



Caribbean Heritage
Sports Competition

EVENT RULES

HANDBOOK

“It’s important to respect both your teammates and your opponents. Friendships can make a victory last forever.” – Jamie Koven

Initial Effective Date: May 1, 2018

Welcome!

On behalf of the Caribbean Heritage Sports Council of Calgary, - *“Thank you for participating in the sports day activities!”*

MISSION STATEMENT

The mission of Caribbean Heritage Sports Competition is to create events that will become a platform for the community to represent their heritage through sports.

Caribbean Heritage Sports Council of Calgary welcomes all participants and hope you have a fun-filled day representing your association in the various events. The Caribbean Heritage Sports Competition is a positive sporting event where participants and spectators alike can come together in unity to celebrate sports and heritage.

This handbook has been designed to help provide rules and standardised boundaries for each event, which in turn will provide clarity and understanding about the decisions taken. The competition rules are intended to create an atmosphere of sportsmanship, equality and fair play.

VALUES

- Unity
- Inclusion
- Participation
- Health
- Integrity
- Heritage

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CONDUCT OF ATHLETES

All participants are required to:

1. Practice good sportsmanship during and after the each event. Good sportsmanship is defined as quality of responsible behaviour characterized by a spirit of generosity and a genuine concern for opponents, officials and teammate. Participants should:
 - a. Realise that they represent their Association/Club; therefore they have an obligation to be a true sportsman.
 - b. Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team.
 - c. Remember that the primary purpose of the CHSC is to allow the community to come together in unity to celebrate sports and heritage.
 - d. Be modest in victory and gracious in defeat.
 - e. Respect the judgement and integrity of event officials.
2. Compete and conduct themselves in the spirit of competition.
3. Adhere to rules of each event and obey instructions from official, committee members and volunteers.
4. Not use abusive, derogatory or inflammatory language towards officials, volunteers, competitors and attendees of the event.
5. Not attempt to gain unfair advantage in any way.
6. Be registered (Registration form, Waiver and Regulations forms submitted) prior to participation in any event.
7. Represent only one Association/Club for the entire day.
8. Wear official team uniform/t-shirts or the same colour t-shirt to distinguish your team from other teams.
9. Ensure that they are in good physical condition and not limited to participate in any physical activities during the sports day.
10. Seek First Aid attention for all injuries sustained prior to returning to play.

Participants and Associations are asked to direct concerns, event questions, comments or challenges to a CHSC Committee Member. Do not attempt to confront officials or volunteers as they are donating their time and may not be able to answer all questions.

TRACK & FIELD, LIME & SPOON

Registration:

1. Each Association/Club will enter one participant per category.
2. 4 x 100m relay will require four (4) participants for this event.

Rules:

1. All athletes must stay within their pre-assigned lanes from start to finish. Any athlete who runs outside the assigned lane is subject to disqualification, except for 6 – 8 year olds. If the athlete is forced to run outside of his or her lane by another person, and no material advantage is gained, there will be disqualification.
2. Relay teams must exchange batons in the exchanged zones marked on the track. A track official will indicate the zones before the race. Passing the baton before or after the exchange zones will result in disqualification.
3. False start – If an athlete commences his or her starting motion from the start line before the sound of the Starter's pistol, it is deemed a false start. The first false start of a race results in disqualification to the offending athlete.
4. The first athlete whose torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the closest edge of the finish line is the winner.
5. Lime and Spoon – Any athlete who holds the lime or attempts to use their hand to keep the lime within the spoon is subject to disqualification.

