

GOLDEN HORSESHOE ATHLETIC CONFERENCE

CONSTITUTION

REVISED: May, 2023



GOLDEN HORSESHOE ATHLETIC CONFERENCE:

ARTICLE I: NAME

The name of this organization shall be known as the Golden Horseshoe Athletic Conference thereafter called GHAC or the Conference.

ARTICLE II: AIMS AND OBJECTIVES

SECTION I – AIMS

The aim of this Conference shall be to make the fullest possible contribution to the health; happiness and physical welfare of the secondary school student by sponsoring well organized and properly supervised athletic activities.

SECTION II – OBJECTIVES

- (i) To provide a forum for the exchange of ideas between Member Associations of the Conference with respect to athletic competition, tournaments or clinics.
- (ii) To organize and conduct competition for the selection of Golden Horseshoe Athletic Conference representatives to the Ontario Federation of School Athletic Associations regional eliminations and/or Championships.
- (iii) To organize and conduct from time to time, other athletic competitions, tournaments or clinics, as sanctioned by the Golden Horseshoe Athletic Conference Executive Council.
- (iv) To organize and conduct Ontario Federation of School Athletic Associations Championships awarded to the Golden Horseshoe Athletic Conference.
- (v) To provide representatives to the Ontario Federation of School Athletic Association's Legislative Council, Board of Directors and Standing Committees.

ARTICLE III: MEMBERSHIP

SECTION I – REPRESENTATION

Membership of the Golden Horseshoe Athletic Conference shall be composed of the Hamilton-Wentworth Catholic Athletic Association (H.W.C.A.A.) representing the secondary schools under the jurisdiction of the Hamilton-Wentworth Catholic District School Board; and the Halton Secondary School Athletic Association (H.S.S.A.A.) representing the secondary schools under the jurisdiction of the Halton District School Board and the Halton Catholic Athletic Association (H.C.A.A.) representing secondary schools under the jurisdiction of the Halton Catholic District School Board.

Independent Secondary Schools and French Language Secondary Schools are eligible for competition and Ontario Federation of School Athletic Associations selection opportunities; provide they are members in good standing of one of the Conference Member Associations.

SECTION II – GOVERNANCE

The Member Associations of the Golden Horseshoe Athletic Conference agree to abide by all Articles of the Constitution as well as all accepted rules and regulations governing athletic competition within the Conference.

ARTICLE IV: EXECUTIVE COUNCIL

SECTION I - REPRESENTATION

The affairs of the Golden Horseshoe Athletic Conference shall be managed by an Executive Council composed of fifteen (15) members. Five (5) members of the Executive Council shall represent the Hamilton-Wentworth Catholic Athletic Association, five (5) members of the Executive Council shall represent the Halton Secondary School Athletic Association, and five (5) members of the Executive Council shall represent the Halton Catholic Athletic Association. Each Association will choose a principal, an additional principal/vice-principal, the league convenor, and two members at-large currently employed by the school board.

SECTION II – EXECUTIVE OFFICERS

(15 executive officers – 5 people from each association)

Golden Horseshoe Athletic Conference Executive Council Members shall serve to fill the following positions as Executive Officers, as determined by the Council:

- i) President (Principal/VP Representative from one of the associations)
- ii) Vice-President (Principal/VP Rep from one of the associations)
- iii) Principal Rep (Principal /VP Rep from one of the associations)
- iv) Secretary-Treasurer (Selected from the 15 executive officers)
- v) OFSAA Committee for Girls' Activities Representative
- vi) OFSAA Committee for Boys' Activities Representative
- vii) One alternate OFSAA Representative
- viii) 1 convener from each association (total of 3)
- ix) Member at Large (2 members at large from each association - total of 6. Can be a Principal, Vice-Principal, or Teacher)

SECTION III – TERM OF OFFICE

The office of President of the GHAC Council shall be assumed on a yearly basis, by a Council Representative from one of the three Member Associations on a rotating basis, as outlined in Appendix II of the GHAC Constitution.

A Council of Representatives from the Member Associations not represented by the current GHAC President shall assume the offices of Vice-President and Principal Rep of the GHAC Council on a yearly basis.

The term of office of Secretary-Treasurer of the GHAC Council shall be for a 3-year term subject to agreement by the representatives of the Council.

The term of office of the Committee for OFSAA Girls Activities Representative shall be for a 3-year term subject to agreement by the representatives of the Council.

The term of office of the Committee for OFSAA Boys Activities Representative shall be for a 3-year term, subject to agreement by the representatives of the Council.

The term of office of Principal's Association Representative shall be for a 3-year term, subject to agreement by the representatives of the Council.

SECTION IV – DUTIES OF OFFICERS

PRESIDENT: The President of the Golden Horseshoe Athletic Conference shall preside at all meetings of the Council. The President shall represent the Conference at the Ontario Federation of School Athletic Association's Annual General Meeting. The GHAC President shall have the authority to inquire into any matter pertaining to the affairs of the Conference and may ask any representative to attend any meeting. The President shall sign all bylaws and Membership Certificates and have other powers and duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

VICE-PRESIDENTS: The Vice-Presidents of the Golden Horseshoe Athletic Conference may assume any of the duties of the President when that officer is unable to act or prefers not to act due to conflict of interest. The Vice-Presidents shall also perform other duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

SECRETARY-TREASURER: The Secretary-Treasurer of the Golden Horseshoe Athletic Conference shall provide notice to all Executive Council Members of scheduled meetings and the business due to be considered at such meetings. The Secretary-Treasurer shall keep an accurate record of the proceedings of the Council and provide each Council Member with a copy of the minutes of all meetings. The Secretary-Treasurer shall keep an accurate account of all receipts and disbursements of the Conference and provide a statement of the financial position of the Conference at each meeting of the Council. The statement shall include copies of current Bank Statements, a list of all receipts and expenditures and copies of Convenor's Competition Financial Reports. The Secretary-Treasurer shall provide each year at the September Council Meeting, a proposed budget for the upcoming year. The Secretary-Treasurer shall also perform other duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

OFSAA GIRLS' ACTIVITIES REPRESENTATIVE: The OFSAA Girls' Activities Representative of the Golden Horseshoe Athletic Conference shall serve as a member of the Ontario Federation of School Athletic Association's Standing Committee on Girls' Activities or other identified OFSAA Committees and as such, represent the Conference at all scheduled meetings. After each OFSAA Meeting, the OFSAA Girls' Activities Representative shall report the results to all GHAC Council Members. Prior to such scheduled meetings, the OFSAA Girls' Activities Representative shall seek input from the GHAC Council regarding issues or matters to be discussed at such OFSAA Meetings. The OFSAA Girls' Activities Representative may also perform other duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

OFSAA BOYS' ACTIVITIES REPRESENTATIVE: The OFSAA Boys' Activities Representative of the Golden Horseshoe Athletic Conference shall serve as a member of the Ontario Federation of School Athletic Association's Standing Committee on Boys' Activities or other identified OFSAA Committees and as such, represent the Conference at all scheduled meetings. After each OFSAA Meeting, the OFSAA Boys' Activities Representative shall report the results to all GHAC Council Members. Prior to such scheduled meetings, the OFSAA Boys' Activities Representative shall seek input from the GHAC Council regarding issues or matters to be discussed at such OFSAA Meetings. The OFSAA Boys' Activities Representative may also perform other duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

PRINCIPALS' REPRESENTATIVE: The Principals' Representative shall represent the Conference at the Ontario Federation of School Athletic Association's Annual General Meeting. The Principals' Representative shall also perform other duties from time to time as prescribed by the Golden Horseshoe Athletic Conference Council.

MEMBER AT LARGE: A person who has some authority and voting privileges with the organization, but limited responsibility.

SECTION V – ORGANIZATIONAL STRUCTURE

For the purposes of equal representation and the equitable sharing of responsibilities within the Conference, the offices of OFSAA Girls' Activities Representative, OFSAA Boys' Activities Representative and Principals' Representative shall be held by a GHAC Council Member from each of the Member Associations as determined by the Council.

ARTICLE V: CONFERENCE CONVENOR

SECTION I – ATHLETIC CONVENORS

Each Member Association shall provide an Athletic Convenor responsible for the organizing and administering **GHAC events within their association.** ~~of one of the following three (3) athletic classifications of activities:~~

- i) ——— Girls' Activities
- ii) ——— Boys' Activities
- ~~iii) ——— Co-Ed Activities (Shared Responsibilities)~~

~~The Athletic Convenor shall be responsible for organizing all aspects of a GHAC or OFSAA Qualifying event.~~

~~The specific rotation of GHAC sports convenorship is outlined in Appendix II~~

~~The specific area of responsibility of the Athletic Convenors shall be conveyed each year to OFSAA, prior to the start of a new school year.~~

ARTICLE VI: MEETINGS

SECTION I – GENERAL MEETINGS

The GHAC Executive Council shall convene a minimum of four (4) times per school year, with September, December, March and June as suggested dates and/or to coincide prior to scheduled OFSAA Board Meetings – and on other occasions as deemed necessary by the President and/or Vice-Presidents.

SECTION II – ANNUAL MEETING

The Annual Meeting of the GHAC Council shall be held each year at a time, place and date as determined by the GHAC Council, for the purpose of:

- i) Hearing and receiving the reports and statements as required and provided for by Council Members.
- ii) Electing or appointing such Executive Officers or other Council Members as are to be elected or appointed at such a meeting.
- iii) Presenting financial statements and the report of the auditors, as appointed by the GHAC Council
- iv) Transacting any other business of the Council as properly brought before the meeting without notice.

SECTION III – QUORUM

A quorum for the transaction of business at meetings of the GHAC Council shall be a minimum of six (6) Council Members, consisting of at least two (2) members from each of the three (3) Member Associations.

SECTION IV – VOTING

Transacting Conference affairs and business shall be determined by consensus of the Member Associations. However, where consensus is unattainable, each Council Member shall be accorded a vote. The President of the Conference as Chair, shall be accorded an additional voting power in such circumstances as required to break a tie vote.

ARTICLE VII: FINANCES

SECTION I

Responsibility for the disbursement of funds shall be that of the Conference Secretary-Treasurer.

SECTION II – BANKING FACILITY

The GHAC Council shall establish and maintain a bank account and designate a signatory from two (2) of the Member Associations. The account shall be used to fund:

- i) Operating expenses of the GHAC Council
- ii) GHAC and/or OFSAA qualifying competitions
- iii) Other expenditures as prescribed by the GHAC Council

SECTION III – ADMISSION CHARGES

For GHAC competitions or events, an admission charge may be set by the respective Athletic Conveyors with a maximum charge of \$5.00, unless otherwise prescribed by the GHAC Council. This admission charge will be limited to football, basketball, and hockey.

SECTION IV – ENTRY FEES

- i) For team sports, an entry fee shall be charged each team as listed in Appendix I, to defray the operating costs of competition events
- ii) For individual sports, an entry fee shall be levied for each competing athlete, payable by a school cheque on the day of the competition. Any excess funds remaining after all expenses are paid, shall be distributed to the GHAC Treasury. Any shortfalls shall be paid for by the GHAC Treasury.
- iii) OFSAA or Regional Entry Fees for team sports shall be paid for by each GHAC Member School competing at the applicable OFSAA Championship.
- iv) OFSAA or Regional Entry Fees for individual sports will be paid on behalf of Member School athletes by the GHAC Competition Convenor or GHAC Treasurer, upon submission of a list of OFSAA entrants to include full name, school name and total cost summary per school. The GHAC Treasurer shall invoice either or both Member Associations through the Convenors, for their own respective Association's share of the total fees originally paid. The Convenors shall in turn, invoice each of their own member schools as required.

SECTION V – COMPETITION FINANCIAL REPORTS

A financial report shall be submitted by June 1 and tabled at the first regularly scheduled GHAC Council meeting following the conclusion of applicable GHAC competitions, to include date and

time, participating schools, facility location, event costs and profits and/or losses. The responsibility for compliance will rest with the convening Member Association.

ARTICLE VIII: PLAYING REGULATIONS

All GHAC competitions shall be conducted in accordance with the GHAC Playing Regulations for that sport. If and/or where issues arise not covered by GHAC Playing Regulations, GHAC shall defer to the OFSAA Playing Regulations of that sport for clarification and/or decision. Any changes to GHAC Playing Regulations are subject to the approval of the GHAC Executive Council.

ARTICLE IX: OFSAA CHAMPIONSHIPS

SECTION I – APPLICATION TO HOST

An individual or group representing the Golden Horseshoe Athletic Conference may apply to OFSAA to host a Championship. The individual or group must be from one or more of the Conference Member Associations and must apply for the Championship through either the OFSAA Representative for Boys' or Girls' Activities. A copy of the proposal to host an OFSAA Championship must be presented to the Council at a regularly scheduled meeting. The GHAC Council reserves the right to reject any proposal to host an OFSAA Championship for insufficient or lack of information, compliance with OFSAA Rules and Regulations or other applicable rationale as determined by the Council.

