NAME:
The Association shall be called the Pittwater Primary Schools Sports Association: Pittwater PSSA. (PPSSA) Colours shall be white and maroon. The Zone number shall be 7.

MEMBERSHIP:
Membership shall be open to:

i. Pittwater NSW DET Public Schools
   o Avalon
   o Bilgola Plateau
   o Collaroy Plateau
   o Elanora Heights
   o Mona Vale
   o Narrabeen Lakes
   o Narrabeen North
   o Newport
   o Wheeler Heights

OBJECTS:

i. To provide opportunities for primary school children to compete in sporting carnivals and competitions as have been approved by the NSW Department of Education and Training at this Zone level.

ii. To organise and conduct Zone Trials and/or Pre-selection for Regional Trials in sports determined by the Sydney North Primary Schools Sports Association.

iii. To represent and reflect the views of affiliated schools with regard to the conduct of competitive school sport within the Zone.

SCOPE OF SERVICE:

Boys and girls from the age of 8 years to 13 years 5 months in the year of competition, (Primary eligibility) attending the Public Primary Schools and other schools by invitation, after affiliation, within the State New South Wales shall be eligible to participate in competitions promoted by the Pittwater PSSA.
ASSOCIATION COUNCIL:
The Zone Sports Pittwater PSSA shall be managed by a Council.

The composition of this council will be:

1. Executive - The executive of the Pittwater PSSA shall comprise the following officers:
   - President
   - One (1) Vice President
   - Secretary
   - Treasurer

   These officers, who will be teachers, are to be elected at the Annual meeting of the Pittwater PSSA which will be held in Term 4 each year.

2. One representative from each affiliated Zone school.
3. One principal representative.

MEETINGS:

i. The Pittwater PSSA shall meet at least once per term as determined at the annual general meeting. An extraordinary meeting may be called at the request of five or more delegates from different schools or by the executive. Five days notice shall be given of such meetings.

ii. The Annual General Meeting shall be held in Term 4, separate from and immediately prior to, the Term 4 ordinary meeting.

   The Annual General Meeting shall deal with and adopt:
   - President’s Annual Report
   - Treasurer’s Annual Report
   - Election of Returning Officer
   - Election of Executives
   - Election of Delegate to Region meeting
   - Election of Zone Conveners
   - Determine affiliation fees
   - Present a draft calendar, where possible
   - Deal with any other business pertaining to the annual general meeting

iii. Executive and extraordinary Council meetings will be held as required.

VOTING:

i. Each affiliated school of the Pittwater PSSA shall be entitled to one vote.

ii. Voting shall be by a majority system.

iii. The chairperson shall have a deliberate and casting vote.

ELECTIONS:

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
Executive, zone delegates and conveners shall be elected at the AGM and are to be teachers from schools within the zone.

Their appointment is subject to approval by their school principal.

All elected positions shall be declared vacant prior to elections.

Retiring officers shall be eligible for re-election.

Any vacancy that occurs shall be filled at a subsequent Executive meeting or as determined by the Council.

CORRESPONDENCE:
All correspondence sent in the name of the Pittwater PSSA must be sent over the signature of the President and/or Secretary.

FINANCE:

The financial year of the Pittwater PSSA shall be the calendar year.

Finance of the Pittwater PSSA shall be the responsibility of the Executive members of the Council.

The Treasurer shall bank in the name of Pittwater PSSA all monies received and shall pay all claims against the PSSA approved by the Council.

The Treasurer shall keep accounts of all monies received and disbursed and submit financial statements at term meetings and at such times as the executive may direct.

The Treasurers and any other nominated members of the Executive are authorised to operate on the PSSA account.

The Treasurer shall, at the conclusion of each financial year, draw up a financial statement covering the year’s financial activities for presentation at the Annual General meeting.

Zone affiliation fees to the Sydney North PSSA will be paid by the end of term 1.

COMPETITION RULES:
The Pittwater PSSA shall determine rules, regulations and conditions for the organisation and control of competitions under its authorities.

AMENDMENTS TO CONSTITUTIONS:
This Constitution may be amended by a two-thirds majority at any Council meeting, provided Notice of Motion has been given to all councillors at least one (1) calendar month prior to such meetings.

All matters not covered by the above constitution should be dealt with under the constitution/understanding orders/by-laws of New South Wales Primary Schools Sports Association.
COMPETITIONS AND COMPETITORS

i. Competitions will be convened by teachers nominated at the Annual meeting for all sports designated for that school year.

ii. All school teams entered in a Pittwater PSSA competition or program must be accompanied by a supervising teacher.

iii. Awards shall be presented to individuals and teams as determined by the Pittwater PSSA.

ZONE CARNIVALS

i. The conduct of the athletics, swimming and cross country carnivals will be responsibility of the appropriate zone convener. These carnivals will be conducted annually. Dates and alternate dates will be calendared at the Annual General Meeting.

ii. Schools are to provide the required number of officials requested for each carnival.

iii. All officials will be appointed by the zone convener.

iv. Entry to the Pittwater PSSA carnivals will follow the same selection procedure and will replicate the Sydney North PSSA carnival entry.

v. In extraordinary circumstances, schools may make application, in writing, to include a student as a special entry to a zone carnival. Such applications must be endorsed by the school principal. Circumstances that warrant consideration for a special entry may include; students representing their school at a DEC endorsed event and illness or misadventure – supported by a medical certificate.

vi. Rules specific to each carnival will be distributed prior to the carnival by the Zone Convener. The Pittwater PSSA major carnival programs will include the rules of competition.

vii. A Pittwater PSSA Zone team will be selected from the Zone Athletics, Swimming and Cross Country carnivals to compete at the Sydney North Regional carnival.

viii. Management of the Pittwater PSSA Zone teams will be the responsibility of teachers from the 2 major trophy winning schools at cost to Pittwater Zone PSSA.

ix. Relief will be provided to the appropriate carnival convenor- one day of their choice for carnival organisation plus the day/s of the carnival.

