



Western Valley *in motion* Regional Games Policy Manual

Adopted: May 2003
Revised: February 2006
Revised: January 2009
Revised: January 2015
Revised: January 2016
Revised: January 2020

Reproduce by the Woodstock Branch of the **Sport and Recreation** Branch of the
Department of Tourism, Heritage and Culture.

The Western Valley *in motion* Regional Games, initiated in 1983, is an annual multi-sport competition organized and operated under the authority of the Western Valley Recreation Association Inc.

Mission Statement: Connecting our communities in a multi-sport event that provides first chance opportunities for youth to experience **Free Play** competition, fair play, socialization and physical activity.

The association is a voluntary organization committed to the development of recreation services in the Western Valley Region, encompassing communities from Nackawic to Plaster Rock (refer to the WVRA Constitution re: membership).

The policies and guidelines contained in this document have been adopted by the Western Valley Recreation Association Inc. as the official policy manual for the operation and administration of the Western Valley Regional Summer Games.

LTAD Stages - A clear path to better sport, greater health, and higher achievement.

Where applicable, WVRA and the host community will try and make sure that each sport offered during the games, have a LTAD component to that specific age classification.

Long-Term Athlete Development (LTAD) describes the things athletes need to be doing at specific ages and stages.

Science, research and decades of experience all point to the same thing: kids and adults will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right times. This is the logic behind the Long-Term Athlete Development model (LTAD).

1) Authority

The sponsor and governing authority of the Western Valley *in motion* Regional Games herein after noted as the "**Games**" is the Western Valley Recreation Association Inc. herein after noted as the "**Association**".

The **Association** initiates and/or ratifies all decisions, policies, recommendations, etc. relevant to the operation of the **Games**.

Sports and categories of play (e.g. ages, skill level, etc.) are selected annually with two main considerations prevalent: a) to assist sports and/or specific categories development in the region; and b) to provide an opportunity for area athletes to compete.

2) Participation:

Any community within the geographic areas of the Western Valley Regional Games, having full membership or associate membership as outlined in the WVRA Constitution enrolled with the Western Valley Recreation Association Inc. may enter a contingent in the **Games** and be granted a "service area". The recreation department service areas are defined using proximity, telephone exchanges, and school districts. Participation is open to all residents within a service area who meet the age requirements specified (subject to discretion of the association). Associate members may have their own contingent or may join in with the closest member to ensure participation.

3) Acknowledge Games Host:

The host community is done on a rotational basis, with the option to decline or switch with another community.

The host should supply the following information: facilities available, and sports that could be accommodated; if opening and/or closing ceremonies are planned; type of awards planned; plans for venue/event management (e.g. regional sport body or local resources); food service and accommodations establishments in the area; equipment to be supplied by host; promotional plans; and any other pertinent information.

4) Events and Categories of Play:

The number of sports shall be limited to five (5) per day over the **2-day** period. The sports, categories of play, elimination format, and schedules shall be recommended by the host at the November meeting of the **Association**. The **Association** shall confirm sports, categories, and schedule at the December meeting. Age categories for each sport will be **two age categories 1) 8 – 10 yr. old as of December 31 of the current year and 11-13 yr olds as of December of the current year**. Participation per athlete is **open to two multi – sports event during the morning and afternoon. (Except if a participant picks Track and Field)**. **All participants must participate in the Ice Breaker Events held at the first of the games (Free Play Events)**. All events/sports are

to be age appropriate per team and the final list of sports **should** be approved at the December meeting.

Proof of age is not required in advance but is on the "**honour system**". However, athletes shall be required to show proof of age at the competition. Proven violations of age restrictions will result in disqualifications, forfeits, etc.

Each community **Games** chairman is responsible for ensuring his/her athletes meet the specified age requirements, and that all summer staff is aware of the policy manual.

If two communities do not have enough players, they can combine and play as a split team and split the overall points. If one community doesn't have enough players for a team 3 or less, they can join another team and only receive participants point. The team accepting of these additional players will be not penalized.

5) Dates:

The **Games** shall be held on 2 consecutive days within the 3rd week of July (Thursday and Friday).

6) Schedule and Event Format:

Scheduling for all events will be designed to complete the event format in one day of competition. Please note that as a rule, if there are less than 3 entries in any division of any event, that division will be reviewed and/or modified before the games start. The format for all events using an elimination format must allow for each entry to play a minimum of 2 games, except events employing heats (i.e.: track, etc.).

Final schedules will be made up on the day of the event at least ½ hour before the event.
(Appendix A)

7) Venue/Event Administration:

The Host and **Association** will attempt to provide as many certified officials as possible. All officials are to be engaged on a voluntary basis only.

The Host is urged to involve as many regional sport associations as possible on venue/event management.

8) Awards and Point System:

The "Games Banner" (54" X 27", pennant style) will be awarded to the community with the highest point accumulation. This banner will remain with the winning community and is the responsibility of the host community to order it.

The following point system will be used for all sports: First place - 10 points; 2nd - 8 points; 3rd - 6 points; all other participating communities - 2 points.

In multi-event sports (ie: track, badminton, etc), event points will be awarded on the 10 - 8 - 6 - 2 individual basis, pursuant to the community with the overall high totals receiving 10 - 8 - 6 - 2 points toward that sport's standing. Note the 2 points again are participation only.

The host shall supply ribbons printed with the **Games** name and year, for all 1st, 2nd, and 3rd place competitors in every event. The host shall, also, supply plaques for top community in every sport/event and an overall keeper plaque.

9) Rules of Play:

Rules of play will be as per the official rule book of each sport **EXCEPT** the 10-run rule will apply after 5 complete innings, or the 1.5 hours played in baseball, softball and soccer baseball - whichever be applicable. Any other deviations from official rules must be approved in advance by the **Association**. **Rules of Play (game length; etc.) will be modified to fit the sports within the specific time limit, following sport specific modification from their LTAD modules. (Appendix B)**

10) Registration Deadlines:

Registration deadlines and procedures will be presented by the Host by the **Association's April** meeting. There will be no exceptions made, unless requested by the Host and approved by the Association prior to the **Games**.

11) Equipment:

The Host is responsible for procuring all equipment, except personal and team gear (ie: chest protectors, gloves, etc.).

12) Communication:

All directives relating to the **Games**, such as registration deadlines, schedules, etc. must be distributed by the Host chairman, or be approved in advance by same.

13) Ceremonies:

It is recommended that the Host stage opening and closing ceremonies.

14) Protests:

Protests re judgment calls will not be allowed; the official's decision is final.

