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## **Sport Technical Package**

### **North American Indigenous Games**

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# 2006 North American Indigenous Games

## Technical Package

### Prelude

Technical packages are a critical part of the North American Indigenous Games (NAIG). They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committee by detailing tournament formats and scoring procedures, assist Chef de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athletes development by identifying each National Sport Organization (NSO) or National Governing Board (NGB) version of the prospective high performance athletes.

Every NAIG' coach, manager, Sport Chairperson and Mission Staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the NAIG or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Sport Committee of the NAIG Council through his or her Chef de Mission or NSO and/or NGB.

Technical Packages are developed primarily by NSO's and/or NGB's, following principles, guidelines and requirements of the NAIG Council. As the overall governing body of the NAIG, the NAIG Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the NSO or NGB concerned.

If an individual wishes to initiate a change to a Technical Package leading up to a NAIG, the desired change should be first directed to the NSO and/or NGB or the Chef de Mission. The NSO or NGB or Chef will evaluate the merits of the change and will, if it has merit, submit the requested change to the Sport Committee of the NAIG Council. The NSO or NGB or Chef will submit the rationale for the change. Changes for age groups, eligibility requirements, team sizes or staff complements will not be considered after two years prior to the NAIG. Substantive changes to events or competition formats will not be considered after 18 months before the NAIG. Minor corrections will be considered at almost anytime, but will be increasingly difficult to achieve within six (6) months of the NAIG. These time frames reinforce the importance of complete understanding of the Technical Package early.

Note:

*A 'National Sport Organization' is the representing group that governs a sport in Canada.*

*A 'National Governing Board' is the representing group that governs a sport in the U.S.A.*

## Overview of Sport Scoring

### 1. SPORT SCORING

Sport scoring is based on 26 regional teams that make up the NAIG. In the individual events there are 26 scoring positions with points awarded for 1<sup>st</sup> through 26<sup>th</sup> position as follows:

If there is a tie, points will be shared equally between competitors (i.e. If tied for first then each competitor would receive 98.5 points  $(100+97)/2$ ). If an athlete does not finish or is disqualified, the athlete does not receive any points.

Position	Pts		Position	Pts		Position	Pts		Position	Pts
1 <sup>st</sup> Place	100		8 <sup>th</sup> Place	81		15 <sup>th</sup> Place	71		22 <sup>nd</sup> Place	64
2 <sup>nd</sup> Place	97		9 <sup>th</sup> Place	79		16 <sup>th</sup> Place	70		23 <sup>rd</sup> Place	63
3 <sup>rd</sup> Place	94		10 <sup>th</sup> Place	77		17 <sup>th</sup> Place	69		24 <sup>th</sup> Place	62
4 <sup>th</sup> Place	91		11 <sup>th</sup> Place	75		18 <sup>th</sup> Place	68		25 <sup>th</sup> Place	61
5 <sup>th</sup> Place	88		12 <sup>th</sup> Place	74		19 <sup>th</sup> Place	67		26 <sup>th</sup> Place	60
6 <sup>th</sup> Place	85		13 <sup>th</sup> Place	73		20 <sup>th</sup> Place	66			
7 <sup>th</sup> Place	83		14 <sup>th</sup> Place	72		21 <sup>st</sup> Place	65			

In the team events there are 13 scoring positions, with points allocated for 1<sup>st</sup> through 13<sup>th</sup> as follows:

Position	Pts		Position	Pts
1 <sup>st</sup> Place	150		8 <sup>th</sup> Place	80
2 <sup>nd</sup> Place	140		9 <sup>th</sup> Place	70
3 <sup>rd</sup> Place	130		10 <sup>th</sup> Place	60
4 <sup>th</sup> Place	120		11 <sup>th</sup> Place	50
5 <sup>th</sup> Place	110		12 <sup>th</sup> Place	40
6 <sup>th</sup> Place	100		13 <sup>th</sup> Place	30
7 <sup>th</sup> Place	90			

All events shall be scored according to the above-mentioned system regardless of the number of entries received and/or provinces/territories/states represented.

## 2. PROVINCIAL/TERRITORIAL/STATE RANKING:

In each gender, points won by all the individuals AND the team will be added, regardless of the event or category. The Province/Territory/State with the highest total (called Ranking Points) will be ranked first and so on. There are separate NAIG points for female and male competitors. Points for the NAIG Team Title will be awarded as follows:

1 <sup>st</sup> Place -	10 points	8 <sup>th</sup> Place -	3 points
2 <sup>nd</sup> Place -	9 points	9 <sup>th</sup> Place -	2 <sup>1</sup> / <sub>2</sub> points
3 <sup>rd</sup> Place -	8 points	10 <sup>th</sup> Place -	2 points
4 <sup>th</sup> Place -	7 points	11 <sup>th</sup> Place -	1 <sup>1</sup> / <sub>2</sub> points
5 <sup>th</sup> Place -	6 points	12 <sup>th</sup> Place -	1 point
6 <sup>th</sup> Place -	5 points	13 <sup>th</sup> Place -	<sup>1</sup> / <sub>2</sub> point
7 <sup>th</sup> Place -	4 points		

In the event of a tie in the number of Ranking Points between 2 (or more) provinces/territories/states, the addition of the number of *Individual* and *Team medals* won at the sport event will break the tie. If the tie persists the number of individual Gold medals will be used, then the number of Silver medals. If the tie persists again, the number of team Gold medals will break the tie, then the number of Silver team medals, etc.

## **3-D ARCHERY**

**www.ibo.net**

### **EVENT:**

The NAIG 3-D Archery Competition will consist of both male and female individual competitions for the following divisions. Athlete's age is determined by the year of birth and the age they turn in the year of competition:

- 13-14 years of age; born in 1992 and 1993
- 15-16 years of age; born in 1990 and 1991
- 17-19 years of age; born in 1987, 1988, and 1989
- 20 years and older; born in 1986 or later

The athletes will compete in the following classes:

- Bow hunter fingers
- Bow hunter open
- Traditional

### **PARTICIPANTS:**

**Athletes: up to 12 Male – up to 12 female**

Each Province, territory and State may enter one (1) male and one (1) female athlete per class (Bow hunter fingers, Bow hunter open and Traditional) per age classification (Bantam, Midget, Juvenile and Senior). An athlete is only allowed to compete in one (1) class.

**Coaches: up to 3 staff per team**

Each Province, territory and State may accredit two (2) coaches and one (1) manager for the entire athlete roster. A minimum of one (1) female member of staff must be appointed when the team consists of female athletes.

### **GENERAL RULES:**

The most recent version of the International Bow-hunters Organization (IBO) Rules found on their website [www.ibo.net](http://www.ibo.net) will apply to the NAIG Archery competition.

### **COMPETITION FORMAT:**

Athletes shoot two (2) rounds of twenty (20) targets per day from unmarked distances up to a maximum of fifty (50) yards for the juvenile and senior category, forty five (45) yard maximum for both male and female youth 15-16 and Senior female categories, and thirty five (35) yards maximum for both male and female youth 13-14 and thirty (30) yards maximum for traditional categories.

### **DRAWING OF LOTS:**

A shooting group of archers (4) is determined in by the Host Society. One of the archers must be a senior athlete otherwise an adult scorer will accompany the shooting group.

## **OFFICIALS:**

An experienced range officer will control the 3-D Archery event. The scores are tabulated by two (2) scorers (double scoring) within the shooting group. All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must meet IBO standards.

