

## 7. Rules of the Sporting Activities Committee

1. Sporting activities of the Association shall be as follows:
  - Fixtured weekly competition: Cricket, Tennis, Volleyball, Football, Soccer, Table Tennis, Basketball and Hockey.
  - Rally Days in all of the above sports for Year 7, along with other sports by invitation.
  - Carnivals: Swimming, Athletics and Cross Country (U/13 to Senior/Open).
  - Tournaments & Events:
    - Golf - Junior (Yr 10 and below) and Open (Yr 12 and below)
    - Badminton – Junior (Yr 7 & 8), Intermediate (Yr 9 & 10) and Open (Yr 12 and below).
    - Lawn Bowls
    - Triathlon
2. College representatives in any sporting fixture of the Association shall be bona-fide students. A bona-fide student is one who is in regular attendance, and may be engaged in work approved by the school during school hours. This may involve part-time students.
3. Participation
  - 3.1 All Colleges shall compete in all sporting activities of the Association except that by majority consent of other Principals, a particular school of the Association may be permitted to withdraw from, or vary the level of, participation.
  - 3.2 Team nominations and any applications for participation exemptions from any competition for the following year must be lodged by College Principals with the Principals' Executive (via the Executive Officer) by end of second last week of term Two. Consent for exemptions will be for an agreed period and will be considered by the Principals' Executive.
  - 3.3 Schools may field B teams in across the board competition for Yr 7 –10 on a year by year basis, scheduled at the discretion of the ACC Executive Officer either in the existing fixture of schools or as a separate B grade competition if the number of schools offering warrants this.
  - 3.4 ACC sporting activities shall be held Tuesday to Thursday but cultural activities such as music may be held on a Monday. Friday shall be left clear of any ACC activities for school business, with the exception of the Junior Golf tournament which may be held on the second Friday of Term 4. (26/11/07)
4. By arrangement between member Colleges, additional sports, for example, baseball, may be organised for the days when they are rostered to meet.
5. The Committee controlling sporting activities shall consist of a Principal as Chairperson, a Director of Sport from each College, and the Executive Officer.
6. Meetings shall be held at times thought necessary by the Chairperson and Executive Officer. Seven members shall constitute a quorum.
7. Meetings shall be held at the College of which the Chairperson is Principal or elsewhere at the decision of the members.
8. At each meeting, each College shall be entitled to one vote. In the case of equality of voting, the Chairperson shall have a casting vote. Motions shall be carried by a simple majority. The Executive Office is a non-voting member and shall not be counted in the quorum.

9. Before any motion is to be discussed at meetings, a College must have a seconder for that motion on the agenda prior to the meeting. Discussion on important issues may be held in general business.
  10. The Executive Officer shall keep an electronic record in which all the results of all sporting activities shall be recorded.
  11. All fixtures for the following year shall be drawn up not later than the end of the third term. Such fixtures shall be submitted to the Principals' Committee for approval.
  12. **DECISION-MAKING AT DIRECTORS OF SPORT MEETINGS (18/11/11)**
    - 12.1. For motions and suggestions that have the unanimous support of the committee, and the Chairperson of the committee (Principal) supports the concept, it will be implemented immediately.
    - 12.2. For motions and suggestions that receive the general support of the committee through a passed vote (but not unanimous), the Chairperson of the committee (Principal) shall decide that either the concept can be implemented immediately or referred to the Principal's Executive for further deliberation.
    - 12.3. For any motion or suggestion that has implications affecting the Association as a whole, that may impact upon other school based programs, or that the Chairperson (Principal) feels should be discussed at Principal level, the matter shall be referred to the Principal's Executive for discussion at the next Principal's meeting.
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## **8. Aims and Mandate of the Sporting Activities Committee**

1. The immediate purpose of the meetings is to afford opportunity for discussion by the Directors of Sport of the sporting activities of the Association and to make recommendations to the Principals on the organisation and conduct of inter-school sporting activities.
  2. Other less immediate but important purposes include the sharing of prayer, information, experience and fellowship. The presence of the Director of Sports at the Annual Directors of Sport dinner contributes in a special manner to this sharing and to the building of mutual regard and cooperation.
  3. Directors of Sport are expected to make every effort to ensure that sporting activities of the Association are carried out in accord with the ethics of sporting activities and the rules and by-laws governing the various sporting activities.
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## 9. The Aims and Ethics of Sporting Activities

### 1. ATTITUDES

Sporting activities, well-performed, should have the following effects. The activities shall:

- encourage and promote physical fitness;
- provide a situation of team cooperation, leading to mutual self-respect;
- promote games expertise which in turn may be transferred in terms of confidence and skill to other sectors, academic and sporting;
- result in the acquisition of a variety of recreational skills;
- give a sense of achievement;
- create an enjoyment situation;
- promote social interaction and contact;
- provide an important link of communication between staff and students;
- engender a strong school spirit.

It is important that participants in sporting activities remember at all times that sport is meant to be an enjoyable exercise. How a game is played is more important than the result. In a competition, the players set out to win and strive to perform to the best of their abilities – but it should not be at any cost to the principles and values of a Catholic College.

The ethics of sporting activities are very important. The appropriate code of conduct is one which demands respect for opponents, to win with modesty, to lose with dignity, to cope with the inevitable stress and physical clashes (in some sports) and to accept the umpire's rulings.

Respect for oneself personally, for opponents and for one's team means that bad language is avoided, that dress is according to the dictates of the particular sport, that the game is played fairly, within the rules. The maintenance of standards on the sporting field is very important. Even when provoked, it is important to maintain high personal standards.

At the end of a game, players are encouraged to acknowledge the efforts of their opponents. Spectators should remember that they cheer for their team; they do not verbally abuse their opponents nor the umpire. Especially they do not criticise players on the ground of physique, colour or other personal characteristics. Competitive games, played in the right spirit, are very enjoyable and an important part of character formation. Competitors strive to win; there is no point in competing if one is not determined to do one's best. But the importance of Christian attitudes must always be remembered.

### 2. HOSPITALITY

With respect to hospitality on the part of the host school and obligations of visiting schools, it is suggested that a student or staff member meets visiting school on arrival and directs them to change and playing areas.

A brief speech by Captains or Coaches of both teams is normally made after the game.

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## 10. ACC Sport & Student Safety

### 1. Protective Equipment

Member Colleges must encourage students to at all times minimise risks involved in sporting competition through the use of appropriate protective equipment.

### 2. Hail and Electrical Storms.

Where student safety is compromised with severe hail or electrical storms, coaches of opposing teams shall, in consultation with each other and the referee/umpire (if applicable), immediately stop play and follow the guidelines for protection against lightning strikes detailed later in this section.

In the case of electrical storms play should only recommence if students' safety can be assured ie. 30 minutes after the last sound of thunder. Should weather conditions fail to improve the game shall be abandoned. For abandoned games where the result is not already known opposing teams shall share available points.

### 3. Excessive Heat Rules

#### 3.1 Predicted Heat Conditions of 36 degrees Celsius plus for fixtured sports. (24/11/08)

If the maximum temperature is predicted by the Bureau of Meteorology to be 36 degrees Celsius or above for the current day of fixtured competition, then the ACC Executive Officer shall notify Directors of Sport by no later than 10:30 am that fixtures are cancelled for that day. Directors of Sport are to confirm receipt of cancellation notice to ACC Executive Officer by phone or email by no later than 11.00 am on the day to ensure effective communication. (29/5/15)

#### 3.2 Heat Policy for Athletics Carnivals (24/11/08)

If the maximum temperatures are predicted by the Bureau of Meteorology to be 36 degree Celsius or above for the scheduled day/s of the Athletics Carnival, then the ACC Executive Officer shall notify Directors of Sport no later than 48 hours prior to the start time that the event is to be postponed. Directors of Sport are to confirm receipt of the cancellation notice to ACC Executive Officer by phone or email to ensure effective communication. A backup date will be listed in the ACC Calendar, with the carnival to be automatically rescheduled to that date if postponed.

If the maximum temperature is predicted by the Bureau of Meteorology to be in the range of 31 - 35 degrees Celcius, then a modified program will be implemented for the event. This will include the restructure of the event program to reduce the likelihood of heat illness for participants, officials and spectators. The ACC Executive Officer shall notify Directors of Sport no later than 24 hours prior to the start time that the event is to be modified.

#### 3.3 If prior to or during competition, excessive heat temperatures arise, opposing coaches are encouraged to shorten fixtures in the following ways:

Tennis – reduce sets from 8 games to 6 games

Cricket – reduce overs anywhere between 35 to 20 overs per side

Volleyball – reduce match from three fixed sets to best of three sets

Ideally the agreed shortening of games should be negotiated prior to the commencement of play.

#### 3.4 In such conditions where excessive heat conditions arise, coaches must ensure there are frequent opportunities for rest and rotation of players where applicable, drinks and shade during breaks and that students have adequate sun-screen, and are wearing appropriate headwear and clothing. *For more information on reducing heat stress please read the guidelines detailed in this section.*

#### 3.5 It is recommended that student clothing for summer sport be light coloured, loose fitting clothes of natural fibres or composite fabrics with high wicking (absorption) properties.

#### 3.6 In extreme conditions where students are at obvious risks coaches must abandon play. For abandoned games where the result is not already known, opposing teams shall share available points.

- 4 Home team responsibilities. The home school must ensure the following actions are taken:
  - 4.1 A person with current first aid qualifications is available to provide service and support at venues.
  - 4.2 The availability of sufficient water, ice, adequate shade and ventilation is available for both teams.
  - 4.3 The provision of a safe playing environment. (11/10/04).
  - 4.4 A sample match day guideline template is included on the following page.
5. First Aid for multi-school involvement. On days of multiple school involvement, rally days and carnivals, the provision of first aid will be arranged by the ACC.



## HOME VENUE MATCH DAY CHECKLIST

HOME SCHOOL: \_\_\_\_\_ VISITING SCHOOL: \_\_\_\_\_

DATE: \_\_\_ / \_\_\_ / \_\_\_ YEAR LEVEL: \_\_\_\_\_ VENUE: \_\_\_\_\_

The checklist below covers all aspects of student safety and minimum venue requirements for ACC sporting fixtures. It is the responsibility of the HOME team to ensure that these minimum standards are met for each ACC match.

### AMMENITIES

- |   |   |
|---|---|
| <input type="checkbox"/> Toilets open                         | <input type="checkbox"/> Running water available          |
| <input type="checkbox"/> Change rooms available               | <input type="checkbox"/> Rooms free of debris and rubbish |
| <input type="checkbox"/> Rooms able to be secured during play | <input type="checkbox"/> Scoreboard                       |

### FIELD OF PLAY

- |  |  |
|--|--|
| <input type="checkbox"/> Marked correctly                          | <input type="checkbox"/> Free of debris, rubbish and obstacles |
| <input type="checkbox"/> No surface hazards (sprinkler heads, etc) | <input type="checkbox"/> Perimeter fencing safe – signage, etc |
| <input type="checkbox"/> Weather conditions safe for play          | <input type="checkbox"/> Goal post padding in place            |

### SAFETY EQUIPMENT

- |   |  |
|---|--|
| <input type="checkbox"/> First aid kit (* see content list) | <input type="checkbox"/> Stretcher       |
| <input type="checkbox"/> Neck brace                         | <input type="checkbox"/> Ice / heat pack |

### SUPERVISION

- |   |  |
|---|--|
| <input type="checkbox"/> Adequate supervision of spectators | <input type="checkbox"/> Staffing levels adequate for activity |
| <input type="checkbox"/> Mobile phone                       | <input type="checkbox"/> Medical & contact information         |

NAME: \_\_\_\_\_ SIGNED: \_\_\_\_\_

### *A first aid kit needs to include:*

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• basic first aid notes</li><li>• disposable gloves</li><li>• resuscitation mask &amp; instructions</li><li>• individually wrapped sterile adhesive dressings</li><li>• sterile eye pads (packet)</li><li>• sterile coverings for serious wounds</li><li>• triangular bandages</li><li>• safety pins</li><li>• small sterile unmedicated wound dressings</li><li>• medium sterile unmedicated wound dressings</li><li>• vomit bag</li><li>• ice pack</li><li>• Ventolin &amp; Spacer</li></ul> | <ul style="list-style-type: none"><li>• EpiPen</li><li>• Hand sanitiser</li><li>• Thermal blanket</li><li>• Normal saline for eye/wound to wash out</li><li>• large sterile unmedicated wound dressings</li><li>• non-allergenic tape</li><li>• crepe bandage</li><li>• scissors</li><li>• tweezers</li><li>• suitable book for recording details of first aid provided – injury record sheet &amp; pen</li><li>• sterile saline solution</li><li>• plastic bags for disposal.</li></ul> |
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## **RECOMMENDED GUIDELINES FOR PROTECTION AGAINST LIGHTNING STRIKES**

*This information is a summarised version of pamphlet produced jointly by Emergency Management Australia and the Bureau of Meteorology - Disaster Awareness Program 04/2000.*

In Australia lightning accounts for 5 to 10 deaths and well over 100 injuries annually. It is expected that these figures are likely to increase with more people being engaged in recreational land and water activities in the future. Therefore, it is most important for all coaches and staff members to be aware of essential precautions when managing students in lightning conditions.

### **1. Electrical Circuit Protection**

Check your local electricity provider for advice on surge protectors and lightning conductors for your office and gymnasium to help safeguard occupants and electrical equipment.

### **2. If Caught Outdoors**

The distance in kilometres to a lightning flash may be estimated by dividing the time delay (in seconds) between the flash and the thunder by 3. If you hear thunder, find shelter urgently, especially if the time delay is less than 30 seconds. Ensure students remain sheltered for at least 30 minutes after the last sound of thunder and

- Seek shelter in a 'hard-top' metal-bodied vehicle or solid building but don't touch any metal sections. Avoid small open structures or fabric tents.
- Never shelter under small groups of (or single) trees
- If far from shelter, crouch alone feet together, preferably in a hollow. Remove metal objects from head/body. Don't lie down flat but avoid being the highest object in the vicinity.
- If your hair stands on end or you hear 'buzzing' from nearby rocks, fences, etc, move immediately.
- Don't handle umbrellas or golf clubs etc.
- Stay away from metal poles, fences, clothes lines etc.
- Don't ride bicycles, or travel in open vehicles.
- If driving, slow down or park away from trees, power lines etc. Stay inside metal bodied (hard top) vehicles or caravans but don't touch any metal sections.
- If swimming, surfing etc, leave the water immediately.

### **3. If You Are Indoors**

- Before the storm arrives, disconnect external aerial and power leads to radios and television sets.
- Disconnect computer modems and power leads.
- Draw all curtains and keep clear of windows, electrical appliances, pipes and other metal fixtures (eg don't use the bath, shower, hand basin or laundry/kitchen sinks).
- Avoid touching brick or concrete or standing bare-footed on concrete or tiled floors.
- Avoid the use of fixed telephones and mobile phones. In emergencies, make calls brief.

### **4. First Aid**

Apply immediate heart massage and mouth-to-mouth resuscitation (CPR) to lightning victims until medical help arrives and they will have a good chance of survival.

### **5. Lightning Facts**

- When struck, people do not glow or 'fry to a crisp' but the heart and breathing are often affected.
- Only about 30 % of people struck actually die, and the incidence of long-term disability is low, particularly when appropriate first-aid is applied promptly.
- If your clothes are wet, you are less likely to be seriously injured if struck, as most of the charge will conduct through the wet clothes rather than your body.
- Lightning can and often does strike more than once in the same place.

## **RECOMMENDED GUIDELINES FOR PREVENTING HEAT ILLNESS**

*This information is provided by Sports Medicine Australia, December 2016*

The following strategies are intended for the general population that does not fall into any of the listed 'At Risk' categories. 'At Risk' participants should consult the recommendations for their particular population sector.

### ***1. Timing of games***

Games and sporting activities involving moderate to high intensity exercise should be scheduled to avoid conditions where ambient temperature exceeds or is likely to exceed 36 degrees Celsius or where WBGT exceeds 30 degrees Celsius. In most parts of Australia players are likely to be exposed to their highest risk of heat injury in the months of December, January and February, although in some regions this level of risk extends into March and April. This is in part due to high ambient temperatures that are prevalent during this period, and lack of match fitness of players participating in traditional winter sports such as Australian Rules Football. Where possible, especially in January and February, games should be scheduled to start before 9 am. or after 6 pm. Early morning or night games minimise the risk of encountering unacceptable conditions at these times of year. This is especially so where these games are to be played in a location with a history of relatively high WBGT.

### ***2. Acclimatisation***

If games or activities are to be conducted after long periods of cooler conditions, participants should strive to be fully acclimatised prior to participation. Physiological adaptations to exercising in the heat are rapid and can occur after 3-5 days in a hot environment. Full acclimatisation can take 10-14 days or longer. The initial response is an expansion of the plasma volume; then, over several days, this returns to normal and the sweat rate increases with sweating starting earlier and a more dilute sweat being produced. There is evidence that exercising in sweat clothing to the point where heat strain is induced can give some degree of acclimatisation (Dawson et al). The training must induce heat strain over several days, and care must be taken that adequate hydration occurs during these training sessions. Doing some form of submaximal exercise in a heat chamber will also give some degree of acclimatisation; but its practicality in a team sport, except possibly in individual cases, is limited. Some level of acclimatisation will occur in players coming out of summer. This, however, is usually countered by the lack of match fitness in athletes at this time of year. What can be done easily is to educate athletes to train themselves to play and train with copious fluids already on-board. Further it must be emphasised to the players that they **MUST** consume fluids containing 6%-8% carbohydrate - in warm/hot conditions, muscle glycogen utilisation is much higher. (Febbraio 1992). The consumption of carbohydrate containing fluids has been proven to improve performance in the heat and, more importantly, delay the onset of exercise-induced heat exhaustion (Febbraio 1992, Davies et al 1988) and, hence, probably help prevent heat stroke.

### ***3. Hydration***

The more athletes sweat, the more fluid they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress fluid should be consumed before, during and after activity. It is recommended participants drink at least 7-8 ml of fluid per kg of body mass (average is about 2 cups) no more than 2 hours before exercising to promote adequate hydration and allow time for excretion of excess water. During exercise it is recommended that participants should drink fluid at regular intervals to replace water lost through sweating. Participants should aim to drink at least 3 ml per kg of body mass (about 250 ml for the average athlete of around 70 kilograms every 15 to 20 minutes or 2-3 cups every hour). However, this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient temperature. Water is considered an adequate fluid option for activities lasting up to one hour. Participants in events or activities exceeding one hour are recommended to use carbohydrate-based sports drinks as a means of replacing fluids, carbohydrates and electrolytes lost during prolonged activity. In high-risk conditions players should be encouraged to drink fluids at scheduled drinks breaks and should be provided convenient access to fluids during activity without unnecessary interruption to the game or event. Officials and event organisers should also consider including additional drinks breaks for players in

conditions of high risk. In regard to post-event rehydration, it needs to be remembered that this can take 24 hours or more.

