

AT.1

ATHLETICS DIVISION

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit and teamwork. However students and staff who hold sports above all else do themselves a disservice and do not honour the Lord (1 Timothy 4:8).

Therefore Regional and South Pacific Student Conventions are not intended to be tournaments to determine state and national championships. Students should be discouraged from entering Regional and South Pacific competition solely to compete in sports. If they do so they miss a tremendous opportunity to broaden their talents and abilities in other areas.

Students competing in any athletics competition should observe the general guidelines as stated in this section. Carelessness on these points could disqualify a contestant.

Boys will compete against boys, and girls will compete against girls in ALL events. Students may enter up to five (5) events in Athletics.

As a result of Athletics Health & Safety regulations Shot Put and Discus events are for Open and U16 students ONLY. Students aged U14 must not enter U16 or Open events in Shot Put or Discus.

Students are not permitted to enter Athletic events ONLY

The following is a list of events in the Athletics Division:

1. 100m
2. 200m
3. 400m
4. 800m
5. 1500m⁺
6. 4 x 100m Relay
7. Shot Put (Open and U16 ONLY) #
8. Discus (Open and U16 ONLY) #
9. Long Jump **
10. Football Kick *
11. Soccer Kick **
12. Netball Shoot *
13. Table Tennis
14. Tennis (Singles)
15. Basketball **
16. Volleyball ***

+ Please check the ISC Guidelines if preparing this event for International Student Convention as minor changes have occurred.

* This event does not progress to International Student Convention.

** Female Competition in this event does not progress to International Student Convention.

*** Male Competition in this event does not progress to International Student Convention.

NOTE: Shot Put and Discus events are not available to U14 competitors.



AT.2

GENERAL GUIDELINES

1. There are three (3) age divisions in the athletic category:
 - ◆ Division 1: Under 14 (Students who turn 11 through to students who turn 13 but **do not** turn 14 during the year)
 - ◆ Division 2: Under 16 (Students who turn 14 through to students who turn 15 but **do not** turn 16 during the year)
 - ◆ Division 3: Open (Students who turn 16 through to students who turn 19 but **do not** turn 20 during the year)

Ages are determined as at 31st December in the year of competition.

NOTE - The age divisions and implement sizes are in line with the National under age athletic standards of Australia.

2. A contestant may enter no more than five (5) athletic events.

ATHLETICS

ATHLETICS CLOTHING

1. All sports uniforms and competition clothing **MUST** comply with the Convention Dress Code as found in the Introduction to Convention Guidelines.
2. Sleeves are to stay draped over the shoulders at all times.
3. Sleeveless shirts will NOT be allowed, however a numbered tank top/singlet over a T-shirt is acceptable.
4. Shoes must be worn on both feet at all times.



AT.3

TRACK & FIELD QUALIFYING TIMES AND DISTANCES

1. The qualifying times and distances for each age division in track and field athletics events are listed in the table below.
2. This is the minimum performance standard that each contestant must achieve to
 - a) qualify for a “final”.
 - b) be eligible to receive a place at Regional and/or South Pacific Student Convention.
3. These are the qualifying times for both Regional and South Pacific level competition.

AGE	MALE	FEMALE
100m		
U/14	16.5 sec	17.5 sec
U/16	15.5 sec	17.0 sec
OPEN	15.0 sec	16.5 sec
200m		
U/14	36.5 sec	38.5 sec
U/16	33.5 sec	37.0 sec
OPEN	32.5 sec	36.5 sec
400m		
U/14	1:30.00 min	1:40.00 min
U/16	1:25.00 min	1:35.00 min
OPEN	1:20.00 min	1:30.00 min
800m		
U/14	3:35.00 min	3:50.00 min
U/16	3:15.00 min	3:40.00 min
OPEN	3:05.00 min	3:35.00 min
1500m		
U/14	7:20.00 min	8:00.00 min
U/16	6:40.00 min	7:30.00 min
OPEN	6:20.00 min	7:25.00 min
4x100m Relay		
U/14	1:12.00 min	1:16.00 min
U/16	1:08.00 min	1:14.00 min
OPEN	1:06.00 min	1:12.00 min
Long Jump		
U/14	3.45m	3.35m
U/16	4.00m	3.45m
OPEN	4.35m	3.60m
Shot Put		
U/16 (4kg)	6.75m	5.25m
OPEN	(5kg) 7.00m	(4kg) 5.50m
Discus		
U/16 (1kg)	19.20m	14.00m
OPEN	(1.5kg) 18.00m	(1kg) 15.20m