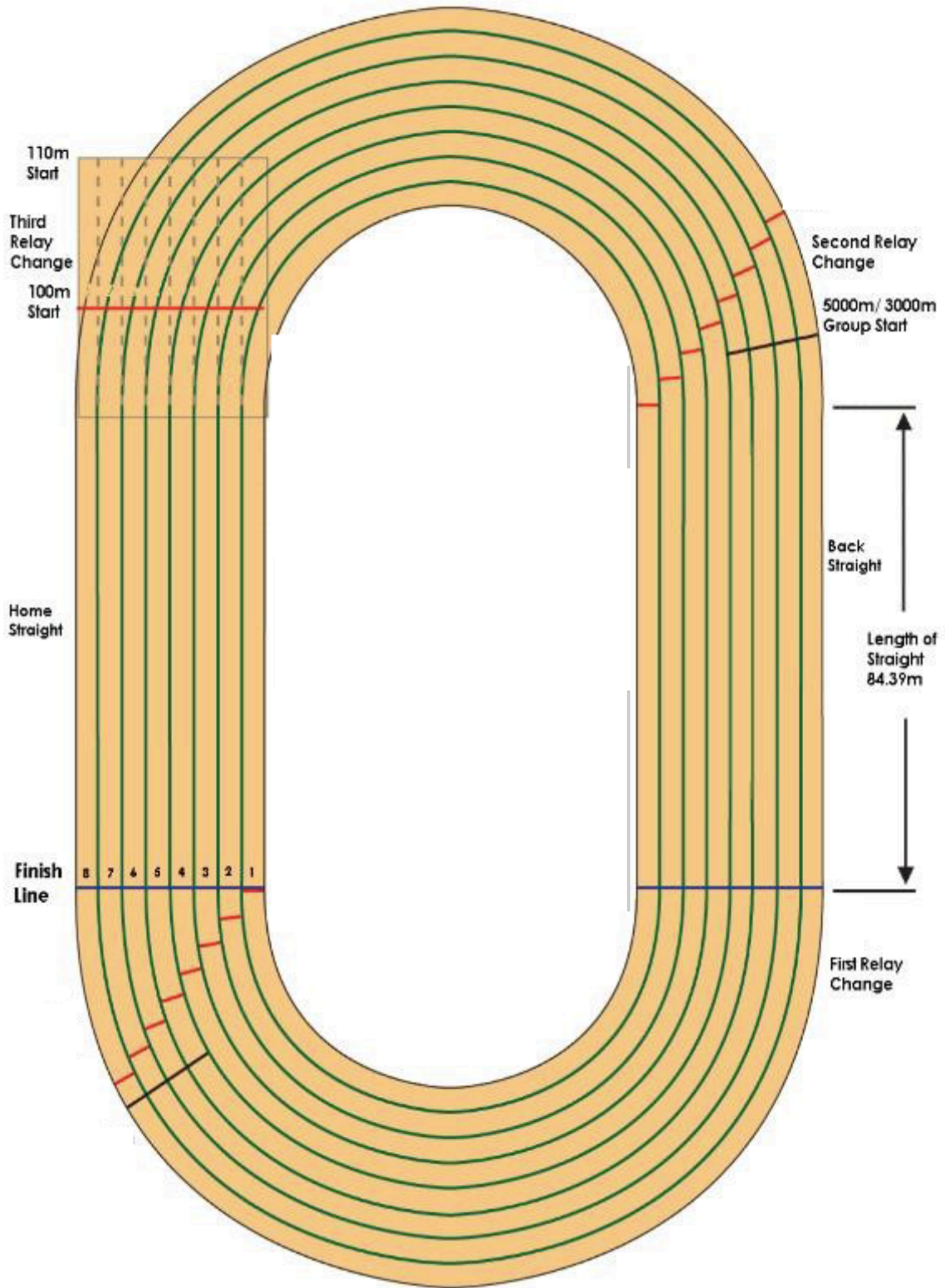


Figure 1: Track and Field Layout

CRICKET

Rules:

1. 11 players on the field.
2. Each team will bowl eight (8) overs.
3. A batsman must retire after making 30 runs. This will allow all players to participate.
4. Each team must provide an Umpire who will officiate for games in which their team is not playing.
5. All teams will play at least two (2) games depending on the number of teams entered.
6. All teams must use a soft ball (Balls will be provided).
7. The committee will resolve all conflict and standings in the event of a tie or conflict.

