successful kick from the longest distance. In the case of a tie, the person with the fewest misses shall be declared the winner. If any contestants still remain tied, a kick-off shall occur and be judged again on fewest misses or longest kick.
16. After all other contestants have failed, the one contestant left has the right to continue kicking until he has three consecutive misses.

HINTS FROM THE JUDGES

Practice for this event in different weather conditions so that you are prepared. This event is often played in windy conditions, so ensure you practice under these conditions.

PHYSICAL FITNESS (Male Only)

PERFORMANCE EVENT

Pull-Up

1. Standing with the bar adjusted to at least 8 inches (20cm) beyond extended arm, grasp bar with back of the hand toward the contestant.
2. Flex arms, raise body, touch chin to bar; **return to starting position.**
3. Move upward and downward with body in extended position.
4. The contestant will be allowed five minutes to perform as many pull-ups as possible without stopping.

Push-Up

1. Front lying, palms of hands flat on floor and approximately 30cm from ears directly to side of head.
2. Straighten arms to lift body.
3. Chest must touch floor for each completed movement.
4. Body must remain in a rigid position during the upward push and downward motion.
5. The contestant will be allowed five minutes to complete as many push-ups as possible without stopping.

Sit-Up

1. Back lying, legs bent at least 90° angle, feet together flat on floor, arms folded across the abdomen without holding shirt.
2. Sit up and touch the knees with the folded arms without holding shirt.
3. Keep arms folded, hands on opposite biceps, resting on your chest in the down position and extended to touch the top of the knee on the upward movement. Buttocks must stay in contact with ground.
4. The Event Judge will assign a "buddy" who will hold the contestant's feet against the floor.
5. The contestant will be allowed ten minutes to perform as many sit-ups as possible without stopping.

Rules

1. The contestant must do the exercises in the following order (1) pull-ups, (2) push-ups, and (3) sit-ups.
2. Only 60 seconds will be allowed between exercises.
3. A judge will count the number of correct exercises performed. The judge will "warn" the contestant of the first improper movement; count will stop at the second improper movement, or when time is up.

Scoring

Pull-Ups - 1 point each Push-Ups - 1/2 point each Sit-Ups - 1/3 point each

The contestant with the highest total points shall win first place. Subsequent places will be determined by total points of each contestant.

Physical Fitness competition is counted as one of the five athletic events in which a male contestant is allowed to compete.

HINTS FROM THE JUDGES

For pull-ups: Remember to always return to the starting position. Do not swing to gain momentum as this will signal the end of the count for pull-ups.

For push-ups: Remember, the body must remain rigid (i.e. no bending of the body – either up or down – is allowed.)

For sit-ups: You may not swing the folded arms back over your head. They must remain resting on the chest or just above the chest on the upward and downward motion of the sit-up.

BASKETBALL (Male Only)

PERFORMANCE EVENT

Team

A team shall consist of five (5) players minimum to ten (10) players maximum. A team will not be permitted to start a game with less than 5 members. Only players, two coaches, and one statistician are allowed on the team bench.

Uniform

At ISC, each team is to be in a standard uniform (every member dressed alike). Each player's shirt is to be numbered on both front and back with a solid colour number contrasting with the colour of the shirt. The number on the back shall be at least six inches high, and the number on the front shall be at least four inches high. Teams with similar colours will wear pullovers. **ESC Exception:** *Each player is to wear the same or similar shirts.*

Choice of Ends

The team representing the smaller school (age 12 and older students) shall have the first choice of ends. Teams shall change ends at the half. Benches will be assigned by the Event Director.

Warm-Up

Each team will have at least five (5) minutes of warm-up time, unless it is game time; then present team may take the court to warm up.

A Game

A game shall consist of two, eight-minute periods separated by a five-minute half time. (**ESC Exception:** *At ESC, the half time break will be two minutes, at the discretion of the Athletics Adjudicator.*) A game shall be won by the team having scored the most points by the end of sixteen minutes of playing time. Winning teams advance. Winning team coach takes the game report with score of game to the check-in table for the next assigned game time. Losing teams are eliminated, unless needed to determine the third through sixth place. Regional Conventions may play double-elimination if time permits. The time rules are to be used for the entire tournament, even championship games at International Student Convention and Regionals.

Time-Outs

Each team is given two (2) full one minute time-outs and two (2) thirty second time-outs per game.

