

SPORT. EDUCATION. PRIDE.

**IRSEQ**

GMAA

**Elementary**

**Handbook**

**2018 - 2019**

All Rules, Schedules  
and

Registration forms

Can be found on the

**G.M.A.A.**

Website

**[www.gmaa.ca](http://www.gmaa.ca)**

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*All Registration Forms are found on the GMAA Website:  
[www.gmaa.ca](http://www.gmaa.ca)*

## **GENERAL RULES**

### **OBJECTIVES**

- a) To emphasize **mass participation** and to introduce the concept of competing in sports, therefore no champions declared.
- b) To emphasize **participation of all students with all levels of ability**, therefore players have equal time.
- c) To encourage schools to participate, programmes are designed to encourage teachers to bring their entire class and **divide students into teams of equal strength**. Maximum of 2 teams per level per school.
- d) Jamborees are organised to show teachers how to teach students to play a specific sport.

Inter school competitive leagues with school teams have not been developed.

### **PARTICIPATION RULE**

In GMAA activities where a grade level is specified, only students in specified grades may participate.

**Exception:** When there are an insufficient number of pupils in the school at that level only then may students from a lower level be brought up to complete the team.

**N. B.** "Stacked" or "Elite" teams are discouraged for Playdays.  
The purpose of participation is destroyed when schools enter very strong teams.

### **RULES**

#### 1. REGISTRATION

Schools must register their teams by the entry deadline. Maximum 2 teams per level.

#### 2. STAFF SUPERVISION

Every school **must** send **1 adult** to supervise every **15 students**. At least **one** of those adults from that school must be a **staff member** of that school.

### 3. STAFF MEMBER

Schools sending teams to an elementary GMAA activity must have a staff member who will assume the following responsibilities:

- Make sure the students are in uniform, i.e. all wearing a T-shirt of the same colour with the school name on it. **OR** A pinnie with the school name on the pinnie.
- **The school name must be visible at all times.**
- Make sure each team has an adult who will supervise the team.
- Review the tasks of the supervising adult with **each adult supervisor.**
- Review the **standards of behaviour** that each adult supervisor must personally meet and expect of the students in his/her charge.
- Have a small first aid kit.

### 4. ADULT SUPERVISOR

- Must be with the students under his/her charge at all times:
  - In the locker room
  - On the bench
  - With the students when the team is not playing.
- Keep the team in uniform at all times.
- Insist on behaviour that shows respect for:
  - Team mates
  - Players from the opposing team
  - Officials
  - Rules of the game
  - **GOOD SPORTSMANSHIP**
- They are expected to supervise students when they are not playing, students should be sitting quietly together. **NOT RUNNING AROUND!**
- Supervise students to ensure that when they have a snack or eat their lunch they do not litter.
- Supervise students who go to the bathroom.

**Students visiting another school must be on their best behaviour.**

Anyone behaving in an unsportsmanlike manner will be ejected from that game and possibly from all games remaining in the playday. The sanction to be applied will be left to the discretion of the playday organizer.

## 5. UNIFORM

Students must wear a T-Shirt of the same colour with the school name on it.

**or**

A pinnie with the school name on it.

**The school name must be visible at all times.**

### **First Offense**

A letter of warning will be sent to the principal.

A fine equal to the participation fee will be levied against each school every time that school sends a team to a GMAA event out of uniform.

### **Second Offense**

The school will be suspended from participating in that activity for a period of 1 year.

Students are not permitted to wear jewellery while participating.

## 6. WITHDRAWALS.

Schools withdrawing from a playday after the schedule has been drawn up, i.e. as soon as GMAA begins to draw up the schedule for the Playday or the Jamboree, will be fined.

## 7. PLAYDAY CO-ORDINATOR

### **Tasks:**

- a) Secure venue and fix dates of each playday for that sport, and arrange for officials for each playday.
- b) Assign a person to run the playday at each school. This person may be a physical education teacher, school administrator or adult who is competent and able to keep a playday running.
- c) Assign a school representative to supervise the playday
  - To greet teams as they arrive.
  - Review ground rules of the host school and playday.
  - Set up first aid procedure and notify schools participating how such a procedure will be effected.
  - Notify each school supervisor what is expected in terms of behaviour of students in terms of running in the halls, going to the bathroom, eating lunch.
  - Emphasize **Fair Play** and incorporate into the playday - hand shakes after each game.
  - Make sure ice, bandages, first aid and phone are available.
- d) Develop a plan of action to promote **Fair Play** for that sport.