Protests re rules interpretation must be lodged immediately, before further play, with the venue manager. The venue manager and/or **Games** chairperson shall immediately rule on the protest and resume play.

Protests re age category violations and other like matters will be dealt with by the venue/event manager and the host chairperson. The host chairperson's decision is final. The coach of protested athlete to provide host chairperson with proof of age by the last day of the competition.

15) Financing Participation:

All costs of participation (e.g. transportation, uniforms, etc.) will be borne individually by the participating communities.

16) Media Coverage:

The Host will plan and execute a promotional campaign through local media outlets prior to the **Games** and ensure adequate media coverage of the **Games** execution.

The "**host community**" will be responsible to provide posters and brochures to each community by the May meeting for promoting the Games.

Fair Play Conduct

Each participating recreation department is responsible for the conduct of the members of its **Games** contingent.

Each participating recreation department shall stress the themes of participation and friendly competition to the members of its contingent.

The Host may be eligible for financial assistance for the **Games** from the **Sport and Recreation Branch (the Department of Tourism, Heritage and Culture)** and Wellness Branch **(the Department of Social Development.)** It is the Host's responsibility to procure said funding.

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION MASTER SCHEDULES

3 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____

TEAM 2: _____

TEAM 3: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	2	VS	3		
3	1	VS	3		
4	CHAMPIONSHIP GAME				

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

4 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____

TEAM 2: _____

TEAM 3: _____

TEAM 4: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	4		
2	2	VS	3		
3	LOSER G1	VS	LOSER G2	(THIRD PLACE)	
4	WINNER G1	VS	WINNER G2	(CHAMPIONSHIP)	

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

5 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____

TEAM 2: _____

TEAM 3: _____

TEAM 4: _____

TEAM 5: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	5		
2	2	VS	4		
3	3	VS	WINNER G1		
4	LOSER G 1	VS	LOSER G2		
5	WINNER G3	VS	WINNER G2 (CHAMPIONSHIP GAME)		
6	LOSER G3	VS	WINNER G4 (THIRD PLACE GAME) OR		

GAME #4 WILL BE THIRD PLACE GAME.

NOTE: GAME 6 ONLY HAS TO BE PLAYED IF TEAM THREE LOOSES IN GAME #3.

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

6 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____

TEAM 2: _____

TEAM 3: _____

TEAM 4: _____

TEAM 5: _____

TEAM 6: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	4	VS	5		
3	1	VS	3		
4	4	VS	6		
5	2	VS	3		
6	5	VS	6		
7	TOP TEAM DIVISION (1/2/3) VS TOP TEAM DIVISION (3/4/5)				
8	SECOND TEAM DIV (1/2/3) VS SECOND TEAM DIV (3/4/5)				

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

7 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____
 TEAM 2: _____
 TEAM 3: _____
 TEAM 4: _____
 TEAM 5: _____
 TEAM 6: _____
 TEAM 7: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	3	VS	4		
3	5	VS	6		
4	7	VS	WINNER G1		
5	LOSER G1	VS	LOSER G2		
6	LOSER G3	VS	LOSER G4 (ONLY IF TEAM 7 LOSES)		
7	WINNER G2	VS	WINNER G3		
8	WINNER G6	VS	WINNER G5 (THIRD PLACE GAME)		
9	WINNER G7	VS	WINNER G4 (CHAMPIONSHIP GAME)		

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

8 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____

TEAM 2: _____

TEAM 3: _____

TEAM 4: _____

TEAM 5: _____

TEAM 6: _____

TEAM 7: _____

TEAM 8: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	3	VS	4		
3	5	VS	6		
4	7	VS	8		
5	LOSER G1	VS	LOSER G2		
6	LOSER G3	VS	LOSER G4		
7	WINNER G1	VS	WINNER G2		
8	WINNER G3	VS	WINNER G4		
9	WINNER G5	VS	WINNER G6 (THIRD PLACE)		
10	WINNER G7	VS	WINNER G8 (CHAMPIONSHIP)		

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION MASTER SCHEDULES

9 TEAM SCHEDULE

SPORT: _____

DIVISION 1	DIVISION 2	DIVISION 3
TEAM 1 _____	TEAM 4 _____	TEAM 7 _____
TEAM 2 _____	TEAM 5 _____	TEAM 8 _____
TEAM 3 _____	TEAM 6 _____	TEAM 9 _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	4	VS	5		
3	7	VS	8		
4	2	VS	3		
5	5	VS	6		
6	8	VS	9		
7	1	VS	3		
8	4	VS	6		
9	7	VS	9		
10	1 st Div 1	VS	1 st Div 2		
11	Winner G10	VS	1 st Div 3 CHAMPIONSHIP		

Appendix A



WESTERN VALLEY RECREATION ASSOCIATION MASTER SCHEDULES

10 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____	TEAM 6: _____
TEAM 2: _____	TEAM 7: _____
TEAM 3: _____	TEAM 8: _____
TEAM 4: _____	TEAM 9: _____
TEAM 5: _____	TEAM 10: _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	7	VS	10		
2	8	VS	9		
3	WINNER G2	VS	1		
4	WINNER G1	VS	2		
5	3	VS	6		
6	4	VS	5		
7	LOSER G2	VS	LOSER G1		
8	WINNER G3	VS	WINNER G6		
9	WINNER G5	VS	WINNER G4		
10	WINNER G7	VS	LOSER G3		
11	WINNER G8	VS	WINNER G9		
12	LOSER G6	VS	WINNER G10		
13	LOSER G5	VS	LOSER G4		
14	WINNER G12	VS	WINNER G13		
15	LOSER G11	VS	WINNER G14		
16	LOSER G9	VS	LOSER G8		
17	WINNER G15	VS	WINNER G16		
18	WINNER G11	VS	WINNER G17		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

11 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____	TEAM 6: _____
TEAM 2: _____	TEAM 7: _____
TEAM 3: _____	TEAM 8: _____
TEAM 4: _____	TEAM 9: _____
TEAM 5: _____	TEAM 10: _____
TEAM 11: _____	

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	6	VS	11		
2	7	VS	10		
3	8	VS	9		
4	1	VS	WINNER G3		
5	2	VS	WINNER G2		
6	3	VS	WINNER G1		
7	4	VS	5		
8	LOSER G2	VS	LOSER G1		
9	WINNER G7	VS	WINNER G4		
10	WINNER G5	VS	WINNER G6		
11	WINNER G8	VS	LOSER G 5		
12	LOSER G4	VS	LOSER G3		
13	WINNER G9	VS	WINNER G10		
14	WINNER G12	VS	LOSER G7		
15	LOSER G6	VS	WINNER G11		
16	WINNER 14	VS	WINNER G15		
17	LOSER G13	VS	WINNER G16		
18	LOSER G10	VS	LOSER G9		
19	WINNER G17	VS	WINNER G18		
20	WINNER G13	VS	WINNER G19		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