Overtime

At ISC, overtime will be of three (3) minutes duration; each team will be allowed one additional time-out. **ESC Exception:** *In the event of a draw, extra time of four (4) minutes will be played each way.*

Fouls

Three personal fouls per game disqualify a player. Bonus (1 and 1) foul shots on 4th through 6th team fouls in each half. Double bonus, shoot two foul shots on the 7th and subsequent team fouls in each half.

Technical Fouls

Technical fouls are also counted as personal fouls and team fouls. Bad language will result in a technical. Coaches and/or players will be removed for the rest of the half for a negative attitude technical. If a coach or player receives a second technical foul, then he is eliminated for the rest of the game and tournament.

Rules

For general rules, see the National Federation of State High School Association's Basketball Rule Book. **ESC Exception:** At ESC, the rules as given by English Basketball apply.

Table Help

Each team must provide one person to help with the score table for each game played.

Cheering

Teams are not permitted to have cheerleaders.

BADMINTON (SINGLES only) (Male and Female)

PERFORMANCE EVENT

Badminton is only offered at ESC and not ISC. Therefore, no ISC nominations can be awarded.

Choice of Ends or Service

Before the start of a match, the players should toss a coin. The winner of the coin toss can either opt to serve or choose which side of the court to play on. Once the winner has decided, the loser takes the discarded option.

Scoring

In a badminton match players aim to win the best of three games, each of which is played to 21 points. Each time a player wins a rally, he receives a point and the right to serve for the next point. The first to 21 points wins the game. Like sets in tennis, games must be won by a two-point margin. If a game is tied at 20-20, the game continues until one player achieves a two-point lead or scores 30 points (30-29 is an acceptable victory).

Serving

The server must hit the base of the shuttlecock in a single stroke with his racket pointing downward. Neither the server nor the receiver can lift a foot off the ground until the shuttlecock has been served. The shuttlecock has to be below the server's waist (defined as the lowest rib of the server) when it makes contact with his racket.

The shuttlecock must make it past the receiver's service line and stay within the court boundaries; otherwise, the serve is a fault, resulting in a point being awarded to the receiver and service passing to him. There are no double faults in badminton.

The player serves from the right if his score is an even number and from the left if his score is an odd number. The receiver stands in the court box diagonally opposite to the server. The receiving player cannot come forward of the service area.

The Game

After a serve the rally can take place anywhere within the court boundaries, and a point is scored when the shuttlecock hits the ground within these boundaries. If the server wins the point, he continues to serve. If the receiver wins the point, he becomes the server.

If the shuttlecock lands outside the court boundaries, this is a fault, and a point goes to the receiver. Similarly, if a player fails to get the shuttlecock over the net, this is also a fault. It is also classed as a fault if the shuttlecock hits the ceiling.

The shuttlecock can only be hit once in a rally. Though only the base can be hit in the serve, the feathers of the shuttlecock can be hit during a rally.

Let

Rallies can be replayed if something disturbs its flow, for example, people wandering across the court or something landing on the court. This is known as a let. In a competitive match, these will be at the umpire's discretion. If one player serves before the receiver is deemed ready, the umpire may give a let and ask the server to replay the point. This cannot happen if the receiver returns the serve.

TABLE TENNIS (SINGLES only)

ELIMINATION/PERFORMANCE EVENT

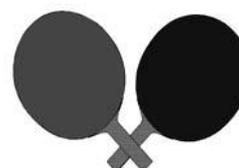


Table Tennis Uniforms

Male and Female – Appropriate athletics clothing must be worn for all games. (See athletic dress codes in Section I of these guidelines for requirements.)

The Racket (Bat)

The racket may be any commercially produced paddle with rubber sheets. The rubber sheets must completely cover the side or sides being used to strike the ball. There can be no holes or damaged portions on the rubber sheets. (Sandpaper, cloth, or bare wooden surfaces are not allowed.)

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in the first game of every match shall go to the younger player, provided that, if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa. Following the first game, the players then switch sides, and the first server of the first game becomes the first receiver of the second game. If a third game is required, the procedure will be the same as the first game. **ESC Exception:** *At ESC, players will play for service at the beginning of a match.*

Warm-Up

Because of a limited time schedule, warm-up may be no longer than two (2) minutes on the game table.

Game and Match

ISC

Games will be played to 11. A match is best two-of-three games. After each 2 points have been scored, the receiving player shall become the serving player and so on until the end of the game, unless both players score 10 points. When the score is tied at 10, the serve will alternate after each 1 point until a player wins by 2 points. From quarterfinals on (if time permits), a match may consist of the best three-of-five games.