## **EQUIPMENT:**

The 3-D archers must supply their own equipment: arrows/bow, and must comply with IBO rules and no altering of equipment at any time without permission or approval of the head official.

## **COMPETITION RULES:**

- An athlete is only allowed to compete in one (1) class.
- Equipment shall be checked before the match and shall not be altered during the competition.
- Each target is numbered at the shooting position.
- The archer must touch the stake when shooting.
- **Practice is not permitted on the course.** Practice butts will be supplied by the Host Society on site.
- Equipment failures must be visible and agreed on by the majority of the group. Upon agreement, the shooter must have his/her scorecards initial by the entire group as an equipment failure. The scorecards of the shooter with the equipment failure will be totalled and initialled by the score keepers before leaving the range. At this time, the shooter, (with the failure) only must proceed through the course to the range tent and notify a range official. If there are three (3) or more shooters remaining in the group they (the shooters with the failure) may continue shooting. If two (2) or less shooters remain, they (the shooters with the failure) must join the following group (unless by joining the following group it will make a group of six (6) or more) or step aside and await arrange official before continuing.
- The range official will hold the individual's scorecards until the repair is completed and he/she is escorted back on to the range. The range official will determine the amount of time necessary to make the needed repair. The time element will **not** be abused. A range official must escort all persons re-entering the range to the designated target.
- After each end the competitors walk to the target (which they share). An arrow earns the score of the zone it lands in. They are as follows; ten X (10 X) for the smallest ring, ten (10) points for the inner ring, eight (8) points for the outer ring, five (5) points for a body hit and zero (0) points for a hit in the horn or in the hoof, not touching body color, or any other miss or glance off. In case of a disagreement on the placement of the arrow, the range officer settles the dispute. The protest is brought forward by the coach or manager of the team.
- If the arrow is pulled before the tabulation, the person that pulls the arrow receives a zero (0) for that target. The scorecards have to be legible, completed in black or blue ink and signed by the scored and the archer. If the

tabulated scores do not match, the lesser score will be recorded as the official points.

- If an arrow lands in the dividing line it earns the higher value, a deflected arrow is scored where it lands. Witnesses past through arrows are scored as to be agreed on by the majority of the group or a re-shot before the shooters advance to the next target. An arrow imbedded in another arrow is scored the same as the first. A re-shot is not warranted.
- When two (2) archers or more have identical total scores, the tie breaking is as follows: a shoot off will be held using a 3-D animal target set at an unknown yardage, with a X placed in the place of the highest scoring area. The arrow closest to the X will determine the winner. If only one (1) shooter is present at the shoot off, he/she will be declared the winner.
- Shooting stakes shall be orange for senior men, green for senior women and youth (15-16) male and female, yellow for youth 13-14 male and female, and white for traditional.

## ATHLETICS

The most updated rules can be found on the International amateur athletics federation website:

[www.laaf.org](http://www.laaf.org)

### EVENT:

The NAIG Athletics & Cross Country Competition will consist of both male and female individual and team relay competitions for the following divisions. Athlete's age is determined by the year of birth and the age they turn in the year of competition.

- 13-14 years of age; born in 1992-1993
- 15-16 years of age; born in 1990-1991
- 17-19 years of age; born in 1987, 1988, 1989
- 20 years and older; born in 1986 or later

Special Olympic athletes:

The NAIG Athletics offers one (1) age classification for Special Olympic athletes in the sport of athletics and will consist of up to four (4) male and up to (4) female . This classification is determined by the year of birth.

- Special Olympics 13 years or older; born in 1993 or later

### PARTICIPANTS:

**Number of athletes: Male: up to 48**

**Female: up to 48**

**Special O. Male: up to 4**

**Special O. Female: up to 4**

Each Province, Territory and State may enter up to eight (8) male and up to eight (8) female athletes for each age classification. An athlete is allowed to compete in four (4) events plus one (1) relay. Cross country counts as one of the four events. Special Olympics may enter up to four (4) male and up to four (4) female athletes. The Special Olympic competitors do not count within the 500 cap. Able bodied athletes may not compete as Special Olympic competitors.

- 13-14 up to 8 male and up to 8 female
- 15-16 up to 8 male and up to 8 female
- 17-19 up to 8 male and up to 8 female
- 20+ up to 8 male and up to 8 female
- Special O up to 4 male and up to 4 female

### Number of coaches:

Each Province, Territory and State may accredit the following staff:

2 coaches and 1 manager roster of under 20 athletes\*

3 coaches and 1 manager roster of 21 to 30 athletes\*

Rosters between 31 and 40 – 5 staff, a minimum of 2 coaches and 1 manager\*

Rosters between 41 and 50 - 6 staff, a minimum of 2 coaches and 1 manager.\*

Rosters between 50 and 60 - 7 staff - a minimum of 3 coaches and 1 manager\*

Rosters between 61 and 70 -8 staff- a minimum of 3 coaches and 1 manager.\*

Rosters between 71 and larger- 9 staff- a minimum of 4 coaches and 1 manager.\*  
 \* For every 15 female athletes a minimum of 1 female staff be appointed to the team.

Gender	M	F	M	F	M	F	M	F	M	F
<b>CLASS</b>	<b>BANTAM</b>		<b>MIDGET</b>		<b>JUV</b>		<b>SENIOR</b>		<b>SPEC.O</b>	
Age within year of competition	13-14		15-16		17-19		20+		13+	
100m										
200m										
400m									X	
800m										X
1500m										
3000m	X	X					X	X	X	X
5000m	X	X	X	X	X	X			X	X
10000m	X	X	X	X	X	X			X	X
High jump										
Long jump										
Triple jump	X	X	X	X					X	X
Shot put										
Discus									X	X
Javelin	X	X							X	X
4x100m										
4x400m									X	X

**COMPETITION FORMAT:**

Events are either heats and finals, or just finals dependant on the number of entries. This format will be followed for Special Olympic athletes as well.

**Cross Country event:**

- Bantam men cross country event-3km
- Bantam women cross country event-3km
- Midget and Juvenile Women-5km
- Midget and Juvenile Men- 5km
- Senior Women-8km
- Senior Men-10km
- Special Olympic Athletes-Male and Female-4km

**Special Olympics event:**

The Special Olympic sport events include all events with the exception of the 3000m, 5000m, 10000m, triple jump, discus, javelin and 4x400 relay.

**OFFICIALS:**

All officials (timer, photo finish, starter, etc) will be designated by the Host Society and approved by NGB/NSO and must meet the standards of the IAAF.

**Special Olympic Athletes:**

Each Province, State and Territory may enter four (4) men and four (4) women Special Olympic Athletes.

**RELAYS:**

Able bodied Athletes:

Each Province, State and Territory may enter one (1) 4M100m team for the bantam, midget, juvenile and senior age classification, male and female and one (1) 4M400m team for the bantam, midget, juvenile and senior age classifications.

## **BADMINTON**

The most updated rules can be found on the International Badminton Federation website:

[www.intbadfed.org](http://www.intbadfed.org)

### **COMPETITION FORMAT:**

Competition format will be dependent on the number of entries per age group. Options will be double elimination or round robin play.

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification

### **PARTICIANTS:**

#### **Number of athletes:**

Each Province, State and Territory may enter a maximum of two (2) male and two (2) female for each of the bantam, midget, juvenile and senior age classifications. An athlete is allowed to compete in the singles, doubles and mixed doubles events.

#### **Number of Coaches:**

Each Province, State and Territory may accredit two (2) coaches and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) female staff, when the team consists of female athletes.