SELECTION OF SCHOOL REPRESENTATIVES TO ATTEND ZONE SPORTS TRIALS

i. Pittwater PSSA Zone Conveners will notify schools with all relevant trial details. This should be done 2 weeks prior to the trial date. Non government school students are ineligible to attend Zone trials.

ii. It is the responsibility of the school sports organiser to select and nominate students to attend the trials.

iii. Only students nominated by their school may attend Pittwater PSSA Zone trials.

iv. The conduct of the selection process is at the discretion of the relevant convener.

v. Students nominated by their school to attend PSSA Zone trials must wear their school sports uniform.

vi. Every attempt will be made to include all Zone trials on the Sydney North Calendar at the Term 1 meeting.
SELECTION OF ZONE REPRESENTATIVES TO ATTEND REGIONAL SPORTS TRIALS

i. Based on the results of the trials, Pittwater PSSA Zone will nominate students to attend Sydney North Regional PSSA Trials.

ii. When a Pittwater PSSA team is required to attend a Regional Trial, the Pittwater PSSA Zone team managers are to be the appropriate sports conveners where possible. If the conveners find that they are unable to undertake the management they will nominate a replacement who will be a teacher and they will notify the Secretary as soon as possible.

iii. The trial information for each sport details the number of students that each Pittwater PSSA school may nominate to attend trials.

iv. Some sports may be individual student entry.

v. It is the responsibility of the Zone convener to select and nominate students for Trials.

vi. Schools should not send students straight to Regional trials. If it is a sport where individual entry is accepted, the relevant convener must collect names and forward them through to the Regional convener. Where there is no nominated convener entries must be forwarded through the zone secretary.

vii. All students attending Regional trials must have a Sydney North Regional permission note signed by their school principal.

INTERSCHOOL COMPETITIONS

i. Pittwater PSSA will convene 3 interschool competitions each year.

ii. Age Divisions- Juniors-turning 8, 9 or 10 in the year of competition. Seniors-turning 11, 12 or 13 in the year of competition.

   o Summer Comp (Term 1):
     o Girls Senior Pittwater Tag A and B
     o Girls Junior Teeball A and B
     o Boys Senior Softball A and B
     o Boys Junior Cricket (trialling Junior A & B Term 1, 2014)

   o Winter Comp (Terms 2 and 3):
     o Girls Senior Netball A and B
     o Girls Junior Netball A and B
     o Boys Senior Soccer
     o Boys Junior Soccer
     o Girls Senior Soccer
     o Girls Junior Soccer
     o Boys Senior Rugby League
     o Boys Junior Rugby League

   o Spring Comp:
     o Boys Junior Softball A and B
     o Boys Senior Cricket
     o Girls Senior Softball A and B
     o Girls Junior Pittwater Tag A and B

iii. No student may play 2 games on the same day unless in exceptional circumstances and with the agreement of the opposing teacher.

iv. A player may play up to 3 games in a higher grade during the season. The player becomes a member of that team when they play their 4th game for that team.

v. No junior can play in a senior team.
AWARDS

Carnivals
Swimming: The following awards will be presented
- Individual Ribbons - 1st, 2nd, 3rd in finals
- Record Cards – record breakers
- Outstanding Swimmer - Richard Hoskins Perpetual Trophy and an individual trophy
- Raw Score Champion School- Vicki Kingsnorth Memorial Trophy
- Handicap Score – Vicki Kingsnorth Memorial Trophy

Athletics: The following awards will be presented
- Individual Ribbons - 1st, 2nd, 3rd in finals
- Record Cards – record breakers
- Outstanding Athlete - Gordon Jones Memorial Trophy and an individual trophy
- Raw Score Champion School-Perpetual Trophy
- Handicap Score – Perpetual Trophy

Cross Country: The following awards will be presented
- Individual Ribbons- 1st, 2nd, 3rd
- Teams Ribbons - best performing team per division
- Raw Score Champion School- Perpetual Trophy
- Handicap Score- Perpetual Trophy

Students who are selected and compete at the Sydney North Carnivals will receive a patch applicable to their sport. Pittwater PSSA Banners will be awarded to NSW Representatives.

Interschool Competitions: Individual winners in each sport and division will receive a 'Premiers' Patch. In sports where finals are held runners up will receive ribbons. Winning teams will receive a banner for their school.

The following trophies will be awarded:
- Overall Pointscore, Champion School-Summer
- Overall Pointscore, Champion School-Spring
- Overall Pointscore, Champion School- Netball
- Soccer-Senior Boys, Junior Boys
- Overall Pointscore, Champion School-Cricket- Wyn Hanning Memorial Trophy.

Representatives: Representative patches will be awarded to:
- Students who attend a Pittwater Zone Trial and are selected and attend a Sydney North or Combined Zone Trial
- Students who attend a Combined Zone Trial and are selected and attend a Sydney North Trial
- Attend a Sydney North Trial and are selected in the Sydney North Team
- Individuals who go directly to a state carnival (no Sydney North Trial) and are placed in the top three or are State Representatives.
- School sports co-ordinators shall be responsible for distributing the patches to the representatives from their respective schools.

Pittwater PSSA Banners will be awarded to NSW Representatives.
CANCELLATION AND POSTPONEMENTS

i. The Zone President or their delegate is to make the decision regarding cancellation of all competitions and is to notify all schools by 10.30 am.

ii. Weather conditions or ground closures may cause the cancellation of fixtures. If one fixture is cancelled prior to 10.30 am due to weather conditions or ground closures all fixtures will also be considered cancelled. If possible, grounds that remain open may be used to play a ‘friendly’ round and no result will be recorded.

iii. Where possible during winter sport, wet weather dates shall be included in the draw. Re-scheduled games shall occur in the order of cancellation.

iv. No notification means that the competition will proceed.

v. Notification will be by phone and fax.