12 TEAM SCHEDULE

SPORT: _____

DIVISION 1	DIVISION 2
TEAM 1 _____	TEAM 4 _____
TEAM 2 _____	TEAM 5 _____
TEAM 3 _____	TEAM 6 _____

DIVISION 3	DIVISION 4
TEAM 7 _____	TEAM 10 _____
TEAM 8 _____	TEAM 11 _____
TEAM 9 _____	TEAM 12 _____

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	1	VS	2		
2	4	VS	5		
3	7	VS	8		
4	10	VS	11		
5	2	VS	3		
6	5	VS	6		
7	8	VS	9		
8	11	VS	12		
9	1	VS	3		
10	4	VS	6		
11	7	VS	9		
12	10	VS	12		
10	1st Div 1	VS	1st Div 2		
11	1 st Div 3	VS	1st Div 4		
12	WINNER G10	VS	WINNER G11 CHAMPIONSHIP		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

13 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____	TEAM 6: _____
TEAM 2: _____	TEAM 7: _____
TEAM 3: _____	TEAM 8: _____
TEAM 4: _____	TEAM 9: _____
TEAM 5: _____	TEAM 10: _____
TEAM 11: _____	TEAM 12: _____
TEAM 13: _____	

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	4	VS	13		
2	5	VS	12		
3	6	VS	11		
4	7	VS	10		
5	8	VS	9		
6	1	VS	WINNER G5		
7	2	VS	WINNER G4		
8	3	VS	WINNER 3		
9	WINNER G1	VS	WINNER G2		
10	LOSER G2	VS	LOSER G1		
11	WINNER G6	VS	WINNER G9		
12	WINNER G7	VS	WINNER G8		
13	LOSER G9	VS	WINNER G10		
14	LOSER G8	VS	LOSER G3		
15	LOSER G7	VS	LOSER G4		
16	LOSER G6	VS	LOSER G5		
17	WINNER G11	VS	WINNER G12		
18	WINNER G13	VS	WINNER G16		
19	WINNER G14	VS	WINNER G15		
20	WINNER G18	VS	WINNER G19		
21	LOSER G17	VS	WINNER G20		
22	LOSER G12	VS	LOSER G11		
23	WINNER G21	VS	WINNER G22		
24	WINNER G17	VS	WINNER G23		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES

14 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____	TEAM 6: _____
TEAM 2: _____	TEAM 7: _____
TEAM 3: _____	TEAM 8: _____
TEAM 4: _____	TEAM 9: _____
TEAM 5: _____	TEAM 10: _____
TEAM 11: _____	TEAM 12: _____
TEAM 13: _____	TEAM 14: _____

<u>GAME #</u>	<u>TEAM</u>	<u>VS</u>	<u>TEAM</u>	<u>TIMES</u>	<u>PLACE</u>
1	3	VS	14		
2	4	VS	13		
3	5	VS	12		
4	6	VS	11		
5	7	VS	10		
6	8	VS	9		
7	1	VS	WINNER G6		
8	2	VS	WINNER G5		
9	WINNER G1	VS	WINNER G4		
10	WINNER G2	VS	WINNER 3		
11	LOSER G4	VS	LOSER G1		
12	LOSER G2	VS	LOSER G3		
13	WINNER G7	VS	WINNER G10		
14	WINNER G8	VS	WINNER G9		
15	LOSER G10	VS	WINNER G12		
16	LOSER G9	VS	WINNER G11		
17	LOSER G8	VS	LOSER G5		
18	LOSER G7	VS	LOSER G6		
19	WINNER G14	VS	WINNER G13		
20	WINNER G18	VS	WINNER G15		
21	WINNER G17	VS	WINNER G16		
22	WINNER G20	VS	WINNER 21		
23	LOSER G19	VS	WINNER G22		
24	LOSER G14	VS	LOSER G13		
25	WINNER G23	VS	WINNER G24		
26	WINNER G19	VS	WINNER G25		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES
15 TEAM SCHEDULE

SPORT: _____

TEAM 1: _____	TEAM 6: _____
TEAM 2: _____	TEAM 7: _____
TEAM 3: _____	TEAM 8: _____
TEAM 4: _____	TEAM 9: _____
TEAM 5: _____	TEAM 10: _____
TEAM 11: _____	TEAM 12: _____
TEAM 13: _____	TEAM 14: _____
TEAM 15: _____	

GAME #	TEAM	VS	TEAM	TIMES	PLACE
1	2	VS	15		
2	3	VS	14		
3	4	VS	13		
4	5	VS	12		
5	6	VS	11		
6	7	VS	10		
7	8	VS	9		
8	1	VS	WINNER G7		
9	WINNER G1	VS	WINNER G6		
10	WINNER G2	VS	WINNER G5		
11	WINNER G4	VS	WINNER G3		
12	LOSER G1	VS	LOSER G6		
13	LOSER G2	VS	LOSER G5		
14	LOSER G4	VS	LOSER G3		
15	WINNER G8	VS	WINNER G11		
16	WINNER G9	VS	WINNER G10		
17	LOSER G11	VS	WINNER G14		
18	LOSER G10	VS	WINNER G13		
19	LOSER G9	VS	WINNER G12		
20	LOSER G8	VS	LOSER G7		
21	WINNER G15	VS	WINNER G16		
22	WINNER G20	VS	WINNER G17		
23	WINNER G18	VS	WINNER G19		
24	WINNER G22	VS	WINNER G23		
25	LOSER G21	VS	WINNER G24		
26	LOSER G16	VS	LOSER G15		
27	WINNER G25	VS	WINNER G26		
28	WINNER G21	VS	WINNER G27		



WESTERN VALLEY RECREATION ASSOCIATION
MASTER SCHEDULES
16 TEAM SCHEDULE

Use the **8 TEAM SCHEDULE**, but duplicate and do two divisions. Game 21 will be the winners of both divisions.

