

**CHAPTER 5**  
**PO 105 – PARTICIPATE IN RECREATIONAL SPORTS**





**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 1**

**EO M105.01 – PARTICIPATE IN ORGANIZED RECREATIONAL TEAM SPORTS**

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Total Time:	3 Sessions or 1 Day
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**INTRODUCTION**

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**PRE-LESSON INSTRUCTIONS**

A complete list of resources needed for the instruction of this EO is located at Chapter 4 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

Prior to instructing this lesson the instructor shall:

- review the lesson content, and become familiar with the material;
- determine what sport is to be played;
- consider the participant (age, skill level and physical condition of all members as these factors may play a role in injuries and injury prevention);
- consider the environment (ensure suitable for the chosen sport);
- ensure equipment for the sport is available;
- ensure a first aid station is set up;
- take into account the equipment and facilities which are readily available to the corps/squadron; and
- ensure cadets are made aware prior to arriving to bring or wear proper sports attire.

**PRE-LESSON ASSIGNMENT**

Cadets are to bring appropriate sports attire.

**APPROACH**

The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

**REVIEW**

N/A.

## OBJECTIVES

By the end of this lesson the cadet shall be expected to:

- demonstrate a basic understanding of the specific sport's rules and regulations;
- actively participate in a warm up;
- actively participate in organized team sports; and
- actively participate in a cool down.

## IMPORTANCE

It is important for youth to be active in order to promote a healthy, physically active lifestyle. By participating in organized recreational team sports, the cadets are given the opportunity to be active in a team environment.

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### Teaching Point 1

### Introduce Cadets to a Specific Sport's Rules and Regulations

Time: 10 min

Method: Interactive Lecture

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## HOW TO PLAY THE SPORT

The overview of how to play the sport will differ for each sport listed in the CCO's list of approved sports. Once the instructor has chosen the sport to be played, they should refer to Annex B for a full overview of how to play.

## RULES AND REGULATIONS

The rules and regulations of each sport will differ. Once the instructor has chosen the sport to be played, they should refer to Annex B for an overview of the rules and regulations of the sport.

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### CONFIRMATION OF TEACHING POINT 1

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## QUESTIONS

- Q1. How many players per team?
- Q2. What are the general rules and regulations to be followed?

## ANTICIPATED ANSWERS

- A1. Answer will be dependent on the sport played and can be found in Annex B.
- A2. Answer will be dependent on the sport played and can be found in Annex B.

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### Teaching Point 2

### Participate in a Warm Up

Time: 10 min

Method: Participation

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## PURPOSE OF A WARM UP

A warm up will be composed of light cardiovascular activities designed to:

- stretch the muscles and ligaments;
- gradually increase respiratory action and heart rate;

- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise muscle temperature to facilitate reactions in muscle tissue.

### **FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to get ready for physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs, and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
- Stretching helps to relax your muscles and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of pre-exercise stretching for every one hour of exercise.



The stretches used should focus on the areas of the body that will be used the most during the given sport.

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### **ACTIVITY**

Time: 9 min

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### **OBJECTIVE**

The purpose of the warm up is to stretch and do light cardiovascular activity to get the body ready for physical activity and to help prevent injury.

### **RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

### **ACTIVITY LAYOUT**

- Dependent on numbers, position cadets so that they can see the instructor demonstrate each movement (as per Figure 5-1-1 or 5-1-2). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Have cadets spread out with at least two arm lengths between them.

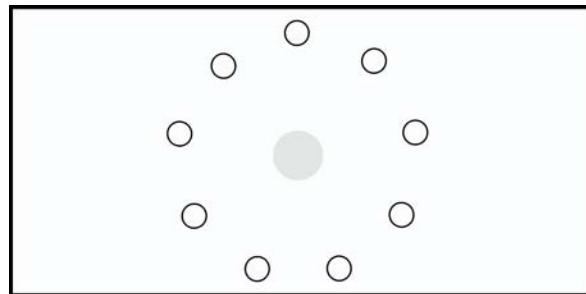


Figure 5-1-1 Instructor in Centre of Warm Up Circle

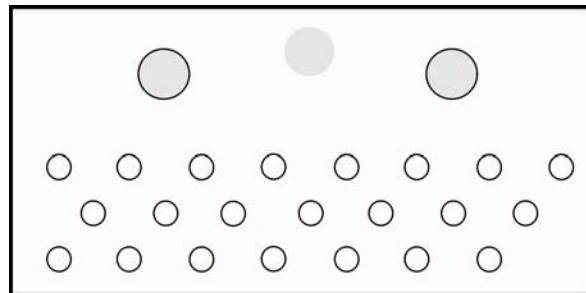


Figure 5-1-2 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between the cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 2

### QUESTIONS

Q1. How long should a stretch be held for?

Q2. What is the purpose of performing light cardiovascular activity before participating in physical activity?

### **ANTICIPATED ANSWERS**

A1. Approximately 10 to 30 seconds.

A2. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.

### **Teaching Point 3**

### **Participate in a Given Sports Activity**

Time: 240 min

Method: Participation

### **PARTICIPATE IN A GIVEN SPORT**

In accordance with the rules and regulations, the cadets shall participate in a given sport from the CCO's list of approved sports.



- Sports are to be chosen from the CCO's list of approved sports, which can be found at Annex A.
- The instructor should ensure safety at all times throughout the duration of the activity.

### **ACTIVITY**

Time: 240 min

### **OBJECTIVE**

- Demonstrate a basic understanding of the specific sport's rules and regulations.
- Actively participate in organized team sports.

### **RESOURCES**

- Sports equipment required for the given sport.
- Safety equipment required for the given sport.
- Whistle.
- Stopwatch.
- First aid equipment.

### **ACTIVITY LAYOUT**

- Prior to the commencement of the organized team sport, set-up the sporting venue for the chosen sport.
- Break cadets into even teams.
- Choose a timekeeper to keep the time.
- Choose a scorekeeper to keep the score.
- Choose a referee to call plays as necessary.

- A referee will have an auditory device, such as a whistle, to call plays as necessary.
- Upon completion of the game, the winner will be declared.



Minor changes may have to be made to the set-up of the sport dependent upon the resources and facilities available.

## SAFETY

- Ensure cadets are aware of the rules and regulations.
- Supervise at all times throughout the conduct of the activity.
- Ensure a first aid station is set up and all personnel made aware of where it is.
- Ensure a first aider is identified at the beginning of the activity and is available at all times.

## INSTRUCTOR GUIDELINES

- Must be in the sporting venue at all times throughout the conduct of the activity.
- Shall have a whistle, or other sound device, in which to stop play when necessary.
- Should make use of assistant instructors, other senior cadets, or officers, to assist in supervision.

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### Teaching Point 4

### Participate in a Cool Down

Time: 10 min

Method: Participation

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## PURPOSE OF A COOL DOWN

A cool down will be composed of light cardiovascular activities meant to allow the body time to slowly recover from physical activity and to help prevent injury. Cool downs:

- prepare the respiratory system to return to its normal state; and
- stretch muscles and ligaments to help relax them and restore them to their resting length.

## FACTORS TO REMEMBER WHILE STRETCHING

The following factors are important to remember while stretching in order to recover from physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.

- Stretching helps to relax your muscles and restore them to their resting length, and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise.



The stretches used should focus on the areas of the body that were used the most during the sports activity.

## ACTIVITY

Time: 9 min

### OBJECTIVE

The purpose of the cool down is to stretch and do light cardiovascular activity to allow the body time to recover from physical activity and to help prevent injury.

### RESOURCES

- Gym mats (if available).
- Area large enough for all cadets.

### ACTIVITY LAYOUT

- Dependent on numbers, position cadets so that they can see the instructor as he or she demonstrates each movement (as per Figure 5-1-3 or 5-1-4). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Have cadets spread out with at least two arm lengths between them.

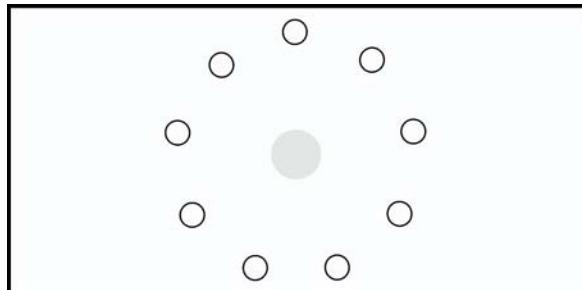


Figure 5-1-3 Instructor in Centre of Cool Down Circle

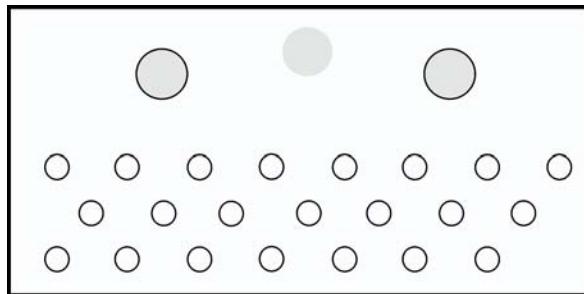


Figure 5-1-4 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner, which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 4

### QUESTIONS

Q1. What is the purpose of performing a cool down?

### ANTICIPATED ANSWERS

A1. To prepare the respiratory and cardiovascular systems to return to their normal state and to stretch the muscles and ligaments to help relax them and restore them to their resting length.

## END OF LESSON CONFIRMATION

Cadets will be supervised throughout the duration of the sports event. The focus shall be on the cadets' participation.

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## CONCLUSION

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**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

There is no formal assessment of this EO. Cadets will be supervised throughout the duration of the sports event.

**CLOSING STATEMENT**

Every cadet in year one training should be given the opportunity to participate in organized recreational team sports. There should be no focus on competition at this level; rather, the cadets should be focused on participating and demonstrating sportsmanship as a member of a team.

**INSTRUCTOR NOTES/REMARKS**

The overall objective is for cadets to participate in nine periods of organized sports. This can be broken down in two ways. It can be carried out over three training sessions, where cadets can participate in the same sport, or a different sport, on each night. If done on three nights, cadets are to be introduced to the sport to be played, participate in a warm up, activity, and cool down on each night. If carried out as a training day, cadets are to be introduced to the sport or sports to be played, then are to participate in a warm up, a series of activities, and a cool down.

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**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 2**

**EO C105.01 – PARTICIPATE IN AN ORGANIZED SPORTS TABLOID**

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Total Time:	3 Sessions or 1 Day
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**INTRODUCTION**

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**PRE-LESSON INSTRUCTIONS**

A complete list of resources needed for the instruction of this EO is located at Chapter 4 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

Prior to instructing this lesson the instructor shall:

- review the lesson content, and become familiar with the material;
- determine what events are to be incorporated into the tabloid;
- determine how many participants are expected as this will affect the number of events needed;
- consider the participant (age, skill level, and physical condition of all members as these factors may play a role in injuries and injury prevention);
- consider the environment (ensure it is suitable for the chosen activities);
- ensure equipment for the events are available; and
- ensure cadets are made aware prior to arriving to bring or wear proper sports attire.

**PRE-LESSON ASSIGNMENT**

Cadets are to bring appropriate sports attire.

**APPROACH**

The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

**REVIEW**

N/A.

**OBJECTIVES**

By the end of this lesson the cadet shall be expected to:

- actively participate in a warm-up;
- actively participate in an organized sports tabloid;
- actively participate in a cool-down; and
- demonstrate good sportsmanship.

## **IMPORTANCE**

The sports tabloid allows cadets to participate in a variety of activities:

- It is an effective and enjoyable manner of involving a large number of cadets in low-level competition.
- Is motivation for the lower-level or average-level performers to participate.
- A large number of personnel can participate in activities at one time.
- One event can provide personnel participation in a wide variety of activities.
- Can be designed around already existing facilities and equipment.
- Emphasis is placed on team effort rather than individual high performance by a cadet.

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### **Teaching Point 1**

### **Introduction to Sports Tabloid Rules and Regulations**

Time: 10 min

Method: Interactive Lecture

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## **RULES AND REGULATIONS**

The rules and regulations to be used for a sports tabloid will vary depending upon the corps/squadron and the facilities available to them. Some considerations to take into account include the following:

- Competitors must rotate through events in a pre-arranged fashion – a diagram of stations can be displayed or signs with station numbers can be put at each station.
- A whistle, or other such signalling device, should be used to commence and complete each event, as well as to tell cadets when to rotate stations.
- Describe standards to be met at each event (how many points for achievement, etc.) – this may be done at the beginning as an overview if the tabloid is fairly small, or time can be given at the beginning of each event for the scorekeeper to brief each team on the station before they participate in the activity.
- There must be a runner for each team to bring their score from each station to the master scorer.
- Time should be given at the beginning of each station for the scorekeeper to give a demonstration of how the event should take place.

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## **CONFIRMATION OF TEACHING POINT 1**

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## **QUESTIONS**

Q1. Describe how teams are to rotate from event to event.

## **ANTICIPATED ANSWERS**

A1. Teams are to rotate in the pre-arranged fashion according to some type of sounding device.

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**Teaching Point 2**

Time: 10 min

**Participate in a Warm Up**Method: Participation

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**PURPOSE OF A WARM UP**

A warm-up will be composed of light cardiovascular activities designed to:

- stretch the muscles and ligaments;
- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise muscle temperature to facilitate reactions in muscle tissue.

**FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to get ready for physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
  - Never bounce when stretching.
  - Hold each stretch for up to 30 seconds to let the muscles release fully.
  - Repeat each stretch two to three times.
  - When holding a stretch, support your limbs at the joint.
  - Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
  - Stretching helps to relax your muscles and improve flexibility, which is the range of movement about your joints.
  - As a guide, allow 10 minutes of pre-exercise stretching for every one hour of exercise.
- 

**ACTIVITY**Time: 9 min

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**OBJECTIVE**

The purpose of the warm-up is to stretch and do light cardiovascular activity to get the body ready for physical activity and to help prevent injury.

**RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

## ACTIVITY LAYOUT

- Dependent on numbers, position cadets so that they can see the instructor demonstrate each movement (as per Figure 5-2-1 or 5-2-2). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Have cadets spread out with at least two arm lengths between them.

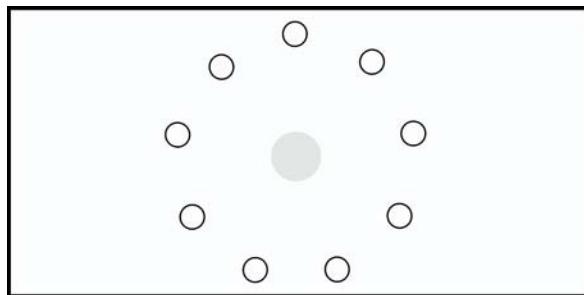


Figure 5-2-1 Instructor in Centre of Warm Up Circle

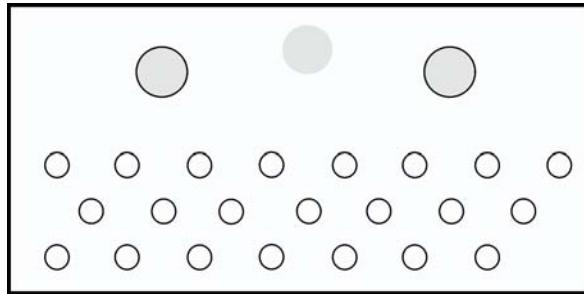


Figure 5-2-2 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure the cadets are spread out enough that they are not in each other's way.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

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## CONFIRMATION OF TEACHING POINT 2

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**QUESTIONS**

- Q1. How long should a stretch be held for?
- Q2. What is the purpose of performing light cardiovascular activity before participating in physical activity?

**ANTICIPATED ANSWERS**

- A1. Approximately 10 to 30 seconds.
- A2. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.

**Teaching Point 3****Participate in an Organized Sports Tabloid**

Time: 240 min

Method: Participation

**PARTICIPATE IN AN ORGANIZED SPORTS TABLOID**

In accordance with the rules and regulations, cadets should participate actively in an organized sports tabloid.



Activities may be taken from the sample list provided at Annex D or can be made up to suit the corps/squadron's equipment and facilities which are available to them.



The instructor should ensure safety at all times throughout the conduct of the sports tabloid.

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**ACTIVITY**

Time: 240 min

**OBJECTIVE**

To allow cadets to actively participate in an organized sports tabloid. The sports tabloid allows a larger number of cadets to participate at the same time in low-level competition. It also gives the lower or average-level performers motivation to participate as the emphasis is on team performance rather than individual skill or high-performance by an individual cadet.

**RESOURCES**

- Suggested activity/equipment list.
- Safety equipment, as necessary.
- First aid equipment.
- Tables (x number of stations, if required).

- Whistle (or other auditory signalling device).
- Stopwatch.
- Master score sheet (sample can be found at Annex G).
- Stations score sheets (sample can be found at Annex F).
- Station number posters (8 in. x 11 in. sheet of paper with numbers on them to be placed at stations for identification).
- Tape.



See Annexes D and E.

## ACTIVITY LAYOUT

- Prior to the commencement of the sport tabloid, set up the activity area, similar to Figure 5-2-3.
- Break cadets into teams evenly.
- Send each team to a station.
- If required, station scorekeepers will have a specific amount of time to demonstrate the activity at their station.
- Upon a sound signal, stations will start the activity.
- A timekeeper/master scorekeeper will time each event.
- Upon a sound signal, teams will stop the activity and sit down at their station.
- Station scorekeepers will complete the tally and give it to a runner to take to the master scorekeeper.
- When the master scorekeeper has tallied all team scores, a sound signal will be given for teams to rotate to the next station.
- Teams will progress to the next station and get a demonstration of the activity at that station, if required.
- Teams will continue in this fashion, until they have completed all the stations.
- Upon completion of the tabloid, the master scorekeeper will complete the final tally.
- Winners are determined and announced.

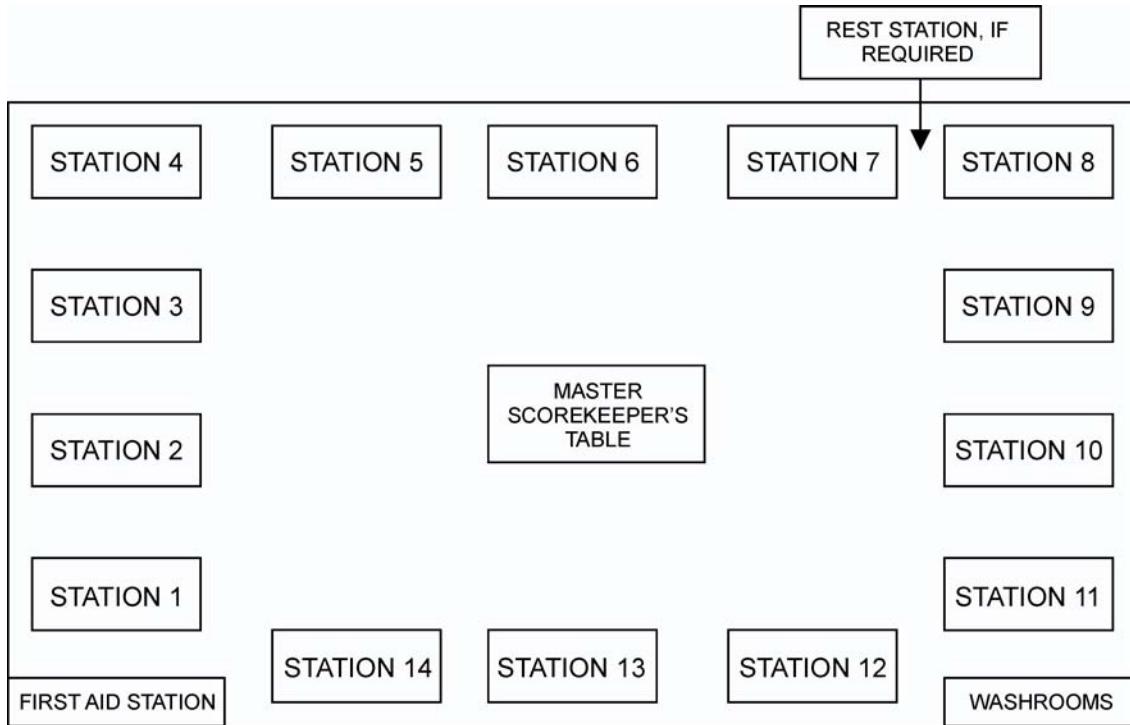


Figure 5-2-3 Sample Tabloid Set-up



Minor changes may have to be made to the set-up of the tabloid area dependent upon the resources and facilities available.