SECTION II – FINANCES

All expenses, revenues, profits and/or losses incurred from convening an OFSAA Championship shall be the responsibility of the Championship Convenor and/or his or her organizing committee and the Member Associations represented by that committee.

The OFSAA hosting fee varies according to sport. Please reference the OFSAA Convenor Package for more specific details.

Should a profit remain at the conclusion of a GHAC hosted OFSAA Championship, funds shall be disbursed as follows:

- i) 10% of Net Profit is payable to GHAC
- ii) The remainder of the Net Profit shall be retained by the Organizing Committee. The organizing committee will decide where the funds are used.

ARTICLE X: COUNCIL COMMITTEES

SECTION I – TRANSFER COMMITTEE

Each Member Association shall provide a representative who shall act as a member of the Conference Transfer Committee and as such, process and rule on the athletic eligibility of all

students who have transferred into Association Member Schools or who have transferred among Association Member Schools within the Conference.

SECTION II – BOARD OF REFERENCE

Each Member Association shall provide three (3) representatives who shall act as members of the Conference Board of Reference and as such, shall investigate and rule on all matters of protest brought to its' attention involving GHAC Competition. (See Article XIII for further information)

SECTION III – OTHER COMMITTEES

The GHAC Council may from time to time, establish a committee or committees for specific purposes. In every case, each Member Association of the Conference shall be represented on such committees.

ARTICLE XI: ELIGIBILITY

SECTION I – GENERAL REGULATIONS

For all GHAC competition or OFSAA qualifying competition, participating students must comply with OFSAA eligibility By-Laws and the Federation Transfer Policy.

(a) School/Team Eligibility

To represent a school in any activity coordinated by GHAC, a school/team, must:

- (i) Conduct a bona fide high school team under the supervision of a teacher as certified by the school principal
- (ii) participate in an Association-approved league
- (iii) use only eligible athletes in any competition during the school year, or the school forfeits its right to participate in the GHAC and OFSAA Championships

(b) Individual Student Eligibility

To represent a school in any activity coordinated by GHAC a student must:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the following age requirement: the individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held;
- (iv) be in Grades 9-12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
- (vii) have signed the Rules of Behaviour signature form for the competition.
- (viii) have participated as a member of a bona fide high school program during the current season as outlined in (a) above and attended the majority of practices and games

ARTICLE XII: COMPETITIVE STRUCTURE

SECTION I – COMPETITION

All GHAC and/or OFSAA qualifying competition shall be structured in accordance with the Golden Horseshoe Athletic Conference Constitution, hereafter described in Appendix II of these By-Laws.

Golden Horseshoe Athletic Conference competition shall be held at an appropriate site as determined by the Convenors. GHAC competition events shall be scheduled at the beginning of each season, at a time that minimizes the loss of instructional time. No change of date or time will occur without the consent of both Principals of the competing schools and the competition Convenor. If a school forfeits a GHAC game, the school principal must present a letter to the president of the GHAC association who will present it to the members of the GHAC Executive. The forfeiting school will have to compensate GHAC for all losses incurred due to the forfeit. **A team that forfeits a GHAC playoff game will forfeit the right to advance to OFSAA. The GHAC Championship must be played unless otherwise determine by the GHAC executive.**

SECTION II – REPRESENTATION

In the event that only one of the Member Associations sponsors a team(s) in an activity, that Association's designated team(s) shall represent the Conference at OFSAA Championships until such time as the other Member Association sponsors team(s) in league play.

ARTICLE XIII: BOARD OF REFERENCE

SECTION I – PURPOSE

The GHAC Board of Reference shall consider and deal with all matters of policy and principle brought before it, affecting the Conference, its Member Associations and its competition programs.

SECTION II – MEMBERSHIP

The GHAC Board of Reference shall consist of two (2) members of each of the GHAC Member Associations plus the Chairperson, unless otherwise prescribed by the Council. If any member of the GHAC Board of Reference is directly involved with an issue in question or cannot attend a Board of Reference Meeting, said member will attempt to appoint an impartial proxy from the GHAC Executive within his/her Member Association.

SECTION III – CHAIRPERSON

The Chairperson for a GHAC Board of Reference Meeting will be the President of the GHAC Council. In the event that the President cannot act, the Vice-President of the GHAC Council will assume the Chair. If the Vice-President cannot act, the Principal Rep of the GHAC Council shall assume the Chair. No proxy shall be responsible for chairing a Board of Reference Meeting.

SECTION IV – COST

A bond of \$100.00 and a written description of the matter in question are to be forwarded to the Conference Secretary-Treasurer by the school requesting the Board of Reference, within two full school days following the incident in question. The GHAC Board of Reference will meet within five school days after any matter has been brought to its attention. If successful, the \$100 bond shall be returned

SECTION V – PROCEDURES

Procedures to be followed by the Board of Reference are:

1. The appeal must be supported in person by the school administrator and at least one staff representative (teacher-coach, phys. ed./co-instructional head, other as determined by the school principal) from the school from which the appeal originated.
2. The GHAC Secretary-Treasurer shall immediately inform the Principals of the schools involved that sanctions may be imposed by GHAC.
3. The Secretary-Treasurer, in consultation with the Chairperson of the Board, shall designate the date, location and starting time of a Board of Reference.
4. The Board may initially meet in camera to review all pertinent written material (written protest, game report, applicable sections of the Constitution, etc.).
5. The Board will hear submissions and evidence by the parties involved.
6. All matters discussed in a Board of Reference will remain in camera and only the final decision and rationale will be made public.

SECTION VI - VOTING

Each Board of Reference Member shall have one vote at any regularly called meeting. Voting by each Board of Reference Member shall be by secret ballot. The Chairperson of the Board of Reference shall cast the deciding vote in the case of a tied vote.

SECTION VII - DECISIONS

The decision of the Board of Reference shall be reported directly to the individuals involved by the Secretary-Treasurer with written confirmation provided.

ARTICLE XIV: ROTATION AGREEMENTS

SECTION I – CONFERENCE AWARDS

The order of rotation of recipient of annual award(s) provided to Conference individuals such as the “Pete Beach Award” shall be in accordance with the Golden Horseshoe Athletic Conference Constitution, hereafter described in Appendix II of these By-Laws

SECTION II – PRESIDENCY OF THE GHAC COUNCIL

The order of rotation of the office of President of the GHAC Council shall be in accordance with the Golden Horseshoe Athletic Conference Constitution, hereafter described in Appendix II of these By-Laws.

SECTION III – ROTATION OF CONVENORS

The order of rotation of the convenorship of activities within the Conference shall be in accordance with the Golden Horseshoe Athletic Conference Constitution, hereafter described in Appendix II of these By-Laws.

SECTION IV – GHAC Competition Start Times

Any GHAC competition held in a school’s home gymnasium or home field may not begin prior to 3:00 pm unless circumstances arise or it is agreed upon by both competing schools.

Note: Fall outdoor sports shall commence at 2:00 pm due to the threat of darkness unless otherwise agreed upon by the schools’ administrators.

GOLDEN HORSESHOE ATHLETIC CONFERENCE

APPENDIX I – COMPETITIVE STRUCTURE

Note: Year 2 – 2023-2024

GHAC COMPETITIVE STRUCTURE

AAA

- A. HCAA**
- B. HSSAA**
- C. HWCAA**

SINGLE ENTRY

Entry to OFSAA - If a single association has 50% (**minimum of 12 GHAC teams combined**) or more of the participating schools in GHAC competition, then there will be a 4 team play down to determine the GHAC Champion, as defined below:

Team Designation

Team 1 - Most Populous Association Champion (Association with the greater number of schools classified as AAA).

Team 2 - Finalist from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs **Team 3***

Entry to OFSAA – in the case when largest association is less than 50% of the participating school - the GHAC Champion will be determined with a 3 team play down on a 3-year rotation

Entry to OFSAA – no host entry - 3-year rotation

Year 1: A vs B winner plays C for GHAC Championship

Year 2: B vs C winner plays A for GHAC Championship

Year 3: C vs A winner plays B for GHAC Championship

*Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

****See Appendix II: Rotational Agreement for Host Association**

DOUBLE ENTRY (BASED ON PAST PERFORMANCE)

Double entry, no host (When a second entry is granted for past performance the association with the better performance at the previous OFSAA is granted the second entry)

A HCAA	B HSSAA	C HWCAA	D (2nd entry)
---------------	----------------	----------------	---------------------------------

Team Designation

Team 1 - 1st place from the association who was granted the extra entry due to past performance (Highest finish at OFSAA Championships. If teams were eliminated at same level of OFSAA, highest finish at the GHAC Championships)

Team 2 - 2nd place from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations*

Team 4 - Remaining association

* In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs **Team 3***

Winners must compete for the GHAC Championship (both teams advance to OFSAA)

* Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, the highest numbered association to win their semi-final game will host.

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

A double entry will replace the regular 3-year rotation for current school year. For example, if the interruption occurs in year 2 of the rotation, the following year will continue with year 3 of the rotation. This will maintain the integrity of the rotation throughout all sports.

DOUBLE ENTRY TO OFSAA, (HOST ENTRY)

Host Association receives an automatic entry to OFSAA and will enter the GHAC play downs.

A HCAA

B HSSAA

C HWCAA

D (2nd entry)

Team Designation

Team 1 - 1st place from the association who was granted the host entry (Automatically qualifies for OFSAA.)

Team 2 - 2nd team from the above association (host entry or league finalist if host entry wins' league) *unless otherwise determined by host association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs Team 3*

Winners must compete for the GHAC Championship (both the host entry and the GHAC Champion advance to OFSAA. If the host entry is in the GHAC championship, then both teams advance to OFSAA).

Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

Double Entry (OFSAA Host or Past Performance)

In any situation where only 2 associations are vying for a GHAC Championship; the following will be used

1 – If neither association has greater than 50% of the schools competing – then a straight champion vs champion will occur. Home team based on hosting chart.

2 - If a single association has 50% (minimum of 12 GHAC teams combined) or more of the participating schools in GHAC

competition, then there will be a 3 team play down to determine the GHAC Champion, as

defined below:

Team Designation

Team 1 - Most Populous Association Champion.

Team 2 - Finalist from the above association

Team 3 - Remaining association

Single Entry

Year 1 – Game 1 - Team 2 at Team 3

Game 1 Winner at Team 1

Year 2 – Game 1 - Team 3 at Team 2

Game 1 Winner at Teams 1

Year 3 – Team 1 at Team 3

If the Host entry is from Team 3, then both champions will advance to OFSAA. In all other scenarios the normal play down structure will occur with the GHAC Championship game participants both advancing to OFSAA.

AA

Designated “AA” competition (boys’ basketball, girls’ basketball, boys’ soccer, girls’ soccer, boys’ volleyball, girls’ volleyball, and girls’ field hockey)

- A. HCAA**
- B. HSSAA**
- C. HWCAA**

Single Entry

Entry to OFSAA - If a single association has 50% (minimum of 12 GHAC teams combined) or more of the participating schools in GHAC competition, then there will be a 4 team play down to determine the GHAC Champion, as defined below:

Team Designation

Team 1 - Most Populous Association Champion (Association with the greater number of schools classified as AA).

Team 2 - Finalist from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs Team 3*

Entry to OFSAA – in the case when largest association is less than 50% of the participating school - the GHAC Champion will be determined with a 3 team play down on a 3-year rotation

Year 1: A vs B winner plays C for GHAC Championship

Year 2: B vs C winner plays A for GHAC Championship

Year 3: C vs A winner plays B for GHAC Championship

***Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.**

****See Appendix II: Rotational Agreement for Host Association**

DOUBLE ENTRY (Based on Prior Performance)

Double entry (When a second entry is granted for past performance the association who went further in the previous OFSAA performance would be granted the second entry)

A HCAA

B HSSAA

C HWCAA

D (2nd entry)

Team Designation

Team 1 - 1st place from the association who was granted the extra entry due to past performance (Highest finish at OFSAA Championships. If teams were eliminated at same level at OFSAA, highest finish at previous GHAC Championships)

Team 2 - 2nd place from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4
Team 2 vs Team 3*

Winners must compete for the GHAC Championship (both teams advance to OFSAA)

* Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

In the scenario where an association has earned GHAC an extra OFSAA entry but cannot provide another team to play in the GHAC play downs (only has 1 participating school) the GHAC play downs will revert to the regular playoff structure for AA as noted above.

DOUBLE ENTRY TO OFSAA (HOST ENTRY)

Host Association receives an automatic entry to OFSAA and will enter the GHAC play downs.

A HCAA	B HSSAA	C HWCAA	D (2nd entry)
---------------	----------------	----------------	---------------------------------

Team Designation

Team 1 - 1st place from the association who was granted the host entry (Automatically qualifies for OFSAA.)

