

SECTION VI

Athletic Division

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITION

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

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

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

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

UNSPORTSMAN-LIKE CONDUCT PENALTY - DISQUALIFICATION

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

ATHLETIC DRESS CHECK

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

FIRST AID

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

TRACK AND FIELD (Male & Female)

PERFORMANCE EVENTS

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



GENERAL GUIDELINES FOR TRACK AND FIELD

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

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

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

TRACK AND FIELD ORDER OF EVENTS

100-Meter Dash
 1600-Meter Run
 400-Meter Dash
 200-Meter Dash
 800-Meter Run
 400-Meter Relay
 1600-Meter Relay

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

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

PERFORMANCE EVENT

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

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

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

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

PERFORMANCE EVENT

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

Example:

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

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

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

PERFORMANCE EVENT

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

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

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

Female Shot: 4kg

Male Shot: 6kg

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

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

Female Discus: 1kg

Male Discus: 1.75kg

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

SOCCER KICK (Male Only)
PERFORMANCE EVENT

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

Rules

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

Example:

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

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

HINTS FROM THE JUDGES

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

PHYSICAL FITNESS (Male Only)

PERFORMANCE EVENT

Pull-Up

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

Push-Up

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

Sit-Up

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

Rules

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

Scoring

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

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

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

HINTS FROM THE JUDGES

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

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

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

TABLE TENNIS (SINGLES only)

ELIMINATION/PERFORMANCE EVENT

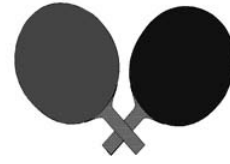


Table Tennis Uniforms

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

The Racket (Bat)

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

The Choice of Ends and Service

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

Warm-Up

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

Game and Match

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

Rules

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

Judge will call score before each serve. A serve made prior to score called will be a let and will be played over again. Contact with the ball must be above the table level and behind the end line (not sides) on a serve. The judge must be able to see the ball at all times. The server must hold ball in OPEN PALM and toss ball up during the serve. If a player fails to strike the ball after it has been tossed up for service, the receiver gets

the point. The player shall lose a point IF his free hand or body disrupts playing surface. Instruct the players to check with the head judge before leaving the room after each match.

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

usatt@usatt.org www.usatt.org

TENNIS (SINGLES only) (Male & Female)

ELIMINATION/PERFORMANCE EVENT

Tennis Uniforms

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

The Racket

The racket may be any commercially produced racket.

The Choice of Ends and Service

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



A Game

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

A Set

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

A Match

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

The 12-Point Tie Breaker

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

Rules

For general rules, see the U.S. Tennis Associations Rule Book. It may be ordered from the following address or through your local bookstore.

support@USTAshop.com or www.usta.com

VOLLEYBALL (Male & Female at AASC; Female only at ISC) ELIMINATION/PERFORMANCE EVENT

It is recommended that teams learn to play “power volleyball” as opposed to an open-handed “beach ball” type of game. The *Volleyball Rules Book*, published by the National Federation of State High School Associations, gives more precise rules and regulations. ***At the AASC, volleyball is played according to the SACSSA rules. Please contact them for an updated copy of the rules.***



Players

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

Uniforms

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

Game and Match

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

Playing Area

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

Table Help

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

Warm-up time

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

Substitution

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

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

Rotation

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

Player actions

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

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

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

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

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

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

Time-Outs

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

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

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

HINTS FROM THE VOLLEYBALL JUDGES

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

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

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

ARCHERY (Male & Female)

PERFORMANCE EVENT

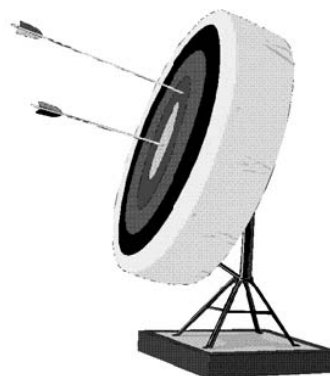
Classes

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

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

Unlimited Free Style

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



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

Limited Free Style

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

Bare Compound Bow

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

Traditional Instinctive

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

Equipment

Bows

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

Arrows

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

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

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

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

Arrow Nocks

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

Strings

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

Targets

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

Safety

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

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

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

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

Rules of Competition

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

Order of Competition

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

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

Scoring

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

Time

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

SIX-A-SIDE SOCCER (Male Only)

PERFORMANCE EVENT

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

Six-a-side soccer is a team sport that can be enjoyed and played in smaller schools where numbers are low. The most important things to remember are to enjoy the game, know the rules, be well prepared, and have a good level of fitness. The game is played under the standard FIFA rules. (These rules are updated annually and can be obtained from any reputable bookstore at a reasonable price.)

