

NIAGARA AIR GROUP ROYAL CANADIAN AIR CADETS



ANNUAL SPORTS COMPETITION RULES, REGULATIONS, AND FORMS

2016 EDITION

OPI: Captain RJ Twelves 611 RC(Air)CS
Commanding Officer
DUNNVILLE AIR CADETS

09 Sep 15

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

FORWARD

22 October 2012

As a part of our mandate in the Canadian Cadet Organization we are to promote physical fitness, leadership and citizenship. This competition sets the stage for these items to be stimulated.

What happens far too often is manipulation of the rules and poor sportsmanship. Remember if the juniors and seniors of our great organization see us or the parents of our cadets portray bad judgement and poor sportsmanship, then we are in fact teaching them that we as a group condone and accept these actions. If we truly lead by good example, we also will be teaching them good judgement and fair sportsmanship.

The purpose of this publication is to clarify the rules for the Annual Niagara Air Group sports competition, and in doing so, are the only rules that will govern the competition.

Remember why we are involved in this organization to begin with; not for us, but for the cadets involved. If it weren't for them, there would be no us.

Remember the Cadet.

This year we would like to invite each cadet squadron leader and their 2IC to identify themselves during the opening of the festivities. We would like each of these cadets to take on the role of leadership in that they will be the only members of each squadron permitted to lodge complaints for any reason. Further, they will also be asked to inform the OPI of any improper behaviour on the part of not only their cadets and cadets of the other squadrons but that of the parents and staff of all squadrons. We must encourage every cadet present to approach their senior cadets and other squadron leaders for direction and conflict resolution.

We would graciously accept the assistance of each officer and CI in referring, line judging and scoring for each event. If you are not part of the solution then you are part of the problem!

Good luck and may your Squadron do the best that they can!

RJ Twelves
Captain
Commanding Officer
611 Harvard Squadron
Royal Canadian Air Cadets

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

General Rules

1. Each Squadron may enter one(1) team consisting of one(1) handball crew (7-9 players), one(1) volleyball crew (7-9 players), and one(1) floor hockey crew (7-9 players). The total number of players entered may not exceed twenty-five(25). The average age of the whole team must not exceed fifteen(15), or penalties in ALL SPORTS will be applied as by Chart A below. To find out your allowed total age, multiply the number of people on your team [maximum twenty-five(25)] by fifteen(15). If your total ages are over this number, you will be penalized depending upon how much you are over.

Chart A - Penalties in points per game

Exceeded Age Limited by	Handball	Soccer	Volleyball
01 – 10 yrs	-3	-1	-2
11 – 20 yrs	-6	-2	-4
21 – 30 yrs	-10	-3	-6
31 - 40 yrs	-15	-4	-8

2. A Cadet may only be/play/participate on one(1) crew only; they may not switch to any other crew throughout the competition. This may be waived by the OPI to allow smaller squadrons to fully participate.

3. The registration sheet and team green cards (emergency contact information cards) MUST be filled out and turned-in upon the Squadron's arrival. All penalties will be assessed BEFORE the competitions begin.

4. ALL members of each sports crew MUST participate in all games for that sport, unless a medical situation arises, at which point the registration desk must also be notified. *This rule is to encourage maximum participation among all Cadets.*

5. ALL Cadets must wear appropriate sports gear for the competitions (change rooms will be available). Specifically running shoes (preferably white soled, or non-marking) with socks must be worn for all events. Please see specific sports rules for more detailed safety equipment for specific sports. Inappropriate or offensive clothing will result in the immediate dismissal of the cadet from the competition.

6. The schedule (assuming that nine(9) Squadrons are participating) will be generated in a double elimination style to be determined by the OIC depending on the number of teams participating in each sport. There will be a championship game and a semi final game where the

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

teams participating are determined by total points accumulated throughout the tournament. Awarded sportsmanship points WILL be used to determine the competitors for the final games. All game schedules are at the discretion of the OIC.

Chart B - Points

Final Placement	Points Awarded
First Place	Five
Second Place	Three
Third Place	One

7. A standard conflict resolution system will be in effect as follows:

If any one team has a special request that needs approval (eg. A special substitution due to injury), or a dispute that needs to be resolved, the Officer in Charge(OIC) of that Squadron shall request that the Chief Judge(CJ) and two(2) other OICs (from the same pool or playoff) convene and discuss the situation. The CJ and the other two(2) OICs must agree, or no special exceptions will be granted. These meetings must take place before any special action can be taken, or may result in disqualification as so deemed by the CJ.