Team 2 - 2nd team from the above association (host entry or league finalist if host entry wins' league) *unless otherwise determined by host association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4
Team 2 vs Team 3*

Winners must compete for the GHAC Championship unless otherwise determine by the GHAC Executive (both the host entry and the GHAC Champion advance to OFSAA. If the host entry is in the GHAC championship, then both teams advance to OFSAA).

* Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

In the scenario where an association has earned GHAC an extra OFSAA host entry but cannot provide another team to play in the GHAC play downs (only has 1 participating school) the GHAC play downs will revert to the regular playoff structure for AA as noted above.

A/AA

Designated “A/AA” competition (boys’ hockey, girls’ hockey, boys’ rugby, girls’ rugby, lacrosse)

- A. HCAA
- B. HSSAA
- C. HWCAA

Single Entry

Entry to OFSAA - If a single association has 50% (minimum of 12 GHAC teams combined) or more of the participating schools in GHAC competition, then there will be a 4 team play down to determine the GHAC Champion, as defined below:

Team Designation

Team 1 - Most Populous Association Champion. Association with the greatest number of schools classified as AA.

Team 2 - Finalist from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year’s GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs Team 3*

Entry to OFSAA – in the case when largest association is less than 50% of the participating school - the GHAC Champion will be determined with a 3 team play down on a 3-year rotation

Year 1: A vs B winner plays C for GHAC Championship

Year 2: B vs C winner plays A for GHAC Championship

Year 3: C vs A winner plays B for GHAC Championship

***Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.**

****See Appendix II: Rotational Agreement for Host Association**

DOUBLE ENTRY (Based on Prior Performance)

Double entry, no host (When a second entry is granted for past performance the association who went further in the previous OFSAA performance would be granted the second entry)

A HCAA

B HSSAA

C HWCAA

D (2nd entry)

Team Designation

Team 1 - 1st place from the association who was granted the extra entry due to past performance (Highest finish at OFSAA Championships. If teams were eliminated at same level at OFSAA, highest finish at previous GHAC Championships)

Team 2 - 2nd place from the above association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs **Team 3***

Winners must compete for the GHAC Championship unless otherwise determine by the GHAC Executive (both teams advance to OFSAA)

*Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

****See Appendix II: Rotational Agreement for Host Association**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

In the scenario where an association has earned GHAC an extra OFSAA entry but cannot provide another team to play in the GHAC play downs (only has 1 participating school) the GHAC play downs will revert to the regular playoff structure for AA as noted above.

DOUBLE ENTRY TO OFSAA (HOST ENTRY)

Host Association receives an automatic entry to OFSAA and will enter the GHAC playdowns.

A HCAA

B HSSAA

C HWCAA

D (2nd entry)

Team Designation

Team 1 - 1st place from the association who was granted the host entry (Automatically qualifies for OFSAA.)

Team 2 - 2nd team from the above association (host entry or league finalist if the host entry wins its league) *unless otherwise determined by host association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs **Team 3***

Winners compete for the GHAC Championship unless otherwise determine by the GHAC Executive (both the host entry and the GHAC Champion advance to OFSAA. If the host entry is in the GHAC championship, then both teams advance to OFSAA).

* Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

****See Appendix II: Rotational Agreement for Host Association**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors.

In the scenario where an association has earned GHAC an extra OFSAA host entry but cannot provide another team to play in the GHAC play downs (only has 1 participating school) the GHAC play downs will revert to the regular playoff structure for AA as noted above.

A

Designated “A” competition (boys’ basketball, girls’ basketball, boys’ soccer, girls’ soccer, boys’ volleyball, girls’ volleyball)

- A. HCAA**
- B. HSSAA**
- C. HWCAA**

Single and Double Entry

Single Entry

**Year 1 – HSSAA 2 at HWCAA
Winner at HSSAA #1**

**Year 2 – HWCAA at HSSAA #2
Winner at HSSAA #1**

Year 3 – HSSAA #1 at HWCAA #1

Double Entry (OFSAA Host or Past Performance)

If the Host entry is from HWCAA, then both champions from HWCAA and HSSAA will advance to OFSAA.

In all other scenarios the normal play down structure will occur with the GHAC Championship game participants both advancing to OFSAA.

****See Appendix II: Rotational Agreement for Host Association**

If all 3 Associations have participating teams in this classification, playoffs will follow the AA GHAC Competitive Structure as noted above

In future, consideration will be given for HCAA to host a single A competition if the number of schools were to increase.

Football

Football will follow the following rotation:

A HCAA B HSSAA C HWCAA D (2nd entry)

Team D: Finalist from the Association whose team finished highest in previous year's OFSAA competition. If two Associations tie, a coin flip (to take place in June) will determine which of the two associations will get the 2nd entry (witnessed by 2 members of the GHAC executive).

Team Designation

Team 1 - 1st place from the association which was granted the additional entry.

Team 2 - 2nd team from the above association.

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs **Team 3***

In the event that only 1 entry to the OFSAA bowl is granted, a GHAC championship game will be played to determine who advances to the OFSAA bowls.

In the event that 2 entries are granted to the OFSAA bowls, winners of both above games will advance (no GHAC championship game is necessary).

* Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, the highest ranked association to win their semi-final game will host.

DOUBLE ENTRY TO OFSAA, (HOST ENTRY)

Host Association receives an automatic entry to OFSAA and will enter the GHAC play downs.

A HCAA B HSSAA C HWCAA D (2nd entry)

Team Designation

Team 1 - 1st place from the association who was granted the host entry (Automatically qualifies for OFSAA.)

Team 2 - 2nd team from the above association (host entry or league finalist if host entry wins' league) *unless otherwise determined by host association

Team 3 - Highest GHAC finish from the previous year between the two remaining associations**

Team 4 - Remaining association

** In the case where both Team 3 and Team 4 teams lost in the previous year's GHAC semi-finals, then a coin toss witnessed by two GHAC Executive Members would determine the positions.

Team 1* vs Team 4

Team 2 vs Team 3*

Winners must compete for the GHAC Championship (both the host entry and the GHAC Champion advance to OFSAA. If the host entry is in the GHAC championship, then both teams advance to OFSAA).

Highlighted Association will have their choice of venue for playoffs. For the GHAC Championship game, see **Appendix II: Rotational Agreement for Host Association.**

Association championships must be completed 5 school days prior to the OFSAA deadline to allow for sufficient time for GHAC play downs or as determined by the convenors

GOLDEN HORSESHOE ATHLETIC CONFERENCE

APPENDIX II – ROTATION AGREEMENT

GHAC EXECUTIVE LEADERSHIP ROTATION:

2023-2024	2024-2025	2025-2026
HSSAA - President	HWCAA - President	HCAA-President
HWCAA – Vice President	HCAA – Vice President	HSSAA- Vice President
HCAA – Principal Rep	HSSAA – Principal Rep	HWCAA- Principal Rep

OFSAA PETE BEACH AWARD ROTATION:

2023-2024	2024-2025	2025-2026
HSSAA	HWCAA	HCAA

GHAC CONVENORSHIP ROTATION:

2023-2024	2024-2025	2025-2026
GIRLS HWCAA	Girls HSSAA	Girls HCAA
BOYS HSSAA	Boys HCAA	Boys HWCAA
CO-ED COMBINED	CO-ED COMBINED	CO-ED COMBINED
Designate HCAA	Designate HWCAA	Designate HSSAA

*If a host association does not qualify for the GHAC final, the designate association will convene the GHAC final.

** If two schools from the same association qualify for the GHAC final, that association will determine the location of the game.

GOLDEN HORSESHOE ATHLETIC CONFERENCE

APPENDIX III – PARTICIPATING SPORTS

Fall Sports

Boys' Football
Cross Country
Girls' Basketball

Boys' Volleyball
Girls' Field Hockey
Golf

Winter Sports

Boys' Basketball
Girls' Hockey
Wrestling

Boys' Hockey
Girls' Volleyball
Swimming

Spring Sports

Badminton
Boys' Rugby
Girls' Rugby
Girls' Soccer
Tennis
Touch Football

Boys' Baseball
Boys' Soccer
Girls' Slo-pitch
Lacrosse
Track and Field
Ultimate

GOLDEN HORSESHOE ATHLETIC CONFERENCE

APPENDIX IV – ENTRY FEES

G.H.A.C. Entry Fees:

Due to escalating costs, G.H.A.C. has implemented the following entry fees to be paid by participating teams in G.H.A.C. events. Each participating school team will be charged a \$100 entry fee. These fees will be applied to the revenue side of all G.H.A.C. Financial Reports.

In addition, each participating school will be billed for half of the costs of arranging a game. Game costs include but are not limited to: facility rentals, security, EMS, referees, ticket takers, parking attendant, score-keepers and any miscellaneous items. Schools participating in GHAC games (Semi finals and finals) will be allowed to use monies derived from ticket sales to cover costs of the GHAC game and keep whatever is left over from sales of tickets at their schools prior to the event.

Basketball (Boys/Girls) \$100 / team + ½ of [referees]

Volleyball (Boys/Girls) \$100 / team + ½ of [referees]

Field Hockey \$100 / team + ½ of [field + umpires]

Football \$100 / team + ½ of [police + security + referees + therapist + field]

Hockey (Boys) \$100 / team + ½ of [police + arena + referees + therapist]

Hockey (Girls) \$100 / team + ½ of [security + arena + referees + therapist]

Soccer (Boys/Girls) \$100 / team + ½ of [referees + field]

Baseball \$100 / team + ½ of [umpires + field]

Ultimate \$100 / team + ½ of fees incurred

Slow Pitch \$100 / team + ½ of [umpires + field]

NOTE: A team will only be charged the GHAC entry fee once, not for the semifinal and then the final.

Protest Policy

If a game is to be played under protest or a protest condition arises before, during or after a game, proper protest procedures must be adhered to as follows:

1. IF THE PROTEST CONDITION ARISES PRIOR TO THE GAME IN QUESTION:

(i) Notification that the game is being played under protest must be duly recorded on the game sheet prior to the start of the game.

- (ii) The protesting Schools Association Athletic Convenor must be notified within (12) hours of the game in question, that a protest condition has arisen.
- (iii) Acceptable instruments of notification are: GAMESHEETS, TELEPHONE CALL, TEXT or E-MAIL.

2. IF THE PROTEST CONDITION ARISES DURING A GAME IN QUESTION:

- (i) The protest must be duly recorded on the game sheet, following notification of game officials that the game is being continued under protest.
- (ii) The protesting Schools Association Athletic Convenor must be notified within (12) hours of the game in question, that a protest condition has arisen.
- (iii) Acceptable instruments of notification are: GAMESHEETS, TELEPHONE CALL, TEXT or E-MAIL.

3. IF THE PROTEST CONDITION ARISES AFTER A GAME IN QUESTION:

- (i) The only condition in which a protest may be considered after the conclusion of a game will be questions of eligibility.
- (ii) The protesting Schools Association Athletic Convenor must be notified within (12) hours of the game in question, that a protest condition has arisen.
- (iii) Acceptable instruments of notification are: GAMESHEETS, TELEPHONE CALL, TEXT or E-MAIL.

SECTION II

In all cases, following proper protest procedures, the GHAC Athletic Convenors shall investigate all matters of protest and render decisions to member schools and the GHAC Executive Council within a (24) hour time period.

SECTION III

All GHAC Member Schools have the right to appeal any decision rendered by the Athletic Convenor(s) to the GHAC Executive Council through the Board of Reference procedure.

GOLDEN HORSESHOE ATHLETIC CONFERENCE

APPENDIX V – Playing Regulations



PLAYING REGULATION – GHAC BADMINTON

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.
2. Events: There will be competition in the following events: Boys Singles, Boys Doubles. Girls Singles, Girls Doubles and Mixed Doubles
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: Each event will include eight (8) entries. The GHAC Executive committee will determine the number of representatives from HSAA, HCAA, and HWCAA based on the proportion of athletes competing in each sport in the previous year. These proportions will be decided in June at the GHAC AGM. No association will exceed 50% of the entries.
5. Rule Book: The rules of the Canadian Badminton Association will govern play, unless specified differently in the general regulation section.
6. Officials: It is recommended that monitors be available if required all GHAC games to assist in line calls and scoring. This will mainly consist of coaches of schools not involved in a) the match directly or b) the outcome of the match.
7. Uniforms: Doubles teams must have a matching uniform. All uniforms must have a school logo present. Spandex are not permitted at GHAC events. All shirts must have sleeves.
8. Starting Times: The date and the starting time is to be determined by the GHAC Convenors
9. Classification: GHAC Badminton Championship shall provide competition for the following:

High School Division:

(i) A badminton player who exclusively trains with and competes with/for their high school and does not train or compete with/for any other badminton program.
(i) A badminton player in grade nine (9) is eligible who ceased to compete with/for any badminton program in the three (3) years prior to the beginning of the school year.
20
(ii) A badminton player in grade ten (10) or above is eligible who ceased to compete with/for any badminton program in the three (3) years prior to the beginning of the school year

Open Division:

All other badminton players (i.e. not high school badminton players) who meet the eligibility requirements as outlined in the OFSAA Playing Regulation five (5), and who are bona fide members of the school program are classified as open participants. All appeals can be made to the OFSAA Badminton Sports Advisory Committee prior to January 1st of that school year.
10. Starting Order of Competitors:

Top-seeded players are to be spaced out over the draw sheet. Players are seeded for the GHAC tournament based on the previous year's results when available, as well as current year's regional meets.