## SAFETY

- Ensure cadets are aware of the proper rules and regulations.
- Supervise at all times throughout the conduct of the activity.
- Ensure a first aid station is set up and all personnel are made aware of where it is.
- Ensure a first aider is identified at the beginning of the activity and is available at all times.

## INSTRUCTOR GUIDELINES

- Must be in the sporting venue at all times throughout the conduct of the activity.
- Shall have a whistle, or other auditory device, in which to stop play when necessary.
- A timekeeper must ensure timings are followed at each station and give a sound signal to start and stop each event.
- Should make use of assistant instructors, other senior cadets, or officers, to assist in supervision. This is easily done during a sports tabloid as it is necessary to have scorekeepers at each station who can be briefed on all safety regulations and assist in overall supervision of the cadets.

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<b>Teaching Point 4</b>	<b>Participate in a Cool Down</b>
Time: 10 min	Method: Participation

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**PURPOSE OF A COOL DOWN**

A cool-down will be composed of light cardiovascular activities meant to allow the body time to slowly recover from physical activity and to help prevent injury. Cool downs:

- prepare the respiratory system to return to its normal state; and
- stretch muscles and ligaments to help relax them and restore them to their resting length.

**FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to recover from physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
- Stretching helps to relax your muscles and restore them to their resting length, and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise.

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**ACTIVITY**

Time: 9 min

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**OBJECTIVE**

The purpose of the cool-down is to stretch and do light cardiovascular activity to allow the body time to recover from physical activity and to help prevent injury.

**RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

**ACTIVITY LAYOUT**

- Dependent on numbers, position cadets so that they can see the instructor as they demonstrate each movement (as per Figure 5-2-4 or 5-2-5). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Have cadets spread out with at least two arm lengths between them.

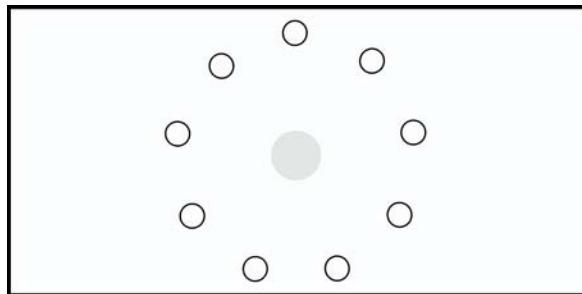


Figure 5-2-4 Instructor in Centre of Cool Down Circle

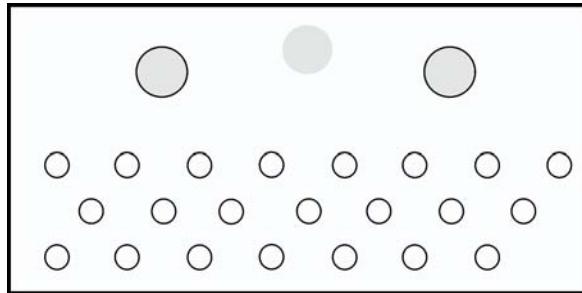


Figure 5-2-5 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Properly demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 4

### QUESTIONS

- Q1. What is the purpose of performing a cool-down?

## ANTICIPATED ANSWERS

- A1. To prepare the respiratory and cardiovascular systems to return to their normal state and to stretch the muscles and ligaments to help relax the muscles and restore them to their resting length.

---

## END OF LESSON CONFIRMATION

---

Cadets will be supervised throughout the conduct of the sports tabloid. The focus shall be on the cadets' participation and ability to act as a member of a team.

---

## CONCLUSION

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### HOMEWORK/READING/PRACTICE

N/A.

### METHOD OF EVALUATION

There is no formal assessment of this EO. Cadets will be supervised throughout the conduct of the sports tabloid.

### CLOSING STATEMENT

Every cadet in year one training may be given the opportunity to participate in an organized sports tabloid. There should be no focus on competition at this level; rather, the cadets should be focused on participating and demonstrating sportsmanship as a member of a team.

### INSTRUCTOR NOTES/REMARKS

The overall objective is for cadets to participate in nine periods of sports tabloid events. This can be carried out in two ways, if chosen as part of the complementary training package. Three complete training sessions or a full training day can be used to complete this event.

---

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**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 3**

**EO C105.02 – PARTICIPATE IN AN ORGANIZED INTRAMURAL SPORTS EVENT**

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Total Time:	3 Sessions or 1 Day
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**INTRODUCTION**

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**PRE-LESSON INSTRUCTIONS**

A complete list of resources needed for the instruction of this EO is located at Chapter 4 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

Prior to instructing this lesson the instructor shall:

- review the lesson content, and become familiar with the material;
- determine what sport(s) are to be played dependent on the number of expected participants;
- organize a timetable and distribute it to all participants;
- consider the participant (age, skill level, and physical condition of all members as these factors may play a role in injuries and injury prevention);
- consider the environment (suitable environment for the chosen sport);
- ensure equipment for event(s) is available;
- consider the type of tournament – the type of tournament to be held will directly affect how winners will be defined;
- determine the type of tournament based on Annex H; and
- ensure cadets are made aware prior to arriving to bring or wear proper sports attire.

**PRE-LESSON ASSIGNMENT**

Cadets are to bring appropriate sports attire.

**APPROACH**

The participation method was chosen for this lesson as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

**REVIEW**

N/A.

## OBJECTIVES

By the end of this lesson the cadet shall be expected to:

- demonstrate a basic understanding of the sport's rules and regulations;
- actively participate in a warm-up;
- actively participate in organized intramural sports; and
- actively participate in a cool-down.

## IMPORTANCE

It is important for today's youth to be active and to learn how to act as a member of a team. By playing organized intramural sports, the cadets are given the opportunity to participate in something that contributes to a healthy, physically active lifestyle.

---

<b>Teaching Point 1</b>	<b>Introduce Cadets to a Specific Sport and Its Rules and Regulations</b>
-------------------------	---

Time: 5 min

Method: Interactive Lecture

## OVERVIEW OF HOW TO PLAY THE SPORT(S)

The overview of how to play the sport(s) will differ for each sport listed in the Canadian Cadet Movement's list of approved sports, found at Annex A. Once the instructor has chosen the sport(s) to be played, they should refer to Annex B for a full overview of how to play.

## RULES AND REGULATIONS

The rules and regulations of each sport will differ. Once the instructor has chosen the sport(s) to be played, they should refer to Annex B, for a full overview of the rules and regulations of the sport(s). Dependent upon the level of competition, only the rules and regulations determined necessary to play to that level will have to be given to the cadets.

---

<b>Teaching Point 2</b>	<b>Introduce Cadets to the Procedures To Be Used for the Intramural Sports Event</b>
-------------------------	--

Time: 5 min

Method: Interactive Lecture

## INTRAMURAL SPORTS EVENT PROCEDURES

The procedure to be used will be dependent upon the sport(s) taking place, the venue it is taking place in, the number of participants, the type of tournament and the type of competition. Information to help assist in determining types of tournaments and how they should be set up can be found in Annex H.

---

<b>Teaching Point 3</b>	<b>Participate in a Warm Up</b>
-------------------------	---------------------------------

Time: 10 min

Method: Participation

## PURPOSE OF A WARM UP

A warm-up will be composed of light cardiovascular activities designed to:

- stretch the muscles and ligaments;

- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

### **FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to get ready for physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
- Stretching helps to relax your muscles and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of pre-exercise stretching for every one hour of exercise.



The stretches used should focus on the areas of the body that will be used the most during the given sport(s).

---

### **ACTIVITY**

Time: 9 min

---

#### **OBJECTIVE**

The purpose of the warm-up is to stretch and do light cardiovascular activity to get the body ready for physical activity and to help prevent injury.

#### **RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

#### **ACTIVITY LAYOUT**

- Dependent on numbers, position cadets so that they can see the instructor demonstrate each movement (as per Figure 5-3-1 or 5-3-2). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Cadets should be spread out to have at least two arm lengths between them.

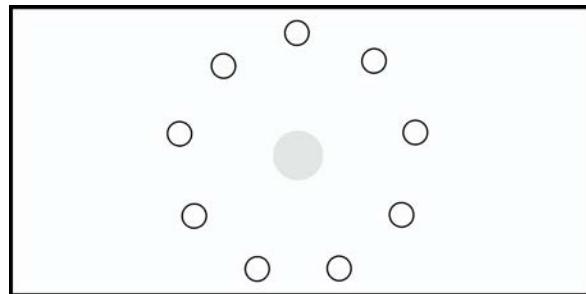


Figure 5-3-1 Instructor in Centre of Warm Up Circle

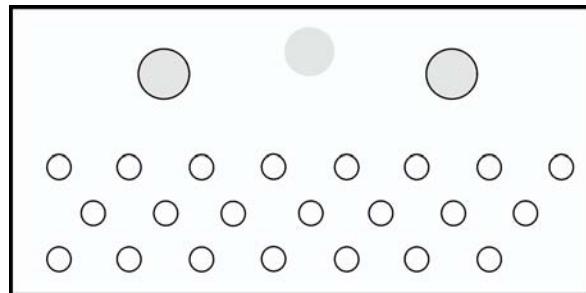


Figure 5-3-2 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between the cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Properly demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 3

### QUESTIONS

Q1. How long should a stretch be held for?

Q2. What is the purpose of performing light cardiovascular activity before participating in physical activity?

### **ANTICIPATED ANSWERS**

A1. Approximately 10 to 30 seconds.

A2. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.

### **Teaching Point 4**

### **Participate in an Organized Intramural Sports Event**

Time: 240 min (1 Day)

Method: Participation

### **PARTICIPATE IN AN ORGANIZED INTRAMURAL SPORTS EVENT**

In accordance with the rules and regulations, the cadets shall participate in a given sport from the CCO's list of approved sports, which can be found in Annex A.



The instructor is to ensure safety at all times throughout the conduct of the activity.

### **ACTIVITY**

Time: 240 min

### **OBJECTIVE**

- Demonstrate a basic understanding of the specific sport's rules and regulations.
- Participate actively in organized intramural sports.

### **RESOURCES**

- Sports equipment required for the given sport.
- Safety equipment required for the given sport.
- Whistle.
- Stopwatch.
- First aid equipment.

### **ACTIVITY LAYOUT**

- Prior to the commencement of the organized intramural sport event, set up the sporting venue for the chosen sport(s).
- Break participants into teams evenly (via corps/squadron or division/platoon/flight).
- A timekeeper will keep the time.
- A scorekeeper will keep the score.

- A referee will have an auditory device, such as a whistle, to call plays as necessary.
- Upon completion of the game, declare the winner.



Minor changes may have to be made to the set-up of the sport dependent upon the resources and facilities available.

## SAFETY

- Ensure cadets are aware of the rules and regulations.
- Ensure assistant instructors are providing supervision at all times during the duration of the activity.
- Ensure a first aid station is set up and all personnel are made aware of where it is.
- Ensure a first aider is identified at the beginning of the activity and is available at all times.

## INSTRUCTOR GUIDELINES

- Must be in the sporting venue at all times throughout the conduct of the activity.
- Shall have a whistle, or other sound device, with which to stop play when necessary.
- Should make use of assistant instructors, other senior cadets, or officers, to assist in supervision.

---

### Teaching Point 5

Time: 10 min

### Participate in a Cool Down

Method: Participation

---

## PURPOSE OF A COOL DOWN

A cool-down will be composed of light cardiovascular activities meant to allow the body time to slowly recover from physical activity and to help prevent injury. Cool downs:

- prepare the respiratory system to return to its normal state; and
- stretch muscles and ligaments to help relax them and restore them to their resting length.

## FACTORS TO REMEMBER WHILE STRETCHING

The following factors are important to remember while stretching in order to recover from physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.

- Stretching helps to relax your muscles and restore them to their resting length, and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise.



The stretches used should focus on the areas of the body that were used the most during the sport(s) activity.

## ACTIVITY

Time: 9 min

### OBJECTIVE

The purpose of the cool-down is to stretch and do light cardiovascular activity to allow the body time to recover from physical activity and to help prevent injury.

### RESOURCES

- Gym mats (if available).
- Area large enough for all cadets.

### ACTIVITY LAYOUT

- Dependent on numbers, position cadets so that they can see the instructor as they demonstrate each movement (as per Figure 5-3-3 or 5-3-4). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Cadets should be spread out to have at least two arm lengths between them.

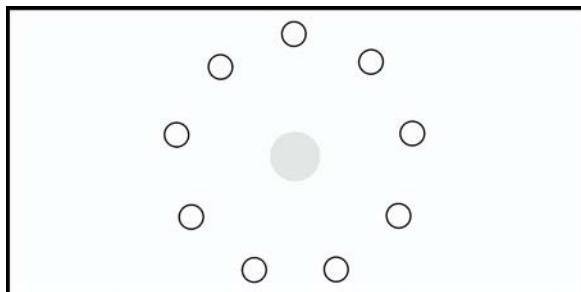


Figure 5-3-3 Instructor in Centre of Cool Down Circle

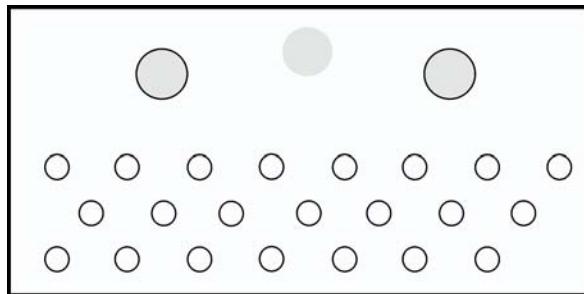


Figure 5-3-4 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 5

### QUESTIONS

- Q1. What is the purpose of performing a cool-down?

### ANTICIPATED ANSWERS

- A1. To prepare the respiratory and cardiovascular systems to return to their normal state and to stretch the muscles and ligaments to help relax them and restore them to their resting length.

## END OF LESSON CONFIRMATION

Cadets will be supervised throughout the duration of the intramural sport(s) event. The focus shall be on the cadets' participation.

---

## CONCLUSION

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**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

There is no formal assessment for this EO. Cadets will be supervised throughout the duration of the intramural sports event.

**CLOSING STATEMENT**

Every cadet in year one training may be given the opportunity to participate in organized intramural sports. There should be no focus on competition at this level; rather, the cadets should be focused on participating and demonstrating sportsmanship as a member of a team.

**INSTRUCTOR NOTES/REMARKS**

The organized intramural sports can be broken down in two ways. The overall objective is for cadets to participate in nine periods of intramural sports. This can be carried out over three training sessions, or it can be done as a training day.

---

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**COMMON TRAINING  
INSTRUCTIONAL GUIDE**



**SECTION 4**

**EO C105.03 – PARTICIPATE IN AN ORIENTEERING EVENT**

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Total Time:	3 Sessions or 1 Day
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**INTRODUCTION**

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**PRE-LESSON INSTRUCTIONS**

A complete list of resources needed for the instruction of this EO is located at Chapter 4 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

Prior to instructing this lesson the instructor shall:

- review the lesson content, and become familiar with the material;
- gather all equipment discussed in the lesson;
- put a sample score card on each cadet's desk for TP1;
- photocopy samples of real orienteering score cards, so the cadets may keep them after the lesson;
- arrange for assistants to help with TP5 to TP7; and
- set up an orienteering course.

**PRE-LESSON ASSIGNMENT**

Cadets are to bring appropriate sports attire.

**APPROACH**

The interactive lecture method was chosen for TP1 and TP4 as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.

The demonstration and performance methods were chosen for TP2 due to the practical nature of the subject matter. These methods provide the instructor the opportunity to introduce the subject matter, demonstrate procedures and observe the cadets practicing and performing the skill. The demonstration and performance methods must always be used when the taxonomic level of the material requires a performance of a skill. These methods are highly developmentally appropriate for young cadets.

The participation method was chosen for TP5 to TP7 as it allows the cadets to engage freely in the activity. The cadets should be encouraged to interact with all other group members. The instructor must foster an environment that involves the contributions of all cadets, regardless of their skill level. This methodology requires adequate supervision by senior cadets and adult staff.

**REVIEW**

N/A.

**OBJECTIVES**

By the end of this lesson the cadet shall be expected to have participated in an orienteering event.

**IMPORTANCE**

It is important for today's youth to be active and to learn how to act as a member of a team. By participating as an individual or as a member of an orienteering team, the cadets are given the opportunity to be active in a sport that will contribute to their living a healthy, physically active lifestyle.

---

<b>Teaching Point 1</b>	<b>Identify Orienteering Equipment</b>
Time: 15 min	Method: Interactive Lecture

---

**MARGINAL INFORMATION ON MAPS**

The marginal information found on a map includes:

- **Scale.** Map scale is found at the bottom of the map title. The most common scales for topographical maps in Canada are 1:25 000 and 1:50 000. Common orienteering map scales are 1:5000, 1:10 000, 1:15 000 and 1:20 000. This means that one unit on the map represents 5000 units on real terrain. The smaller the map scale, the smaller the area is, and the more detail there is available to the competitor.
- **International Orienteering Federation (IOF) Colours.** The IOF has standardized colours:
  - Brown: Land forms/elevation features.
  - Black: Man made features.
  - Blue: Water and marsh.
  - Yellow: Open and semi-open areas with good visibility.
  - White: Forest providing good running for that type of forest.
  - Green: Vegetation.
  - Violet: Course overprinting and out-of-bounds areas.
- **IOF Symbols.** These symbols are simplified representations of map features that are universal to all orienteering competitors in all countries in the world. These are hints that appear on a description sheet. These symbols have been divided into five groups as follows:
  - landforms;
  - rock features;
  - man-made features;
  - water features; and
  - vegetation.

	Cave	A hole in a rock face or hillside, often leading to underground workings.
	Boulder	A prominent free-standing block of rock or stone.
	Boulder Field	An area covered by so many boulders that they cannot be individually mapped.