AT.4

TRACK EVENTS

ATHLETICS

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines. (See also Athletics Clothing page AT.2) **Contestants must compete with shoes on both feet.**
2. It is the responsibility of the contestant to be present when their event is run. Races will not be rescheduled or rerun if contestants miss the start of their race.
3. Track events take precedence over field events. If any student is waiting to compete or competing in a field event when their track event is called over the P.A. system, it is the student's responsibility to excuse themselves from their field event by notifying the field event Judge that they are required for their track event. When the student's track event is finished the student must report back to that field event Judge and complete the event they excused from previously.
4. S.C.E.E. will determine the number of lanes to be used bearing in mind the facility provided and the need to correctly place and time all heats.
5. To start the race the starter gives the commands "on your marks" and "set" in all races up to and including the 400 metre. For longer races, only "on your marks" is used. The starting pistol is fired when the competitors are all **STEADY IN POSITION**.
6. It is a false start if a competitor fails, after a reasonable time to comply with the command "set" or starts before the pistol is fired. Competitors are recalled by a pistol shot after a false start. The competitors responsible must be warned; **a competitor is disqualified after causing two false starts.**
7. In the 100m, 200m, 400m run and 4x100m relay, a runner shall run within their assigned lane and shall not step over their lane line for three or more consecutive steps with either or both feet. During and at the conclusion of the run or relay all runners must be in their lanes.
8. In the 800m run and the 1500m run, a runner must be one full stride ahead of another runner before they can merge into the other competitor's lane.
9. A heat shall consist of up to ten (10) runners, where ten lanes are available, otherwise eight (8), with each runner assigned their own lane. If ten (10) or fewer contestants have entered the event the heat may be considered the race final.
10. Qualifiers for the final will consist of up to ten (10) contestants or teams, where ten lanes are available, otherwise eight, who achieved the fastest times above the qualifying time during the heat(s) for that race.
11. A.C.E. South Pacific Student Convention track records may be set in any official race at Regional and/or South Pacific Student Convention Athletics Day.



AT.5

TRACK EVENTS

12. Times are to be recorded to the nearest 1/100 of a second.
13. Starting blocks may be used for any laned race. It is the responsibility of a fellow teammate to remove the blocks immediately after the race has begun. S.C.E.E. will not provide or take any responsibility for starting blocks.
14. Spectators and coaches are not allowed on the track area. Runners must not be paced or coached in any way during a race.
15. To be awarded a place in a track event the competitor must first achieve a time less than the qualifying time. Places (1st to 6th) will be awarded to competitors in track events who achieve the six (6) fastest times under the qualifying time specified for their race and category. The qualifying times are specified on page AT.3.
16. A student may only withdraw from an event with written or personal confirmation from their sponsor. This must be handed to the recorder at the Recorder's Station prior to the start of the race.
17. For more specific rules for Track events, please refer to:
 - Title: The Sports Rules Book
 - Publisher: Human Kinetics Publishers, Inc. 2004
 - Available from: Hart Sport
 - Ph: 1800 808 247 (within Australia)
 - Fax: 61 7 3863 6055

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.

TRACK - ORDER OF EVENTS:

This order is given for information in selecting individual participation in Track events. Please note that finals will only be held if more than eight contestants have entered the event. Generally female races will be run first followed by male races of the same distance beginning at U/14, then U/16 and OPEN Divisions. S.C.E.E. retains the right to combine and/or merge races as necessary.

1500m

100m

200m

400m

100m Final

800m

200m Final

400m Final

4 x 100m Relay

4x 100m Relay Final



AT.6

RELAYS

PLEASE REFER TO THE TRACK GUIDELINES WHEN PREPARING FOR THIS EVENT

ATHLETICS

1. Each relay team must consist of four (4) members. Only complete (4) member relay teams who have registered by registration date will be permitted to participate.
2. Each member must run one (1), and no more than one (1), leg of the relay.
3. A baton, not exceeding 30cm in length, will be provided by S.C.E.E.
4. The baton must be carried by hand and passed in succession to each runner. A runner must pass the baton to the next runner inside the 20 metre passing zone. Any passing of the baton before the baton reaches the zone or after it goes beyond the zone disqualifies that team.
5. A runner who is to receive the baton may start their run no more than 10 metres outside the 20 metre passing zone, or anywhere within the passing zone.
6. After passing the baton, runners must continue in their lane so as not to interfere with other competing teams and/or team members.
7. A dropped baton must be recovered by the team member who dropped it, without interfering with other runners. If a baton is dropped in the passing zone, either runner may recover it, however disqualification can occur for interfering with another runner. A team member may not run outside the passing zone to take the baton from a fallen member. If any team member runs any part of the race without a baton, the team will be disqualified.
8. Runners must remain within their lanes throughout the race and shall not step over their lane line for three or more consecutive steps with either or both feet, except where interference of another runner occurs in which case the interfering team will be disqualified. During and at the conclusion of the run or relay all runners **MUST** be in their lanes.
9. Replacement runners in relays may only be those nominated as such on the Student Event Registration Form at registration date. Any student nominated as a relay reserve will count that event as one of their five athletic events.
10. For a relay team to compete at a South Pacific Student Convention at least two members of the original team must be present.