## 8. PLAYDAY ORGANIZER

### **Prior to the 1st game**

Meet with officials prior to the start of the playday to:

- a) Explain the rules and how you want them called;
- b) Explain the system of rotation you want the officials to follow;
- c) Give each official a game ball and make him or her responsible for it.
- d) Check that all equipment is out and set up correctly.

### **During the playday**

- Identify court lines in and out of bounds.
- Signal halftime and substitute time if required.
- Signal end of game.
- Time for each game is running time.
- Do not exceed the time per game.
- Do not waste time between games. You do not have time to wait until all teams are ready to play before starting the clock for each game.
- Keep the playday running on schedule. If you start late, make up the time by shortening the game time.
- Make sure all students and coaches behave in a sportsmanlike fashion. If you have problems call on the coordinator for help.
- The playday organizer is responsible for ejecting students who behave in an unsportsmanlike manner. The playday organizer shall decide whether to eject the student just for that game or for the duration of that playday.

## 9. SPORTSMANSHIP

Fair play and good sportsmanship must be shown at all times by all participants.

- a) Players not contradicting referees;
- b) Players not screaming at teammates or calling them names;
- c) Players/Spectators not booing other team;
- d) Applauding good plays from both teams;
- e) Shaking hands at the end of the game;
- f) Respecting other people - being courteous;
- g) Respecting other people's property;
- h) Leaving the school clean;
- i) Picking up everything players brought, including lunch bags and wrapping paper;
- j) Taking care of the host school.

# Healthy Lifestyles Programs/ Saines Habitudes de Vie

The RSEQ have Healthy Lifestyles Programs that your school may be interested in. Give us a call for more info and prices.

**Iso-Active** – Get your school Iso-Active Certified! It's a program that evaluates your school's initiatives on nutrition, physical activity, and discouraging smoking. The program has been updated and is back!

**Gym en forme** – A kit with evaluation tools for physical fitness. It's the greatly updated version of the old Canada Fitness Program.

**MEPSE – Mois de l'éducation physique et sport étudiant. May is MEPSE Month!** Sign up in April on line at [mepse.rseq.ca/inscription](http://mepse.rseq.ca/inscription) for ideas and inspiration to get your school active during the month of May. In collaboration with *La grand défi Pierre Lavoie*.

**PR1MO-** PR1MO is a program directed at students aged 6-12 years old. It is designed to teach physical educators how to introduce their students to one, or many, different sports. The RSEQ has partnered up with the Ministère de l'Éducation, MEESSR, and Quebec en Forme to offer the PR1MO program completely free of charge to GMAA member schools.



**CROSS COUNTRY RUN**  
**THIS IS A 2 KM RUN**  
**This event goes on rain or shine!**

**There will be two (2) boys races and two (2) girls races. One for grade 4&5 and one for grade 6 elementary students who have trained and are capable of running the race. The route is rough and includes a steep hill.**

**PLACE: Mount Royal Park – meet at the Grassy area beyond Beaver Lake**

**WALK-ABOUT: 9:30 a.m.**

**RACE SCHEDULE:** 10:15 Gr. 4-5 Girls 2 km  
10:30 Gr. 4-5 Boys 2 km  
10:45 Gr. 6 Girls 2 km  
11:00 Gr. 6 Boys 2 km

Clean-up and the awards Presentation will follow after the race.

**STRATEGY**

Cross Country Running requires an ability to run well while applying good strategy. The key is to be able to know your strengths as a runner and know what pace to run at based on the demands of the terrain and the opportunities to pass other runners.

**RACE ETIQUETTE**

1. At the start of the race it is important that runners keep alert. In order to give space and avoid any pushing and shoving they are expected to be an arm's length away from each other.

Please note that the Mount Royal trails are demanding. In order to be successful, it is important that students distribute their energy over the 2-km distance!

2. Runners are expected to allow faster runners to pass by on the path.

**RACE RULES**

1. Spiked shoes are not permitted.
2. Students **must** be at the start line **15 minutes before** the start of the race.
3. Students must line up by school with the fastest runner in the front, down to the slowest runner behind.
4. Each participating school is required to have at least 1 adult supervisor/coach AND provide, upon request, 1 official.