#### ***4. Player rest and rotation***

In conditions of high-risk participants should be provided opportunities to rest through the use of player interchange or substitution. The period of rest should be determined by the ambient temperature and WBGT at the time of the event or activity. For ambient temperatures greater than 26 and less than 30 degrees Celsius and for WBGT temperatures greater than 21 degrees Celsius and less than 25 degrees Celsius, all players should be rested for at least 10% of the period they would normally participate. For example, if the activity normally runs for 60 minutes, the rest period for the player should comprise at least 6 minutes during the period. For situations where the ambient temperature is greater than 31 degrees and less than 35 degrees Celsius and the WBGT is greater than 26 degrees Celsius and less than 29 degrees Celsius, all players should be rested for at least 25% of the period in which they would normally participate. This may be achieved by rotation of players through an interchange bench or via the reduction in the regular playing time for all players. For events played in high-risk conditions that do not have a specified playing time, players should be permitted to take rest breaks from activity equivalent to 3 minutes for every 30 minutes of activity. The positive effects of rest breaks should also be maximised by employing the following strategies: • allowing players to rest in naturally shaded areas or providing portable structures that create shade where and when required; • providing fans and ice packs; and • providing additional fluids to allow participants to spray or douse themselves to assist cooling.

#### ***5. Pre-cooling***

Pre-cooling by cool water immersion or the wearing of ice vests has been demonstrated to increase athletic performance in endurance sports. This practice could be of benefit to many athletes. However, it must be noted that the effects of a pre-cooling manoeuvre are reduced rapidly by a warmup. Therefore, any pre-cooling strategy must be undertaken in concert with a vastly reduced warm-up if it is to be effective.

#### ***6. Clothing***

Light coloured, loose fitting clothes, of natural fibres or composite fabrics, with high wicking (absorption) properties that provide for adequate ventilation are recommended as the most appropriate clothing in the heat. This clothing should further complement the existing practices in Australia that protect the skin against permanent damage from the sun.

**For further information regarding safety in hot weather, see the Sports Medicine Australia website:**

<https://sma.org.au/resources-advice/policies-and-guidelines/hot-weather/>

## RECOMMENDED GUIDELINES FOR PROTECTION AGAINST THUNDERSTORM ASTHMA

*This information is a summarised version of risk management material provided by a number of Victorian Government agencies to prevent or minimise the risks associated with epidemic thunderstorm asthma events. Current November 2020*

It is envisaged that each ACC member school would have their own policy in managing High Risk Thunderstorm Asthma forecasts as part of their Asthma Management Policy. This may necessitate granting students who fall in the “increased risk category” with an exemption from school sport commitments from October to December when the risk of thunderstorm asthma is forecast as high, particularly those who are involved in outdoor sports at the time when wind gusts precede the storm.

### **Background Information and forecasts:**

<http://emergency.vic.gov.au/prepare/-thunderstorm-asthma/preparing-for-thunderstorm-asthma>

<https://cevn.cecv.catholic.edu.au/COMS/2018/20181116/Prepare-your-School-for-Summer-and-Thunderstorm-As> (CEVN login required)

<https://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/thunderstorm-asthma/forecasting>

### **Vic Emergency App:**

IOS: <https://apps.apple.com/au/app/vicemergency/id356559665>

Google Play:

[https://play.google.com/store/apps/details?id=com.naturallybeing.fireready&hl=en\\_AU&gl=US](https://play.google.com/store/apps/details?id=com.naturallybeing.fireready&hl=en_AU&gl=US)

### **What is epidemic thunderstorm asthma?**

During grass pollen season (1 October to 31 December) people may notice an increase asthma and/or hay fever. Grass pollen season also brings the chance of epidemic thunderstorm asthma. Thunderstorm asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.

When a large number of people develop asthma symptoms over a short period of time, related to high grass pollen and a certain type of thunderstorm, it is known as epidemic thunderstorm asthma.

### **What do the epidemic thunderstorm asthma forecasts mean?**

The [epidemic thunderstorm asthma forecast](#) will operate **between 1 October and 31 December**. It combines the forecasting of a certain uncommon type of thunderstorm and grass pollen counts across Victoria.

The forecast spans three days (today, tomorrow and the day after) and uses a colour-coded scale from low to high risk: **green** (low), **orange** (moderate) and **red** (high).

- A **low risk** (**green**) forecast means that the elements necessary for an epidemic thunderstorm asthma event are not expected and an event is unlikely.
- A **moderate risk** (**orange**) forecast means that one of the elements necessary for an event may be present (i.e. a high pollen forecast or a severe thunderstorm storm with strong winds) and there is a moderate chance of an epidemic thunderstorm asthma event occurring.

- A **high risk (red)** forecast means that a high pollen forecast and severe thunderstorm(s) with strong winds are likely to be present increasing the risk of an epidemic thunderstorm asthma event occurring.

Forecasts are not a formal 'warning' and are designed to inform people at risk that they should be prepared. The forecast only indicates whether the chance of an epidemic thunderstorm asthma event occurring is increased – a higher forecast does not mean that an event is certain to happen, nor does a lower forecast mean that an event will not happen.

The forecasting system is not designed to forecast the risk of individual's experiencing asthma and hay fever symptoms, which occur every year during the grass pollen season.

On a day of high risk the department will issue up-to-date relevant advice and warnings on the [VicEmergency warning platform](#).

The forecast for the current day is only updated once at approximately 12:30pm, any further updates (such as public advice and warnings) will be posted on the VicEmergency website and app.

### **What should I do on days with increased risk?**

People should be aware of the heightened risk of thunderstorm asthma in general throughout the grass pollen season and be appropriately prepared. The forecast should not replace appropriate prevention and good asthma and hay fever management, which is the best way to protect yourself from thunderstorm asthma.

The forecasting system is also not designed to forecast the risk of individuals suffering asthma and hay fever symptoms, which occur every year during the grass pollen season.

People with current, past or undiagnosed asthma or hay fever are considered to be at risk. Having both asthma and hay fever or poorly controlled asthma increases the risk further.

**Those at increased** risk should:

- avoid exposure to any storms that may emerge, especially the wind gusts that precede them;
- have a reliever appropriately available (as discussed with your medical professional);
- remind themselves of their asthma action plan and have practical knowledge of the four steps of **asthma first aid**.

### **Preparing for epidemic thunderstorm asthma**

Everyone in the community should know the signs and symptoms of asthma, and know the four steps of [asthma first aid](#) so they know what to do if they or someone is having an asthma attack.

Thunderstorm asthma can affect those with asthma or hay fever - especially people who experience wheezing or coughing with their hay fever.

All people at increased risk of thunderstorm asthma should:

- learn about epidemic thunderstorm asthma and what you can do to help protect yourself and those in your care during the grass pollen season;
- check the [epidemic thunderstorm asthma forecast](#) daily;
- where possible, avoid being outside during thunderstorms from October through December – especially in the wind gusts that come before the storm. Go inside and close your doors and windows, and if you have your air conditioner on, turn it to recirculate;
- if you have asthma, have an asthma action plan and have practical knowledge of the steps of asthma first aid;

- have reliever medication appropriately available in grass pollen season and be aware of how to use it (ideally with a spacer);
- be alert to and act on the development of asthma symptoms as explained in your asthma action plan (if you have one), or if you don't, use asthma first aid;
- If you have asthma symptoms see your doctor for advice.

More information about protecting yourself if you have asthma can be found on the [Better Health Channel](#).

## **COVID SAFE SPORT**

The COVID-19 pandemic had a significant impact on the entire community throughout 2020 and 2021, with potentially further impact on various sporting events and activities to be held in 2022.

The Association has developed and implemented COVID-Safe practices and principles that provide for a safety overlay for all sport and activities. In response to the constantly changing nature of the pandemic and its associated restrictions within our community, the ACC COVID Safety Plan will be constantly updated and distributed to member schools based on current Government advice and community restrictions.

To view and download the most recent version of the ACC COVID Safe Plan, visit the ACC website: [www.accmelb.com.au](http://www.accmelb.com.au)

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## **11. ACC Fixtured Competition Rules**

### **1. COMPETITION LEVELS**

- 1.1 Senior fixtured competition for Year 11/12 students will take place on Wednesday. Year 9 and 10 competitions will take place on Tuesday and will be single year representation, ie. a distinct Year 9 and a distinct Year 10 team and a student may not participate out of his Year Level, except as provided in 2. The Years 7 and 8 fixtured competitions will take place on Thursday and operate as for Years 9 & 10 with single year representation.
- 1.2 Colleges under 1000 students have the option for exemption for participating in both Years 7 & 8 and 9 & 10 sports. If exercising this option, schools will field a composite team in the Year 8 and Year 10 competitions.

### **2. PLAYING ABOVE AGE GROUPS**

- 2.1 For senior fixtured competition only, in the event of player shortages due to injuries/illness or where exceptional circumstances can be demonstrated in relation to specific student participation, a College may request exemption for student(s) from Year 10 or below to participate at senior level.
- 2.2 Such application for exemption must be made in writing to the Executive Officer at least 24 hours prior to the match.
- 2.3 Should the Executive Officer judge that neither of the afore-mentioned criteria are met he may in consultation with the Chairman of the Sports Activities Committee deny a request for such exemption.

### **3. STARTING TIMES AND MATCH DURATION**

- 3.1 All matches must commence at 1.30 pm.
- 3.2 If a side has not arrived 20 minutes after the scheduled starting time, the game will be abandoned and the matter shall be referred to the Executive Officer for a decision, awarding of points, or allotting of another date of play, unless both sides agree to go ahead with the game even though the stipulated 20 minutes has elapsed. Where possible, coaches should liaise with the Director of Sport from their school before a match is abandoned.
- 3.3 If Colleges are planning to shorten games, opposing Directors of Sport must liaise as early as possible prior to game and agree on match conditions before passing this information onto coaches. Where a team has no sound reason to finish early (EG above pre-arranged conditions, an emergency or extreme climatic conditions) they shall forfeit match points if they cannot finish the game for the allocated duration as per ACC Rules.

### **4. UNIFORM**

Representatives must wear the official sports uniform recognised by the member College. If there is a uniform clash in a particular sport, the home team will have the right to choose the uniform.

## 5. UMPIRES & OFFICIALS

- 5.1 Each College shall appoint officials for home fixtures, except for Football and Soccer, where the Executive Officer shall appoint umpires/referees for all Year Levels in conjunction with the nominated service provider.
- 5.2 Senior (Yr 11/12) students who umpire home games for Year 7 and 8 fixtured matches must have the basic level of officiating accreditation with their respective State Sports Governing Body.
- 5.3 Colleges are to ensure appointed officials are preferably dressed in appropriate referee/officiating attire or at least in non-school colours (eg white) to ensure professional presentation.
- 5.4 In the event of the Umpire being later than fifteen minutes after the official starting time of the match or in the event of the Umpire having to be replaced, the two Coaches shall confer in an attempt to reach mutual agreement as to who shall umpire the match. If no agreement can be arrived at, the match shall be abandoned and the matter shall be referred to the Protests Committee for a decision re awarding of points or the allotting of another date of play. (25/11/02).
- 5.5 Schools should endeavour to engage umpires and referees for cricket, football, basketball, hockey and soccer that hold official accreditation from the governing body of their sport (25/8/06)

## 6. CHANGES OF DATE:

- 6.1 A change of date for competition matches should not normally occur. A change can be granted only by the Executive Officer, if an application for the change of date from the respective Director of Sport, is lodged with the Executive Officer at least two full days before the fixtured date for the match.
- 6.2 Both participating schools must agree to the change of date and if at all possible the match should be completed prior to the next fixtured match date.
- 6.3 If a deferred game has not been completed by the last round of fixtures, the game will be abandoned. Ruling on allocation of points will be that the College which requested the initial deferral of the game will forfeit points from that deferred fixture.

## 7. DISPUTES

The handling of disputes is ultimately the responsibility of Principals. The initial step in matters of dispute is for the Executive Officer to be notified in writing before the next fixture and the Principals of the schools concerned to discuss the matter. If the matter is not resolved, a meeting of the ACC Principals Executive shall be called in order to resolve the dispute, or the matter may be referred to the Sporting Activities Committee.

## 8. PROTESTS

Protests concerning fixtures shall be made to the Executive Officer, in writing, within three days of the fixture. All protests will be considered by the Executive Officer who will gather reports from relevant officials before consulting with at least two Directors of Sport from schools not directly or indirectly involved in the incident, before handing down his decision.

## 9. DISCIPLINE PROCEDURE

- 9.1 Incidents involving alleged violent and/or verbal assaults which have brought the ACC into disrepute are to be reported, in writing, to the Executive Officer within three days of the fixture. The Executive Officer, after receiving such written report, shall seek further reports from other relevant officials before passing this information onto the Principal of the school involved. Such Principal shall deal with this matter, and the disciplining of student(s) and/or staff, under his own school policy but in accord with the ethos of the ACC.
- 9.2 In the event of a student receiving a further penalty from his school as a result of the school's disciplinary process the Executive Officer must be notified in writing as soon as practical. (24/11/03).
- 9.3 In dealing with an incident at an ACC sporting event or activity, the relevant parties within each school should follow the Incident Management process as outlined on the following page.



## Incident at an ACC Event

### Breach of Code of Conduct

Sports Coach to email report to Director of Sport.  
Director of Sport forwards report to Principal, Deputy Principal and ACC Executive Officer.

#### Minor Breach

Directors of Sport to liaise and resolve the issue.  
Principal, Deputy Principal and ACC Executive Officer advised of outcome.

*An example of a minor breach could include (but is not limited to): a player, coach or spectator not abiding by ACC rules or guidelines; poor behaviour or sportsmanship; swearing or general misconduct.*

*An example of a serious breach could include (but is not limited to): physical violence; racial abuse; personal abuse directed at an official, student or spectator; any conduct likely to bring the ACC or its member schools into disrepute.*

### Injury to Competitor

Sports Coach to email report to Director of Sport.  
Director of Sport forwards report to Principal, Deputy Principal and ACC Executive Officer.

#### Serious Breach

The ACC Executive Officer, in consultation with the Principal/s and Deputy Principal/s, shall seek further reports from other relevant officials/witnesses.

#### Discipline for Serious Breach

Principal/s shall deal with breach, and the disciplining of student(s) and/or staff, with reference to the behaviour management policy of the school, but also in accord with the ethos of the ACC.

#### Communication re Serious Breach

Communicate outcomes with other school and ACC Executive Officer.

## 10. RESULTS

All results must be submitted online by the nominated “Home” school via the ACC results website by 2pm following each day of competition (28/8/09).

## 11. BLEEDING & BLOOD BORNE INFECTIONS

- 11.1 No College shall allow any player to participate in any ACC match or continue to participate in any ACC match for so long as such player is bleeding or has blood on any part of his person or uniform
- 11.2 A player shall immediately on the direction of any officiating Umpire, leave the playing area where such Umpire is of the opinion that the player is bleeding or has blood on any part of his person or uniform. After being directed to leave the arena a player shall not return or take any further part in the match until:
- Such bleeding has been abated and the injury is securely covered.
  - Any blood stained article of uniform has been removed and replaced.
  - Any blood on any part of the player’s person has been thoroughly cleansed and removed.
- 11.3 Any player thus directed to leave the field can be replaced immediately in accordance with normal interchange rules.
- 11.4 Each College shall ensure that any bloodied item of uniform or clothing of a player or official is placed as soon as possible in a hygienic sealed container i.e. closed plastic bag and laundered to ensure the removal of all blood.
- 11.5 Each College shall ensure that all towels, wipes, bandages, dressings and other materials used in the treatment of bleeding players shall be placed as soon as possible in a hygienic sealed container and discarded or laundered in such a way as to remove all blood and risk of infection.
- 11.6 It is strongly recommended that all coaches, students and officials participating in body contact sports should be vaccinated against Hepatitis B.

## 12. FINALS

### 12.1 FINALS FORMAT

Finals will be played at the conclusion of the home and away season in all fixtured sports at all levels. At Year 9, Year 10 and Senior level, the only finals matches that will take place will be major semi-finals and Grand Finals. At Year 7 and 8 level, all teams in a draw will participate in a semi-final round, with the winning teams from the two major semi-finals progressing through to compete in a Grand Final. Finals will be determined by the position on the ladder at the end of the home and away season as detailed below. (15/11/19)

### 12.2 FINALS ELIGIBILITY

- 12.2.1 In order to participate in finals for a particular sport, students must have played in at least 40 % of games for a current home and away season. (24/11/03)
- 12.2.2 If a student has played enough games to qualify in Seconds or “B” teams he is still eligible to play finals in firsts or “A” teams. (24/11/03)

- 12.2.3 If rules 12.2.1 or 12.2.2 prevent a student from participating in finals and there are special circumstances involved E.G. injury, illness or extenuating circumstances, Colleges must make written application for exemption(s) to the Executive Officer at least 48 hours prior to the final.

### 12.3 PREMIERSHIP FINALS (15/11/19)

- 12.3.1 The two winning teams from the major semi-finals shall play for the premiership. Seniors shall compete at a neutral venue to be determined by the Executive Officer. Where a neutral venue is not possible, the highest ranked College shall host the final.
- 12.3.2 For Years 7-10, the highest ranked College shall host the Grand Final. The grand final will be hosted by the team ranked higher in their division at the end of the home and away matches (or if points are equal by the team with the higher percentage).
- 12.3.3 Neutral umpires and referees will be appointed by the Executive Officer for Seniors and by the highest ranked College for Years 7-10. Appointed officials shall not be from competing teams.
- 12.3.4 The home team for Yr 7-10 Grand Finals shall cover the costs of officials and venue hire as per normal home/away games during the season.
- 12.3.5 Pennant presentations for Grand Finals shall be organised by the Executive Officer for Seniors and by the home school Director of Sport for Years 7-10.

### 12.4 FINALS AFFECTED BY WEATHER (12/3/10)

- 12.4.1 In the event of a Semi Final round being abandoned due to weather conditions (excessive heat, washout, lightning or storm activity), the two higher ranked teams shall progress through to the Grand Final.
- 12.4.2 In the event of a Grand Final round for Years 7 – 10 being abandoned due to weather conditions (excessive heat, washout, lightning or storm activity), the two teams scheduled to compete in the Grand Final shall be declared joint premiers.
- 12.4.3 In the case of a senior Grand Final being abandoned due to weather, the Executive Officer shall attempt to arrange an alternate date to complete the match that is suitable for both competing schools. If no suitable date is available, then the match shall be considered drawn and a joint premiership declared.

### 12.5 FORFEITS IN FINALS

If a team forfeits any finals match, that team shall be demoted to last in the final rankings for that year level sport no matter what the circumstances.