ESC

Each match in the qualifying rounds shall be a single game of 11 points, or at the discretion of the Chief Adjudicator. In the semi-final it will be the best of three games to 11 points, and in the final and third place play-off the best of three games to 21 points. The winning margin should be 2 points or more, and the game will continue until this is achieved.

Rules

During the course of a match, coaching is not permitted during a game but can be done between games, if it does not delay the next game. Because of the time limitations, play should be continuous. In the final match, play should likewise be continuous throughout, except that either opposing player is entitled to claim a repose period of not more than five minutes duration between the second and third games of a three-game finals match. Any other circumstances requiring a delay in play, be it injury, equipment problems, or other, **shall be considered and ruled on by the Chief Judge.**

Judge will call score before each serve. A serve made prior to score called will be a let and will be played over again. *AT ESC, a net serve will also be called a let.* Contact with the ball must be above the table level and behind the end line (not sides) on a serve. The judge must be able to see the ball at all times. The server must hold ball in OPEN PALM and toss ball up during the serve. If a player fails to strike the ball after it has been tossed up for service, the receiver gets the point. The player shall lose a point IF his free hand or body disrupts playing surface. Instruct the players to check with the head judge before leaving the room after each match.

For general rules at ISC, you should consult those adopted currently by USA Table Tennis (USATT, formerly USTTA). For a current copy of USATT rules, you may contact the USATT headquarters at the following address: www.usatt.org

At ESC, the general rules as set out by the English Table Tennis Association will apply.

TENNIS (SINGLES and DOUBLES) (Male & Female)

ELIMINATION/PERFORMANCE EVENT

Doubles tennis is only an ESC event; it is not offered at ISC and therefore no ISC nominations can be awarded.

Tennis Uniforms

Male and Female - Appropriate athletic clothing must be worn for all games. (See athletic dress code in SECTION I of these guidelines.)

The Racket

The racket may be any commercially produced racket.

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in every match shall go to the younger player, provided that, if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa.

A Game

It takes four (4) points to win a game unless the game reaches deuce, in which case play continues indefinitely until one player gets two (2) points ahead.

A Set

A regular set shall consist of six (6) games. A short set begins play at two (2) games all. The 12-point tie breaker will be used in all sets that reach six (6) games.

A Match

ISC

A match shall consist of two (2) of three (3) short sets, except for finals. Finals matches shall consist of the best of two (2) out of three (3) regular sets.

ESC

Matches will be a single set of 6 or fewer games, at the discretion of the Chief Adjudicator. Finals and third place play offs will be the best of three sets of six or fewer games at the discretion of the Chief Adjudicator.

The 12-Point Tie Breaker

Player A, having served the first game of the set, serves the first point from the right court. Player B serves points 2 and 3 (left and right). Player A serves points 4 and 5 (left and right). Player B serves point 6 (left) and, after players change ends, point 7 (right). Player A serves points 8 and 9 (left and right). Player B serves points 10 and 11 (left and right). Player A serves point 12 (left). A player who reaches 7 points during these first 12 points wins the game and set. If the score has reached 6 points all, the players change ends and continue in the same pattern until one player establishes a margin of two (2) points, which gives him the game and set. Note that players change ends every six (6) points. For a following set, the players change ends and player B serves the first game.

Rules

For general rules, see the U.S. Tennis Associations Rule Book – www.usta.com.

At **ESC**, the Rules of Tennis according to the International Federation of Tennis apply.



VOLLEYBALL (Mixed & Female at ESC; Female only at ISC) ELIMINATION/PERFORMANCE EVENT

Mixed Volleyball is only offered at ESC and not ISC. Therefore, no ISC nominations can be awarded.

It is recommended that teams learn to play “power volleyball” as opposed to an open-handed “beach ball” type of game. The *Volleyball Rules Book*, published by the National Federation of State High School Associations, gives more precise rules and regulations. *At ESC, the Rules of Volleyball as laid out by the FIVB shall apply.*



Players

A team must have a minimum of six (6), maximum of ten (10) members to compete. A team shall consist of six (6) players to begin a match. Only players, two coaches, and one statistician are allowed on the team bench.

For Mixed Volleyball, a team shall consist of three (3) male students and three (3) female students. This ratio should be maintained on the court at all times.

Uniforms

Each team is to be in a standard uniform (every member dressed alike). Each player is to be identified by a number on the uniform top that is not a duplicate of a teammate’s number. It is recommended that a 5cm number be placed on each sleeve near the shoulder seam. A 10cm number shall be located on the upper front of the uniform top and placed so that the top of the number is no more than 10cm down from the shoulder seam. The number on the back of the uniform top shall be at least 6-inches high. (See athletic dress codes in SECTION I of guidelines for requirements.)

