

ASSOCIATED PUBLIC SCHOOLS OF VICTORIA

REGULATIONS GOVERNING SPORTING COMPETITIONS

2024

The aim of conducting sporting competitions for students in APS Primary schools is to:

- provide opportunities for students to experience a wide range of sports
- assist them to develop skills and an understanding of the rules of a number of sports
- develop a sense of fair play and experience many opportunities to be a part of a team
- develop competencies that enhance their participation in teams.

1. Any student participating in any APS Sport competition must be a bona-fide student. A bona-fide student is one whose name is on the school roll and who is in regular attendance and under regular instruction.

No student shall be eligible to represent the school in any APS Sport competition who has not been a bona-fide student of that School within the first fortnight of that term, unless they can show by medical certificate that they have been prevented by illness from attending school. Special cases shall be referred to the Heads.

2. **AGE GROUPS:** For all sports where age groups are used (Athletics, Cross Country and Swimming), SSV rules shall apply. (i.e., a competitor will be under that age according to their date of birth in the year of competition.)

If any student takes part in any APS Sport in contravention of Regulations General 1 and General 2, the school the student represents shall forfeit all matches, or in the case of the Athletics, Cross Country, Diving, Swimming sports, all places in all events in which the student took part.

3. Competitions will be conducted for Primary students in the following sports:

Term 1	Cricket, Softball, Swimming, Table Tennis & Tennis
Term 2	Cross Country, Football, Netball & Volleyball
Term 3	Basketball, Handball, Hockey & Soccer
Term 4	Athletics, Badminton, Touch & Water Polo

All of the above sports will be played under the rules of the governing body in Victoria except where varied by these Regulations:

ATHLETICS	Athletics Victoria
BADMINTON	Badminton Victoria
BASKETBALL	Basketball Victoria
CRICKET	Cricket Victoria
CROSS COUNTRY	Athletics Victoria
DIVING	Diving Victoria
HANDBALL	Victorian Handball Association
FOOTBALL	Victorian Amateur Football Association
HOCKEY	Hockey Victoria Inc.
NETBALL	Netball Victoria
ROWING	Rowing Victoria
SOCCER	Football Victoria
SOFTBALL	Softball Victoria
SWIMMING	Swimming Victoria
TABLE TENNIS	Table Tennis Victoria
TENNIS	Tennis Victoria
TOUCH	Victorian Touch Association
VOLLEYBALL	Volleyball Victoria Inc.
WATER POLO	Water Polo Victoria Inc.

Unofficial competitions may be held in other sports under the rules of the governing body in Victoria in each sport insofar as they do not conflict with anything hereafter.

4. **APS Primary Sport Coordinators** will meet at least once per term to review the rules of these competitions, and also to ensure that students from their schools are given opportunities to participate in School Sport Victoria (SSV) events. This includes the APS Primary Coordinators conducting trials to ensure that the appropriate students are put forward to trial for State teams.
5. These regulations shall be absolutely binding on the following Public Schools:

Brighton Grammar School, Carey Grammar School, Caulfield Grammar School, The Geelong College, Geelong Grammar School, Haileybury, Melbourne Grammar School, St Kevin's College, Scotch College, Wesley College and Xavier College.

6. Any proposal to alter these Regulations must be discussed at the Primary Sport Coordinators meeting, and voted upon by those present. Rule changes to specific sports should be considered with the best interests of the students in mind, and in conjunction with the APS Boys' & Girls' Regulations for Senior (Year 7-12) students. Changes to rules and regulations must not be in breach of the APS Boys' & Girls' Regulations.
7. **Primary Sports Coordinators** have their own Committee who appoint from their own numbers a Chair, who holds office for two years. The Minute Secretary and SSV Representative shall be the APS Executive Officer or appointee.
8. In the interests of safety and enjoyment, a student should be selected to play in a team commensurate with the student's strength and/or ability.
9. Schools should enter all teams and crews at a level commensurate with their ability, especially where a School does not enter all divisions.
10. **DISPUTES:** All disputes or claims arising out of any contravention of any Regulations governing sporting contests between Public Schools, or charges against individual players, shall in the first instance be referred to the Sports Coordinator of that school and the Chair of the APS Primary Sports Coordinators.
11. Coaches and/or staff members will be the sole person(s) in charge of the game. Staff/coaches are strongly encouraged to discuss with the opposition prior to the commencement of the fixture finishing times and any other details that should be agreed upon (e.g. boundary line).
12. The APS Sport Executive Officer shall ensure that copies of these Regulations are issued annually to all schools. These Regulations shall be checked and, if necessary, amended annually by a sub-committee appointed for this purpose by the Primary Sports Coordinators, and when approved, re-issued to schools before the end of the school year.
13. **Committee Responsibilities**
As a matter of principle, it should be clearly understood that the Chairs of APS Primary Sport Sub-Committees are the representatives of the APS Heads and the APS Primary Sports Coordinators Committee rather than the representatives of their own school. As such, they are expected to advocate and vote for the policy laid down by APS Heads and Primary Sport Coordinators.

