

St. John XXIII's House Competitions Rules & Regulations

Revised 30 MAY 2017

Checklist for Competition Day

Competition type: Athletic / Academic

Specific:

Competition date:

Time requirements/Bell Schedule:

Week before:

- File facilities request form
- File AV request form
- Check on materials

Leadership meeting before:

- Reminder to decorate tables; gather supplies/spirit gear
- Review the rules
- Review Masters'/Faculty duties for the day

Day before:

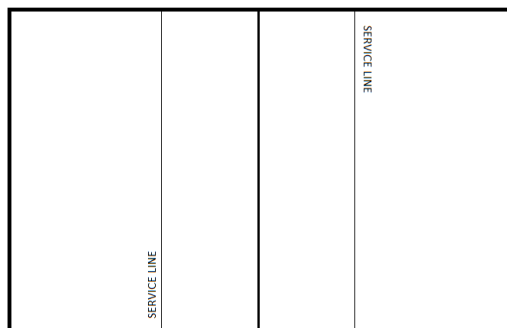
- Email Masters reminding them of duties/last minute issues
- Email to referees explaining rules/expectations
- Email Faculty explaining the day's events
- Gather materials

Day of:

- Email to Office asking to dismiss students – by House to Competition Gym, or all together to the Football field – Captains and teams ten (10) minutes ahead of time.

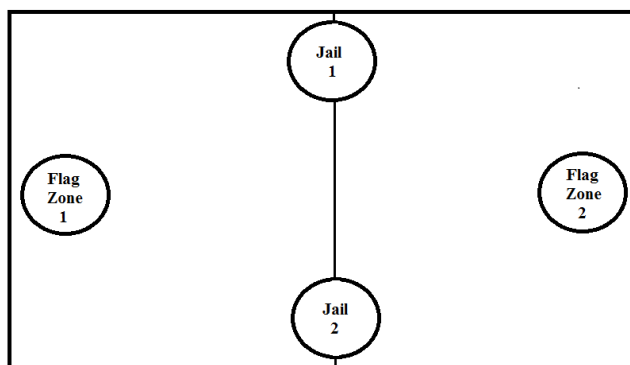


1st Quarter Competition Annual Turkey Shoot Badminton Tournament Rules



- **The Game**
 - **Intent:** Score more points than your opponent by completing more successful volleys of the birdie over the net than they do.
 - **Initiating Play:** The game shall begin with a coin-toss, the winner of the toss has the choice of first serve *or* which side of the court to defend. The first serve of the game is made from the front right player. There is no player rotation; service instead rotates clockwise around the players. Each match is played to 15/21 points, or the conclusion of a 5/7 minute period, whichever comes first
 - **Scoring:** Scoring will follow traditional volleyball rally-scoring rules, with the exception of a mulligan on first service attempt (see *Faults*). All ties at the end of regulation time will be broken by sudden death, first score wins.
 - **Time Out/Substitutions:** Time out can only be called by the Official. Players, coaches, and House Faculty Athletic Moderator are not entitled to a time out. Substitutions may be made only after a scoring play, in the event of player injury, or during an Official time out.
 - **Faults:** On an error by the server, one mulligan is awarded. On a second consecutive error by the server, “service over” is called, no points are scored, and the receiving team becomes the serving team. Faults, then, include: During the serve, the feet of the server are not in bounds. The boundary line is considered out of bounds. Before or during the serve and player feints or balks the opponents. During the rally the shuttle contacts the walls, ceiling, a player, or clothing; passes through or under the net; does not fall within court boundaries. During play any player’s person, clothing, or racquet touches the net or supports. A player obstructs (touches net or reaches over) an opponent or invades an opponent’s court. In play, a player contacts the shuttle with any part of their person or is struck by the shuttle
 - **Officiating:** The officials are responsible for fouls and line calls. Players do not resolve their own disputes. A member of the coaching staff will serve as Referee, and each House’s Faculty Athletic Moderator will serve as Line Judge when his House is not on court.
- **The Team:** Each team consists of 8 players, with 4 on the court & 4 subs.
- **The Time:** 5/7 minute period (depending upon time constraints), or first to 15/21 points
- **The Pitch:** The court will be a regulation volleyball court.
- **The Materials**
 - 6 badminton rackets/team
 - 4 birdies
 - volleyball net