Entries from the same school will be placed on opposite halves of the draw, when possible.

If an association has only two (2) entries then they will be placed on opposite halves of the draw.

11. General Regulations:

GHAC tournaments will follow a double elimination format. However, the consolation side winner does not come back around to meet the champion. The Championship side winner is automatically granted eligibility for OFSAA as GHAC's number one (1) seed. The finalist will play the consolation winner to be the second (2) GHAC seed at OFSAA.

ALL first matches are two (2) out of three (3) – Championship side remains 2 out of 3 but consolation side is just one (1) game to twenty one (21). Players/teams must win by two (2) with a cap at thirty (30)

All players or teams should be allowed a minimum of five (5) minutes between matches.

Once you qualify for GHAC/OFSAA with a doubles partner you must stay and compete with that same partner – If one person is unable to move on to the next competition that "team" cannot move on and will be replaced by the next highest seed. This applies to singles as well, if a player becomes unable to compete further for any reason, the spot cannot be filled by someone from their school.

Each school must supply its own practice shuttles.

PLAYING REGULATION – GHAC BASEBALL

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Varsity Boys Champion in accordance with the GHAC Competitive Structure, Appendix II.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution. No competitor is eligible for the GHAC Baseball Championship if he has signed with a major league baseball team. Any high school team that includes said player on their eligibility sheet will forfeit all games in which the player(s) name appears on the game sheet.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: The official Baseball Rule Book will apply unless noted below in the “general rules” section.
6. Officials: Officials will be provided by the host convenor of the highest caliber possible. All GHAC Championships shall be officiated by two-person teams of umpires.
7. Uniforms: If possible, all players should be in complete baseball uniform with corresponding tops and caps. Any team entering OFSAA playoffs must be completely and uniformly outfitted, including the coaching staff.

All batters and baserunners must wear a helmet. Metal cleats are allowed. Catchers must wear a mask with a throat protector, helmet, chest protector, shin guards, cup and cup type athletic supporter. Any player warming up a pitcher, must wear a mask with throat protector.

8. Starting Times: The date and the starting time is to be determined by the GHAC Convenors

9. General Regulations:

- All games will be seven (7) innings except when a team is leading by 10 or more runs after five (5) innings or four and a half (4 ½) innings if the home team is ahead. Then the mercy rule will apply and the game is ended.
- Ties in playoff games will continue in extra innings until 30 minutes to curfew. At this time, the international tie breaking rule will come into effect. (begin the inning with your last out or a player on the bench at second base and nobody out.)
- With two outs, and the catcher on base, the last player making an out shall be substituted for the catcher
- Any individual ejected from a game shall be automatically ineligible to participate in his team's next game; subject to review by the Competition Committee.
- Only solid wood or composite bats will be allowed.
- A designated hitter may be used for any position player. The DH must be named in the starting lineup, if you choose to use one. Once the game has begun, you may not institute a DH. If a DH enters the game as a position player, his team forfeits the DH for the remainder of the game.
- Pitchers may not pitch more than 12 outs on a single game. Outs must be consecutive.

10. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC

Championship game

PLAYING REGULATION – GHAC BASKETBALL (Boys and Girls)

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior Champion in all classifications in which all three associations (HSSAA, HCAA, HWCAA) are fielding teams.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: The current National Federation rule Book shall govern play at the GHAC Championships.
6. Officials: Officials will be provided by the host convenor and will be members of the Approved Board of Officials of the convening association. All GHAC games shall be officiated by three-person teams of officials.
7. Uniforms: Uniforms must be in accordance with the National Federation Rule book. Team players must wear identical or same colour shorts. Teams must provide a second set of uniforms or a set of legally-numbered markers of a different colour in case two opposing teams have the same colour uniforms. A coin toss shall decide which team changes.

All competitors are expected to dress in uniforms that are neat and clean and which maintain the integrity of the school's/Association's name, colours and logos.

Student-athletes must remain fully clothed in the appropriate team uniform in the competition area, AND use the designated locker room or change area to change to and from competition attire. Incidents of non-compliance shall be forwarded to the Competition Committee for resolution.

8. Starting Times: **Starting Times: The date and the starting time is to be determined by the GHAC Convenors**
9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game
10. General Regulations:
 - Balls – Girls will use a size 6 ball and boys will use a size 7 ball
 - The host school will be responsible for having available all the necessary equipment:
 1. Game Ball
 2. A time clock and stopwatch.
 3. HSSAA or HWCAA approved Score Sheets
 4. Practice balls.
 - Any player or coach ejected from a GHAC Championship game will be automatically prohibited from dressing for and participating in the next scheduled game. This does not include disqualification by personal fouls.

PLAYING REGULATION – GHAC Boys' Hockey

1. Ages: All competitors must meet the current OFSSA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior Champion in all classifications in which all three associations (HSSAA, HCAA, HWCAA) are fielding teams.
3. Eligibility: There will be a competition for a GHAC Senior Champion in accordance with the GHAC Competitive Structure, Appendix II.
 - i) All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
 - ii) No competitor is eligible whose name has appeared on a game sheet, and has dressed, after his association/school board first regular season game, for a team in "A", "B", "C", Major Junior, Junior, Intermediate, Senior or GMHL divisions in any National and/or International association, or an league deemed equivalent to "A", "B", "C". This includes any on-ice All-Star or Showcase game organized by leagues/associations named in this clause
 - iii) A Junior "B" or "C" team is allowed to AP a high school goalie to be called up in an emergency situation and appear on a game sheet and/or play up to a maximum of two exhibition, league and/or playoff games in total during the season after the Association's first regular season game. An emergency situation would not include an on-ice All-Star or Showcase game organized by leagues/associations named in ii.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: The current rules of the C. A. H. A. shall govern play in qualifying competition games with the following exceptions:
 - C.A.H.A approved face masks, throat protectors and mouth guards must be worn by all participants, including goaltenders.
 - The maximum number of players permitted to dress for a game is twenty (20), eighteen (18) skaters, plus two (2) goal tenders.
 - The red line shall be eliminated with regards to off side infractions.
 - Any player incurring four (4) penalties or three (3) or more stick infraction penalties during the same game shall be ejected from that game.
 - Suspension for Major Penalties other than fighting, assessed to any player, including goaltender, will be assessed as per the current OHF Minimum suspension List.
 - Any player incurring a Major Penalty for "fighting" shall be immediately ejected from the same game. The penalized player shall be prohibited from dressing for and playing in any further competition until her case has been reviewed by the G.H.A.C. convenors.
 - Any school may appeal the suspension of their penalties if the game officials have assessed an instigator penalty to the offending player for the eliminated team.
6. Officials: Officials will be provided by the host convenor and will be members of the Approved Board of Officials of the convening association. All GHAC Championships shall be officiated by a four person teams of officials.
7. First Aid: It is the responsibility of the supervising convenor to ensure that a qualified first aid service person is on site for each game(s). Games must be rescheduled if a first aid service is not available.
8. **Starting Times: The date and the starting time is to be determined by the GHAC Convenors**

9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game.
10. Supervision: Each team using a non-teacher as a coach must have a teacher supervisor in attendance at all games.
11. General Regulations:
 - Goal Judges shall not be used for GHAC qualifying competitions.
 - Minor Officials: Shall be provided by the host convenor.
 - Time of game: three fifteen (15) minute periods of actual playing time will be allowed for each scheduled game.
 - Tied Game: For G.H.A.C playoff and Championship games where so specified, if at the end of regulation periods, the score is tied, a three minute break will be followed by consecutive ten minute stop time sudden-death periods until ten minutes to curfew. If still tied, a five player shootout format will be employed to determine a winner. If still tied, a sudden death shootout using any player will ensue until a winner is determined. (Can be the same player multiple times in a row)

PLAYING REGULATION – GHAC CROSS COUNTRY

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: Novice Boys: 4000M Novice Girls: 4000M
 Junior Boys: 5000M Junior Girls: 5000M
 Senior Boys: 6000M Senior Girls: 6000M
 Para Event: 4000M
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: Each member school may enter one (1) girls and one (1) boys team in each event. A team shall consist of an unlimited number of runners with the top five (5) eligible to advance.
5. Rule Book: To be determined by the host convenor. Each competitor will pin on a sticker bearing his/her name, school, and competition number. These stickers shall be provided by the convenor at the meet and must be completed by the coaches or each respective team.

The Meet Director is responsible for seeing that the course is clearly marked and properly marshaled for all races. The head official must attend the coaches' meeting, and is encouraged to hold an officials' meeting prior to the start of the first race, when possible. Otherwise the head official is responsible for communicating the information to all officials participating.

Officials will be assigned by the meet convenor and shall be of the highest caliber. Student marshals must be used under teacher/adult supervision as appointed by the convenor. Teacher officials will include a chief starter, start line judge, chief finish line judge, results recorder.

A jury of appeal consisting of three (3) teacher officials shall be appointed by the meet convenor prior to the Championship.

6. First Aid: It is the responsibility of the supervising convenor to ensure that a qualified first aid service person is on site for each race.
7. Uniforms: All runners must compete in appropriate running attire, which includes:
 - School uniform/singlet/physical education uniform, shorts, sweatpants or tights, running shoes or racing spikes.
 - The uniform tops of all team members must be identical
 - Runners must report at the start line and have their uniforms checked by the start officials.

Failure to comply to the uniform rules will result in disqualification from the competition.

8. Starting Times: The GHAC Championship shall be held no more than two (2) weeks prior to and no less than one (1) week prior to the OFSAA Championships.

9. OFSAA Qualification: The top three (3) finishers in each event will advance to the OFSAA Championship. In addition, the top two (2) GHAC teams consisting of five (5) runners from each event will advance to the OFSAA Championship. If an individual qualifier is also a member of a qualifying team, then the next individual finisher in the event (4th place, etc....) will qualify for OFSAA.

10. Finances: Each school shall be charged a fee per competitor to cover the operating costs of the combined GHAC Championship. Each school is responsible for payment of this fee at registration on the day of the meet. Cheques are to be made out to GHAC.

11. Points: To determine a GHAC team Champion, each team's top five (5) runners placing will count toward the overall team Champion. For example, School "A" had runners finish in 1st, 4th, 10th, 15th and 20th. School "A"s overall total would be fifty (50) points. $(1+4+10+15+20)$. The team with the lowest total will be declared champion.

PLAYING REGULATION – GHAC FIELD HOCKEY

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior champion as per the HAC Competitive Structure, Appendix II.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: As per the GHAC competitive Structure, Appendix II of the GHAC Constitution.
5. Rule Book: The rules of field Hockey Canada will govern play unless specified in this playing regulation below.
6. Officials: Only F.H.O. rated officials will umpire GHAC Championship games. Games must be rescheduled if a rated official is not available for a GHAC game.
7. Uniforms and Equipment:
 - All players must wear shin pads and mouth guards.
 - Goal keepers must wear a C.S.A. approved helmet with face protection at all times, except when taking a penalty stroke or shot. The Goal keeper must wear a sweater of a different colour from her own and opposing team. Any protective equipment must be underneath the sweater.
 - Skirts are preferred but other school uniforms are acceptable. The visible shirts/sweaters of all team members except the goalkeeper must be the same colour and teams knee socks must be identical. All team members must be dressed in identical skirts or all team members must be in identical shorts.
 - Teams may bring contrasting colour of socks and shirts or markers with numbers." The team named first on the schedule will be required to wear a contrasting colour if there is a colour similarity.
8. Starting Times: **The date and the starting time is to be determined by the GHAC Convenors**
9. Spectators: Spectators cannot be on the same side as the players and coaches.
10. Awards: A GHAC Plaque will be awarded to the champion of GHAC in each GHAC Championship game.
11. General Regulations:
 - A) No limit to the number of players dressed for the game.
 - B)
 - (i) Length of Game: two (2) thirty-minute halves with a five (5) minute intermission;
 - (ii) Substitution: the Field Hockey Rule of interchange rule shall be in effect with the following proviso: "Players must leave and enter the field near the centre line on the same side as the team benches."
 - (iii) Any penalty strokes not taken according to the rules, shall be counted as no goal (e.g., shooting prior to the whistle).
 - C) Tied Games:

In the event of a tie at the end of regulation time in any playoff game;

- In the event of a tie at the end of regulation time in any playoff game; each team will

select any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game. These five (5) players shall have a shootout competition if artificial turf is available. If not, teams will take penalty strokes alternately. A list should be provided within two (2) minutes after the end of the match and the shoot-out or penalty strokes will proceed from then. The first team to shoot being decided by a coin toss. The winner shall be the team scoring the most goals.