Western Valley in *motion* Games

Sport Rules & Regulations

Appendix B

Co-Ed Ball Hockey

One team per community per age group. Games consist of two, ten-minute periods, straight time periods or less depending on teams. Each team is guaranteed to play 2 games. Helmets and facemasks are mandatory. Teams will play 4 on 4 using pond hockey nets, so there is no need for goal tenders. No body contact, no slap shots and no off sides will be called. Standard rules are in effect. Games are played 1/3 of the arena/area for the age group. All teams will be guaranteed 2 games.

- AGE ELIGIBILITY: Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- Please note that as a rule, if there are less than 3 entries in any division of any event, that division will be removed from the Games.
- Face-offs will occur at the start of each period, after every goal, and after every penalty shot (regardless of outcome).
- FAIR PLAY rule is in effect – all players must play in strict rotation – violations of this rule will result in an unsportsmanlike conduct penalty.
- Points will be awarded to teams after each game accordingly: 2 points for a win, 1 point for a tie, and 0 points for a loss. Points are the primary indicator for rankings after completion of the round robin. If there is a tie between two or more teams for any positions in contention for the medal rounds, the following steps will be taken to determine a higher seed:
 1. The team which was victorious in a round robin meeting will be considered the higher seed.
 2. If they tied, or didn't play each other, +/-: the team with the highest score after subtracting total goals scored against from total goals scored, up to maximum of 10.
 3. If still tied, the team with the fewest goals scored against them will be considered the higher seed.
 4. If still tied, higher seed will be determined by a shootout, Sudden Victory.
- Any penalties called will award a penalty shot to the opposing team. The penalty shot may be taken by any player on the playing surface; however, further penalty shots must be taken by other members of the team. At the discretion of the referee, further disciplinary action may include ejection from game, or suspension from tournament.

Appendix B

Co-Ed Badminton

Singles will consist of **four male players and four female players per community**. Singles games play to eleven points. Must win by two, serves must be cross-court and points will only be gained on your own serve. **All participants will be guaranteed 2 games per division.**

If hosting facility only has 3 courts, then singles will be the only events. **If the facility has 6 courts, then both singles and doubles will be held for males, females, and mix.**

- **AGE ELIGIBILITY:** Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year

SCORING SYSTEM (singles)

- Size of court will be 10 feet by 20 feet
- A match shall consist of the best of three games, unless otherwise arranged (this will depend on entries) (if entries are large in numbers than we will just play to **15** – one game; no best of three)
- A game shall be won by the side which first scores **15** points.
- The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a ‘fault’ or the shuttle ceases to be in play because it touches the surface of the court inside the opponent’s court.
- If the score becomes **15**-all, the side which gains a two-point lead first, shall win that game.
- If the score becomes **20**-all, the side scoring the **16**th point shall win that game.
- The side winning a game shall serve first in the next game

Serving (Singles)

- The players shall serve from, and receive in, their respective right service courts when the server has not scored or has scored an even number of points in that game.
- The players shall serve from, and receive in, their respective left service courts when the server has scored an odd number of points in that game

Scoring and serving (Singles)

- If the server wins a rally (Law 7.3), the server shall score a point. The server shall then serve again from the alternate service court.
- If the receiver wins a rally (Law 7.3), the receiver shall score a point. The receiver shall then become the new server.

Omnikin Ball

Object of the Game

The object of Kin-Ball is simple: to score more points than the two other opponents and win the game. Players do this by working as a team against the two other teams. Because of the nature of Kin-Ball, a great deal of teamwork is involved, as is a good level of fitness due to the fast-paced nature of the game. Games will consist of two 12-minute halves. Teams consist of 4 players at a time with a total of 8 on a team.

Players & Equipment

Kin-Ball is played in a gymnasium usually, but it can also be played outdoors. The only required equipment to play the game is an official Kin-Ball, 48" in size with a weight of 2.2lbs. This can be in a range of colors such as grey, black, or pink. For an official game of Kin-Ball, an electric ball inflator is required too as is a scoreboard.

Scoring

Scoring in Kin-Ball is relatively simple. When a team faults, a point is awarded to the two other teams. A fault occurs when a team fails to catch and control the Kin-ball before it touches the ground.

Winning the Game

At the end of the game, the team with the most amount of points is declared the winner. If at the end of the game there are two or more teams on the same amount of points, a tie break situation comes into play, for which there are the following criteria:

- 1st Amount of First Places Won: If the teams have the same amount of first places.
- 2nd Amount of Second Places Won: If the teams have the same amount of second places.
- 3rd Amount of Fair-Play Ranking Points: If the teams have the same amount of points.

Co-Ed Softball

One team per community, per age group. Games consist of six innings or 40-minute time limit. Time may vary depending on entries. The ten-run rule is in effect after four complete innings. Teams must be ready to play at least twenty minutes before scheduled times. CSA helmets must be worn while batting, running the bases, and on deck. Standard distances and rules are in effect. Five runs or three outs an inning (whatever comes first) except for the sixth inning or last inning, in which you must get three outs. Umpire will determine the start of the last inning. **All teams will be guaranteed 2 games.**

- AGE ELIGIBILITY : Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- Please note that as a rule, if there are less than 3 entries in any division of any event, that division will be removed from the Games.
- Teams can have a maximum of fifteen (15) players on the roster. Teams can play a maximum of nine (9) fielders and MUST use all players in the batting order (max 15 batters).
- All players must play at least two full innings during every game.
- Points will be awarded to teams after each game accordingly: 2 points for a win, 1 point for a tie, and 0 points for a loss. Points are the primary indicator for rankings after completion of the round robin. If there is a tie between two or more teams for any positions in contention for the medal rounds, the following steps will be taken to determine a higher seed:
 1. The team which was victorious in a round robin meeting will be considered the higher seed.
 2. If they tied, or didn't play each other, the team with the fewest runs scored against them will be considered the higher seed.
 3. If still tied, higher seed will be determined by a one inning game.
- Stealing home is prohibited.
- To begin a game, your team must have a minimum of nine (9) players. Coaches are responsible for having their teams available at least 30 minutes prior to scheduled game time, and ready to play at least 15 minutes before game time.
- Host community must supply the 11in soft touch softballs.
- Host community will provide an adult to pitch to each team.

Co-Ed Disc Golf

Each community can have up to four males and four females per community. The scoring method is the same as that of real golf; count how many shots it takes to get the disc in the basket. **All participants will be guaranteed 2 games.**

Age Groups: 10 & under and 13 & under

- **AGE ELIGIBILITY:** Age categories:
 1. 8 - 10-year old as of December 31, of the current year.
 2. 11 – 13-year old as of December 31, of the current year.
- Golfers will play 18 holes stroke play.
- In the event of a tie, retrogression will be the tiebreaker used.
- Play begins on each hole with the player throwing from within the teeing area. When the disc is released, the player must have at least one supporting point in contact with the surface of the teeing area, and all supporting points must be in contact only with the surface of the teeing area. Supporting point contact outside the teeing area is allowed if it comes before or after, and not at, the moment the disc is released.