8. No ties are awarded. Teams must win as described in the individual sport's rules.

9. These rules are here to help make the annual sports competition progress smoothly. All suggestions for revisions should be placed in writing to the Unit in charge of the sports competition, which currently is **611 Harvard Squadron**.

10. Each squadron shall complete and submit a "NAG SPORTS COMPETITION TEAM REGISTRATION FORM" located on page 14 of this document when arriving at the competition.

11. **REMEMBER THE CADET.**

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

INDOOR SOCCER

Rule 1 - THE FIELD OF PLAY:

The Playing Area in the gymnasium will utilize the sports markings for soccer and the entire area. Including walls. The ceiling and basketball nets are considered out of bounds

1. DIMENSIONS:

The field of play shall be rectangular, its length being not more than 64 metres nor less than 45 metres and its breadth not more than 30 metres nor less than 23 metres.

2. MARKING:

Utilize floor markings already present in gymnasium. Use referee's discretion. Players are to be informed of which lines are pertinent to play area before beginning the game.

3. THE PENALTY AREA:

At each end of the field of play, two lines shall be drawn at right angles to the goal-line, 3 metres from the inside edge of each goal opening. These shall extend into the field of play for a distance of 8 metres and shall be joined by a line drawn parallel with the goal-line. Each of the spaces enclosed by these lines and the goal line shall be called a penalty area. A suitable mark shall be made within each penalty area, 7.5 metres from the mid-point of the goal-line, measured along an undrawn line at right angles thereto. These shall be the penalty-kick marks.

4. THE GOALS:

The goals shall be placed on the centre of each goal-line. The inside width of the goal opening shall be 3.5 metres. The inside height of the goal opening shall be 2 metres. The width and depth of cross-bars shall not exceed 12 cms. The goal-posts and the cross-bars shall have the same width. Nets shall be attached to the outer edges of the goal or the goal-posts, cross-bars and the ground behind the goals. The nets should be appropriately supported and have a minimum depth of 1.5 metres so as to allow the goalkeeper ample room.

For safety reasons, the goals, including those which are portable, must be anchored securely to the ground.

Rule 2 - THE BALL:

The ball shall be spherical; the outer casing shall be of leather or other suitable materials. No material shall be used in its construction which might prove dangerous to the players. For competitions up to and including Under-12 the ball shall be a size 4. For all other competition the ball shall be a size 5. The ball shall be judged fit for play by the referee and shall not be changed during the game unless authorized by the referee.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

Rule 3 - NUMBER OF PLAYERS:

- 1) Unless specified otherwise by the Rules of the competition a match shall be played by two teams, each with not more than six players and not less than four players on the field of play. One of the players shall be the goalkeeper. The rules of the competition shall state the number of players on each team who may be dressed to play. All persons dressed to play shall be subject to the authority and jurisdiction of the referee.
- 2) Substitutes may be used in any match in accordance with the rules of the competition. The game shall not be delayed to allow substitution, except for the substitution of the goalkeeper.
- 3) Unlimited substitution shall be allowed.
- 4) Any of the other players may change places with the goalkeeper, provided that the referee is informed before the change is made, and provided also, that the change is made during a stoppage of the game.
- 5) When any player other than the goalkeeper is to be replaced, the substitute shall not enter the field of play until the player being replaced is within 1 metre of the centre field on the side of the player's team bench - or NEAR THE STAGE. Neither the player entering or the player leaving may interfere with the play while both are on the field. The substitution is completed when the substitute enters the field of play, from which moment the substitute becomes a player and the player being substituted ceases to be a player.

Infringements/Sanctions:

For any infringement of this playing rule the offending team's coach shall designate a player from the field of play to serve a 2 minute penalty and if the referee stopped the game because of the infringement, the game shall be restarted with a free-kick from the place where the ball was when the offense occurred.

Rule 4 - PLAYERS:

Players shall not wear anything which is dangerous to themselves or another player.

- 1) The basic compulsory equipment of a player shall consist of a numbered shirt, shorts, stockings, **shin-guards** and footwear. The footwear shall be appropriate to the Indoor game and the playing surface. SHIRT COLOURS NEED TO BE THE SAME FOR THE WHOLE TEAM. They do not need to be identical shirts, only the same main colour.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

- 2) Shinguards, which must be covered entirely by the stockings, shall be made of a suitable material (rubber, plastic, polyurethane or similar substance) and shall afford a reasonable degree of protection.
- 3) Team colours shall not conflict with each other or with the referee. Goalkeepers shall wear colours which distinguish them from each other, the other players and from the referee.
- 4) The shirt must be tucked into the shorts.
- 5) NO jewelry shall be worn of any kind. ie watches, necklaces, earrings.