- If the score is still tied, a "sudden victory" system will be used with any five (5) players from those listed on the match sheet except a player who has received a red card or a temporary suspension at the end of the game or during the shoot-out. Each team will alternately send one player to take a shoot-out or penalty stroke until the tie is broken. The order of shoot-out or stroking will change with each pair of shoot-outs or penalty strokes. No player may take a second shot or stroke in this series until any five (5) players listed on the match sheet (except any under permanent suspension or temporary suspension at the end of overtime) have taken one stroke. Any player that is suspended by a yellow or red card during a shoot-out or penalty strokes may be replaced by any eligible player on the roster".
- Note: During the shoot-out in Tied games for Playoffs - the 8 sec time limit for shoot out will be monitored by one umpire (or coach or designate from each team). The shoot out ends due to the following reasons:

- 8 sec is up.
- the attacker scores
- the ball goes out of play
- the attacker commits a foul
- the goalie commits a foul and in this case the shoot out is taken again or if the foul is deemed intentional a penalty stroke is awarded to the attacker

(Note: if the game is being played on Turf a shoot-out will occur to determine the winner; if being played on grass penalty strokes will be used to determine the winner.)

D) Any player or coach ejected from a GHAC Championship game will be automatically prohibited from dressing for and participating in the next scheduled game.

12. Safety: A qualified medical person must be in attendance before the game can begin. The host convenor shall provide this care.

PLAYING REGULATION – GHAC Girls Hockey

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior champion as per the HAC Competitive Structure, Appendix II.
3. Eligibility: Eligible competitors must meet the following criteria:
 - All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
 - No competitor is eligible for OFSAA-sanctioned events whose name has appeared on a game sheet for any teams of the PWHPA or the NWHL within the current school year.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: The current rules of the C.A.H.A shall govern play in qualifying competition games with the following exceptions:
 - C.A.H.A. approved face masks, throat protectors and mouth guards must be worn by all participants, including goaltenders.
 - The maximum number of players permitted to dress for a game is twenty (20), eighteen (18) skaters, plus two (2) goal tenders.
 - The red line shall be eliminated with regards to off side infractions.
 - Any player incurring four (4) penalties or three (3) or more stick infraction penalties during the same game shall be ejected from that game.
 - Suspension for Major Penalties other than fighting, assessed to any player, including goaltender, will be assessed as per the current OHF Minimum suspension List.
 - Any player incurring a Major Penalty for “fighting” shall be immediately ejected from the same game. The penalized player shall be prohibited from dressing for and playing in any further competition until her case has been reviewed by the G.H.A.C. convenors.
 - Any school may appeal the suspension of their penalties if the game officials have assessed an instigator penalty to the offending player for the eliminated team.
6. Officials: Officials will be provided by the host convenor and will be members of the Approved Board of Officials of the convening association. All GHAC Championships shall be officiated by a three person teams of officials.
7. First Aid: It is the responsibility of the supervising convenor to ensure that a qualified first aid service person is on site for each game(s). Games must be rescheduled if a first aid service is not available.
8. Starting Times: The date and the starting time is to be determined by the GHAC Convenors
9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game
10. Supervision: Each team using a non-teacher as a coach must have a teacher supervisor in attendance at all games.
11. General Regulations:
 1. Goal Judges shall not be used for GHAC qualifying competitions.
 2. Minor Officials: Shall be provided by the host convenor.
 3. Time of game: **three fifteen (15)** minute periods of actual playing time will be allowed for each scheduled game.
 4. Tied game: In the event of a tie game at the end of regulation time, the following will apply:

- (i) one ten (10) minute sudden victory period using a three on three system to be played.
- (ii) In the event of a penalty during this overtime period, it shall be played four-on-three until the first whistle after the penalty has expired. At the expiration of the penalty, the penalized player shall return to the ice and the teams shall play four-on-four until the first whistle at which time the teams shall revert back to three-on-three.
- (iii) If the game is still tied, a three (3) player shootout will take place. Shooters will be declared at the conclusion of the overtime period. Penalized players may NOT participate in the shootout.
- (iv) If the game is still tied, a one (1) girl sudden victory shootout shall take place using the same players in the same order as above.

PLAYING REGULATION – GHAC BOYS FOOTBALL

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior Champion as per the GAC Competitive Structure, Appendix II.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: The number of association entries is determined by the Golden Horseshoe Bowl convenor on an annual basis.
5. Rule Book: Canadian Inter-Collegiate Football rules will govern play unless specified in this playing regulation below.
6. Officials: The officials will be that of the highest level possible. For the GHAC Championship game, there will be 5 on-field officials and 3 sideline officials (Stick Crew) provided.
7. Uniforms: Should a conflict occur in uniform colours, a coin toss will be had to determine which team will change jerseys
8. Starting Times: As per arrangements, through the GHAC convenor.
9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game.
10. General Regulations:
 - A. No limit to the number of players dressed for the game as long as every player can be properly and safely equipped while playing
 - B. Procedures:
 - Games will consist of 12 minute quarters with 3 minutes of stop time at the end of each half. A staff member or referee should be assigned the duties of chief timer.
 - The game ball will be a Canadian Football (Wilson CL or CIS branded ball).
 - A coin toss will be held to determine 1st choice of possession. (kick, return, end or defer)
 - The referee has the right to take the watch from the chief timer.
 - C) Overtime: If the game is tied at the end of regulation time, a CFL style tie breaking method will be used.
 - D) Headsets and Phones: Each team will assume complete responsibility for providing and maintaining their own headsets and phones. If one team forgets theirs or they become inoperative, the opposing team will still be allowed to use theirs.
 - E) Video: Teams will face no restrictions in terms of videotaping opponents games, however, videotaping opposing teams' practices is prohibited.
 - F) Any player or coach ejected from a GHAC Championship game will be automatically prohibited from dressing for and participating in the next scheduled game.
11. Safety: A qualified medical person must be in attendance before the game can begin. The host convenor shall provide this care.

PLAYING REGULATION – GHAC GOLF (Boys and Girls)

1. AGES: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.
2. EVENTS: One event for the GHAC Championship. This event will be played under stroke play rules.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: In the individual category, the GHAC championship will include eight (8) entries. The GHAC Executive committee will determine the number of representatives from HSAA, HCAA, and HWCAA based on the proportion of athletes competing in the previous year. These proportions will be decided in June at the GHAC AGM. No association will exceed 50% of the entries.

In the team category, the GHAC championship will include four (4) entries (made up of no more than four (4) students). The GHAC Executive committee will determine the number of representatives from HSAA, HCAA, and HWCAA based on the proportion of athletes (teams) competing in the previous year. These proportions will be decided in June at the GHAC AGM. No association will exceed 50% of the entries
5. Rule Book: The rules of the R.C.G.A will govern play, unless specified differently in the general regulation section.
6. STARTING TIMES: The date and the starting time is to be determined by the GHAC Convenor
7. UNIFORMS/DRESS CODE: The dress code for student competitors is as follows: Golf Shirt, Appropriate Slacks/Shorts which are knee length, Golf Shoes or some other type or non-destructive footwear. (NO FOOTBALL OR SOCCER CLEATS).
8. General Regulations:
 - The Championship will proceed RAIN OR SHINE, with the exception of Thunder/Lightning. In the case of inclement weather, each School's Coach/Supervisor is required to contact the course to make sure the course is not closed.
 - Teacher and/or Coach/Supervisors are responsible for recording the score for the team he/she is marshalling. Scores are to be recorded at the completion of each hole. Scorecards are to be attested and dated from each school team. .
 - Teacher and/or Coach/Supervisors are expected to remind each student participant of their responsibilities as school representatives and as such, throwing clubs, intentional damage to a golf course and abusive or foul language will not be tolerated. Violation of these guidelines will result in an individual(s) being suspended from further competition.
 - Balls hit out of bounds (white stakes/local rule boundaries) must be replayed from the exact location where the original stroke was played. Penalty is stroke and distance.
 - All issues of concern shall be dealt with by the activity Convenor, consistent with the aims, objectives and philosophies of G.H.A.C. and the sport of Golf.

PLAYING REGULATION – GHAC RUGBY

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior Champion in all classification where a minimum of two of the three associations (HSSAA, HCAA, and HWCAA) are fielding teams.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: Games shall be played by the rules laid down in the Ontario Rugby Union Rule Book, with the exceptions of the modifications listed below:
 - Number of Players: each team may dress an unlimited number of players for games.
 - Substitutions: Substitutions for reasons other than injury shall be limited to six at half time. Unless, an agreement between both coaches has been made prior to the start of the game for unlimited substitutions at half time. These substituted players may return to the game for injury replacement.
 - Length of Game: Each game will consist of two thirty minute halves with a three minute intermission between halves.
 - Over Time: two seven minute halves with one minute between halves. If still tied the following procedure will be used. Each team will select three players from the players on the field at the end of overtime. Those players shall be organized to kick at the goal posts from designated spots of the field. These spots are on 22 metre line from a) centre, b) the intersection of the 15 metre line and the 22 metre line.
6. OFFICIALS: Only qualified O.R.U. officials will referee GHAC Championship games or tournaments. Games must be rescheduled if a rated official is not available for a game. For all GHAC Championships, 3 officials are required.
7. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game
8. Uniforms: All team members must wear a numbered team jersey. (Home Association is responsible for avoiding colour conflicts.) All players must wear an internal mouth guard.
9. GENERAL REGULATIONS:
 - Goal post pads and flexible playing field marks must be used at all games. Dangerous projections near the playing area must be covered to ensure safety for the players.
 - It is the responsibility of the Host Convenor to provide sideline care at GHAC Championship game. Games must be rescheduled if a qualified First Aid person is not available
10. Starting Times: **The date and the starting time is to be determined by the GHAC Convenors**

PLAYING REGULATION – GHAC SOCCER (BOYS AND GIRLS)

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSSA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior Champion in all classification where a minimum of two of the three associations (HSSAA, HCAA, and HWCAA) are fielding teams.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.
5. Rule Book: The Rules of Soccer as they appear in the FIFA Handbook, and the OSA regulations, shall govern play with the following exceptions listed in the general regulations.
6. Officials: Rated referees and linespersons will be assigned by the host convenor.
7. Uniforms: All players must wear identical numbered shirts and shorts. All players must wear shin guards. The referee has sole discretion as to the safety of casts and braces and may rule as per the FIFA protocols
8. **Starting Times: The date and the starting time is to be determined by the GHAC Convenors**
9. Duration:
 - Each game shall consist of two (2) forty (40) minute halves.
 - If the game is suspended due to weather conditions or curfew, it will be considered complete if ten (10) minutes of the second half have been played.
 - Five (5) minute rest time between halves
 - Tied Games: Two (2) – complete Ten (10) minute halves (~~golden goal rule applies~~). If the game is still tied, teams shall take penalty kicks as per the FIFA rules.
10. General Regulations:
 - Unlimited substitutions
 - Substitutions may occur at goal kicks, goal scored, at half time, on your own throw-in, and on an opponent's throw-in once the opponent has initiated a substitution.
 - A "cooling period" after a caution can be initiated at the referee's discretion.
 - OSA policy in effect for all cautions.
 - Each team may dress a maximum of twenty (20) players for each game. The team eligibility list may have any number of players. Students who are not on the game roster must not be dressed in any team attire and are not permitted to warm-up with the team. However, these students are permitted within the competition (bench) area.
11. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game

PLAYING REGULATION: GHAC SWIMMING

A SAC Committee (Sports Advisory Committee) will be serve as the governing body of the GHAC Swim Meet, under the authority of the GHAC Executive. Membership of this SAC Committee will consist of three (3) members from each association, selected at the discretion of each association. One member from each association must be in attendance to create a quorum for final decisions. The Chairperson of the SAC committee rests with the association serving as host of the GHAC Swim Meet and will report to the GHAC Executive.

1. SAFETY GUIDELINES:

Each GHAC Member School shall ensure that the Physical Education Safety Guidelines - Secondary Inter School Module 2008, outlined according the following critical components: EQUIPMENT, CLOTHING/FOOTWEAR, FACILITIES, SPECIAL RULES/INSTRUCTION and SUPERVISION, be adhered to at all times. Specific details will be provided at the pre-season coaches meeting.

2. SUPERVISION:

The Principal shall designate a staff member from his/her own staff or a member from an attending school to accompany the school's competitor, be responsible for them and represent them at the coach's meetings. A swimmer may not compete in the GHAC Swim meet unless accompanied by this said person

3. CLASSIFICATION:

a) GHAC Swimming Championship shall provide competition for the following swimmers:

- i) High school
- ii) Para
- iii) Open

High School Division

- i) A swimmer who exclusively trains with and competes with/for their high school and does not train or compete with/for any other aquatic program or program with an aquatic component.

- ii) A swimmer is eligible who has ceased to train or compete with/for any other aquatic program or program with an aquatic component prior to the previous high school season

(ii) Para-Swimmer

All para-swimmers must have a classification provided by an OFSAA designated classifier to compete at the OFSAA Swimming Championship.