### 12.6 SEMI FINALS STRUCTURE – YEAR 7 & 8 COMPETITION (26/11/12)

#### 12.6.1 TWO POOL FIXTURE (*Blue & White*):

- Major semi finals: Blue 1 v White 2  
White 1 v Blue 2
- Minor semi finals: Blue 3 v White 3  
Blue 4 v White 4  
Blue 5 v White 5  
Blue 6 v White 6

The number indicates the position on the ladder at the conclusion of the home and away rounds. The home team allocation for minor semi-finals (ie Blue 3 v White 3 OR White 3 v Blue 3) shall be determined by the team ranked higher in their division at the end of the home and away matches (or if points are equal by the team with the higher percentage). The two winning teams from the major semi-finals shall compete in the grand final – no other finals matches are played, with final rankings determined by semi-final results and ladder positions at the conclusion of the home and away season.

#### 12.6.2 SINGLE POOL FIXTURE:

Major semi finals:      1<sup>st</sup> v 4<sup>th</sup>  
   2<sup>nd</sup> v 3<sup>rd</sup>  
Minor semi finals:      5<sup>th</sup> v 6<sup>th</sup>  
   7<sup>th</sup> v 8<sup>th</sup>  
   9<sup>th</sup> v 10<sup>th</sup>  
   11<sup>th</sup> v 12<sup>th</sup>

The two winning teams from the major semi-finals shall compete in the grand final – no other finals matches are played, with final rankings determined by semi-final results and ladder positions at the conclusion of the home and away season.

### 12.7 SEMI FINALS STRUCTURE – YEAR 9, 10 & SENIOR COMPETITION (26/11/12)

#### 12.7.1 TWO POOL FIXTURE (Blue & White)

Semi Finals:              Blue 1 v White 2  
   White 1 v Blue 2

#### 12.7.2 SINGLE POOL FIXTURE

Semi Finals:              1<sup>st</sup> v 4<sup>th</sup>  
   2<sup>nd</sup> v 3<sup>rd</sup>

The two winning teams from the Semi Finals shall compete in the grand final – no other finals matches are played, with final rankings determined by semi final results and ladder positions at the conclusion of the home and away season.

### 13. AGGREGATE CHAMPIONSHIP SCORING

13.1 An Aggregate points award for fixtured sport will be made to the Champion School for each of Years 7, 8, 9, 10 and senior levels. To determine the Champion school for each year level, the number of points scored for each sport will be directly related to the number of schools competing in that sport with the first team scoring two points above the 2nd team e.g. For 11 teams the winner will be awarded 12 points, 2nd is awarded 10 points, third 9 points and so on.

13.2 For Volleyball and Basketball, "A" Grade competitions will be awarded 2/3rds points of the normal scoring system whilst "B" Grade competitions will be awarded 1/3<sup>rd</sup> points of the normal scoring system.

13.3 There will be a separate award for Division Two Schools (less than 1000 students) in Seniors Year 10 and Year 8.

13.4 Senior Seconds and Division 2 competitions will be awarded half points of the normal scoring system.

- 13.5 If a team forfeits any finals match that team shall be demoted to last place in the final rankings for that year level sport no matter what the circumstances. (16/7/01)
- 13.6 If a school fields two teams in the same year level competition their “B” team does not record a ranking when aggregate scores are calculated.

## 14. ACC COACHES' CODE OF CONDUCT

In an effort to set appropriate standards of behaviour for ACC sport, all ACC Coaches are expected to read, comprehend and commit to the following guidelines when coaching sport teams in ACC competition:

1. Ensure that all matches are played in the spirit of the ACC competition - "Excellence, Honour and Fairness in Student Sport". Ensure that good sportsmanship and good sporting skill each receive emphasis.
2. Reinforce ACC and school expectations regarding punctuality, behaviour, appropriate language and dress for all players at all age levels.
3. Demonstrate respect for the judgment of officials. Do not publicly question an umpire/referee's decision and avoid blaming a team's defeat on "poor umpiring".
4. Set the standard of behaviour for students in respecting the officials and players of the opposition. Avoid excessive ritual "psyching up" of your team and keep sideline talk to encouragement of your team only.
5. Develop team respect for the ability of opponents. Avoid consistently giving the impression that a lost match should have been won with a greater effort – acknowledge that sometimes the opposition is too skilled on the day.
6. Be responsible in ensuring a safe and friendly environment for the opposition. This includes adequate sideline supervision and ensuring that the barracking of student spectators and parents is constructive and appropriate.
7. Keep "winning" in perspective and maximise players' participation for fun and enjoyment.
8. Ensure that the atmosphere after the game between the two teams is acceptable by shaking hands with opposition coach and officials and encouraging students to do the same for their opponents.
9. Emphasise safety always; ensure that equipment and facilities are safe and keep informed with sound principles of coaching and skill development.
10. Recognise the importance of injury; seek and follow the physician's advice concerning the return of injured players to training and competition.
11. When drafting your match report for assemblies and school publications keep in mind that your report is a public document and as such derogatory remarks about other Colleges, opposition staff, student opponents and venues are to be avoided. Any negative criticism of opponents is to be forwarded to your Director of Sport for his action.
12. To facilitate results processing and the prompt return of ladders, make every effort to ensure your match scores are checked with opposition coaches and officials and submit your signed score sheets to your Director of Sport prior to class commencement the following day.
13. MOST IMPORTANTLY, ENJOY YOUR COACHING ROLE.

## 15. ACC CODE OF CONDUCT FOR STUDENT PARTICIPANTS IN ACC SPORT

### *ACC – Excellence, Honour and Fairness.*

Congratulations on being selected to represent your school team in ACC competition. As part of your contribution to your team you are asked to carefully read and adhere to the points below:

1. You have the opportunity to participate in one of the best school sporting competitions in Victoria, so make every effort to perform at your best on and off the field.
2. Have knowledge of the rules and laws of the ACC and ensure you play by them. Copies of all the rules are available from your coach or by logging onto the ACC website at [www.accmelb.com.au](http://www.accmelb.com.au)
3. Do not argue with officials. If there is a dispute, this should be brought to the attention of your coach, team manager or captain. These people can approach the official in a break of play.
4. Control your temper. Verbally abusing or provoking officials or other players is unacceptable.
5. Be a team player. Work equally hard for yourself and your team. You are the public face of your school, and your actions reflect on the school.
6. Be a good sport – noble in defeat and humble in victory. If you continue on with your sport you will regularly meet up with opponents from other schools so always acknowledge your opponents with a handshake at the end of games.
7. Treat all players fairly. Sledging, bullying, making rude gestures to, or taking advantage of, other players is not acceptable.
8. Co-operate with your teammates, coaches and opponents. Without these people there would be no competition.
9. Comments to any player on race, sexuality or religion are unacceptable.
10. ENJOY the opportunity to play sport with your school cohort. After your school years are over, you will never get the chance to experience this again.

## 16. ACC SPECTATOR CODE OF BEHAVIOUR (20/11/06)

### *ACC – Excellence, Honour and Fairness.*

As a spectator of any activity held by or under the auspices of the ACC, you must meet the following requirements in regard to your conduct during any such activity or event:

1. Respect the rights, dignity and worth of others.
2. Remember that each student participates in sport primarily for enjoyment.
3. Focus on the efforts and performance of the participants, rather than winning or losing.
4. Never ridicule or yell at participants for making a mistake or losing a competition.
5. Show appreciation for good performance and skilful play by all participants (including opposing players).
6. Demonstrate a high degree of individual responsibility especially when dealing with or in the vicinity of persons under 18 years of age, as your words and actions are an example.
7. Respect officials' decisions and encourage others to do likewise.
8. Do not physically or verbally abuse or harass anyone associated with the sport (player, coach, umpire and so on).
9. Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
10. Be a positive role model.

## **12. Australian Rules Football**

1 The Competition shall be conducted under the rules of the AFL, with the exception of Rules 8 - 11.

### **2. PLAYING TIME AND BREAKS**

2.1 For Years 9, 10 and Seniors, matches shall be of four 20 minute quarters with no time on. For Years 7 and 8, matches shall be of four 15 minute quarters with no time on. Time on only to be added at the discretion of the central umpire in exceptional circumstances where there is an undue delay in play.

2.2 There shall be a break of not more than ten minutes at half time and five minute breaks for quarter-time and three-quarter time. (25/11/02)

### **3. UMPIRES**

3.1 Umpires for matches at all Year Levels shall be appointed by the Executive Officer in conjunction with the nominated service provider. The service provider shall appoint umpires as per the ACC schedule and arrange umpire payments, with the Executive Officer invoicing the competing schools to cover the relevant costs. The service provider shall ensure that the appointed umpires have undergone an induction process and that they are compliant with the Victorian Government legislative requirements for Child Safety.

3.2 Coaches are invited to complete a report on the umpires' performance via the online feedback form.

### **4. ABANDONED GAMES**

4.1 The umpire(s) must deem the ground to be in a playable state before the game can proceed.

4.2 If the game is abandoned due to the condition of the ground, the match shall be deemed drawn. (18/11/11)

### **5. COACHES**

5.1 All senior division one coaches are strongly encouraged to complete a level one coaching certificate with AFL Victoria.

5.2 Coaches shall not be permitted on the field during play save in the case of a duty of care incident. Coaches' runners are to be distinctly identifiable.

6. The final's participants shall be decided on points and percentage.

7. The following points shall be awarded for each match:

Win	4
*Forfeit/Bye	4
Draw	2
Loss	0

8. SEND-OFFS

8.1 The Umpire shall have the power to send off any player for a non-reportable indiscretion. The umpire must show a YELLOW CARD, signalling that the player is to be sent off for 15 minutes of playing time. (6/6/08) If a player is sent off he *CAN BE INTERCHANGED* immediately. If a player is sent off he shall remain off the field for a period of 15 minutes playing time and *MAY BE INTERCHANGED* immediately. Upon the same player being sent off a second time in the same game, he shall be reported and shall remain off the field for the entire game and *MUST NOT BE REPLACED*. Timekeepers are responsible for estimating when the 15 minutes have elapsed.

8.2 For reportable indiscretions, the Umpire shall report the offending player who is to be sent off for the remainder of the game and *MUST NOT BE REPLACED*. The umpire must show a RED CARD, signalling that the player is reported and is not to be replaced. (6/6/08) In these instances the Umpire must complete the ACC Umpire Report form (see p 26) regarding the incident. The Umpire's report must be forwarded to the appropriate Director of Sport who shall forward details of any such report to the Principal at the school of the player concerned and to the ACC Executive Officer.

8.3 Any player sent off in a football match is to report to his coach to have his name and number recorded on the ACC score sheet.

9. The 50 metre rule, as interpreted under the rules of the AFL, is replaced by a 25 metre penalty.

10. The Field Umpire is empowered to overrule the Goal or Boundary Umpire in any obviously wrong decision in all official ACC Competitions.

*Notes. As per AFL rules for ACC Football the following rules will apply:*

- 1. For ruck contests at centre bounces a nominated ruckman must approach the ruck contest from the defensive side of the centre line.*
- 2. For a mark to be awarded a kick must travel at least 15 metres.*

## BY LAWS

- 1 Each College shall see that players wear numbers. Numbers shall not be duplicated in a team. A copy of the team list is to be completed and given to the umpire and opposing coach prior to the start of the match.
- 2 Players shall wear correct shorts and socks as nominated by the Colleges.
- 3 Each College shall supply:
  - 3.1 One boundary umpire correctly attired in white shorts, white shirt and bearing a whistle.
  - 3.2 One goal umpire attired in a white coat and provided with a pair of flags and an ACC score-card. He must be competent in his duties.
  - 3.3 One timekeeper. Both timekeepers shall sit together, apart from spectators, and shall have sole charge of timing each quarter and estimating times under the "order off" rule. The home team shall be responsible for supplying the bell or other device used by the timekeepers to signal the end of each period of play.
  - 3.4 A maximum of two runners, correctly attired in common distinctive colour (eg. yellow/green).
  - 3.5 A maximum of 6 water carriers correctly attired in common distinctive colour (eg orange).
4. The home team shall supply:
  - 4.1 Two footballs for each match. Both shall be in good condition re shape, inflation etc. Seniors will use a new ball for each match.
  - 4.2 The Years 9 & 10 and Seniors shall use a standard size ball; Years 7 & 8 shall use a school size ball (Size 4).
- 5 Stops on boots shall be according to regulation. Coaches shall insist on boots being correctly and safely studded. Umpires shall inspect boots prior to the start of a match.
- 6 The score cards used by each goal umpire will be checked with the central umpire at the end of each of the four quarters and handed to the home Coach at the end of the match.
- 7 The timekeepers will keep a separate record of the scores each, as an added check, particularly in the eventuality of a drawn game.
- 8 The interchange system allows for a maximum of 24 players for Senior, Year 10 and Year 9 competitions, whilst at Years 7 & 8 team numbers are unlimited provided that only eighteen players are on the field at any one time. The names of all players are to be recorded on a team

sheet before the match to notify the opposing coach of the number of players to be used.  
(28/8/09)

9. In the event of a tied result in finals, an extra five minutes is to be played each end. Coaches may address their teams for a maximum of five minutes after the fourth quarter, but not after the first period of extra time. If still a tie at the end of extra time play is to be stopped, the score checked, and if there is still no result the game is to be restarted, without a change of ends and played until the first score determines the winner. (25/11/02)
  
10. Modified rules will be in place for Year 7 Division 2 & 3 and Year 8 Division 2 & 3 competitions. The winning margin is limited to **60 points**. Once the match is completed, the losing team's score will stand, but the winning team's score will be no more than 60 points above that amount. For example, if one school has a final score of 6.1.37 and their opposition has a final score of 20.5.125 points, then the result will be recorded as 6.1.37 to 16.1.97. Both coaches will need to agree on the reduced score before signing both score sheets.





ACC Umpire's Football Report Form

Umpire's name \_\_\_\_\_ Day-time phone contact number \_\_\_\_\_

I am a Field/Boundary/Goal Umpire (Please Circle)

On \_\_\_\_\_ (Day) the \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (Date) I was officiating as an umpire in the \_\_\_\_\_ (Yr Level) ACC match being played between \_\_\_\_\_ (Team 1) and \_\_\_\_\_ (Team 2), which was being played at \_\_\_\_\_.

If a two umpire game state the name of the other umpire \_\_\_\_\_

It was during the 1st - 2nd - 3rd - 4th (Please Circle) of this game that I reported player \_\_\_\_\_ (Name) number \_\_\_\_ of \_\_\_\_\_ (Name of team) team for \_\_\_\_\_ (Nominate Offence).

The incident to which this report relates occurred approximately \_\_\_\_\_ (Approx Time) minute mark of this quarter.

I was in \_\_\_\_\_ (describe your ground position) when I saw (state exactly what you saw, eg reported player strike number \_\_\_\_ of \_\_\_\_\_ team with his left arm to the side of the head)

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_

I was approximately \_\_\_\_\_ metres away. (Ensure that you have stepped this out and know the approximate distance)

The reported player's action caused the player who was struck to \_\_\_\_\_ (eg fall to the ground, hold his jaw etc)

The ball was \_\_\_\_\_ (describe exactly what happened - whilst player was going for the ball/ or after ball was kicked/ or behind play)

and I was looking in the reported player's direction because \_\_\_\_\_

\_\_\_\_\_

I informed the player of the report and ASKED HIM IF HE UNDERSTOOD AND HE REPLIED :

" \_\_\_\_\_ "

ANY OTHER OBSERVATIONS – INCLUDE EVERYTHING.

\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_

Umpire's Signature \_\_\_\_\_

Date \_\_\_\_\_



**Football Coach's Checklist:**

Jumpers	
Footballs / 2 Match Balls if home	
Boundary Umps - 1 or 2 fit students	
- white uniforms	
- two whistles	
Goal Ump - one competent student	
- white coat	
- two white flags	
- ACC score-card & pens	
Time-keeper - clock	
Runners' uniforms - Max. of 2	
Water carriers uniforms - Max. of 6	
Siren/Bell	
Medical Kit	
Ice & plastic bags	
Remuneration for umpires	
Valuables Bag	
Water Bottles	
Oranges/ Drinks	
Keys - Bus / Rooms etc.	
Team Sheet – original plus 2 copies	
Statistics - Helpers etc.	
After Match Arrangements	

**Additional  
Comments:**

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## 13. Basketball

The competition shall be conducted under the rules specified by Basketball Victoria except where amended below:

1. FIELDING TEAMS / PLAYING NUMBERS
  - 1.1 Schools may have any number of players in their squad but they must declare their team of 10 players prior to each game. These must be entered on the score sheet before each game commences.
  - 1.2 Colleges must make every effort to field seconds teams. If for any reason seconds teams cannot be fielded by a College, the Executive Officer and the opposing College must be notified at least 24 hours prior to the proposed fixture.
  - 1.3 In order to allow maximum participation, firsts team shall play the initial game, followed by seconds. Players may only play in one game per day and therefore may not play in both firsts and seconds matches
2. In the event of the referees being later than 15 minutes after the official starting time of the match, or having to be replaced, the two coaches shall confer in an attempt to reach mutual agreement as to who shall umpire the match. If no agreement can be arrived at, the game shall be abandoned and the matter shall be referred to the protests committee for a decision re awarding of points or the allotting of another date of play.
3. TIMES AND INTERVALS
  - 3.1 Games are to be two 20 minute halves. Half time is to be a two minute break.
  - 3.2 Two time outs in first half and two time outs in second half for each team are permitted. The clock is to stop for one minute at a time out. (17/11/17)
  - 3.3 The clock must stop each time the whistle is blown in the last three minutes of the game. (17/11/17)
  - 3.4 The 24 second shot clock shall be utilised for all major semi-finals and grand finals. (16/11/18)
  - 3.5 In the event of a tie at full time, 3 minutes extra time is to be played. The clock will stop for all whistles during this period. In the event of a tie still remaining, a further 3 minutes will be played under the above conditions until a result is determined.
4. At year 7 & 8 level, should a team achieve a leading points margin of 30 points or more, that team must revert to zone defence until the remainder of the game or until the lead has dropped below the 30 point leading margin. (21/6/05)
5. All matches shall be played on an indoor court. If the home side is unable to supply a court then it is the prerogative of the visiting side to provide the court. If neither side can provide a court, then the points shall be split evenly between the teams concerned.
6. Scoring is to be:
  - 4 points for a win.
  - \*4 points for a bye/forfeit
  - 0 points for a loss.

7 HOME SCHOOL RESPONSIBILITIES

7.1 The home school is to provide two referees and a competent scorer/timekeeper for all year levels of competition.

7.2 The home team shall provide an approved basketball of the standard size 7 for Years 8, 9, 10 and Senior matches, and a size 6 basketball for Year 7 matches. (14/11/14)

8 Players shall wear correct basketball attire including numbered singlets.

9 If a player is sent off by the referee for a disqualifying foul, he may not take part in the rest of the game.





## 14. Cricket

### 1 APPLICATION OF LAWS AND RULES

The Laws of Cricket shall apply in all matches except where modified by these Rules and Playing Conditions.