See page AT.3 FOR QUALIFYING TIMES



AT.7

FIELD EVENTS

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines. (See also Athletics Clothing page AT.2). **Contestants must compete with shoes on both feet.**
2. It is the responsibility of the contestant to complete their field event during the time allocated to Athletics. Field events will not be rescheduled if students miss their events.
3. Track events take precedence over field events. If any student is waiting to compete or competing in a field event when their track event is called over the P.A. system, it is the student's responsibility to excuse themselves from their field event by notifying the field event Judge that they are required for their track event. When the student's track event is finished the student must report back to that field event Judge and complete the event they excused from previously.
4. A.C.E. South Pacific Student Convention field records may be set in any official competition at the Regional and/or South Pacific Student Convention Athletics Day.
5. All measurements are to be recorded to the nearest five millimeters.
6. Spectators and coaches are not allowed within the track or field competition area, nor are competitors permitted to be coached in any way during an event.
7. To be awarded a place in a field event the competitor must first achieve a qualifying distance. Places (1st to 6th) will be awarded to competitors in field events who achieve the six (6) greatest distances over the qualifying distance specified for their event and category. The qualifying distances are specified on page AT.3
8. All ties by identical measurements shall be separated by a count back.
9. A student may only withdraw from an event with written or personal confirmation from their sponsor. This must be given to the field event Judge prior to the event.
10. For more specific rules for Field events, please refer to:

Title: The Sports Rules Book
Publisher: Human Kinetics Publishers, Inc. 2004
Available from: Hart Sport
Ph: 1800 808 247 (within Australia)
Fax: 61 7 3863 6055

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.



AT.8

SHOT PUT

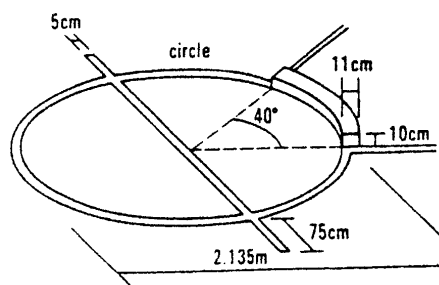
U14 Competitors MAY NOT enter this event.

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. The shot used in each age category shall weigh:

	Male	Female
Under 16	4kg	4kg
OPEN	5kg	4kg

2. S.C.E.E. shall supply the shots to be used during Shot Put event.
3. Before competition starts, each contestant is allowed two practice puts. These may not be used for competition.
4. Each contestant is allowed three competitive puts.
5. The shot shall be put with one hand. During the attempt, the shot must not drop to the shoulder and must be kept in close proximity to the neck and chin. The arm and elbow should be at right angles to the torso and should not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.
6. A legal put must land in the designated area. The competitor's foot must not touch the out-of-bounds circle or, if using a stopboard, the top surface area of the board. The competitor must not leave the circle until the shot put has landed, and only then from a standing position from the rear half of the circle. A foul will be incurred if the competitor leaves from the front of the circle.
7. The competitor with the longest put, above the qualifying distance for their category, shall be declared the winner.
8. All competitive puts by each competitor will be recorded by the event Judge.
9. It is not a foul if any part of the competitor swings outside the circle without touching the ground.
10. The diameter of the circle shall be 2.135m and marked as per the diagram.



See page AT.3 for QUALIFYING DISTANCES



AT.9

DISCUS

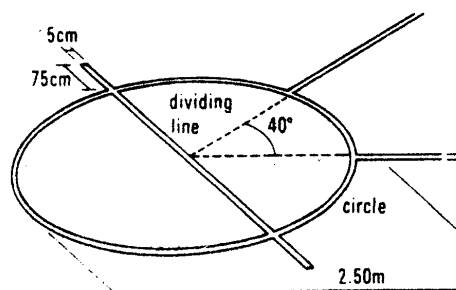
U14 Competitors MAY NOT enter this event.