Each Season, schools enter teams for various sports and the APS Sport office produces the fixtures, which are then confirmed at the Term-by-Term Primary Sport Coordinator meetings.

No school may make any concessions to any other school in contravention of any of these Regulations unless with the consent of an APS Primary Sport Coordinators meeting.

14. **Blood Rule:** In all APS games at all levels it is accepted that a player must leave the playing area and be replaced while a blood injury is attended to. When attended to the player may return.
15. **Adverse Weather Policy:**
Please refer to the APS Adverse Weather Policy on the APS Sport website.
<https://www.apssport.org.au/policies/>
16. **Standards of Behaviour**
 - a. **Players** are responsible for conforming to the spirit as well as the letter of the rules. Most of us can clearly distinguish between fair play and gamesmanship, or taking advantage of loopholes in the rules. The following comments are intended to assist students to avoid thoughtless and unintentional breaches of the accepted code of conduct.

The home captain should extend the normal courtesies of a host to visiting teams.
 - b. **Spectators**
 - i. Whatever interferes with the orderly conduct of an event, or the comfort and freedom of others to watch and enjoy the event is unacceptable.
 - ii. Spectators are encouraged to applaud good play by both sides.
 - iii. There should be no streamers, either in rolls or bunches, banners, bugles, car horns, or other noisy instruments.
 - iv. There should be no cheerleaders or other exhibitionists.
 - v. Areas used by spectators should be left free of litter.
 - c. **Coaches** are expected to set the example to others at all times and ensure that the spirit of the game and the essence of the regulations are upheld.

17. Interschool Sport

This document has two functions:

- a. As a guide to all connected with sport as to the spirit in which games should be played.
- b. As a statement of current practice in regard to the organisation of fixtures, i.e., size of balls, supplying of materials, etc.

18. GENERAL

- a. Team games will be played at the Year Level. For all sports where age groups are used (Athletics, Cross Country and Swimming), SSV rules shall apply. (i.e. a competitor will compete in the age group that they will turn in this calendar year).
- b. A responsible teacher-in-charge must accompany all teams. It is his/her responsibility to see that the provisions of this Code are observed.
- c. A good spirit should be actively fostered between teams and between schools before, during and, particularly, after a game.
- d. All players must wear the correct school sports uniform.
- e. Ground and changing rooms are to be left as clean and tidy as they were found.
- f. After all games, captains should thank the umpire and coach for the game.

19. Behaviour of parents

- a. Each school should be responsible for the behaviour of parents. An occasional mention of behaviour in a newsletter could be quite useful.
- b. Spectators should applaud not only their own team, but should show appreciation of good play or noteworthy effort by players in the opposing team. They should not barrack against their opponents, or direct unpleasant comments at the opposing team or at any player in that team.

20. First Aid: The minimum requirements for an off-campus venue are:

- a. First Aid kit
- b. Mobile Phone (or telephone access)
- c. Name, address and telephone number of nearest emergency hospital and
- d. Ambulance telephone number

21. Mercy Rule /Termination Score:

SPORT	MERCY RULE INVOKED	MERCY RULES / STRATEGIES	TERMINATION SCORE
Basketball	<ul style="list-style-type: none"> • 20 Points (2 x 20 Min halves) • 14 Points (2 x 10 Min halves) 	<ul style="list-style-type: none"> • Introduce a zone defence within the 3 point line • Rotate key players 	30 points
Handball	10 Points	<ul style="list-style-type: none"> • Rotate key players 	15 Points
Football	10 Goals	<ul style="list-style-type: none"> • After a point is scored, restart play at the back of the centre square. • After a goal is scored, restart play with possession in the centre circle. • The coaches should rearrange positions to reduce the dominance of the team. 	15 Goals
Hockey	5 Goals	<ul style="list-style-type: none"> • Rotate key players • Free hits instead of penalty corners for the winning team • No 'playing on' from a free hit for the winning team (must pass) • Hockey 7's 	10 Goals
Netball	15 Goals	<ul style="list-style-type: none"> • After every goal, the losing team restarts play with possession in the centre circle. • Rotate key players • Set a minimum number of passes for the winning team before they can shoot (E.g. 5) • Abolish the 'held ball' rule for the losing team 	20 Goals
Soccer	5 Goals	<ul style="list-style-type: none"> • Rotate key players 	8 Goals
Softball	7 Runs	<ul style="list-style-type: none"> • Change the pitcher • No stealing 	10 Runs
Touch	5 Goals	<ul style="list-style-type: none"> • Rotate key players 	7 Goals
Volleyball	15 Points	<ul style="list-style-type: none"> • Rotate key players 	20 Points
Water Polo	7 Goals	<ul style="list-style-type: none"> • Rotate key players • Pull defence back • FAST 5 Water Polo 	10 Goals

Sports Coordinators, Coaches and Officials by example of behaviour hold an enormous influence over the youth of the community. Conduct of all adult participants and their teams within the aims and objectives of this Association is considered mandatory for the privilege of participation.