*International Specifications for Control Descriptions*

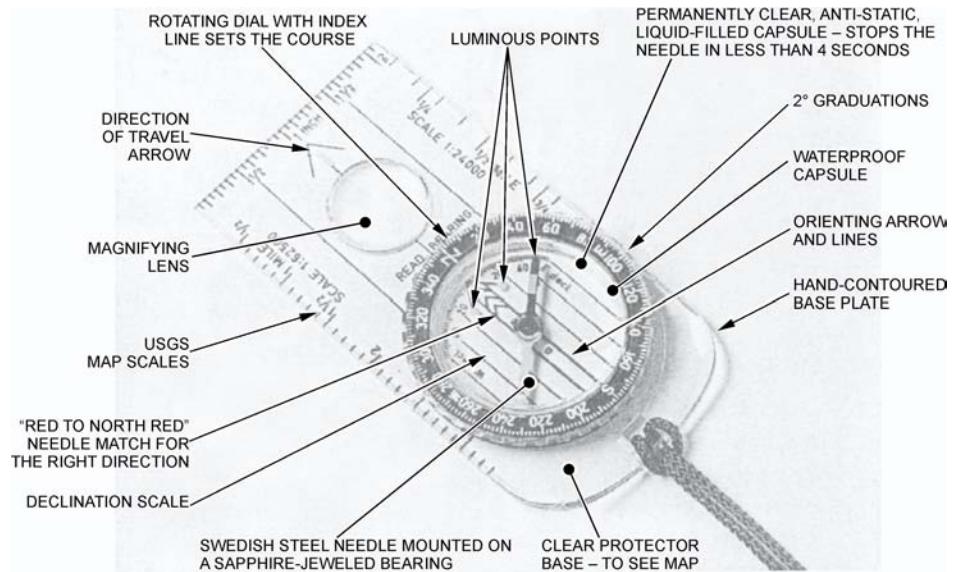
Figure 5-4-1 Example of IOF Symbols

- **Contour Lines.** A contour line is an imaginary line on the ground along which all points are at the same height above sea level (Orienteering: Level 1 Coaching). Contour lines help illustrate shapes and forms on the ground and give a picture of the terrain to the map user. When contour lines are close together, the slope is steeper. When they are spaced apart, the slope is gentle.
- **Contour Intervals.** The contour interval is the vertical distance in the terrain between points situated on two adjacent contour lines (Orienteering: Level 1 Coaching). This interval is usually in feet on a topographical map and in metres on an orienteering map.



IOF symbols and information found on a description card are located on the IOF's Website at <http://www.orienteering.org/footo/pictsymb.htm>.

## PARTS OF THE ORIENTEERING COMPASS



*Be Expert With Map & Compass: The Complete Orienteering Handbook*

Figure 5-4-2 Orienteering Compass

- **Magnetic Needle.** Suspended on a sharp point so it can swing freely. The north end of it is red, and on some models, it is also marked with a luminous band.

- **Compass Housing.** Marked with the initials of the four cardinal points, it is also divided into degree lines. Each space between the lines is  $2^\circ$ . The bottom is transparent and has an orienting arrow which points to  $360^\circ$  north. The housing can be rotated manually on the standard base plate model, but is fixed on the thumb compass.
- **Base Plate.** Rectangular and transparent, which can be turned easily. It runs from the edge of the compass housing to the front edge of the plate where it spreads into an arrow, called the direction of travel arrow. The raised part of the base plate has a black index pointer on a white background to show at what degree number the compass housing is set. The side edge of the base plate has markings for measuring and is the measuring scale. Some are in millimetres and some are in more common map scales.

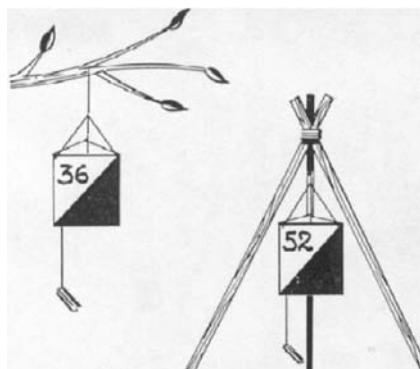


The diagram refers to “red to north red” needle match for determining the right direction. You may also hear it referred to as “red in the bed”, and may offer it to the cadets as a way to check that their compass is oriented.

## SCORING EQUIPMENT

Scoring equipment includes:

- **Control Markers.** Found at control points on an orienteering course, they consist of three squares joined together into a hollow triangular shape. Control markers are divided diagonally bottom left to top right into two triangles. The top left hand triangle is white and the bottom right hand triangle is an orange-red colour.



*Be Expert With Map & Compass: The Complete Orienteering Handbook*

Figure 5-4-3 Control Markers

- **Control Punches (Clippers).** Attached to the control markers, the punch will often hang from the control marker. Each one on an orienteering course is different and therefore aids an orienteering competition in having the competitors collect them in a specified order. Each punch has a different series of numbers or letters.
- **Description Sheets.** The control description sheet contains all the information on the competitor and their race, as well as IOF symbols or written descriptions of the control points.
- **Score Cards.** Also known as the control card, it is what the competitor uses to collect the stamps of the control markers on the course. It is handed in at the end of the race.

Orienteering® Control Point Card		CLASS	M 1	COURSE	W	No.	16	FINISH 1:46:45	START :18:00	TIME 1:28:45	DETACH	FOLD	PLACE	TIME	1:38:45	COLOUR
		NAME	JOHN DOE													
CLUB		NONE SUCH			compass											
day	time ck	punch ck	place													
ALL COMPETITORS MUST REPORT TO THE FINISH																
11	12	13	14	15	16	17	18	19	20							
1	2	3	4	5	6	7	8	9	10							

*Be Expert With Map & Compass: The Complete Orienteering Handbook*

Figure 5-4-4 Silva Score Card



Orienteering control markers can be improvised by using cardboard or plastic gallon jugs.

### CONFIRMATION OF TEACHING POINT 1

#### QUESTIONS

- Q1. What colour represents water and marsh?
- Q2. If contour lines are close together, what slope would you expect to come across?
- Q3. What is one of the three main parts on an orienteering compass?
- Q4. What are some types of scoring equipment?
- Q5. What is found on the description card?

#### ANTICIPATED ANSWERS

- A1. Blue represents water and marsh.
- A2. The slope is steep.
- A3. The magnetic needle, compass housing or base plate.
- A4. Any of the following: description card, score sheet, control markers.
- A5. The description card offers the competitor a description of what can be found at the control point.

#### Teaching Point 2

#### Explain and Demonstrate Orienteering Techniques

Time: 15 min

Method: Demonstration and Performance

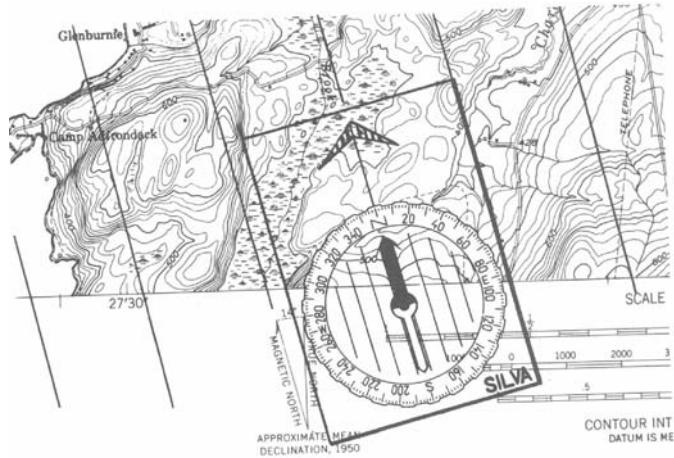
#### ORIENTEERING TECHNIQUES

Orienteering techniques include:

- **Folding and Holding the Map.** Folding the map involves the orienteer gently folding the map once so that the route is showing, running along the direction of travel, with everything else folded out of the way.

It helps the orienteer see only the information pertaining to them at the time. Holding the map depends on what kind of compass the orienteer is using and the hand the compass will be carried in.

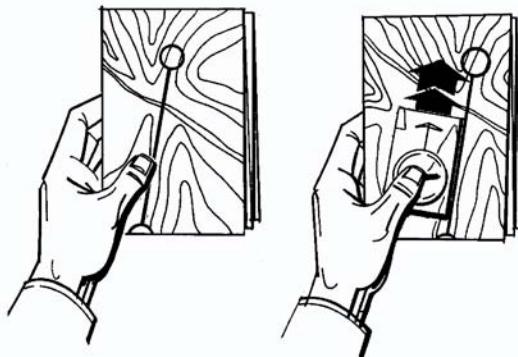
- **Orienting the Map.** A map is oriented when north on the map is aligned with north on the terrain. The map user should pick out two to three objects in front of them, and then locate them on the map. The real landmarks and the ones on the map should line up. This is called orienting the map by inspection. To orient a map with a compass, the easiest way is to place the edge of the base plate parallel with the magnetic-north line, then turn the map until the compass on it is oriented.



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Figure 5-4-5 Orienting a Compass to Map

- **Thumbing Position on the Map.** The orienteer should be holding the map properly and then place their thumb on the map to mark their position at all times. It saves time, helping to quickly determine where the orienteer is, no matter how many times they have to stop and look at their map. Two main steps involved in this process are ensuring the map is held properly and holding the map so it is oriented to the north.

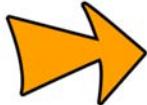


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Figure 5-4-6 Thumbing Position

- **Determining Distance.** Orienteers should not rely on features for judging distance. They may no longer exist though they still appear on the map. The best way is “step counting” or pacing. This is determined by knowing how many steps or paces an individual takes in 100 metres. To save time, an orienteer should know this before beginning a race.

- **Checking Off Features.** Linear features that appear before the control alert the orienteer that the control is nearby. As an orienteer navigates toward the control, they have a mental checklist of the features as they come upon them.



The instructor should walk the cadets through using these techniques outside explaining them as they go.

## CONFIRMATION OF TEACHING POINT 2

### QUESTIONS

- Q1. What is the purpose of keeping your thumb on your map?
- Q2. What is the best way of judging distance for an orienteer?
- Q3. What is checking off features?

### ANTICIPATED ANSWERS

- A1. To keep track of location.
- A2. Counting steps or pacing.
- A3. Checking off features is a technique where the orienteer makes a mental checklist of the features leading to their control, helping them determine how close they are to the control.

#### Teaching Point 3

#### Explain Techniques for Route Evaluation

Time: 10 min

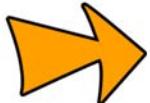
Method: Demonstration and Performance

### TECHNIQUES FOR ROUTE EVALUATION

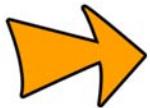
Techniques for route evaluation include:

- **Handrails.** A prominent linear feature that runs more or less parallel to the direction you are supposed to go and takes you to your control. A path between two points would be a handrail.
- **Catching Features.** Sometimes called collecting features. A technique for route evaluation that helps the orienteer make a mental checklist of all the features they must collect or catch before they can get to their control. It is a large distinct feature situated across the line of travel on the route to, or beyond, the control. It must be a feature that is easy to recognize in the terrain, such as a large pond or power line. If it is situated in front of the control it acts as an alert to the control. When situated beyond the control it alerts the orienteer that they have travelled past the point of the control.
- **Attack Points.** Some points are located on small features which are not easily found. For this, the orienteer might locate a larger feature as close to the control as possible. The orienteer will look for this feature, called the “attack point”, run towards this point, and then look for the control close by.
- **Attacking From Above.** A control located on the side of a slope is easier for the orienteer to find when they are coming down the slope. The orienteer gets a better view of the terrain by looking down on it, and is therefore able to find the best route to the control.

- **Height Assessment Versus Detouring Around.** When a hill is in the way of running from one control to the next, a decision must be made by the orienteer whether to go over or around. It must be decided if it is easier for the individual to climb up the slope and possibly expend more energy, or to go around, which may be a longer route but easier to run due to level ground. The elevation of the slope may be a deciding factor.
- **Long Easy Route Versus Short Tough Route.** Another decision that must be made by the competitor is the progress that can be made dependent on the vegetation that will be encountered. They must take into consideration the distance to travel both routes, and how quickly they will be able to travel over the type of terrain.



The instructor should walk the cadets through the use of these techniques outside explaining them as they go.



This may seem overwhelming for the novice orienteer, but cadets should know that they would naturally use some of these techniques without realizing it.

### CONFIRMATION OF TEACHING POINT 3

#### QUESTIONS

- Q1. Why does the orienteer need attack points?
- Q2. What are catching or collecting features?

#### ANTICIPATED ANSWERS

- A1. The orienteer needs attack points, because controls are often placed on small features that are difficult to find.
- A2. An orienteer may make a mental checklist of features before their control and collect them so they can tell how far away they are from the control.

---

#### Teaching Point 4

Time: 10 min

#### Identify Map Reading Techniques

Method: Interactive Lecture

---

#### MAP READING TECHNIQUES

Map reading techniques include:

- **“CART” Technique.** A systematic approach to map reading, represented by an acronym meaning:
  - **Control.** What control is the orienteer trying to find?
  - **Attack Point.** What is an attack point that is easy to identify? It should be close to and before the marker, should be distinct, prominent and easy to reach.
  - **Route Choice.** What is the best route to the attack point? This will depend on the nature of the terrain, the distance to be covered, and the skills and abilities of the orienteer.

- **Technique.** What is the best technique to use on each leg of the competition? This will once again depend on the terrain, distance, and the individual orienteer, but must be decided before starting the leg.
- **Map Simplification.** Is a process where only the large and relevant features are noted while irrelevant and/or minor details are ignored. Modern maps are very detailed and can be confusing to an orienteer who might read all detail. This method of simplifying the map makes it easier for the orienteer to proceed quickly through detailed terrain and to go from one control to the next attack point by reading only the large and more pertinent details.
- **Rough Map Reading.** In this manner an orienteer navigates through the course by reading the large, easily recognizable features while excluding small details. It allows for faster running while reading the large features and noting only approximate positions from the map. This technique is used to navigate from one control, or the start point, to the attack point for the next control in terrain with distinct features. An important rule to remember is to never run further than where you know you approximately are on the map.
- **Precision Map Reading.** In this manner an orienteer reads the small accurate details in the terrain, allowing them to know their exact position at all times. This technique is used primarily when navigating from the attack point to the control, in an area which is full of map detail. When precision map reading, it is important to run at a speed that permits you to know exactly where you are on the map.
- **Pace Counting.** Many orienteers will use it along a handrail to find an attack point and then from an attack point to a control located on a point feature. To count your paces, count every second pace, or how many times your left foot hits the ground, over a 100-metre distance. An orienteer should always know their paces before starting a meet.
- **Distance Estimation.** For distance estimation, the orienteer would notice that two distances on the map are almost identical and would count their paces over the first distance, and thus determine how many paces would be necessary to cover the second distance based on their first number.

---

#### CONFIRMATION OF TEACHING POINT 4

---

#### **QUESTIONS**

- Q1. What is the “CART” technique?
- Q2. What is map simplification?

#### **ANTICIPATED ANSWERS**

- A1. A systematic approach to map reading that encompasses control, attack point, route choice, and technique.
- A2. Map simplification is a process of noting only the large, important features and ignoring the smaller features in order to make it easier to get to the next control.

---

#### **Teaching Point 5**

Time: 10 min

#### **Participate in a Warm Up**

Method: Participation

---

#### **PURPOSE OF A PROPER WARM UP**

A warm-up will be composed of light cardiovascular activities designed to:

- stretch the muscles and ligaments;

- gradually increase respiratory action and heart rate;
- expand the muscles' capillaries to accommodate the increase in blood circulation which occurs during physical activity; and
- raise the muscle temperature to facilitate reactions in muscle tissue.

### **FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to get ready for physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
- Stretching helps to relax your muscles and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of pre-exercise stretching for every one hour of exercise



The stretches used should focus on the areas of the body that will be used the most during the orienteering event.

### **ACTIVITY**

Time: 9 min

#### **OBJECTIVE**

The purpose of the warm-up is to stretch and do light cardiovascular activity to get the body ready for physical activity and to help prevent injury.

#### **RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

#### **ACTIVITY LAYOUT**

- Dependent on numbers, position cadets so that they can see the instructor demonstrate each movement (as per Figure 5-4-7 or 5-4-8). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Cadets should be spread out to have at least two arm lengths between them.

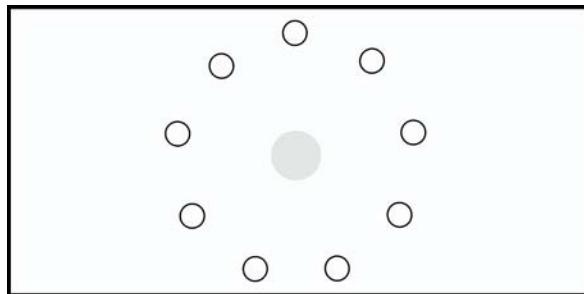


Figure 5-4-7 Instructor in Centre of Warm Up Circle

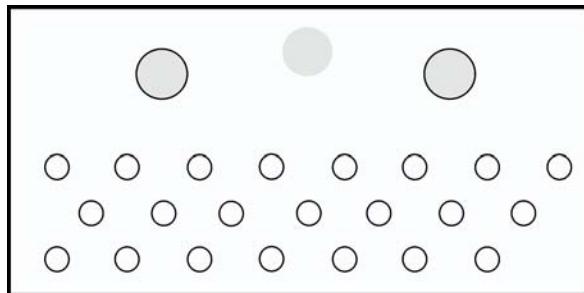


Figure 5-4-8 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between the cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

## CONFIRMATION OF TEACHING POINT 5

### QUESTIONS

Q1. How long should a stretch be held for?

Q2. What is the purpose of performing light cardiovascular activity before participating in physical activity?

### **ANTICIPATED ANSWERS**

- A1. Approximately 10 to 30 seconds.
- A2. To gradually increase respiratory action and heart rate and to raise the muscle temperature to facilitate reactions in muscle tissue.

### **Teaching Point 6**

### **Participate in an Orienteering Event**

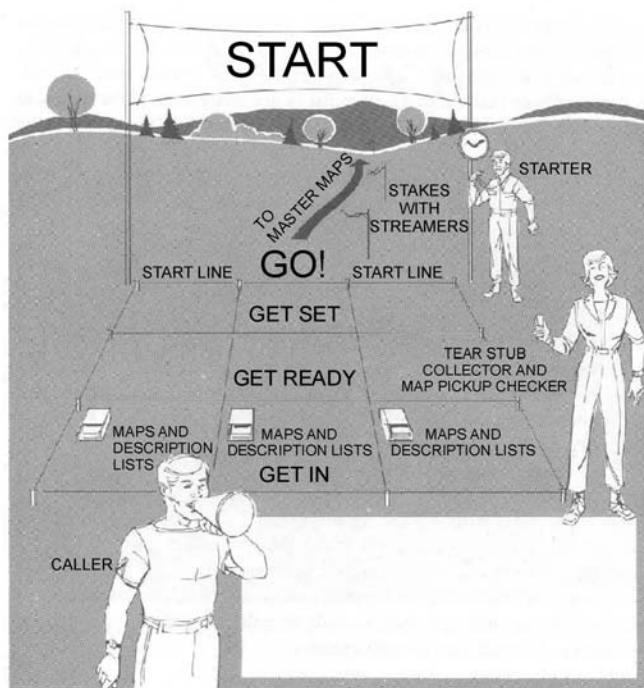
Time: 190 min

Method: Participation

### **STARTING**

At this point, the cadets will move to the starting line to be sent off by a blast from the instructor's whistle. At this point a departure time must be written down on the recorder's sheet, as per the example in Figure 5-4-10.

Usually at the beginning of the event there will be an area called the starting grid. This gives the participants a three-minute preparation period prior to starting the event.



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Figure 5-4-9 Sample Start Grid

Three minutes before the cadet is to start, they are called to the "Get In" row of the starting grid. A minute later, upon hearing a whistle, the cadets move forward to the "Get Ready" row, where they review a copy of the description list and the map (if it is not a pre-marked map). One minute before the start, the cadets move to the "Get Set" row, where pre-marked maps would be distributed, but are not allowed to be looked at until they hear the "Go" whistle.

On the zero-minute, there will be a "Go" whistle, signalling cadets to begin. It is at this point that the departure time is recorded on the recorder's sheet.

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Figure 5-4-10 Sample Recording Sheet



It is suggested that cadets be given pre-marked maps at this level.

## RUNNING THE COURSE

Once a cadet leaves the starting grid, they are left to their own devices in using the skills learned to complete the orienteering event. They are to use the various orienteering, map reading, and route evaluation techniques they feel would work best for them. At each control point they must stamp or punch the control card in the proper square with the code symbol to prove that they have visited it.