REPORTS

i. Verbal or written reports concerning Regional and Zone trials, carnivals and competitions are to be made to the first meeting following the event.

SPORTS PROGRAM RULES

i. The Pittwater PSSA shall determine regulations and conditions for the organisation and control of sports within its authority, and prepare such By Laws as are necessary for the purpose.

ii. These will be Appendices to the Pittwater Zone Primary Schools Sports PSSA Constitution. These rules may be proposed and amended at any term general meeting.

iii. Only one delegate present from each school may vote on any proposed amendment.

AFFILIATION COSTS

i. All schools participating in this Pittwater PSSA’s competitions will contribute an amount per primary school student as set at the annual meeting.

ii. This is to be paid before the end of Term One.

QUORUM

i. For council meetings, the quorum will consist of representatives of the simple majority of member schools, in the Association i.e. five.

ii. Six affiliated schools have delegates present at a council meeting to make rule changes.

iii. Eight affiliated schools have delegates present to make constitutional amendments.
CONTENTS:

I. Codes of Conduct
   a) Players
   b) Coach/Teacher/Official
   c) Parent/Spectator
II. Athletics Carnivals
III. Cross Country Carnival
IV. Swimming Carnival
V. General Rules for the Conduct of Interschool Competitions
VI. Cricket
VII. Pittwater Tag
VIII. Netball
IX. Rugby League
X. Soccer
XI. Softball/Tee Ball
XII. Zone Trials Nomination Form
I CODES OF CONDUCT

i PLAYER

- Play by the rules
- Never argue with an official.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

ii COACH/TEACHER/OFFICIAL

- Remember that young people participate for pleasure and winning is only part of the fun.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Place the safety and welfare of the participants above all else eg sudden changes in weather conditions.
- No coaching from the sidelines or while umpiring which could give your team a specific advantage.
- Where possible take advantage of any courses or rules update afternoons which are provided by Pittwater PSSA.
- Ensure you are familiar with specific and local rules relating to your sport.
- Give all young people equal opportunities to participate in administration, coaching and refereeing as well as playing.
- Support implementation of the National Junior Sport Policy
- Respect the rights, dignity and worth of every young person regardless of their gender, ability cultural background or religion.
iii PARENTS/SPECTATORS

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to play according to the rule and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decision and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- There is to be no coaching from the sidelines.
II ATHLETICS CARNIVAL

1. SECTIONS
   a) Separate events for boys and girls.
   b) 8yrs 11yrs
       9yrs 12yrs
       10yrs 13yrs
       Junior- 8yr/9yr/10yr Senior-11yr/12yr/13yr
   c) A competitor whose birthday occurs during the current calendar year is eligible for that event only. No competitor shall enter in both junior and senior events, nor in two age groups.

2. MARSHALLING
   All competitors in an event must be at the marshalling point before the first heat is run.
   N.B. Parents and coaches are not allowed on the track or marshalling area. Once competitors are in the hands of the officials controlling the event they shall not receive any coaching or advice.

3. STARTING
   a) The method of starting shall be - “On your mark, set, gun” for all events up to and including 200m. For 800m - “On your mark, gun.”
   b) Spiked shoes and starting blocks are permitted, except in a running event where specific lanes are not allotted (800m).
       Competitors must wear shoes or spikes in all events. (NO BARE FEET)
       Spikes-Track events: Spikes are not to exceed 7mm.
       - Field events: Spikes are not to exceed 9mm.
   c) False starts: a competitor causing a false start shall be warned for the first and disqualified for the second breach.

4. LANE DRAW
   a) Will be determined by the organiser prior to the carnival
   b) Schools will not be allotted specific lanes.
   c) Lanes for relays are allocated prior to the carnival by lot.

5. PLACE GETTERS
   Place getters shall receive from the chief judge a place marker. These must be taken to the recording table. At the completion of each race, competitors must remain in their lanes until place markers are allotted.

6. FINALISTS
   Finalists for track events will be determined in the following manner: (this may be altered at the discretion of the Carnival Manager should the circumstances arise)
   a) 100m Age Races: 4 Heats: First place getter plus next fastest finishers.
   b) 200 m: First place in each heat plus next fastest finishers to complete the field.
   c) 800m: Final only. Competitors to start in 2 lines runner 1 from each school starting on the front line.
   d) Relays: 2 Heats: Fastest Eight.

7. RELAYS
The baton must be taken within the 20m take over zone. Team members, other than the first runner, may commence running not more than 10m outside the take over zone.

Disqualification:
   a) If the baton is taken outside the 20m take over zone.
   b) A competitor impedes a member of another team by running out of the allocated lane at the finish of the stage.

8. PROTESTS/DISPUTES
   Disputes and protests can only be lodged by the School’s Team Manager (who must be a teacher) within 15 minutes of the completion of the event. The dispute or protest must be presented to the Carnival Manager in writing. Verbal notification is to be given within 5 minutes of the completion of the event.
   The Dispute/Protest Committee will consist of the Carnival Manager and the District Executive.

9. POINTSCORE
   Heats- 1st - 3 points, 2nd - 2 points, 3rd - 1 point
   Finals- 1st - 6 points, 2nd - 4 points, 3rd - 2 points
   800m- 1st - 9 points, 2nd - 6 points, 3rd - 3 points
   Relays - Double points
   Field Events - 1st - 9 points, 2nd - 6 points, 3rd - 3 points.