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. The discus used in each age category shall weigh:

	Male	Female
Under 16	1kg	1kg
OPEN	1.5kg	1kg

2. S.C.E.E. shall supply the Discus' to be used during the Discus event.
3. Before competition starts, each contestant is allowed two practice throws. These may not be used for competition
4. Each contestant is allowed three competitive throws.
6. A legal throw must land in the designated area. The competitor's foot must not touch the out-of-bounds circle. The competitor must not leave the circle until the discus has landed, and only then from a standing position from the rear half of the circle. A foul will be incurred if the competitor leaves from the front of the circle.
7. The competitor with the longest throw, above the qualifying distance for their category, shall be declared the winner.
8. All competitive throws by each competitor will be recorded by the event Judge.
9. It is not a foul if any part of the competitor swings outside the circle without touching the ground.
10. The diameter of the circle shall be 2.5m and marked as per the diagram below.



See page AT.3 for QUALIFYING DISTANCES

AT.10

LONG JUMP

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

ATHLETICS

1. Each contestant is allowed three (3) competitive jumps.
2. Before competition starts, each competitor is allowed two (2) practice jumps. These may not be used for competition.
3. A foul jump occurs when the take-off foot extends beyond the take-off board. This is the edge of the take-off board nearest the landing pit, or the foul line/scratch line.
4. A foul jump occurs if the contestant touches any area outside the landing pit during their jump or runs through or past the pit after having begun the approach. A foul also occurs if a contestant walks back through the landing area. Contestants must walk out of the pit outside their qualifying jump distance.
5. Measurements shall be made at right angles to the scratch line from the nearest break in the landing pit made by the competitor's feet, hands, body, or clothing.
6. The landing pit must be raked smooth by one of the officials following each jump.
7. All competitive jumps will be recorded by the event Judge.

See page AT.3 for QUALIFYING DISTANCES



AT.11

FOOTBALL KICK

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. A **standard**, leather, rugby football must be used by all contestants, and will be provided by S.C.E.E.
2. The ball **must** be properly inflated and will be checked by the event Judge.
3. Shoes must be worn on both feet at all times.
4. The kick will be taken down a marked 10 metre wide “alley”, from behind a marked kicking line. A successful kick is one that lands in the alley at the first bounce.
5. Any method of kicking is permissible. In a place kick, all of the ball must be behind the kicking line. In any other kick the contact of the foot with the ball must be completed behind the kicking line, and no part of the body is to be grounded over the line in any follow through.
6. Before competition starts contestants are permitted two practice kicks.
7. Each contestant is permitted three competitive kicks. The competitor must decide before commencing their participation whether they will utilise these practice kicks or waive them and just perform competitive kicks.
8. When attempting to perform a kick any contact with the ball will constitute a kick.
9. The event is judged on length of a successful kick measured at right angles from the kicking line to the point where the ball first hits the ground.
10. In case of a tie, the tied contestants will each be allowed one more kick which will be considered a tie-breaker kick.
11. In order to place in this event students must kick a minimum of 10m.



AT.12

SOCCER KICK

PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

ATHLETICS

1. A **standard #5** soccer ball must be used by all contestants. S.C.E.E. shall provide a regulation ball and net.
2. The ball **must** be properly inflated and will be checked by the event Judge.
3. Competitors **must** compete with shoes on both feet.
4. A successful kick is one that passes into the net without touching the ground. It must be in flight when it passes over the goal line. The whole ball must be over the line for the kick to be successful.
5. Each contestant is permitted two practice kicks. The competitor must decide before commencing their participation whether they will utilise these practice kicks or waive them and just perform competitive kicks.
6. Contestants may take no more than two approach steps.
7. When attempting to perform a kick any contact with the ball will constitute a kick.
8. All contestants start at 10 metres.
9. Each contestant is allowed three (3) attempts at each set distance. They may pass if they so desire.
10. After all contestants have either passed or attempted the kick, the ball is then moved back 5 metres.
11. Continue the above process until a winner has been determined.
12. A record of failures and success shall be marked for all contestants. An “X” will stand for a miss, an “O” will stand for a successful attempt, and a “--” will stand for a pass.