## **FINISHING THE RACE**

The finish area is typically located near the start area. It normally has a clear area at the end of the trail so that cadets can give a final effort to increase their time, and so that the timekeeper can see them as they approach the finish line.

Upon crossing the finish line, the timekeeper will call out the time to be written down on the control card as it is handed to a control card collector. The cadet's time is then transferred onto the master recording sheet in order for all cadets to be scored.

## ACTIVITY

Time: 180 min

## **OBJECTIVE**

The objective of this activity is for each cadet to have the opportunity to participate in an orienteering event to practice the skills learned.

## RESOURCES

- Whistles.

- Stopwatches.
- Orienteering maps.
- Orienteering compasses.
- Control markers with punches.
- Pencils.
- Description sheets.
- Rope.
- Radios, when available.
- First aid equipment.

## **ACTIVITY LAYOUT**

- Prior to the commencement of the orienteering event:
  - set up the orienteering course;
  - fill out description sheets;
  - make pre-marked orienteering maps; and
  - arrange for assistants.
- Break cadets into groups of two.
- Choose a timekeeper who will keep the time and record it on the master recording sheet.
- Have the cadets begin the event one group at a time, by starting in the first part of the starting grid, and progressing through it in sequence.
- Have each subsequent group of cadets follow through in the same manner, at specifically timed intervals.
- As each group arrives back at the finish line, have the timekeeper call out the time and write it down on the master recording sheet.
- The winning team is the team who finishes in the fastest time with the least amount of deductions.

## **SAFETY**

Ensure senior cadets/officers are stationed at intervals along the course to assist cadets who may get disoriented or who may get hurt.

## **INSTRUCTOR GUIDELINES**

- Ensure safety at all times throughout the event.
- Have a whistle to signal times in the starting grid.
- Use assistants to keep the time, record information on the recording sheet, and position themselves at periodic intervals throughout the course.

**Teaching Point 7****Participate in a Cool Down**

Time: 10 min

Method: Participation

**PURPOSE OF A COOL DOWN**

A cool-down will be composed of light cardiovascular activities meant to allow the body time to slowly recover from physical activity and to help prevent injury. Cool downs:

- prepare the respiratory system to return to its normal state; and
- stretch muscles and ligaments to help relax them and restore them to their resting length.

**FACTORS TO REMEMBER WHILE STRETCHING**

The following factors are important to remember while stretching in order to recover from physical activity and to help prevent injury:

- Stretch all major muscle groups, including your back, chest, legs and shoulders.
- Never bounce when stretching.
- Hold each stretch for up to 30 seconds to let the muscles release fully.
- Repeat each stretch two to three times.
- When holding a stretch, support your limbs at the joint.
- Static stretching, which is stretching a muscle and holding it in this position without discomfort for 10 to 30 seconds, is considered the safest method of stretching.
- Stretching helps to relax your muscles and restore them to their resting length, and improves flexibility, which is the range of movement about your joints.
- As a guide, allow 10 minutes of post-exercise stretching for every one hour of exercise.



The stretches used should focus on the areas of the body that were used the most during the orienteering event.

---

**ACTIVITY**

Time: 9 min

**OBJECTIVE**

The purpose of the cool-down is to stretch and do light cardiovascular activity to allow the body time to recover from physical activity and to help prevent injury.

**RESOURCES**

- Gym mats (if available).
- Area large enough for all cadets.

## ACTIVITY LAYOUT

- Dependent on numbers, position cadets so that they can see the instructor as they demonstrate each movement (as per Figure 5-4-11 or 5-4-12). It would be helpful, if possible, to have assistant instructors that can help in demonstrating the movements and ensuring the cadets are performing them properly.
- Cadets should be spread out to have at least two arm lengths between them.

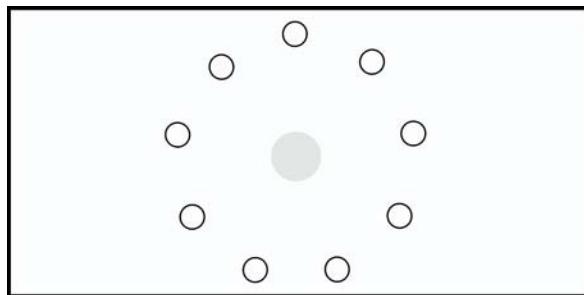


Figure 5-4-11 Instructor in Centre of Cool Down Circle

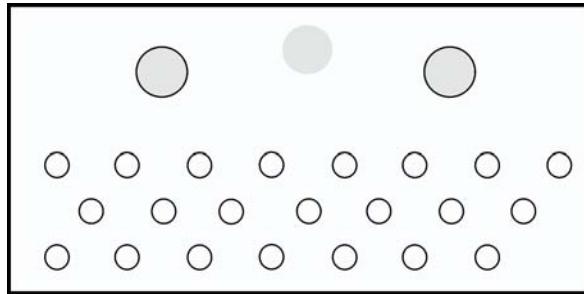


Figure 5-4-12 Instructor at Front With Assistant Instructors

## SAFETY

- Ensure there is adequate space between cadets for them to move freely.
- Ensure the cadets perform the stretches and light cardiovascular activities in a manner that is safe, following the guidelines listed above.

## INSTRUCTOR GUIDELINES

- Demonstrate each stretch and light cardiovascular activity.
- If assistant instructors are present, brief them as to the manner of the activities and how to ensure the cadets are performing them in a safe manner.
- Have knowledge of what activities are safe and how to prevent injuries from occurring.
- Assess and supervise as each movement is completed to ensure a cadet is not doing them improperly in a manner which may cause injury.



Some sample stretches can be found at Annex C. These are samples only and should not be considered an exhaustive list.

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## CONFIRMATION OF TEACHING POINT 7

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**QUESTIONS**

Q1. What is the purpose of performing a cool-down?

**ANTICIPATED ANSWERS**

A1. To prepare the respiratory and cardiovascular systems to return to their normal state and to stretch the muscles and ligaments to help relax them and restore them to their resting length.

---

## END OF LESSON CONFIRMATION

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Cadets will participate in an orienteering event as part of this lesson.

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## CONCLUSION

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**HOMEWORK/READING/PRACTICE**

N/A.

**METHOD OF EVALUATION**

There is no formal assessment of this EO. Instructors will supervise the cadets while they participate in an orienteering event.

**CLOSING STATEMENT**

Every cadet in year one training should be given the opportunity to participate in an organized orienteering event. There should be no focus on competition at this level; rather, the cadets should be focused on participating and demonstrating sportsmanship.

**INSTRUCTOR NOTES/REMARKS**

Orienteering can be broken down in two ways. The overall objective is for cadets to participate in nine periods of orienteering. This can be carried out over three training sessions, where the first night would encompass TP1 to TP4, and the two subsequent nights would encompass TP5 to TP7. It can also be done in one training day.

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**CANADIAN CADET ORGANIZATION LIST OF APPROVED SPORTS**

- Baseball.
- Basketball.
- Floor Hockey.
- Lacrosse.
- Orienteering.
- Ringette.
- Soccer.
- Soccer Baseball.
- Softball.
- Touch Football.
- Ultimate Frisbee.
- Volleyball.

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## RECREATIONAL SPORTS OVERVIEW

The list of activities provided for recreational sports is not an exhaustive list. There are other sports that may be approved if a corps or squadron wishes to request approval from their respective regions or detachments.

The basic rules that are provided for the approved sports are the rules for professional or competitive sports, which have been adapted in some instances. The rules and diagrams may be altered according to the resources and facilities that are available to the corps/squadron. For example, in ultimate frisbee, the game can be altered for play in an indoor gymnasium instead of outdoors on a field.

In many instances, the number of players per team can be adapted according to the number of cadets who are playing the sport. For example, for touch/flag football the number of players is listed for five, but teams can play with more than five players on the field at a given time. Times and breakdowns of timings can be altered as well in order to fit into timeframes.

Any sport that usually involves some form of contact between competitors shall be adapted to ensure there is no contact when played by cadets.

A basic overview of orienteering is not found in this section as it can be found in EO C105.03 (Section 4).

## BASEBALL

**Objective:** While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie ([www.angelfire.lycos.com](http://www.angelfire.lycos.com)).

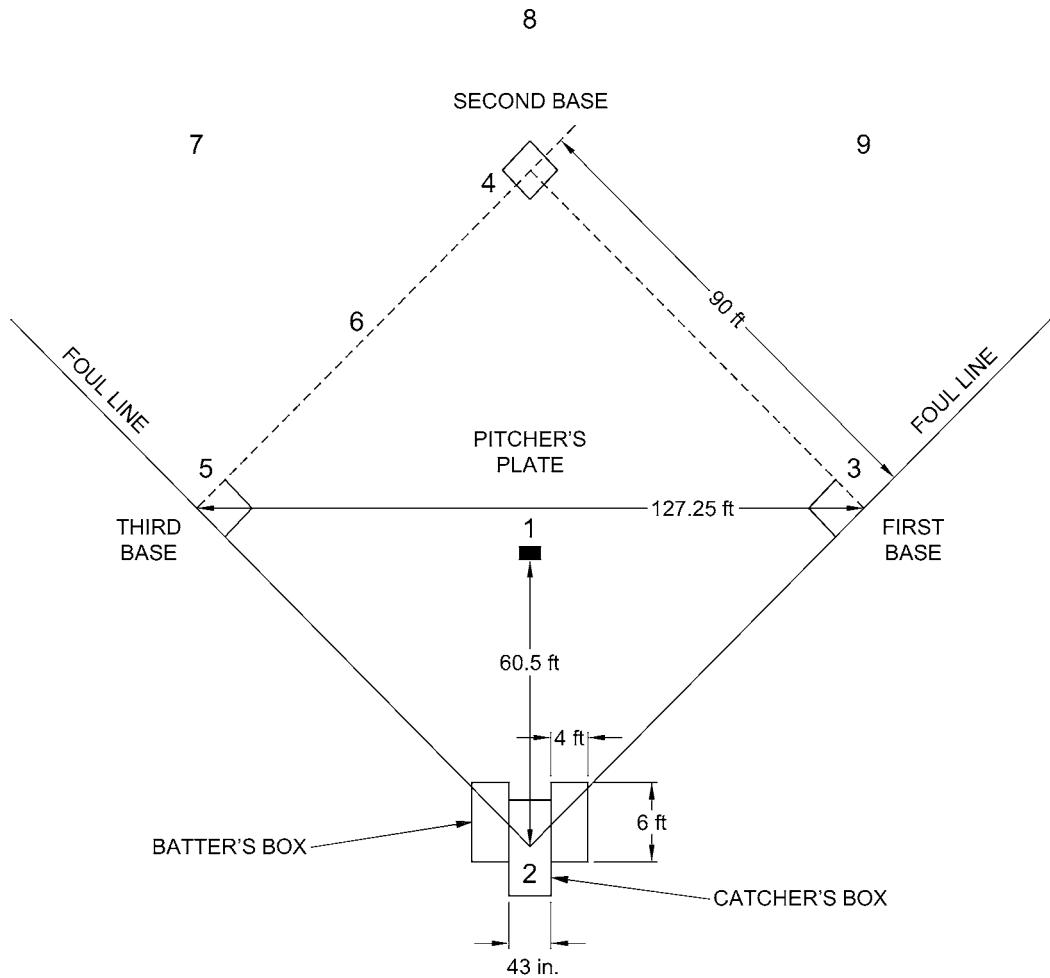
**Scoring:** One point is awarded as a member completes a circuit around the bases.

**Definitions:**

Ball	A ball is when the pitch is not within the strike zone.
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.
Double Play	When two outs are made on the same play.
Fly Ball	A ball batted high into the air.
Fly-out	Is a fly ball that is caught before it touches the ground or the fence.
Force Play	This occurs when a runner is forced to move to the next base because the batter becomes a runner.
Foul Ball	A ball that is hit into foul territory (see Figure 5B-1).
Foul Territory	The area outside the foul lines.
Home Run	When a batter hits a fair ball over the fence, or circles the bases on a hit inside the fence without getting out on their way around.
Inning	An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.
Out	An out can be given due to strikeout (three strikes), force-out, tag-out, and fly-out.
Strike	A pitch that the batter takes but does not swing at which is in the strike zone, that the batter swings at and misses, or that the batter hits into foul territory during their first two strikes. A foul ball on the third is not considered a strike.
Walk	A batter is awarded first base if a pitcher pitches four "balls" during one time up to bat.

**Number of Players:** Nine players per team.

<b>BASEBALL</b>	
<b>Equipment Required:</b>	
• Bases x 4.	• Baseball x 1 (extras should be on hand).
• Bat x 2.	• Various gloves.
• Batter's helmets x 2.	• Baseball/Softball field.
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>The game consists of nine innings, with three outs per inning (for each team). May be limited due to time constraints.</li><li>One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, and right fielder (see Figure 5B-1).</li><li>The other team bats first in the top half of the inning, according to the batting order for their players.</li><li>The pitcher attempts to get the batter out, preventing him or her from reaching first base and the subsequent bases.</li><li>A batter is out if they receive three strikes or if they hit the ball but it is caught by someone in the field before it hits the ground.</li><li>The batters objective is to get around the bases before the ball reaches the base. The batter has to attempt to get to first base before the ball reaches the base and to possibly continue going until they feel they can go no further. Once their play is over the next batter is up.</li><li>A team scores a run when a player has safely touched first, second, and third base and has made it back home, or hits the ball over the fence.</li></ul>	
Further details on the sport of baseball can be found in <i>The Sports Rules Book: Essential Rules for 54 Sports</i> (1998), pp. 25-35.	

**LEGEND**

1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder

*The Sports Rules Book: Essential Rules for 54 Sports*

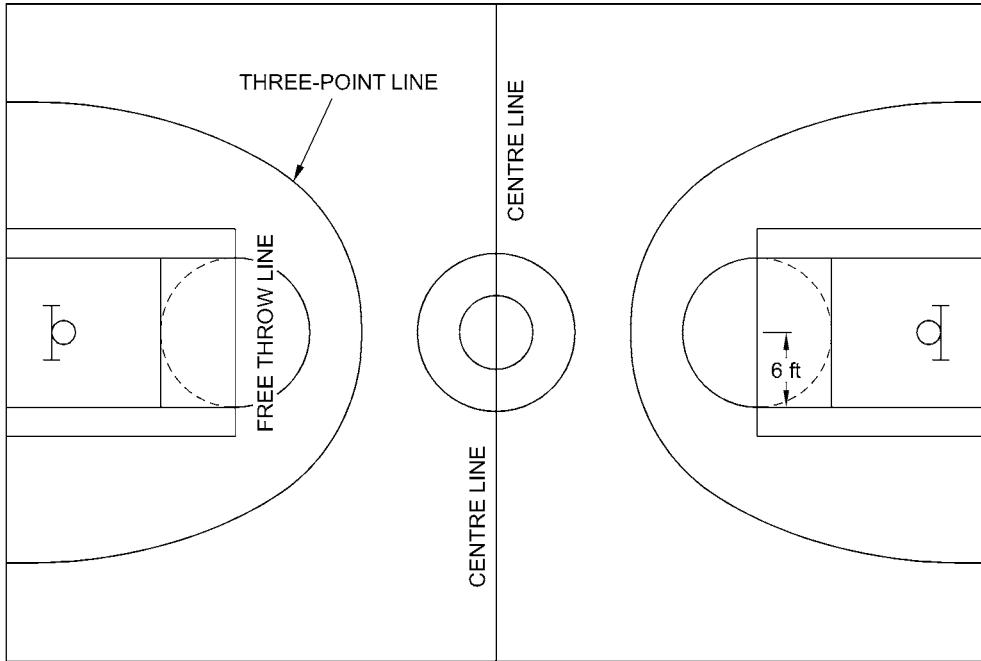
Figure 5B-1 Baseball Diamond

<b>BASKETBALL</b>	
<b>Objective:</b> To pass the basketball through the opposing teams' basket in order to obtain the most points at the end.	
<b>Scoring:</b> Each successful basketball in a basket will be awarded with two or three points. Those shots taken from within the three-point line will be scored as two points, and those shots taken at or beyond the three-point line will be awarded three points (see Figure 5B-2).	
<b>Definitions:</b>	
Dribble	Dribbling consists of bouncing the ball on the floor, using only one hand at a time. This can be done while moving on the court or while the player is stationary. Once a player stops dribbling and holds the ball, they cannot dribble again until another player touches the ball.
Double Dribble	Dribbling with both hands at once is a violation that results in a turnover.
Rebound	When a player controls possession of a missed shot, either by a teammate or an opponent.
Pass	The movement of the ball by a player to another player by throwing, batting, or rolling the ball.
Pivot	When a player holding the ball pivots with one foot kept at a point of contact with the floor, while stepping in other directions with the other foot.
Traveling	When a player advances on the court with the ball without dribbling it.
<b>Number of Players:</b> Five players per team on the court at a time.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"><li>• Basketball x 1.</li><li>• Gymnasium/outdoor court.</li><li>• Nets x 2.</li></ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>• The game consists of two 20 minute halves.</li><li>• The game begins with what is known as a "Jump Ball". Player from each team will meet face to face in at the centre of the court. Here the ball will be tossed straight up between them where both players will attempt to catch or hit the ball to a teammate.</li><li>• Teams will consist of: point guard, off guard/shooting guard, small forward, power forward, and centre/post.</li><li>• Once the game has begun the player in possession of the ball must dribble at all times in order to continue to move forward along the court. The player may pass the ball at any time to a teammate.</li><li>• If a player in possession of the ball stops at any time they may only pivot on the spot or take a maximum of three steps and then pass or shoot the ball towards the basket.</li><li>• If a team scores, the opposing team will gain possession. The team that was scored on begins under the net, with one player passing the ball to a teammate.</li></ul>	

**BASKETBALL**

- During the game if the ball is tossed out of bounds or a person is fouled, the opposite team will gain the ball where a free throw will be awarded or a sideline pass takes place.

Further details on the sport of basketball can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 37-46.