Classifications for Para-swimming Competitors:

- S1-10 are for physical impairment;
- S11, S12, S13 are for visual impairment;
- S14 are for intellectual impairment;

(iii) Open Division

All other swimmers (i.e. not Para-swimmers or high school swimmers as defined above) who meet the eligibility requirements, and who are bona fide members of the school team must compete in this division.

4. ELIGIBILITY:

a) Team Eligibility

GHAC Swimming is classified as a Team Sport. Only bona fide school team members coached by a staff member from that school or a volunteer coach that has been approval from the school's principal may enter the GHAC Swim Championship.

i) a school team is defined as a team composed of a minimum of six (6) members who train as a team during the months from October to March involving pool practices the direction of a coach;

ii) a coach is a teaching staff member of that school who is responsible for the team and is present at a majority of practices and all competitions. This may still allow for coaching assistance of a purely technical nature;

iii) a bona fide school team member is a student from that school who actively participates as a swimmer in the majority of practices of his/her school team.

v) attendance at ten (10) practices is to be verified by the completions of a practice eligibility form by the coach and principal.

vi) Eligibility forms must be handed in to the GHAC Convener by

December 15th. Only those swimmers listed at this time will be eligible to compete in the GHAC meet for that school year.

vii) In order to qualify swimmers for OFSAA, coaches must submit list of names of all potential swimmers in December to the Association

Convener to verify eligibility only. Names and times of qualified swimmers will be submitted by the Association Convener to the OFSAA Convener prior to OFSAA Swimming Championship in February.

b) Student Eligibility

(i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of HSSAA, HCAA, or HWCAA;

(ii) be certified as eligible by the Principal of the school;

(iii) meet the following age requirements:

Junior - the individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held;

Senior - the individual's birth certificate indicates he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

(iv) be in Grades 9-12;

(v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));

(vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));

(vii) developmentally disabled swimmers with an S14 classification should be permitted to compete until the age of 21.

-The eligibility form must be brought to the GHAC Swim Meet by the participating coach(es).

5. ENTRIES:

-Entries must be received by the GHAC Convener no later than

one week prior to the championship.

-Entries will be completed as directed by the convener(s). All entries will come from the HCAA, the HSSAA or the HWCAA Swim Championship Meets. Seeding will be completed after the entries are received.

-A school may have a maximum of two (2) competitors in each individual event, in each division and two (2) school relay team in any relay event. NOTE: Only the top relay team from each school will score points.

-In PARA events a school may enter any number of swimmers with only the top two scoring in each event.

-Competitors may enter up to four (4) events; only two (2) of which may be individual events. Any, or all, of these events for junior swimmers may be at the senior level. Seniors may not swim events at the junior level. Swimmers entered in the 4 x 100 relay will not have this event count against their total event entries.

- Entries for individual events will be scheduled at 3 heats per event and entries for relays will be scheduled at 2 heats per event. The GHAC Executive committee will determine the number of representatives from HCAA, HSSAA, and HWCAA based on the proportion of athletes competing in each sport in the previous year. These proportions will be decided in June at the GHAC AGM. No association will exceed 50% of the entries.

-All PARA swimmers who participate in the HCAA, HSSAA or HWCAA Swim Championship are eligible to compete at GHAC.

-A relay team may be made up of six (6) competitors, any four (4) of whom may swim, out of all six(6) listed the relay is considered an event.

-For the Open Relays, teams may consist of swimmers from the High School Division, the Open Division, or any combination thereof.

-A PARA competitor who chooses to swim in the PARA division may not swim in the corresponding event in the High School or the Open division. For the other events, however, he/she may swim in the High School division only or the Open division only.

- PARA swimmers are permitted to swim on relay teams in the appropriate age category.

- The pool will be available for warm-ups prior to the start of the meet.
- A warm-up schedule shall be provided prior to the meet. SNC warm-up procedures shall be in effect.
- The GHAC Convener shall be responsible to ensure that the OFSAA entries are submitted.
- Scratches for the GHAC Swim Championships are to be submitted to the marshal as early as possible, and at least 20 minutes, prior to the start of the meet. No substitutions will be allowed.

THERE WILL BE NO DECK ENTRIES.

6. RULE BOOK:

S.N.C. rules for high schools shall govern all GHAC swim meets.

7. OFFICIALS:

At the Convener's discretion, and of the highest caliber possible.

8. UNIFORMS:

Participants must be in compliance with O.F.S.A.A. uniform rules concerning club insignia and sponsorship.

All swimmers from the school shall wear the school team bathing cap or team swim suit.

9. Location:

The location of the GHAC Championship shall be at the discretion of the convener(s)

10. Date:

The GHAC Swimming Championship shall be scheduled at least 7 days prior to the OFSAA entry deadline.

11. ENTRY FEES:

Entry fees will be determined by the convener(s) as a proportional cost by athlete entries. The budget and receipts will be made available to all coaches and administrators that request it prior to payment."

12. EVENTS:

GHAC Swimming Championship will follow the OFSAA numbering and order.

These will change as / if the OFSAA event numbering / order changes. Refer to

OFSAA swimming for details.

Official split requests are pre-approved by the referee in advance. The requesting teams may have additional responsibilities such as providing additional a minimum of two timers, stop watches, and any other request from the referee

13. Results:

Additional results such as official splits that have been pre-approved by the referee shall be included in the official results"

PLAYING REGULATION – GHAC TRACK and FIELD

1. AGES: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.

3. Events:

a) All events will be offered that are offered at the OFSAA Track meet of that year, with the exception of Pole Vault. This will be offered if entries dictate.

b) All hurdles and all 400M events should be added to the time schedules as heats, unless the number of competitors is the same as or less than the lanes available. In that instance, the race will be run as a timed final.

Discuss Weights: All girls events plus midget and junior boys – 1KG
Senior boys– 1.60KG

Javelin Weights: All girls events plus midget and junior boys – 600g
Senior boys – 800g

Shot Put Weights: Midget and junior girls – 3kg, senior girls 4kg
Midget and junior boys –4kg, Senior boys – 5.443kg

Hurdle Information:

	Height of Hurdle	# of hurdles used	Distance to 1st Hurdle	Distance between hurdles	Last hurdle to end
80M midget/junior girls	30"	8	12m	8m	12m
100M senior girls	30"	10	13m	8.5m	10.5m
Midget/junior boys	33"/36"	10	13m	8.5m	10.5m
110M senior boys	36"	10	15yd	10yd	15yd
300M	30"	10	50m	35m	40m

midget/junior girls					
300M midget/junior boys	33"	8	50m	35m	40m
400M senior boys	36"	10	45m	35m	40m
400M senior girls	30"	10	45m	35m	40m

4. Entries:

- a) No entries will be accepted the day of the meet. Coaches bear the sole responsibility of the accuracy and completeness of their entries. Substitutions will still be recognized up to fifteen (15) minutes before the specific event.
- b) Individual schools are allowed three (3) entries per event and one (1) entry per relay.
- c) Any competitor may enter three (3) events plus one (1) age class relay and one (1) open relay.
- d) An athlete may compete in the individual Track and Field event in his/her own age classification and then move up to a higher classification for a relay providing he/she does not compete in the relay(s) in his/her own classification.

5. Rule Book: The CFTA Rule Book will be used to cover all technicalities not covered in the GHAC Regulations.

6. Officials: To be of the highest calibre possible.

7. Uniforms: All competitors in the GHAC meets shall wear a presentable school uniform or physical education uniform. A violation of this will disqualify the offender from entry into any events. It should be noted that uniform specifications for GHAC relay events are that of identical tops.

8. Starting Time: As per the meet schedule distributed prior to the meet.

9. South Regional/OFSAA Representation: The top 5 finishers in each event advance to the South Regional Meet. The top 4 finishers for the South Regional Meet advance to the OFSAA Championships.

10. General Regulations:

- a) The order of events is to be circulated prior to the meet.
- b) Calling Events: All events will be called 3 times;
1st call: 10 minutes prior to start of event
2nd call: 5 minutes prior to start of event
3rd call: 1 minute prior to start of event
- c) Reporting of Contestants: It is the competitor's responsibility to report to the official in charge of the event immediately after the first call. This should be done before the start of the event if he/she is competing in another event at the same time.
- d) Order of Precedence: In the event that competitors are entered in events that are being conducted at the same time, track events will take precedent over the Pole Vault and High Jump, which in turn, will take precedence over all other field events.
- e) All measurements shall be made with a certified steel or fiberglass tape.
- f) Distance or height shall be recorded to the nearest 0.5cm below the distance achieved or covered, and if 35M shall be recorded to the nearest CM below the distance ground and the lowest part of the upper side of the bar.
- g) Scoring:

- 1) 1st place – 10 points
- 2) 2nd place – 8 points
- 3) 3rd place – 6 points
- 4) 4th place – 4 points
- 5) 5th place – 2 points
- 6) 6th place – 1 point

In open events, the points won count for an individual championship in the class in which the competition belongs. The competitors placing in these events will be awarded the number of points awarded for their place in the event. (eg- a junior competitor placing 2nd in the Open 3000M run would be awarded only the points awarded for his place in the event, even though he was the best of his class in the event.

h) The decision as to whether the meet shall be called off due to weather conditions, the convenor by 10:30am on the day of the meet or at any time during the day when lightning is present. If postponed, the convenors will reschedule the championship as soon as possible.

i) Jury of Appeal: Shall consist of three (3) individuals (GHAC convenor, HWCAA convenor, HSSAA convenor, and HCAA convenor) to handle disputes regarding; meet structure and procedure, rules and officials, uniforms, equipment, scoring. Disputes must be written in writing within 30 minutes of the conclusion of the event in which the incident occurred.

j) All schools competing at GHAC must be prepared to contribute to the officiating at the meet at the convenors discretion.

PLAYING REGULATION – GHAC TENNIS

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2. Events: The events to be conducted are:

- Junior High School Division: Boys Singles, Boys Doubles, Girls Singles, Girls Doubles, Mixed
- Senior High School Division: Boys Singles, Boys Doubles, Girls Singles, Girls Doubles, Mixed
- Open (Ranked) Division: Boys Singles, Boys Doubles, Girls Singles, Girls Doubles, Mixed

3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution. The GHAC Tennis Championships shall provide competition in Open and High School divisions. Classification of divisions is as follows:

- Open Division: player must have won a minimum of two rounds in total (one round or more in a tournament and/or at a later date wins a round in another tournament) in 3 star Ontario Tennis Association (OTA) tournaments or higher or the equivalent (USTA, European championship) in the three years prior to the beginning of the school year. Any player who has ever played in the Canadian Nationals or any player that has ever played in any U-14, U-16 or U-18 provincial championships shall also be considered an open player. A bye, defaulted or retired match in an OTA event does not constitute a win.
- High School Division: any player who has not met the above criteria for an Open player.

* Note that a player is deemed "Open" regardless of age. If a player is deemed to be Open he/she must play in the Open event and cannot play in the High School division.

* It is the coach's responsibility to ensure an Open player does not play in the High School Division.

4. Entries: Entering players into events.

- No player may compete in more than one event at one tournament. A junior player may play at the senior tournament.
- Each school may enter one team/competitor per event in the High School Division.
- Each school may enter multiple teams/competitors into each event in the Open (Ranked) Division. This is under the discretion of the convenor due to court availability on the day of the Open tournament.
- Each coach shall provide the convenor with event entries (player names and skill levels) one week prior to a tournament.
- In a doubles or mixed pairing, if any individual is an Open player, the entire team shall be considered Open.

5. Tournament Structure: Each event in each tournament will be run as a Single Elimination tournament. Each match will consist of a 6 game pro-set (no ad scoring) where the winner must win by two games. A first to 7 point tie-break will occur at 6-6. Depending on the number of entries into each event and number of court hours

available, the convenor may increase this to an 8 game pro set (7-7 tie-break)

6. Seeding: Coaches will classify each player's skill level.

7. Expenses: An Entry Fee shall be charged which shall be sufficient to cover the operating costs of the tournament. Any school that does not meet its entry commitment after it has declared an entry into the tournament will be required to submit the entry fee and a report will be made to the Board of Reference - Sanctions. Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.

8. OFSAA Berths: GHAC is permitted to send two entries per event at OFSAA. This applies only to the Senior and Open (Ranked) tournaments.

- OFSAA events are High School Boys Singles, High School Girls Singles, High School Boys Doubles, High School Girls Doubles, High School Mixed Doubles, Open Boys Singles, Open Girls Singles, Open Boys Doubles, Open Girls Doubles, and Open

Mixed Doubles.

- The GHAC finalist and winner in each of the above events will receive a berth to OFSAA in that same event.

9. Rule Book: The Tennis Canada Rules of the Court will govern play unless specified differently in the General Regulations.