EXAMPLE:

	20m			25m			30m			35m		
Joe Bloggs	O			X	X	O	--			X	X	X

13. The winner shall be the person who has made a successful kick from the longest distance. In the case of a tie, the person with the fewest misses at each previous length, considered consecutively, shall be declared the winner. If the contestants still remain tied, a kick-off shall occur and be judged again on fewest misses at a nominated length.
14. After all other contestants have failed, the one contestant left has the right to continue kicking until they have three consecutive misses.
15. **In order to place in this event students must score a goal beyond 10m.**



AT.13

NETBALL SHOOT

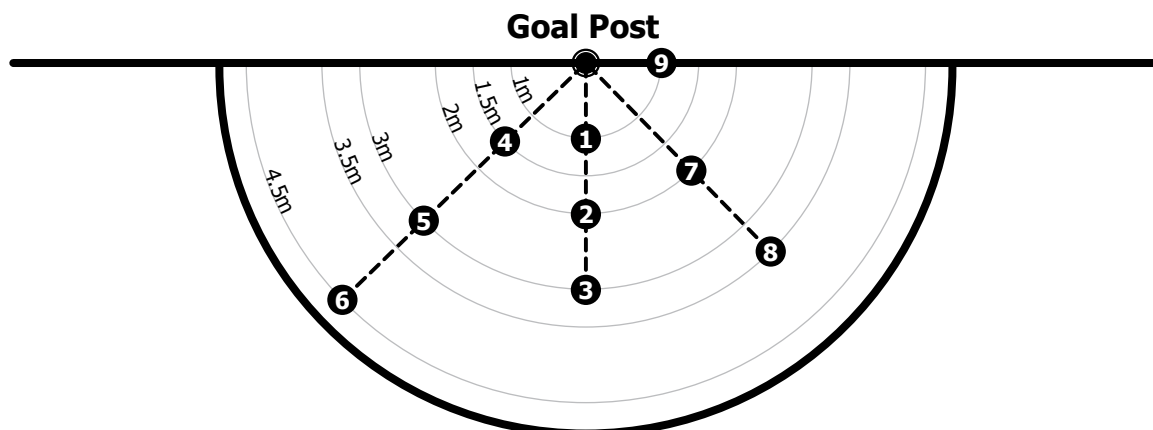
PLEASE REFER TO THE FIELD GUIDELINES WHEN PREPARING FOR THIS EVENT

1. A standard netball must be used by all contestants. S.C.E.E. will supply ball and goal ring. The ring is to be set to the standard netball ring height of 3.05 m.
2. The ball must be properly inflated and checked by the event Judge.
3. A shot is deemed successful when the ball drops from above and passes through the goal ring without first touching the ground.
4. Contestants are permitted three (3) practice shots at the beginning, from any marked spot. Contestants then begin shooting one shot at each marked spot from 1 to 9. Then the remaining three shots may be taken from any marked spot.
5. Contestants must stand behind the designated **line** until the ball is released from their hand(s).
6. A shot is deemed to have been made once the ball leaves the contestant's hand(s).
7. A shot is deemed illegal and does not score points if any part of the contestant's feet is placed over the line **before** the ball is released from the contestant's hand(s).
8. The contestant who earns the highest number of accumulated points from the twelve attempts is declared the winner.
9. In the case of a tie, contestants shall attempt to shoot a goal each in turn, commencing at marked spot 1 to 9, until one contestant fails to score a goal.
10. In order to place in this event students must score a minimum of 15 points.

ATHLETICS

POINTS AWARDED:

1m	line =	5 points
1.5m	line =	10 points
2m	line =	15 points
3m	line =	20 points
3.5m	line =	25 points
4.5m	line =	30 points



AT.14

TABLE TENNIS (SINGLES)

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines. (See also Athletics Clothing page AT.2). **Contestants must compete with shoes on both feet.**
2. After every two (2) points the server becomes the receiver, and receiver becomes the server in an eleven (11) point game.
3. The **racquet** may be any commercially produced paddle with rubber sheets. There are to be no holes or damaged portions on the rubber sheets; sandpaper, cloth or bare wooden surfaces are not allowed. **Students must supply their own paddle.**
4. **Warm-up** may be no longer than two (2) minutes.
5. A **game** is won by the player who **scores 11 points** unless both players score 10 points, then the game is won by the **player that leads by two points** i.e. 12-10 or 13-11 etc. A **match** shall consist of the best two (2) out of a maximum of three (3) games.
6. Players **change ends** at the end of every game. If a third game is required players change ends once the first player scores five (5) points in an eleven (11) point game.
7. A **legal serve** is one where the ball is placed on the palm of the free hand; it must be stationary, above the table, and behind the serving end line. The server must toss the ball without imparting spin so that it remains visible to the umpire at all times. The server then uses the racquet to strike the ball on its descent. The ball must first touch the server's court and then go over the net, touching the receiver's court. If a player misses the ball while attempting to serve they lose the point.
8. A player scores a point when the opponent either fails to make a good serve; fails to make a good return; obstructs the ball; allows the ball to bounce twice in their court; strikes the ball twice in making one return; moves the table while the ball is in play; touches the playing surface with the free hand; or touches the net or its supports while the ball is in play.
9. For general rules, you should consult those adopted currently by International Table Tennis Associations. For a current copy of the rules that have been adopted by S.C.E.E. for Regional and South Pacific competitions, please refer to the following reference book:

Title: The Sports Rules Book
Publisher: Human Kinetics Publishers, Inc. 2004
Available from: Hart Sport
Ph: 1800 808 247 (within Australia)
Fax: 61 7 3863 6055

OR: <http://www.tabletennis.org.au>

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.