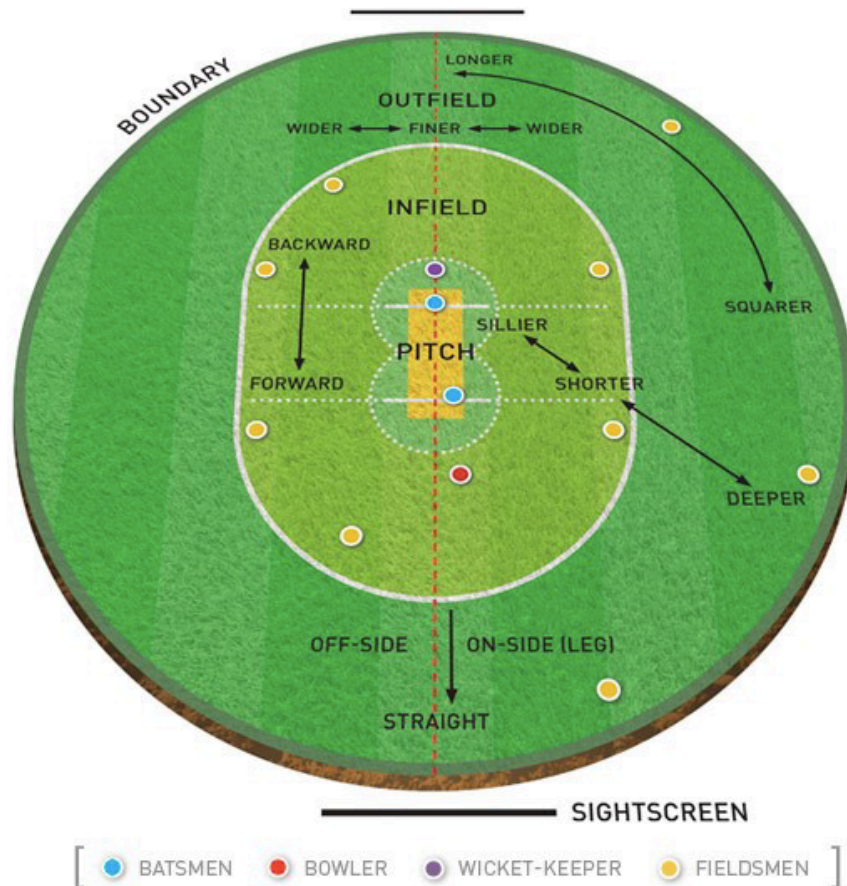


Figure 2: Cricket Field Layout

Cricket, anyone?

Cricket is played with two teams of 11 players each. Each team takes turns batting and playing the field, as in baseball. In cricket, the "batter" is called a batsman and the "pitcher" is called a bowler. Two batsmen are on the pitch at the same time.

Scoring runs

- Fly ball hit out of the field is worth 6; out on a bounce or roll is 4
- Batter can elect to run after hitting ball; run is scored each time the batsmen change places