### 2 PARTICIPATION, ELIGIBILITY & SAFETY

- 2.1 Each side shall consist of 12 players of whom only eleven may bat and only eleven may be on the field of play as fieldsmen. For Year 7, 8, 9 and 10 matches, each side shall consist up to 14 players of whom only eleven may bat and only eleven may be on the field of play as fieldsmen. The ACC Team Sheet must be completed prior to the commencement of play and a copy handed to both the Umpires and the opposing school. The Team Sheet shall list all players and shall indicate the name of the Captain, wicket keeper and the players from the team who are non-batsmen and non-bowlers. Teams are able to utilise substitute fieldsmen as required, but must include those players on the Team Sheet and inform the Umpires when they take the field. Substitute fielders are not allowed to bat or bowl. (29/01/15)
- 2.2 A fieldsmen may leave the field and be replaced by an off-field player who has been named in the side for the match but only after the umpires have been informed of the intention to replace and only at the end of an over, interval or interruption.
- 2.3 For Years 7- 9, there are to be no fieldsmen within 10 metres from the batsman end stumps other than the wicket-keeper, slips and gully positions.
- 2.4 For Year 10 and seniors, fieldsmen within 10 metres from the batsman end stumps other than the wicket-keeper, slips and gully positions must wear a protector and a properly fitting cricket helmet with faceguard (that complies with the Australian Standard AS/NZS4499:1997)
- 2.5 Wicketkeeper must wear a protector at all times and, when standing up to the stumps, a properly fitting cricket helmet with faceguard (that complies with the Australian Standard AS/NZS4499:1997)
- 2.6 Batsmen must wear the appropriate protective equipment at all times; this includes a properly fitting cricket helmet with faceguard (that complies with the Australian Standard AS/NZS4499:1997), gloves, leg pads and protectors.
- 2.7 Each captain shall be responsible for ensuring that his players act within the spirit of the game as well as within these Rules and the Laws of Cricket and shall assist the Umpires by discouraging unwarranted appeals and open displays of dissent.

### 3 UMPIRES

- 3.1 Umpires shall be provided with copies of these Rules and Playing Conditions and list of the venues and dates of matches and will be expected to wear white coats or other distinctive clothing. The recommended payment for Umpires is stated in Schedule 7.
- 3.2 In the event of an appointed Umpire being unavailable or becoming indisposed a competent replacement shall be provided.

- 3.3 For Year 7 and 8 matches the home team must appoint at least one independent umpire. If there is only one independent umpire the coach of the fielding team may officiate at square leg.
- 3.4 For all levels Year 9 and above the home team must appoint two independent umpires.
- 3.5 The Umpires shall be in control of a match and shall ensure that there is no form of time wasting by either side during play, that there is strict observance of times for commencement of play and resumption after intervals or stoppages. They shall intervene and prevent any undue and provocative talking on the field or any noise or action likely to distract the striker during the bowler's run-up or while he is receiving the ball.
- 3.6 The Umpire shall send off any player who displays behaviour that is deemed unsatisfactory. This includes (but is not limited to) swearing, disputing the umpire's decision, and any uncooperative or disruptive behaviour. The Umpire must show a YELLOW CARD, signaling that the player is to be sent off for 15 minutes of playing time. If a player FROM THE FIELDING TEAM is sent off for a yellow card, the 12th man from the same team shall replace him immediately. IF A PLAYER WHO IS BATTING IS SENT OFF, HE SHALL FORFEIT HIS WICKET. Upon the same player being sent off with a yellow card for a second time in the same game, he shall be reported (red card) and shall remain off the field for the entire game and MUST NOT BE REPLACED. The Umpire is responsible for estimating when the 15 minutes have elapsed. (5/6/09)
- 3.7 For reportable indiscretions (red card), the Umpire shall report the offending player who is to be sent off for the remainder of the game and MUST NOT BE REPLACED. The Umpire must show a RED CARD, signaling that the player is reported and is not to be replaced. In these instances the Umpire must complete the ACC Umpire Report form regarding the incident. The Umpire's Report must be forwarded to the appropriate Director of Sport who shall forward details of any such report to the Principal at the school of the player concerned and to the ACC Executive Officer. (5/6/09)

#### 4. PITCHES AND GROUNDS

- 4.1 The umpire(s) and at least one coach must agree that the ground is in an unplayable state before the game can be abandoned.
- 4.2 If the game is abandoned due to the condition of the ground, the match shall be deemed drawn (18/11/11).
- 4.3 A First Eleven match shall be played on a pitch of adequate standard provided by the home side. Whilst every effort should be made to provide a turf pitch, a synthetic pitch may be used. In this instance, the Director of Sport from the home side shall notify the Executive Officer and the opposing school of the use of a synthetic pitch prior to the date of the match (1/6/12).
- For Year 7-10 matches turf pitches or synthetic pitches may be used. The home side Director of Sport shall notify the visiting school of the type of pitch prior to the date of the match. (1/6/12)
- 4.4 If no play is possible at the normal venue for weather caused reasons and an alternative ground cannot be agreed to, the match shall be drawn.

- 4.5 For Year 10 and below, Colleges must ensure that where possible synthetic wickets are booked or covers are laid on turf wickets in case of wet weather to ensure maximum games are played.
- 4.6 If the pitch normally used becomes unavailable for any reason other than inclement weather, an arrangement for an alternative pitch may be made with the visiting side. If no satisfactory arrangement is made the match shall be awarded to the visiting side with points equal to the maximum gained in that round of matches. Any decision to give preference to a First XI match over a Second XI match for use of a ground must be made by 11.00 am.
- 4.7 If 50% or more of the matches for any draw are adversely affected by weather and are considered drawn, then ALL matches in that fixture shall be drawn regardless of any result achieved. All teams shall receive full match points on rounds affected by weather. Any match that has scores recorded shall have those scores count towards ladder points and percentage. (16/3/18)

## 5 TRANSFER OF MATCHES

- 5.1 Where for reasons other than those due to weather a match cannot be played at the normal venue or on the programmed date, the competing Colleges may negotiate and agree to an alternative venue or date. If there is no agreement the side responsible shall forfeit the match with points being awarded to the other side.
- 5.2 Sides permitted to play on a changed date shall not be awarded points in excess of the maximum gained in the same round played on the programmed date.

## 6 SCORERS

Each side shall appoint an official scorer. The scorers shall sit together and reconcile the scores at the end of a session or innings and at the end of a day's play.

## 7 SUPPLY AND USE OF BALLS AND EQUIPMENT

- 7.1 The home side shall provide two identical new balls for each match. All matches played on turf must use a new four-piece ball weighing 156gm. All matches played on synthetic must use a new two-piece ball weighing 156gm. A new ball shall be used for the start of each innings. (07/12/20)
- 7.2 The home side shall supply bails and stumps, with spares.

## 8 TIMES AND INTERVALS

Matches shall commence at 1:30 pm. The commencement time may be brought forward by agreement of the coaches. A drinks interval at a pre-agreed time, may be taken on the field of play once in each session at the option of either side. An interval of 15 minutes shall be taken at the end of the first innings of the match.

## 9 FIRST BATTING SIDE: COMPULSORY CLOSURE

- 9.1 Provided there is no loss of playing time nor earlier termination of its innings the first batting side shall have its innings compulsorily closed after a number of overs or period of time, whichever comes first, as follows:

	Overs	Time
Senior 35 Over Comp	35	2 hrs 10 mins
Senior T20 Comp	20	1 hr 20 mins
Years 7-10 T20 Comp	20	1 hr 20 mins (16/11/18)

- 9.2 If the start is delayed or playing time is otherwise lost the overs for compulsory closure shall be reduced by one for each full seven minutes of the aggregate time lost. If the reduced number has already been exceeded at the time of calculation compulsory closure shall occur immediately.
- 9.3 If the calculated overs become less than 20 for the Senior 35 Over competition and 12 for any T20 competition, the match shall end and the result be declared a draw (16/11/18).

## 10. SECOND BATTING SIDE: OVERS ENTITLEMENT

- 10.1 If the opposite side's innings is compulsorily closed the side batting second, if not dismissed earlier, shall receive the same number of overs, and part over if applicable, as bowled to the other side.
- 10.2 If the opposite side is dismissed the second batting side shall be entitled to receive the full number of overs set for compulsory closure of the other side's innings whilst in the process of chasing the opposite team's run total. Should the second batting side pass the opposite team's total with several or more overs to spare, both coaches shall immediately meet with umpires to negotiate on the remaining number of overs to be bowled. Unless other arrangements are negotiated the side batting second shall receive HALF of the remaining number of overs before the game is finished. (24/11/03)

## 11. RESULTS OF MATCHES

- 11.1 Results shall be recorded on a points basis as determined by the Executive Officer.
- 11.2 If the side batting second has received a number of overs equal to the full entitlement of the opposite side or was earlier dismissed, the winner shall be the side scoring the greater number of runs irrespective of wickets lost. If the scores are equal it shall be a tie.
- 11.3 Should the second batting team pass the score of the first team, the final score recorded shall be that which is recorded immediately after the winning runs are hit. EG If the batting team is on 7/90 chasing 10/91 and the batsman hits a six the score recorded shall be 7/96 defeated 10/91. The second batting team may wish to continue batting but runs scored thereafter, or wickets lost, shall not be added to the final score submitted to ACC office.  
(24/11/03)
- 11.4 Should a match at Year 9, 10 or Senior level be interrupted by weather once it has commenced, the rule in place for Victorian Premier Cricket in deciding the result of a match shall be implemented. This includes the calculation of a "Deciding Score" using the following table where over reductions are in place (5/6/09):

CALCULATION OF DECIDING SCORE			
A.	Overs entitlement by first side		
B.	Overs received or to be received by second side.		
C.	Excess overs to first side (A - B)		
D.	Percent reduction to E (0.5 x C)		%
E.	Runs from highest scoring overs equal to overs in B.		
F.	Runs to be deducted from E. (D x E)		
G.	Deciding Score		

### INSTRUCTIONS

1	Refer to Victorian Premier Cricket Rule 18.5
2	Record of runs scored in each of the first batting side's overs must include byes, leg-byes, no balls and wides
3	An unfinished over in the first batting side's innings is counted as a full over
4	To win, the second batting side must pass the deciding score. If that score is equalled and <b>20</b> full overs or more are received it is a tie. If less than <b>20</b> full overs are received and the second batting side has not passed the deciding score, nor equalled it in a completed innings, the match is drawn.
5	Details of the first batting side's overs are to be completed at the interval and the form handed to the Umpires immediately.
6	Note: In ACC Cricket there are no penalty runs applicable and the minimum number of overs that constitutes a match is 20 at Year 9, 10 and Senior level.

11.5 A bowler shall not deliver more than 1/6 of the maximum number of overs permitted for an interrupted innings, with the exception that an over already commenced must be completed following an interruption. Where the recalculation of a bowler's limit results in a fraction, the limit shall be raised to the next higher number for as many bowlers as is necessary to absorb the balance in whole overs (5/6/09).

11.6 Modified rules for Year 7 Division 2 and Year 8 Division 2 (2/2/12)

- If the team batting first is all out before 10 overs have been bowled, their score at that point is recorded as normal (number of runs made). The batting team is then able to have their players bat again in any order, but the runs made in those subsequent overs (until 20 overs in total have been bowled) are not counted in the overall result.
- If the team batting second is all out before 10 overs have been bowled, their score at that point is recorded as normal (number of runs made) and the result of match determined. The batting team is then able to have their players bat again in any order, but the runs made in those subsequent overs (until 20 overs in total have been bowled) are not counted in the overall result.
- This will allow a full 40 over match to be played and enable all participants a better opportunity to enjoy their involvement.
- Players bat for a maximum of 4 complete overs to ensure everyone gets to bat. If the other players are all out any player who “retires” after their 4 overs is allowed to bat again. Once a team loses 10 wickets their innings is over.

- 10 players on the fielding team are to bowl a maximum 2 overs each. You can have more than 10 players bowling provided there are no more than 20 overs completed.
  - Field placements (except the wicketkeeper) should be rotated each over so that all players get to field in a variety of positions.
- 11.7. In the event of a tie in a T20 match, where possible, the result shall be determined by the use of the Super Over. The procedure for the Super Over is as follows.
- 11.7.1. It shall commence 5 minutes after the conclusion of the match. The interval between innings shall be 5 minutes.
- 11.7.2. The umpires shall stand at the same end as they stood during the match.
- 11.7.3. In both innings of the Super Over, the fielding side shall choose which end to bowl from. Once the opening batting pair enters the field of play they are not permitted to be changed. Similarly, once a determination is made by the bowling team as to which end they will bowl from and the opening batters take their respective positions at each end of the pitch, they are not permitted to change ends. For clarity, this playing condition is designed to ensure that the fielding side may determine its bowling strategies based on which batters are opening, and then the batters can choose ends based on the bowling strategies.
- 11.7.4. Only the starting 11 players for each team in the main match may participate in the Super Over. Should any player be unable to continue to participate in the Super Over due to injury, illness or other wholly acceptable reasons, the Playing Conditions of the main match shall apply.
- 11.7.5. Each team's over is played with the same fielding restrictions as apply for the last over in the match.
- 11.7.6. The team batting second in the match will bat first in the Super Over.
- 11.7.7. The same ball (or a ball of a similar age if the original ball is out of shape) as used at the end of the team's innings shall be used for the Super Over.
- 11.7.8. Each team shall bat for one over unless all out earlier.
- 11.7.9. In the event of the teams having the same score after the Super Over has been completed, the team whose batters hit the most number of boundaries combined from its two innings in both the main match and the Super Over shall be the winner.
- 11.7.10. If the number of boundaries hit by both teams is equal, the team whose batters scored more boundaries during its innings in the main match (ignoring the Super Over) shall be the winner.
- 11.7.11. If still equal, a count-back from the final ball of the Super Over shall be conducted. The team with the higher scoring delivery shall be the winner. If a team loses all wickets during its over, then any un-bowled deliveries will be counted as dot balls. Note that for this purpose, the runs scored from a delivery is defined as the total team runs scored since the completion of the previous legitimate ball, i.e. including any runs resulting from a Wide ball, a No ball or penalty runs.
- 11.7.12. In this example both teams scored an equal number of runs from the 6th and 5th ball of their innings. However, Team 1 scored two runs from its 4th ball while Team 2 scored one run, so Team 1 is the winner.

### Example

<u>Runs Scored From</u>	<u>Team 1</u>	<u>Team 2</u>
<i>Ball 6</i>	<i>1</i>	<i>1</i>
<i>Ball 5</i>	<i>4</i>	<i>4</i>
<i>Ball 4</i>	<i>2</i>	<i>1</i>
<i>Ball 3</i>	<i>6</i>	<i>2</i>
<i>Ball 2</i>	<i>0</i>	<i>1</i>
<i>Ball 1</i>	<i>2</i>	<i>6</i>

## 12. LIMITS FOR BOWLERS / BATSMEN

12.1 Each bowler shall be limited to a maximum number of overs in an innings. The over limit shall be in proportion to the total overs permitted for the innings as follows:

Total Overs	Limit
35 Over Comp	6
T20 Comp	4

12.2 A part of an over shall count as one full over for purposes of this rule.

12.3 No further deliveries shall be made by a bowler who has reached or exceeded a reduced limit except to complete an interrupted over commenced by him.

12.4 In the event of a bowler being unable to complete an over for any reason that over shall be completed by another bowler who did not bowl in the immediately preceding over and who shall not bowl in the next following over.

12.5 The Umpires shall be responsible for ensuring that a bowler's over limit is not exceeded and shall consult with the scorers if in doubt. Should the limit be exceeded the number allowed by the Umpires shall stand.

12.6 Batsmen are to retire upon reaching the following run limits :

Yr 7 – 30 runs Yr 8 – 30 runs

Yr 9 – 40 runs Yr 10 – 50 runs

Any runs scored from the shot which takes his score past his compulsory retirement are to be included in his score. In the event that all other wickets fall, retired batsmen may resume their innings in order of retirement.

12.7 For Yr 10 and Seniors ONLY ONE fast/medium short pitched delivery above shoulder height is allowed per over and if repeated the umpire shall call no ball. To avoid any misunderstanding the umpire shall advise the bowler after each first such delivery.

12.8 For Yr 10 and Seniors ANY fast/medium full pitched delivery above waist height shall be called a no ball and the umpire shall caution the bowler as per the Laws of Cricket.

12.9 For Yr 10 and Seniors ANY SLOW full pitched delivery above shoulder height shall be called a no ball as per the Laws of Cricket but no caution will apply.

12.10 For Yrs 7- 9 any short pitched delivery above shoulder height shall be called a no ball.

- 12.11 For Yrs 7- 9 any full pitched delivery above waist height shall be called a no ball.
- 12.12 Schools fielding composite teams (Eg Yr 9/10) must inform students participating in games above their year level and their parents about the higher level of cricket being offered. Schools should also be satisfied that students from the lower year level have the capacity to manage these increased demands.

### 13. CRICKET VICTORIA CRICKET RULES FOR NO BALLS AND WIDES

#### 13.1 NO-BALL NOT SCORED FROM

- 13.1.1 A no-ball is called, but not scored from. One run is recorded in the extras section under "no-ball", one run added to the progressive total and a dot with a circle around it is recorded in the bowler's analysis and added to his progressive analysis.

#### 13.2 NO-BALL SCORED FROM BY THE BATSMAN

- 13.2.1 A no ball is called and the batsman hits it and 3 runs are completed. The batsman is credited with 3, the no ball (1 run penalty) is added to the extras as a no-ball. A total of four is added to the total and a 3 with a circle around it appears in the bowler's analysis. 4 runs are added to his progressive analysis. The only signal from the umpire will be the no-ball signal.

- 13.2.2 A no-ball is called and the batsman hits it for 6. The batsman is credited with 6, the no-ball (1 run penalty) is added to the extras as a no-ball. A total of 7 runs are added to the total and a 6 with a circle around it appears in the bowler's analysis with 7 runs added to his progressive analysis. The signal from the umpire will be the no-ball and the signal for a "6". The umpires should check with the scorers at the first opportunity to ensure that it has been recorded correctly (as 7 runs to the batting side).

#### 13.3 NO-BALL PLUS ADDITIONAL RUNS SCORED

- 13.3.1 A no-ball is called, the ball comes off the batsman's person and the batsmen complete 2 runs. All 3 runs (the 2 completed runs and the 1 run penalty for the no-ball) are scored as no-balls. The umpire should signal "no-ball" followed by the "Byes" signal (to indicate that the batsman has not hit it). This does not mean that the runs are to be recorded as "byes".

#### 13.4 FREE HIT AFTER A NO BALL (T20 MATCHES)

- 13.4.1 The delivery following any no ball shall be a free hit for which ever batter is facing it. If the delivery for the free hit is not a legitimate delivery (any kind of no ball or wide), then the next delivery will become a free hit for which ever batter is facing. For any free hit, the striker can only be dismissed under the circumstances that apply for a no ball even if the delivery for the free hit is called a wide. Changes to fielding positions are only permitted if a different batter is on strike for the free hit delivery or the No Ball was a result of a fielding restriction breach, in which case the field may be changed only to the extent of correcting the breach. The bowler's end umpire will signal a free hit (after the normal no ball signal) by extending one arm straight upwards and moving it in a circular motion.