### **GENERAL RULES:**

The most current version of the International Badminton Federation will apply to the NAIG Badminton competitions.

### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

Badminton players must supply their own equipment, with the exception of shuttles. Nylon shuttles will be used for all age classifications except for the juniors and seniors. All equipment must comply with the rules and regulations according to the IBF.

### **COMPETITION RULES:**

Seeded players are placed properly and byes are placed according to IBF rules. In general there is one (10 seeded player for every eight (8) entries; some considerations are made to players from the same zone meeting in the first round.

Each game, if fifteen (15) points except for the women's singles, which will consist of eleven (11) points. If the score becomes 14 all (10 all in women's singles), the side which first scored 14 (10) shall have the choice of "setting" or "not setting" the game. There will be no opportunity for ties in scoring.

The referee is responsible for enforcing the default rules as published on the tournament entry form. For this reason, the umpire checks that match times in doubles/individual events are posted on the draw. The referee shall provide shuttles to the umpires for pre-test. The referee makes the final decision on rule interpretation at the request of the umpire. **Note:** Play off games will be done for the bronze medal position.

## **BASEBALL**

The most updated rules can be found on the International Baseball Federation website:  
[www.baseball.ch](http://www.baseball.ch)

### **EVENT:**

The NAIG baseball competition consists of male teams for the bantam, midget, juvenile and senior age classifications.

### **COMPETITION FORMAT:**

**See team format in NAIG governing rules**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head official (umpire in chief) must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each Province, State and Territory may enter a maximum of sixteen (16) male players per bantam, midget, juvenile and senior teams respectively.

#### **Number of Coaches:**

Each Province, State and Territory may accredit two (2) coaches and one (1) manager per male bantam, midget, juvenile and senior teams. The staff composition must have a minimum of one (1) male staff.

### **GENERAL RULES:**

The most current version of IBA rules will apply to the NAIG baseball competition.

### **FIELD OF PLAY REQUIREMENTS AND EQUIPMENT:**

The bantam age group males (athletes 13&14 years of age) shall follow the Bantam Division playing field dimensions and equipment. That is distances between bases is eighty (80) feet and distance from home to pitcher plate is fifty-four (54) feet.

All other age groups: midget, juvenile and senior shall follow standard rules for playing field, dimensions and equipment. All equipment shall comply with the International Baseball Association (IBA) for minor age players.

Baseball players must supply their own bats, batting helmets, and gloves. Catchers shall supply all their additional equipment. All equipment shall comply with the IBA for minor age players.

**Note:** Need clarification on the -3 bat rule (aluminium) and age category for use of the wood bat.

### **COMPETITION RULES:**

The entire game shall consist of nine (9) innings. The ten run rule will be in effect any time after the competition of five (or 4 ½) innings of play. The umpire will award the game to the team with ten or more runs any time after the trailing team has had five (5) turns at bat.

If the score is tied after nine (9) innings the play shall continue until 1) the visiting team has scored more total runs than the home teams at the end of a completed inning or 2) the home team scores the winning run in an uncompleted inning.

Final standings in the round robin play shall be established using the following criteria:

- 1) The team with the best win-loss record in the game(s) between or among the tied teams will place in the higher standings.
- 2) If the tie still persists, the placement of teams will be dictated by the ratio of number of runs against per defence inning for games between or among the original tied teams.
- 3) If the tie persists, the placement of teams will be dictated by the ratio of runs scored per offensive inning for games between or among the original tied teams.
- 4) If the tie still persists, the team having the best win-loss record in games played versus the highest team not in the tie, followed by comparison against the next highest placed team etc. will place higher in the standings.

**Note: 1)** when a multiple tie occurs and is only partially resolved, the remaining ties will be resolved by continuing on with the remaining tie breaking priorities until all four (4) priorities have been exhausted. Then and only then will the remaining tied teams return to priority number 1 and proceed through the order again.

**Note: 2)** In a three way tie for first place only one team will be awarded first place using the formula. The second and third teams involved in the tie will play a play off game with the winner to advance to the championship round with the first place team.

## **BASKETBALL**

The most updated rules can be found on the Federation Internationale de Basketball website:

[www.fiba.com](http://www.fiba.com) - NCAA

### **EVENT:**

The NAIG Basketball competition consists of both male and female team competitions for the bantam, midget, juvenile and senior age classifications.

### **COMPETITION FORMAT:**

**See team format in NAIG Governing Rules**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification. Medal Round games will be officiated with a three (3) person system.

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each Province, Territory and State may enter a maximum of twelve (12) players per bantam, midget, juvenile and senior teams, in both male and female categories.

#### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, juvenile and senior team. One of the above the staff must be of the same gender of the participating team.

### **GENERAL RULES:**

The most recent version of the FIBA rules will apply to the NAIG basketball competition. Modifications can be agreed upon by placing a note on the bottom of the score sheet and both coaches initialling the modification. Depending upon number of teams in any age category, the pool format versus elimination format be used to ensure all teams get a chance at the medal round.

### **Equipment:**

All equipment will comply with the FIBA rules as per NGB/NSO. A ball size of 6 shall be used for bantam male age groups and bantam, midget, juvenile, and Adult female age groups. A ball size 7 shall be used for all other age classifications. The basketball players must supply their own equipment and must comply with FIBA rules.

Note: Choice of game ball used at discretion of both coaches.

### **COMPETITION RULES:**

A regulation game for the NAIG basketball tournament shall consist of four (4) 10 minute quarters with stop time. A half-time will be 5 minutes.

The three-point line shall be in effect for the NAIG basketball competition.

In a tie situation at the expiration of the second half, the game shall be continued with an extra period of five (5) minutes or with as many such periods of 5 minutes are necessary to break the tie. In all extra periods the team shall continue to play towards the same baskets as in the second half or fourth period. An interval of two minutes shall be allowed before each extra period. Each period shall be started by a jump ball at the center circle.

**Tie breaking format:**

The final pool standings are to be determined by the best win-loss records of the teams. If the teams are tied, the tie will be broken by;

- 1) The result from the HEAD TO HEAD COMPETITION BETWEEN THE TIED TEAMS.
- 2) If still tied, the POINTS FOR/AGAINST RATIO BETWEEN THE TIED TEAMS;  
formula; (total points for with tied teams) minus (total points against with tied teams) =X  
the teams with the higher number will advance.
- 3) If still tied, the TOTAL POINTS FOR, ONLY IN THOSE GAMES BETWEEN THE TIED TEAMS.
- 4) If still tied, the TOTAL POINTS FOR, IN ALL TOURNAMENT /LEAGUE GAMES
- 5) A coin toss in the presence of the tournament/league Governor and a representative from all the tied teams.

## BOXING

The most updated rules can be found on the Association Internationale de Boxe Amateur website:

[www.aiba.net](http://www.aiba.net)

### EVENT:

The boxing competition will consist of the following classifications.