ESC Exception: *Players must wear the same or similar shirts.*

Game and Match

ISC

Rally scoring is to be used to keep score. Points are awarded on each play regardless of which team serves. The let (net) serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas. Matches are two (2) out of (3) games to 25 points, must win by two with a cap of 30. This means if a game is tied 29-29, the next point wins.

ESC

Rally scoring will be used. If the serving team wins a rally, they score a point and continue serving. If the receiving team wins a rally, they score a point, gain service and rotate clockwise to bring the new server into position.

Preliminary matches will be of one game to 15 points, at the discretion of the Chief Adjudicator, or as many as required for the winning team to be two points ahead. The final and third place play-off will be the best of three games to 15 points, with the winning team two points ahead.

If the ball hits the ceiling, it is counted as out, and the team that does so loses the rally.

Playing Area

Before a match begins (and before the third game of a match if necessary to determine the winner of a match) the team from the least total pupil enrollment (age 13 and older students) shall have the choice of serving/receiving **or** from which court they will serve.

Table Help

Each team must provide one person to help with the score table for each game played.

Warm-up time

Each team will have at least five (5) minutes of warm-up time, unless it is game time; then present team may take the court to warm-up.

Substitution

The coach may make a request for substitution when the ball is dead. The referee will report the change to the scorer and then signal the substitute to enter the game. The incoming player must take the position in the serving order of the player replaced.

Correct substitution procedure is covered in Rule 10 of National Federation's *Volleyball Rules Book*. It includes the number of entries a player is allowed; substitution for an injured/ill player before and during a game; and illegal, improper, and abnormal substitutions.

Rotation

When a team loses its serve, the team receiving the serve rotates one position, clockwise.

Player actions

Pass A play in which the ball is hit into the air so that another player can get into position to contact the ball.

1. Forearm pass - a controlled skill, generally used as a team's first hit in which the ball rebounds from the forearms of the receiver to a teammate.
2. Overhead pass (setting action) - two-hand finger action directing the ball to a teammate.
3. Set - two-(or one-) hand finger action directing the ball to an attacker.
4. Dig - an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists, or hands.

Attack Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.

1. Spike - an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
2. Tip/Dink - a fingertip attack on the ball which directs the ball into the opponent's court.
3. Dump - a fingertip attack most commonly used by a setter on the second hit.
4. Overhead pass - two-hand finger action directing the ball over the net.

- Block** A play approximately arm's length from the net in which a player, whose hand is raised above the head, contacts the ball near the top of the net in an attempt to:
1. Prevent the ball from crossing the net, including a served ball.
 2. Return the ball immediately.
 3. Deflect the motion of the ball.

A block may involve wrist action provided there is no prolonged contact. (Sometimes more than one player is involved in the play as described above.)

Time-Outs

Requests for time-out shall be made by the coach or playing captain only during dead balls but not after the referee has signaled for the next serve.

Charged time-outs shall not exceed 60 seconds, and each team is limited to two time-outs per game. Requests for additional time-outs shall not be honored and shall be penalized by point or side-out. Time-outs may be taken consecutively without play between them. A time-out requested prior to the start of the game shall be honored.

An additional time-out shall be permitted each team when the score is 25-25.

HINTS FROM THE VOLLEYBALL JUDGES

A good volleyball team is proficient in the bump, set, and spike.

A powerful serve is not as important as a consistent one. You can't score a point if you don't get the ball over the net.

Make sure you are up to date with the latest FIVB rules.

ARCHERY (Male & Female)

PERFORMANCE EVENT ***Not offered at ESC at present***

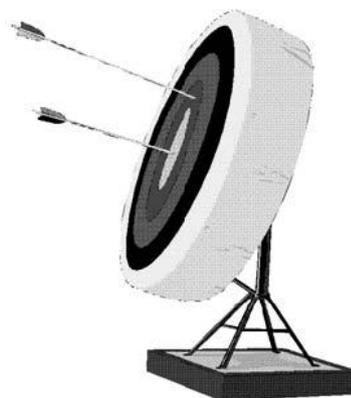
Classes

- Unlimited Free Style (Male-436) (Female-445)
- Limited Free Style (Male-437) (Female-446)
- Bare Compound Bow (Male-438) (Female-447)
- Traditional Instinctive (Male-439) (Female-448)

(No student may enter more than two archery events.)