Innings

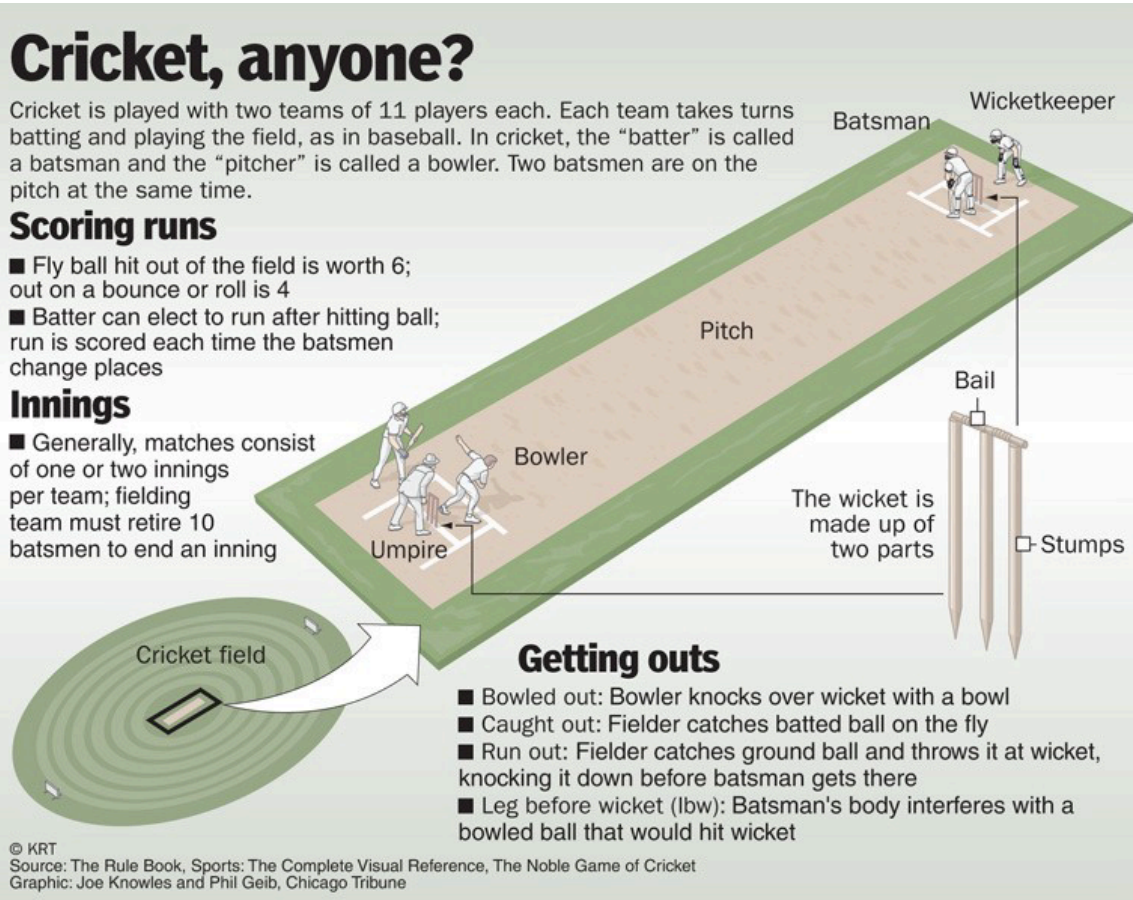
- Generally, matches consist of one or two innings per team; fielding team must retire 10 batsmen to end an inning

Getting outs

- Bowled out: Bowler knocks over wicket with a bowl
- Caught out: Fielder catches batted ball on the fly
- Run out: Fielder catches ground ball and throws it at wicket, knocking it down before batsman gets there
- Leg before wicket (lbw): Batsman's body interferes with a bowled ball that would hit wicket

© KRT
Source: The Rule Book, Sports: The Complete Visual Reference, The Noble Game of Cricket
Graphic: Joe Knowles and Phil Geib, Chicago Tribune

Figure 3: Cricket Rules



SOCCER

Rules:

1. Five (5) players on the field (Half field game).
2. Players cannot touch the ball with their arms or hands, except for the goalkeeper. Players can only use their feet.
3. Offside – When an attacking player receives the ball while on his opponents half and is behind the second to last defender (the last typically being the goalkeeper). See Figure 4.

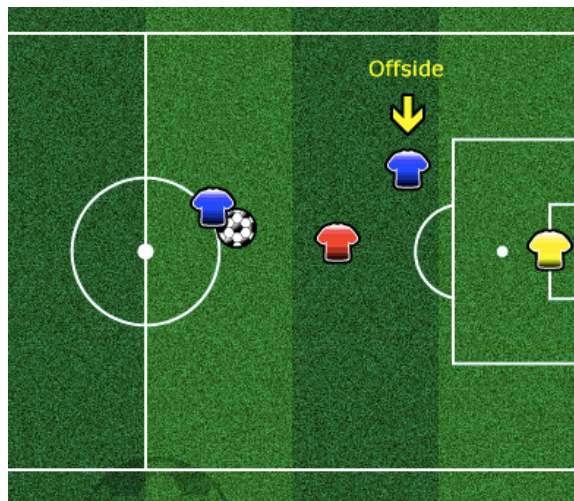


Figure 4: Offside Position

4. Tackling – Defenders must come into contact with the ball before the player.
5. Yellow Card: Warning
6. Red Card: Ejection from the game
7. Penalty Kick: Awarded if a player commits a direct free kick offence in the penalty area (box).