Infringements/Sanctions:

For any infringement of this playing rule, the player at fault shall be instructed to leave the field of play by the referee, when the ball next ceases to be in play, unless by then there is no longer an infringement. Play shall not be stopped immediately for an infringement of this Playing rule. A player who is instructed to leave the field to adjust equipment or obtain missing equipment shall not return without first reporting to the referee, who must ensure that the player's equipment is in order. The player shall only re-enter the game at a moment when the ball has ceased to be in play.

Rule 5 – REFEREES:

Each match is controlled by a referee who has full authority to enforce the OSA's Playing Rules of Indoor Soccer for that competition. The authority and exercise of the powers granted to the referee by these playing rules commence as soon as the referee enters the field of play. The referee's powers of penalizing shall extend to offences committed when the ball is in play, the ball is out of play, or play has been temporarily suspended. The referee's decision on points of fact connected with the play shall be final, so far as the result of the game is concerned.

In accordance with the rules of the competition an additional referee may be appointed.

The referee(s) shall:

- a) enforce these playing rules;
- b) refrain from penalizing in cases where by doing so, an advantage would be given to the offending team;
- c) keep a record of the game;
- d) have the discretionary power to stop the game for any infringement of the playing rules and to suspend or terminate the game whenever, by reason of the elements, interference by spectators, or other cause, such stoppage is deemed necessary. In such a case the

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

referee shall submit a detailed report, within the stipulated time, and in accordance with the provisions set by the O.S.A.;

- e) allow no person other than the players to enter the field of play without giving permission;
- f) stop the game when of the opinion that a player has been seriously injured; have the player removed as soon as possible from the field of play, and immediately resume the game. If a player is slightly injured, the game must not be stopped until the ball has ceased to be in play. A player who is able to leave the field of play for attention of any kind, shall not be treated on the field of play;
- g) caution and **GIVE A TWO MINUTE PENALTY to any player guilty of misconduct or unsporting behaviour ON THE FIRST OCCURENCE**. On any subsequent occurrence for the SAME infraction, the player shall be ejected from the game. In such cases the referee shall send the name of the offender to the competent authority, within the stipulated time, and in accordance with the provisions set by the O.S.A.;
- h) **send off the field of play** and show a red card to any player who is guilty of violent conduct, serious foul play, or the use of offensive, insulting, abusive language and/or gestures, or is guilty of a second cautionable offence;
- i) signal for recommencement of the game after all stoppages;
- j) decide that the ball provided for a match meets with the requirements of Playing Rule 2; and
- k) the allowance for time lost is at the discretion of the referee and the referee may add an additional time to the game to compensate for time lost during the last two minutes of the game.
- l)

Rule 6 – TIMEKEEPER:

- 1) A timekeeper may be appointed to assist the referee. The timekeeper shall not enter the playing area and shall be under the jurisdiction of the referee.
- 2) The timekeeper shall:
 - a) start and stop the time-clock when signaled to do so by the referee;
 - b) keep the score and record the name and the number of those who score;
 - c) record the name and number of any player who is cautioned or sent-off from the playing area or its vicinity; and
 - d) control time penalties.
 - e) keep the clock **RUNNING** during all whistles of the game. The time is not stopped for any infractions other than **YELLOW** or **RED** cards being issued.

Rule 7 - DURATION OF THE GAME:

- 1) The duration of the game shall be **two equal periods of 20 minutes**, unless otherwise stated in the rules of the competition. **In the case of shortened time requirements, period length can vary - as long as they are EQUAL in length. ie two 10 min periods.**

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

- 2) Time shall be extended to permit a penalty kick being taken at or after the expiration of the normal period in either half. At half time the interval shall not exceed three minutes except by consent of the referee.
The competition rules shall state whether overtime and/or kicks from the penalty-mark are required to reach a decision.

Rule 8 - THE START OF PLAY:

- 1) Preliminaries: A coin is tossed and the team which wins the toss decides which goal it will attack in the first half of the game and kicks off in the second half of the game. The other team takes the kick-off to start the game. In the game's second half, the teams change ends and attack the opposite goals.
- 2) **Kick-Off:** A kick-off is the way of starting or restarting play:
 - a) at the start of the game;
 - b) after a goal has been scored;
 - c) at the start of the second half of the game; and
 - d) at the start of each period of extra time, when applicable.
- 3) A goal **may not be** scored directly from a kick-off.
- 4) **Kick-Off Procedure:**

The referee having given a signal, the game shall be started by a player taking a place kick (i.e., a kick at the ball while it is stationary on the ground in the centre of the field of play) in any direction (i.e., forwards, sideways, or backwards) on the field of play. All players shall be in their own half of the field and every player of the team opposing that of the kicker **shall remain not less than 2 metres** from the ball until it is kicked-off. The ball is in play when it is kicked and moves. The kicker shall not play the ball a second time until it has been touched or played by another player.