Class CABA Class	Bantam Junior B	Midget Junior C	Juvenile Youth	Senior
	13-14 yrs.	15-16 yrs.	17-18 yrs.	19 yrs. & up
Light Fly Weight	32-34 kg 70.5-75 kg	45.5-48kg 100-105.13lbs	45.5-48kg 100-105.13lbs	45.5-48 kg 100-105.13lbs
Fly Weight	34-37 kg 75-81.5lbs	48-51kg 105.13- 112.6lbs	48-51kg 105.13- 112.6lbs	48-51kg 105.13- 112.6lbs
Bantam Weight	37-39kg 81.5-86lbs	51-55kg 112.6-119lbs	51-55kg 112.6-119lbs	51-55kg 112.6-119lbs
Feather Weight	39-41kg 86-90.5lbs	55-59kg 119-125.10lbs	55-59kg 119-125.10lbs	55-59kg 119-125.10lbs
Light Weight	41-43kg 90.5-95lbs	59-63kg 125.10- 132.4lbs	59-63kg 125.10- 132.4lbs	59-63kg 125.10- 132.4lbs
Light-Welter Weight	43-46kg 95-101.5lbs	63-67kg 132.4- 139.155lbs	63-67kg 132.4- 139.155lbs	63-67kg 132.4- 139.155lbs
Welter Weight	46-48kg 101.5-105lbs	67-71kg 139.15- 147.11lbs	67-71kg 139.15- 147.11lbs	67-71kg 139.15- 147.11lbs
Light-Middle Weight	48-50kg 105-110lbs	71-76kg 147.11- 156.8lbs	71-76kg 147.11- 156.8lbs	71-76kg 147.11- 156.8lbs
Middle Weight	50-53kg 110-116.75lbs	76-82kg 156.8- 165.5lbs	76-82kg 156.8- 165.5lbs	76-82kg 156.8- 165.5lbs
Light-Heavy Weight	53-55kg 110-116.75lbs	82-88kg 165.5- 178.9lbs	82-88kg 165.5- 178.9lbs	82-88kg 165.5-178.9
Heavy Weight	55-58kg 121.25-128lbs	88-95kg 178.9- 200.10lbs	88-95kg 178.9- 200.10lbs	88-95kg 178.9- 200.10lbs
Super-Heavy Weight	?	?	?	?

**COMPETITION FORMAT:**

For both male and female bantam age group (junior B) two (2) competitors will box for three (3) rounds of 1 ½ minutes each with one (1) minute rest intervals.

For midget boys and girls, juvenile girls, senior girls (junior C boys and girls, youth girls) two (2) competitors will box for three (3) rounds for two (2) minutes, each with one (1) minute rest intervals.

For juvenile male (youth male) and senior male age category, two (2) competitors will box for four (4) rounds of two (2) minutes each, with one (1) minute intervals.

**OFFICIALS:**

All referees and judges will be designated by the Host Society and approved by the NGB/NSO. All referees and judges must have a minimum of Level 3 certification. To encourage the participation and development of local officials through NAIG, the Glovers, timekeepers, recorders, and equipment technicians for boxing must be certified officials, having a minimum of Level 1 certification.

**PARTICIPANTS:**

Number of Athletes:

Each Province, Territory and State may enter one (1) male and one (1) female in each weight division for each age classification. (This to be finalized depending on the advance entry numbers).

**Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager for the entire team roster. A minimum of one female staff will be appointed when the team consists of female athletes. Additional coaches on a graduated scale depending on the number of competitors will be as follows: 7-12 competitors- 1 extra coach, 13-20 competitors-2 extra coaches, more than 20 competitors -3 extra coaches. For every 15 female athletes 1 female staff shall be appointed.

**GENERAL RULES:**

The most recent version of the Association Internationale de Boxe Amateur (AIBA) rules will apply to the NAIG boxing competition.

**COMPETITION RULES:**

Bouts between males and females are NOT permitted.

Junior B, junior C and all female boxers, when down (8 count) twice in a round or three (3) times in a bout, the bout shall be stopped. The boxer receiving the blows shall lose the contest by RSC or RSC (H) depending on the area of the blows.

Youth and senior boxers- when down (8 count) three times in a round or four in a bout, the bout shall be stopped. The boxer receiving the blows shall lose the contest by RSC or RSC (H) depending on the area of the blows.

At the end of the bout the gloves and head gear shall be removed for the presentation of the decision.

### **Medical weigh-ins**

All competitors shall be ready to weigh in on the first morning of competition and on each subsequent morning on which they are drawn to box.

Those who have weighed in on the first morning and then receive a “bye” or a “walk over” shall not require the weigh-in for the “bye” or “walk over”.

A competitor must be passed as fit to compete by the appointed Doctor of Medicine before being weigh-in.

One coach shall accompany the boxer to the medical examination area. A test scale will be provided for competitors to test their weight prior to participating in the official weigh-in. A competitor shall be allowed to present him/herself at the official weight scales only once per competition day. The weight recorded on that presentation is final.

The weight is the one shown by the scale; no allowance is made for clothing therefore the competitor has the option to weigh in with or without clothing (undergarments).

Medical and weigh-ins shall be conducted out of the view of members of the opposite sex, with the exception of the attending doctor.

Female competitors shall be accompanied by a female coach or a female official when attending the medical examination and weigh-in. Female competitors shall report to the attending medical officer regarding any menstrual irregularities, particularly the presence of amenorrhea (loss of menstruation).

### **FIELD OF PLAY REQUIREMENTS:**

All equipment must comply with the rules and regulations of the AIBA. Competitors will supply their own bandages (hand wraps) and singlets and AIBA approved head guards. The wearing of competition head guards during during competition is compulsory. Head guards with the AIBA- approved label must be worn. The color should be as for corner-red/blue. Each competitor must wear the correct color singlet for the corner represented either red or blue. Female competitors will be required to provide their own breast and pelvic protectors. A boxer is not allowed to wear their own gloves in competition. The Host Society will provide and supply competition gloves with the regular hitting surface of gloves marked in white.

### **Bandages:**

A single velpeau bandaging shall be used not to exceed two (20 inches in width.

No tape or bandaging may be placed between the fingers of either hand. Gauze will not be permitted.

A boxer's bandages will be examined under the direction of the officer-in-charge before gloves are put on.

## CANOEING

The most updated rules can be found on the International Canoe Federation website:  
[www.canoeicf.com](http://www.canoeicf.com)

### EVENT:

The NAIG canoeing competition consists of male and female singles, doubles and mixed doubles for all age classifications in the following events:

Classification	Bantam		Midget		Juvenile		Senior	
Age during year of competition	13-14		15-16		17-19		20+	
Gender	M	F	M	F	M	F	M	F
1000M								
3000M								
6000M	X	X	X	X				
10000M	X	X	X	X	X	X		
1000m(dbls)								
3000m(dbls)								
6000m(dbls)	X	X	X	X				
10000m(dbls)	X	X	X	X	X	X		
1000m M dbl								
3000m M dbl								
6000m M dbl	X	X	X	X				
10000m M dbl	X	X	X	X	X	X		

### COMPETITION FORMAT:

Events are either finals or semi finals/finals, dependant on the number of entries. There will be no consolation races.

### OFFICIALS:

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### GENERAL RULES:

The most recent version of the Marathon Canoe Racing Competition Rules under the NGB/NSO will apply to the NAIG canoeing events.

**PARTICIPANTS:**

Number of athletes:

Each Province, State or Territory may enter six (6) male and six (6) female for the bantam, midget, juvenile and senior age classification. An athlete is allowed to compete in a maximum of five (5) events.

**Number of Coaches:**

Each Province, State or Territory may accredit one (1) coach and one (1) manager for a team roster up to and including ten (10) athletes and two (2) coaches and one (1) manager for team roster of eleven (11) to twenty (20) athletes. For a team roster of twenty-one (21) to forty (40) athletes, three (3) coaches and one (1) manager must be accredited. For a team roster of forty-one (41) to sixty (60), four (4) coaches and one (1) manager must be accredited. When the team consists of female athletes a minimum of 1 female staff will be appointed for every 15 female athletes. I.e. 0-15 female athletes- 1 female staff member, 16- 30 female athletes- 2 female staff members etc..

**FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

The Host Society shall provide the canoes for the competition, but competitors must supply their own paddles, and all accessories. All equipment must comply with the NGB/NSO.

**COMPETITION RULES:**

In case of lightning, the competition will be cancelled.

All races will begin with a mass start.

## **GOLF**

The most updated rules can be found on the International Golf Federation (formerly the World Amateur Golf Council) website:

[www.internationalgolffederation.org](http://www.internationalgolffederation.org)

### **EVENT:**

The NAIG golf competition will consist of both male and female individuals in the bantam, midget, juvenile, senior and master age classifications. There will be a \$150.00 fee for all masters and senior golfers.

### **COMPETITION FORMAT:**

The competition format will be stroke play for all the age classifications. 54 holes stroke play – Note: Logistic question regarding the speed of play with the younger age categories

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### **PARTICIPANTS:**

Number of Athletes:

Each Province, Territory and State may enter two (2) male and two (2) female for the bantam, midget, juvenile, senior and master age classification. Athletes in the Masters Age Category must reach their 50<sup>th</sup> birthday in the year of competition or older.

### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager for the entire roster.

The staff composition must have a minimum of one (1) female staff, when the team consists of female athletes.

### **COMPETITION RULES:**

The most recent version of the International Amateur Golf Federation as per the USGA/CGA will apply to the NAIG golf competition.

### **FIELD OF PLAY:**

The golfers must supply their own equipment (clubs and balls). All equipment must comply with USGA/CGA. There will be three (3) rounds or fifty-four (54) holes.

Teebox:

Red: Girls –Bantam, Midget, Juvenile  
Boys – Bantam

White: Senior Women, Masters Women  
Boys Midget, Juvenile, Masters Men

Blue: Senior Men

## **FIELD LACROSSE**

The most updated rules can be found on the websites:

<http://www.intlaxfed.org> for men's rule and [www.womenslacrosse.org](http://www.womenslacrosse.org)

International Lacrosse for women's rules

### **EVENT:**

The NAIG field lacrosse competition consists of male teams for the bantam, midget, juvenile, senior age classification and females in the midget age classification..

### **COMPETITION FORMAT:**

**See team format in NAIG Governing Rules.**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification

### **PARTICIPANTS:**

Number of competitors:

Each Province, Territory and State may enter a maximum of twenty-three (23) players for the bantam, midget, juvenile and senior in the male categories and a maximum of twenty (20) players for the midget female category.

### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager for each bantam, midget, juvenile and senior teams. The staff must have a minimum of one (1) female staff if team consists of female athletes.

### **GENERAL RULES:**

The most recent version of the Official Rules of Men's Field Lacrosse provided by the International Lacrosse Federation will apply to the Men's NAIG field lacrosse competition and the most recent version of the Official Rules of Women's Field Lacrosse provided by the International Federation of Women's Lacrosse Players will apply to the Women's NAIG field lacrosse competition.

### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

The Lacrosse playing field shall be a rectangular field 110 yards (110.58 meters) long and 60 yards (54.86 meters) wide.

Lacrosse players must supply their own equipment and it must comply with International Lacrosse Federation men's field lacrosse rules. Required equipment includes a lacrosse stick, protective gloves (hockey or lacrosse gloves), protective helmet equipped with a face mask, chinstrap and suitable boots or shoes. (Cleats are allowed as long as they are not metal). Optional equipment includes shoulder pads, elbow pads, slash guards, rib pads and athletic supporter.

**COMPETITION RULES:**

An entire game for the NAIG field lacrosse tournament will consist of four (4) quarters, each of twenty (20) minutes duration. "Time off" incurred in each quarter shall be added to the playing time of that quarter.

During the last three (3) minutes of the fourth quarter, and during any overtime period, the game clock and, if applicable, the penalty clock(s) shall stop whenever the ball becomes dead, and they shall restart whenever play is started. This shall apply for all stoppages, including the scoring of a goal.

At the end of each quarter, the teams shall change ends. The interval between the first and second quarters shall be of two (2) minutes in duration. At half time the interval shall be ten (10) minutes long. At three (3) quarter time, the interval shall be three (3) minutes long.

In the event of the score being tied at the end of the regulation playing time, then two (2) periods of over time shall be played. The following procedure shall apply:

- 1) There shall be an interval of five (5) minutes, during which the teams shall change ends.
- 2) Both periods shall start with a face-off as at the start of each quarter, subject to the provisions of Rule 34.1 being followed.
- 3) The over time periods shall be of four minutes duration, stop time, and there shall be a two minute interval between them.
- 4) The teams shall change ends between the two over time periods.

If the score is still tied at the end of the two (2) overtime periods, then "sudden victory" will take place.

Warm-up: One field will be provided for warm-up purposes, with nets. Teams allowed on the field one hour prior to the start of their game.

## **RIFLE SHOOTING**

The most updated rules can be found on the International Shooting Sport Federation website:

[www.issf-shooting.org](http://www.issf-shooting.org)

### **EVENT:**

The NAIG rifle shooting competition will consist of both male and female individuals in the bantam, midget, juvenile and senior classifications.

### **COMPETITION FORMAT:**

For the bantam and midget age classifications, the athletes shoot forty (40) shots in a prone position. For the juvenile and senior age classifications, shoot sixty (60) shots in three (3) series of twenty (20) shots in a prone, kneeling and standing position. The shooting range is fifty (50) meters for all positions. A time period of one (1) hour, including sighting shots, is allocated for bantam and midget age classifications. A time limit of two (2) hours, including sighting shots, is allocated for juvenile and senior age classifications.

### **Drawing of Lots:**

The Host Society in accordance with the International Shooting Sport Federation (ISSF) rules as per NGO/NSO requirements determines a shooting group of four (4).

### **OFFICIALS:**

An experienced range officer will control the Rifle Shooting event. All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### **PARTICIPANTS:**

Each Province, Territory and State may enter one (1) male and one (1) female for the bantam, midget, juvenile, senior and Masters 50+ age classifications.

### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, juvenile and senior teams. The staff composition must have a minimum of one (1) female staff, when the team consists of female athletes.

### **GENERAL RULES:**

The most recent version of the ISSF rules will apply to the NAIG rifle shooting event with the following recommendations:

1. Allow for a kneeling rule in the kneeling position. This is a small soft cylindrical roll which is placed under the instep of the rear foot and provides a level of comfort and support.
2. Active coaching on the firing line should be allowed for the youth competitions. The coach will be able to talk to the athlete and offer advice as to firing position, tactics, and sight adjustment.
3. CLARIFICATION for type of target to use: ISU Olympic Target or “sporting” rifle target.

#### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

All equipment shall comply with the ISSF as per the NGO/NSO.

The rifle shooters must supply their own rifle, which must comply with the ISSF rules.

The standard rifle shall be permitted with the following additional regulations. A rifle weight must not exceed four (4) kilograms. The trigger must lift and hold a weight of 1000 grams at least 1cm above the surface on which the weight was placed, with the rifle cocked, and the safety catch in the firing position, and with the rifle held in a vertical position. The weight must be suspended from the mid-point of the trigger.

A non-restricted firearm is a regular sporting rifle or a shotgun with a barrel over 470 mm (18.5) inches and an overall length of 660 mm (26) inches, which does not fall into the category of a prohibited or restricted firearm.