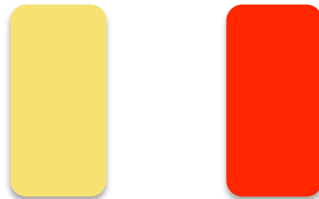


Figure 5: Yellow and Red Cards

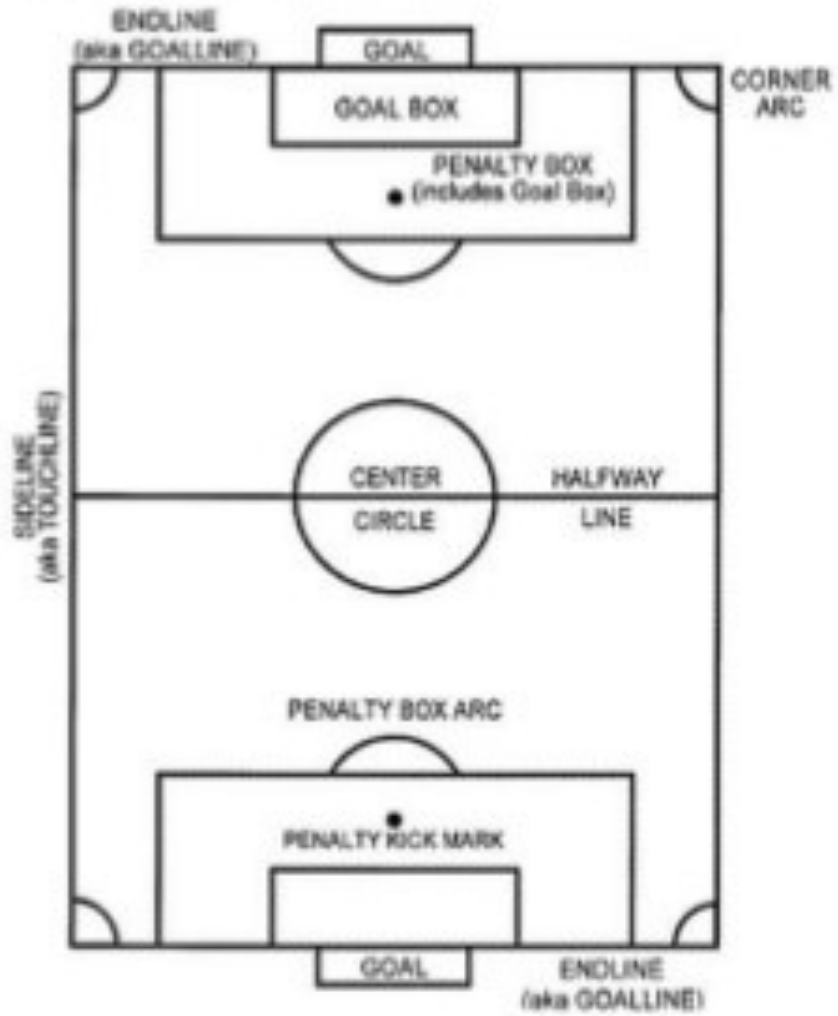


Figure 6: Soccer Field Layout

NETBALL

Rules:

1. Seven (7) players from each team – Each playing position has an important role for their team (See Figure 7).
2. Each game will consist of two (2) 15 minutes half with a five (5) minute break.
3. Teams change ends after each half break.
4. Centre passes are taken alternatively by the Centre after a goal is scored.
5. The ball is awarded to opposition for throw-in when ball has left the court. Throw-ins take place where the ball left the court with one foot close to the line.
6. A goal is one point.
7. All players must start in their designated goal thirds prior to the umpire's whistle being blown. The two Centres are in the centre third (See Figure 8).
8. Nails must be kept short – This is to protect other players from injury.
9. A penalty pass is awarded for infringements relating to Obstruction and Contact.
10. The player who caused the infringement must stand beside the player who has been awarded the penalty pass.
11. A shooter CAN shoot for goal from a penalty pass if in the goal circle.
12. Obstruction – Defender must be 0.9m (3ft) from player with ball – this is measured from the grounded foot of the player with the ball to the nearest foot of the defender.
13. No contact either accidentally or deliberately is allowed to interfere with an opponent's play.
14. A player cannot touch the ball when it is being held by another player.
15. Offside – When any part of a player's body touches the ground in an area of the court where that player cannot go.