AT.15

TABLE TENNIS - SCORE SHEET

Game #:

Male U/14 U/16 OPEN
 Female (Please ✓ the appropriate box)

Player #1		School:																		
Player # 2		School:																		
Game 1: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Game 2: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Game 3: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Winner:											Judge's Signature:									
Player #1's Signature:											Player #2's Signature:									

ATHLETICS

Game #:

Male U/14 U/16 OPEN
 Female (Please ✓ the appropriate box)

Player #1		School:																		
Player # 2		School:																		
Game 1: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Game 2: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Game 3: (note player 1 is the top row, player 2 is the second row)																				
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
Winner:											Judge's Signature:									
Player #1's Signature:											Player #2's Signature:									



AT.16

TENNIS (SINGLES)

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines . (See also Athletics Clothing page AT.2)
Contestants must compete with shoes on both feet.
2. The choice of ends/right of service is decided by lot.
3. The **racquet** may be any commercially produced tennis racquet, and **must be supplied by the student.**
4. **Warm-up** may be no longer than two (2) minutes.
5. Each **game** begins at 0-0 or “love”. The first point scored is 15, the second is 30, the third is 40, and the fourth is game point which, if the score is not deuce (40-40), wins the game. When the score is deuce, the player that scores the next point gains the advantage, and if they score again, win the game; if the opponent scored the next point the score returns to deuce. A player must win by two points.
6. The **match** winner shall be the first player to reach four (4) games and be ahead of their opponent by two (2) games in all rounds, to a maximum of six (6) games. If scores are tied at three (3) games all, a tiebreaker game will be played.
7. In a **tiebreaker** game the first player to reach five (5) points and be ahead by 2 points wins the game and match. If the score is tied at 4-4 the players change ends and resume play until one is ahead by 2 points.
8. Play is to be continuous with a maximum of one (1) minute breaks between games. Players **change ends** of the court at the end of the first, third, fifth and subsequent alternate games.
9. To **serve** the server must stand behind the baseline and hit the ball over the net so that it hits the ground within the receiver’s proper service court. If the ball hits the net but still lands in the receiver’s service court the serve is replayed. If the ball fails to land in the proper service court, or if the server steps on or over the baseline, it is called a service fault. The player is allowed one (1) fault, and retakes the serve. If the player faults on the second serve a double fault is called, and the player loses the point. Players alternate serves on each game and within a game alternate the sides of the court they serve from, beginning each game on the right side.
10. The receiver must **return** the serve on the first bounce, hitting it over the net and into the opponent’s court, play continues until a player is unable to return the ball over the net. A ball striking a boundary line or the net is still in play.



AT.17

TENNIS (SINGLES)

11. A player scores a point when they hit a serve that the opponent cannot return, or if their opponent: double faults; cannot return a ball before it bounces twice on their side; returns the ball out of bounds; hits the ball into the net so that it does not pass over the net; carries or catches the ball on their racquet; deliberately touches the ball with their racquet more than once; hits the ball by throwing the racquet; or hits the ball before it has crossed the net into their court.
12. For general rules, you should consult those adopted currently by International Tennis Associations. For a current copy of the rules that have been adopted by S.C.E.E. for Regional and South Pacific competitions please refer to the following reference book:

Title:	The Sports Rules Book
Publisher:	Human Kinetics Publishers, Inc. 2004
Available from:	Hart Sport
	Ph: 1800 808 247 (within Australia)
	Fax: 61 7 3863 6055

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.