**THE START OF THE RACE**

1. The race will be started in the following manner.
  - (a) Starter lines up runners
  - (b) Starter checks number of participants per school
  - (c) Starter gives safety and etiquette reminders
  - (d) Starter says "On your Mark"
  - (e) Starter pistol goes off

## **CLOTHING**

Each school must have their students clearly and easily identifiable with a school t-shirt.

Please make sure that students are dressed appropriately for the weather and make sure to come prepared for rain. It is recommended that students have warm clothes to wear before and after the race. Remember it can be quite cold in early October!

## **SUPERVISORS**

Even though there will be a therapist on site, schools should have a first aid kit, as well as the appropriate telephone and Medicare numbers for their runners.

Upon arrival, designate a “meeting spot” for your students.

Please leave the area clean.

## **SCORING: Team Concept**

Following their race, runners need to report back to their school coach/supervisor with their placement tag in order for school results to be tabulated quickly.

The finish position of the 1st six runners will be added together. **(GRADE 6 ONLY)**

The team with the lowest total will be presented with a banner; boys, girls.

1. 1<sup>st</sup> place team will receive 1<sup>st</sup> place ribbons.
2. 2<sup>nd</sup> place team will receive 2<sup>nd</sup> place ribbons.
3. 3<sup>rd</sup> place team will receive 3<sup>rd</sup> place ribbons.
4. Individual awards (ribbons) will be given to the top 6 runners.
5. Times will be given (at a later date) for at least 1<sup>st</sup> 10 finishers

**\*\* THE TOP 6 RUNNERS FROM THE GRADE 4-5 RACES WILL EACH RECEIVE INDIVIDUAL RIBBONS. THEIR RESULTS WILL NOT COUNT TOWARDS ANY TEAM AWARDS\*\***

## **OFFICIALS (if needed)**

Meet Director requires -

- 1 Starter
- 2 Timers/Recorders
- 2 Finish Line Judges
- 1 Tagger
- X Spotters (depends on course selected)

Think sun! All the Best!!

**June 2018**

# **MINI SOCCER RULES**

## **THIS IS A NON-COMPETITIVE PLAY-DAY.**

### **Player Eligibility**

**Grade 5 Mixed Teams:** Grade 5 boys and girls play on the same team. No more than 5 boys may be on the field at any one time

**Grade 6 Teams:** Grade 6 boys and girls play on separate teams.

**Equipment:** 2 balls & Orange Cones

### **Cancellation:**

The tournament may be cancelled due to inclement weather. A decision to cancel will be made by 7:00 a.m. the day of the tournament. It is understood that weather being unpredictable, may cause the tournament to be cancelled after 7:00 a.m. If possible the tournament will be rescheduled.

### **PLAYDAY RULES**

1. **NO CLEATS ALLOWED. Running shoes only.**
2. Every team must have a coach.
3. There are 9 players on the field including the goalie.
4. The length of games will be subject to the number of teams participating and the number of fields available.
5. Substitutions can be made whenever play is stopped. All players must have equal playing time.
6. To permit as much play as possible and avoid wasting time there will be no off-sides;
7. There will be no penalty kicks.
8. There is no crease.
9. All free kicks are to be indirect – that is; someone else must touch the ball before scoring.
10. A throw in will take place for all out of bounds calls.
11. A goal kick will be taken from the goal line.
12. Goals - Traffic cones will mark the goals. The scoring of a goal will of necessity be a judgment call by the referee, with guidelines for the goal height to be within the reach (i.e. extended arm) of the goalie.
13. Coaches & spectators must stand on sidelines & not behind the goal line.
14. Every school must have their students clearly and easily identifiable with the school name in order to play. Schools will be sent home without playing if they do not wear an identifiable uniform.
15. Shin pads are permitted.

### **General Rules of the Day**

- a) Be on the field and ready at your scheduled playing times.
- b) Do not leave garbage on the field.
- c) If permitted by the host school, only the locker rooms are to be used for changing. Students are forbidden to be in any other part of the host school.
- d) Any student who questions a referee's call, swears on the field, makes any obscene gestures or talks back to the referee will be put out of the game.
- e) A distinctive uniform must identify all members of a team.