Track and Field

Maximum of **three** events per athlete (one field events and **two** running event **and or two field events and one running events**). Maximum of three entries per event per community. (Note: if not a lot of registration, you can open it up to all participants for all events.)

- **AGE ELIGIBILITY –** Age categories:
 1. Ages 8 - 9-year old as of December 31 of the current year
 2. Ages 10 – 11-year old as of December 31 of the current year
 3. Ages 12-13-year old as of December 31 of the current year
- There will be six (5) events in total:
 1. Shot-put / Softball Throw
 2. Running Long Jump
 3. 50m Race
 4. 100 m Race
 5. 400 m Race

Pickle Ball (Doubles)

Although pickleball is played on a court, the rules of the game more closely resemble table tennis or badminton than traditional tennis.

- The game begins with one side serving the pickleball, using the paddle (which is wood or composite and larger than a ping pong paddle) to hit the pickleball (which is a light, plastic, hole-covered whiffle ball).
- To properly serve the ball, the player must keep one foot behind the back line and strike the ball with an underhand swing, aiming at the service court located diagonally over the net, and clearing the no-volley zone.
- Service starts from the right-hand court. In the case of doubles, both players get to serve once, and then the serve is taken over by the opposing team.
- Both sides must allow the pickleball to bounce first before hitting it with the paddle at least one time from the start of the game. Thereafter, players may volley the ball (hit it without allowing it to bounce), provided they are not within the no-volley zone within seven feet of the net (marked on the court).
- A player or team scores points only when they are serving. A pickleball game is played to 11 points and a win must be by two points.

Similar to tennis, the following moves are faults in the game of pickleball, which cause a loss of a point:

- Failing to clear the net.
- Hitting the ball out of bounds.
- Volleying the ball from within, or while a foot is in the no-volley zone.
- Volleying the ball before it has bounced on a first serve or first return.

Co-Ed Bocce Ball

Co-ed Division: Open amount of participation in each age category. All participants will be guaranteed 2 games per division.

- AGE ELIGIBILITY:
 1. 8 – 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- Each player gets to throw 2 balls of their chosen color
- Stay behind the foul line. Player 1 tosses the pallino (small white ball) in the alley.
- By flipping a coin or some other method one person will start the play by throwing the pallino. The same person will throw one of their balls to get it as close as possible to the pallino. The opposing player will then throw their balls until they have a ball closer than their opponents. Teams switch back and forth when they have gotten closer than the previous throws. At this point, the balls can hit the sides and other balls even the pallino.
- Know how to keep score. After everyone is done tossing, the balls from one team that are the closest to the pallino ball get 1 point each
- Finish scoring go behind the opposite foul line and play again. Keep repeating until a team gets 12 points.

Co-Ed Soccer

One team per community, per age category. All teams will be guaranteed 2 games.

- AGE ELIGIBILITY : Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
 3. Please note that as a rule, if there are less than 3 entries in any division of any event, that division will be removed from the Summer Games.
 4. Must always have at least two male or female on the field .
 5. Games are two 10-minute halves in length Penalty kicks to break a tie in standings will be three (3) players (one being of the opposite sex in rotation) then alternating kickers until you have a winner. Remember that you must alternate boy and girl with the kicks.
 6. Points will be awarded to teams after each game accordingly: 2 points for a win, 1 point for a tie, and 0 points for a loss. Points are the primary indicator for rankings after completion of the round robin. If there is a tie between two or more teams for any positions in contention for the medal rounds, the following steps will be taken to determine a higher seed:
 1. The team which was victorious in a round robin meeting will be considered the higher seed.
 2. If they tied, or didn't play each other, +/-: the team with the highest score after subtracting total goals scored against from total goals scored.
 3. If still tied, the team with the fewest goals scored against them will be considered the higher seed.
 4. If still tied, higher seed will be determined by the flip of a coin determining what teams will have penalty kicks first.
 5. Three teams tied, revert to 1 through 4 with the flip of the coin, odd one gets a bye in the penalty kick and waits for the winner.
- Penalty kicks to break a tie in standings will be Sudden Victory. Must alternate from Male to Female or vice-versa.
- Use size 4 balls for 8-10 yr. olds and size 5 balls for 11-13 yr. olds and try and have qualified refs if possible.
- ½ field size for both age groups.
- 8 vs 8 aside (includes a goalkeeper)

Co-Ed Tennis

In singles play each community can have two male players and two female players per age group. Doubles play consists of two male teams and two female teams per age group. There will be no mixed for doubles. **Games consist of 7 points and play two sets/game, guaranteed two games.** Stand rules are in effect.

- **AGE ELIGIBILITY:**
 1. 8 – 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- We will use the foam tennis balls to create rallies for the 8-10 yr. olds and use low impact bouncing tennis balls for the 11-13 yr. olds.
- Play will be modified on badminton courts with tennis net heights.
- Bounce serves are allowed.

Swim/Run Endurance Race

Each community can have 6 participants per age group. Each participant will have to do a series of laps in the pool followed by a long distance run. **NOTE: SWIM FIRST AND RUN SECOND. Participants must put their shoes and shirts on to run after the swim without assistance.**

- **AGE ELIGIBILITY:** Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- **Events:**
 1. Ages 8-10-year old will swim 25 meter and run 1km
 2. Ages 11-13-year old will swim 50 meter and run 3km

Orienteering

Each community can have a team of four per age group. Each group will be given a map with flags marked on it. Each team will go to each marked flag and pick up the envelope marked with their community. After gathering all envelopes, teams will make their way back to the base and try to make the correct puzzle from their pieces found in the envelopes. Age Groups: 10 & Under and 13 & Under

- **AGE ELIGIBILITY:**
 1. 8 – 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- Any teams that take another community puzzle bag and/or hide it will be disqualified.

Co-Ed Basketball

At least one male and/or female on the court at one time. Two, ten-minute halves will be played, straight time. Standard LTAD rules are in effect. All teams will be guaranteed 2 games.