LANE DRAW FOR RELAY HEATS
Heat 1
Lane 2: Elanora Heights
Lane 3: Wheeler Heights
Lane 4: Narrabeen Lakes
Lane 5: Avalon
Lane 6: Mona Vale

Heat 2
Lane 3: Collaroy Plateau
Lane 4: Bilgola Plateau
Lane 5: Newport
Lane 6: Narrabeen North

SYDNEY NORTH PSSA CARNIVAL
   Placegetters in finals of the Pittwater Track and Field Events, are eligible to compete in the Sydney North Area PSSA Athletic Carnival subject to the following restrictions:
   a) 100m Track Events: 1st, 2nd, 3rd.
   b) 200m and 800m Track Events: 1st, 2nd only.
   c) All Field Events: 1st, 2nd only.
   d) Relays: 1st, 2nd only.

   The Sydney North Area PSSA Athletics Carnival will be held at Sydney Athletics Centre – Homebush. Further information regarding the carnival will be available to team members at the Pittwater Zone Carnival.

THE GORDON JONES MEMORIAL TROPHY
   This trophy is awarded annually to the most outstanding athlete of the carnival on the basis of:
   i) Most points gained in the finals; if equal
   ii) Most records established; if equal
   iii) Joint recipients
### PITTWATER ZONE ATHLETICS PROGRAM OF EVENTS.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>9.30am</td>
<td>Boys Junior 200m Championship</td>
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<td></td>
<td>Girls Junior 200m Championship</td>
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<td></td>
<td>Boys 11 Yrs 200m Championship</td>
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<td></td>
<td>Girls 11 Yrs 200m Championship</td>
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<td>Boys 12/13Yrs 200m Championship</td>
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<td></td>
<td>Girls 12/13Yrs 200m Championship</td>
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<td>Boys 8Yrs 100m Championship</td>
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<td>Girls 8Yrs 100m Championship</td>
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<td>Boys 9Yrs 100m Championship</td>
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<td>Boys 10Yrs 100m Championship</td>
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<td></td>
<td>Boys Junior 4x100m Relay</td>
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<td>Boys Senior 4x100m Relay</td>
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<td>Girls Senior 4x100m Relay</td>
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<td></td>
<td>Boys Junior 800m Championship</td>
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<td>Girls Junior 800m Championship</td>
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<td>Boys 11Yrs 800m Championship</td>
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<td>Girls 11Yrs 800m Championship</td>
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<td></td>
<td>Boys 12 / 13Yrs 800m Championship</td>
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<td></td>
<td>Girls 12 / 13Yrs 800m Championship</td>
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</tbody>
</table>

### III CROSS COUNTRY CARNIVAL

**Venue:**

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
• Narrabeen North Soccer Fields, Jackson Road Narrabeen North Public School

**Competitors:**
• **6 boys and 6 girls** per age group from each school will compete.
• First 4 place getters from each school will receive points towards the point score competition.
• Any competitor who does not have permission to be photographed or videoed at the carnival needs to put that in writing to their school coordinator.
• Teachers/team managers should refer to their duties concerning this as stated in the Team Managers sheet.

**Competitors Fee:**
• There will be a **$5 competitor’s fee** required from each student competing. Total school monies should be forwarded directly to **Zone Treasurer**, cheques made out to Pittwater PSSA.

**Program:**
• Walk the course **10.30am**
• Carnival starts at **11.00am**
• Order of events: **12/13, 11, 10, 8/9 years (boys precede girls)**
• The carnival will finish at approx 2.00pm.
• Please note the times of events are generally dictated by the pace of each race, rather than a specific program.

**General Information:**
• Please ensure each school sends:
  1 teacher as a team manager
  1 teacher and 2 parents as either officials or marshals.
• Team managers should ensure that:
  All stations are manned all day.
  Reinforce to their groups that they should refrain from interfering with the track barrier and stay in their school area.
  All runners are present for their race.
• Marshals are to bring in cones at the completion of the last race.
• Please advise parents in your permission notes that dogs are not permitted on school grounds and smoking is not allowed.
• Please reinforce with all asthmatic runners the need for preventative management techniques for their condition prior to racing. Additionally all runners should exercise sensible self judgement in terms of their physical feelings and take the appropriate action.
• Reinforce to all students that they have a responsibility to arrive punctually for the start of their race.
• **Students should bring adequate water, hats, sunscreen and protective clothing** to cover all weather conditions. Each school should bring their own medical kit.
• A canteen will be available on the day.

Weather permitting, ribbons and shields will be presented at the carnival

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**IV SWIMMING CARNIVAL**

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
MARSHALLING
Once a competitor is in the charge of the Marshall no further coaching is permitted.

METHOD OF STARTING
Competitors will be placed in lanes at one half-pace behind the starting position by the check starter.

The procedure will be:
1. A whistle blast at which competitors take their positions on the blocks.
2. The starter’s command “Take your Marks”
   After command 2 the competitors will remain stationary until the buzzer.
3. Only one start is permitted. Any swimmer starting prior to the buzzer will be disqualified at the completion of the race.

FINISH
Competitors must remain in their lanes at the finish of each event until told to leave the water.

FINALISTS
a) The 8 fastest swimmers from the heats will qualify for the final in all 50m events.
b) Finals will be posted on a wall at the shallow end of the pool.
c) Placings in Individual Medley, 100m Freestyle and Relay events will be determined by heat times. There are no finals for these events.