Infringements/Sanctions

For any infringement of this playing rule, the kick-off shall be retaken, **except in the case of the kicker playing the ball again before it has been touched or played by another player**; for this offence, a free kick shall be taken by a player of the opposing team from the place where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.

- 5) **After any other temporary suspension**; when restarting the game after a temporary suspension of play from any cause not mentioned elsewhere in these playing rules, provided that immediately prior to the suspension the ball had not passed over the touch or goal lines, the referee shall drop the ball at the place where it was when play was suspended, unless it was within the penalty area at that time, in which case it shall be

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

dropped on the penalty-area line at least one metre from the boards/goal-line, nearest to where the ball was when play was suspended. It shall be deemed in play when it has touched the ground; if, however,:

- a) it goes over the touch-line or goal-line after it has been dropped by the referee, but before it has been touched by a player, or
- b) a player touches the ball before it has touched the ground the referee shall again drop the ball.

Rule 9 - BALL IN AND OUT OF PLAY:

Ball out of Play:

The ball is out of play:

- a) when it has wholly crossed the goal-line and/or the end boards whether on the ground or in the air, or touches the netting above the end-boards;
- b) when the game has been stopped by the referee; or
- c) when it has wholly crossed the touch-line and/or the side boards whether on the ground or in the air, or touches the netting above the sideboards, or makes contact with any part of the ceiling above the playing area.
- d) when it touches the ceiling or protrudin basketball nets.

For such contact, a free kick shall be awarded to the opposing team, below the point at which contact was made, subject to Playing Rule 13. When a player is taking a free kick, all of the opposing players shall be at least 2 metres from the ball.

Ball in Play:

The ball is in play at all other times from the start of the match to the finish including:

- a) if it rebounds from a goal-post, cross-bar, corner-flag post, board or wall, NOT including fixtures attached to the walls, into the field of play.

Rule 10 - METHOD OF SCORING:

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the rules has been committed previously by the team scoring the goal. The team scoring the greater number of goals during the game shall be the winner. If both teams score an equal number of goals, or if no goals are scored, the game is drawn.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

Competition Rules:

For games ending in a draw, the competition rules may state provisions involving extra time and/or the "*Taking of Kicks from the Penalty Mark*" or other procedures approved by the O.S.A. to determine the winner of a game.

Rule 11 - OFFSIDE OFFENCE:

There shall be no offside offence in indoor soccer.

Rule 12 - FOULS AND MISCONDUCT:

A player who commits any of the following six offences in a manner considered by the referee to be careless, reckless or involving disproportionate force:

- a) kicks or attempts to kick an opponent;
- b) trips or attempts to trip an opponent;
- c) jumps at an opponent;
- d) charges an opponent, including forcing into the walls;
- e) strikes or attempts to strike an opponent; or
- f) pushes an opponent;
or who commits any of the following five offenses:
- g) when tackling an opponent makes contact with the opponent before contact is made with the ball;
- h) spits at an opponent;
- i) holds an opponent;
- j) handles the ball deliberately, i.e., carries, strikes or propels the ball with hand or arm (this does not apply to the goalkeepers within their penalty areas); or
- k) slide tackles or attempts to slide tackle (Sliding without attempt to contact the opposing player shall not be considered a slide tackle) shall be penalized by the award of a **free kick** to be taken by the opposing team from the place where the offense occurred, subject to the over-riding conditions of Playing Rule 13. Should a player of the defending team commit one of the above eleven offences within the penalty area, the player shall be penalized by a **penalty kick**.

A penalty kick can be awarded irrespective of the position of the ball, if in play, at the time an offence within the penalty area is committed.

A player committing any of the five following offences:

- 1) playing in a manner considered by the referee to be dangerous.
- 2) charging fairly, i.e., with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it;

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

- 3) when not playing the ball, impeding the progress of an opponent, i.e., running between the opponent and the ball, or interposing the body so as to form an obstacle to an opponent, or using the boards or walls to delay play, trap, fend-off an opponent or support themselves so as to gain an advantage;
- 4) charging the goalkeeper except when the goalkeeper:
 - a) is holding the ball;
 - b) is obstructing an opponent;
 - c) has passed outside the goal area.
- 5) when playing as a goalkeeper and within the penalty area commits any of the following five offences:
 - a) **takes more than 5 seconds** while controlling the ball with her/his hands, before releasing it from her/his possession;
 - b) touches the ball again with her/his hands after it has been released from her/his possession and has not touched any other player;
 - c) touches the ball with her/his hands after it has been deliberately kicked to her/him by a team-mate,
 - d) touches the ball with her/his hands after she/he has received it directly from a kick-in taken by a team-mate,
 - e) wastes of time shall be penalized by the award of a free kick to be taken by the opposing side from where the infringement occurred, subject to the over-riding conditions of Playing Rule 13.