2nd Quarter Competition Capture the Flag



• The Game

- **Intent:** Capture the opposing team's flag more frequently than they capture yours.
- **Initiating Play:** Play commences once each House is in their respective Flag Zone with their appropriate Flag, and all players have secured their flag belts. The Referee signals the start with a blow of the whistle.
- **Scoring:** A player must take the opposing team's Flag, and return it to his Flag Zone. A player transporting the opposing team's Flag is not "safe" until he reaches his Flag Zone. In the course of this transport a player may pass – but not throw – the opposing team's Flag to a teammate. (Flag may not be used as a defensive weapon during transport.) Once a team has successfully captured their opponent's Flag, the game resets. The game clock stops, while Flags and players swiftly return to their respective Flag Zones.

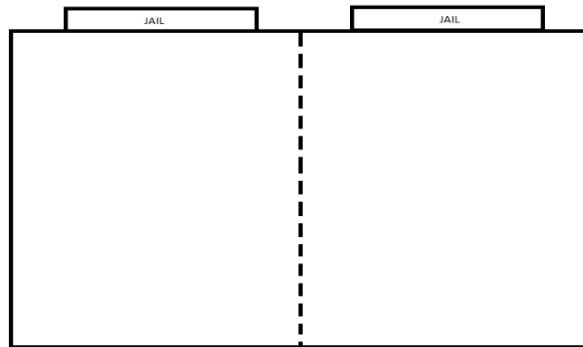
*If a player is captured while transporting the opposing team's Flag, the Flag is immediately and promptly transported back to its Flag Zone *without* reset.

In the case of a tie at the end of regulation, the team with the greatest number of active (not in jail or on their way to jail) players on the field wins.

- **Capture/Release of Player**
 - To capture an opponent, a player must take a single flag from the waist of that opponent. This can occur at any point on the field, except inside the Jails and the Flag Zones. Players must observe the Honor System, voluntarily reporting to the opposing team's Jail Official. Upon arrival, the waist flag is given to the Jail Official who holds it until the player is released by a teammate.
 - To release a comrade, a player must reach the opposing team's Jail without losing a waist-flag and touch the hand of one jailed comrade. Both players become "active" when the jail referee returns the prisoner's waist-flag and the players exit the jail.
- **Time Out/Substitutions:** Each team is allowed one 20 second time out per game. Substitutions may be made during a game reset, during a time out, or in the case of injury.
- **Faults:** A player may not intentionally and repeatedly misplace his waist flags. A player is not allowed to defend his Flag from within his own Flag Zone. A player may not tackle or otherwise engage in unnecessary roughness. Fouls will of this kind will be sent to the Jail by Referee; flagrant fouls may be ejected from the game at the discretion of the Referee. Additionally, a player may not run through a Jail with the Flag – the Flag will be returned to Flag Zone without game reset.
- **Officiating:** The officials are responsible for fouls and line calls. Players do not resolve their own disputes. A member/members of the coaching staff will serve as Referee(s), and each House will provide one House Faculty Athletic Moderator to serve as Jail Official.

- **The Team:** Each team consists of 15 players, with 12 on the field & 3 subs. Each team must maintain at least 2 girls on the field at all times.
- **The Time:** 5/7 minute period (dependent upon time constraints); stop clock for reset after each score
- **The Pitch:** The football field will be used outside. In the case of inclement weather, the basketball court may be used, with necessary changes to team size (5/1), timing (5 min), and use of bandanas as Flags.
- **The Materials**
 - Team sets of waist-flags
 - House flags
 - Cones for jails & flag zones
 - 2 buckets w/ sand in the flag zones

3rd Quarter Competition Dodgeball



- **The Game**

- **Intent:** The object of the game is to eliminate all opposing players by getting them "OUT".
- **Initiating Play:** Game begins by placing the dodgeballs along the center line – three on one side of the center hash and three on the other. Players then take a position behind their end line. Following a signal by the Referee, teams may approach the centerline to retrieve the balls. This signal officially starts the contest. Teams may only retrieve the three balls to their right of the center hash. Once a ball is retrieved it must be taken behind the attack-line before it can be legally thrown.
- **Scoring:** The first team to legally eliminate all opposing players will be declared the winner. This may be done by: 1. Hitting an opposing player with a LIVE thrown ball below the shoulders. 2. Catching a LIVE ball thrown by an opponent before it touches the ground. *A LIVE ball is defined as one that has been thrown and has not touched anything, including the floor/ground, another ball, Official or other item outside of the playing field (wall, ceiling, etc).*

If a player catches a LIVE ball, one of his teammates may re-enter from the sidelines.