*The Sports Rules Book: Essential Rules for 54 Sports*

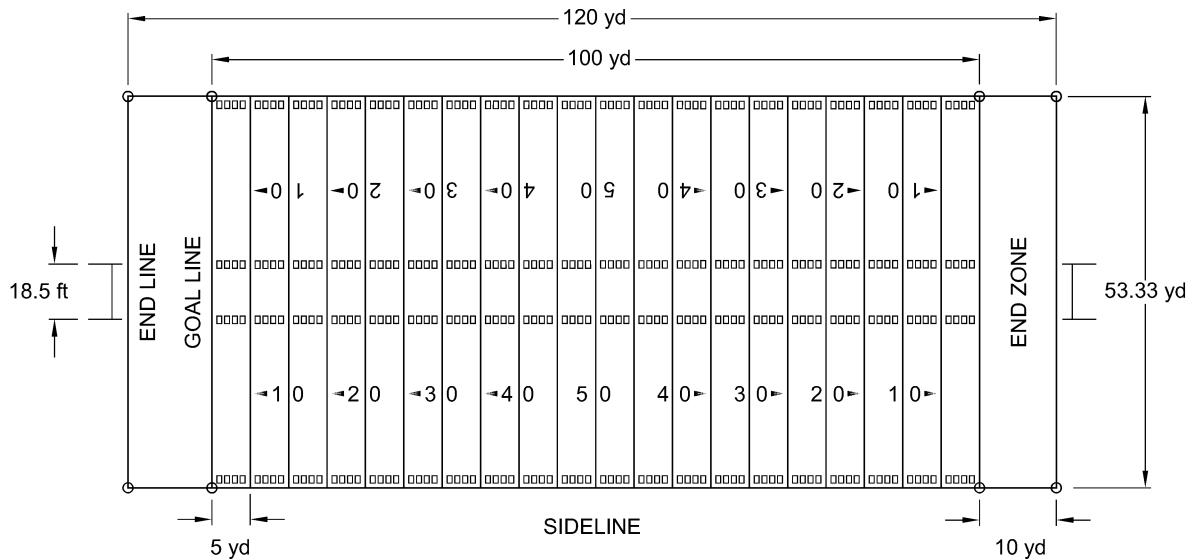
Figure 5B-2 Basketball Court

<b>FOOTBALL (FLAG/TOUCH)</b>	
<b>Objective:</b> Is an adaptation of football, where teams attempt to score as many points as possible through touchdowns. The team with the highest score at the end is the winner.	
<b>Scoring:</b>	
Touchdown – six points: <ul style="list-style-type: none"><li>When a player possesses the ball and the ball touches or crosses the plane of the opponent's goal line. This can be accomplished by running the ball, catching a pass, or by recovering a fumble on or over the opponent's goal line.</li></ul>	
Extra Points: <ul style="list-style-type: none"><li>One point if played from the five-yard line.</li><li>Two points if played from the 12-yard line.</li></ul>	
Safety – two points.	
<b>Note:</b> An interception return to the opponent's end zone on any extra-point play by the defence will result in the defence scoring two points plus they will gain possession for the next series at their own five-yard line.	
<b>Definitions:</b>	
Dead Ball	When the ball is dead and the play is over.
First Down	Is a new set of four downs. Each team gets four downs when they are playing offence, in which to make a play.
Fumble	When a player loses possession of the ball while the play is still in progress.
No-running Zones	Located five-yards from each end zone. When the ball is on or inside this five-yard line going towards the opponent's end zone, the offence cannot use a running play to cross the scrimmage line.
Scrimmage Line	The point where the players line up for the snap.
Touchback	Occurs when a ball is dead on or behind a team's own goal line, provided the ball's force came from an opponent and it is not a touchdown.
<b>Number of Players:</b> Five players per team on the field at one time.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"><li>Football x 1.</li><li>Field.</li><li>Safety/protective equipment.</li></ul>	
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>The game consists of two 25-minute halves.</li><li>One team takes first possession of the ball. This team becomes the offensive team and takes possession of the ball at their five-yard line. They have three plays to cross the midfield. Once they cross midfield, they have three plays to score a touchdown.</li></ul>	

### FOOTBALL (FLAG/TOUCH)

- If the offensive team fails to score, possession of the ball changes and the new offensive takes possession of the ball at their five-yard line.
- The team that plays defence at the start of the first half gets possession at the start of the second half.
- If a team fails to make it across midfield within three plays, possession of the ball changes.
- An automatic first down by penalty overrules the requirements regarding the three plays to make either the first down or score. Possession goes to other team.
- To start the play, the ball must be snapped between the legs of the snapper, who is also the centre. The ball is snapped back to the quarterback.
- The centre cannot take a handoff back from the quarterback after the ball is snapped.
- The quarterback cannot run with the ball past the scrimmage line.
- All defensive players are allowed to rush once the ball has been handed off or tossed, or if there has been a play-action fake or fake handoff.
- The quarterback only has seven seconds to throw the ball or the play is dead.
- Players are not allowed to catch a pass if their flag has fallen off in flag football.
- Must be played as **non-contact**. Blocking and tackling are not allowed.

Further details on the sport of football can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 125-136. These rules then must be adapted for flag/touch football, some of the modifications of which can be found on pp. 132-133. Information on flag football can also be found at [www.slam.canoe.ca/FlagFootball/Rules/home.html](http://www.slam.canoe.ca/FlagFootball/Rules/home.html).



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-3 Football Field

## FLOOR HOCKEY

**Objective:** To pass the ball into the opposing teams net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

**Scoring:** A player passing the ball through the net off their stick scores a goal. The team with the highest score at the end of the third period is the winner.

**Definitions:**

Face-off	When two players meet to try to gain possession of the puck when dropped by the referee.
Goal	A point/goal is scored when a player gets the ball across the goal line.
Rebound	A puck that bounces off the goalkeeper or the goal post.
Save	When the goalkeeper prevents a goal from being scored.

**Number of Players:** Six players per team on the floor at one time.

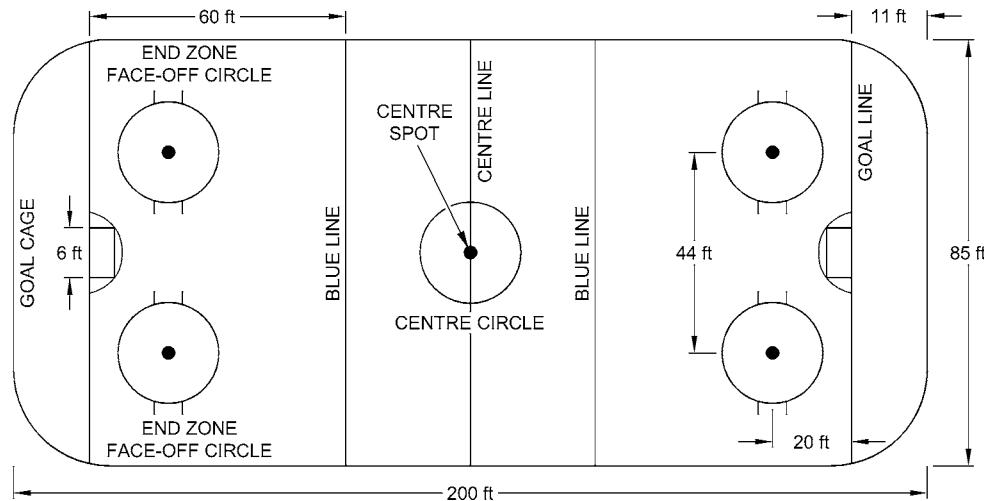
**Equipment Required:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Hockey ball x 1.</li> <li>• Hockey sticks x number of players.</li> <li>• Goalie sticks x 2.</li> </ul> | <ul style="list-style-type: none"> <li>• Goalie equipment, such as scoop, face mask, etc.</li> <li>• Hockey nets x 2.</li> </ul> |
|--|--|

**Basic Rules:**

- A game consists of three 20-minute periods.
- A game begins with a face-off between two opposing players where an official drops the ball at the centre of the sporting venue.
- Teams will consist of a goalkeeper/goalie, three forwards – centre, left wing, and right wing, and two defencemen.
- Players advance toward the ball while running with the ball or passing it to fellow teammates. The ball must be in motion at all times.
- Every time a goal is scored, the players return to the initial set-up for a face-off at centre.
- If an attacker in the team's attacking zone cause the play to stop, a face-off will occur at the nearest face-off spot in the neutral zone.
- If a defender in the team's defensive zone causes the play to stop, a face-off occurs at the point of stoppage.

Further details on the sport of hockey can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 159-168. These rules then must be adapted for floor hockey.



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-4 Hockey Set-up

## LACROSSE (WOMEN'S RULES)

**Objective:** To pass the ball into the opposing team's goal in order to obtain the most points at the end.

**Scoring:** A goal is scored when the ball passes completely over the goal line, between the posts, and under the cross bar of the opponent's goal.

**Definitions:**

Blocking	Occurs when one player moves into the path of an opponent with the ball without giving the opponent a chance to stop or change direction without contact.
Critical Scoring Area	An area at each end of the field, where the attacking team shoots for a goal.
Deputy	A player on the defensive goalkeeper's team who may enter the goal circle when his or her team is in possession of the ball and the goalkeeper is out the goal circle.
Free Space to Goal	The path to the goal within the critical scoring area.
Marking	Guarding an opponent within a stick's length.
Penalty Lane	The path to the goal that is cleared when a free position is awarded to the attacking team within the critical scoring area in front of the goal line.
Pick	A technique used by a player without the ball to force an opponent to take a different direction. The player must give the opponent time to see the pick and react to it.
Throw	The players stand one metre apart; the umpire, stands four to eight metres away, and throws the ball into the air and the players take it as they move toward the field. No other player can be within four metres of the players at the throw.

**Number of Players:** Twelve players per team on the field at one time.

**Equipment Required:**

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Ball x 1.</li> <li>• Field crosse's x number of players.</li> <li>• Goalkeeper's crosse x 2.</li> </ul> | <ul style="list-style-type: none"> <li>• Goalkeeper's helmet, face mask, and throat and chest protector x 2.</li> <li>• Mouth guards x number of players.</li> </ul> |
|--|--|

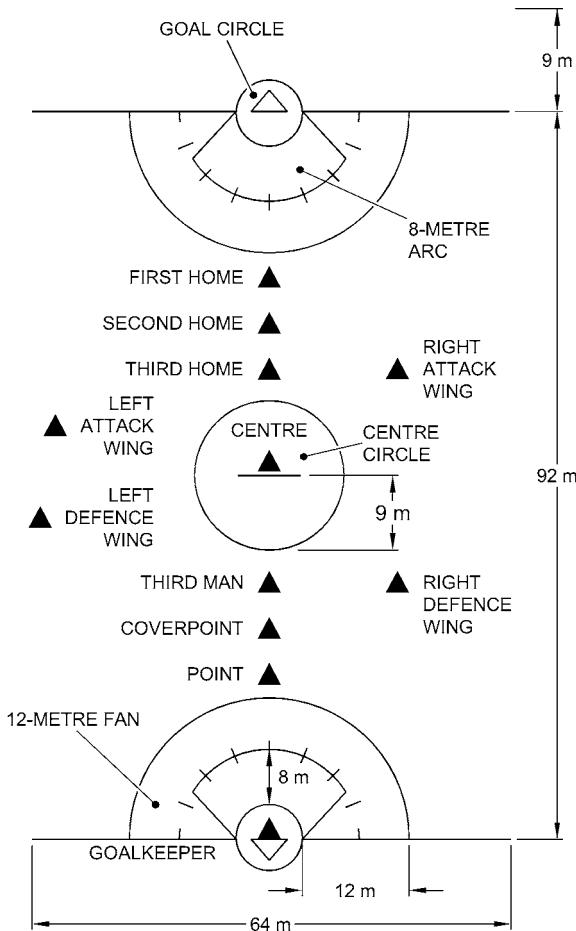
**Basic Rules:**

- The game is usually 60 minutes in length and is split into halves.
- The game begins with a draw with two opposing players toeing the centreline, holding their crosses in the air, parallel to the centreline. The umpire places the ball between the players and when they call ready the players pull their sticks up and away, lifting the ball into the air. All other players must be outside the centre circle for the draw.
- The team in possession of the ball attempts to score goals by advancing the ball down the field. This can be done by carrying, throwing, rolling, or batting it.
- If the ball goes out of bounds, it is given to the closest player. If two players of opposing teams are an equal distance from the ball, the game is continued with a throw.

### LACROSSE (WOMEN'S RULES)

- Only one player can be in the goal circle at a time. This can only be the goalkeeper or the deputy.
- Within the goal circle, the goalkeeper must clear the ball within 10 seconds. This can be done with the goalkeeper's crosse or hands and body.
- After each goal, the ball is put back into play with a draw.

Further details on the sport of lacrosse can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 179-186.



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-5 Lacrosse Field

### RINGETTE (OFF ICE VERSION)

**Objective:** To get the ring in the opposing team's net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

**Scoring:** One point for every time a player gets the ring in the opposing team's net.

**Definitions:** N/A.

**Number of Players:** Six players per team on the floor at one time.

#### Equipment Required:

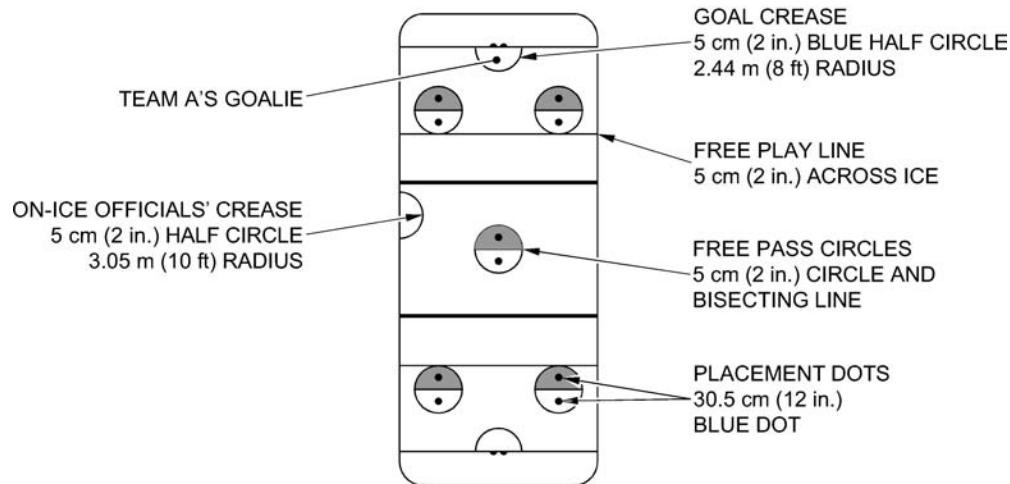
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|--|---|
| <ul style="list-style-type: none"><li>Nets x 2.</li><li>Safety equipment.</li><li>Rubber ring.</li></ul> | <ul style="list-style-type: none"><li>Straight sticks x number of players.</li><li>Goalkeeper's sticks x 2.</li><li>Goalkeepers mask.</li></ul> |
|--|---|

#### Basic Rules:

- Play begins with the visiting team being given a free centre free pass circle (which is like a face off circle in hockey).
- Teams consist of a goalkeeper/goalie, two defencemen, and three forwards.
- The ring is passed up the sporting venue similar to that in hockey in order to get the ring in the opposing team's goal.
- Free passes are used in ringette to restart play. The ring is placed in the free pass circle for this and one player gets to take possession, having five seconds to pass the ring to a teammate. Shots on goal are allowed from the free pass.
- The stick is placed inside the ring to play, not just on the outside like playing hockey.
- If the ring is within the goal crease the only player who is allowed to touch it is the goalie. The goalie usually will pick up the ring and throw it like a frisbee to a teammate but it cannot be thrown beyond the blue line. However, the goalie may also hit it with a stick or their foot.

Further details on the sport of ringette can be found at [www.ringette.ca](http://www.ringette.ca).

### TEAM A'S DEEP DEFENSIVE ZONE



### TEAM A'S DEEP OFFENSIVE ZONE

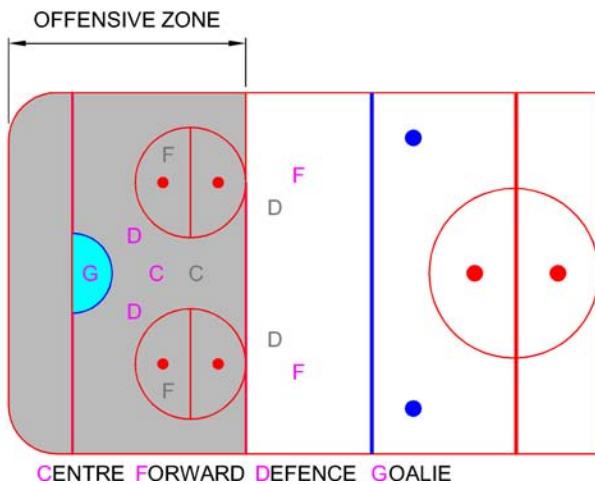


Figure 5B-6 Ringette Ice/Sporting Venue

## SOCCER

**Objective:** To pass the soccer ball into the opposing team's net, between the posts, and under the cross bar of the opponent's goal in order to obtain the most points at the end.

**Scoring:** One point is scored for every goal made into the opposing team's net, which completely crosses the goal line.

**Definitions:**

Corner Kick	Awarded to the opposing team when players kick the ball over their own goal line. All opposing players must be at least 10 yards from the ball for a corner kick.
Dribble	To move the ball with the feet in a continuous motion by passing the ball from one foot to the other.
Foul	Results in a direct or indirect free kick for the opposing team at the spot where the foul occurred.
Goal Kick	Occurs when a player kicks the ball over the opposing team's goal line. The opposing team is awarded the goal kick. Opposing players must be outside the penalty box area; either the goalkeeper or another player may kick the ball. It must be kicked beyond the penalty box area to be put into play. The player who performs the goal kick cannot touch the ball again until another player has done so.
Heads the Ball	When a player hits the ball with their head.
Penalty Kick	Is awarded to a team when an opposing player commits an intentional foul. All players except the kicker and the goalkeeper must stand outside the penalty area, at least 10 yards from the ball. The goalkeeper must stand on the goal line and not move their feet until the kick is made. If a goal is not scored and the ball goes out of bounds after being touched by the goalkeeper, the attacking team gets a corner kick.
Throw-in	Is awarded to a team when the ball goes over the sideline and was last touched by an opponent. A player throws the ball in from over their head, keeping both feet on the ground while releasing the ball. At least part of each foot must be on or behind the sideline.

**Number of Players:** Up to 11 players per team on the field at one time.

**Equipment Required:**

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Soccer ball x 1.</li> <li>• Nets x 2.</li> </ul> | <ul style="list-style-type: none"> <li>• Field or gymnasium.</li> </ul> |
|---|---|

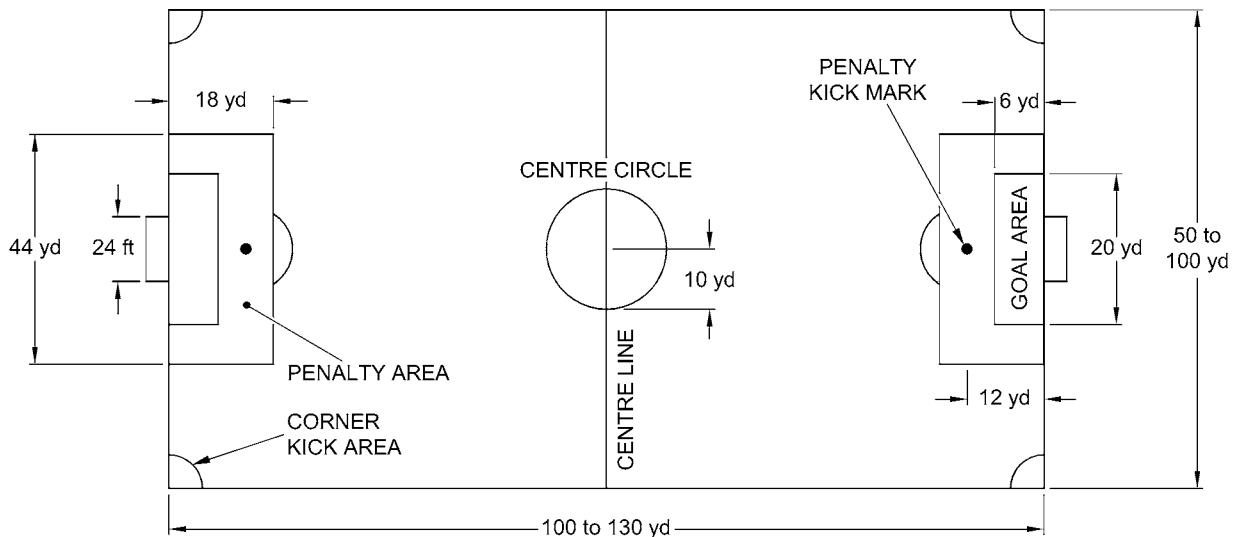
**Basic Rules:**

- The game consists of two 45-minute halves.
- The game begins with a kick off at the centre of the sporting venue.
- Teams consist of: the goalkeeper, defenders, midfielders, and forwards, or strikers.
- All players must be on their own half of the sporting venue before the kick off takes place. The player who kicks off may not touch the ball again until another player has.

## SOCCER

- Players have to move the ball up the field with their feet, head, or chest. They may not touch the ball with their hands.
- The game continues in this manner, with players dribbling the ball and moving it toward the opposing teams goal in order to score.
- A goal may not be scored directly off a kick off, goal kick, or throw-in.