ADULT OFFICIALS SHOULD FORM AN ACCEPTED PATTERN OF BEHAVIOUR FROM THE FOLLOWING:

- a. Be reasonable in your demands on player's time, energy and enthusiasm.
- b. Avoid over-playing the talented players. The "just-average" players need and deserve equal time.
- c. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- d. Develop team respect for the ability of the opponents as well as for the judgement of officials and opposing coaches.
- e. Accept decisions of all umpires or referees as being fair and called to the best of their ability.
- f. Do not criticise players in front of spectators but, reserve constructive criticism in private or in the presence of the team.
- g. Do not criticise the opposing team or supporters by word or gesture.
- h. Set a good example in personal appearance.
- i. Emphasise that the winning of a game is the result of "team work".
- j. Make every sporting activity serve as a training ground for life and as a basis for good mental and physical health.
- k. Emphasise that good sports are good students and are both physically and mentally alert.
- l. Place the welfare and development of the individual team, and of the child, above win and loss records.

ADMINISTRATORS CODE OF BEHAVIOUR

- a. Involve students in the planning, leadership, evaluation and decision making related to the activity.
- b. Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, age, disability or ethnic origin.
- c. Equipment and facilities must be safe and appropriate for the ability level of participating students.
- d. Rules, equipment, lengths of games and training schedules should take into consideration the age, ability and maturity of participating students.
- e. Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate sports behaviour and skill technique.
- f. Remember that as students play for enjoyment, play down the importance of rewards.
- g. Avoid allowing sports programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- h. Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate sports behaviour and skill technique.
- i. Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play in sports.
- j. Distribute a Code of Behaviour sheet to coaches, players, spectators, teachers and officials.

OFFICIALS CODE OF BEHAVIOUR

- a. Modify rules and regulations to match the skill level of the competitors and their needs.
- b. Compliment both teams on their efforts.
- c. Be consistent, objective and courteous in calling all infractions.
- d. Condemn the deliberate foul as being unsporting and promote fair play and appropriate sports behaviour.
- e. Use common sense to ensure that the "spirit of the game" is not lost by overcalling violations.
- f. Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
- g. Actions speak louder than words. Ensure that both on and off the field your behaviour is consistent with the principles of good sportsmanship.
- h. Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.

COACHES CODE OF BEHAVIOUR

- a. Be reasonable in your demands on player's time, energy and enthusiasm.
- b. Avoid over-playing the talented players. The "just-average" players need and deserve equal time.
- c. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- d. Develop team respect for the ability of the opponents as well as for the judgement of officials and opposing coaches.
- e. Accept decisions of all umpires or referees as being fair and called to the best of their ability.
- f. Do not criticise players in front of spectators but reserve constructive criticism in private or in the presence of the team.
- g. Do not criticise the opposing team or supporters by word or gesture.
- h. Set a good example in personal appearance.
- i. Emphasise that the winning of a game is the result of "team work".
- j. Make every sporting activity serve as a training ground for life and as a basis for good mental and physical health.
- k. Emphasise that good sports are good students and are both physically and mentally alert.
- l. Place the welfare and development of the individual team, and of the child, above win and loss records.

TEACHERS CODE OF BEHAVIOUR

- a. Encourage students to develop basic skills in a variety of sports and discourage over-specialisation in one sport or in one playing position.
- b. Create opportunities to teach appropriate sports behaviour as well as basic skills.
- c. Ensure that both skill improvement and appropriate sports behaviour are rewarded by positive statements and reflected in extrinsic rewards if appropriate.
- d. Prepare students for inter-house and interschool competitions by first providing instruction in the basic sports skills.
- e. Make children aware of the physical fitness values of sport and their life-long recreational value.
- f. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of physical growth and development.

PLAYERS CODE OF BEHAVIOUR

- a. Play for the "fun of it" and not just to please parents and coaches.
- b. Play by the rules.
- c. Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the game.
- d. Control your temper. Verbal abuse of officials or other players, deliberately fouling or provoking an opponent and throwing equipment is not acceptable or permitted in any sport.
- e. Work equally hard for yourself and your team. Your team's performance will benefit, so will you.
- f. Treat all players as you would like to be treated. Do not interfere with, bully, or take unfair advantage of another player.
- g. Co-operate with your coach, team-mates and opponents. Without them there would be no game.

SPECTATORS CODE OF BEHAVIOUR

- a. Students play organised sport for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
- b. Applaud good performance and efforts by your team AND the opponents. Congratulate both teams upon their performance regardless of the game's outcome.
- c. Respect the official's decision. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- d. Never ridicule a player for making a mistake during a competition. Positive comments are motivating.
- e. Condemn the use of violence in any form, be it by spectators, coaches, officials or players.
- f. Show respect for your team's opponents. Without them there would be no game.
- g. Encourage players to play according to the rules and the officials' decisions.
- h. Demonstrate appropriate social behaviour by not using foul language, harassing players, coaches or officials.