### 13.5 WIDE BALL - NO OTHER RUNS

13.5.1 A wide is called, but no other runs are made. One run is recorded in the extras section under "wides", one run added to the progressive total and a "V" is recorded in the bowler's analysis and one run added to his progressive analysis.

### 13.6 WIDE BALL PLUS ADDITIONAL RUNS

13.6.1 A wide is called and it goes past the wicketkeeper and to the boundary. Five runs "the boundary four plus one penalty for the wide" are recorded in the extras section under "wides", five runs added to the progressive total and a "5w" or something similar is recorded in the bowler's analysis. Five runs are added to his progressive analysis. The umpire will signal wide and then the boundary 4 signal.

13.6.2 A wide is called and it goes past the wicketkeeper and the batsmen run two. Three runs (the two completed runs plus one penalty for the wide) are recorded in the extras section under "wides", three runs added to the progressive total and a "3w" or something similar is recorded in the bowler's analysis. Three runs are added to his progressive analysis. The umpire will signal "wides".

## 14 FIELDING RESRICTIONS

14.1 In accordance with Victorian Premier Cricket laws for limited overs cricket, at the point of delivery no more than five (5) fieldsmen shall be permitted outside the field restriction area (rule 18.9.12).

14.2 The fielding restriction area is taken as a 27.5 metre radius from both stumps but drawn as one in-field circle (rule 18.8.1). It could be marked as one continuous line, dots, rubber markers or just be left to the umpire's discretion to judge. In the event of an infringement either umpire shall deem the delivery unfair and signal a no ball (rule 18.9.13).



## 15. Hockey

The competition shall be conducted under the rules specified by Hockey Victoria, but with the following amendments and agenda:

- 1 Each home team shall provide two referees for each game at all year levels. (25/11/02)
- 2 MATCHES
  - 2.1 Matches shall be played on a synthetic surface organised by the home side. (15/11/13)
  - 2.2 If the home side is unable to supply a ground, then it is the prerogative of the visiting side to provide the ground prior to the fixture so that the fixture can be met. If neither side can provide a ground then the points shall be split evenly between the teams concerned.
  - 2.3 The umpire(s) and at least one coach must agree that the pitch is in an unplayable state before the game can be abandoned
  - 2.4 If the game is abandoned due to the condition of the ground, the match shall be deemed drawn (18/11/11).
- 3 The finalists shall be decided on points and goal differences. (See Rule 8 for match rules for Finals). The following points shall be awarded for each match:

Win	4
*Forfeit/Bye	4
Draw	2
Loss	0
- 4 HOME TEAM RESPONSIBILITIES  
The home team shall supply: - the match ball, two regulation goals with netting and all flags on posts not more than 5 feet high and not less than 4 feet and having a non pointed end.
- 5 SAFETY
  - 5.1 The “Tomahawk Hit” is banned for all matches in ACC competition, and is to be penalised with a free hit to the opposition. (28/8/09)
  - 5.2 Players involved in ACC hockey matches must wear the following protective equipment:
    - mouthguard (unless providing a medical certificate exempting them from wearing one)
    - protective face mask when defending corner penaltiesNote: It is also recommended that players consider wearing a groin protector/box during matches as an additional safeguard against injury. (16/11/18)
- 6 DURATION OF GAMES
  - 6.1 The duration of the Year 9 & 10 and Senior games shall be two equal periods of 35 minutes or shorter time by mutual consent. The Year 7 & 8 games shall be two equal periods of 30 minutes or shorter time by mutual consent.

6.2 Penalty strokes and corners are played out regardless of whether time is up. (22/11/04)

## 7 INTERCHANGE

7.1 Interchange - at Yr 9, 10 and Senior, a team may consist of 16 players provided that only eleven players are on the field at any one time. The names of the 16 players are to be recorded on a team sheet before the match. The five interchange players may be used at any time during the match, under current Hockey Victoria Rules. (11/10/04)

7.2 Interchange - at Yr 7 & 8, team numbers are unlimited provided that only eleven players are on the field at any one time. The names of all players are to be recorded on a team sheet before the match to notify the opposing coach of the number of players to be used. The interchange players may be used at any time during the match, under current Hockey Victoria Rules. (11/10/04)

## 8 PENALTIES

8.1 A referee may order a player off the field for misbehaviour or rough play and the player will not be replaced during the suspension time. Length of suspension time will be related to the severity of the offence and be at the discretion of the referee.

8.2 Appropriate penalties for first such offenses in a match are listed below:-

### *Playing Penalty.*

Slight body contact in tackle, slight stick contact in tackle and stick contact in tackle where the obvious intention was to play the ball.

### *10 Yard Penalty.*

Time wasting (including standing over a ball or knocking ball away in a free hit situation) and dissent of umpiring decisions.

### *Refer to captain, verbal warning, Green Card.*

Dissent towards umpire by bench members, deliberate use of hand or foot to stop ball, sledging of an opponent and harassment of ball persons.

### *Yellow Card (minimum 5 minutes).*

Refusal to leave ground for injury, shoving opponent, audible obscenity from the sidelines, deliberately running into an opponent, throwing the stick into the tackle, abuse of umpire or ball person, captain refusing to take responsibility for his players and indiscriminate stick on stick contact.

### *Yellow Card (minimum 10 minutes).*

Running through an opponent, slide tackle taking out opponent's legs, deliberate use of body, ie hip and shoulder, intended to knock opponent out of play and deliberate stick on stick contact.

### *Yellow Card (minimum 15 minutes).*

Vicious stick on stick contact, deliberate stick on lower leg, deliberate stick on stick away from play, indiscriminate stick on body in tackle, deliberate stick on body away from ball with light contact.

### *Red Card (Sent off for remainder of match).*

Deliberate use of body with injury likely and vicious stick on stick contact away from the ball.

*Red Card with Report (Sent off for remainder of match and reported to ACC Executive Officer)*

Deliberate use of body with injury likely where clear intent was assault, Vicious stick on body, punching opponent, head butting, pushing or chesting or threatening an umpire and striking an umpire.

8.3 For all send off penalties no replacements are allowed. Should the goal keeper be sent off, he may be replaced but the team will still play with one man down.

9 MODIFIED RULES – Year 7 Division 2 and Year 8 Division 2 competitions.  
The winning margin will be limited to 5 goals. Once the match is completed, the losing team's score will stand, but the winning team's score will be no more than 5 goals above that amount. For example, if one school has a final score of 1 goal and their opposition has a final score of 9 goals, then the result will be recorded as 1 goal to 6. Both coaches will need to agree on the reduced score before signing both score sheets.

## 10 MATCHPLAY FOR TIED RESULTS IN FINALS

### 10.1 Senior Hockey Grand Final

Should there be a tied result in the Senior Hockey Grand Final at the end of normal match time, teams will play extra time of two (2) 7.5 minute halves with teams changing ends at the beginning of each extra half. The "Golden Goal Rule" will apply whereby the team that scores the first goal in extra time will automatically win the game. If scores remain tied at the end of extra time a penalty shoot-out will occur (8 second rule). (14/11/14)

### 10.2 All Other Hockey Finals

Should there be a tied result in hockey finals at full time, a penalty shoot-out will occur (8 second rule). (14/11/14)



## 16. Soccer

The competition shall be conducted under the rules specified by Football Victoria, but with the following amendments.

### 1 OFFICIALS

- 1.1 Referees for matches at all Year Levels shall be appointed by the Executive Officer in conjunction with the nominated service provider. The service provider shall appoint referees as per the ACC schedule and arrange referee payments, with the Executive Officer invoicing the competing schools to cover the relevant costs. The service provider shall ensure that the appointed referees have undergone an induction process and that they are compliant with the Victorian Government legislative requirements for Child Safety.
- 1.2 Coaches are invited to complete a report on the referees' performance via the online feedback form.

### 2 ABANDONED GAMES

- 2.1 The referee must deem the pitch to be in a playable state before the game can proceed. (25/11/02)
- 2.2 If the game is abandoned due to the condition of the ground, the match shall be deemed drawn (18/11/11).
- 2.3 If a ground is not available for play, or the pitch is deemed unsuitable for play (see 2.1), then both teams shall be allocated one point as per a drawn game (18/11/11).
- 2.4 If the home side is unable to supply a ground then it is the prerogative of the visiting side to provide the ground prior to the fixture so that the Fixture can be met. If no satisfactory arrangement is made the match shall be awarded to the visiting side.

- 3 The finalists shall be decided on points and goal difference. The following points shall be awarded for each match: -

Win	3
*Forfeit/Bye	3
Draw	1
Loss	0

- 4 The coach of each team will fill in a team sheet and give a copy to the referee and opposing coach before the start of the game.

### 5 PLAYING NUMBERS

- 5.1 At Year 9, 10 and Senior, a team shall not be permitted to use more than five interchange players in any match including a substitute goal-keeper. (28/5/10)
- 5.2 At Yr 7 & 8, team numbers are unlimited provided that only eleven players are on the field at any one time. The names of all players are to be recorded on a team sheet before the match to notify the opposing coach of the number of players to be used. (11/10/04)

- 5.3 If a team is found to have more than 11 players on the soccer pitch the score of the offending team shall be forfeited, the team red carded and only 10 players will be allowed to remain on the pitch for the remainder of the game.(24/11/03).
- 5.4 Modified rules for Year 7 Division 2 and Year 8 Division 2, 3 & 4 competitions. The winning margin will be limited to **5 goals**. Once the match is completed, the losing team's score will stand, but the winning team's score will be no more than 5 goals above that amount. For example, if one school has a final score of 1 goal and their opposition has a final score of 9 goals, then the result will be recorded as 1 goal to 6. Both coaches will need to agree on the reduced score before signing both score sheets.

## 6 SEND-OFFS

- 6.1 Coaches must record the name and number of any player sent-off or reported during a match and provide same to the Referee to assist in the compilation of his report at the end of the match. Incident reports must also be submitted to your College Director of Sport who, if he judges the incident has brought the ACC into disrepute, must pass same onto the Executive Officer within three days of the fixture.
- 6.2 The Referee shall send off any player who displays behaviour that is deemed unsatisfactory. This includes (but is not limited to) swearing, disputing the Referee's decision, and any uncooperative or disruptive behaviour. The Referee must show a **YELLOW CARD**, signalling that the player is to be sent off for 15 minutes of playing time. If a player is sent off for a yellow card, an interchange player from the same team shall replace him immediately. Upon the same player being sent off with a yellow card for a second time in the same game, he shall be reported (red card) and shall remain off the field for the entire game and **MUST NOT BE REPLACED**. The Referee is responsible for estimating when the 15 minutes have elapsed. (24/11/08)
- 6.3 For reportable indiscretions (red card), the Referee shall report the offending player who is to be sent off for the remainder of the game and **MUST NOT BE REPLACED**. The Referee must show a **RED CARD**, signalling that the player is reported and is not to be replaced. In these instances, the Referee must complete the ACC Referee Report form regarding the incident. The Referee's Report must be forwarded to the appropriate Director of Sport who shall forward details of any such report to the Principal at the school of the player concerned and to the ACC Executive Officer. It is strongly recommended to the Principal that a player who is red carded is ineligible to compete in the following round of fixtured sport. (24/11/08)

## 7 The Home Team shall supply:

- 7.1 Two regulation size leather soccer balls. Seniors shall use a new ball.
- 7.2 Two goal nets fitted well back so as not to impede the goalkeeper's movements inside the goal-line.
- 7.3 Four corner flags on posts not less than 5 feet high and having a non-pointed top.

## 8 Each team shall supply one assistant referee (linesman) suitably attired.

## 9 The duration of the game shall be two equal periods of 45 minutes for Senior matches. Year 9 & 10 matches are to be played with two 35 minute halves, and Year 7 & 8 matches with two 30 minute halves.

10 EXTRA TIME FOR TIES IN FINALS

In the event of a tie in finals, two halves of 10 minutes is to be played. If still a tie after extra time then five penalty kicks will decide the winner.





**Soccer Coach's Checklist:**

Nets	
Corner Flags	
Linesman's Flags	
Whistles	
Drink Bottles	
First Aid Kit	
Ice & plastic bags	
Mobile Phone	
Valuables Bag	
Team Shirts / Shorts	
Oranges/ Drinks	
Match Ball	
Keys – Bus / Rooms etc.	
Linesmen	
Referee's Remuneration	
Score Sheet	
Statistics - Helpers etc.	
After Match Arrangements	

**Additional  
Comments:**

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## **17. Table Tennis**

1. The rules of Table Tennis Victoria will apply to ACC competition but with the following amendments.
2. Each rubber is to consist of 10 singles and 5 doubles matches of 5 fixed games played to 11 points with a maximum lead of two points to win the game (eg 11-9, 12-10 13-11). Players must complete all five sets for each match.
3. Each team may name up to 20 players for its team to maximise participation.
4. Each team must supply six new 40 mm table tennis balls for each rubber enabling each game to begin with a new ball.
5. Teams for each rubber must be declared before play commences for that rubber and the names of players entered on the score cards. Thus singles players will be seeded 1 to 10 and doubles combinations seeded 1 to 5. NB. Doubles seedings are independent of singles seedings.
6. All players must play against their relevant seeds in both singles and doubles matches.
7. All teams shall have reserve players so that if one of their members is injured he may be replaced (but not during a match) and all seeds move up one place in the team except in doubles where the reserve player can replace the injured player in his seed.
8. The winner of the rubber is determined by the highest number of matches won. Number of sets won for each team are to be recorded to assist with determining ladder rankings.
9. Points for ladders shall be determined as follows: 4 pts for win, 4 pts for bye, 4 pts and score of 10/0 for forfeit. Ladder percentage is from matches won/played and if teams are equal sets won/played. (11/10/04)
10. Games are umpired by the reserves of the schools competing. The results of each match are to be forwarded to the scorer. Each team will provide one scorer.
11. Correct service technique should be taught to all players prior to the season. ie Ball toss from flat palm of hand with the ball being struck on downward phase behind service line.



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## TABLE TENNIS SCORESHEET

Date \_\_\_\_\_ Yr Level \_\_\_\_\_ School \_\_\_\_\_ v \_\_\_\_\_

### SINGLES *Five fixed sets to 11 points with advantage of 2 points.*

Rank	Player	1	2	3	4	5	Games	Player	1	2	3	4	5	Games	
1															
2															
3															
4															
5															
6															
7															
8															
9															
10															
<b>TOTAL</b>								<b>TOTAL</b>							

### DOUBLES *Five fixed sets to 11 points with advantage of 2 points.*

Rank	Players	1	2	3	4	5	Games	Players	1	2	3	4	5	Games	
1															
2															
3															
4															
5															
<b>TOTAL</b>								<b>TOTAL</b>							

### RESULTS

\_\_\_\_\_ Matches \_\_\_\_\_ Sets DEF. \_\_\_\_\_ Matches \_\_\_\_\_ Sets  
Winning school

**Coaches' Signatures:** \_\_\_\_\_ Home \_\_\_\_\_ Away  
*BOTH teams to sign*

## 18. Tennis

The Tournament shall be conducted under the rules specified by Tennis Victoria but with the following amendments:

### 1 Matches

- 1.1 Each rubber is to consist of 8 singles and 4 doubles matches.
- 1.2 Each team may name up to 16 players for its team to maximise participation.
- 1.3 At the discretion of the home coach, doubles matches may be played before singles. (22/11/04)
- 1.4 The minimum number of players that constitutes a team shall be 4 players. In each rubber, a player can only play one singles match and one doubles match. Any matches unable to be played due to insufficient numbers shall be forfeited and awarded to the other team. In Year 9, 10 and Senior matches, each forfeit match score shall be 8-0. In Year 7 and 8 matches, each forfeit score shall be 6-0. (30/08/13)

### 2 Venue & Equipment

- 2.1 The home school will arrange the booking of courts and the provision of approved Tennis Australia tennis balls.
- 2.2 Two new balls per singles are supplied for the first match on each court used. (25/11/02)

### 3 Team Structure

- 3.1 Teams for each rubber must be declared before play commences for that rubber and the names of the players entered on the score cards. Therefore singles players will be seeded 1 to 8 and doubles combinations seeded 1 to 4. Doubles' seedings are independent of singles' seedings.
- 3.2 All players must play against their equivalent seeds in both singles and doubles matches.
- 3.3 All teams shall have reserve players so that if one of their members is injured he may be replaced (but not during a match) and all seeds move up one place in the team except in doubles where the reserve player can replace the injured player in his seed.

### 4 Scoring

- 4.1 For Years 9, 10 and Seniors, singles and doubles matches are to be played to one 8 game set.
- 4.2 For Years 7 and 8, singles and doubles matches are to be played to one 6 game set.
- 4.3 If a match reaches 8-8 in Years 9, 10 or Seniors, or 6-6 in Years 7 and 8 a tie breaker will be used to determine the winner.

## 5 Match Result

- 5.1 The winner of the rubber is determined by the highest number of sets won; if equal, by the highest number of games. If two teams in one rubber are equal on sets and games, the rubber is a tie.
- 5.2 Points for ladder shall be determined as follows: 4 pts for win, 2 pts for draw (including wet weather cancellation), 4 pts for bye, 4 pts and score of 8/0 for forfeit. Ladder percentage is from sets won/played and if teams are equal games won/played. (11/10/04)
- 5.3 The results of each match are to be forwarded to the scorer. Each school shall provide one scorer.

## 6 Weather Affected Matches

- 6.1 Wet Weather. If adverse weather conditions causes the abandonment of play, a school is awarded the rubber if it has attained an unbeatable lead (i.e. 7 out of 12 matches won).
- 6.2 If 50% or more of the matches for any draw are adversely affected by weather and are considered drawn, then ALL matches in that fixture shall be drawn regardless of any result achieved. All teams shall receive full match points on rounds affected by weather. Any match that has scores recorded shall have those scores count towards ladder points and percentage. (16/3/18)
- 6.3 Both coaches must agree on the unsuitability of the courts, either before play commences or during play.
- 6.4 If play is disrupted by wet weather, no more than 30 minutes is allowed for the courts to become suitable for use. If 30 minutes elapses without play, the rubber is abandoned.

## 7 Tennis Rules

- 7.1 If a team experiences difficulty with the interpretation or implementation of the rules then this should be brought to the attention of both colleges coaches who shall confer and watch the match in progress to ensure rules are implemented fairly.
- 7.2 If a school does not abide by the above rules, it will forfeit all points obtained in the infringed rubber.