**June 2018**

# MINI VOLLEYBALL RULES

## THIS IS A NON-COMPETITIVE PLAY-DAY.

**PLAYER ELIGIBILITY:** Grade 6 Boys and Grade 6 Girls

**EQUIPMENT:** Please bring 2 balls

**NUMBER OF PLAYERS:** 6 players on the court at any one time, the positions and rotation of players will follow the Canadian Volleyball rules.

### **PLAYING TIME:**

- The length of games will be subject to the number of teams participating and the number of volleyball courts available.
- Please be ready and on the court at your scheduled playing times.

### **GENERAL RULES**

#### **1. Court**

The match will be played on a badminton court.

#### **2. End of a Match**

Teams will line up on the end line on their half of the court and on the official's signal both teams will come forward and shake hands.

#### **3. Serve – net serve is not loss of serve.**

- a) The serve will be a **volleyball serve** which may be made anywhere in the back half of the court. Emphasis should be placed on serving the ball to the back part of the opposing team's court.
- b) A player may not take more than 5 consecutive serves.
- c) After 5 serves, rotate player. Possession of ball does not go to opponent.

#### **4. Receiving the Serve**

- a) The **1st player** to receive the ball must bump or volley or tip the ball, and immediately pass the ball.
- b) The **2<sup>nd</sup> player** must catch the ball. The catch must be a hand catch not a cradle. The **ball cannot be held but the movement in receiving (catching) the ball and passing the ball must be continuous.**
- c) The **3<sup>rd</sup> player** must volley, tip or bump the ball over the net. Emphasis should be placed on controlling the ball upon receipt of the ball and carrying out a passing pattern. **The ball may be volleyed or tipped or bumped, but not spiked.**
- d) 3 players must throw/volley the ball before the ball is returned to the opposing team.
- e) **Touches should be 2-handed and no steps can be taken while in possession of the ball.**

#### **5. Out of Bounds and Net Violations**

Follow the Canadian Volleyball Rules.

June 2018

# MODIFIED MINI VOLLEYBALL RULES

## PLAYER ELIGIBILITY: Grade 5 Boys and Girls

**NUMBER OF PLAYERS:** There shall be only 6 players per team on the court playing at any time. All teams from the same school must be balanced in strength.

**LENGTH OF GAME:** The length of games will be subject to the number of teams participating and the number of volleyball courts available.

## GENERAL RULES

### 1. Rotation of Players

Follow the Canadian Volleyball rules.

### 2. Substitution

Substitution may occur when the serve is won but the substitute must rotate into the serving position.

### 3. The Serve

- a) The serve may be **thrown (underhanded only)** over the net or **served** as in the Volleyball serve.
- b) The serve may not be helped over the net by the ball being tipped or hit by another player.
- c) The server must wait for the nod or whistle from the referee before serving.
- d) The line of service maybe moved closer to the net for smaller students.
- e) Net Serve is **not** loss of serve.

### 6. Rules of Play

- a) The **1<sup>st</sup> and 2<sup>nd</sup> players** must receive the ball with a **catch**. The **3<sup>rd</sup> player** to receive the ball must **bump, volley or tip** the ball over the net. The ball may not be spiked over the net.
- b) **Players may not run or take steps while in possession of the ball.**
- c) Should a player catch the ball in the air, he/she may land using a one or two step landing, but the player may not take additional steps.
- d) The ball may be played from the net.
- e) When two players catch the ball simultaneously, that shall be considered as two catches.
- f) No Fumbles – a player cannot catch his/her own throw or fumble that is no double touch.
- g) A ball that is tipped by a player counts as a catch.
- h) Should the ball touch the floor or hit an object or person that is out of bounds (such as a hanging basket or ropes) the team committing the fault will lose the serve.
- i) Only 2-handed touches allowed.

**June 2018**

# MINI BASKETBALL JAMBOREE

This Jamboree is put together by the best in basketball:

1. Quebec Basketball Federation
2. McGill Departments of Athletics & Physical Education
3. GMAA

It is geared to Grade 5 and 6 classes and their teachers. Students will be very active all day.

## OBJECTIVES

1. To help teachers teach the game of basketball by providing them with a wealth of drills which can be used in class, intramurals and lead to GMAA mini-basketball tournaments.
2. To introduce students to the skills/understanding of the game.
3. To have students experience fun and challenging drills.
4. To have students play a simple game.