Adjustable iron sights with variable rear apertures shall be permitted. Telescope sights are not permitted. Telescopes for spotting shots shall be permitted.

The butt plate must not extend above, below or either side of the rifle. An adjustable butt plate must be fixed in the middle position and may not be moved from that position. Thumbhole stocks are not permitted for sporting rifle competitions. Any additions or extensions to the stock of the rifle must be fixed solidly in place and may not be moved or removed from the rifle for the duration of the event. Any such additions must be included in the overall weight limit. The use of a sling or hand stop is prohibited in the sporting rifle competitions. The use of special competition clothing that aids in the rifle shooting competition is prohibited.

Barrel weights must surround the barrel evenly, and be non-adjustable.

#### **Guns at the Games:**

When athletes check in for accreditation, please declare all firearms as the guns will be taken to the Shooting Venue site and locked in the storage area. There will be no rifles stored or kept in the Athlete Villages.

#### **Ammunition:**

The Host Society will provide ammunition for the shooters. Ammunition must also be kept in storage at the Shooting Venue. Any athlete wishing to receive or purchase additional ammunition must have a firearms license or a non-resident declaration form.

(CLARIFICATION) – Cost effective ammunition (i.e. Some athletes do not wish to fire a cheap ammunition through their equipment)  
Targets and ammunition need to be named ASAP for athlete selection and training.

## **SOCCER**

The most updated rules can be found on the FIFA website:

[www.fifa.com](http://www.fifa.com)

### **EVENT:**

The NAIG soccer competition consists of both male and female teams for bantam, midget, juvenile and senior age classifications.

### **COMPETITION FORMAT:**

**See team format on NAIG Governing Rules**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### **PARTICIPANTS:**

#### **Number of Competitors:**

Each Province, Territory and State may enter a maximum of seventeen (17) players per bantam, midget, juvenile and senior teams in both male and female categories.

#### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, juvenile and senior teams. The staff composition must have a minimum of one (1) male staff, when the team consists of male athletes and one (1) female staff for female teams, when the team consists of female athletes.

### **GENERAL RULES:**

The most recent version of the Federation International de Football Amateur (FIFA) rules as per NGB/NSO will apply to the NAIG soccer competition.

### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

Soccer players must supply their own equipment which must comply with the FIFA rules.

All age groups will use a #5 FIFA approved ball.

In the event of team uniform colors are similar and likely to cause confusion; the designated "home" team must be prepared to change into an alternate set of uniforms.

### **Disciplinary Rules:**

a) A Soccer Discipline Committee shall consist of a chairman and representatives of two participating teams having no vested interest on outcome of the hearing.

b) The conduct of the Games shall follow the Laws of the game as approved by FIFA.

c) Players accumulating three cautions (yellow cards) shall be suspended for such time as determined by a hearing of the Soccer Discipline Committee.

d) Players ejected from a game (red card) shall be suspended for a time determined by a hearing of the V Soccer Discipline Committee.

The team warm-ups will take place off the competition field.

(Requirement to check rules for senior competition)

An entire game for the NAIG soccer shall consist of the following: Senior and Juvenile age classifications shall play two (2) halves of forty-five (45) minutes each, with a ten (10) minute interval in between halves. The midget age classification shall play two (2) halves of forty (40) minutes each, with a ten (10) minute interval in between halves. The bantam age classification shall play two (2) halves of thirty-five (35) minutes each, with a ten (10) minute interval between halves. The winning team is awarded three (3) points and the defeated team is awarded zero (0) points for the pool standings in the round-robin tournament. If two (2) teams are in a tie situation, each team is awarded one (1) points for the pool standing in the round-robin tournament.

In a tie situation (play-off games only) at the end of regulation time, FIFA tie-breaker rules will apply.

## **SOFTBALL**

The most updated rules can be found on the International Softball website:  
[www.internationalsoftball.com](http://www.internationalsoftball.com)

### **EVENT:**

The NAIG softball competition consists of both male and female teams for bantam, midget, juvenile and senior age classifications.

### **COMPETITION FORMAT:**

**See team format in NAIG Governing Rules**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head official (Umpire in Chief) must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### **PARTICIPANTS:**

#### **Number of Competitors:**

Each Province, Territory and State may enter fifteen (15) players per bantam, midget, juvenile and senior age categories.

#### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, juvenile and senior teams. One of the above staff must be the same gender as the participating team.

### **GENERAL RULES:**

The International Softball Federation rules will be followed for the competition.

### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

Ball size and pitching distance between home plate and the pitcher's mound:

#### **Male:**

- Bantam (13 -14): ball size- 27.94 cm (11"), pitching distance- 12.2 m (40')
- Midget (15 – 16): ball size- 30.48 cm (12"), pitching distance- 12.8 m (42')
- Juv. (17 -19) & Sr. (20+): ball size- 30.49 cm (12"), pitching distance- 14 m (46')

#### **Female:**

- Bantam (13 -14): ball size- 27.94 cm (11"), pitching distance- 11.58 m (38')
- Midget (15 – 16), Juv. (17 – 19) & Sr. (20+): ball size- 30.48 cm (12"), pitching distance- 12.2 m (40')

Competitors must supply their own bats, helmets, gloves and catchers must supply their own additional equipment. All equipment must comply with the International Softball Federation

## **COMPETITION RULES:**

The teams will warm-up off the competition diamond and will only be allowed ten (10) minutes on the competition diamond prior to game time.

An entire game for the NAIG softball tournament shall consist of seven (7) innings for a maximum time of one hundred and twenty (120) minutes.

The seven run rule will be in effect any time after the completion of 5 or (4 ½) innings of play.

The umpire will award the game to the team with the lead of seven (7) or more runs any time after the trailing team has had five (5) turns at bat.

In the case of a tie game during the round-robin play/or play-offs, the International tie breaking rule shall be followed: Starting at the top of the eighth inning and each half inning thereafter, the offensive team shall begin their turn at bat with the player who is scheduled to bat last in that respective half-inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

Final standings in the round-robin play shall be established using the following criteria:

a) won/lost records. If still tied then:

b) Winners of games between tied teams (note: In order to use these criteria, all subject tied teams must have played each other in the qualifying round). If still tied then;

c) Difference plus or minus of total runs scored with a limit of seven (7) plus or minus per game allowed.

(Note: When using this criteria c) full team records of the entire team records of the entire qualifying round, and only 4,5,6,etc. Full innings in 4 ½, 5 ½, 6 ½, etc... Inning games are to be used).

1) If teams are still tied after c) then the least runs allowed in all games will be used. If still tied then:

2) Total bases touched in all games will be used. If still tied then:

3) Positions will be settled by a coin toss.

The above criteria ranking establishes the standing in the qualifying round. However if a tie exists for the last play-off position or where it represents the difference between one or two "lives", the rules and regulations of International Softball Federation will be followed.

## SWIMMING

The most updated rules can be found on the International Swimming Federation website:

[www.fina.org](http://www.fina.org)

### EVENT:

Able bodied Athletes:

The NAIG swimming consists of both male and female teams for bantam, midget, juvenile and senior age classifications.

### Special Olympic Athletes:

The NAIG is offering one-age classification for the Special Olympic Athletes.

Adult Category: athletes having their 15<sup>th</sup> birthday within the year of competition and older.

### COMPETITION FORMAT:

Events are heats and finals or just finals, dependant on the number of entries. This format will be followed for Special Olympic athletes as well.