Goal Shooter	To score goals and to work in and around the circle with the GA
Goal Attack	To feed and work with GS and to score goals
Wing Attack	To feed the circle players giving them shooting opportunities
Centre	To take the centre pass and to link the defence and the attack
Wing Defence	To look for interceptions and prevent the WA from feeding the circle
Goal Defence	To win the ball and reduce the effectiveness of the GA
Goal Keeper	To work with the GD and to prevent the GA/GS from scoring goals

Figure 7: Netball Playing Positions

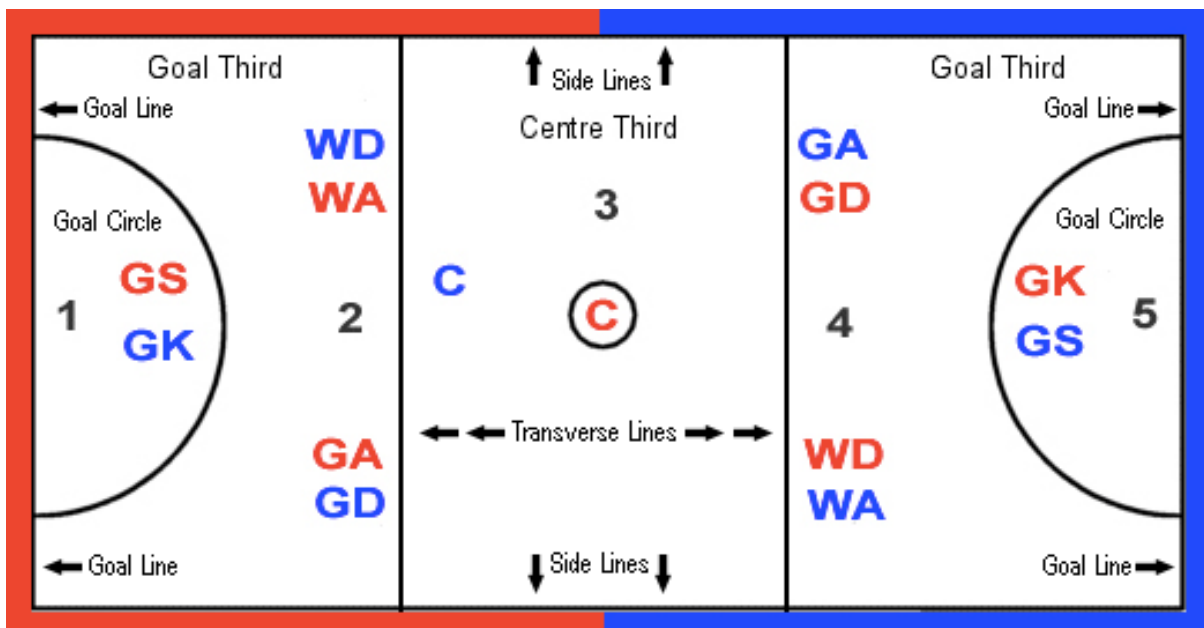


Figure 8: Netball Court Layout

VOLLEYBALL

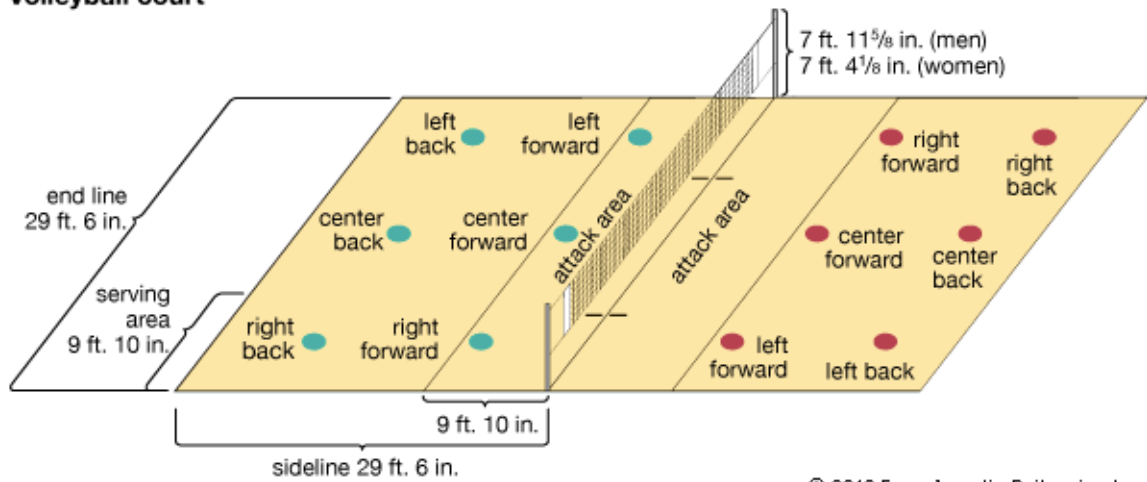
Game Rules:

1. Six (6) players on the court – 3 in the front and 3 in the back (See Figure 9).
2. No double touch (setting) and no double contact (individual).
3. Maximum of three (3) contacts per team before the ball crosses over the net.
4. The ball touching the line is IN.
5. No touching the end line during a serve (See Figure 9).
6. No touching the top of the net during a block.
7. No blocking during a serve.
8. The back row can attack but cannot pass the attack line (See Figure 9).
9. A team captain is to be assigned by each team for the toss that occurs at the beginning of the game
10. Single elimination and co-ed.

Set Rules:

1. Each game will consist of two (2) sets of 25 points with a minimum lead of two (2) points.
2. After each game, points will be taken down to determine your position in the tournament (See Figure 10).
3. During the qualification rounds, the games will be played best out of three sets. If the game is tied 1-1, the third game is to be played at 15 points.

Volleyball court



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Figure 9: Volleyball Court

	BVAC 12-2	Southside Swarm	BVAC 12-1	KC Twisters	Pleasant Hill Extreme	Win	Loss	Points	PLACE
BVAC 12-2		13 - 25 21 - 25 -16 ₉	23 - 25 25 - 12 11 ₈	22 - 25 17 - 25 -11 ₁	25 - 8 25 - 13 29 ₈	3	5	13	4