AT.18

TENNIS (SINGLES) - SCORE SHEET

Game #:

OPEN ONLY

Male

Female

(Please ✓ the appropriate box)

Player #1		School:	
Player #2		School:	

ATHLETICS

Please indicate the game winner in the box below (✓)

Game 1	Player 1	15	30	40												
	Player 2	15	30	40												
Game 2	Player 1	15	30	40												
	Player 2	15	30	40												
Game 3	Player 1	15	30	40												
	Player 2	15	30	40												
Game 4	Player 1	15	30	40												
	Player 2	15	30	40												
Game 5	Player 1	15	30	40												
	Player 2	15	30	40												
Game 6	Player 1	15	30	40												
	Player 2	15	30	40												
Tiebreaker Game	Player 1	1	2	3	4	5	6	7	8	9	10	11	12	13		
	Player 2	1	2	3	4	5	6	7	8	9	10	11	12	13		

Winner:		Judge's Signature:	
Player #1's Signature:		Player #2's Signature:	

NOTE - The match winner is:

* The first player to reach 4 games and be ahead of their opponent by 2 games, to a maximum of six games.

* If scores are tied after 6 games, a tiebreaker game will be played.



AT.19

BASKETBALL

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines. (See also Athletics Clothing page AT.2) **Contestants must compete with shoes on both feet.**
2. **Only players who are registered for basketball may participate in this event.**
3. A team shall consist of five (5) players (allowed on court at one time) to ten (10) players maximum. **A team will not be permitted to start a game with fewer than five (5) members.** The choice of ends shall be decided by lot. Teams shall change ends at half time.
4. A **game** shall consist of two (2) eight (8) minute periods separated by a two (2) minute break at half time. The time a team is on offense shall be governed by a shot clock at the discretion of the referee. This decision will be dependent on available equipment and officials.
5. A player may accumulate a maximum of three (3) personal **fouls**, upon which that player shall be disqualified from the game. The one-and-one **bonus** is awarded on the fourth (4th) team foul in each half.
6. Each team will be allowed three (3) **timeouts** during the game. **Overtime** will be three (3) minutes in duration when needed, and each team will be allowed one (1) additional timeout.
7. A goal is scored when the ball enters the basket from above and passes through the net. If one or both of the shooters feet are on or inside the three-point line when the shot is initiated, the successful shot will be scored as two (2) points; if neither of the shooters feet are on or inside the three-point line when the shot is initiated, the successful shot will be scored as three (3) points. A successful free-throw attempt will be scored as one (1) point.
8. For general rules, you should consult those adopted currently by International Basketball Associations. For a current copy of the rules that have been adopted by S.C.E.E. for Regional and South Pacific competitions please refer to the following reference book:

Title:	The Sports Rules Book
Publisher:	Human Kinetics Publishers, Inc. 2004
Available from:	Hart Sport
	Ph: 1800 808 247 (within Australia)
	Fax: 61 7 3863 6055

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.



AT.20

BASKETBALL - SCORE SHEET

Game #:

OPEN ONLY

Male

Female

(Please ✓ the appropriate box)

ATHLETICS

School A:																
Time outs						Team Fouls										
1	2	First Half				1	2	3	4	5	6	7				
3	4	Second Half				1	2	3	4	5	6	7				
1		Overtime				1	2	3	4	5	6	7				
Player's Name					No.	Personal Fouls										
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								

SCORE			
TEAM A		TEAM B	
	1	1	
	2	2	
	3	3	
	4	4	
	5	5	
	6	6	
	7	7	
	8	8	
	9	9	
	10	10	
	11	11	
	12	12	
	13	13	
	14	14	
	15	15	
	16	16	
	17	17	
	18	18	
	19	19	
	20	20	
	21	21	
	22	22	
	23	23	
	24	24	
	25	25	
	26	26	
	27	27	
	28	28	
	29	29	
	30	30	
	31	31	
	32	32	
	33	33	
	34	34	
	35	35	
	36	36	
	37	37	
	38	38	
	39	39	
	40	40	
TOTAL		TOTAL	

School B:																
Time outs						Team Fouls										
1	2	First Half				1	2	3	4	5	6	7				
3	4	Second Half				1	2	3	4	5	6	7				
1		Overtime				1	2	3	4	5	6	7				
Player's Name					No.	Personal Fouls										
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								
						1	2	3								