## FORMAT

Students will be divided into groups the morning of the event, where only 2-3 students from the same school may be in the same group. Each group will consist of students from different schools. The day consists of a rotation of drills followed by a mini game.

## RULES OF THE DAY

1. Be on time. **Arrive at 8:30** Hours of Jamboree: **9:00 a.m. to 1:00 p.m.**
2. Don't bring valuables – there is no place to lock up items.
3. Bring a lunch – there will be no time to buy food.
4. Bring running shoes & shorts (running shoes **must** not be the same shoes students wear outside so as not to track in sand and salt)

## ADULT IN CHARGE OF EACH GROUP - RESPONSIBILITIES

- Carry valuables of your group.
- Supervise your group, students should not be running around at any time.
- Eat with your group and make sure all garbage is picked up and put in garbage cans.

## IMPORTANT TO BRING:

1. 1 ball per student - **absolutely essential even if ball is not a basketball.**
2. Pinnies
3. Name Tags Write first name of student, so that the instructor can see & read the name of each student to help when addressing each student.

**THIS IS A POPULAR PROGRAM THERE ARE LIMITED NUMBER  
OF PARTICIPANTS!  
(FIRST COME FIRST SERVED)**

**June 2018**

## **MINI BASKETBALL PLAYDAY RULES**

**This is a non-competitive Play-day.** *It is designed for kids who would like to try basketball in a fun setting. No pressure defense can be used, players must remain at arms distance, no scores are kept and teams should be balanced. Coaches must use strategies to balance the scores if they see a game becoming too lop-sided.*

**Player Eligibility:** Grade 5 & 6

### **NUMBER OF PLAYERS**

1. Each team should have 10 players.
2. These 10 players are organized into 2 separate lines of equal ability.
3. Minimum number of players per team shall be 8.

**EQUIPMENT:** Bring 2 balls

**UNIFORM:** Students playing must wear a school uniform or a pinnie with numbers and the school name visible. Please bring a spare set of pinnies in case of 2 teams wearing same color. **No jewelry.**

### **PLAYING TIME**

1. Be on the court ready to play at scheduled times.
2. The length of games will be subject to the number of teams participating and court availability.
3. The game shall be divided into 4 quarters.
4. The time shall be straight running time.
5. There are no time-outs and no time between quarters.
6. Line changes must be immediately effected in order not to lose playing time.
  - a) No player may play fewer than 2 quarters.
  - b) No player may play more than 3 quarters.

### **SUBSTITUTION**

The referee will specify when it is time to make a substitution.

### **DEFENCE**

1. Players must play man to man defense, however they may only pick up their player at half court –**KEEP ARMS DISTANCE APART!**

**PLAYERS MUST REMAIN AN ARMS DISTANCE AWAY FROM EACH OTHER.** This must be demonstrated prior to each tournament.

2. No zone defense may be used.

## **GENERAL RULES**

### **FOULS**

1. There is to be absolutely no contact while a player is in the air taking a shot.
2. **All fouls on a shot**  
The player causing the foul will be given the foul. The ball will be awarded to the non-offending team out of bounds at a spot closest to where the foul occurred. There will be no foul shots.

#### **Fouls occurring in the backcourt**

A foul in the backcourt will result in the ball being awarded to the non-offending team.

3. A player receiving 4 fouls is out of the game.
4. **Scrambles for loose ball** (bunching or pushing to recover rebounds)  
The ball will be immediately awarded to the defending team out of bounds.
5. **Continuous dribbling** is to be discouraged - constant violation shall result in loss of possession of the ball.
6. **No 3 seconds in the key** violation will be called.
7. **No backcourt** violation will be called.
8. 5 seconds will be called holding the ball.
9. **Coach**  
Each team shall have a coach whose responsibility is to be with the team at all times, offering support & encouragement, showing good **sportsmanship** & making sure students to behave.
10. Teams not playing must stay together seated off the court.