Age	13 -14		15 - 16		17 – 19		20+		Special Olympics	
	M	F	M	F	M	F	M	F	M	F
Free 50m										
Free 100m										
Free 200m									X	X
Free 400m									X	X
Free 800m	X		X		X		X		X	X
Free 1500m		X		X		X		X	X	X
Free 4x50										
Free 4x100									X	X
Back 50m										
Back 100m										
Back 200m									X	X
Breast 50m										
Breast 100m										
Breast 200m									X	X
Fly 50m									X	X
Fly 100m									X	X
Fly 200m									X	X
IM 200m									X	X
MR 4x50m								X	X	X

### OFFICIALS:

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

**PARTICIPANTS:****Number of Competitors:**

Able bodied athletes:

Each Province, Territory and State may enter a maximum of four (4) male and four (4) female swimmers per bantam, midget, juvenile and senior age classification respectively.

An athlete is allowed to compete in six (6) events plus three (3) relay.

**Special Olympic Athletes:**

Each Province, Territory and State may enter four (4) male and four (4) female Special Olympic Athletes.

Relay team members shall be properly entered in at least one (1) individual event.

**Number of Coaches:**

Each Province, Territory and State may accredit two coaches and one manager for a team's roster of under eighteen athletes, add 'one certified coach' coaches,, one manager for a team roster of nineteen to thirty athletes respectively.

The staff composition must have a minimum of one female staff when the team consists of female athletes and is under eighteen athletes and two female staff when the team consists of female athletes for a team's roster of nineteen to thirty athletes.

For safety of the Special Olympics athletes a Special Olympics coach and manager be assigned to the eight (8) athletes, one male and one female.

NOTICE: To accommodate the number of participants, swimmers may move up to complete a higher age class relay team, but they may not compete in the same event in two different age categories. \*\* Only in the case of injury in an age group relay, can teams apply for exception for the above rule.

**FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

The swimmers must supply their own equipment and must comply with the FINA rules.

**COMPETITION RULES:**

The most recent version of the FINA rules will apply to the NAIG swimming events. The FINA rule modification will be a two false start per event permitted. After the second false start of the event the athlete will be disqualified.

## TAE KWON DO

The most updated rules for sparring competition can be found on the World Tae Kwon Do Federation website:

<http://www.wtf.org/>

The most updated rules for patterns / forms can be found on the World Tae Kwon Do Federation as well as the International Tae Kwon Do Federation website:

<http://www.tkd-itf.org/index.htm>

### EVENT:

The NAIG Tae Kwon Do event consists of both male and female competitions for the junior age athletes (age 13, 14, & 15) and senior age athletes (16 years and older).

### COMPETITION FORMAT:

For color belt competitors, sparring preliminaries shall of two (2) rounds of one and a half (1 ½) minutes. A sparring final shall follow the same format. A rest interval of thirty (30) seconds shall be allocated between bouts.

For black belt competitors a sparring preliminary shall consist of two (2) rounds of two (2) minutes. A rest interval shall be allocated between rounds.

There are ten (10) different belt levels called keups or grades within Tae Kwon Do. The belt levels are as follows: White-Keup 10, Yellow stripe-Keup 9, Yellow-Keup 8, Orange-Keup 7, Green-Keup 6, Blue Green stripe-Keup 5, Blue-Keup 4, Red Blue stripe-Keup 3, Red-Keup 2, Red Black stripe-Keup 1, and Black Belt.

The belt levels are grouped into five (5) divisions to assist in the coaches and athletes bout selection. Where possible, there may be a light and heavy division within each of the classifications. The total maximum team size for the Keup Competition including one (1) male and one (1) female per classification with light and heavy weight divisions will be twenty (20).

### KEUPS (GRADES)

Classification	Junior		Senior	
Age within Yr of Competition	13-15		16+	
	Light	Heavy	Light	Heavy
Yellow Stripes Keup 10 & 9				
Yellow Keup 8 & 7				
Green/Blue Keup 6 & 5				
Blue/Red Keup 4 & 3				
Red Keup 2 & 1				

## BLACK BELTS

The NAIG Tae Kwon Do competition will finalize the eligible and final weight divisions for Black Belt athletes to compete through registration criteria established by NAIG Council guidelines for final athlete participation.

<b>Classification</b>	<b>Junior</b>	<b>Senior</b>
Age within Yr of Competition	13-15	16+

<b>Gender</b>	<b>M</b>	<b>F</b>	<b>M</b>	<b>F</b>
Fin Weight (up to)	47 KG/ 104 LBS	42 KG/ 93 LBS	50 KG/ 110 LBS	43 KG/95 LBS
Fly Weight	47-52 KG 104-115 LBS	42-45 KG 93-99 LBS	50-54 KG 110-119 LBS	43-47 KG 95-103 LBS
Bantam Weight	52-56 KG 115-123 LBS	45-49 KG 99-108 LBS	54-58 KG 119-128 LBS	47-51 KG 103-112 LBS
Feather Weight	56-60 KG 123-132 LBS	49-53 KG 108-117 LBS	58-64 KG 128-141 LBS	51-55 KG 112-121 LBS
Light Weight	60-66 KG 132-146 LBS	53-57 KG 117-126 LBS	64-70 KG 141-154 LBS	55-60 KG 121-132 LBS
Welter Weight	66-72 KG 146-159 LBS	57-62 KG 126-137 LBS	70-76 KG 154-167 LBS	60-65 KG 132-143 LBS
Middle Weight	72-78 KG 159-172 LBS	62-67 KG 137-148 LBS	76-83 KG 167-183 LBS	65-70 KG 143-154 LBS
Heavy Wight	78 KG+ 172 LBS+	67 KG+ 148 LBS+	83 KG+ 183 LBS+	70 KG+ 154 LBS+

### OFFICIALS:

All officials will be designated by the Host Society and approved by NGB/NSO. The head referee for sparring must have a Senior Dan Black Belt. All corner judges must be a minimum of 1<sup>st</sup> Dan Black Belt, with the more Senior Dan's being in charge of the rings. (I.e. Referees)

### PARTICIPANTS:

#### Number of Competitors:

Keup (Grades) –

Each Province, Territory and State may enter one (1) male and one (1) female athlete per age group for light and heavy weight divisions per Keup Belt level. The total Keup team size may not exceed a maximum of twenty (20) athletes.

Black Belt (Dans) –

Each Province, Territory and State may enter two (2) male and two (2) female athletes per age group per combined weight class: two (2) per fin weight/flyweight, two (2) per bantamweight/featherweight, two (2) per lightweight/welterweight and two (2) per middleweight/heavyweight.

**Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) female staff, when the team consists of female athletes.

**GENERAL SPARRING RULES:**

The most recent version of the World Tae kwon do Federation (WTF) Rules of composition as used by NGB/NSO will apply to the NAIG Tae kwon do competition.

**FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

All equipment shall comply with the WTF as per the NGB/NSO. All Tae kwon do competitors must wear shin pads which do not extend down below the ankle, arm pads which do not extend down below the wrists, groin protectors (both male and female), chest protectors of the size specified for particular weight categories, and approved head protector. The Host Society will provide head and chest protectors in the appropriate size and color (I.e. Blue (Chung) and red (hong)) for the competition at the venue site. Although not mandatory, mouth guards are highly recommended.

**COMPETITION RULES:****a) Sparring (jaju gyoroogi)**

For the NAIG Tae kwon do sparring competition, full contact will be in effect using punching and kicking techniques to the area designated in the WTF Rules of Competition. There shall be no kicks, punches or other contact below the waist. Punches and kicks are permitted to the side of the trunk exclusive of the back. No punches allowed to the head area including the neck; kicks are permitted to the front (face) without excessive force and sides but not the back of the head.