- AGE ELIGIBILITY: Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year
- Please note that as a rule, if there are less than 3 entries in any division of any event, that division will be removed from the Games.
- Baskets should be 2.60 meters to 2.74 meters high.
- Balls should be mini ball for 8-10 yr. olds and middle school for 11-13 yr. olds.
- Play 3 on 3 (8-10 yr. olds) and 4-on-4 (11-13 yr. olds) as this allows more touches of the ball than 5-on-5;
- Play player-to-player defense;
- Everyone should play every position;
- Allow some violations to occur, but explain the rules;
- Equal playing time;
- Adjustments to the court size, substitutions and the length of the game;
- FAIR PLAY rule is in effect – all players must play at least ten (10) minutes during a game.
- Points will be awarded to teams after each game accordingly: 2 points for a win, 1 point for a tie, and 0 points for a loss. Points are the primary indicator for rankings after completion of the round robin. If there is a tie between two or more teams for any positions in contention for the medal rounds, the following steps will be taken to determine a higher seed:
 1. The team which was victorious in a round robin meeting will be considered the higher seed.
 2. If they tied, or didn't play each other, +/-: the team with the highest score after subtracting total points scored against from total points scored.
 3. If still tied, the team with the fewest points scored against them will be considered the higher seed.
 4. If still tied, higher seed will be determined by a five-minute game between the two tied teams.

Co-Ed Kayak Race

Each community can have up to six participants per age group. Each participant will compete in two separate events: a slalom race and a down and back race. The two race times will be combined to determine the winner.

**** Note: All Participants must have completed level 5 of the Red Cross program.

- **AGE ELIGIBILITY:**
 1. 8 – 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year

Socci-Soccer

- **AGE ELIGIBILITY:**
 1. 8 – 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year

Socci is an individual fitness activity, social game, and a competitive sport ...combining elements of soccer, basketball, and hackysack.” Like soccer and hackysack, Socci is played without using hands. Like basketball, no physical.

The Socci goal is perhaps the most innovative aspect of the sport. It is low, round, and free-standing – so a goal can be scored from all sides. This makes defending the goal much more challenging, and more interesting for players and audience alike.

Goals are score by one point when they go into the net from the side and two points for a basket in the top.

The goals are closer together, (20-30 ft apart) so players must shift from offense to defense suddenly and often. There is more opportunity to score, and more opportunities for fun.

Games consist of 5 players per side with two 10-minute halves.

Soccer Baseball

- **AGE ELIGIBILITY:**
 3. 8 – 10-year old as of December 31, of the current year
 4. 11 – 13-year old as of December 31, of the current year

1. The game must be played between 2 teams of 8 players. Teams will consist of at least 4 females. Teams need a minimum of 6 players to start and finish a game.

2. Must alternate kicks between female and male.

3. When playing with 6, teams need even numbers of males & females.

4. Roster Limit is 12 players. The defense can only field 8 players at one time, however the offense can bat up to 12 players in a game. Batting order must go male-female-male-female or female-male-female-male.
5. A half inning will consist of 3 outs. A game will consist of 6 innings or 30-minute time limit. (4 innings or 20 minutes, depending on entries and schedules).
6. Must wear closed toe athletic shoes and proper athletic attire, this means no hats, and no sandals.
7. A coin flip (odd/even) will determine who will be the home team.
8. The defensive team may set in any order the team wishes. There is no set rule for placing defending players, except that they must be behind the foul line, exception: catcher.
9. The offensive team will supply the pitcher. There will be a two pitch maximum.
10. Each team is required to have a catcher.
11. The batter is allowed two pitches to kick the ball in fair territory.
12. Kicking Order: A team can kick all members of their team. A team must keep same kicking order in game's entirety.
13. The kicker may not run past home plate before kicking the ball. Contact must occur behind the plate. PENALTY: The ball is dead and counts as a pitch, no runners may advance, no outs may be recorded, except on the batter, only if it is on their second pitch.
14. Bunting is illegal (bunting is defined as the kicker intentionally lightly kicking the ball so that the defense has no real chance of getting the batter/runner out. If the umpire judges this to happen, a strike will be placed on the at bat, if it, if it is the last strike, then the batter will be declared out.
15. The foul line is the standard foul line based on traditional baseball rules. The ball must be played in between the first baseline and third baseline in the infield. If the ball is kicked and is hit outside the baselines on the infield, it is deemed a strike. If the ball is kicked and hits fair territory but travels into foul ground in the infield, it is deemed a strike. If, however, the ball is kicked and lands in fair territory in the outfield and travels outside the foul lines, the ball is live and the play must be completed.
16. There will be NO running to home plate. In order for the run to count, you must run past home plate on the right-hand side (in the view of running towards home). The scoring line is perpendicular to home plate. If a player runs and touches home plate, he is deemed OUT. This is for safety reasons and preventing any injuries because of a play at home plate.
17. A player will be ruled out if he/she kicks two fouls.
18. Gets hit by the ball from the shoulders down before reaching the base. Exception: a player who is not in a regular standing/running position and is hit in the face/head will be ruled out (Example: bending down to avoid getting hit or the runner falling down/ sliding).
19. A pop fly is caught.
20. The Runner is forced out.
21. There will be no infield fly rule.
22. A runner who leaves the base before the pitch reaches home plate or is kicked, is out and the ball is dead. Leading off and stealing bases is not allowed.
23. They bunt the ball on their second pitch.
24. When 2 kickers of the same gender kick back to back, an out will be assessed in the spot not occupied by the opposite gender.

25. Plays at the plate- any play at the plate is like a force play, the runner must cross a safety line from the point of home plate extended to the wall, before the catcher has control of the ball AND at least one foot on home plate.
26. When an offensive player attempts to slide into a base.
27. The offensive order will remain the same throughout the game, defensive players can cycle in and out as the team wishes.
28. Substitutions must be made based on gender (girl for a girl; male for a male)

Archery

Beginner youth start shooting at 10 yards/meters, processing to 15, then 18 as their score and skill levels increase. Youth shoot an indoor round of 3-10 arrows on a 40cm face following Archery Canada Indoor Target Rules.

- White – 1 point
- Black – 3 points
- Blue – 5 points
- Red – 7 points
- Gold – 9 points
- Petticoat – 0 points

Use an average score on two rounds based on time factor. Archers can be averaged at a single distance for two rounds.

- AGE ELIGIBILITY: Age categories:
 1. 8 - 10-year old as of December 31, of the current year
 2. 11 – 13-year old as of December 31, of the current year

Mountain Biking

Each community can have three participants per age group. Each participant will do a long distance mountain bike ride through a set trail (distance varies between age groups). Only three riders from different communities' stat at one time.