If a player catches a ball which has ricocheted off of a comrade, no one re-enters play, but that teammate is not considered out.

A five-minute time limit has been established for each contest. If neither team has been eliminated at the end of the five minutes, the team with the greater number of players remaining will be declared the winner.

- **Time Out/Substitutions:** Each team will be allowed one 20-second timeout per game. At this time, a team may substitute players into the game.
 - **Faults:** Players must remain within the boundary lines. Players may leave the boundaries only to retrieve stray balls. A player may not throw a ball from outside of the boundaries; this will result in the player being called out. **A team may not control all six balls on their side of the court for more than *five* seconds; this will result in ...**
 - **Officiating:** The officials are responsible for fouls and line calls. Players do not resolve their own disputes. A member of the coaching staff will serve as Referee, and each House will provide one House Faculty Athletic Moderator to serve as Line Judge when his House is not on court.
- **The Team:** Each team consists of 10 players, with 6 players on the court & 4 subs. Players will enter and exit the court on a simple rotation.
 - **The Time:** 5 minute period, or until elimination, whichever comes first
 - **The Pitch:** The game may be played indoors or outdoors. The playing field shall be a rectangle at least 50 feet long and at least 30 feet wide, divided into two equal sections by a center-line and attack-lines 3 meters from, and parallel to the centerline.
 - **The Materials**
 - Six 8.25 inch rubber-coated foam balls.

4th Quarter Competition Ultimate Frisbee Rules



- **The Game**

- **Intent:** Score more points than the opposing team by passing your team's disc between players all the way into the opposition's end zone.
- **Initiating Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws the disc to the offense.
- **Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is reset after each score (stop clock for reset).

The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. However, they may pivot, and may be allowed a courtesy step by Referee if running especially hard. Any "true" steps (travelling) will result in a turnover.

The player with the disc has *seven* seconds to throw the disc. The defender guarding (only one defender) the thrower counts out the stall count and must remain at arms distance away. Stalling longer than 7 seconds results in a turnover.

In addition to the aforementioned faults (travelling, stalling), a change of possession occurs when a pass is not completed (e.g. out of bounds, drop, block, interception). In any turnover, the defense immediately takes possession of the disc and becomes the offense.
- **Time Out/Substitutions:** Each team is allowed one 20 second time out per game. Substitutions may be made after a score, or during a timeout.
- **Faults:** Travelling and Stalling result in a turnover. Additionally, a player may not tackle or otherwise engage in unnecessary roughness. A first foul will result in a warning, a second will result in removal during the scoring drive, a third or flagrant foul will result in ejection from the game. When a foul disrupts possession, the play resumes as if the possession was retained.
- **Officiating:** The officials are responsible for fouls and line calls. Players do not resolve their own disputes. A member/members of the coaching staff will serve as Referee(s). Each House will appoint a House Faculty Athletic Moderator to assist when his House is not on the field.

- **The Team:** Each team consists of 10 players, with 7 on the field & 3 subs. Each team must maintain at least 1 girl on the field at all times.
- **The Time:** 7 minute period, with 2 minute change intervals
- **The Pitch:** The football field will be used outside, with end zones marked by cones. In the case of inclement weather, the basketball court may be used, with necessary changes to team size (5/1), and timing (5 min). In the gym, the goals will be the far ends past the basketball boundary lines, the other boundaries will consist of the regular basketball boundaries. Further, ricochets will be considered in play, unless deflected off of the top one-third of the wall in the goals, in which case it will result in a turnover.
- **The Materials**
 - Two (2) Frisbees
 - Cones to set end zones