A competitor will be awarded one (1) point for each technique (i.e. Punch or kick) successfully targeted to a legal area with sufficient power to have a visible effect on the opponent that is scored by at least two (2) of the four (4) judges based on a four (4) corner judge scoring system.

The referee awards penalty points. A competitor will lose one (1) point for each deduction (gam-jeom) Penalty and receive minus one half (1/2) point for each warning (kyong-go) penalty. A minimum of two (2) warning penalties must be given before one (1) point is deducted. Both deduction and warning penalties shall be counted in the total score for a bout except odd warning penalties shall not be counted in the grand total. A competitor shall be disqualified when three (3) points have been deducted in a match.

The referee may also a competitor “loser by penalty” when he/she refuses to comply with the Rules of Competition or the referee’s order. In the case of a tie score the referee shall declare the winner by a decision of superiority by one competitor throughout the match.

After the referee has added up each competitor's score he/she shall declare the winner on the basis of accumulated points or a decision of superiority decision of raising his/her hand to the winner's side and declaring a chung seung or hong seung as appropriate.

**GENERAL FORMS / PATTERNS RULES:**

The most recent version of the World Tae Kwon Do Federation (WTF) and the most recent version of the International Tae Kwon Do Federation (ITF) Rules of competition as used by NGB/NSO will apply to the NAIG Tae kwon do competition.

b) Patterns (Poomse – WTF/ Chon-Ji to Ge-Baek – ITF)

For the pattern competition the official patterns to be performed shall be those recognized by the World Tae Kwon Do Federation (WTF) or the International Tae Kwon Do Federation (ITF) for the following belt or their equivalent.

For the pattern competition there is a panel of judges who score the patterns. If there is a tie, the two (2) competitors shall be called back to do the pattern again. After the scores are added up, the winners are announced at the end of the pattern competition and the medals awarded for each category.

## **VOLLEYBALL**

The most updated rules can be found on the International Volleyball Federation website:  
[www.fivb.ch](http://www.fivb.ch)

### **EVENT:**

The NAIG volleyball competition consists of male and female teams for bantam, midget, juvenile and senior age classifications.

### **COMPETITION FORMAT:**

**See team format in NAIG Governing Rules.**

### **OFFICIALS:**

All officials will be designated by the Host Society and approved by NGB/NSO. The head officials must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification. All other officials (lines-persons, scorekeepers) must have a current FIVB volleyball certification.

### **PARTICIPANTS:**

#### **Number of competitors:**

Each Province, Territory and State may enter a maximum of twelve (12) players per bantam, midget, juvenile and senior, for male and female teams.

#### **Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, Juvenile and senior teams. The staff composition will meet gender equity for all teams to include female staff,

*Each Province, Territory and State may accredit two (2) coaches and one (1) manager per male and female bantam, midget, Juvenile and senior teams. One of the members of staff must be the same gender as the participating team.*

### **GENERAL RULES:**

The most recent version of NGB/NSO will comply with the NAIG volleyball events.

### **FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

All equipment shall comply with NGB/NSO rules. The height of the net shall be according to the following information:

Female bantam: 2.10 m

Male bantam: 2.20 m

Female midget: 2.15 m

Male midget: 2.35 m

Female juvenile and senior: 2.24 m

Male juvenile and senior: 2.43 m

### **COMPETITION RULES:**

-Rally point scoring shall be implemented

- A team wins a set (game) by scoring 25 points via rally scoring and with a minimum of lead of two (2) points. In the case of a 24-24 tie, play is continued until a two (2) point lead is achieved.
- A team wins a match by the team winning three (3) sets (games). In the case of a 2-2 tie, the deciding set (game) is played to 15 points with a minimum lead of two points, no cap via rally scoring.
- Tie breaking will be in accordance with NGB/NSO Rules and regulations.
- There will be 15 minutes warm-up time allocated on the competition court prior to game time.
- Tie breaking rules following round-robin play:

Criteria #1- as in all sport technical packages: The team of having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher.

Criteria #2- The team of having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher.

Criteria #3-The team having the best ratio of won/lost games, considering all matches of the round, will be ranked higher.

Criteria #4-The team having the best ratio of points for/against, considering all games played between the tied teams, will be ranked higher.

Criteria #5- The team having the best ratio of points for/against, considering all games played during the round, will be ranked higher.

Last criteria: As determined by the Sport Organization Committee- (eg. Extra game, toss of coin, etc...)

## WRESTLING

The most updated rules can be found on the International Wrestling Federation (FILA) website:

[www.fila-wrestling.com](http://www.fila-wrestling.com)

### EVENT:

The NAIG wrestling competition consists of both male and female teams for midget, juvenile, junior and senior age classification. The male team champions will be awarded the Todd Diabo Memorial trophy (est. NAIG 1993).

		WEIGHTS					
Age 13-14		Age 15-16		Age 17-18-19		Age 20+	
M	F	M	F	M	F		
39-42 KG	40-43 KG	43-46 KG	36-40 KG	48-54 KG	41-46 KG		
Up to 45 kg	Up to 46 kg	Up to 50 kg	Up to 44 kg	Up to 58 kg	Up to 51 kg		
48 kg	49 kg	54 kg	48 kg	63 kg	52 kg		
52 kg	52 kg	58 kg	52 kg	69 kg	62 kg		
57 kg	56 kg	63kg	56 kg	76 kg	68 kg		
63 kg	60 kg	68 kg	60 kg	85 kg	75 kg		
69 kg	65 kg	71 kg	65 kg	97 kg	75-90 kg		
76 kg	70 kg	74 kg	70 kg	97-125 kg			
83 kg	75 kg	90 kg	75 kg				
83-95 kg	75-90 kg	105 kg	75-90 kg				
95-110 kg		105-130 kg					

Note: All Senior athletes will have the same weight classes as the 17-18-19 Age Group as outlined above.

### COMPETITION FORMAT:

In the double elimination bracket draw format, a win advances the wrestler to the next round and closer to the final. A first loss relegates the athlete to the repechage (consolation) rounds for third place and a second loss eliminates the athlete from the competition. The size of the bracket is a multiple of 2: 2,4,6,8,16,32,64 and so on.

### OFFICIALS:

All officials will be designated by the Host Society and approved by NGB/NSO. The head official must have a minimum of Level 3 certification. All officials must have a minimum of Level 1 certification.

### PARTICIPANTS:

#### Number of Competitors:

Each Province, Territory and State may enter one (1) male and one (1) female athlete per weight division for each age group.

**Number of Coaches:**

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per bantam, midget, juvenile, junior and senior age classification. The staff composition must have a minimum of one female staff, when the team consists of female athletes.

**GENERAL RULES:**

The most recent version of the FILA will apply to the NAIG wrestling competition.

**COMPETITION RULES:**

(To be modified for International Sanctioning body categories)

The midget age group category is referred to as the Cadet Age category according to the CAWA rules and regulations.

The pre-competition weight-in will take place for one hour for each age category on the evening prior to the first day of competition. The NAIG competition will only have one (1) weigh-in session as above.

**FIELD OF PLAY REQUIREMENTS/EQUIPMENT:**

The wrestler must supply his/her own equipment and must comply with the NGB/NSO. Athletes must have a wrestling singlet, socks and wrestling shoes free of buckles and metal ridges, tape, and a handkerchief to be tucked inside the singlet of blood. Head gear is optional.