Further details on the sport of soccer can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 237-245.



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-7 Soccer Field

## SOCCER BASEBALL/KICKBALL

**Objective:** While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie ([www.angelfire.lycos.com](http://www.angelfire.lycos.com)).

**Scoring:** One point is awarded as a member completes a circuit around the bases.

**Definitions:**

Double	A hit in which the batter safely reaches the second base.
Double Play	When two outs are made on the same play.
Force Play	Occurs when a runner is forced to advance to the next base because the batter becomes a runner.
Foul Play	Any ball hit into foul territory.
Foul Territory	The area outside the foul lines.
Home Run	When a batter hits a fair ball over the fence or circles the bases on a ball that was hit inside the fence.
Lead Off	When a runner leads off a base before the ball has left the pitcher's hand.
Legal Touch	This results in an out, when a defensive player tags a runner with the ball while the runner is not on a base.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
Steal	When a runner attempts to steal a base during a pitch to the kicker.
Tag-up Rule	If the ball is caught in the air after the kicker has kicked it, the kicker is out. As well, other players who are on bases must touch the base they were on after the ball is caught before they can run to the next base.

**Number of Players:** Eight players per team on the field at one time while not batting.

**Equipment Required:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Soccer ball x 1.</li> <li>• Baseball/softball field or a gymnasium or field.</li> </ul> | <ul style="list-style-type: none"> <li>• Bases/pylons x 4.</li> </ul> |
|--|---|

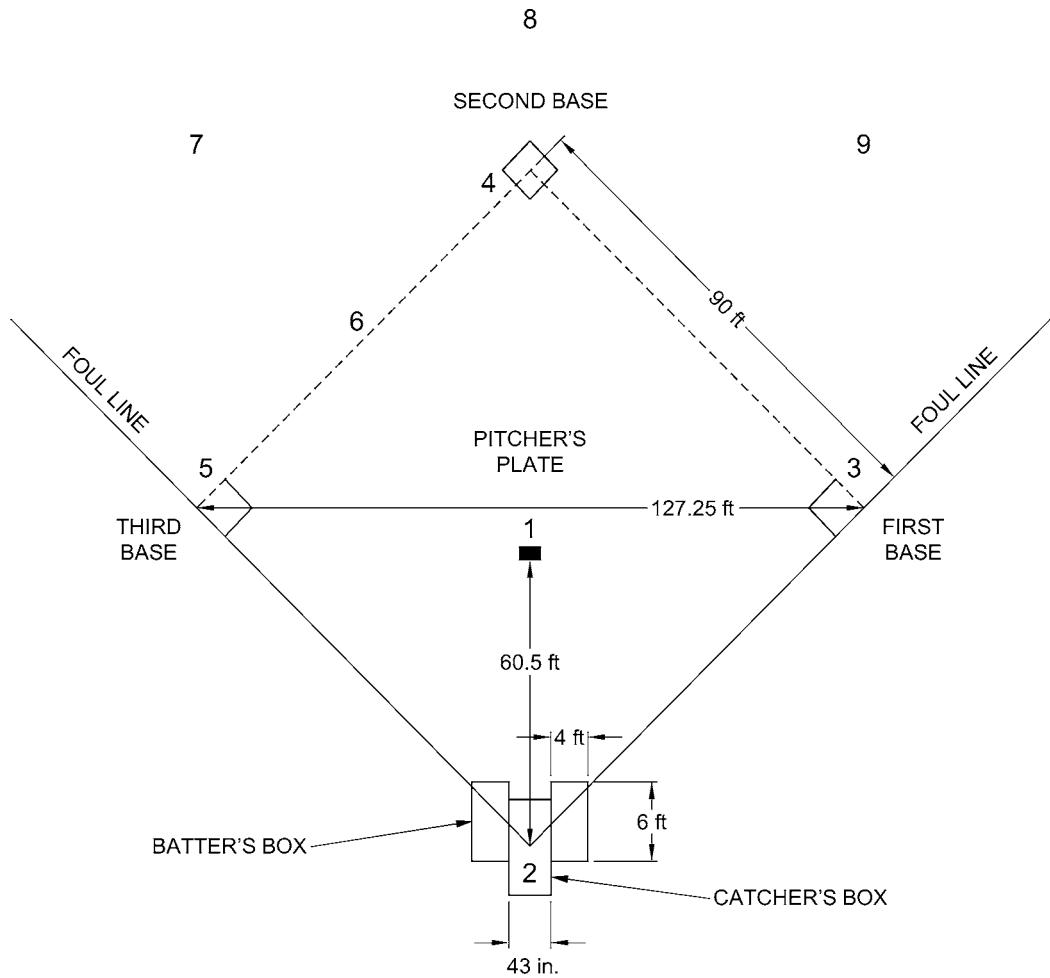
**Basic Rules:**

- The game consists of five innings, with three outs per inning (for each team).
- One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and other fielders dependent on the number of players.

### SOCCKER BASEBALL/KICKBALL

- When pitching, the ball must touch the ground at least once and cannot be higher than one foot above the plate when it gets to the kicker. The ball should be pitched to roll as smoothly as possible.
- A ball is put into play once the pitcher rolls the ball toward home plate and the kicker has attempted to kick the ball.
- The kicker must wait for the ball to be within 3 ft of the home plate before they can attempt to kick the ball.
- Leading off and stealing of bases are not allowed.
- Bunts are not permitted.
- The kicker at home plate must kick the ball with the leg or foot, below the knee.
- Field players can tag the runner out while either carrying the ball or throwing it at the runner and making contact. Thrown balls are to hit below the waist.
- A runner who leaves their base before the pitch reaches home plate or is hit, is out and the ball is considered dead.

Further details on the sport of soccer baseball/kickball can be found at [www.stanford.edu/group/Intramurals/kickballrules.html](http://www.stanford.edu/group/Intramurals/kickballrules.html) or [www.kickball.com](http://www.kickball.com).

**LEGEND**

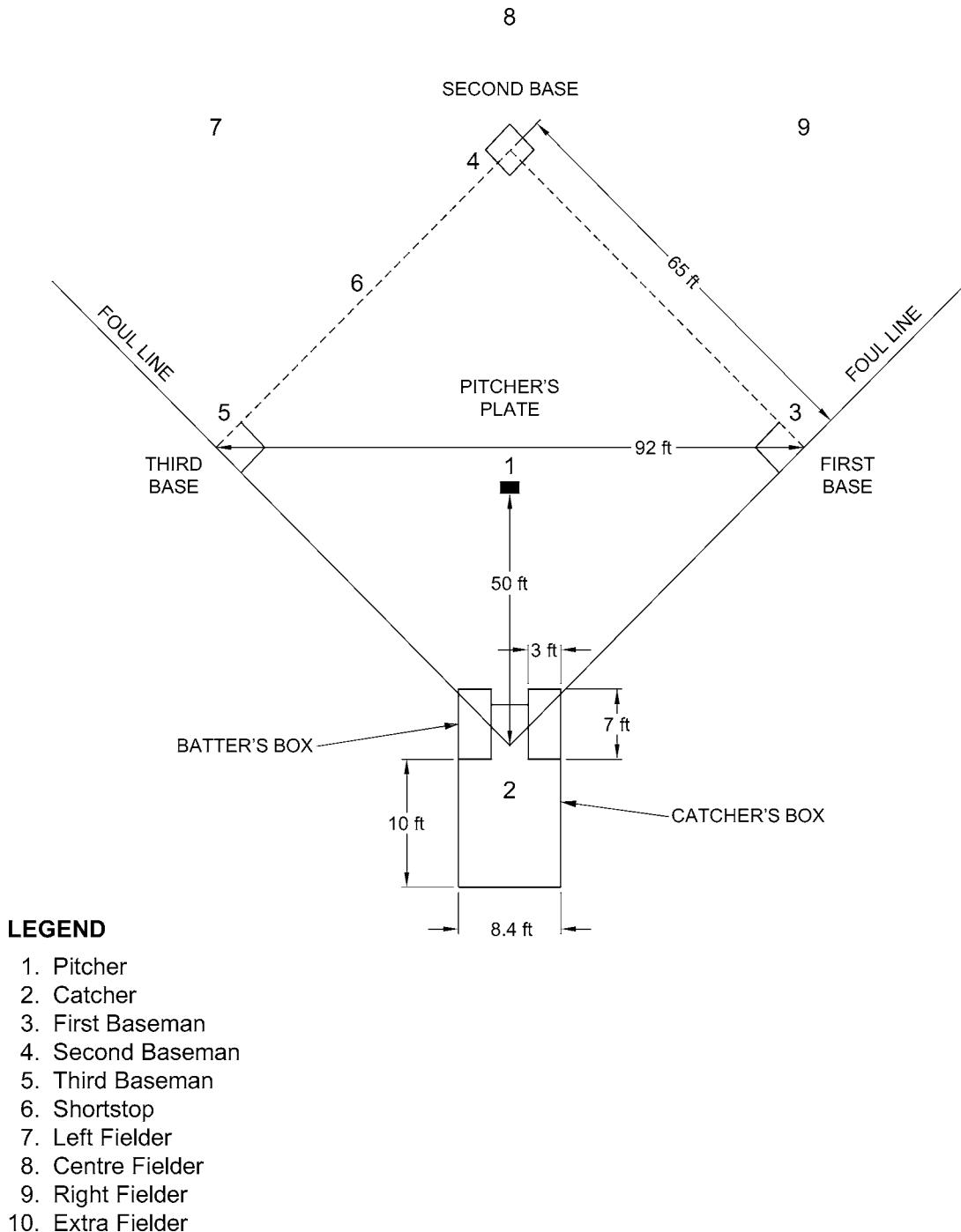
1. Pitcher
2. Catcher
3. First Baseman
4. Second Baseman
5. Third Baseman
6. Shortstop
7. Left Fielder
8. Centre Fielder
9. Right Fielder
10. Extra Fielder

*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-8 Baseball Diamond (Can Be Used for Soccer Baseball)

SOFTBALL	
<b>Objective:</b> While trying to prevent the opposing team from scoring runs, each team tries to score as many runs as possible. A run is scored when a team's player runs (in a counterclockwise direction) and steps on all three bases and the home plate, which is also known as completing the circuit. A game lasts nine innings where the team with the highest score wins, unless there is a tie. In that case the game will continue for additional innings until a team scoring an additional run breaks the tie ( <a href="http://www.angelfire.lycos.com">www.angelfire.lycos.com</a> ).	
<b>Scoring:</b> One point is awarded as a member completes a circuit around the bases.	
<b>Definitions:</b>	
Ball	A ball is when the pitch is not within the strike zone.
Bunt	When a batter hits the ball by letting the ball meet the bat to drop as a soft ground ball on the infield.
Double Play	When two outs are made on the same play.
Fake Tag	Is a form of obstruction of a runner by a fielder who neither has the ball nor is about to receive it. The umpire will award the runner the base they would have made, if the obstruction had not been made.
Fly Ball	A ball batted high into the air.
Fly-out	Is a fly ball that is caught before it touches the ground or the fence.
Force Play	Occurs when a runner is forced to advance to the next base because the batter becomes a runner.
Foul Play	Any ball hit into foul territory.
Foul Territory	The area outside the foul lines (see Figure 5B-9).
Home Run	When a batter hits a fair ball over the fence or circles the bases on a ball that was hit inside the fence.
Inning	An inning consists of a top and a bottom. During either the top or bottom half each team will get the opportunity to bat and field accordingly.
Interference	This occurs when an offensive player impedes or confuses a defensive player as they are trying to make a play. Interference can be physical or verbal.
Lead Off	When a run leads off a base in fast-pitch when the ball has left the pitcher's hand. In slow-pitch, a runner may not leave the base until the ball has been batted, touches the ground, or reaches home plate, but must return to the base if the ball is not hit.
Legal Touch	This results in an out, when a defensive player tags a runner with the ball while the runner is not on a base.
Out	An out can be given due to strikeout, force-out, tag-out, and fly-out.
Overslide	When a player overslides first base when running. It is allowed at first base, but at second and third base the runner may be tagged out.

SOFTBALL	
Steal	In fast-pitch, a runner may attempt to steal a base during a pitch to the batter.
Walk	A batter is awarded first base if a pitcher pitches four "balls".
<b>Number of Players:</b> Ten players per team on the field at a time if team is not batting.	
<b>Equipment Required:</b>	
<ul style="list-style-type: none"><li>• Bases x 4.</li><li>• Bat.</li><li>• Batter's helmets.</li></ul>	<ul style="list-style-type: none"><li>• Softball.</li><li>• Various gloves x number of players.</li><li>• Baseball/softball field.</li></ul>
<b>Basic Rules:</b>	
<ul style="list-style-type: none"><li>• The game consists of seven innings, with three outs per inning (for each team).</li><li>• One team takes the field first, taking up the various positions, to include: pitcher, catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder, and extra fielder.</li><li>• The other team bats first in the top half of the inning, according to the batting order for their players.</li><li>• The pitcher attempts to get the batter out, preventing them from reaching first base and the subsequent bases.</li><li>• The pitcher <b>must</b> use an underhand pitch.</li><li>• A batter is out if they receive three strikes or if they hit the ball but it is caught by someone in the field before it hits the ground.</li><li>• The batters objective is to get around the bases without being tagged and before the ball reaches the base. A team scores a run when a player has safely touched first, second, and third base, and has made it back home or hits the ball over the fence.</li></ul>	
Further details on the sport of softball can be found in <i>The Sports Rules Book: Essential Rules for 54 Sports</i> (1998), pp. 247-259.	



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-9 Softball Field

## ULTIMATE FRISBEE

**Objective:** To score by catching a pass in the opponent's end zone in order to obtain the most points at the end.

**Scoring:** Points are awarded to a team when a player catches a pass in the opponent's end zone. A typical game is scored to 15 points.

**Definitions:**

Clearing	To get out of the area where the thrower wants to pass the disc.
Cut	An attempt to get free of other players in order to receive a pass.
Force	To make it difficult for the thrower to throw the disc in a certain direction in an attempt to try to get them to pass it the other way.
Huck	A long pass that is nearly the length of the field and is high.
Layout	When a player dives to catch or intercept the disc.
Poach	When a defender moves away from their marker to try to intercept a pass to another player.
Swing	A lateral pass across the pitch, instead of upfield.
Switch	When two defenders exchange the offensive players they were marking.

**Number of Players:** Seven players per team on the field at one time.

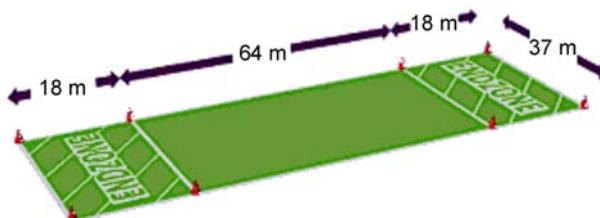
**Equipment Required:**

- |                               |                              |
|-------------------------------|------------------------------|
| • Plastic disc (frisbee) x 1. | • Pylons to mark boundaries. |
|-------------------------------|------------------------------|

**Basic Rules:**

- Each team lining up on the front of their respective end zone line initiates play. The defence throws the disc to the offence.
- The disc may be played in any direction by passing to teammates. Players must remain stationary when they hold the disc. It must be passed to other players on the field that is closer to the opponent's end zone.
- A player may not hold the disc for longer than 10 seconds. The defender who is guarding the player holding the disc (staller) must count out the stall count.
- When a pass is not completed due to out of bounds, being dropped, blocked or intercepted, etc., the defence takes possession of the disc and becomes the offence.
- To bring the disc back into play it must be brought to the point on the pitch where it went out, or the nearest point where a defender touched it.
- There is no physical contact allowed between the players.
- A throw can be made without stopping if it is within three steps of the catch. The thrower cannot change direction or speed up after catching the disc.

Further details on the sport of ultimate frisbee can be found at [www.whatisultimate.com](http://www.whatisultimate.com) or [www.upa.org/ultimate](http://www.upa.org/ultimate).



[www.whatisultimate.com](http://www.whatisultimate.com)

Figure 5B-10 Ultimate Frisbee Field

## VOLLEYBALL

**Objective:** To gain points by hitting the ball into the opposing team's portion of the court in order to obtain the most points at the end.

**Scoring:** One point is awarded every time the ball hits inside the boundary lines of the opposing teams court; the opponents are unable to return the serve within three hits; the opponents hit the ball out of bounds; or the opponents commit a fault or foul when the team was the serving team.

**Definitions:**

Attack Hit	A hit aimed into the opponent's court.
Attack Lines	These separate each side of the court into a front zone and a back zone.
Block	Occurs when one or more players stop the ball before, or just after, it crosses the net.
Rally	The exchange of hits back and forth between the teams. The team that wins the rally gets the serve.
Rotation Order	Each team has a rotation order that must be kept when it gains the serve. Each time it gains a serve, players rotate one position clockwise.

**Number of Players:** Six players per team on the court at one time.

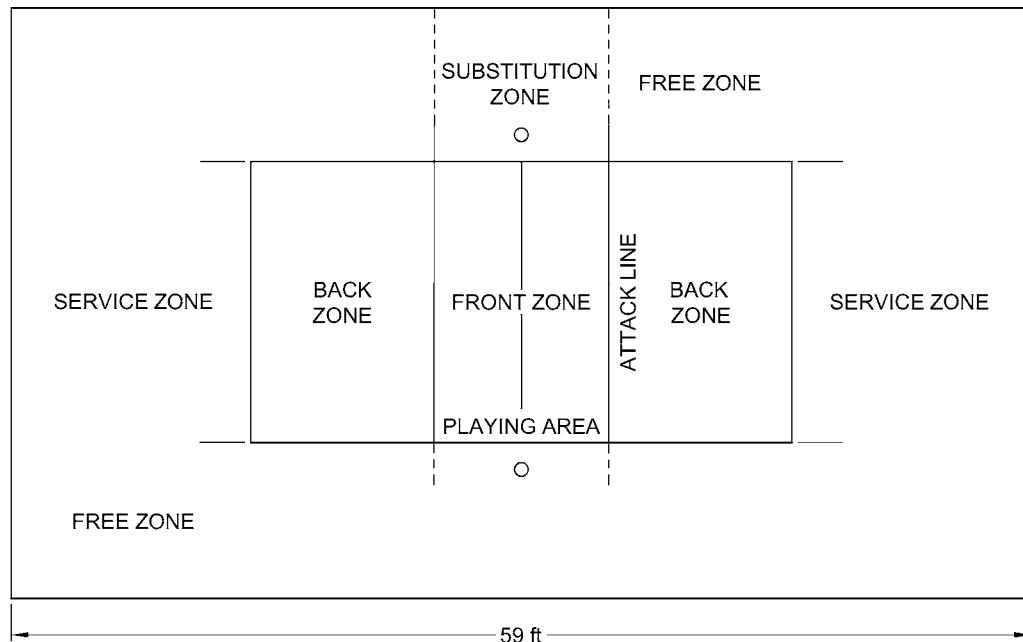
**Equipment Required:**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Volleyball x 1.</li> <li>• Volleyball net x 1.</li> </ul> | <ul style="list-style-type: none"> <li>• Volleyball court.</li> </ul> |
|--|---|

**Basic Rules:**

- The game continues until a team scores 15 points and has a two-point advantage.
- The team has three players on the front of the court and three on the back of the court.
- Players may hit the ball with their hands clasped together and can strike the ball overhand, underhand, and with either an open or closed fist.
- One team will start the serving, the other receiving. A player retains the serve until the other team wins the right to serve.
- Upon completing the serve a team must rotate positions.
- The server may stand anywhere behind the end line to serve.
- A service fault occurs if the ball touches a player of the serving team; fails to pass through the crossing space over the net; touches the net or any other object; or lands out of bounds.
- Only the team, which serves, can score points.
- If the team that is serving stops their opponents from scoring, they are then awarded the serve.
- Each team has three hits in order to get the ball over the net to return the ball. This is in addition to blocking.
- A ball may still be in play if it touches the net, except on the serve.