- AGE ELIGIBILITY:
 1. 8 – 9-year old as of December 31, of the current year
 2. 10 – 11-year old as of December 31, of the current year
 3. 12-13-year old as of December 31, of the current year



Appendix C

Western Valley In Motion Regional Games

Critical Path

When planning for the Games, you need patience more than anything. First and foremost, start making list of what needs to be done, by whom, and a date. Anything the Town is paying for be sure to ask permission first. If you are unsure about anything, ask questions.

⇒ NOTE: Some of these guidelines may vary depending on each community.

OCTOBER

- ⇒ Make sure your council/commission know that you are hosting and are behind you in this process. This will make life that much easier. Let them know what type of support is out there:
- ⇒ Some financial support is available through GNB Department of Tourism, Culture and Heritage (Active Communities Branch) and through Social Development (Wellness Branch)
- ⇒ Start on a wish list of items that you need to run this event and keep adding to this list.

NOVEMBER

- ⇒ The host recommends the sports; categories of play; tentative time-lines and schedule at the November WVRA monthly meetings.

DECEMBER

- ⇒ WVRA association confirms sports; categories of play; tentative times-lines and schedule for the host.

JANUARY

- ⇒ Host community to contact Subway to request financial assistance/donation for

lunch on the last day of games. This generally needs to be done at a corporate level, but an initial discussion with the local store owner should be the first step.

FEBRUARY

- ⇒ Host should start looking at booking facilities for each event.
- ⇒ Host should make a list of each sport and equipment it needs to either purchase, rent or borrow.
- ⇒ Contact Regional Sport Organization and see if they want to be a main lead in their sport
- ⇒ Order ribbons - 1st, 2nd, 3rd for each category. Remember that there are more 1st, 2nd, and 3rd ribbons for team events. Also, to order the plaques for each sport that goes to the winning community. Can also order plaques for the fair play community winner or use certificates.
- ⇒ The "Games Banner" (54" X 27", pennant style) will be awarded to the community with the highest point accumulation. This banner will remain with the winning community and is the responsibility of the host community to order it.
- ⇒ Start the process of trying and recruiting donations from business for the event. (i.e.; water bottles; financial donations; etc.). Send out donation letters.

APRIL

- ⇒ Start calling sport lead volunteers to work. The volunteers should be responsible and mature. Look at what sports you are offering and find that volunteer champion in your community. Also get volunteers for the breakfast and meals.
- ⇒ Have communities pick their shirt colors; sizes and quantity. Make sure you order your volunteer shirts.
- ⇒ Also order the WVRA Board golf shirts.
- ⇒ Order the brochures and posters to help promote the event.
- ⇒ Send out Community Team Registration forms.

MAY

- ⇒ Meet with your lead volunteers to go over what their responsibilities are.
 1. See what they might need to make their job easier.
 2. Present them with a list of what you have for their event and if there is anything missing that they might need.
- ⇒ Pass out volunteer shirts; local community shirts; Golf shirts; brochures; and posters.
- ⇒ See if you can get a Service Club to put on your breakfast and lunch for Friday.
- ⇒ Send out dignitary letters to the MLA's; MP; Minister or Deputy Minister of Department of Tourism, Heritage and Culture; Mayors of Participating communities; Major businesses who donate and invite them to Opening Ceremonies.
- ⇒ Send Media releases to the various media outlets to start promoting the games.

- ⇒ Book band for the dance or have another method for the dance.
- ⇒ Book Medical services and/or have them aware of the event. Have first aid at each event.

JUNE

- ⇒ Have another meeting with your lead sports and introduce them to your Games Student. Provide them with their draft package and go over it with them.
- ⇒ See how many volunteers they would like to have at that event to help them out.
- ⇒ Go over the To Do List with each lead to make sure you are not missing anything.
- ⇒ Invite the Media to the event

JULY

- ⇒ Make sure that you get the number of campers staying the night
- ⇒ Get all your registration for team sport at the July WVRA meeting; and individual sports as well.
- ⇒ Make sure you have all your ribbons; equipment; and supplies ready.
- ⇒ Day of the Games – Let your Lead volunteers know that there may be some cancellation or additions in their events. Let the Games begin.
- ⇒ Keep all press releases; games info; games photos; games scoring sheets; etc. for the booklet at the end.

Sport TO DO LIST:

- Clip Board
- Paper
- Schedules
- Rules of the Sport
- Explanation of the Point system in front of them
- Garbage cans
- Recycling Cans
- Pucks or weight for outdoor activities (for wind)
- Tents for outdoor activities (for sun or rain)
- Outdoor activities – Plan B just in case it rains
- Equipment for each event; (i.e.; refs need whistles; stopwatches; balls; etc.)
- Have the registration forms for all the communities at the sport specific site
- Pens and Paper
- Tables and Chairs for the organizers
- Event site set up before the events, so the sport leads do not have to do this, unless they want to.
- Have someone come around to your sport leads and see if they need anything
- Have first aid kits available at each event
- Fair Play voting ballots
- Provide name tags for your volunteers

Western Valley Recreation Association (WVRA) Code of Conduct

1. **DEFINITIONS.** The following terms have these meanings in this Policy:

a) "Individuals" – All categories of membership defined in the Western Valley Recreation Association (**WVRA**) Bylaws, as well as all individuals engaged in activities with (**WVRA**), including but not limited to, athletes, coaches, judges, officials, volunteers, directors, committee members, officers, managers and administrators.

b) "Social Media" – Various activities that integrate technology, social interaction and content creation via platforms which include, but are not limited to, blogs, wikis, photo and video sharing, podcasts, social networking and virtual worlds.

2. **PURPOSE.** The purpose of this Code of Conduct is to ensure a safe and positive environment within (**WVRA**) programs, activities and events, by making all individuals aware that there is an expectation of appropriate behavior, consistent with the founding principles of (**WVRA**), always.

(**WVRA**) is committed to providing an environment in which all individuals are treated with respect. Further, (**WVRA**) supports equal opportunity and prohibits discriminatory practices. Members of (**WVRA**) are expected to conduct themselves at all times in a manner consistent with the values of the (**WVRA**) that include fairness, integrity, open communication and mutual respect.

Conduct that violates this Code of Conduct may be subject to sanctions.

3. **SCOPE AND APPLICATION.** This policy applies to the Individuals defined above, relating to conduct that may arise during (**WVRA**) business, activities and events, including but not limited to, office environment, competitions, events and meetings.

This policy may apply to conduct that occurs outside of (**WVRA**) business and events when such conduct adversely affects relationships within (**WVRA**) and its work and is detrimental to the image and reputation of the organization.