10. Officials: At each tournament:

- Officials will not be provided.
- Players must make their own calls on the court, and must agree to the score.
- Each team will call balls in or out on their own side of the court.
- The other team (opponent(s)) may not challenge calls.
- Coaches may not call balls in or out for their players, and may not keep score.
- Coaches may not coach during the match, verbally or otherwise.
- In the event that players cannot come to an agreement the convenor will make the final call.

11. Uniforms: Proper Tennis apparel is required. OFSAA rules will apply.

12. General Regulations:

A school may enter a partial team.

- The convenor has discretion to modify tournament conditions, e.g. length of matches.
- Balls shall be supplied by the Convenor.
- The Convenor or his/her designate shall act as Chief Umpire and his/her decision shall be final.
- Operating expenses for the meet will be met by entry fees from the participating schools. Fees are to be charged per competitor, per event as determined by the Convenor.
- A school missing deadlines listed will NOT be permitted to enter a team
- In the event of a disqualification of a player after a tournament, the convenor shall determine a reasonable replacement for that player taking into consideration past and present tournament results.

13. Dates: Each year there is a Junior Tournament, a Senior Tournament, and an Open (Ranked) Tournament.

- The Senior and Open (Ranked) tournaments will take place on the same day. These tournaments will take place on the 2nd last Wednesday in May. This is to ensure coaches and the convenor have suitable time to enter team information to OFSAA. While the convenor will do all he/she can to ensure the tournaments are on the second last and last Wednesdays of May, court booking and other factors may force a date change. This will be communicated to all coaches

PLAYING REGULATION – GHAC VOLLEYBALL (Boys and Girls)

1. AGES: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2. EVENTS: There will be a competition for a GHAC Senior Champion in all classification where a minimum of two of the three associations (HSSAA, HCAA, and HWCAA) are fielding teams. Each competition will consist of best 3 out of 5 sets. Sets 1 through 4 will be Rally Point up to 25 and the 5th set, if needed will be up to 15. In all sets there is no cap and you must win by at least 2 points. requirements as per the Article XI, Section I of the GHAC Constitution.

4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.

5. Rule Book: The rules and regulations of volleyball Canada will be followed unless otherwise specified below:

1) a team may dress a maximum of 18 players for a match.

2) Substitution Rule - For OFSAA competition teams are allowed a maximum of 12 substitutions in any one set. There is no limit to the number of times a player may leave or re-enter a set as long as the maximum number of substitutions is adhered to and they leave or re-enter for the same player. Once a player has a designated substitution partner in a set, that is the only player that they may leave or re-enter that set for. For example, player A for player B - player C may not enter into this rotation.

3) Libero Player:

i) Each Team has the right to designate up to two (2) specialist defensive players: Liberos

ii) All Liberos must be recorded on the scoresheet with the team roster.

iii) The number of the Libero or Liberos is to be recorded on the lineup sheets for all sets

iv) Coach may re-designate Liberos each set

v) Only one Libero may be on the court at any time

vi) The Libero CAN be either team captain or game captain at the same time as performing as a Libero.

4) Game Procedures: When the first referee signals for the teams to change court at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court

6. Officials: Rated referees and linespersons will be assigned by the host convenor.

7. Uniforms: Uniforms shall have any one or two digit, legal-size, number on the front and back of the uniform. The numbers on the back must appear in the centre; the numbers on the front must appear in the centre or on the right or left side of the uniform.

8. Starting Times: The date and the starting time is to be determined by the GHAC Convenors

9. Awards: A GHAC Plaque will be awarded to the Champion of GHAC in each GHAC Championship game

10. Game Procedures: When the first referee signals for the teams to change court at the end of a set, the teams may go directly to their bench and then proceed to the team bench on the other side of the court

11. General Regulations:

A) Any player or coach ejected from a GHAC Championship game will be automatically prohibited from dressing for and participating in the next scheduled game

PLAYING REGULATION – GHAC WRESTLING

GHAC WRESTLING PLAYING REGULATIONS

i. Eligibility:

- i. All wrestlers must be registered, full-time high school students and meet the age and residence criteria for OFSAA eligibility.
- ii. Transfer students must meet transfer criteria established by GHAC and OFSAA and have the necessary transfer forms completed and approved prior to the GHAC competition.
- iii. Wrestlers must attend the minimum amount of practices as determined by OFSAA regulations.
- iv. All teams must submit, to the GHAC convener, a team list two (2) weeks prior to the GHAC Championships. The GHAC convener will prepare a weigh-in list including seeding information and will forward a copy of the weigh-in list to both weigh-in conveners no later than one (1) week prior to the GHAC Championships.
- v. The GHAC Wrestling Championships should be held on the Thursday or Friday prior to the OFSAA entry deadline unless scheduling issues make it impossible.
- vi. The GHAC Wrestling Championships should have Officials represented from both Hamilton and Halton regions, unless availability makes it not possible.

ii. Format:

The tournament format will be an open tournament. There will be no restrictions on the number of wrestlers per school or weight class. (See Appendix A).

iii. Weight Classes:

- i) Men : 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 130kg, over 130kg
- ii) Women Girls': 38, 41, 44, 47.5, 51, 54, 57.5, 61, 64, 67.5, 72, 77, 83, 89, 95, 115, OVER 115 kg
- iii)) In order to compete in the 130 kg class, a male competitor must weigh in over 95 kg and in order to compete in the highest weight class, a competitor must weigh in over 130 kg.

A super heavy weight class will be created if demand is sufficient. In order to compete in the super heavy weight class, a male must weigh in over 130 kg. Wrestlers in the super heavy weight class would not score points for their team.

iv) In order to compete in the 115 kg class, a female competitor must weigh in over 95 kg and in order to compete in the highest weight class, a competitor must weigh in over 115 kg.

A super heavy weight class will be created if demand is sufficient. In order to compete in the super heavy weight class, a female must weigh in over 115 kg. Wrestlers in the super heavy weight class would not score points for their team.

iv. Weigh-ins:

Weigh-ins will take place in two locations the night before the tournament (one in Hamilton, one in Halton) from 4 to 5 pm, and be supervised by a GHAC official and a liaison from the opposite region. The tournament convener will request the name of the liaison leading up to the tournament. The completed weigh-in list shall be e-mailed to the GHAC convener/draw master using the e-mail address provided on the GHAC Championship information sheet no later than 6pm. A confirmation of receipt of the weigh-in list will be sent immediately upon receiving the weigh-in list.

v. Team Scoring:

The top 16 competitors per school will count towards team points. A team may score points for more than one wrestler per weight.

1st - 12 pts

2nd - 9 pts

3rd - 6 pts

4th - 4 pts

5th - 2 pts

6th - 1 pt

NOTES: OFSAA - If during the weeks leading up to OFSAA it appears that a qualified wrestler from your team may not be able to or is NOT able to represent GHAC, please inform that year's GHAC tournament convener and the coach of the 3rd place wrestler as soon as possible.

Appendix A

Open Tournament Format

1. Schools will not be restricted as to the number of wrestlers per school or weight

class. The Draw Master shall make every effort to separate wrestlers from the same school where possible.

2. A modified OFSAA style, double elimination draw will be used. The draw sheets shall be posted no later than 45 minutes prior to the start of the tournament. Coaches have up to 15 minutes prior to the start of the tournament to check the draw sheets and report any errors to the Draw Master after which time the draws are final. If bouts are re-drawn for any reason, that mat will be delayed, and coaches will be given 20 minutes, once that draw is reposted to check the draws of that mat for corrections before draws are final. Wrestling will resume immediately following that 20minute period.

The final round will be modified as follows:

i) The final two wrestlers on the winning (championship) side of the draw and the final wrestler on the losing (consolation) side of the draw will face each other in a round-robin pool to determine medal placing. If any of the wrestlers have already met in an earlier round, that match will count in the pool standings and they will not wrestle again.

ii) The final match in the round-robin will be between the two undefeated wrestlers, unless they are on the same team. If two of the wrestlers in the round-robin are from the same team, they must wrestle first. If all three wrestlers are from the same team, no exception will be made.

iii) The good point system will be used for matches involving the three finalists.

iv) If there are five or less wrestlers in a weight class, a single pool, round-robin format will be used.

3. Point System:

Match Result Winning Wrestler Losing Wrestler

Pin 5 0

Default / Disqualification 5 0

Technical Superiority 4 0

(loser scores no points)

Technical Superiority 4 1

(loser scores points)

Decision (loser scores no pts) 3 0

Decision (loser scores pts) 3 1

4. Tie-Breakers – Placement will be determined by the best record in the round-robin. If one or more wrestlers have identical records, good points earned by each wrestler will determine placement. Ties in points will be broken by the following criteria.

i) If two wrestlers are tied in good points after the round-robin, the wrestler that won the match between the two will place higher.

ii) If all three wrestlers are tied in good points, the winner will be declared by:

a) fastest pin,

b) fastest superiority, then

c) a one-minute round.

5. Seeding:

A maximum of eight (8) positions in each weight class shall be seeded and placed on the draw as outlined in Appendix B.

Seeding Criteria:

1. Defending OFSAA medalist from the previous season. Higher medal earns the top seed. **

2. OFSAA 4th, 5th, 6th from the previous season. **

3. GHAC champ from the previous season. **

4. GHAC 2nd, 3rd, 4th place finisher from the previous season. **

** If two or more wrestlers had a similar placing in the previous year, the higher weight class gets top seed.

Appendix B

Placement of Seeds on the Draw

Eight (8) Person Draw Sixteen (16) Person Draw

- # 1 seed placed in position 1 - # 1 seed placed in position 1
- # 2 seed placed in position 7 - # 2 seed placed in position 15
- # 3 seed placed in position 5 - # 3 seed placed in position 9
- # 4 seed placed in position 3 - # 4 seed placed in position 7
- # 5 seed placed in position 4 - # 5 seed placed in position 5
- # 6 seed placed in position 6 - # 6 seed placed in position 11
- # 7 seed placed in position 8 - # 7 seed placed in position 13
- # 8 seed placed in position 2 - # 8 seed placed in position 3

-All unseeded athletes will be randomly placed

Round Robin Draw:

4-Person 5-Person

Round 1 1 vs 4 2 vs 3 2 vs 5 3 vs 4 1 Bye

Round 2 1 vs 3 2 vs 4 1 vs 5 2 vs 4 3 Bye

Round 3 1 vs 2 3 vs 4 1 vs 4 2 vs 3 5 Bye

Round 4 1 vs 3 4 vs 5 2 Bye

Round 5 1 vs 2 3 vs 5 4 Bye

PLAYING REGULATION – GHAC CURLING (Boys and Girls)

1. AGES: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2. EVENTS: There will be a competition for a GHAC Senior Champion in all classification where a minimum of two of the three associations (HSSAA, HCAA, and HWCAA) are fielding teams

3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.

4. Entries: As per the GHAC competitive structure, Appendix II of the GHAC Constitution.

5. Rule Book: The OCA Rule Book supplemented with OFSAA Regulations will govern play.

6. Uniforms:

(a) Players must bring a clean change of shoes to be worn on the ice surface. Any player without a clean change of shoes will not be allowed to play that game.

(b) Jeans and “pajama pants” cannot be worn on the ice surface.

(c) All players must wear attire that will not damage the ice surface. Dirty pants, metal chains, and metal lace eyelets are examples of attire that can damage the ice.

(d) Inappropriate slogans and advertising/sponsorship reflecting alcohol or tobacco products may not be worn.

(e) All other equipment, including sliders and brooms are supplied by the Oakville Curling Club.

7. Rules and Officials:

(a) Coaches are to instruct their participants on curling rules, etiquette and expectations.

(b) The rules governing play shall be that of the Ontario Curling Association. GHAC exceptions to these rules are:

i) A coin toss will take place at the beginning of each scheduled game. The winning team will choose either the hammer or the colour of the rock.

ii) All GHAC games will be scheduled for six (8) ends. No end shall start with less than 15 minutes of rented ice time left.

iii) Two (2) one (1) minute timeouts per team, per game are permitted and may be called by a player on the ice when it is their team’s turn to throw, or

between ends. Coaches may signal to their team that they wish a time-out, but the time-out must be called for by a player on the ice. No banging on the glass allowed! Note: The one (1) minute time limit MUST be adhered to, to prevent time problems

iv) If required, an umpire will be designated by the convenor for a game.

v) If a game ends in a tie a full end will be played towards the glass to break the tie. Note: In the event this rule needs to be amended due to ice rental restrictions, one rock will be thrown by each team, closest to the button to break the tie.

8. Jury of Appeal

A) The Jury of Appeal constructed at the coaches' pre-season meeting will consist of the convenor and 3-4 coaches from participating schools.

B) The Jury of Appeal will rule on disputes and protests.

C) The Jury of Appeal may only consider matters of policy regarding the operation of the activity concerned within the limits of the playing regulations.

PLAYING REGULATION 12.0 - SKIING (ALPINE)

1.Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

2.Events:

A combined GHAC Alpine Skiing Championship shall be held in sufficient time in order to determine entries for the OFSAA Alpine Skiing Championship.