Further details on the sport of volleyball can be found in *The Sports Rules Book: Essential Rules for 54 Sports* (1998), pp. 325-334.



*The Sports Rules Book: Essential Rules for 54 Sports*

Figure 5B-11 Volleyball Court

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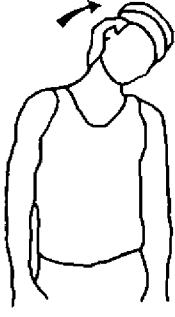
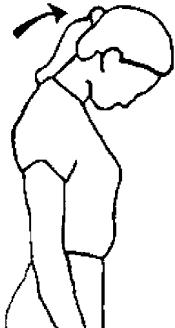
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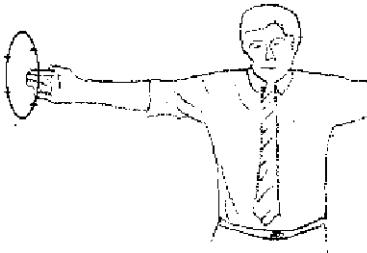
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## SAMPLE STRETCHES

### Neck

 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-1 Neck Stretch</p>	<p>Slowly stretch your neck so your head turns toward your left shoulder, hold. Repeat on opposite side. Hold for 10 to 30 seconds.</p> <p>There should be no swivelling motion of the neck.</p>
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-2 Neck Stretch</p>	<p>Slowly stretch your neck so your head tilts toward your left shoulder, hold. Repeat on opposite side. Hold for 10 to 30 seconds.</p> <p>Drop your head toward your chest, stretching the back of your neck. Hold for 10 to 30 seconds.</p>
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-3 Back of Neck Stretch</p>	<p>Drop your head toward your chest, stretching the back of your neck. Hold for 10 to 30 seconds.</p>

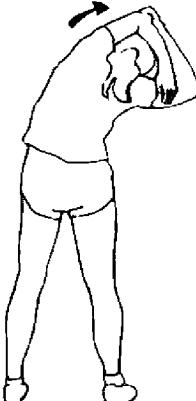
**Shoulders**

 <p><a href="http://www.walkablock.com/stretch2.gif">www.walkablock.com/stretch2.gif</a></p> <p>Figure 5C-4 Shoulder Push</p>	<p>Stand, extend your arms down and behind, and interlock your fingers. Push up and back with your shoulders. Hold for a minimum of 10 seconds.</p>
 <p><a href="http://www.shelterpub.com/_fitness/online_stretches.gif">www.shelterpub.com/_fitness/online_stretches.gif</a></p> <p>Figure 5C-5 Shoulder Shrugs</p>	<p>Stand and raise your shoulders as high as possible and then lower your shoulders, stretching your neck. Pull your shoulders back as far as possible and then round your shoulders forward by pulling your arms forward as far as possible. Hold each movement for approximately 10 seconds.</p>
 <p><a href="http://www.eeshop.unl.edu">www.eeshop.unl.edu</a></p> <p>Figure 5C-6 Arm Rotators</p>	<p>Hold arms straight out from your sides, palms up. Bring each arm under and around using small circles and gradually increasing the size of the circles. Reverse and repeat.</p>
<p>Shoulder Stretch – No Diagram</p>	<p>Standing or sitting, take your right arm in your left hand and bring it across the chest, supporting the joint by holding it behind the elbow. Pull lightly on the elbow toward the chest. You should feel the stretch in your right shoulder. Hold for 30 seconds, switch sides, and repeat on both sides.</p>

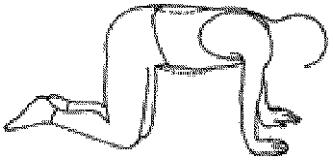
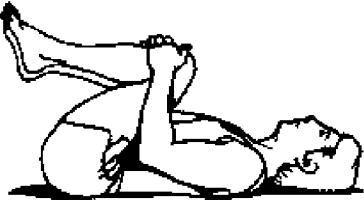
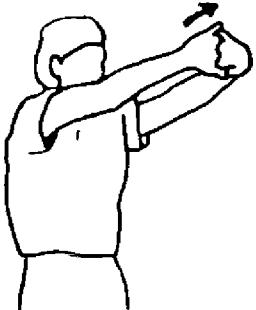
Arms

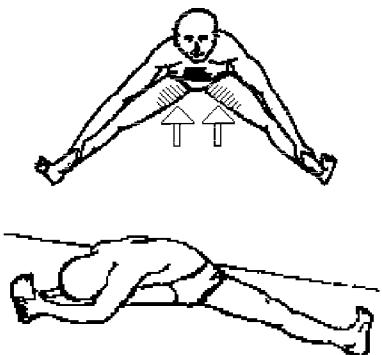
 <a href="http://www.shelterpub.com/_fitness/online_stretches.gif">www.shelterpub.com/_fitness/online_stretches.gif</a> Figure 5C-7 Wrist Rotations	<p>Rotate your hands around in circular motions from the wrist. Rotate and repeat in each direction.</p>
 <a href="http://www.walkablock.com/stretch2.gif">www.walkablock.com/stretch2.gif</a> Figure 5C-8 Triceps Stretch	<p>Stand and bring your right arm overhead, flexed at the elbow. Use your left hand to gently pull the arm down. Hold for a minimum of 10 seconds and relax. Reverse arms and repeat.</p>
Forearm Stretch – No Diagram	<p>Kneel down with toes bent and place your hands on the floor in front of you with your fingers facing your knees, thumbs pointed out. While keeping your hands flat on the floor, lean back. Hold for 30 seconds and repeat.</p>

**Chest and Abdominals**

Chest Stretch – No Diagram	Stand facing a wall. Reach an arm out to the wall at shoulder height with palm against the wall and thumb up, arm extended straight. Turn your body away from your extended arm. You should feel the stretch on the front side of your armpit and across the front of your chest. Hold for 30 seconds, switch sides, and repeat on both sides.
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-9 Side Stretch (Oblique)</p>	Stand with your left arm up and bend at the waist to the right side of the body. Support your elbow with your opposite hand. Hold for 20 seconds. Reverse sides and repeat on both sides.

**Back**

 <p><a href="http://www.losethebackpain.com">www.losethebackpain.com</a></p> <p>Figure 5C-10 Full Back Stretch</p>	<p>On your hands and knees, stretch the back upward and hold at its highest point for approximately 10 seconds. Return to starting position. Repeat.</p>
 <p><a href="http://www.roadcycling.com/artman/upload/stretches.jpg">www.roadcycling.com/artman/upload/stretches.jpg</a></p> <p>Figure 5C-11 Lower Back Stretch</p>	<p>Lie on your back and bring your knees toward your chest. Hold just under your knees. Hold for 30 seconds and repeat.</p>
 <p><a href="http://www.roadcycling.com/artman/upload/stretches.jpg">www.roadcycling.com/artman/upload/stretches.jpg</a></p> <p>Figure 5C-12 Back Stretch</p>	<p>Lie on your back with arms extended above your head. Cross your left leg over your right at hip level, keeping it straight. Keep your shoulders flat on the ground. Return to starting position, reverse, and repeat on both sides. Hold each position for 10 to 30 seconds.</p>
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-13 Upper Back Stretch</p>	<p>Extend arms straight in front of you at shoulder height. Intertwine your fingers, then turn your palms facing outward (away from your body). Press out through your arms. Let your chin fall to your chest as you exhale. You should feel the stretch in the upper back. Hold for 30 seconds and then repeat.</p>

**Hip and Groin**

[www.spineuniverse.com](http://www.spineuniverse.com)

Figure 5C-14 Hip and Groin Stretch

Sit on the floor with legs straight and spread apart as far as you can comfortably. With your back straight, lean forward as far as possible trying to push your chest toward the floor. Hold for 30 seconds.

Twist your body to face your right/left foot with your body over your right/left leg respectfully. Push your chest toward your knee, holding for 30 seconds. Switch sides; hold each position for 30 seconds.

Repeat each movement.



[www.spineuniverse.com](http://www.spineuniverse.com)

Figure 5C-15 Hip and Groin Stretch

Sit on the floor with your knees bent out and the soles of your feet together.

Grab your toes and pull yourself forward while keeping your back and neck straight. Ensure you pivot from your hips and don't roll your back. Hold for 30 seconds and repeat.

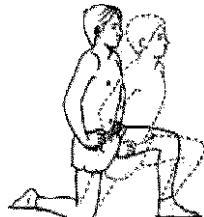
Grab your ankles and push your knees down toward the floor with your elbows. Hold for 30 seconds and repeat.



[www.womensheart.org/content/Exercise/stretching\\_exercise.asp](http://www.womensheart.org/content/Exercise/stretching_exercise.asp)

Figure 5C-16 Hip Stretch

While sitting on the floor in an upright position and legs out in front of you, bend your right knee, crossing it across your left leg, and place your left elbow against it. Place your right hand on the floor behind you while twisting your upper body. You must be cautious to keep your back straight. Hold for 20 to 30 seconds, switch sides, repeat on both sides.

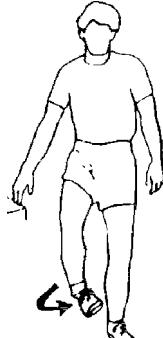
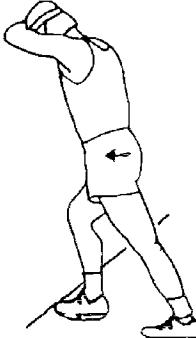


[www.roadcycling.com/artman/upload/stretches.jpg](http://www.roadcycling.com/artman/upload/stretches.jpg)

Figure 5C-17 Hip Flexor

Kneel on your right knee. Place your left foot in front of you, bending your knee and placing your left hand on that leg for stability. Place your right hand on your right hip to avoid bending at the waist. Keep your back straight and abdominal muscles tight. Lean forward, shifting more body weight onto your front leg. You'll feel a stretch in the front of the hip and thigh of the leg you're kneeling on. Cushion your kneecap with a folded towel. Hold the stretch for 30 seconds. Repeat the stretch on your left side.

## Legs

 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-18 Ankle Rotations</p>	<p>From a standing position, rotate your foot in a clockwise and then counterclockwise direction. Switch sides and repeat on both sides.</p>
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-19 Calf Stretch</p>	<p>Take three steps away from a wall. Turn around and face the wall. Stand straight, with toes, hips, and shoulders all facing the wall. Step with your right leg in toward the wall, bending your right knee and keeping your left leg straight. Extend arms out; with palms forward, reach out to the wall and let your body fall toward the wall, arms straight. Keep toes forward and heels down. Lean your body into the wall with your left leg straight behind your body. You should feel the stretch in your left calf. Hold 30 seconds, switch sides, repeat on both sides.</p>
 <p><a href="http://www.womensheart.org/content/Exercise/stretching_exercise.asp">www.womensheart.org/content/Exercise/stretching_exercise.asp</a></p> <p>Figure 5C-20 Quadriceps Stretch</p>	<p>Stand straight with toes, hips and shoulders all facing forward. Lift your left foot off the ground, bending the knee as if you're trying to kick your bottom with your heel. Stand straight, do not lean forward at the hips. Grab and hold your ankle with your left/right hand and keep standing straight. You should feel this stretch in your left thigh. Hold 30 seconds, switch sides, and repeat on both sides.</p>



[www.womensheart.org/content/Exercise/stretching\\_exercise.asp](http://www.womensheart.org/content/Exercise/stretching_exercise.asp)

Figure 5C-21 Hamstring Stretch

Sit on the floor with your back straight and your right leg extended forward. Bend your right knee. Extend the arms forward and lean forward (back straight) slowly until you feel an easy stretch. Repeat several times and reverse sides. Hold for 10 to 30 seconds.

For more stretches, consult the following Websites:

- [www.womensheart.org](http://www.womensheart.org)
- [www.walkablock.com](http://www.walkablock.com)
- [www.shelterpub.com](http://www.shelterpub.com)
- [www.eeshop.unl.edu](http://www.eeshop.unl.edu)
- [www.losethebackpain.com](http://www.losethebackpain.com)
- [www.roadcycling.com](http://www.roadcycling.com)
- [www.spineuniverse.com](http://www.spineuniverse.com)

**SUGGESTED SPORTS TABLOID EVENTS****Sports Related Events**

Name of Event	Brief Description	Suggested Points (pts)
Shuttle Toss	Each team member has to toss a badminton shuttle into a bucket a specified distance away. This continues until the time has elapsed.	2 pts for each successful shuttle.
Accuracy Throw	Each team member has to toss a bean bag, or similar item, into a ring of concentric circles with various point values. Circles can be made with masking tape on the floor. This continues until the time has elapsed.	5 pts for the inner ring, and so forth until the outer ring value is 1 pt.
Ball Over and Under	Team forms a line all facing in single file and passes a ball over and under until the end, then the last member runs to the front and starts it again. The first person in line passes the ball over their head and the next person passes it under their legs. This continues until the time has elapsed.	1 pt for each fully completed line (no point awarded if ball is dropped, and it must go back to the beginning).
Basketball Throw	Each team member has to shoot a basketball into the net from a point a specified distance away. This continues until the time has elapsed.	2 pts for each basket.
Volleyball Bump	Team stands in a circle and the volleyball has to be bumped from person to person continuously without it dropping on the floor until the time has elapsed.	1 pt for each time the ball is bumped successfully without it dropping.
Soccer Dribbling Obstacle Course	Set up a course with pylons and each member has to successfully dribble a soccer ball around the pylons and then pass the ball to the next person.	2 pts for each successful member.
Basketball Dribbling Obstacle Course	Set up a course with pylons and each member has to successfully dribble a basketball around the pylons and then pass the ball to the next person.	2 pts for each successful member.
Skipping	Each member of the team has to skip with a jump rope as many times as they can without stopping or getting caught up in the rope.	5 pts for each member who gets to a specified number (ex. 15 jumps) and 10 pts for an increased specified number (ex. 30 jumps).

Name of Event	Brief Description	Suggested Points (pts)
Running Long Jump	Tape or markers to be set up with points to be awarded depending on how far each member jumps.	Successive pts for various distances, to be marked on the tape or markers (ex. 2 pts for each member who gets beyond marker A and 5 pts for those beyond marker B).
Standing Long Jump	Tape or markers to be set up with points to be awarded depending on how far each member jumps.	Successive pts for various distances, to be marked on the tape or markers (ex. 2 pts for each member who gets beyond marker A and 5 pts for those beyond marker B).
Floor Hockey Goals	Each member of the team has to stand at a specified point and try to get a ball into a net with a floor hockey stick. One section of the net could be marked off for bonus points.	1 pt for every successful member and 3 pts if they get it in the bonus section.
Mini Obstacle Course	Set up a mini obstacle course that each member of the team has to successfully complete. This could include hurdling over benches, crawling under and over sturdy items, running through pylons, etc.	3 pts for each member who successfully completes the course.

### Fun Events

Name of Event	Brief Description	Suggested Points (pts)
Egg/Candy Carry	Each member of the team has to carry an egg/candy on a spoon to a specified point and return without dropping the egg/candy, where in turn every cadet takes a turn doing the same.	1 pt awarded for each successful member.
Sweater Pull	First member of the team puts on a large sweater and runs to a specified point and back to the group where they join hands with the next member and two people pull the sweater from one person to the next which continues on until the end of the time limit for that event.	3 pts for each time the entire group completes.
Pantyhose Pull-on With Mittens/Oven Mitts	Each member of the team has to put pantyhose on over their pants while wearing mittens or oven mitts without tearing them.	2 pts for each successful member.
Boots Nailed to 2x4, Group Walks Together	Members of the team place their feet in the boots that are nailed to the planks, and the team has to walk together to a specified point.	2 pts for each successful attempt.
Three-legged Race	Two members tie their opposite feet together with a scarf and have to walk together to a specified point. Each successive pair continues.	2 pts for each successful pair.
Human Knot	Each member of the team stands in a circle with both arms up in the air. Then everyone closes their eyes, and slowly take one or two steps forward upon the word of the scorekeeper. Everyone taking the hands of other members. The idea is for everyone to untie the knot so that every member of the group is standing in a circle side by side, with the hands of the team members next to them.	5 pts for each successful knot being untied.

Name of Event	Brief Description	Suggested Points (pts)
Old Clothes Race	<p>From a pile of old clothes, each member of the team will have to put on old clothes over their own clothes and run to a specified point before returning to the team, taking it off and the next member has to put it on and do the same thing.</p> <p>Examples of old clothes that each member has to put on include: shorts or track pants, T-shirt, sweater, hat, scarf, mitts or gloves, etc.</p>	3 pts for each member who completes.
Orange in Pantyhose Relay Race	<p>One by one, each member of the team has to tie a pair of pantyhose around their waist that has an orange in the toe. With this they have to push another loose orange with the one in the pantyhose, up to and around a pylon and return to the starting point, where the next member of the team performs the same thing.</p>	1 pt for each successful member.