4. **RESPONSIBILITY.** All Individuals have a responsibility to:

a) Maintain and enhance the dignity and self-esteem of Individuals and other people by:

1) Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, color, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, religious belief, political belief, disability or economic status;

2) Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members;

- 3) Consistently demonstrating the spirit of sportsmanship, sports leadership and ethical conduct;
- 4) Acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
- 5) Consistently treating individuals fairly and reasonably;
- 6) Ensuring that the rules of the sport, and the spirit of such rules, are adhered

to.

- b) Refrain from any behavior that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading or malicious. Types of behavior that constitute harassment include, but are not limited to:
 - 1) Written or verbal abuse, threats or outbursts;
 - 2) The display of visual material which is offensive or which one ought to know is offensive;
 - 3) Unwelcome remarks, jokes, comments, innuendos or taunts;
 - 4) Leering or other suggestive or obscene gestures;
 - 5) Condescending or patronizing behavior which is intended to undermine self-esteem, diminish performance or adversely affect working conditions;
 - 6) Practical jokes which cause awkwardness or embarrassment, endanger a person's safety or negatively affect performance;
 - 7) Any form of hazing;
 - 8) Unwanted physical contact including touching, petting, pinching or kissing;
 - 9) Unwelcome sexual flirtations, advances, requests or invitations;
 - 10) Physical or sexual assault;
 - 11) Behaviors such as those described above that are not directed towards individuals or groups but have the same effect of creating a negative or hostile environment; or
 - 12) Retaliation or threats of retaliation against an individual who reports

harassment.

- c) Refrain from any behavior that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favors, or conduct of a sexual nature. Types of behavior that constitute sexual harassment include, but are not limited to:
 - 1) Sexist jokes;
 - 2) Display of sexually offensive material;
 - 3) Sexually degrading words used to describe a person;
 - 4) Inquiries or comments about a person's sex life;
 - 5) Unwelcome sexual flirtations, advances or propositions;
 - 6) Persistent unwanted contact;
 - 7) Sexual assault.
- d) Refrain from the use of power or authority in an attempt to coerce another person to engage in inappropriate activities.
- e) Refrain from consuming alcohol or tobacco products while participating in **(WVRA)** programs or events. In the case of adults, avoid consuming alcohol in situations where minors are present, and take reasonable steps to manage the

responsible consumption of alcoholic beverages in adult-oriented social situations associated with **(WVRA)** events.

- f) Respect the property of others and not willfully cause damage.
- g) Abstain from the non-medical use of drugs or the use of performance-enhancing drugs or methods.
- h) **Social Media - (WVRA)** understands that policing Social Media is an impediment, we do ask that your engagement through Social Media be done in a positive manner. See i, j, k and l.
- i) Ensure comments may not be interpreted as slurs, demeaning or inflammatory, etc.
- j) Comply with applicable privacy, confidentiality and intellectual property laws.
- k) Refrain from the use of Social Media for the purposes of fraud and/or impersonation.
- l) Refrain from uploading, posting, emailing or otherwise transmitting:
 - 1) Any content that is offensive, obscene, unlawful, threatening, abusive, harassing, defamatory, hateful, invasive of another's privacy or otherwise objectionable.
 - 2) Material which is designed to cause annoyance, inconvenience, or needless anxiety to others;
 - 3) Infringes the patent, trademark, trade secret, copyright or other proprietary right of any other party;
 - 4) Any unsolicited or unauthorized advertising or commercial material, "junk mail", "spam", "chain letter", "pyramid scheme" or any other form of solicitation.
 - 5) Any material that contains software viruses or any other computer code, file or program designed to interrupt, destroy or limit the functionality of any computer software or telecommunications equipment.

5. **COACHES.** In addition to SECTION 4 above, Coaches have additional responsibilities. The athlete-coach relationship is a privileged one and plays a critical role in the personal as well as athletic development of their athletes. Coaches must understand and respect the inherent power imbalance that exists in this relationship and must be extremely careful not to abuse it. Coaches will at all times:
- a) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability and fitness level of athletes, including educating athletes as to their responsibilities in contributing to a safe environment. An example of this – we encourage the rule of two be applied.
 - b) **(WVRA)** supports following the PSO LTAD model in its entirety.
 - c) Under no circumstances provide, promote or condone the use of drugs or performance enhancing substances.
 - d) Accept and promote athletes' personal goals and refer athletes to other coaches and sports specialists as appropriate and as opportunities arise.
 - f) At no time engage in an intimate or sexual relationship with an athlete of under the age of 18 years and at no time engage in an intimate or sexual relation with an athlete over the age of 18 if the coach is in a position of power, trust or authority over the athlete.

g) Where an athlete has qualified for a training camp, provincial team, national team, etc., the Coach will support the program, applicable coaching staff and the PSO.

6. **ATHLETES.** In addition to SECTION 4 above, Athletes will have additional responsibilities to:

a) Report any medical or fitness problems in a timely fashion, where such problems may limit the athlete's ability to travel, train or compete; or, in the case of carded athletes, interfere with the athlete's ability to fulfill requirements under the Athlete Assistance Program.

b) Participate and appear on time for all competitions, practices, training sessions, events, activities or projects.

c) Properly represent themselves and not attempt to enter a competition for which they are not eligible, by reason of age, classification or other reasons.

d) You are to always behave in a manner that shows good sportsmanship, to fellow competitors, all coaches, administrators and spectators.

7. **OFFICIALS.** In addition to SECTION 4 above, Officials will have additional responsibilities to:

a) Conduct all events according to the rules of **(WVRA)**

b) Be fair and objective.

c) Avoid situations which a conflict of interest may arise.

d) Make independent judgments.

e) **(WVRA)** will make every effort to provide officials who are trained and certified by their host organization officiate at **(WVRA)** events.

8. **PARENTS, GUARDIANS, SPECTATORS.** In addition to SECTION 4 above, Parents/Guardians of Individuals and Spectators at events will:

a) Encourage athletes to play by the rules and to resolve conflicts without resorting to hostility or violence;

b) Never ridicule a participant for making a mistake during a performance or practice;

c) Provide positive comments that motivate and encourage participants continued effort;

d) Respect the decisions and judgments of officials, and encourage athletes to do the same; and

e) Respect and show appreciation to all competitors, and to the coaches, officials and other volunteers who give their time to the sport.

9. **REVIEW AND APPROVAL.** This policy will be reviewed annually at **(WVRA)** planning sessions.

10. This Policy was approved by the Board of **(WVRA)** **January 23, 2020.**