Unlimited Free Style

This class will be reserved for the top archers. To compete in this class at Internationals, a student must score a minimum of 160 points out of a possible 240 at the regional level. Verification of this score, signed by the local Convention Coordinator, must accompany the student to International Student Convention. This must be presented to the Chief Judge on the day of competition.



Equipment for this class may vary as listed. A bow (compound or recurve) may be used. This bow must meet all general guidelines for equipment. A release aid, adjustable sights (with nonmagnifying dot, cross hair, or pins), stabilizer over twelve inches, and wings will be allowed. Sights may be adjusted at will; however, no extra time will be allowed for setting sights. Any one or all of these added to a bow will move it to this class.

Limited Free Style

Equipment for this class is as listed. A bow (compound or recurve) may be used. This bow must meet all general guidelines for equipment. Sights on this bow must be fixed pin sight. Archers will not be allowed to adjust their sights at the shooting line. Any stabilizer used must be 30cm or less. Wings are not allowed. Arrows must be released by fingers without the help of any mechanical device (no release aid).

Bare Compound Bow

This class is restricted to compound bows. Bows must meet all general guidelines for equipment. No sights, stabilizers, or wings allowed in this class. An arrow rest and nock are the only items allowed on a bow.

Traditional Instinctive

This class is restricted to recurve, long bows, and self-made bows. Bows must meet all general guidelines for equipment. No sights, stabilizers, or wings allowed in this class. An arrow rest and nock are the only items allowed on a bow. The bow may be shot off the shelf.

Equipment

Bows

All bows must be in good condition with no frayed strings or cracks in the riser or limbs. No bow will be used that is considered unsafe. No overdraws or bows with a built-in overdraw will be allowed. The maximum draw weight for any bow will be 60 pounds (27kg). All compound bows will be checked for proper draw weight at equipment check. No shooter will be allowed to compete with a bow set over 60 pounds (27kgs). (Please read safety section on the following page.) The minimum draw weight will be 20 pounds (9kg). **Crossbows are not allowed.**

Arrows

Arrows must be selected that match the draw weight of the bow. Arrows should be used that will spine correctly and weigh at least 5 grains (324mg) for each pound (kg) of draw weight. (Example: a 50-pound bow should use at least a 250-grain arrow.) Your local archery shop will be glad to help with arrow selection and setup.

Arrows will be equipped with target or field tips only. No hunting tips or broadheads of any kind are permitted. A contestant should take at least eight (8) arrows to the shooting line. Seven (7) arrows will be shot at each target. The Chief Judge will mark one of the seven arrows with a "P" indicating a practice arrow. The score for the practice arrow will not be counted. The eighth arrow will be used as a spare should an arrow be

lost or damaged. All arrows shall be of identical length and weight. Arrows can be made of aluminum, carbon, or aluminum/carbon composite.

Good wood arrows can be used in the traditional class. Wood arrows will not be allowed with compound bows.

Arrow Nocks

Bow strings must be fitted with no more than two (2) standard metal nocks. If two (2) are used, they may be no more than one-half inch (1.25cm) apart.

Strings

Bow strings in the Unlimited and Limited Free Style classes may contain any type of sighting mechanism, except those that are electrically powered or use any type of magnifying lens. String walking is not allowed in any class.

Targets

All targets will be round 48" (120cm) ten-ring targets. The distance will be as follows: 20, 30, 40, and 50 meters.

Safety

The utmost care will be given to safety. A bow is a deadly weapon, not a playroom toy. Any student who does not follow all safety rules will be removed from the firing line.

1. Never point your bow in a direction other than downrange.
2. No horseplay!
3. Never run with an arrow in your hand.
4. Don't nock an arrow until instructed to do so.

Any student who cannot safely pull his/her bow will be asked to lower the poundage. The person should be able to pull the bow to full draw without having to reach to the sky or ground. A good way to check this is to have the student sit on a bucket and pull the bow. If he cannot pull it without reaching up or down, lower the poundage.

A.C.E. recommends that your equipment be inspected for safety by a professional before competition.

Rules of Competition

1. Each student will comply with all orders given by the judges.
2. No coaching from the sidelines.
3. Once on the line, shooters may talk only to the judge.
4. Shooters may not distract other archers.
5. The decision of the judges is final.

Order of Competition

1. Each archer will shoot seven (7) arrows at each target. (One is practice.)
2. When advancing to the firing line, each archer will place bow on the ground or place it in a bow holder (archers provide own holder).