# TENNIS SCORESHEET

Date \_\_\_\_\_ Yr Level \_\_\_\_\_ School \_\_\_\_\_ v \_\_\_\_\_

## SINGLES

Home Team \_\_\_\_\_ Away Team \_\_\_\_\_

Rank	Player	Games	Player	Games
1				
2				
3				
4				
5				
6				
7				
8				

## DOUBLES

Rank	Player	Games	Player	Games
1				
2				
3				
4				

## RESULTS

\_\_\_\_\_ Sets \_\_\_\_\_ Games DEF. \_\_\_\_\_ Sets \_\_\_\_\_ Games  
Winning school

Coaches' Signatures: \_\_\_\_\_ Home \_\_\_\_\_ Away  
*BOTH teams to sign*

## 19. Volleyball

1. The game is to be played according to FIVB rules but with the following amendments.
2. SCORING (11/3/16)
  - 2.1 The game is to be played over 3 fixed sets.
  - 2.2 The sets shall be played to 25 rally scoring points with a minimum lead of 2 point (ie. 26/24,27/25,...).
  - 2.3 The Scoring system for ladders is as follows:

Win	4
*Forfeit/Bye	4
Loss	0
  - 2.4 Semi finals and grand finals for Years 9, 10 and Senior matches shall be held as “Best of 5 Sets”. The fifth set (should it be required), shall be to 15 rally points with a minimum lead of 2 points (2/2/17)
3. PLAYING NUMBERS
  - 3.1 Teams may name up to a maximum of 12 players with six field players at any one time.
  - 3.2 Whilst it is preferable for teams to field the correct number of field players which is 6, games may go ahead with five field players providing that service rotation is adhered to. If a team has four or less players that team will record a forfeit loss result.
  - 3.3 Players not entered correctly on the score sheet at the start of play may not take the court.
4. B TEAMS
  - 4.1 Colleges must make every effort to field B teams. If for any reason B teams cannot be fielded by a College, the Executive Officer and the opposing College must be notified at least 24 hours prior to the proposed fixture.
  - 4.2 In order to allow maximum participation, A teams shall play first followed by B team fixtures. Players may only play in one game per day and therefore may not play in both A and B matches.
5. ADDITIONAL RULES
  - 5.1 Any part of the body may contact the ball, including kicking the ball.
  - 5.2 In the first hit of a side's three hits, contact with the ball is given far greater latitude. Multiple contact by the first player is allowed if it was not deliberate e.g. the ball cannons off the arms and into the face.
  - 5.3 If when serving, the ball touches the net and passes to the opposite side, the let service is deemed as being in play and play may continue.

- 5.4 A player interferes with play by (amongst others)
- touching the net between the antennae or the antenna itself during his action of playing the ball,
  - using the net between the antennae as a support or stabilizing aid
  - creating an unfair advantage over the opponent by touching the net
  - making actions which hinder an opponent's legitimate attempt to play the ball,
  - catching/holding on to the net - any player close to the ball as it is played and who is himself trying to play it, is considered in the action of playing the ball, even if no contact is made with it.

However, touching the net outside the antenna is not to be considered a fault. (17/11/17)

#### 5.5 ASSISTED HIT

Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to hit the ball. However, a player who is about to commit a fault (touch the net or cross the centre line, etc.) may be stopped or held back by a team-mate. (17/11/17)

### 6 REFEREES

6.1 The Referee shall send off any player who displays behaviour that is deemed unsatisfactory. This includes (but is not limited to) swearing, disputing the Referee's decision, and any uncooperative or disruptive behaviour. The Referee must show a YELLOW CARD, signalling that the player is to be sent off for 15 minutes of playing time. If a player is sent off for a yellow card, an interchange player from the same team shall replace him immediately. Upon the same player being sent off with a yellow card for a second time in the same game, he shall be reported (red card) and shall remain off the court for the entire game and **MUST NOT BE REPLACED**. The Referee is responsible for estimating when the 15 minutes have elapsed. (5/6/09)

6.2 For reportable indiscretions (red card), the Referee shall report the offending player who is to be sent off for the remainder of the game and **MUST NOT BE REPLACED**. The Referee must show a RED CARD, signalling that the player is reported and is not to be replaced. In these instances the Referee must complete the ACC Referee Report form regarding the incident. The Referee's Report must be forwarded to the appropriate Director of Sport who shall forward details of any such report to the Principal at the school of the player concerned and to the ACC Executive Officer. (5/6/09)

### 7 SUBSTITUTIONS

7.1 In years 7 and 8 coaches may choose either orthodox or unorthodox substitution. The coach cannot use a combination of the two.

7.2 Orthodox Method. The substitution of players only occurs when the ball is dead. The two players involved in the substitution are then linked for the set. The substituted player is only allowed to take the court when his linked player (currently on court) goes to the bench, i.e. the original substitution is reversed. A third player can also be linked to the pair if he is on the bench waiting and has not previously been on court in another position. This would mean that if the third player takes the court position the other two linked players have to be on the bench.

- 7.3 Unorthodox method. The coach may choose to rotate players when they come to serve i.e. as the team rotates, the player who was about to serve goes to the bench and another player comes from the bench to serve.
- 7.4 For Years 9 and above the orthodox method of substitution must be used.
8. Equipment: The match ball is to be supplied by the host school. A suitable indoor court with correct markings and net should be supplied by the home team.
9. Height of Net: The height of the net shall be 2.35m for Senior and Year 10, 2.24m for Year 9 and 8, and 2.15m for Year 7.
10. If 50% or more of the matches for any draw are adversely affected by weather and are considered drawn, then ALL matches in that fixture shall be drawn regardless of any result achieved. All teams shall receive full match points on rounds affected by weather. (16/3/18)



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## VOLLEYBALL SCORESHEET

**Date** \_\_\_\_\_ **Yr Level** \_\_\_\_\_ **School** \_\_\_\_\_ **v** \_\_\_\_\_

No.	Players name	No	Player's name

**Home Team** \_\_\_\_\_

**Away Team** \_\_\_\_\_

**FIRST SET**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**SECOND SET**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

**THIRD SET**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

### RESULT

\_\_\_\_\_ Sets \_\_\_\_\_ Total Pts DEF. \_\_\_\_\_ Sets \_\_\_\_\_ Total Pts  
Winning school

**Coaches' Signatures:** \_\_\_\_\_ **Home** \_\_\_\_\_ **Away**  
*BOTH teams to sign*

### REFEREE'S REPORT

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**REFEREE Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_

## 20. ACC Fixtured Sport Ladder Indices

SPORT	RECORDED SCORES	ALLOCATED LADDER POINTS & SCORES					Forfeit Scores	WHEN EQUAL ON POINTS
		Win	Draw	Loss	Bye	Forfeit		
Basketball	points	4	NA	0	4	4	High / Low*	%
Cricket	wickets/runs	6	3	0	6	6	High / Low*	wickets/runs ratio
Football	points	4	2	0	4	4	High / Low*	%
Hockey	goals	4	2	0	4	4	High / Low*	goal difference
Soccer	goals	3	1	0	3	3	High / Low*	goal difference
Table Tennis	matches/sets	4	NA	0	4	4	High / Low*	matches/sets won
Tennis	sets/games	4	2	0	4	4	High / Low*	sets won/played ratio /games for/agt ratio
Volleyball	sets/points	4	NA	0	4	4	High / Low*	sets won/played ratio then points f/a ratio

\* For all sports the forfeit scores shall be determined by the winning team receiving the highest score achieved for the round in the same fixture, and the losing team awarded the lowest score achieved for the same fixture. (11/11/16)

## 21. General ACC Carnival Rules

### 1. CARNIVAL DIVISIONS.

- 1.1 For Athletics, Swimming and Cross Country, Colleges will compete for points in their own Divisions. A Division Two College cannot win a Division One Aggregate Award. Division make up of Carnivals are detailed below. (25/11/02)

#### Athletics (2022)

Div One: DLS, PAR, SAL, SBM, SJG, WFD

Div Two: EMM, MAZ, SBE, SIM, SJF, SMC, SPC

The school finishing last in Division 1 will be relegated to Division 2 for 2023, with the school finishing first in Division 2 promoted to Division 1 for 2023.

#### Swimming (2022)

Div One: DLS, PAR, SBE, SBM, SJG, WFD

Div Two: EMM, MAZ, SAL, SIM, SJF, SMC, SPC

The school finishing last in Division 1 will be relegated to Division 2 for 2023, with the school finishing first in Division 2 promoted to Division 1 for 2023.

#### Cross Country (2022)

Div One: DLS, PAR, SAL, SBE, SBM, SJG, WFD

Div Two: CBC, EMM, MAZ, SIM, SJF, SPC

Promotion and relegation between divisions will only occur in Cross Country if the last placed team in Division 1 has a higher aggregate score than the first placed team in Division 2 (ie a lower score is a better result in Cross Country).

### 2. AGE LIMITS

- 2.1 Age groupings for swimming, athletics and cross country shall be taken from 1st January of the current year. eg. To be eligible for the Under 14 category a student will turn 14 years of age during the year. The age limit for Open competition shall be under 19 before 1st January of the current year.
- 2.2 Primary School students from ACC Colleges may participate in any Carnival subject to clearance by ACC Executive Officer. (15/4/02)

### 3. COMPETING ACROSS AGE GROUPS.

- 3.1 In Swimming, Athletics and Cross Country, a representative must compete in his own age group or an age group above determined by his date of birth, except in an event which is not provided for in that age group, in which case he may compete in that particular event in the next higher age group, which offers it. (11/10/04)
- 3.2 Should a school wish to place a student in an age group higher than for which he is eligible, that student must remain in that age group for that particular carnival (11/10/04)

4. PROTEST COMMITTEE.

Protests regarding events shall be in writing and given to the Executive Officer or the appointed Event Manager within fifteen minutes of the result of the disputed event. If the protest involves schools in Division 1, then the protest committee shall comprise no less than four Directors of Sport from Division 2. If the protest involves schools in Division 2, then the protest committee shall comprise no less than four Directors of Sport from Division 1. The Protest committee shall seek advice from relevant officials concerning the protest but will make the final decision. The decision of this protest committee shall be final with the presiding Executive Officer having a casting vote in the case of equal voting.

5. CHANGE OF DATES.

Should an urgent situation that suggests the need to change the date of a carnival become known to a Director of Sport or Principal in the final 48 hours before its scheduled commencement, the Executive Officer shall be notified immediately; and he will notify the President, who will consult, as far as possible, with the Principal of each participating College and resolve the matter as early as possible. If the date of a Carnival has to be changed, the new date must be mutually agreed to by the Principals of all competing schools.

6. UNIFORM.

Each College shall see that its competitors are attired in the appropriate athletic uniform.

7. SPECTATOR CODE OF CONDUCT (26/11/18)

7.1. All spectators at ACC events are expected to abide by the Code of Conduct that has been approved by Principals. This policy applies to current students, former students, staff members, parents and members of each school community. It is the responsibility of each individual school to pro-actively address expectations around spectator behaviour, to closely supervise the members of their school community at each event and to address any behaviour in breach of the Code of Conduct.

7.2. Spectators at ACC sporting events must respect the rights, dignity and worth of all participants and other spectators, focusing on the enjoyment of sport and the effort of each participant.

7.3. CHAMPIONSHIP EVENTS

The traditional “cheer squads” are no longer part of the accepted spectator policy for ACC championship events. Schools are welcome to have groups of student spectators in attendance, providing the following criteria is met:

7.3.1. The ACC Sport Spectator Group application form is completed online (<https://form.jotform.co/81717521976869>) at least a week prior to the event;

- 7.3.2. Detailed information is provided in that application, including the anticipated number of students, transport arrangements, staff supervision details and contact information;
- 7.3.3. Approval is granted by the Executive Officer;
- 7.3.4. Either full school dress uniform OR full school sports uniform is worn by each student (no dress ups, costumes or old / ripped uniform items to be worn);
- 7.3.5. Spectators are not permitted to have loud hailers, whistles, drums, trumpets or any other musical instruments;
- 7.3.6. Strict silence at the start of each event is essential. Courtesy should be shown at all times during announcements, especially for the presentations of trophies;
- 7.3.7. Each school is to take responsibility for the cleanliness of their area. Students should be asked to clean up their areas prior to leaving;
- 7.3.8. Each College shall ensure student spectators and staff remain for final presentations;
- 7.3.9. After finalisation of results, no students are to enter the venue presentation area unless invited to do so for official group photographs.

#### 7.4. SCHOOL BASED ACC EVENTS

It is suggested that the home school arranges a representative (student or staff member) to welcome visiting teams when they arrive and guide them to the relevant sporting venue. Every visitor should be made to feel welcome and should not be subject to a negative experience when visiting another school. This role could be allocated to the staff member on yard duty (provide them with prior notice), or a non-playing student that is involved with the home team.

- 7.4.1. **EXPECTATIONS AROUND ACC COMPETITION** Whilst sport is based on competition between individuals or teams, that competitive element should not be the overriding factor in the school sport environment. Conduct of the team and each person associated with the team plays a critical role in the success of ACC sport. There are strict rules about student behaviour and also rules governing the conduct of coaches and spectators. These rules can be found on the ACC website under: SPORTS & EVENTS / Codes of Conduct. It is vital that these guidelines for conduct are adhered to.
- 7.4.2. **STAFF SUPERVISION – SPECTATORS** The supervision of student spectators is an important part of making visitors feel welcome at your school. Our sporting program does not encourage a tribal mentality, and the home school students should never try to create an intimidating environment for visiting teams. Active supervision by your school's staff and student leaders will help to create an enjoyable atmosphere for all concerned. One of the great aspects of sport is the active involvement of spectators. Their support can add significantly to the sporting experience of the players, but adversely can also distract them from "focussing on the ball" and at times encourage actions that do not align with our focus on fair play and sportsmanship. The conduct of one or two individuals can reflect very poorly on your entire school community. Play your part in upholding

the reputation of your school and actively monitor the conduct of those around you. (26/11/18)

8. SEATING ALLOCATION FOR SCHOOLS.

For Swimming and Athletics, the Executive Officer will ensure that allocated seating positions for Schools are rotated at least three positions in a clockwise direction each year.

9. MOST IMPROVED AWARD

The “Most Improved Award” is awarded to the school with an enrolment under 1000 students based on the difference in the average point score over the preceding three years and the points achieved at the current year’s event. The school with the greatest increase is to be presented with a banner at the conclusion of the Athletics & Swimming Carnival.

## 22. Athletics

1. The meeting shall be held under the auspices of Athletics Victoria. The rules shall be those of Athletics Victoria, except where stated below.
2. Aggregate Awards
  - 2.1 The Old Collegians' Shield shall be presented to the Division One College scoring highest aggregate points and shall be held by the College until the next Carnival.
  - 2.2 The Division Two Cup shall be presented to the Division Two College scoring highest aggregate points and shall be held by the College until the next Carnival.
3. Senior Cups for Division One and Two shall be presented to Colleges scoring highest points for their respective division in Open, Senior and Under 17 events.
4. Intermediate Cups for Division One and Two shall be presented to the Colleges scoring highest points for their respective Division in Under 16 and 15 events.
5. Junior Cups for Division One and Two shall be presented to the Colleges scoring highest points for their respective Division in Under 14 and 13 events.
6. Entries shall be with the Executive Officer at a date to be determined by the Committee.
7. EVENTS
  - 7.1 Each College may enter one competitor in all events. As Colleges will be competing in separate Divisions there is no need for heats and all events shall be finals.
  - 7.2 Events shall be:
    - Under 13: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 80m Hurdles, Shot Put, Triple Jump, Discus.
    - Under 14: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 90m Hurdles, Shot Put, Triple Jump, Discus.
    - Under 15: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 100m Hurdles Shot Put, Triple Jump, Discus.
    - Under 16: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 100m Hurdles, Shot Put, Triple Jump, Discus.
    - Under 17: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 110m Hurdles, Shot Put, Discus, Triple Jump.
    - Senior: 100m, 200m, 400m, 800m, 1500m, Long Jump, High Jump, 4 x 100m Relay, 110m Hurdles, Shot Put, Discus, Triple Jump.
    - OPEN: 3000m, 4 x 400m Relay.
  - 7.3 Separate events will be held for Division One and Two Colleges, except for 800m and 1500m events for all age groups, as well as the 3000m open event.
  - 7.4 In order to fit all the track events into one day, races for the 800m and 1500m events for all age groups and the 3000m open race will have Colleges from both Division One and Two racing together. Competing athletes from Division Two schools will wear identifying clothing to show athletes and spectators who their College is competing against. Aggregate points scored for these races will be based on rankings in each Division. E.G. A Division Two runner who finishes 4<sup>th</sup> overall but is the

highest ranking Division Two runner will receive maximum points in Division Two for this race.

8. SCORING

8.1 Points for all events shall be:

<u>Division 1</u>		<u>Division 2</u>	
1st	7	1 <sup>st</sup>	8
2nd	5	2 <sup>nd</sup>	6
3rd	4	3 <sup>rd</sup>	5
4th	3	4 <sup>th</sup>	4
5th	2	5 <sup>th</sup>	3
6th	1	6 <sup>th</sup>	2
		7 <sup>th</sup>	1

8.2. In the event of an entrant being disqualified, he shall record points relative to the final placing of that event. If more than one entrant is disqualified from an event, the remaining points for that event shall be shared. (19/4/04)

9. No person connected with the coaching and/or training of any competitor shall be permitted to judge any event in which that competitor takes part. No competitor or any school pupil shall be permitted to act as a Field or Track Official.

10. Officials and competitors only are allowed on the arena during the progress of the Carnival. Officials, while on arena, must not coach or advise competitors.

11. Coaches or staff members that assist competitors on the arena during the progress of the Carnival risk having their athlete disqualified. This includes assistance in marking out relay changeovers.

By-Laws

1. On the day of the Carnival alterations may be made to the names of Competitors appearing in the printed program provided that the Event Manager (or other official appointed for the purpose) is notified, in writing, prior to the event.

2. HIGH JUMP

2.1 High Jump starting heights shall be as follows:

Senior	1.50m
Under 17	1.45m
Under 16	1.40m
Under 15	1.35m
Under 14	1.25m
Under 13	1.20m

2.2 In all High Jump events the first three rises shall be five centimetres each.

2.3 All remaining rises shall be at the Judge's discretion.

3 In Long Jump, Triple Jump and Shot Put events, each competitor shall have **four** attempts to record their best distance with at least one warm up jump / throw. In Discus events, each competitor shall have **three** attempts to record their best distance with at least one warm up throw. (8/6/18)

- 4 Shot Puts shall be supplied by Athletics Victoria with weights as follows:-  
 Senior & Under 17: 5 kg  
 Under 16 & 15: 4 kg  
 Under 14 & 13 3 kg

- 5 Discus shall be supplied by Athletics Victoria with weights as follows :  
 Senior & Under 17 1.5 kg  
 Under 13, 14, 15 & 16 1.0kg (2/9/11)

- 6 Hurdles specifications shall be as follows:

ACC Age	Colour Mark	Dist.	No & Hurdle Ht	Dist to First Hurdle	Dist. b/t Hurdles	Dist. to End
U/13	black	80m	9 x 76.2cm	12m	7m	12m
U/14	white	90m	9 x 76.2cm	13m	8m	13m
U/15 / 16	yellow	100m	10 x 84cm	13m	8.5m	10.5m
U/17 / Senior	red	110m	10 x 91.4cm	13.72m	9.14m	14m

- 7 Competitors' spikes may not be longer than 6mm Triangular Blunt Element or 5mm Needle.
- 8 Lanes for all track events will be randomly allocated.
- 9 Each College shall provide three competent adults to act as Officials in capacities to be determined by the Executive Officer. These persons are not to be required to act as Coaches, Team Managers etc., in any way with any College during the running of the Carnival.
- 10 If the Athletics Carnival, by decision of the President on the advice of two other ACC Principals, is halted while in progress due to excessively inclement weather, the program will be completed on an agreed future date. If the Referee determines that an individual event or individual events not be held, this will not prevent the conclusion of the Carnival on that day.