**Referees should preferably be certified. If not possible, they must be grade 11 and 10 students no younger.**

**BE CONSISTENT!**

**June 2018**



## MINI FUTSAL RULES

### THIS IS A NON-COMPETITIVE PLAY-DAY.

#### Tournament

**Grade 6:** A playday will be run for Grade 6 boys and Grade 6 girls.

#### RULES

1. Every team must have a coach.
2. **An official FUTSAL ball will be used.**
3. **There are 5 players on the court including the goalie.**
4. The lines used to determine the perimeter of the soccer playing area, and goal area will be determined by the host school and explained at the beginning of the day to the referees and coaches.
5. Ceilings and suspended objects are out of bounds. Upon contact with any of these, the ball is put back into play with a kick from the sideline closest to the point at which contact was made. A ball hitting the ceiling above the goal area that has been touched by a defender will result in a corner kick.
6. The length of games will be subject to the number of teams participating and the number of courts available.
7. Substitutions can be made on the fly. Players must enter and exit playing area at the center and only when the player exiting has reached the sideline. All players must have equal playing time.
8. There will be no penalty kicks.
9. All free kicks are direct **except for:** kick offs, kick-ins and goal kicks. On all free kicks, all opponents must be **3 meters from the ball.**
10. The goal keeper must restart play with a throw in. Once the play is resumed, the ball may cross the center line without having touched the floor or player.
11. There will be no offside.
12. Slide tackles are not permitted. A player may slide in attempt to keep the ball in play or to block a kick.
13. Goals - Traffic cones will mark the goals. The scoring of a goal will of necessity be a judgment call by the referee, with guidelines for the goal height to be within the reach (i.e. extended arm) of the goalie.
14. Coaches & spectators must stand on sidelines & not behind the goal line.
15. Every school must have their students clearly and easily identifiable with the school name in order to play. Schools will be sent home without playing if they do not wear an identifiable uniform.
16. Non- marking running shoes must be worn.
17. Shin pads are not required, although if a student has shin pads they must be worn with proper socks covering the shin pads.

#### **Rules of the Day**

- f) Be on the court and ready at your scheduled playing times.
- g) Do not leave garbage on the court.
- h) Only the locker rooms are to be used in the host school & only for changing. Students are forbidden to be in any other part of the host school.
- i) Any student who questions a referee's call or swears on the field or makes any obscene gestures or talks back to the referee will be put out of the game.
- j) All members of a team must be identified by a school shirt or uniform.

**June 2018**

## **MINI TOUCH RUGBY JAMBOREE**

It is geared to Grade 5 and 6 classes and their teachers. Students will be very active all day.

### **OBJECTIVES**

1. To provide teachers with a wealth of drills which can be used in class, intramurals and lead to GMAA mini-rugby tournaments.
2. To introduce students to the skills/understanding of the game.
3. To have students experience fun and challenging drills.
4. To have students play a simple game.

### **FORMAT**

Students will be divided into groups the morning of the event, where only 2-3 students from the same school may be in the same group. Each group will consist of students from different schools. The day consists of a rotation of drills followed by a mini game.

### **RULES OF THE DAY**

1. Be on time. **Arrive at 8:30**     **Hours of Jamboree: 9:00 a.m. to 1:00 p.m.**
2. Don't bring valuables – there is no place to lock up items.
3. Bring a lunch – there will be no time to buy food.
4. Bring running shoes & shorts- **NO CLEATS ALLOWED**

### **ADULT IN CHARGE OF EACH GROUP - RESPONSIBILITIES**

- Carry valuables of your group.
- Supervise your group, students should not be running around at any time.
- Eat with your group and make sure all garbage is picked up and put in garbage cans.

### **IMPORTANT TO BRING:**

1. Pinnies
2. Name Tags Write first name of student, so that the instructor can see & read the name of each student to help when addressing each student.

**THIS IS A POPULAR PROGRAM THERE ARE LIMITED NUMBER  
OF PARTICIPANTS!  
(FIRST COME FIRST SERVED)**

June 2018

# HALO ROAD RACE

The Halo is a very popular annual event that has been held on Mount Royal beside Beaver Lake for over 25 years.

**Grades 3 & 4** - 1 km race that is a bit strenuous as the first part of the race is uphill.

**Grades 5 & 6** - 2 km race that requires some endurance.

## N.B.

- Students may race in an older age category.
- Please note the distance of the race increases the higher the age category.
- Be sure your students are fit and capable of running longer distances.
- **One Adult Supervisor is required for every 15 students**

## **Medical Examination Report**

Only Students who have been **MEDICALLY EXAMINED** and are classified as fit for all physical activities or have parental permission to participate may be permitted to participate in activities of this association.

**You must allow a 2 1/2 hour time frame in order to race.**

**Choose your earliest start time:**

**9:00                      OR                      10:00**

Each individual must accept responsibility for safeguarding his/her property.