3. On the order, "The line is clear. You may pick up your bow," archer picks up bow. Next, "The firing line is no longer clear. Commence firing." At this command, archers shoot arrows. When each archer finishes shooting arrows, the bow is placed on the ground or in a bow holder. When all bows are on the ground or time has run out, the Line Judge will say, "Cease firing." At this point, anyone not finished will place his bow on the ground. The Line Judge will then say, "Is the firing line clear?" Each judge will respond by raising his or her hand. When the Line Judge is satisfied that the line is clear he will say, "The firing line is clear. Advance to your target score and remove your arrows." When all archers and judges have returned to the line, the Line Judge will say, "Advance to the next target." These steps will be repeated until each archer has completed the course.

Scoring

Scoring will be from ten to zero with bull's-eye being "10." Any arrow that touches the next higher score will be scored at the higher score. The highest possible score will be 240 points.

Time

There will be a time limit of five (5) minutes on each target for the archer to shoot all seven (7) (one practice) of his/her arrows. Two (2) minutes will be allowed to score the archer's arrows. If lost arrows are not retrieved in this time limit, the student may come back after competition is over and search for lost arrows.

FIVE-A-SIDE FOOTBALL (Male and Female) PERFORMANCE EVENT

This event is only offered at the European Student Convention and not at the International Student Convention; therefore, no ISC nominations can be earned for this event.

The general rules of Association football apply. The following exceptions specific to ESC will also apply:

Tournament General

1. All team players must wear the same shirt colour. It must not be the same as any opposition team member including the goalkeeper.
2. No team should expect to have any time to warm up on the pitch. When called, immediate play is expected.
3. All matches shall consist of two halves of six to eight minutes at the discretion of the Chief Adjudicator. The semi-finals will be 9 minutes per half. The 3rd/4th playoff and Final will be 10 minutes per half. All half times shall be 1 minute.
4. All games are knock-out. Should the match finish as a tie, a penalty shoot-out will be played with 5 shots each to decide the draw.

Teams

1. Each team shall have 5 players on the field at any one moment with up to 3 rolling substitutes.
2. Up to 3 players from any one team can be substituted in or out at any time as long as the player(s) coming off the pitch leave before the player(s) coming on.
3. The game will not stop for substitutions.

Boundaries

1. Any time the ball fully crosses a boundary on the long sides of the pitch, it shall result in an immediate 'kick in' to be taken by an opposition player to the team member it last touched. ('kick in' = the ball is literally kicked in from directly on top of a boundary line)
2. Any time the ball fully crosses a boundary on the short sides of the pitch, it shall result in either a corner, or the ball presented to the goalkeeper within his/her area.
3. A 'kick in' or a corner is direct.

Physical Contact

1. A slide tackle is not permitted.

Goal Areas and Goalkeepers

1. Only the designated goalkeeper shall be permitted within their own goal area.
2. A goalkeeper is not restricted to his/her own area but may not retain possession of the football within their area for more than 5 seconds.
3. A goalkeeper may leave the area with possession of the ball at their feet, but may not return until the ball has been passed to a team mate, kicked out of bounds, abandoned or until the possession is lost.
4. After receiving possession from a goalkeeper, an outfield player is not permitted to directly pass the ball back.
5. After receiving possession within the area from an outfield team player a goalkeeper is not permitted to directly pass the ball back to that same player.
6. A goalkeeper is permitted to throw or kick the ball within their own area.

Free Kicks/Penalties

1. If a rule is broken within a defending team's area by a defending team it shall result in a penalty - except in the case of an illegal pass from a goalkeeper which will result in a free kick 6 feet from the goalkeeper's area.
2. All free kicks are direct. No opposition player may be closer than 6 feet from the ball until the free kick has been taken.
3. All penalties are '1 step'. The opposing goalkeeper must be on his/her goal line before the ball is struck.
4. Yellow and red cards will be brandished to serious foul, unsporting or inappropriate conduct on the pitch.
5. A red card (or two yellows) will result in missing the remainder of the game.

Additional Rules

1. The ball shall not be kicked above head height, this being the height of the referee.

NETBALL (Female Only) PERFORMANCE EVENT

This event is only offered at the European Student Convention and not at the International Student Convention; therefore, no ISC nominations can be earned for this event.

The Rules of Netball according to England Netball apply. Rules specific to ESC are:

Team

A team shall consist of seven (7) players and up to three (3) reserves.

Uniform

Dress code as per the General Guidelines applies. Each player must wear a tunic or similar indicating her position.

The Game

The competition will have a knockout or round-robin structure, at the discretion of the Chief Adjudicator.