AREA REPRESENTATIVES
Pittwater zone will nominate competitors for the Sydney North Swimming Championships on the following basis:
i) 2 competitors in all Breaststroke, Backstroke and Butterfly events.
ii) 2 competitors in 100m Events and Individual Medley Events
iii) 2 School Teams in Relay events
iv) 3 competitors in all other individual events

THE RICHARD HOSKINS TROPHY for the Outstanding Swimmer
This trophy is awarded annually to the most outstanding swimmer of the carnival on the basis of:
i) Most points gained in the finals; if equal
ii) Most records established; if equal
   iii) Joint recipients

ORDER OF EVENTS
This order may be changed at the discretion of the Carnival Manager and in consultation with the Executive of the Pittwater Zone PSSA.
1. Junior Girls 200m Individual Medley
2. Junior Boys 200m Individual Medley
3. Senior Girls 200m Individual Medley
<table>
<thead>
<tr>
<th>Event Code</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>4.</td>
<td>Senior Boys 200m Individual Medley</td>
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<tr>
<td>5.</td>
<td>8 Years Girls 50m Freestyle Heats</td>
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<tr>
<td>6.</td>
<td>8 Years Boys 50m Freestyle Heats</td>
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<tr>
<td>7.</td>
<td>9 Years Girls 50m Freestyle Heats</td>
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<td>8.</td>
<td>9 Years Boys 50m Freestyle Heats</td>
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<td>9.</td>
<td>10 Years Girls 50m Freestyle Heats</td>
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<td>10.</td>
<td>10 Years Boys 50m Freestyle Heats</td>
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<td>11.</td>
<td>11 Years Girls 50m Freestyle Heats</td>
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<tr>
<td>12.</td>
<td>11 Years Boys 50m Freestyle Heats</td>
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<td>13.</td>
<td>12 Years Girls 50m Freestyle Heats</td>
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<td>14.</td>
<td>12 Years Boys 50m Freestyle Heats</td>
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<td>15.</td>
<td>13 Years Girls 50m Freestyle Heats</td>
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<td>16.</td>
<td>13 Years Boys 50m Freestyle Heats</td>
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<tr>
<td>17.</td>
<td>Junior Girls Breaststroke Heats</td>
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<tr>
<td>18.</td>
<td>Junior Boys Breaststroke Heats</td>
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<tr>
<td>19.</td>
<td>11 Years Girls Breaststroke Heats</td>
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<td>20.</td>
<td>11 Years Boys Breaststroke Heats</td>
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<tr>
<td>21.</td>
<td>12/13 Years Girls Breaststroke Heats</td>
</tr>
<tr>
<td>22.</td>
<td>12/13 Years Boys Breaststroke Heats</td>
</tr>
<tr>
<td>23.</td>
<td>Junior Girls Backstroke Heats</td>
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<td>24.</td>
<td>Junior Boys Backstroke Heats</td>
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<td>25.</td>
<td>11 Years Girls Backstroke Heats</td>
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<td>26.</td>
<td>11 Years Boys Backstroke Heats</td>
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<tr>
<td>27.</td>
<td>12/13 Years Girls Backstroke Heats</td>
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<td>28.</td>
<td>12/13 Years Boys Backstroke Heats</td>
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<td>29.</td>
<td>Junior Girls Butterfly Heats</td>
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<td>30.</td>
<td>Junior Boys Butterfly Heats</td>
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<td>31.</td>
<td>11 Years Girls Butterfly Heats</td>
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<td>32.</td>
<td>11 Years Boys Butterfly Heats</td>
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<td>33.</td>
<td>12/13 Years Girls Butterfly Heats</td>
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<tr>
<td>34.</td>
<td>12/13 Years Boys Butterfly Heats</td>
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<tr>
<td>35.</td>
<td>All Aged Girls 100m Freestyle Heats</td>
</tr>
<tr>
<td>36.</td>
<td>All Aged Boys 100m Freestyle Heats</td>
</tr>
</tbody>
</table>

**Finals** in above order except for events 1, 2, 3 and 4, 35 and 36 in which children are placed according to their time swum in the heats. The finals will be followed by the relays. Finals will not be swum for the relays.

<table>
<thead>
<tr>
<th>Event Code</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>37.</td>
<td>Junior Girls Relay 4 x 50m, Timed Heats</td>
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<tr>
<td>38.</td>
<td>Juniors Boys Relay 4 x 50m, Timed Heats</td>
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<td>39.</td>
<td>Seniors Girls Relay 4 x 50m, Timed Heats</td>
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<tr>
<td>40.</td>
<td>Senior Boys Relay 4 x 50m, Timed Heats</td>
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**NOTE:**
1. The concourse pool deck and all areas outside the main building are out of bounds. Competitors and parents are requested not to be on the pool deck. This area is for competitors and officials only.
2. If a swimming cap is worn it must be a school swimming cap.
   For presentations, if a t-shirt or tracksuit is worn it must be a school t-shirt or school tracksuit.

**V. GENERAL RULES FOR THE CONDUCT OF INTERSCHOOL COMPETITIONS**

- Interschool competitions are played on Friday afternoons, commencing at 1pm and concluding by 2.30pm.
A draw will be distributed to all schools by the secretary approximately 2 weeks prior to the commencement of the competition. Venues will be allocated as part of this draw. Any requests regarding the draw must be put in writing and sent to the secretary well in advance to the draw being distributed.

Ground booking will be the responsibility of nominated committee members.

Unless specified in the playing rules of each particular sport, the home team is responsible for umpiring the senior A games. The away team is responsible for umpiring the junior B games. The first mentioned team in the draw is the home team.

In cases where a match is down in the draw but cannot be played, this match should be played within two weeks of the set down date and before the final round.

Results should be sent to the appropriate convenor before the next round.

No coaching by spectators, teachers, coaches or umpires during the game which could give your team a specific advantage.

All teachers are responsible for the safety and welfare of all students. This includes students from other schools.

Prior to the commencement of all games (except netball) the 2 teachers must decide on the starting and finishing times for each game. Where appropriate the time should be evenly divided.