## **23. Cross Country**

1. The Championships shall be held before the end of the Third Term.
2. Teams shall consist of not more than ten competitors per age group. The first six members to finish shall gain points. Each College shall field one team in each age group. Age groups shall be - Senior, Under 17, Under 16, Under 15, Under 14, Under 13.
3. Course
  - 3.1 The Carnival organiser will ensure that all Colleges will have an equal and fair opportunity at the race start and for the duration and finish of each race.
  - 3.2 At the start, Division One and Two schools are to be lined up in two separate groups on the starting line with schools to be rotated within those groups one space after each race.
  - 3.3 Should any student be found guilty of cheating or cutting off parts of the course the official protest committee shall have the power to add 50 points to the aggregate score total of the student's offending team.
4. Aggregate Awards
  - 4.1 The Phil Hackett Cup for Division One shall be presented to the College gaining least aggregate points. (26/11/07)
  - 4.2 A Championship Cup for Division Two shall be presented to the College gaining least aggregate points from those Colleges.
5. Section Awards & Medallists
  - 5.1 The Brother Joseph Bouchard (Division One Senior) Perpetual Cup will be presented to the school gaining the least number of points for Division One in the Senior and U 17 divisions. The Division Two Senior Cup will be presented to the school gaining the least number of points for Division Two in Senior and U 17 divisions.
  - 5.2 The Martin Hickey (Division One Intermediate) Perpetual Cup will be presented to the school gaining the least number of points for Division One in the U.16 and U.15 divisions. The Intermediate Division Two Cup will be presented to the school gaining the least number of points for Division Two in the U.16 and U.15 divisions.
  - 5.3 The James Delahunt (Division One Junior) Perpetual Cup will be presented to the school gaining the least number of points in the U.14 and U.13 divisions. The Division Two Junior Perpetual Cup will be presented to the school gaining the least number of points for Division Two in the U.14 and U.13 divisions.
  - 5.4 Medals shall be presented to the first three place getters in each age group, irrespective of division. These medals are presented in lieu of having no official records with Cross Country (18/11/11).
6. The Senior, Under 17 and Under 16 events will be contested over a course of 5000m. The Under 15, 14 and 13 events shall be contested over a course of 3000m

7. Starting times for events are to be determined by the carnival organiser:
8. In the case of any team not having a full team of six competitors finish the race, each non-competitor will be awarded the points of last place plus one point. For e.g. If there are 73 competitors in a race and one school has one competitor short, then that non-competitor will be allocated 74 points. The same points allocation would also apply if a team had two or more competitors short in that race. (6/6/08)
9. Competitors are not permitted to wear spikes.
10. No sports equipment (EG balls/bats) is allowed at the Cross Country and boys are to be instructed about this prior to the Carnival. (25/11/02)

## 24. Swimming.

- 1 The Swimming Carnival shall be held in Term 1.
2. The Carnival shall be held under the auspices of Swimming Victoria. The Rules shall be those of Swimming Victoria, unless otherwise stated hereunder.

### 3. EVENTS

#### 3.1 Events shall be:

U13: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

U14: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

U/15: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

U/16: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

U/17: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

Sen: 50m Freestyle, Breaststroke, Backstroke, Butterfly, 4 x 50m Relay, Medley Relay.

Open: 200m Freestyle.

\*All of the above events will be staged for Division One. For Division Two all of the above events will be staged with the exception of U13, U15 and U17 medley relays.

3.2 For Division One and Two, each College may enter two competitors in each of 50m freestyle, breaststroke and backstroke, but only one competitor in butterfly, 200m open freestyle and all relays.

3.3 Colleges may have only one competitor in the "A" race and one competitor in the "B" race.

4. Intention to compete in each event category must be lodged with the Event Manager at a date to be fixed at the first meeting of the year.
5. All Colleges must lodge with the Event Manager, final team lists, at least 10 minutes prior to the commencement of competition. Alterations to team lists in the event of illness or injury must be lodged with the Event Manager at least 10 minutes prior to the event.
6. The time between events shall be determined by the Event Manager.
7. LANE ALLOCATIONS. Each College will be allocated a specific lane designated by a sign indicator for each Swimming Carnival on a rotation basis from year to year. (15/7/02)
8. FALSE STARTS. There are no false starts allowed. If a false start occurs, the offending swimmer(s) will not be notified of disqualification until the end of the race with the race being completed as normal.

9. UNIFORM. Colleges must wear caps in school colours and appropriate swim wear. The Chief Check Starter, in consultation with the Swimming Victoria Referee, shall not allow a student to compete unless they are correctly attired in their school swimming cap and Swimming Victoria approved bathers. Provision will be made for schools to leave spare swimming caps behind their allocated lane in order to avoid swimmer disqualification. (5/6/09)
  
10. SCORING.
  - 10.1 Points for events shall be as follows (first place through to last):
 

Division 1	
“A” events	13, 11, 10, 9, 8, 7
“B” events	6, 5, 4, 3, 2, 1
Division 2	
“A” events	15, 13, 12, 11, 10, 9, 8
“B” events	7, 6, 5, 4, 3, 2, 1
  
  - 10.2 In the event of a swimmer being disqualified, he shall record points relative to the final placing of that event. If more than one swimmer is disqualified from an event, the remaining points for that event shall be shared.
  
11. Protests regarding events shall be lodged by the College Director of Sport in writing with the Executive Officer (or other person appointed for the purpose) within fifteen minutes of the announcement of the result of the disputed event. Such protests shall be decided by Swimming Victoria Officials. The result of the protest shall be forwarded to the particular Director of Sport as soon as the result has been determined. (30/5/14)
  
12. Aggregate Awards
  - 12.1 The Walsh Shield shall be presented at the Carnival to the team scoring highest aggregate points in Division One, and shall be held by the winner until the next Carnival.
  
  - 12.2 The Division Two Cup shall be presented at the Carnival to the team scoring highest aggregate points in Division Two, and shall be held by the winner until the next Carnival.
  
13. Section Awards
  - 13.1 Senior Cups for Division One and Two shall be presented to Colleges scoring highest points for their respective division in Open, Senior and Under 17 events.
  
  - 13.2 Intermediate Cups for Division One and Two shall be presented to the Colleges scoring highest points for their respective Division in Under 16 and 15 events.
  
  - 13.3 Junior Cups for Division One and Two shall be presented to the Colleges scoring highest points for their respective Division in Under 14 and 13 events.
  
14. Officials
  - 14.1 Each College shall provide three competent adults to act as Officials in capacities to be determined by the Event Manager. These persons are not to be required to act as coaches Team Managers, etc. in any way with any College during the running of the Carnival.

14.2 All officials must carry standard ACC identification as required by the Event Manager.

## 25. Chess

### Competition Format

The Open Chess Championship is open to any student from Year 12 and below to represent their college. The Intermediate Chess Championship is open to any student from Years 9 & 10 to represent their college. The Junior Chess Championship is open to any student from Years 7 & 8 to represent their college.

#### **EVENT SCHEDULE**

9.30am	Arrive and Set Up
10.00am	Round 1
10.30am	Round 2
11.00am	Morning Tea
11.15am	Round 3
11.45pm	Round 4
12.15pm	Round 5
12.45pm	Lunch
1.10pm	Round 6
1.40pm	Round 7
2.15pm	Presentations
2.20pm	Departure

### Divisions

Schools are allocated to a division based on results from the previous year's event, with each division comprising either 7 or 8 teams of up to 10 players. All participants compete in each round. The team finishing last in Division 1 shall move to Division 2 for the following year and the winning team from Division 2 shall be promoted.

### Player Registrations

The chess coach from each school will be provided with login details for the Tornado website for the ACC tournament. Additional places may be opened up for schools to register more players following that deadline, depending upon the total number of players entered. The team coach / manager must report to the score table upon arrival at the venue to confirm all registration details. Changes can be made up to the start of the competition.

### Competition Rules

1. Each school is to bring a team of players with a minimum of 4 players and a maximum of 10 players per team. Additional players may be entered following the registration deadline – to be decided at the discretion of the tournament director.
2. The tournament will be run according to the Swiss format. The goals of this format are:
  - a) Each round, players play against opponents of a similar ability to themselves
  - b) Never play the same player twice

- c) Balance the players games with black and white
  - d) All players will play 7 games
3. The player who wins the game must report the score to the score-table. If it is a draw, both players must report their scores. Players who lose are not required to report scores.
  4. Results are scored as follows; 1 point for a win, ½ for a draw, and 0 for a loss.
  5. At the start of each round the pairings will be posted in an accessible display area in the venue. Players listed on the left-hand side will be White and players on the right-hand side will be Black. These details will be also be updated live online throughout the tournament – participants can access this information by clicking on the Tornelo link: <https://au.tornelo.com/tournaments/acc-chess>
  6. After each round players will be re-ranked and matched according to the number of games they have won. (eg. a player with 3 wins will play someone else with 3 wins).
  7. Players from the same team will not play against one another (an exception can be made at the arbiter's discretion for two players who have not yet scored a win).
  8. Normal rules of chess apply including the touch move rule, castling, en passant etc. N.B. The King must be touched first when castling, not the rook.
  9. Spectators are not to talk to players while they are playing. If spectators talk it is the responsibility of the players to notify the arbiter who will remove the spectators.
  10. If there is a dispute it is the responsibility of the player to notify the arbiter at the time of the dispute, NOT AFTER THE EVENT.
  11. The duration of each game is 30 minutes i.e. 15 minutes per player. At the end of a game, set up the chess pieces again.
  12. At the end of 7 rounds, final team placings will be determined by the SUM of the TOP 4 scores for each team. A separate award will be presented for Division 1 and Division 2.
  13. An arbiter, clocks, chess boards and pieces will be provided by Chess Kids.

## 26. DEBATING

### Preamble

The Intermediate Debating Championship is open to any student from Year 9 & 10 to represent their college. The Junior Debating Championship is open to any student from Year 7 & 8 to represent their college. It is expected that all participants will compete with the spirit that is compatible with the ACC ethos “Excellence, Honour and Fairness”.

### Event Organisation

1. Schools shall provide their own nametags for players and staff.
2. The host school shall provide:
  - A suitable venue with up to 7 class rooms and theatre/hall for briefings and presentations
  - Specifically allocated bus parking space
  - Ample tables and chairs for competitors, reserves, staff and spectators
  - Students for computer results entry
  - Media presentation of results during appropriate breaks
  - Laptop and printer for collation and printing of results
  - A microphone/PA system
  - An official welcoming and presentation speech
  - Morning tea and lunch for adjudicators, staff and visiting dignitaries. Students to BYO lunch
3. ACC Executive Officer to arrange DAV adjudicators for competition

### Competition Format

1. Each participating school shall have one team consisting of a maximum of six students from with three speakers for any one debate.
2. There shall be two divisions with competing teams being placed into either Division One or Two subject to their school’s placing in the previous year’s competition and the number of teams competing.
3. Each school shall have ONE affirmative in the first two set rounds with the first named team in the draw having the affirmative.
4. Each speaker will be allowed 3-4 minutes for Juniors and 4 -5 minutes for Intermediates.
5. Debates shall follow DAV guidelines. DAV adjudicators will awards points to teams according to standard set procedures. A win will score 2 pts. Marking scheme shall be as follows:- Matter - 40, Manner - 40, Method - 20 = 100 per speaker.
6. For the advised topic students can bring in newspapers and other pertinent information to assist with their preparation. All team members can assist with debate development during preparation time for the advised topic, however teachers are not permitted to assist the students during this preparation time. Electronic devices are not to be used for gathering information.

7. Power pairings will occur for Debate Three. These pairing will be set at the end of Debate Two according to the number of wins/losses and total number of marks scored in the first two set debates.
8. At the end of Debate Three, the team with the highest points score for wins/losses shall be judged champion school. If two or more teams are equal on points the team with the highest total marks over the three debates will be judged the champion school and will receive banner and pennants. Pennants will be awarded to the highest ranking Division One and Two schools.
9. Under DAV guidelines, no electronic device shall be used in the delivery of a speech.
10. ACC Executive Officer to confirm entries and advise participating Colleges of draw along with prepared and advised topics at least one week prior to competition. DAV will be used as advisor for appropriate debate topics.

### **Intermediate Debate Program**

- 10.00 am: Debate One Prepared topic
- 10.35 am : Break
- 10.50 am: Advised debate topic wording is released and preparation time allowed
- 11.30 am: Debate Two Advised topic
- 12.05 am: Lunch break
- 12.35 pm: Secret debate topic released and preparation time allowed
- 1.25 pm: Debate Three Secret Topic TBA on the day
- 2.00 pm: Presentations/finish.

### **Junior Debate Program**

- 10.00 am: Debate one - Prepared Topic
- 10.45 am Break
- 11.15 am: Debate two - Prepared Topic
- 12.00 pm: Lunch break
- 12.30 pm Advised debate topic wording is released and preparation time allowed.
- 1.20 pm: Debate three - Advised Topic
- 2.00 pm: Presentations/finish.

## 27. PUBLIC SPEAKING

### Preamble

The Intermediate Public Speaking Championship is open to any student from Year 9 & 10 to represent their college. The Junior Public Speaking Championship is open to any student from Year 7 & 8 to represent their college. It is expected that all participants will compete with the spirit that is compatible with the ACC ethos “Excellence, Honour and Fairness”.

### Event Organisation

1. Schools shall provide their own name tags for players and staff.
2. The host school shall provide:
  - A suitable venue with up to 7 class rooms and theatre/hall for briefings and presentations
  - Specifically allocated bus parking space
  - Ample tables and chairs for competitors, reserves, staff and spectators
  - Students for computer results entry
  - Media presentation of results during appropriate breaks
  - Laptop and printer for collation and printing of results
  - A microphone/PA system
  - An official welcoming and presentation speech
  - Morning tea and lunch for adjudicators, staff and visiting dignitaries. Students to BYO lunch
3. ACC Executive Officer to arrange DAV adjudicators for competition

### Competition Format

1. Each participating school shall have one team consisting of FOUR students from Years 9-10 (Intermediate) and Years 7-8 (Junior).
2. Each participant will complete two speeches. Two students will participate in rounds 1 (prepared) & 3 (prepared), whilst the other two participants will compete in rounds 2 (prepared) & 4 (impromptu).
3. The topics for the prepared speeches are at the discretion of the speaker in consultation with their teacher. The topics for the impromptu speeches will be provided by the ACC. Each participant in the impromptu round will select three secret topics from a box and will then choose one of those topics for his speech. Once that topic has been chosen it will not be reused, but the two topics not used will be put back into the box. Each participant will have five minutes preparation time before they must commence their speech. Notes can be made during this preparation time, but the students are not allowed to receive any assistance from other students or their teacher.
4. Each speaker will be allowed 3 - 4 minutes for prepared speeches and 2 – 3 minutes for impromptu speeches, with a knock given 30 seconds prior to their time expiring.
5. All speeches will be awarded points by independent adjudicators from the DAV. The marking scheme shall be as follows:- Matter – 50 Manner – 50 = 100 points per speaker.

6. At the end of the fourth round (impromptu speeches), all points from the four rounds will be tallied and the team with the highest points score shall be judged champion school. If two or more teams are equal on points, the team with the highest individual score from the four rounds will be judged the champion school and will receive the banner and pennants.
7. A banner will be presented to the Champion school from both Division 1 and Division 2.
8. Division One shall consist of – Top six Division One schools and top Division Two school from previous year’s ACC Championship.
9. Division Two shall consist of – Bottom five Division Two schools and bottom Division One school from previous year’s ACC Championship.
10. The competition draw for Division One and Two shall be completed by ACC Executive Officer.

**PUBLIC SPEAKING COMPETITION PROGRAM**

- 10:00 - 11:00 Welcome & First Round - prepared speech
- 11:00 - 11:20 Recess break
- 11:20 - 12:00 Second Round - prepared speech
- 12:00 - 12:30 Lunch break
- 12:30 - 1:15 Third Round - prepared speech
- 1:15 - 2:00 Fourth Round - impromptu speech
- 2:00 Presentations

## **28. GOLF**

### **Preamble**

The Open Golf Championship is open to any student from Year 12 and below to represent their college. The Junior Golf Championship is open to any student from Year 10 and below to represent their college. It is expected that all participants will compete with the spirit that is compatible with the ACC ethos "Excellence, Honour and Fairness".

### **Tournament Organisation**

The competition shall be conducted under the rules laid down by the Royal and Ancient Golf Club of St. Andrews. The Local Rules for the Course will be displayed outside the Professional's Shop and should be checked by all competitors.

There will be two divisions, with the schools in each division determined by their placing in the previous year's tournament. Division 1 shall include the top five schools from the previous year and the winning school promoted from Division 2. The last placed school in Division 1 shall be relegated and compete in Division 2. (2/9/05)

The ACC will arrange the booking of tee times. Each school will be notified of these details and final results will be announced on the day and forwarded to all competing schools thereafter.

### **Rules of Play**

#### **1 Teams**

- 1.1 Each team shall consist of a minimum of 4 players and a maximum of 8 players. (30/1/14)
- 1.2 The winner of the day will be the school that has the lowest total for their best four scores. In the event of a tie, the fifth, sixth, seventh and eighth scores will be used in order to decide the winner. If a tie still exists, there will be joint winners. (30/1/14)
- 1.3 Colleges must submit their team lists in writing a minimum of one week prior to the event. No late entries will be accepted.
- 1.4 To return a valid card, each player must play 18 holes under stroke conditions.

#### **2 Competition**

- 2.1 The competition organiser will provide all teams with individual score cards and tee-off times. Players are responsible for being ready to play at their appointed time and keeping their partner and their own scores correctly. Incorrectly signed scorecards will result in disqualification.
- 2.2 Two or more tees may be used to start the event at the discretion of the organiser.
- 2.3 In the event that the course is deemed unsuitable for play, the organiser will notify all participating schools that the event will be rescheduled to a later date.
- 2.4 If adverse weather conditions occur refer to ACC Rules for Student Safety.