Each game will last eight (8) minutes, again at the discretion of the Chief Adjudicator. If a knockout structure is followed, the final and third place play off will be twelve (12) minutes long.

SIX-A-SIDE INDOOR CRICKET (Mixed Team Event) PERFORMANCE EVENT

This event is only offered at the European Student Convention and not at the International Student Convention; therefore, no ISC nominations can be earned for this event.

Team

A team shall consist of six (6) players and one (1) reserve. Teams may be male, female or mixed.

Uniform and Equipment

Dress code as per the General Guidelines applies. Only white tops may be worn.

Each team must provide their own equipment, including bats, pads, gloves, helmets, and boxes. The indoor rubber match ball will be provided. Batsmen must wear a box and gloves. Helmets and leg-guards may be worn, but are not mandatory. Wicketkeepers must wear a box and wicket keeping gloves. Helmets and leg-guards may also be worn. If players choose not to wear helmets and leg-guards they do so at their own risk.

The Laws

1. Each match shall consist of one innings per team.
2. Each innings shall consist of five (5) six ball overs.
3. No more than three (3) overs shall be bowled by any individual. In calculating each individual's accrued number of overs, part of an over shall be deemed as a full over.
4. There shall be a one (1) minute interval between innings.

5. Two batsmen shall be at the wicket at all times during an innings. In the event of a team losing five wickets within the permitted 5 overs, the last man shall continue batting with the fifth man out remaining at the wicket as a non-striker.
6. When a batsman reaches or passes a personal total of 25 he shall retire, but may return to the crease on the departure of the fifth batsman. Retired batsmen must return in order of their retirement and take the place of the retiring or dismissed batsman. Two 'live' batsmen shall be at the wicket until such time as the fifth wicket has fallen. The batsman shall retire again when he scores an additional 25 runs on his return to the crease unless he is the last remaining batsman, in which case he can complete his innings.
7. If the ball passes, or would have passed, above shoulder height of the batsman standing upright at the crease, the umpire at the bowler's end shall call and signal 'No Ball'. If any venue uses only a half-mat, any ball not pitching on the mat shall be called a 'No Ball'.
8. The 'Wide Ball' law shall apply.

The Results

The team scoring the most runs in its innings shall be the winner. If the scores of both teams are equal, then the team taking the greater number of wickets shall be the winner. If the teams are still equal, a 'bowl out' contest will be held to achieve a winner. Please refer to Generic Playing Condition 9. If circumstances make the contest impossible, the match shall be decided by the toss of a coin.

Scoring

The scoring for Indoor Cricket shall take place as follows:

1. A ball struck to hit the boundary wall behind the bowler without touching the floor or any other wall or ceiling shall count boundary six (6) runs. If, however, the ball touches the floor but does not touch any of the other walls or the ceiling and hits the boundary wall, then it shall count as boundary four (4) runs.
 - a. Before the toss, the umpires shall agree with both captains the exact interpretation of 'boundary wall', 'ceiling', 'side wall' and 'back wall'.
 - b. If a ball is struck into an open gallery along a wall that is not a boundary wall, the ball becomes dead and the striker is credited with 1 run.
2. A ball struck to hit the ceiling or one or more of the side or back walls shall count as one (1) run, even if the ball subsequently hits the boundary wall in which case it remains in play. Two (2) additional runs shall be scored if the batsmen complete a run (if the ball is struck to hit the ceiling or side or back wall and a batsman is then run out, 1 run shall be scored).
3. Two (2) runs shall be scored if the striker plays the ball and it does not hit a wall and the batsmen complete a run.
4. A Bye shall count as one (1) extra if the ball hits a wall (including the boundary wall); a leg-bye shall count as one (1) extra if the ball hits a wall (including the boundary wall). In each case if the batsmen complete a run, two (2) additional extras shall be scored.