Order of competition

(This may vary slightly from year to year based on the number of entries.)

1. When six or fewer teams are entered:
The teams will play in a round robin tournament. The group winners and runners-up will be determined by the points gained. In the case of a draw, goal-difference (goals for minus goals against) will determine who qualifies. When two or more teams are equal on goal difference, the team having scored the most goals will qualify. When all of the above are equal, a penalty shoot-out will take place. This will consist of five penalties per team (in rotating order). If it is still a draw, the penalty shoot-out will be followed by a sudden death shoot-out.

2. When more than six teams are entered:
The teams are placed in groups and will play in a round robin play-off. The group winners and runners-up will be determined by the points gained. In the case of a draw, goal-difference (goals for minus goals against) will determine who qualifies. When two or more teams are equal on goal difference, the team having scored the most goals will qualify. When all of the above are equal, a penalty shoot-out will take place. This will consist of five penalties per team (in rotating order). If it is still a draw, the penalty shoot-out will be followed by a sudden death shoot-out. The group winners and runners-up will meet on a knock-out basis to determine first through tenth place.

Uniforms

See the athletic dress code in the General Guidelines (Section I). In the case of a colour clash in uniform, the side mentioned first on the fixture list must change shirts or wear bibs. All schools are responsible to bring alternate shirts/bibs to be used in the event of a clash in uniform. Teams/individuals who do not comply with the dress code will not be allowed to participate.

For safety reasons, all players are required to wear soccer boots (togs) and shin guards.

Rules

1. All games are timed by the tournament coordinator.
2. A siren will announce the beginning and end of each half (7.5minutes). Sides swap immediately at half-time – no break between halves will be allowed.
3. There will be a 5 minute break between games.
4. Each game will be scored:
3 points for a win
2 points for a draw
0 points for a loss
5. There is no offside rule.
6. The six meter radius semi-circle is the goalkeeper's area, and all FIFA rules for goalkeepers will apply to this semi-circle area.
7. Two yellow cards will result in an automatic red card.
8. A red card will mean disqualification from the tournament.
9. A maximum of 10 players are allowed per team. Please refer to the current *Events and Limits* list for the number of teams allowed per school.
10. The team return (found on the following page) must be handed in to the tournament coordinator of the six-a-side soccer before competition commences.
11. All teams must report at least 30 minutes prior to the start of competition to allow the tournament coordinator to clearly explain the competition procedures.

Each school that enters is required to provide a qualified referee to assist for the duration of the tournament.

**Six-a-Side Soccer
Team Return Sheet**

School Name: _____				
Manager: _____ Signature: _____				
	Shirt No.	Initial & Surname	Uniform	Caution
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
This team return sheet must be completed in full and handed to the tournament coordinator prior to competition commencing.				
Comments:				

NETBALL (Female Only) PERFORMANCE EVENT

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

Netball is a team sport. The most important things to remember are to enjoy the game, know the rules, be well prepared, and have a good level of fitness. The game is played under the standard IFNA rules. (These rules are updated annually and can be obtained from any reputable bookstore at a reasonable price.)

Order of competition

(This may vary slightly from year to year based on the number of entries.)

The teams are placed in groups and will play in a round robin play-off. The group winners and runners-up will be determined by the points gained. In the case of a draw, goal-difference (goals for minus goals against) will determine who qualifies. When two or more teams are equal on goal difference, the team having scored the most goals will qualify. When all of the above are equal, a penalty shoot-out will take place. This will consist of five penalties per team (in rotating order). If it is still a draw, the penalty shoot-out will be followed by a sudden death shoot-out. The group winners and runners-up will meet on a knock-out basis to determine first through tenth place.

Uniforms

See the athletic dress code in the General Guidelines (Section I). In the case of a colour clash in uniform, the side mentioned first on the fixture list must change shirts or wear different bibs. All schools are responsible to bring their own bibs. Teams/individuals who do not comply with the dress code will not be allowed to participate.

Rules

1. All games are timed by the tournament coordinator.
2. A siren will announce the beginning and end of each quarter. Sides swap immediately— no breaks between quarters will be allowed.
3. There will be a 5 minute break between games.
4. Each game will be scored:
3 points for a win
2 points for a draw
0 points for a loss
5. A maximum of 12 players are allowed per team. Please refer to the current *Events and Limits* list for the number of teams allowed per school.
6. All teams must report at least 30 minutes prior to the start of competition to allow the tournament coordinator to clearly explain the competition procedures.

Each school that enters is required to provide a qualified referee to assist for the duration of the tournament.