**SPORTS TABLOID EVENTS EQUIPMENT LIST**

**Sports Related Events**

Name of Event	Equipment Required
Shuttle Toss	<ul style="list-style-type: none"> <li>• Bucket.</li> <li>• Badminton shuttles (minimum three).</li> <li>• Tape to mark line on floor for participant to stand.</li> </ul>
Accuracy Throw	<ul style="list-style-type: none"> <li>• Tape to mark concentric circles on floor.</li> <li>• Bean bags (minimum three) or other similar item to be thrown.</li> </ul>
Ball Over and Under	<ul style="list-style-type: none"> <li>• Ball (soccer ball or volleyball sized ball).</li> </ul>
Basketball Throw	<ul style="list-style-type: none"> <li>• Basketball net.</li> <li>• Basketball.</li> </ul>
Volleyball Bump	<ul style="list-style-type: none"> <li>• Volleyball.</li> </ul>
Soccer Dribbling Obstacle Course	<ul style="list-style-type: none"> <li>• Pylons or other similar type markers, such as chairs.</li> <li>• Soccer ball.</li> </ul>
Basketball Dribbling Obstacle Course	<ul style="list-style-type: none"> <li>• Pylons or other similar type markers, such as chairs.</li> <li>• Basketball.</li> </ul>
Skipping	<ul style="list-style-type: none"> <li>• Skipping rope.</li> </ul>
Running Long Jump	<ul style="list-style-type: none"> <li>• Tape to mark points on floor.</li> <li>• Tape or pylons to mark starting position.</li> </ul>
Standing Long Jump	<ul style="list-style-type: none"> <li>• Tape to mark points on floor.</li> <li>• Tape or pylons to mark starting position.</li> </ul>
Floor Hockey Goals	<ul style="list-style-type: none"> <li>• Floor hockey net.</li> <li>• Floor hockey stick.</li> <li>• Floor hockey ball (or similar ball).</li> <li>• Target for bonus area.</li> </ul>
Mini Obstacle Course	<p>Sample items could include:</p> <ul style="list-style-type: none"> <li>• Benches.</li> <li>• Pylons or other similar type markers, such as chairs.</li> <li>• Tables.</li> <li>• Balls.</li> </ul>

### Fun Events

Name of Event	Equipment Required
Egg/Candy Carry	<ul style="list-style-type: none"><li>• Candy (or some similar object).</li><li>• Spoons.</li><li>• Pylons or other similar type markers, such as chairs.</li></ul>
Sweater Pull	<ul style="list-style-type: none"><li>• Very large sweater.</li><li>• Pylon or other similar type markers, such as chairs.</li></ul>
Pantyhose Pull-on With Mittens/ Oven Mitts	<ul style="list-style-type: none"><li>• Pantyhose (amount to be dependent upon number of cadets participating).</li><li>• Mittens or oven mitts (three to four pairs).</li></ul>
Boots Nailed to 2x4, Group Walks Together	<ul style="list-style-type: none"><li>• Pre-made pieces of wood with boots secured to it.</li></ul>
Three-legged Race	<ul style="list-style-type: none"><li>• Scarves.</li></ul>
Human Knot	<ul style="list-style-type: none"><li>• N/A.</li></ul>
Old Clothes Race	A multitude of very large clothing to include: <ul style="list-style-type: none"><li>• T-shirts.</li><li>• Sweatshirts.</li><li>• Track pants.</li><li>• Shorts.</li><li>• Hats.</li><li>• Mitts/gloves.</li><li>• Scarves.</li></ul>
Orange in Pantyhose Relay Race	<ul style="list-style-type: none"><li>• Pantyhose (numerous pairs).</li><li>• Oranges (numerous)/tennis balls.</li><li>• Pylon or other similar type markers, such as chairs.</li></ul>

**STATIONS SCORE SHEETS**

STATION 1  GROUP 1 SCORE:	STATION 1  GROUP 2 SCORE:	STATION 1  GROUP 3 SCORE:	STATION 1  GROUP 4 SCORE:	STATION 1  GROUP 5 SCORE:
STATION 1  GROUP 6 SCORE:	STATION 1  GROUP 7 SCORE:	STATION 1  GROUP 8 SCORE:	STATION 1  GROUP 9 SCORE:	STATION 1  GROUP 10 SCORE:
STATION 2  GROUP 1 SCORE:	STATION 2  GROUP 2 SCORE:	STATION 2  GROUP 3 SCORE:	STATION 2  GROUP 4 SCORE:	STATION 2  GROUP 5 SCORE:
STATION 2  GROUP 6 SCORE:	STATION 2  GROUP 7 SCORE:	STATION 2  GROUP 8 SCORE:	STATION 2  GROUP 9 SCORE:	STATION 2  GROUP 10 SCORE:

STATION 3 GROUP 1 SCORE:	STATION 3 GROUP 2 SCORE:	STATION 3 GROUP 3 SCORE:	STATION 3 GROUP 4 SCORE:	STATION 3 GROUP 5 SCORE:
STATION 3 GROUP 6 SCORE:	STATION 3 GROUP 7 SCORE:	STATION 3 GROUP 8 SCORE:	STATION 3 GROUP 9 SCORE:	STATION 3 GROUP 10 SCORE:
STATION 4 GROUP 1 SCORE:	STATION 4 GROUP 2 SCORE:	STATION 4 GROUP 3 SCORE:	STATION 4 GROUP 4 SCORE:	STATION 4 GROUP 5 SCORE:
STATION 4 GROUP 6 SCORE:	STATION 4 GROUP 7 SCORE:	STATION 4 GROUP 8 SCORE:	STATION 4 GROUP 9 SCORE:	STATION 4 GROUP 10 SCORE:

STATION 5				
GROUP 1 SCORE:	GROUP 2 SCORE:	GROUP 3 SCORE:	GROUP 4 SCORE:	GROUP 5 SCORE:
STATION 5				
GROUP 6 SCORE:	GROUP 7 SCORE:	GROUP 8 SCORE:	GROUP 9 SCORE:	GROUP 10 SCORE:
STATION 6				
GROUP 1 SCORE:	GROUP 2 SCORE:	GROUP 3 SCORE:	GROUP 4 SCORE:	GROUP 5 SCORE:
STATION 6				
GROUP 6 SCORE:	GROUP 7 SCORE:	GROUP 8 SCORE:	GROUP 9 SCORE:	GROUP 10 SCORE:

STATION 7 GROUP 1 SCORE:	STATION 7 GROUP 2 SCORE:	STATION 7 GROUP 3 SCORE:	STATION 7 GROUP 4 SCORE:	STATION 7 GROUP 5 SCORE:
STATION 7 GROUP 6 SCORE:	STATION 7 GROUP 7 SCORE:	STATION 7 GROUP 8 SCORE:	STATION 7 GROUP 9 SCORE:	STATION 7 GROUP 10 SCORE:
STATION 8 GROUP 1 SCORE:	STATION 8 GROUP 2 SCORE:	STATION 8 GROUP 3 SCORE:	STATION 8 GROUP 4 SCORE:	STATION 8 GROUP 5 SCORE:
STATION 8 GROUP 6 SCORE:	STATION 8 GROUP 7 SCORE:	STATION 8 GROUP 8 SCORE:	STATION 8 GROUP 9 SCORE:	STATION 8 GROUP 10 SCORE:

STATION 9				
GROUP 1 SCORE:	GROUP 2 SCORE:	GROUP 3 SCORE:	GROUP 4 SCORE:	GROUP 5 SCORE:
STATION 9				
GROUP 6 SCORE:	GROUP 7 SCORE:	GROUP 8 SCORE:	GROUP 9 SCORE:	GROUP 10 SCORE:
STATION 10				
GROUP 1 SCORE:	GROUP 2 SCORE:	GROUP 3 SCORE:	GROUP 4 SCORE:	GROUP 5 SCORE:
STATION 10				
GROUP 6 SCORE:	GROUP 7 SCORE:	GROUP 8 SCORE:	GROUP 9 SCORE:	GROUP 10 SCORE:

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**SPORTS TABLOID MASTER SCORE SHEET**

	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6	Group 7	Group 8	Group 9	Group 10
Station 1										
Station 2										
Station 3										
Station 4										
Station 5										
Station 6										
Station 7										
Station 8										
Station 9										
Station 10										
<b>TOTAL</b>										

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## TYPES OF TOURNAMENTS

### Ladder Tournament

- The ladder tournament is based on a draw.
- A ladder with spaces on it will record the progress of the tournament. The names of competitors are printed and placed on the ladder in the order of the draw.
- The following rules must be applied as the tournament progresses:
  - Each contestant is permitted to challenge the player above them, up to a maximum of three above.
  - If the challenger wins, or if the challenge is not accepted within a given amount of time, the tags are interchanged, with the challenger moving up the ladder.
  - Organizers may have to modify rules slightly to suit the nature of the competition; however, all parties should be aware of the modifications prior to commencement of the tournament.
- If the number of entries is too large to accommodate on one ladder, more than one can be used, with competitors moving from the junior ladder up. In this situation, the rules are as follows:
  - A player who wishes to enter the competition must challenge the player at the bottom of the lowest ladder.
  - Upon reaching the top of the ladder, the competitor can then challenge the bottom player of the next ladder.

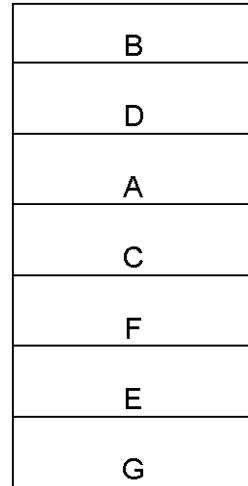


Figure 5H-1 Ladder Tournament

### Pyramid Tournament

- The pyramid tournament is based on a draw.
- The board is set up in the form of a pyramid, with one player at the top, two in the next row, and so forth. The names of competitors are printed and placed on the pyramid in the order of the draw.
- Each competitor or team is able to challenge anyone in the row above them.
- If a challenger wins, they switch positions with the competitor they challenged.
- If the challenger wins, or if the challenge is not accepted within the given timeframe, the tags are interchanged.
- Organizers may have to modify rules slightly to suit the nature of the competition, but all parties should be aware of all modifications prior to commencement of the tournament.

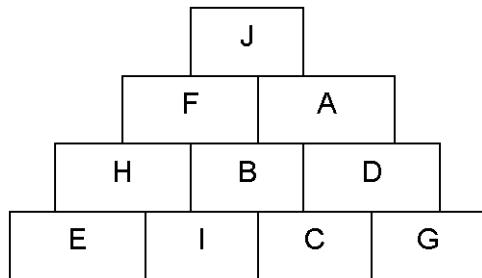


Figure 5H-2 Pyramid Tournament

### Single Round-Robin Tournament

- Every competitor, either team or individual, will play each other once.
- The maximum amount of entries should be eight. Otherwise some form of preliminary elimination round may need to be held to bring the number of entries down to eight.
- The number of games required to be completed is calculated by multiplying the number of entries by the same number minus one, then divided by two.

**Example:** Number of Teams = 8

$$\text{Number of Games} = (8 \times [8 - 1]) \div 2 = 28 \text{ games}$$

- Methods of Draw
  - To arrange the rounds and the games scheduled for an even number of entries, keep the first entry constant and rotate the rest in the following manner:

Round 1	Round 2	Round 3	Round 4	Round 5
1-6	1-5	1-4	1-3	1-2
2-5	6-4	5-3	4-2	3-6
3-4	2-3	6-2	5-6	4-5

**Note:** The number of rounds for an even number of entries equals the number of entries minus one. As per the example, there are five rounds for six teams.

- To arrange the rounds and games schedule for an uneven number of entries, give each contestant (team or individual) a bye in one round of play, and rotate the remaining entries, in the following manner:

Round 1	Round 2	Round 3	Round 4	Round 5
5-bye	4-bye	3-bye	2-bye	1-bye
1-4	1-3	1-2	1-5	3-5
2-3	5-2	4-5	3-4	2-4

**Note:** The number of rounds for an uneven number of entries is the same as the number of entries.

### Single Elimination Tournament

- This type of tournament is the quickest way of determining a winner.
- Important terminology to understand include the following:
  - **Round (Series).** The part of the competition during which each participant or team meets one of the opponents according to a draw.
  - **Bye.** When a participant or team moves into the next round of the competition without participating in the previous round.
  - **Walk-over (or Win by Default).** When a participant wins without competing because their opponent failed to appear for the competition; no participant in a competition should have a bye immediately followed by a walk-over or two consecutive walk-overs.
  - **Bagnall-wild Tournament.** This is used in connection with a single elimination in order to decide the second and third place winners. The two losers in the semi-finals play off, and the winner then meets the loser of the finals. This winner is then given the second place and the loser is given third place.
- The single elimination tournament is based on the following principles:
  - Each entrant is eliminated after the first defeat.
  - The number of entries is not limited.
  - When the number of entries is not a power of two, it is necessary to have a number of byes. All byes must be given in the first round so that the number of entries remaining in the subsequent rounds are always a power of two.
  - In computing the number of byes, the number of entries is subtracted from the next highest power of two, for example:
    - 11 entries = 5 byes ( $16 - 11 = 5$ )
    - 6 entries = 2 byes ( $8 - 6 = 2$ )
    - 21 entries = 11 byes ( $32 - 21 = 11$ )
- Competitors drawing a bye in the first round shall be the first to compete in the second round.
- No competitor may receive a bye in the first round and a walk-over in the second round or two consecutive walk-overs. Should such a situation arise, a fresh draw shall be made of the opponents for those competitors who have already received a bye or walk-over in the preceding round.
- The number of games required to complete the schedule equals the number of entries minus one.
- The following elements should be adhered to when making the draw:
  - Draw up the skeleton plan.
  - Draw the names out of the hat and place them in the order of the draw.
  - If seeded players are competing, first place them in each section of the draw so that they may be expected to reach the semi or quarter finals without meeting another seeded player before drawing the remaining positions out of the hat. Seeded players are known to the tournaments and are placed in a position where they are expected to do well.

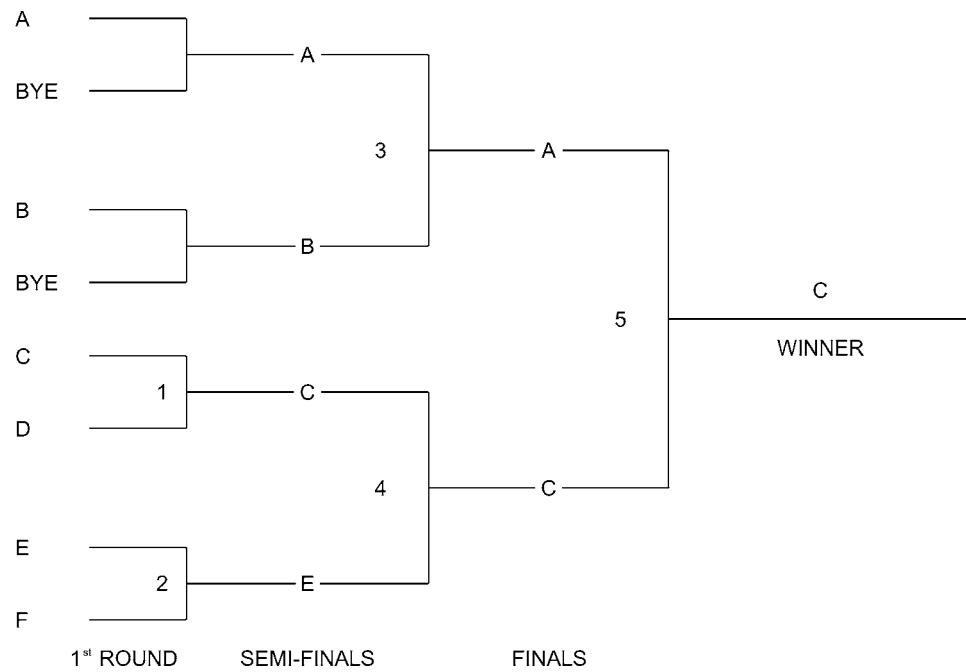


Figure 5H-3 Single Elimination Tournament

### Double Elimination Tournament

- This type of tournament is longer than the single elimination tournament, as entrants are eliminated only after their second defeat.
- This type of tournament is organized in the same manner as a single elimination tournament with the added variance of a B table being created. As a team loses a game it becomes entered into the corresponding slot in the B table. Teams losing in the first round, which is where all members start, become placed in the first round of the B table. Players losing in the second round of the A table get placed in the second round of the B table.
- Byes are allotted in the first round and odd man entries into the B table move into the next round of the B table.
- Doubling the number of entrants and subtracting one determines the maximum number of games for a double elimination tournament

*(Team number x 2) - 1 = maximum* as per the example below.

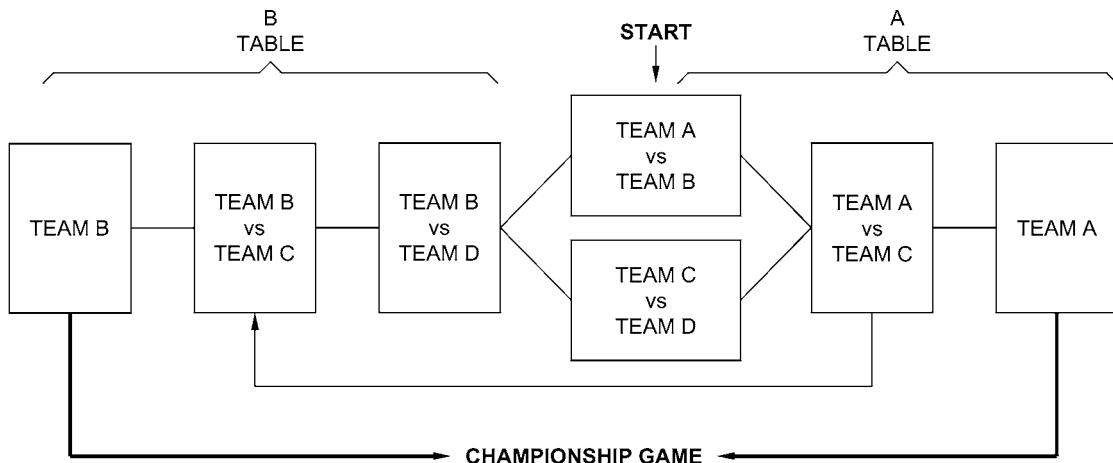


Figure 5H-4 Double Elimination Tournament Example

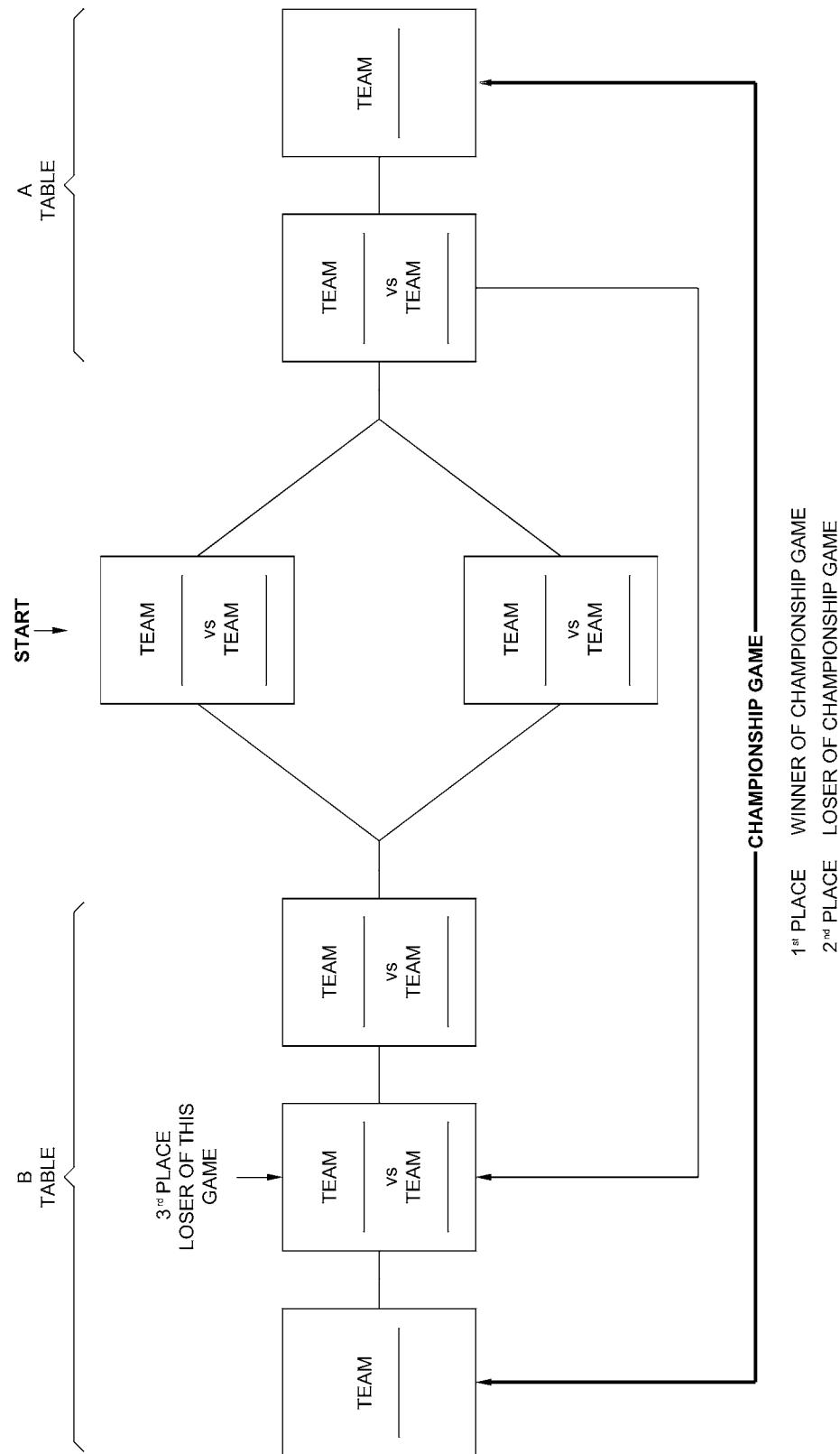


Figure 5H-5 Double Elimination Tournament

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