Where a final is conducted in a sport and if at the end of regulation time the scores are equal, the teams will be joint premiers.

Where a final is not conducted, winners should be determined by the highest number of points. In the case of where schools may have played more rounds (due to wet weather/bye/cancellation) but are on equal points the competition will be awarded to the team that has recorded fewer losses. Teams on equal points will be awarded joint winners.

A competition will be declared valid if 6 games are completed. Every attempt should be made to make the competition valid. This could include a gala day, half games or the re-organisation of the draw.

If teams finish the competition on equal points winners will NOT be determined by for and against.

Each teacher is encouraged to carry with them a copy of the Pittwater PSSA rules.

In exceptional circumstances, parents may umpire games with the agreement of the opposing teacher.

At the commencement of the summer and winter sport seasons, Pittwater PSSA will conduct a ‘Sport Orientation’ session. All schools are obligated to send a staff member who is responsible for that specific sport in that year of competition.

All teachers should familiarise themselves with the DEC policy ‘Guidelines for the safe conduct of sport and physical activity’.

VI CRICKET

Junior Cricket Rules & Modifications 2010

General:
1. A home and away system will apply with the team mentioned first on the draw as the home team.

2. Games will be umpired by the away coach with the home coach at square leg.

3. Points awarded – WIN = 2 points, DRAW = 1 point each, LOSS = 0 points.

4. At the end of each over umpires to check the scores.

**Match Duration:**

5. All matches to be played as one day fixtures.

6. Games will consist of a 12 over innings per team with 6 balls per over.
   a. If the team batting first is dismissed within 12 overs, the team batting second shall still be entitled to the full 12 overs.
   b. In the event of a late start (due to transport) the remaining time shall be split evenly and an obtainable number of overs allocated to each team (the length of the innings shall still be determined by the number of overs, not time).
   c. In the event of inclement weather stopping play once the match has commenced, the umpire should keep a running total of the score at the completion of each over so that a countback is possible. However, if the team batting second has not faced a full 6 overs, the game shall be declared a tie.

**NB** – umpires should manage time so that a countback is not required (due to time restrictions) unless play is stopped by inclement weather.

**Pitch / Field:**

7. All matches are to be played on a shortened 18m cricket pitch. The home team is to supply a set of metal stumps for this purpose and chalk (or other suitable marking system) should be used to mark a crease.

8. Boundary to be set to a maximum of 40-metres and marked with cones. Four runs are awarded to a bounced ball which clears the boundary and 6 runs to a full ball which clears the boundary.

**NB** – any infringement on another sports game area is also deemed a boundary.

**Bowling:**

9. 142g Incrediballs are to be used for matches.

10. Each bowler may bowl a maximum of 2 overs with a minimum of 6 bowlers being used.

11. A wide or no-ball shall result in 1 extra run for the batting team, however only in the final over shall wides and no-balls be re-bowled.

**Batting:**

12. All non-bowlers must bat firstly, excluding the wicket keeper.

13. No LBW dismissals unless a batsman is deliberately using his body to protect the wicket after a clear warning.

14. A batsman must retire after reaching a personal run tally of 20 runs, or immediately after if the last scoring stroke is 2, 3, 4 or 6.

**Fielding:**

15. 12th men / reserves may be substituted to field, however they should not bat or bowl unless replacing an injured player for the duration of the match.

16. No fielder is allowed to field within 10-metres of the batsman on strike except within an area from point to the wicket keeper on the off-side (quadrant behind leg of on-strike batsman).

**Protection:**

17. Batsmen must wear a helmet, gloves and protection – pads are optional. Wicket keeper must wear gloves and helmet – pads optional.

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**Senior Cricket Rules & Modifications 2010**

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
18. A home and away system will apply with the team mentioned first on the draw as the home team.
19. Games will be umpired by the home coach with the away coach at square leg.
20. Points awarded – WIN = 2 points, DRAW = 1 point each, LOSS = 0 points.

**Match Duration:**
21. All matches to be played as one day fixtures.
22. Games will consist of a 12 over innings per team with 6 balls per over.
   a. If the team batting first is dismissed within 12 overs, the team batting second shall still be entitled to the full 12 overs.
   b. In the event of a late start (due to transport) the remaining time shall be split evenly and an obtainable number of overs allocated to each team (the length of the innings shall still be determined by the number of overs, not time).
   c. In the event of inclement weather stopping play once the match has commenced, the umpire should keep a running total of the score at the completion of each over so that a countback is possible. However, if the team batting second has not faced a full 6 overs, the game shall be declared a tie.

**NB** – Umpires should manage time so that a countback is not required (due to time restrictions) unless play is stopped by inclement weather.

**Pitch / Field:**
23. All matches are to be played on standard 20m cricket pitch. Both teams are to supply a set of wooden stumps and bails.
24. Boundary to be set to a maximum of 40-metres and marked with cones. Four runs are awarded to a bounced ball which clears the boundary and 6 runs to a full ball which clears the boundary.

**NB** – Any infringement on another sports game area is also deemed a boundary.

**Bowling:**
25. Regulation size and weight leather cricket balls, 156g are to be used for matches.
26. Each bowler may bowl a maximum of 2 overs with a minimum of 6 bowlers being used.
27. A wide or no-ball shall result in 1 extra run for the batting team, however only in the final over shall wides and no-balls be re-bowled.

**Batting:**
28. All non-bowlers must bat firstly, excluding the wicket keeper.
29. LBW dismissals are permissible, especially when a batsman is deliberately using his body to protect the wicket.
30. A batsman must retire after reaching a personal run tally of 30 runs, or immediately after if the last scoring stroke is 2, 3, 4 or 6.