3. The competition organiser will be the referee for the day and he will decide the result of any disputes.

**4. ACC COMPETITION GUIDELINES: *The following guidelines are applicable for the ACC Open and Junior competitions.***

- 4.1 The ACC Golf Competition is a STROKE EVENT.
- 4.2 Each player must play in the assigned group given at the start of the day by the ACC. Failure to play in your correct group is automatic disqualification for the tournament.
- 4.3 Players are to swap cards with a fellow competitor in your group and at the tee of the next hole and mark their cards accordingly.
- 4.4 It is important that each group has no more than 4 players and that each group has a responsibility to keep up with the group in front of them.
- 4.5 In order to encourage interaction between the players in each group, caddies are not permitted to assist in any way.
- 4.6 Spectators are not allowed on course due to supervision restrictions. Any student not participating must remain with their staff member. Parents attending the event must remain in the Clubhouse and will be required to register their attendance with the ACC Event Manager.
- 4.7 Every stroke up to **10** must be counted at which time the player/student must pick up his ball and move to the next tee with his group. A score of 10 is recorded on the scorecard for that player.
- 4.8 If a ball is considered to be in danger of being LOST or Out Of Bounds (OOB) the player has 2 options.
- 4.9 He can decide to play a second ball (provisional) and if he cannot find the first ball after 3 minutes he must then proceed to play the provisional ball adding a **one shot** penalty. (playing his 4<sup>th</sup> shot)
- OR**
- 4.10 The player can choose **NOT** to play a provisional ball and go to where the original shot was estimated to go to and put a ball on the side of the fairway approximately where the original shot would have gone to if it stayed on the fairway adding a **two shot** penalty. (playing his 4<sup>th</sup> shot)
- 4.11 To keep the round moving, **players should play their ball when ready** taking into account the safety of your fellow group members. Do not play a shot if someone is in front of you and there is a chance you could hit them. If you are in a situation such as this, simply ask them to move out of the way.
- 4.12 SLOW PLAY - The course manager has the right to ask slow players to walk a hole or two if they are deemed to be holding up the field. Any player/s asked to walk a hole or two will put down a score of 10 for each hole they miss.
- 4.13 When entering a bunker find the shallow part and enter. A student can have no more than 3 shots in the bunker at which point he can pick the ball up and place at the back or side of the bunker not closer to the hole. If a greenside bunker then the ball is to be placed on the area surrounding the putting green and NOT on the putting surface.  
***Remember to rake the bunker.*** (If a player has taken 5 strokes and ended in the bunker,

then has 3 attempts he can pull ball out and is then playing his 9<sup>th</sup> shot). Players must take into account your 10 shot maximum.

- 4.14 Buggies must not be taken on to the greens at any stage and must not be taken past the blues lines surrounding the greens.
- 4.15 At the completion of the round, players must sit with their fellow competitors and check your cards that the correct scores have been placed for each hole. Once both players agree that the score is correct you must sign your own card and that of the one you are marking and then hand into your supervising staff member.

## 29. Badminton

### Preamble

The Open Badminton Championship is open to any student from Year 12 and below to represent their college. The Intermediate Badminton Championship is open to any student from Year 9 & 10 to represent their college. The Junior Badminton Championship is open to any student from Year 7 & 8 to represent his college. It is expected that all participants will compete with the spirit that is compatible with the ACC ethos "Excellence, Honour and Fairness".

### Tournament Organisation & Rules

ACC Badminton is conducted under the rules of the Badminton Victoria.

### Format

Round Robin - There will be no finals matches, with the winning school determined by ladder ranking based on all rounds. A win or a bye is worth 4 points and a loss is worth 0 points. A tied result will see both teams allocated 2 points. Ladders positions are determined using match points as well as games won and points won. Following each round, all results sheets need to be submitted to the Event Manager so that the results can be updated. Progressive results can be viewed on the screen at the venue. Official results sheets will be provided for all schools at the venue.

### Match Format

In all matches, 4 seeded singles games and 4 doubles games will be played (**total of 12 players**). Singles and Doubles as **one game to 21 points**. If the score becomes 20-all, the player/s that gains a two-point lead first shall win the game. If the score becomes 29-all the player/s winning the next point shall win the game.

Schools must nominate their seeding for the singles games prior to the start of the event. This order must be maintained throughout the entire event. Any pairings may be used for the doubles games.

Teams must nominate their doubles pairings before the start of play in each match. Pairings may be changed following the singles by mutual agreement of the two coaches involved.

Each match (comprising singles and doubles) is allocated a set time slot. At the end of each time slot a siren will sound and play must cease immediately. If all four singles and four doubles games are incomplete, then the results at that time are to be used as the final score. In an incomplete game, a team must be at least 2 points ahead to claim the game as a win.

The next time slot begins for the next round at the sound of the siren, so please move your players to the appropriate courts and get them started as soon as possible so that no time is wasted.

The scoring system used will be **Rally Point**, where points are scored from every serve. The nominated Home team (listed first) will elect to either serve or receive and also select the side of the court they will play on. There will be no change of ends during a game.

### Match Order

Four singles matches, followed by four doubles matches.

### Player Restrictions

A total of **12 players** shall be used in any given match, 4 for singles and 8 for doubles. Each team also can bring up to 2 substitute players. For the singles games, each player is to be seeded from 1 through 14, and all players must compete with the same seed ranking during the entire competition. Players can be substituted between matches, but not during the course of a match. If a player is substituted for a singles game in a given match, then the same seeding order must be maintained

using the players participating in that match. The highest ranked seed must always play in the first singles match, followed by the second highest ranked seed and so on.

Changing of seedings during competition will result in either forfeiture of the relevant games or forfeiture of the round or disqualification from the competition, at the Event Manager's discretion.

**Note:** players are restricted to one singles game **OR** one doubles game in each match. Players are not permitted to play singles and doubles in the same match.

Play must be continuous. An ill or injured player unable to continue will forfeit their game.

### **Match Winner**

Matches will be decided by games won. If equal, then by points scored. If still equal, points percentage will be used. If still equal, a tied result will be declared and the match points shared equally.

### **Tournament Winner**

The Champion team will be the team finishing in first place on the ladder. If, at the end of the round robin, two teams are equal on matches won, games won and points won, then joint champions will be declared.

### **Rules of Play**

The rules for the tournament will be those of Badminton Victoria.

### **Equipment**

Each school is responsible for providing their own equipment (racquets, shuttlecocks etc). The team listed first in the fixture shall supply the shuttlecocks for that particular match. Shuttlecocks for the Junior and Intermediate Tournaments can be **either plastic or feather**. Shuttlecocks for the Open Tournament shall be **feather only**. Students need to take care of their belongings and make sure that their valuables are kept safe throughout the day.

## 30. Culinary Competition

### COMPETITION ENTRY

1. The competition is open for all ACC schools for participation. It is aimed at students from Years 9 - 11, particularly those who study food at school in Food Technology / Hospitality.
2. Each school may register one team of four students that will be working together on a single bench.
3. The ACC entry form must be completed using the online link below – deadline for entries is 2 weeks prior to event.  
<http://form.jotform.co/form/43307928444863>

### COMPETITION RULES

1. Each school team will produce **four plates** of a main course item using two fresh whole chickens (Size 12) which will be provided by Holmesglen. All other ingredients shall be supplied by the school.
2. Students must demonstrate the ability to use all parts of the chicken- reducing wastage
3. All tools and equipment will be made available for teams to produce their finished products.
4. The event will commence at 9:00am and conclude at approximately 1:00pm.
5. All competition work, food and dishes, must comply with current health regulations. You must bring your perishable ingredients in a cooler and any small equipment in a tub for safe and easy transportation and removal.
6. No ACC staff members will be allowed into the kitchen areas. The Zest Restaurant will be available for staff for the duration of the event.
7. All electrical equipment brought into the competition must be tagged by a certified electrician. Non complying equipment will not be permitted.
8. **Time allocation:**  
15 minutes setting up  
90 minutes to prepare and cook.  
15 minutes cleaning up.....Total: 2 Hours

### ***Special Points to Note:***

Equipment supplied by Holmesglen:

- 4 Burner stove (some have 6 burners we will only allow use of 4)
- work bench;
- Pots and pans;
- Mixing bowls;
- Grill plates;
- Deep fryer;
- Microwave oven;
- Cutting boards;
- Bake trays;
- Glad wrap, grease paper and aluminium foil;
- Vegetable / cooking oil;
- Tea towels and dish cloths;
- Paper towel
- sink and cleaning products.

Equipment that schools need to provide:

- Plates can be supplied by the school if specific shapes, colour or sizes are required. Various types of plates are also available to use from the Holmesglen kitchens;

- Tasting spoons;
- Oven mitts;
- Measuring cups and spoons;
- Knives and knife sets;
- All kitchen utensils – wooden spoons, vegetable peelers, etc;
- Stopwatches;
- Temperature probes;
- Steamer baskets;
- Pasta machine;
- Blenders and all other electrical appliances (must be tested and tagged).

Note that glass bowls are not allowed due to potential for breakage.

### **INGREDIENTS:**

- All perishable foods must be transported in a chilled container (esky).
- No pre-preparation allowed, except clean washed vegetables and fruit. Ingredients can be pre-measured (ie allocated into set amounts), but not cut and prepared.
- Marks are allocated for the preparation of food items, pre prepared items cannot exceed 10% of your dish. Pre-prepared items such as pastries, doughs, sauces, pasta are not to be used.
- Basic stocks can be brought to competition.
- Jus and sauces must be prepared during competition.

### **JUDGING:**

A panel of Hospitality staff from Holmesglen Insitute will judge the merits of each school's products. A criteria sheet will used to assess each school's products and to provide feedback to students. The judges have the right to inspect, cut, open, test and taste all entries. Points will be deducted for incorrect or incomplete uniform and for late plate up.

### **CRITERIA:**

a) <b>Practice:</b>	Methods, techniques, level of difficulty	20%
b) <b>Preparation:</b>	Workflow, workplace org., finishing too early or late	25%
c) <b>Presentation:</b>	Working in a clean, safe manner. Personal hygiene	25%
d) <b>Taste:</b>	Clean, contemporary presentation. Tasting.	30%

**Total:            100%**

### **AWARDS**

An ACC banner will be presented to the winning team. All competitors will receive a certificate of participation.

### **UNIFORM:**

All competitors must comply with the following –

- All participants are to wear their school uniform (including long pants), along with appropriate attire for cooking (apron, chef's hat, etc).
- Footwear – normal school shoes to be worn (black runners are not safe to use in the kitchen)
- Hair – covered, in hairnet, if necessary.

### **PHOTOS & VIDEO**

The ACC will arrange to have the event covered for photos and video, with content to be made available post-event. It is anticipated that all students attending the event give their permission to be included in promotional photos and video that may be used on the ACC and Holmesglen website and social media platforms. It is the responsibility of the school to advise if any student does not give permission for this to occur.

## **31. Rally Days for Years 7**

### **General Principles**

1. Rules and conditions of play will be determined by the organising school in conjunction with the Executive Officer.
2. The focus for Rally Days will be on maximum student participation. While match scores will be kept, there will be no tabulation of ladders or premierships awarded.
3. Rally Days will exist in conjunction with fixtures and will be staged at dates and times agreed to by Schools the year prior to competition. Sports to be conducted on each Rally Day shall be discussed and confirmed by Directors of Sport at their first meeting each year.
4. Other sports may be arranged between schools on an invitational basis.
5. ACC Pennants will be not awarded to winning teams. Instead Schools are encouraged to provide certificates of participation to each member of their participating teams.

## 32. Music Workshops

### Preamble

The ACC Music Workshops are open to all schools and are based on participation and enjoyment. Schools nominate their level of involvement on a year-to-year basis.

### Organisation

1. There are various workshops scheduled each year, focusing on Vocal ensemble, Percussion ensemble, Concert Band, Strings, Stage Band and Rock Music. The Rock Music Workshop also incorporates a Battle of the Bands, with the winner awarded a perpetual trophy. Participants in each workshop receive a certificate of participation. Each of these workshops is hosted by one of the ACC schools, and follows the schedule set down in the ACC Calendar.
2. During a year when a combined ACC Concert is scheduled, a combined rehearsal program shall replace the workshop program. Details of this program shall be confirmed and distributed to all participating schools as early as possible.
3. It is the responsibility of the Host school to:
  - arrange for the appropriate venue/s within their school
  - source guest presenters for the various workshop sessions
  - arrange for the necessary musical equipment to be available, including PA and microphone, music stands, etc. as appropriate
  - organise catering for staff and presenters – morning tea and lunch
  - inform all participating schools of the program for the event, as well as bus parking details, equipment required, etc.
  - provide information on the repertoire for the event
4. All costs for these events are initially covered by the ACC (please forward all invoices to the ACC Office). Participating schools shall be invoiced later in the year so that these costs are shared equally amongst those schools attending.

### Sample Programs:

#### 5. VOCAL WORKSHOP

*10am*

Welcome

*10:15am – 11:05am*

Session 1 – Group choral work, Contemporary vocal specialist, Music Theatre specialist

*11:05am – 11:25am*

Morning Tea

*11:25am – 12:15pm*

Session 2 – Group choral work, Contemporary vocal specialist, Music Theatre specialist

*12:15pm – 12:45pm*

Lunch

*12:45pm – 1:45pm*

Combined choral work, Performance by guest presenters and selected individuals

*1:45pm – 2pm*

Conclusion, distribution of certificates

6. JAZZ ENSEMBLE

*10am – 11am*

Welcome, rehearsal

*11am – 11:20am*

Morning Tea

*11:20am – 12:30pm*

Performance of Guest ensemble, sectional master class rehearsals

*12:30pm – 1:10pm*

Lunch

*1:10pm – 2:15pm*

Combined performance of ensembles, conclusion, distribution of certificates

7. CONCERT BAND

*10:00am - 10:40am*

Session 1 Warm Up and rehearsal of first music piece

*10:40am - 11:00am*

Recess

*11:00am - 12:00pm*

Session 2 – rehearsal of second music piece

*12:00pm - 12:30pm*

Lunch

*12:30pm - 1:30pm*

Session 3 - Schools playing to each other (their band's repertoire or listening to other schools) / final rehearsal of music pieces 1 & 2 from the morning sessions.

*1:30pm - 2:00pm*

Performance Session - all students. Certificates presented at 1:50pm to allow for a 2pm departure.

8. PERCUSSION

*10:00am - 10:40am*

Session 1 Performance Session – Guest presenter/s

*10:40am - 11:00am*

Recess

*11:00am - 12:00pm*

Session 2 – Master class

*12:00pm - 12:30pm*

Lunch

*12:30pm - 1:30pm*

Session 3 – Master Class

*1:30pm - 2:00pm*

Performance Session - all students. Certificates presented at 1:50pm to allow for a 2pm departure.

9. ROCK MUSIC (*INCORPORATING BATTLE OF THE BANDS COMPETITION*)

10am – 11am

‘Developing Your Band’s Rhythm Section’ featuring guest professional band

11am – 11.20am

Recess

11.20am-12.30pm

Session Two: Workshops

Students elect which ones they attend.

1. ‘Recording Your Band’
2. Guitar techniques
3. Bass techniques
4. Drumset techniques

12.30pm - 1.00pm

Lunch

1pm – 2pm

Session Three: ‘Battle of the Bands’

ONE band only to represent each school.

Performances to be no longer than 3 minutes

Each band allowed 2 minutes set up time

2pm – 2:10pm

Feedback from judges and presentation of Trophy

Distribution of certificates

10. SELECTION OF GUEST ARTISTS/PRESENTERS/CONDUCTORS

Rationale:

In implementing the ACC music workshop and events program, there is a need to make events both relevant, interesting and inspiring for both students and staff. As much as engaging students in musical activity, presenters should be of a calibre to offer observational PD for teachers.

The following serves as policy in the selection and/or invitation of guest artists, presenters or conductors for engagement at ACC music workshops.

Potential candidates for presenting at ACC events should be given a rating based on their experience, qualifications and expertise. Candidates will fall into either category A, B or C. A process to secure an A Rated Candidate should be priority. Contenders who may be categorised as a B or C rating could be considered respectively if finding an A Rated candidate proves difficult.

A Rating:

A candidate that could be considered in this category would be identified as one or more of the following:

- 1) A Music Educator outside the ACC who is seen as a respected expert in his/her field and demonstrates evidence of this in their teaching practice.
- 2) A Music Educator with a Masters Degree or higher and is seen as a respected expert.
- 3) A revered/famous Musician or Conductor who is seen as a respected expert in their field and has evidence of successfully engaging with school-aged children.

#### B Rating:

A candidate that could be considered in this category would be identified as one or more of the following:

- 1) A Music Educator within the ACC who is seen as an expert in his/her field and demonstrates evidence of this in their teaching practice.
- 2) A qualified educator with an interest in the area being presented/workshopped.
- 3) A Musician or Conductor who has evidence of successfully engaging with school-aged children.

#### C Rating:

A candidate that could be considered in this category would be identified as one or more of the following:

- 1) A Music Educator.
- 2) A non-qualified individual who has an interest in the area and may be perceived as being able to engage with school-aged children.
- 3) A Musician or Conductor.

#### Ratification:

Where possible, chosen presenters & their suitability should be discussed at meetings. As a minimum, this can be shared by email. The host school or event organiser (if not held on their campus) would be responsible of instigating this communication.

#### Remuneration to presenters:

Remuneration for presenters needs to reflect their experience, qualifications and expertise, and hence tie into the following:

A Rating: \$300 - \$350

B Rating: \$200 - \$275

C Rating: \$150 - \$190

It is the responsibility of the event organiser to negotiate the rate with guest presenters and have them forward an invoice to the Executive Officer of the ACC.

### **33. Sports Leadership Workshop**

The date of the ACC Sports Leadership Workshop is normally the second Wednesday of Term 4 and involves students from Year 11.

#### **Program Purpose**

To educate, inspire and motivate potential senior student leaders to positively influence their student peers to promote and develop ACC and school sport. The program is aimed at students involved with leadership of sporting teams.

#### **Program Objectives:**

By attending the ACC Sports Leadership Workshop, students will be inspired and motivated to:

1. Gain an appreciation of the importance of effective sports leadership within their School and the ACC.
2. Gain an understanding of the courage required in effective sports leadership and the application of this in school and ACC sport.
3. Develop an awareness and understanding of the ACC Student Code of Conduct and their responsibility to constructively impart these guidelines to their peers.
4. Develop strategies to achieve effective school sports leadership and to share these skills by mentoring younger sportsmen within their own schools.

#### **Program**

9:05am	Participants seated
9:15am	Welcome by Executive Officer - Focus on ACC Sport
9:35am	Guest speaker
10:25am	Morning Tea
10:45am	Leadership Interactive Session
11:15am	Three group rotation activities – 45 minutes for each activity (5 min swap time)
11:20 – 12:05	Rotation Session 1
12:05pm	Lunch
12:45 – 1:30	Rotation Session 2
1:35 – 2:20	Rotation Session 3
2:25pm	Summary of the day from student representatives
2:45pm	Close