Southside Swarm	25 - 13 25 - 21 16 ₉		26 - 24 25 - 22 5 ₅	21 - 25 25 - 17 4 ₇	25 - 15 25 - 14 21 ₇	7	1	46	1
BVAC 12-1	25 - 23 12 - 25 -11 ₈	24 - 26 22 - 25 -5 ₅		18 - 25 25 - 16 2 ₁₀	25 - 14 25 - 22 14 ₈	4	4	0	3
KC Twisters	25 - 22 25 - 17 11 ₁	25 - 21 17 - 25 -4 ₇	25 - 18 16 - 25 -2 ₁₀		25 - 10 25 - 12 28 ₄	6	2	33	2
Pleasant Hill Extreme	8 - 25 13 - 25	15 - 25 14 - 25	14 - 25 22 - 25	10 - 25 12 - 25		0	8	-92	5

Figure 10: Example Score Sheet

BASKETBALL

Rules:

1. Team Roster: Four (4) players – 3 players plus 1 substitute.
2. Time-outs: 1 per team.
3. Initial Possession: Determined by coin flip. The team that wins the coin flip decides whether it takes the ball or leaves it, in order to get it in a potential overtime.
4. Scoring: 1 point and 2 points if scored behind the arc.
5. Game duration and score limit: 1 x 10 minutes playing time, up to 21 points.
6. Overtime – First team to score 2 points wins the game.
7. Shot Clock: 12 seconds shot clock.
8. Free throws following a shooting foul: 1 free throw. 2 free throws if foul committed behind the arc.
9. Foul limit per team: 6 team fouls.
10. Penalty for team fouls, 7, 8 and 9: 2 free throws.
11. Penalty for team fouls 10 and more: 2 free throws plus possession.
12. Possession following a successful goal: Defense position, right underneath the hoop, ball to be dribbled or passed to a player behind.
13. Possession following a dead ball: Check ball exchange behind the arc (at the top).
14. Possession following a defensive rebound or steal: Ball to be dribbled/passed behind the arc.
15. Possession following a jump ball situation: Defense possession.
16. Substitutions: In dead all situations prior to check ball. The substitute can enter the game after their teammate steps off the court and establishes a physical contact with him/her behind the end line opposite the basket. Substitution requires no action from the referees or table officials.