**Fielding:**
31. 12th men / reserves may be substituted to field, however they should not bat or bowl unless replacing an injured player for the duration of the remainder of the match.
32. No fielder is allowed to field within 10-metres of the batman on strike except within an area from point to the wicket keeper on the off-side (quadrant behind leg of on-strike batsman).

**Protection:**
33. Batsmen must wear a helmet, gloves, pads and protection.
34. Wicket keeper must wear gloves, pads and helmet.

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**VII PITTWATER TAG**

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
INTRODUCTION
- Pittwater Tag is a modified non-Tackle game of Rugby League, which can be played by both males and females.
- The International Laws of Rugby League apply in the game of Oz Tag, subject to the modifications outlined below.

PLAYERS
- There are 8 players per team – with no maximum No of reserves

DURATION
- The game is played over 2 halves, with a 2-minute break in between.
- Consists of two 15 minute halves.

DRESS CODE
- Each player requires a set of tags. Tags are to be attached to either side of the tag belt. Tags must be placed evenly on the hips. Shirts must be tucked in.
- All players must have matching school coloured shirts

MODE OF PLAY
- The game is one of six tags. Tags are effected by removing a player’s tag.
- The game is non-contact. Attacker cannot deliberately bump into defender whilst they are standing their ground waiting to make a tag.
- A Defender cannot move into the path of an attacker who has found a gap, similar defence foul as basketball.
- The onus on most occasions is for the attacker to avoid contacting the defender whilst in possession of the ball
- There is a marker in the play the ball.
- A knock back is play on, knock on advantage rule applies – same as league.
- The game is non-contact. An attacker cannot deliberately bump into a defender.
- The ball carrier is not allowed to protect his/her tag or fend off defenders.
- A try is awarded to the attacking team when they ground the ball on or over the try line.
- There is NO marker at the play the ball area.

TAGGING
- Defensive line can move forward only when 1st receiver receives the ball or the dummy half runs. Dummy half cannot run and score. If dummy half is caught with the ball when tagged he/she will be asked to change the ball over.
- Defenders must remove one tag to stop attacker’s progress. He/she then drops it to the ground, marking where the play the ball should occur.
- The tagged player must return to the dropped tag to play the ball.
- An attacker must stop and play the ball if he slips over or in possession with only one tag
- Simultaneous tag is play on (advantage goes to the attacking team).

PENALTIES
- If a player fends, protects his/her tags or obstructs the defence a penalty will be awarded
- If the defence moves up before the ball is in the hands of the first receiver or the dummy half runs A defender deliberately moves into the path of an attacking player.
- If a defender tries to tackle, trip or uses any other forms of dangerous play.
- If the defensive line does not retire 10 metres with the referee and moves to early at the play the ball.
- If the marker runs, kicks or dives on a loose ball at the play the ball, must wait 3 seconds or as above dummy half runs or 1st receiver has ball in hands.
- At the play the ball the attacking team must face towards their try line to play the ball not towards the side line (please give a warning first).

PLAY-THE-BALL
1. The tagged player must immediately return to the dropped tag, to play the ball.
2. The defensive line must retire 10m from the ball and not move forward until dummy-half elects to run or the first receiver has the ball.
3. The ball must be played backwards with the foot. The dummy-half or first receiver may either pass or run.

**CHANGE OF POSSESSION**

- Also known as the change-over, change of possession will occur on the 6th tag and also when:
  1. A player knocks on (In the case of a double knock-on, a turnover is awarded against the team committing the first breach).
  2. A player runs into touch.
  3. The football is kicked into touch after first landing in the field of play.
  4. A kick in general play goes into touch
  5. A Player passes the ball forward
  6. If an attacking player is tagged over the try line he is permitted to step back and play the ball on the field of play in front of the try line (the exception to this would be if tagged over the line on the 6th tag. A turnover would occur 5 metres in front of the try line)
  7. If an attacking player accidently mistakes the try line and grounds the ball, for a try, too early, a tag is called and the player is allowed to keep possession and play the ball.
  8. If dummy half is caught with the ball then there is a changeover of possession.

**NOTE:** There are no scrums in Pittwater Tag.

**KICKING**

- Only grubber kicks are allowed in general play. All kicks must stay below shoulder height.
- If the ball is kicked and goes out of play on the full, the non-kicking team will receive a changeover at the point where the kick took place.
- If the ball is kicked and it lands in the field of play and then rolls out, the non-kicking team will receive a changeover, 5 metres from where the ball crossed the line.
- A team may kick the ball in general play on any tackle, but cannot dive on the ball to regain possession. They can kick the ball on and then pick the ball up whilst moving but are not permitted to dive on a loose ball.
- Defending team can kick the ball if it is dropped by the attacking team
  - A place kick will commence each half as well as restart of play after a try has been scored. The team which scored a try will restart play with a place kick from half way
- Place kicks and drop kicks are permitted to go above shoulder height.

**SCORING**

- Tries are scored in the usual fashion. 1 point per try scored. There will be no conversion kicks.
- Dummy half CANNOT score.
- Mixed it is 2 points for a girl’s try and one for a boy try.
- You cannot dive through players to score a try; you must be on your feet.
- If you regather a kick you must carry the ball across the line after kicking past the defence for a try to be awarded.

**STARTS OF PLAY**

- A place kick will commence both halves. The ball must travel at least 10m is a forward direction. If a place kick travels over the dead ball line on the full, a penalty tap back at the centre of half-way, by the non-offending team, will re-commence play.
- If a place kick from half-way rolls over the opposing team’s try line a drop kick/effective 10m kick restarts play from the try line which must travel 10 metres.