5. Two (2) byes or two (2) leg-byes shall be scored if the batsmen complete a run without the ball hitting a wall.
6. No Ball
 - a. A No Ball shall score one (1) penalty run, recorded as a No Ball extra, in addition to any other runs scored under (b) and (c) below.
 - b. From a No Ball struck by the batsman, runs scored as in Scoring Regulations 1 to 3 shall be accredited to the striker. If the Batsmen do not run and the ball does not touch any wall or ceiling, then just the penalty shall be scored.
 - c. From a No Ball not struck by the batsman, or from one striking his person when he is trying to avoid being hit by the ball, runs shall be scored as in Scoring Regulations 1 to 3; these shall be credited as No Ball extras.
7. Wide
 - a. A Wide Ball shall score one (1) penalty run, recorded as a Wide extra, in addition to any other runs scored under (b) and (c) below.
 - b. If a Wide Ball is called and the ball goes on to hit the ceiling or any wall, then one (1) run shall be credited under extras; two (2) additional runs shall be credited under extras every time the batsmen complete a run.
 - c. If a Wide Ball is called but it does not hit the ceiling or any wall, two (2) runs shall be credited under extras for every run completed by the batsmen.
8. An overthrow hitting any wall or walls shall count as only one (1) run to the batsman or to the total of extras as appropriate. Additional overthrows can only ensue from each additional throw which goes on to hit a wall or walls (the batsmen shall not change ends).
9. If in the opinion of the umpire the ball becomes lodged in netting or in any obstacle then the umpire shall call and signal 'dead ball' and award one (1) run. The batsmen shall return to their original ends.

Methods of dismissal

Apart from the normal methods of dismissal contained in the Laws of Cricket, the following variations shall apply:

1. The batsman shall be caught out by a fieldsman after the ball has hit the ceiling, the netting or any wall except directly from the boundary wall, provided the ball has not touched the floor.
2. The last not-out batsman shall be given out if the nonstriker running with him is given out.
3. The batsman or the non-striker shall be given not out if the ball rebounds from a wall or ceiling and hits a wicket without being touched by a fieldsman.

SWIMMING (Male and Female)

PERFORMANCE EVENT

This event is only offered at the European Student Convention and not at the International Student Convention; therefore, no ISC nominations can be earned for this event.

General Rules

1. You may not walk on the bottom of the Swimming pool at any time.
2. You may not pull on the lane ropes.
3. You may not spring from the bottom of the pool.
4. You may not leave the water before completing the full distance.
5. When exiting the pool, competitors must go under (not over) the lane ropes.
6. Each competitor must stay in ONE designated lane for the duration of the race.

Freestyle (Crawl)

1. You must touch on the turn at 25m (50m, 75m).
2. You must surface by 15m after the start (or turn at 25m, 50m, 75m) in the freestyle.

Backstroke

1. You must touch on the turn at 25m (50m, 75m).
2. You may not do an arm pull independent of the turning action at 25m (50m, 75m).
3. You must remain on your back during the race (or at finish).
4. You must surface by 15m after the start (or turn at 25m, 50m, 75m) in the backstroke.
5. You must be on your back when your feet leave the wall at 25m (50m, 75m).

Breaststroke:

1. No non-simultaneous touch at 25m (50m, 75m, finish).
2. You may not have a one hand touch at 25m (50m, 75m, finish).
3. No scissor (or dolphin) kicks at any time.
4. No non-symmetrical arm pull.
5. No alternating arm movements.
6. No arm pull past hips after initial start.
7. Your head must surface during each stroke.
8. Your head must surface at the end of propulsion phase of second arm stroke on start (or turn at 25m, 50m, 75m).

Butterfly:

1. No non-simultaneous touch at 25m (50m, 75m, finish).
2. You may not have a one hand touch at 25m (50m, 75m, finish).
3. No flutter kick.
4. No scissor kick.
5. No underwater arm recovery.
6. No uneven arm pull (asymmetrical arm pull).
7. You must surface by 15m after the start (or turn at 25m, 50m, 75m) in the butterfly.

Individual Medley:

1. Strokes must be swum in correct order (should be: fly, back, breast, free).
2. You must not roll more than 90 degrees before touching on the change over from back to breast.

Relays

1. The competitor must not have left the blocks before the other competitor has touched the wall.
2. Relay strokes must be swum in correct order (should be: back, breast, fly, free).
3. Only 4 members per relay (no competitor may swim twice).

ESC Specific Guidelines

1. Please follow all official Regulations as detailed above.
2. Students may not enter more than two (2) swimming events.
3. Students must check in, completely ready for the event, 15minutes before event start.
4. Only students who have registered for the event may participate.
5. No substitutions allowed.
6. Due to time restrictions, no finals will be swum. Places will be determined on the times in the heats.
7. Dress Code:
 - a. Boys must wear hip racer swimming shorts but NOT board shorts.
 - b. Girls must wear a one piece low leg cut swimming costume or a one piece leg suit.
8. All competitors must wear a swimming cap and goggles, and provide their own towel and drinking water.
9. **Non-compliance with the above will result in undisputed disqualification.**

Please refer to the *Acceptable Swimsuits* document
for more clarity on what is permitted.