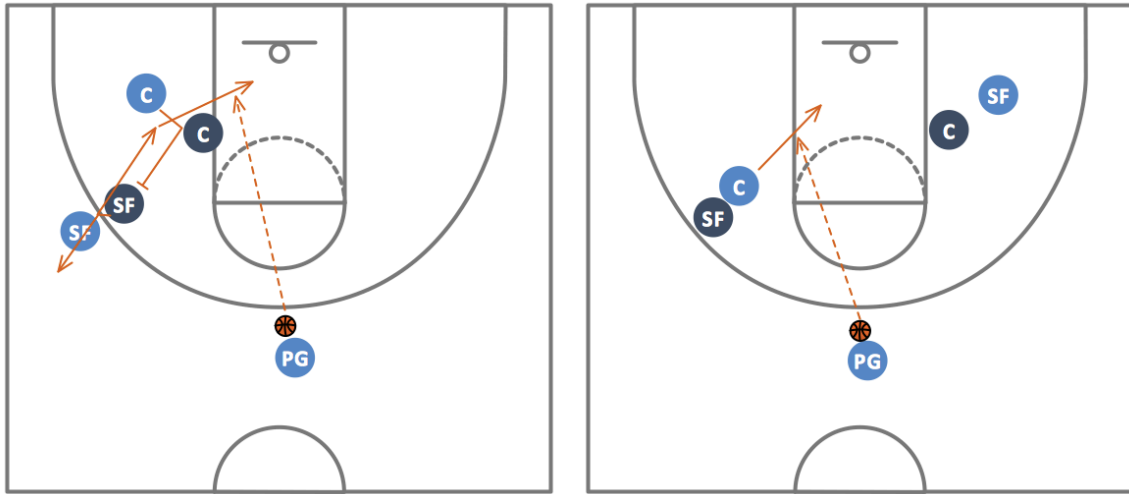


Figure 11: Basketball Court

DOMINOES

Rules:

1. Each team will be given a number.
2. Each team will play a minimum of two (2) games.
3. One (1) point will be awarded for each game won.
4. The teams with the most points will then compete for top placement.
5. Play will be to six (6) games.
6. The game starts with double six and proceed in the counter clockwise direction.
7. If a game is blocked, and two teams have the same count, the winner of the next game is awarded two points.
8. Players are encouraged to keep their dominoes in front of you on the table. This saves being questioned about how many you have.



TUG OF WAR

Objective

The objective of the game is for each team to pull the rope along with the members of the opposition team to their side. A pull shall be won when one of the side markings on the rope is pulled over the centerline or if any portion of the foot of a competitor crosses the centerline.

Rules:

1. Each team will consist of 6 players.
2. All competitions shall be decided by the best of three pulls, i.e. the first team to be awarded two pulls.
3. Teams are not allowed to suddenly let go of the rope and deliberately cause the opposing team to fall over.
4. No competitor shall grip the rope within the length bounded by the outer tapes or markings.
5. All pullers are to be encouraged not to “heave” or jerk the rope.
6. Pullers may only support themselves by the rope and their own feet. Sitting on the ground or on another member of the team is not permitted. Should a member of the team fall he/she must at once recover himself/herself.
7. Any hold that prevents the free movement of the rope is not permitted such as locking (elbow touching the lifted upper leg).
8. Pullers grip the rope with their bare hands. No knots or loops should be tied in the rope and the rope should not be wrapped around any limbs.
9. No glue of any kind on hands or rope will be permitted.
10. No jewellery of any kind will be permitted during the competition.

Start Procedure

1. Pick up the rope – Teams pick up the rope
2. Take the Strain – Teams lean back slightly but do not pull to take up slack in the rope to ensure that it is taut.
3. Pull – After a reasonable pause.