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**VIII NETBALL**

**LOCAL RULES**

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
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- All games will start and finish on the bell (Centralised timing). Juniors will play first at 1.00pm. Juniors -4x7mins and Seniors -4x9mins. No quarter-time break.
- Each school is responsible for umpiring a half game and changing games at half time. The umpires can toss to see which game they will do first.
- Result sheets, distributed before games, must be filled in and signed by both teachers.
- Score sheets will also be distributed before the games. The score on this sheet is the official one and will be accepted in the event of a dispute. Please ensure, therefore that there are reliable people from both teams scoring on the official sheet.
- Points are allotted: 2 for a win, 1 for a draw and 0 for a loss. The top two teams in each grade will contest the finals. If there is a tie in points the team with the highest goal average will contest the finals.
- Players may play only one game in an afternoon.
- Any player who plays 3 or more games in A grade must remain an A grade player.
- Any number of substitutions are permitted at quarter and half time. No other substitutions are permitted.
- Centre passes are taken by the team that did not score the last goal i.e. NOT alternating.
- Courts are ‘first in first served’ basis. Please be aware that courts are in pairs so please don’t take the middle courts leaving the outsides free.
- Coach may advise teams at the breaks only.
- Apart from the rules above all standard netball rules apply.

IX RUGBY LEAGUE
Local Rules
- All players must wear mouth guards.

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
o 1 pair of goal post pads should be provided by each school.

o Each school to provide enough markers for 1 sideline.

o Coaches should ensure a First Aid kit and Cold Packs are available for the treatment of injuries.

o Referees should be provided for each game. If a referee is not available School Coaches are to negotiate half a game each to referee. A parent may referee if they are qualified.

o **Junior** games consist of **11 players** on the field. Games consist of 15min halves - 1.00pm start.

o **Senior** games consist of **13 players** on the field. Games consist of 20min halves – 1.40pm start. Senior games are to be played on a full field.

o Junior games to be played on a mod-field not a full field. This means 80m in length and sidelines brought in 10 metres on EACH side of the field.

o Both Junior and Senior games are to be played under mod rules.
X SOCCER (FOOTBALL)

Local Rules
- Juniors are 15 mins each way and Seniors are 20 mins each way.
- Halftime 3 mins.
- Corners for Juniors and Seniors are 8 metres from the edge of the penalty area.
- Junior goal kicks are taken level with the penalty spot ie 12 steps out from the goal line.
- Penalties from the usual penalty spot for both age groups.
- Multiple interchange of players.
- If teams are level on points on the competition ladder then goal difference decides the position. If the goal difference is the same then the team who scored the most goals for is ranked ahead.
- Schools need to bring either an alternate strip or coloured bibs when playing against schools with a similar coloured strip eg Bilgola Plateau, Wheeler Heights and Narrabeen North and Elanora Heights and Newport.

DRAWN SEMI FINAL
(i) In all semi final matches, corners shall be counted by the referee in normal time.
(ii) If goals scored are equal at the completion of normal time, the team scoring the most corners throughout the match will be determined the winner.
(iii) If goals and corners are equal at the completion of extra time the team scoring the first goal in the match will be determined the winner.
(iv) If no goals have been scored in the match, the team awarded the first corner in the match will be determined the winner.
(v) If no goals or corners are awarded during the match, the result will be determined by a single toss of the coin by the match referee.

DRAWN FINAL
If, at the end of normal time, the final is a draw on goals, then the two (2) teams shall be declared joint winners.
XI SOFTBALL AND TEE BALL

Local Rules
- Time will be divided equally between the A and B teams. The games should be about 45mins. Consequently, there is no time for delay. Catchers should be dressed and ready to take the field. Warm-up pitchers are only permitted in the first innings.
- The umpire should state the starting and finishing time before the commencement of the game.
- No coaching is permitted during an innings-parents or teachers. The teams may receive coaching between innings provided this is agreed to before the game. At no time should this delay the game.
- Children may coach at first and third provided they wear helmets and are well outside the diamond.
- The INFIELD FLY rule does not apply.
- The umpire should wear protective gear.
- 7 across the plate - all games and grades. The innings is called when a 7th batter/baserunner crosses home plate if 3 outs haven’t been made. If the batter is in the middle of their bat when this occurs, they bat first next innings with a new count. (This is the usual rule when an innings ends and the batter isn’t the 3rd out)
- Bat through the team. All members of the team are written on the batting line-up and all bat. 9 only field, however substitutions can be made at any time. (the normal softball substitution rule does not apply)
- Ball size and type. 11inch yellow optic hard ball for all seniors.
- Junior B Boys - Tee Rule. In the junior B boys competition, a tee will be introduced after 4 balls on the batter ie there are no walks. The pitcher must move back towards 2nd base. The batter and any base runners will only be awarded 2 bases from the hit off the tee. Once the ball is hit, normal softball rules apply.

XII ZONE TRIALS

PITTWATER ZONE PRIMARY SCHOOLS SPORTS ASSOCIATION

ZONE TRIALS NOMINATION FORM

Pittwater Zone Primary Schools Sports Pittwater PSSA Constitution
SCHOOL ________________________ GIRLS / BOYS (circle boys or girls)

SPORT (please circle correct sport)
AUST. FOOTBALL       BASKETBALL       CRICKET       SOCCER
GOLF                 HOCKEY          NETBALL       RUGBY LEAGUE
RUGBY UNION          SOFTBALL        TENNIS        TOUCH

DATE: _______________ VENUE: __________________________

TIME: _____________ COST: ______________

ZONE CONVENOR ______________________ PHONE __________
SCHOOL: ____________________________ FAX ______________

PLAYER INFORMATION

<table>
<thead>
<tr>
<th>NAME</th>
<th>AGE</th>
<th>SCHOOL YEAR</th>
<th>POSITION</th>
<th>EXPERIENCE</th>
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Please fill in the Nil Return if you have no triallists.

____________________School will not be sending any students to this trial.

SIGNED ___________________________ DATED ____________