A player shall be cautioned and shown the yellow card if, in the opinion of the referee, the player:

- a) is guilty of unsporting behaviour;
- b) shows dissent by word or action;
- c) persistently infringes the Playing Rules Of Indoor Soccer;
- d) delays the restart of play;
- e) fails to respect the required distance when play is restarted with a corner kick or a free kick;
- f) enters the field of play without the referee's permission other than in the act of substitution;
- g) deliberately leaves the field of play without the referee's permission other than in the act of substitution or directly returning to the team bench after serving a time penalty; or
- h) slide tackles or attempts to slide tackle. Sliding without attempt to contact the opposing player shall not be considered a slide tackle.

If the referee stopped play to administer the caution, a free kick shall be awarded to the opposing team from the place where the offence occurred, subject to the over-riding conditions imposed in Playing Rule 13, unless a more serious infringement of the playing rules was committed.

ROYAL CANADIAN AIR CADETS NIAGARA AIR GROUP

SPORTS COMPETITION RULES

A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player:

- a) is guilty of serious foul play;
- b) is guilty of violent conduct;
- c) spits at an opponent or any other person;
- d) denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her/his own penalty area);
- e) denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick;
- f) uses offensive, insulting or abusive language and/or gestures; or
- g) receives a second caution in the same match.

If play is stopped by reason of a player being ordered from the field of play for an offence without a separate breach of the playing rule having been committed, the game shall be resumed by a **free kick** awarded to the opposing team from the place where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.

Time Penalties:

- 1) A player committing any offence may be given, at the discretion of the referee, a 2 minute time penalty.
- 2) A player who is cautioned shall serve a 2 minute time penalty.
- 3) A team, one of whose players has been sent off, shall serve a 5 minute time penalty - thus reducing the players by TWO from the field of play for the duration of the 5 min penalty. Then they player who was sitting the penalty may return to play, but the team will not replace the player who was removed from the match.

Administration of time penalties:

- 1) Time penalties shall commence when the game is restarted.
- 2) Time penalties to goalkeepers may be served by another player who was on the field at the time of the offence.
- 3) 2 minute time penalty shall be served until the time penalty expires.
- 4) 5 minute time penalties shall be served until the time penalty expires.
- 5) When a player has been sent off another player on the same team shall serve the 5 minute time penalty.
- 6) If a team has two players serving time penalties and another player on the same team receives a time penalty, that player must go into the penalty box. The team must substitute players not serving time penalties to maintain the minimum number. The time penalty of the third player shall not commence until the time penalty of the first player has expired.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

Rule 13 - FREE KICK:

All free kicks shall be classified as "indirect" (ie., a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal).

When a player is taking a free kick inside the player's own penalty area, all of the opposing players shall be at least 2 metres from the ball and shall remain outside the penalty area until the ball has been kicked out of the area. The ball shall be in play immediately when it is kicked directly beyond the penalty area. The goalkeeper shall not handle the ball, in order to kick it into play. If the ball is not kicked directly into play, beyond the penalty area, the kick shall be retaken.

When a player is taking a free kick outside the player's own penalty area, all of the opposing players shall be at least 2 metres from the ball, until it is in play, unless they are standing on their own goal line, between the goal posts.

The ball shall be in play when it is kicked and moves.

If a player of the opposing team encroaches into the penalty area, or within 2 metres of the ball, as the case may be, before a free kick is taken, the referee shall delay the taking of the kick, until the playing rule is complied with.

The ball must be stationary when a free kick is taken, and the kicker shall not play the ball a second time until it has been touched or played by another player.

Notwithstanding any other reference in these playing rules to the point from which a free kick is to be taken:

- 1) Any free kick awarded to the defending team, within its own goal area, may be taken from any point within the goal area.
- 2) Any free kick awarded to the attacking team within its opponent's penalty area shall be taken from the penalty-area line, at least one metre from the boards/goal-line, at the point nearest to where the offence was committed.
- 3) Any free kick awarded for an infringement on the boards shall be taken at a point 1 metre into the field of play.