There is no storage area.

Please prepare small adhesive labels with each runner's name and school printed on them, to be affixed to the finishing card at the finish line. This will help us to identify the runners and post the results on our website.

Ex.:

**Jane Smith  
Parkdale School**

**June 2018**

## **MINI FLAG FOOTBALL RULES**

### **This is a non-competitive playday**

**PLAYER ELIGIBILITY:** Grade 5/6 Boys teams and Grade 5/6 Girls teams (or mixed)

#### **EQUIPMENT :**

1. Only tuck in flags and flags with Velcro will be permitted.
2. A junior (Size 6) football per team. The offense may use their own ball if they wish.
3. Each player must wear 2 flags (one on each side of the hips).
4. The part of the flag exposed must be a minimum of 14 inches. The flags may not be covered by any piece of clothing.
5. Cleats are not permitted.
6. Pants and shorts **SHOULD NOT HAVE POCKETS!**

**NUMBER OF PLAYERS:** 5 players on the field.

#### **General Rules**

1. **Field**  
The field will be 1/2 of a regulation soccer/football field. (It can be played cross field provided there is enough room for a 10-15 yard end zone). Goal posts must be padded if they are in the playing area.
2. **Playing Time**  
Subject to the number of teams and field availability.
3. **Start of Game**  
There will be no kick-off. At the beginning of each half and after a touchdown play will start from the 10 yard line.
4. On every offensive play, the ball is put in play by snapping it between the legs to the quarterback. A ball that bounces before it reaches the quarterback, or if the quarterback drops the snap, it is a dead ball. This will result in a loss of down and play will resume from the original line of scrimmage.
5. The quarterback must be at least 5 yards from the line of scrimmage when the ball is snapped.
6. The rusher must also be 5 yards from the line of scrimmage when the ball is snapped and may rush the quarterback as soon as the ball is snapped. All other defensive players may cross the line of scrimmage only after the rusher has crossed or the quarterback has released the ball.
7. Only 1 forward pass per offensive play is permitted.

8. The play is over when the flag is removed from the ball carrier. The defensive player must **immediately** raise the flag to show the referee it has been removed. All fumbles are dead balls at the point the ball touches the ground
9. The ball carrier may not guard the flag with the hand or arm or dip the shoulder to prevent the defensive player from reaching the flag, but may spin to avoid having the defensive player reach the flag, however one foot must remain on the ground at all times (no jumping).
10. The defensive player may not grab or hold the ball carrier in order to get the flag.
11. Blocking and obstruction **are not permitted**.
12. A team has 4 downs to either score or gain 10 yards for another first down. Of these 4 downs, there must be at least **1 completed forward pass** for the first down to be awarded. If not, the ball will be turned over to the defensive team but the yards gained will be kept.
13. Punting will be permitted but there will be no runback. The ball will be played from where it is caught or touches the ground. (The kicking team cannot down or recover the ball).
14. Score will not be kept and there will be no convert attempts.
15. A safety will result in a loss of down and the ball will be scrimmaged from the original line of scrimmage or the 10 yard line (whichever is closer to the end zone). The marker for the first down yardage will stay in the original spot.
16. **PENALTIES.**
  - All defensive penalties except off-side, will result in a 1<sup>st</sup> and 10 from the point of infraction. If interference occurs in the end zone, the ball will be put in play from the 1 yard line.
  - Defensive off-sides will result in a 5 yard gain for the offense and repeat of down.
  - Offensive penalties at or behind the line of scrimmage will result in a loss of down and the ball will be played from the original spot.
  - Offensive penalties down field (blocking, protecting the flag etc.) will result in a loss of down from the point of infraction. Yards gained will be kept.
  - Offensive pass interference will be ruled an **interception** at the point of infraction. If it occurs in the end zone, the ball will come out to the 10 yard line.

**June 2018**

**SPORT. EDUCATION. PRIDE.**



**G M A A**

## **Elementary Playday Feedback**

**We need your input!**

**Please fill in this form and return it to us by inter-office mail,  
Fax 514-487-0121, or e-mail alexandra@gmaa.ca**

Name \_\_\_\_\_

School \_\_\_\_\_

Date of Activity \_\_\_\_\_

Activity: \_\_\_\_\_

Comments/Suggestions: \_\_\_\_\_

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**Thank you!**