The season will begin November 1 and end March 31.

The GHAC Championship race will be a one-day Giant Slalom event based on place points established using the combined times of two runs.

High School and Open – Girls' Giant Slalom

-Boys' Giant Slalom

Definition of Teams and Team Members:

High School Team Racers:

Participants are school-trained athletes. They have NO ski league affiliation race training beyond Nancy Greene or the age of 10 years.

Open Team Racers:

Participants are those skiers who have ski league affiliation and training beyond the Nancy Greene level or the age of 10 years.

3. Eligibility:

All competitors must meet the eligibility requirements as per Article XI, Section I of the GHAC Constitution.

Zone card holders in Canada or in the USA and members of Canada's National team are ineligible to compete.

(a)Each school eligible to race at OFSAA must have met the team practice requirements by practicing under the direction and supervision of the designated teacher coach, as approved by the school principal, from November 1st until the OFSAA Championship. All athletes must have participated in a minimum of 8 school practice sessions (dry land and on-hill). There must be one on-hill training session with the school team. A ski race is not defined as a practice session.

4.Entries:

(a)Each Member School may enter one (1) Girls team and one (1) Boys team in each of the Level I and Level II categories. A team consists of a minimum of 3 and a maximum of 5 athletes.

(b) Schools may enter a maximum of 5 individual athletes in each category in addition to their team lists.

(c) Entries must be received by the Race convenor one week prior to the race date.

(d) Late entries or changes prior to the day of the event will only be accepted if they can be accommodated.

(e) All racers must be declared on the entry form prior to the start of the race. NO SUBSTITUTIONS are allowed.

5. Starting Order:

(a) In the first run of each event each school shall have a skier in the first seed section. Seed order will be drawn randomly. Racers will keep the same bib number and seed for both first and second runs.

(b) The bib number must match the registered athlete on the entry forms. NO SUBSTITUTIONS

(c) If an athlete misses their starting order they will be allowed to race at the end of their appropriate division. If their division is over they may be slotted in at the discretion of the Official Starter. At OFSAA an athlete that does not start in the right order is not eligible to race.

6. Disqualifications:

(a) A disqualified athlete may receive a second run but their score will not count.

(b) A dispute must be submitted in writing to the Convenor within 30 minutes of the conclusion of the race.

(c) The Jury of Appeal shall handle disputes and their decision is final.

7. Jury of Appeal:

The Jury of Appeal shall consist of three (3) individuals to be agreed to by the current participating coaches at that specific events coaches meeting.

8. Expenses: An entry fee will be charged which shall be sufficient to cover the operating costs of the event. Each school is responsible for submitting the entry fee prior to the start of the race.

9. Rule Book:

The current F.I.S. Rule Book shall govern competition.

10. Uniforms and Equipment:

All skiers must have ski brakes. Hard shell crash helmets with full ear protection are mandatory for all racers, coaches and volunteers.

All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with each board's Constitution.

PLAYING REGULATION 12.2 – SNOWBOARDING

1.Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy

2.Events:

A combined GHAC Snowboarding Championship shall be held in sufficient time in order to determine entries for the OFSAA Snowboarding Championship.

The season will begin November 1 and end March 31.

The GHAC Championship race will be a one-day event based on place points established using the combined times of two runs.

Levels I and II – Girls' Giant Slalom

-Boys' Giant Slalom

Definition of Teams and Team Members:

Level I Team Racers: Participants are school trained athletes. They have NO snowboard league affiliation race training beyond the age of 10 years.

Level II Team Racers: Participants are those snowboarders that have competed in A.O.S. and Interclub or equivalent club level racing (including alpine racing and/or

boarder cross). This would exclude slopestyle and half-pipe competitions.

A team will consist of a minimum of three and a maximum of five athletes from the same school. Teams must be comprised of the same team members that represented their school in their association qualifying event.

3. Eligibility:

All competitors must meet the eligibility requirements as per Article XI, Section I of the GHAC Constitution.

Zone card holders in Canada or in the USA and members of Canada's National team are ineligible to compete.

(a)Each school eligible to race at OFSAA must have met the team practice requirements by practicing under the direction and supervision of the designated teacher coach, as approved by the school principal, from November 1st until the OFSAA Championship. All athletes must have participated in a minimum of 8 school practice sessions (dry land and on-hill). There must be one on-hill training session with the school team. A snowboard race is not defined as a practice session.

4.Entries:

(a) Each Member School may enter three (3) Girls' level 1 teams and three (3) Boys' level 1 teams.

(b) Schools may enter a maximum of 5 level 2 Girls and 5 level 2 Boys to compete as individuals.

(c) Entries must be received by the Race convenor one week prior to the race date.

(d) Late entries or changes prior to the day of the event will only be accepted if they can be accommodated.

(e) All racers must be declared on the entry form prior to the start of the race. NO SUBSTITUTIONS are allowed.

5. Starting Order:

(a) In the first run of each event each school shall have a snowboarder in the first seed section. Seed order will be drawn randomly. Racers will keep the same bib number and seed for both first and second runs.

(b) The bib number must match the registered athlete on the entry forms. NO SUBSTITUTIONS

(c) If an athlete misses their starting order they will be allowed to race at the end of their appropriate division. If their division is over they may be slotted in at the discretion of the Official Starter. At OFSAA an athlete that does not start in the right order is not eligible to race.

6. Disqualifications:

(a) A disqualified athlete may receive a second run but their score will not count.

(b) A dispute must be submitted in writing to the Convenor within 30 minutes of the conclusion of the race.

(c) The Jury of Appeal shall handle disputes and their decision is final.

7. Jury of Appeal:

The Jury of Appeal shall consist of three (3) individuals to be agreed to by the current participating coaches at that specific events coaches meeting.

8. Expenses: An entry fee will be charged which shall be sufficient to cover the operating costs of the event. Each school is responsible for submitting the entry fee prior to the start of the race.

9. Rule Book:

The current F.I.S. Rule Book shall govern competition.

10. Uniforms and Equipment:

All athletes must have a snowboard leash. A protective helmet designed for snowboarding or skiing is mandatory for all racers, coaches and volunteers.

All competitors are expected to dress in clothing that is safe, neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport insignia on clothing shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with each board's Constitution.

ULTIMATE FRISBEE

1. Entry:

- a. All schools that intend to have an Ultimate team for the current school year have until May 1st of that school calendar year to declare to their respective association and GHAC committee that they will be having a team for the current season.
- b. Once all three associations (HCAA, HSSAA, HWCAA) have declared the number of teams, the GHAC committee will determine based on representation how many schools each association will be allowed to qualify for the GHAC Ultimate playoffs. This may be a tournament or championship structure similar to other sports.

2. Rules:

All teams will play under the current rules, available online at Ultimate Canada or USA Ultimate. While the sport is self-refereed, the convenor or another designated Observer will be available for rule clarifications

3. Uniforms:

All competitors must wear a uniform top

4. General Regulations:

All teams will play with 7 players on the field, with a minimum of 3 males and 3 females. The seventh player is either a female or a male.

a. The field of play will follow regulation size. Using a 110 m Canadian football sized field, each end-zone will be 20 yards / 18m deep, with a 70 yard / 64 m playing field between the endzones. The width of the field is intended to be 40 yards / 37m wide. If a 110 yard long field of play is not available and/or a more narrow field needs to be used, the convenor will notify all teams of the dimensions of the field before the start of the game or tournament. Teams should be a minimum of 3 yards back from the sideline.

b. The following procedures shall take place at each game:

i. At the beginning of the game players will flip a disc to determine which team will start with the disc and which end each team will start at. The winner of the disc flip has the choice of picking the end they wish to begin at or if they wish to pull or receive the disc.

ii. At the beginning of the game a disc flip will occur to determine the gender ratio for the first point.

iii. At the beginning of the game if there is a conflict over jersey colour then the disc will be flipped to determine which team will change jersey colour.

iv. At the completion of the game players and coaches shall shake hands with all opponents.

v. At the completion of the game players will participate in a spirit circle

b. Gender ratio - The gender ratio rules will follow the WFDF rule 'A' which prescribes the ratio as follows: At the start of the game, after the first disc flip, an additional disc flip happens with the

winner selecting the gender ratio for the first point. For the second and third points, the ratio must be reverse of the first point. For the fourth and fifth points the ratio must be the same as the first point. This pattern of alternating the ratio every two points repeats until the end of the game (half time has no impact on the pattern)

c. A standard game should consist of two 30 minute halves with a standard halftime of 10 minutes. If the championship is played in a tournament format, then the length of the games may be reduced including the reduction or removal of the standard halftime.

d. Each team has 1 timeout (70 seconds) per half in a standard game.

i. This may be reduced if the a standard length of game is not used and shall be announced during the Coaches / Captains meeting.

ii. Any player may call a timeout after a goal is scored and before both teams have signaled readiness to start the pull.

iii. After the pull, only the thrower (or the coach of the team) in possession of the disc may call a timeout.

iv. Substitutions are not permitted during a timeout.

v. When an Injury timeout (not counted against a team's quota of timeouts) is called, the health and safety of the player are of primary concern.

vi. A substitution is permitted for an injured player during an injury timeout. A technical timeout (not counted against a team's quota of timeouts) are permitted for resolution of illegal equipment, a dangerous condition, or a broken disc.

vii. A spirit timeout (not counted against a team's quota of timeouts) may be called by the Captains to resolve a perceived Spirit of the Game violation.

viii. Team members may not engage in tactical discussions, nor may team members extend the spirit timeout for a tactical advantage

e. Spirit of the Game is an important aspect of Ultimate – Spirit scores are awarded by the opposing team. See Appendix for [Spirit Score / Game Reporting Sheet](#) - Teams consistently scoring less than 10/20 on Spirit Scores should be reviewed by the convenor with a discussion with the team about how to improve.

f. Tie breaker is broken down in the following order:

i. Head to Head play

ii. Spirit Points

iii. Points Against

iv. Coin Toss

5. Jury of Appeals / Conflict Resolution

a. A member from each association will be asked in advance of the playoffs to sit on the jury of appeals if needed or deal with any conflict

b. The second purpose is to be proactive and promote the Spirit of the Game

6. Withdrawal from GHAC playoffs

a. Teams need to withdraw by the designated time prior to the start of the playoffs

b. Teams that fail to do so will be responsible for their share of the playoff costs

DRAFT PLAYING REGULATIONS – TOUCH FOOTBALL

1. **All schools that intend to have a Touch Football team for the current school year have until May 1st** of that school calendar year to declare to their respective association and GHAC committee that they will be having a team for the current season.
2. Once all three associations (HCAA, HSSAA, HWCAA) have declared the number of teams, the GHAC committee will determine based on representation how many schools each association will be allowed to qualify for the GHAC Touch Football tournament.
3. All teams will play under the current RFTI Touch Football rules.
http://www.rtfi.ca/download/TouchRuleBook_2013.pdf
4. If a more current version of the rules is released, the newest version of the rules used by RFTI will supersede the 2013 edition of the rules.
5. The participating schools are responsible for the GHAC entry fee for Touch Football, which will include all costs related to the event.

PLAYING REGULATION – GHAC Slo-Pitch

1. Ages: All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.
2. Events: There will be a competition for a GHAC Senior champion as per the GHAC Competitive Structure, Appendix II.
3. Eligibility: All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.
4. Entries: As per the GHAC competitive Structure, Appendix II of the GHAC Constitution.
5. Rule Book: O.S.A Rule Book will apply for all games.
6. Officials: To be of the highest caliber obtainable. 2 Umpires are recommended for each GHAC game.
7. Uniforms: All competitors must wear a uniform top; that top must be numbered on the back.
8. Starting Times: The date and the starting time is to be determined by the GHAC Convenors
9. Awards: A GHAC Plaque will be awarded to the GHAC Champion
10. General Regulations:

i. A game consists of (7) innings. The home team does not bat if they have the lead after 6 ½ completed innings.

ii. Tie games will be broken as follows: With no outs in their offensive half of the extra inning the teams will place a runner at second base (last player who made an out) and play extra innings until a winner is declared.

iii. 11" official Yellow or White softball will be used..

iv. Runners are instructed to slide or attempt to avoid contacting a fielder. A player who maliciously runs into another player is to be declared out (unless she has scored prior to committing the infraction) and is to be automatically ejected from the game.

v. A 2' x 3' mat will be used for the strike zone. Pitches must have an arc between 6' and 12' from the ground. Pitching distance: 45' – 55'. A "ball" will be called by the umpire if the pitch is not within this range. A strike is called when it follows an arc of 6 feet to 12 feet and comes into contact with any part of the plate.

vi. A scoring line at home plate and a commitment line 21 feet from home plate shall be used.

vii. The distance between the pitching rubber (or marked line) and home plate is between 45-55 feet at the discretion of the pitcher, measured from the back of the plate. The rubber mat (2x3) to be placed on top of home plate.

viii. Base length is 65 feet with a safety bag at 1st base.

ix. Jewelry is not allowed.