Infringements/Sanctions:

If the kicker, after taking the free kick, plays the ball a second time before it has been touched or played by another player, a free kick shall be taken by a player of the opposing team from the spot where the infringement occurred. If the offence is committed by a player in the opponents' goal area, the free kick shall be taken from any point within the goal area.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

Rule 14 - PENALTY KICK:

A penalty-kick shall be taken from the penalty-mark and, when it is being taken, all players with the exception of the player taking the kick, properly identified, and the opposing goalkeeper, shall be within the field of play but outside the penalty-area, and at least 3 metres from the penalty-mark and must stand behind the penalty mark.

The opposing goalkeeper remains on her/his goal line, facing the kicker, between the goal-posts, until the ball is kicked. They do not need to be stationary on the line.

The player taking the kick must kick the ball forward; it shall not be played a second time until it has been touched or played by another player. The ball shall be deemed in play directly after it is kicked and moves.

A goal may be scored directly from a penalty-kick. When a penalty-kick is being taken during the normal course of play, or when time has been extended at half time or full time to allow a penalty-kick to be taken or retaken, a goal shall not be nullified if, before passing between the posts and under the crossbar, the ball touches either or both of the goal posts or the crossbar, or the goalkeeper, or any combination of these agencies, providing that no other infringement has occurred.

Infringements/Sanctions:

For any infringement of this playing rule:

- a) by the defending team, the kick shall be retaken if a goal has not resulted.
- b) by the attacking team other than by the player taking the kick, if a goal is scored it shall be disallowed and the kick retaken.
- c) by a member of both teams, the kick, if taken shall be retaken.
- d) by the player taking the penalty kick, committed after the ball is in play, a player of the opposing team shall take an indirect free kick from the spot where the infringement occurred, subject to the over-riding conditions imposed in Playing Rule 13.

Rule 15 - DROP BALL

When the ball is deemed out of play by touching the ceiling or any of the protruding basketball nets, or an open door, or any such item, then a drop ball will be given. One player from each opposing team shall meet and kick the ball once the referee drops it between them AFTER the ball has touched the ground. IF the ball does not touch the ground first, then the referee will do another drop ball until this occurs.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

KICKS FROM THE PENALTY MARK:

(in knock-out competitions to decide a winner)

- 1) All dressed players (excluding any players who were dismissed) shall be "*eligible players*" to take part in the "*Taking of Kicks from the Penalty Mark*".
- 2) When a team finishes the match with a greater number of players than its opposing team, that team shall reduce its numbers to equate with that of its opposing team.
- 3) Before the start of "kicks from the penalty mark", the referee shall ensure that only an equal number of players from each team remain within the centre circle and they shall take the kicks.
- 4) The referee shall choose the goal at which all of the kicks shall be taken.
- 5) The referee tosses a coin and the team whose captain wins the toss decides whether to take the first or second kick.
- 6) The referee shall keep a record of the kicks being taken.
- 7) Subject to the conditions below, both teams shall take 5 kicks which will be alternately taken by the teams.
- 8) If, before both teams have taken five kicks, one has scored more goals than the other could score, even if it were to complete its five kicks, no more kicks shall be taken.
- 9) If, after both teams have taken five kicks, both have scored the same number of goals, or have not scored any goals, kicks continue to be taken in the same order until one team has scored a goal more than the other **from the same number of kicks.**
- 10) Each kick is taken by a different player and all *eligible players* must take a kick before a player can take a second kick.
- 11) An eligible player may change places with the goalkeeper at any time when kicks from the penalty mark are being taken.
- 12) Only the eligible players and match officials are permitted to remain on the field of play when kicks from the penalty mark are being taken.
- 13) All *eligible players* except the two goalkeepers and the player taking the kick must remain at centre-line.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

HANDBALL

1. Object of the Game

Handball combines the elements of soccer and basketball, as six players (and 1 goalie) move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point. Typical final scores in this action-packed game run in the mid twenties.

A regulation game is played in two – ten (10) minute halves or to a maximum of 10 points for a single team, whichever is less. The winning team must win by 2 points. A coin toss determines which team starts the game with a throw-off. The clock stops only for team timeouts, injuries, and at the referee's discretion. One team timeout per team per game is permitted.

2. Field of Play

The court is slightly larger than a basketball court. Regulation size is 20x40 meters (65'7" x 131' 3"). All court lines are referred to by their measurement in meters.

The most significant line on the court is the 6-meter line or goal area line. Only the goalie is allowed inside the goal area. Players may jump into the goal area if they release the ball before landing in the area. The 9-meter line, or free throw line, is used for minor penalties, while the 7-meter line, or penalty line, is used for penalty shots, much like penalty kicks in soccer.

A versatile game, team handball can be played indoors in the gym, outdoors on the grass, on a paved area or on the beach.