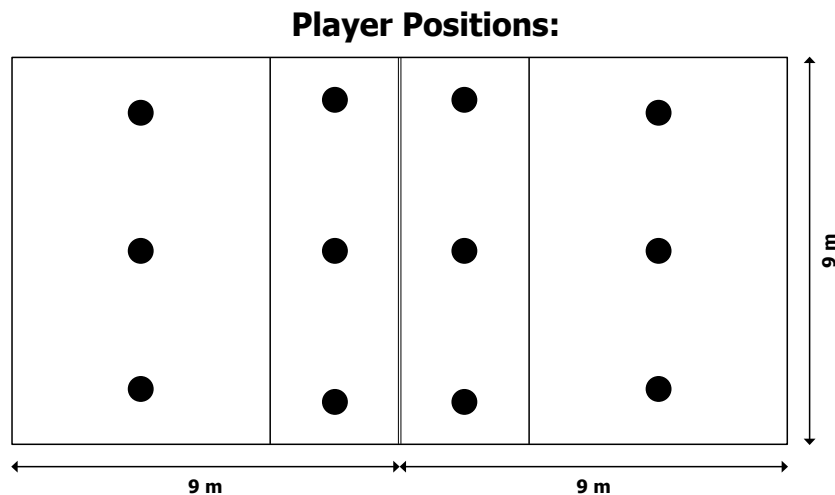
Winning Team		Judge's Signature	
Captain's Signature (Team A)		Captain's Signature (Team B)	



AT.21

VOLLEYBALL

1. All students **MUST** wear clothing which conforms with the Convention Dress Code as found in the Introduction to Convention Guidelines. (See also Athletics Clothing page AT.2) **Contestants must compete with shoes on both feet.**
2. **Only players who are registered for volleyball may participate in this event.**
3. A team shall consist of 6 players on court and a maximum of 10 players in the team. The choice of ends shall be decided by lot. Teams shall change ends after each game.
4. The court shall be rectangular measuring 18 m x 9 m, surrounded by a clear area of 3 m wide on all sides. Net heights shall be set at 2.43 m for male competition or 2.24 m for female competition where adequate equipment is available. The height is measured from the centre of the playing court.



5. A **game** shall end when one team has scored fifteen (15) points and is two (2) points ahead; or at the first dead ball after eight (8) minutes of playing time, whichever comes first. If the leading team does not have a 2 point lead, play shall continue until one team gains a 2 point lead.
6. A **match** shall consist, and the winning team shall be determined by, the best two (2) out of a possible three (3) games.
7. A referee blows the whistle which begins service and **play**. After the serve, players may move around on their sides of the court, but they may not step completely over the centre line or contact the net while making a play. Players may hit the ball with any part of their bodies when the ball is in play. They may strike the ball underhand or overhand, with either an open hand or closed fist. A point is scored on every play; the team that scores serves the next ball. The ball is inbound when it touches any portion of the court, including the boundary lines; it is out of bounds when it touches the floor or any other object completely outside the boundary lines. Pursuit of a ball that crosses outside the boundary lines after the first contact is allowed.

AT.22

VOLLEYBALL

8. The server may serve from anywhere behind the end line within eight (8) seconds of the referee's whistle for **service**. Players must follow the order of service as recorded on their lineup sheet. A player retains the right to serve until the other team wins the right to serve. A service fault occurs if the ball: touches a player of the serving team; fails to pass through the crossing space over the net; or it lands out of bounds. A serve that contacts the net and continues into the opponent's court remains in play.
9. A maximum of six (6) **substitutions** are allowed in each game, one or more players may be substituted at a time with the referee's authorisation. A player in the starting line-up may leave and re-enter only once in each game and must return to their original position in the line-up.
10. A point will be scored on every play. A team scores a point when: the ball lands in bounds on the opponent's court; the opponents are unable to return the ball within three (3) hits; the opponents hit the ball out of bounds, or the opponents commit a fault (service fault), or foul.
11. For general rules, you should consult those adopted currently by International Volleyball Associations. For a current copy of the rules that have been adopted by S.C.E.E. for Regional and South Pacific competitions, please refer to the following reference book:

Title:	The Sports Rules Book
Publisher:	Human Kinetics Publishers, Inc. 2004
Available from:	Hart Sport
	Ph: 1800 808 247 (within Australia)
	Fax: 61 7 3863 6055

NOTE: Where there may be a conflict of rules, S.C.E.E. Guidelines will have precedence.



AT.23

VOLLEYBALL - SCORE SHEET

Game #:

OPEN ONLY

Male **Female**
 (Please ✓ the appropriate box)

School A:					School B:				
Player's Name / Order of Service					Player's Name / Order of Service				
1					1				
2					2				
3					3				
4					4				
5					5				
6					6				
Sub					Sub				
Sub					Sub				
Sub					Sub				
Sub					Sub				

ATHLETICS

Game 1:					Start Time:					End Time:									
A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Substitutions:										Substitutions:									

Game 2:					Start Time:					End Time:									
A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Substitutions:										Substitutions:									

Game 3:					Start Time:					End Time:									
A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Substitutions:										Substitutions:									

Winning Team	Judge's Signature
Captain's Signature (Team A)	Captain's Signature (Team B)