3. The Goal

An official size goal measures 2 meters high (6'7") and three meters wide (9'10"). The net is one meter deep at the base of the goal.

4. The Ball

A handball is made of leather and is about the size of a large cantaloupe. It varies in size and weight according to the group playing. The ball for men weighs 15-17 oz. and is 23-24" in circumference. Women and juniors use a smaller ball weighing 12-14 oz. and 21-22" in circumference. Youth use smaller varieties of balls for mini-handball.

5. Teams

A game is played between two teams. Seven players on each team are allowed on the court at the same time (6 court players and 1 goalie). Unlimited substitution is allowed. Substitutes may

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

enter the game at any time through their own substitution area as long as the players they are replacing have left the court.

6. Playing the ball

Players are allowed to:

- * Dribble the ball for an unlimited amount of time
- * Run with the ball for up to three steps before and after dribbles
- * Hold the ball without moving for three seconds.

Players are not allowed to:

- * Endanger an opponent with the ball
- * Pull, hit, or punch the ball out of the hands of an opponent
- * Contact the ball below the knees

7. Penalties

Free-Throw – for a minor foul or violation, a free throw is awarded to the opponents at the exact spot it took place. If the foul occurs between the goal area line and the 9 meter line, the throw is taken from the nearest point outside the 9-meter line. All players on the team taking a free-throw must be outside the 9-meter line. Opponents must be 3 meters away from the ball when the throw is taken.

7-Meter Penalty Shot is awarded when

- * A foul destroys a clear chance to score a goal
- * The goalie carries the ball back into the goalie area
- * A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after the referee whistles. Any player may take the 7-meter throw.

Progressive Punishments

These are fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball are punished progressively (actions consist of reaching around, holding, pushing, hitting, tripping, or jumping into opponent).

- * Warnings (yellow card) – referee gives only one warning to a player for rule violations and a total of 3 to a team. Exceeding limits results in a 2-minute suspension.

- * 2-minute suspension – Awarded for serious or repeated rule violations, unsportsmanlike conduct and illegal substitution.

- * Disqualification (red card) – awarded after three 2-minute suspensions have been issued; the disqualified player must leave both the court and bench but the team may replace the player after the 2-minute suspension expires.

- * Exclusion is awarded for assault; the excluded player's team continues short one player for the rest of the game.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

VOLLEYBALL

1. Each Squadron is permitted to enter one(1) co-ed crew (at least one(1) male and one(1) female on the crew). The crew will have no less than six(6) but no more than nine(9) players.
2. Only the team captain may approach a referee. Failure to abide by this rule will disqualify the crew for that game.
3. A game consists of a twenty(20) minute (non-stop) time period. The team which scores twenty-one (21) points first or has the most points at the end of the twenty(20) minutes will be declared the winner of the match. If at the twenty(20) minute mark there is a tie, play continues and one point wins the match. If time is not a factor, the winning crew must win by two(2) points (ie. 21-19, or 22-20, but not 21-20); play is continued until a two(2) point difference is met. You only may score a point if you have the serve.
4. The ceiling (or objects from above), walls, etc. are all out of bounds.
5. All personnel not playing in a game will remain off court and stay far away from the playing surface as possible to allow players to play unencumbered.
6. A side consists of six(6) players on the court at one time (substitution is made by rotation only – see rule 17). A side is allowed a maximum of three(3) hits. A ball hitting any number of body parts simultaneously and having a clean rebound is considered one(1) hit (ie. the player bumps the ball with their hands and then the ball also hit their chest). It is a double hit if it player attempts to make two(2) plays on the ball (excluding a block, then play). If two(2) players of the same side hit the ball simultaneously (excluding blocking), it constitutes two(2) independent hits and neither player may make the final hit.
7. All boundary lines are considered inbounds. The referee may consider help from a line judge, but has the final say in any call.
8. The match is started with a coin toss and the referee will pick one side to call it in the air. The winning side has the choice to pick first serve, or the chose the side of the court. The loser of the coin toss has the other choice.
9. While blocking, a player may make successive hits on the ball. Blocking does not count as the first hit on a side. You may not block the serve. A block is when (a) player(s) intercepts the ball just before, during, or after it crosses the net. A ball that has been blocked is considered to have crossed the net. It is permissible to block and then make the first hit, though this is difficult.
10. You cannot return the serve by spike or block. You cannot spike or attack the ball when it is on the opponent's side of the net, however you may follow through as long as contact was first made on your side of then net.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

11. If opposing players accidentally come in contact with each other while playing the ball and it is not intentional it will be ignored.
12. The net is live and when a ball hit the net (except on serve) the ball may be played again so long as the maximum number of hits per side is not exceeded. If the ball hits the net on serve, it will be ruled loss of serve.
13. A player may step on, but must not cross the centre line.
14. The ball is put into play by means of a serve. The (right) rear player executes the serve every time. The player may serve from any position along the rear line. When the player hits the ball, they have to have one foot on or over the rear line. This means both feet cannot be behind the line. The player who serves may enter the court with two feet only after the serve. A serve is considered executed when the player hits the ball. The ball is hit with a hand in such a manner that it passes over the net. The serve has to be executed after the referee's whistle. If a player serves before the whistle, the serve will be considered a 'fault'.
15. The ball may be played with any part of the body (except any part of the leg below the knee).
16. Each team has one 30-second time-out during each match in order to get some playing tips or for 'consultation'. Official time will not stop.
17. All spares must be rotated into play and no direct substitution is allowed (except in the case of injury, in which case substitution will be at the discretion of the referee). Players must rotate off from the serve position and rotate on to the left of the server. This provides a clockwise rotation.
18. Dead balls to be returned to the serving side are to be rolled under the net.
19. If players are in fraction of these rules, the referee will give a formal warning, and then may call a foul and award a loss of serve penalty, or award a penalty point to the opposing team (if they have serve). A player may be removed from a game or the tournament if they use excessive force or unsportsmanlike behaviour.
20. Team age penalties will be assigned at the start of game as outlines in the general rules.

**ROYAL CANADIAN AIR CADETS
NIAGARA AIR GROUP**

SPORTS COMPETITION RULES

SPORTSMANSHIP TROPHY

In 2013 we are introducing a new team trophy and scoring system for that trophy. All squadrons that participate in the NAG Sports Competition, regardless of how many teams they submit, shall be eligible to win the trophy.

Point System:

Each squadron will begin the competition with ten (10) sportsmanship award points. If during any of the games played by any team belonging to that squadron, a referee notices unsportsmanlike conduct a single point shall be taken away from that squadron. The referee shall notify the team captain immediately if a point is taken away from that squadron and the reason for that deduction.

Some examples of deductions are:

- ❖ Swearing;
- ❖ overly aggressive play;
- ❖ rudeness to team-mates or opponents;
- ❖ arguing excessively with referees; and/or
- ❖ violations of the sport rules.

As the referee is the presiding body in attendance over each individual game, he/she shall have the final decision on any point removed.

Up to ten (10) points may be taken away during any game by the referee. Excessive point reduction (**more** than three (3) points) in any game shall constitute a warning and the squadron senior cadet and Commanding Officer shall be notified by the OIC of the Competition. Any points deducted from any team, including the reason for the deduction, shall be noted by the referee of that sport and submitted to the scoring judge for official recording.

At the end of the tournament, each squadron's final number of sportsmanship points will be recorded and the team with the most points left at the end of the tournament shall receive the trophy. In the event of a tie, both or all squadrons shall receive the trophy together at the closing ceremony and shall share the trophy throughout the training year at the discretion of each individual Commanding Officer.

NAG SPORTS COMPETITION TEAM REGISTRATION FORM
THIS FORM MUST BE COMPLETED AND SUBMITTED TO ADMINISTRATION UPON ARRIVAL
 SQUADRON #
 SQUADRON OIC:
 TOTAL # OF CADETS PRESENT: (A MAXIMUM OF 27)
 TOTAL # OF STAFF PRESENT:

HANDBALL CREW (7 – 9 PLAYERS)			
POSITION	#	CADET NAME (AND INITIAL)	AGE
CAPTAIN	1	
ASSISTANT	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
			Total handball crew age:
VOLLEYBALL CREW (7 – 9 PLAYERS)			
POSITION	#	CADET NAME (AND INITIAL)	AGE
CAPTAIN	1	
ASSISTANT	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
			Total volleyball crew age:
FLOOR HOCKEY CREW (7 – 9 PLAYERS)			
POSITION	#	CADET NAME (AND INITIAL)	AGE
CAPTAIN	1	
ASSISTANT	2	
	3	
	4	
	5	
	6	
	7	
	8	
	9	
			Total floor hockey crew age:
			TOTAL TEAM AGE (add all three crew age totals):

REMEMBER: A cadet may only be on one crew during the competition day. (General Rule # 2)

- ❖ Add actual ages of all team members to get the TOTAL TEAM AGE.
- ❖ Multiply the number of cadets on your team by 15 to get the TEAM ALLOWED AGE.

TOTAL TEAM AGE: _____
 TEAM ALLOWED AGE: _____
 OVERAGE: _____