

**2016 NSMSG TECHNICAL PACKAGE  
JULY UPDATE**



**NOVA SCOTIA  
MI'KMAW  
SUMMER GAMES 2016**

**Membertou First Nation**

**August 16-21, 2016**

**Email: [2016summergames@membertou.ca](mailto:2016summergames@membertou.ca)**

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**COORDINATORS/DIRECTORY LIST**

<b>EVENT</b>	<b>COORDINATOR</b>
Archery	Shaylene Paul
Arm Wrestling	Trevor Sanipass
Badminton	Donovan Joe/Madison Joe
Basketball	Craig Christmas
Darts	Laurie Doucette
5 Kilometer Race (5K)	Janice Googoo/Sheldon Googoo
Golf	Leon Paul
Grappling	Steven Whitall
Horseshoes	Laurie Doucette
Pee wee Baseball	
Princess Pageant	Ashley Stephens/Lindsay Sylvester
School Yard Games	Arlene Googoo
Softball	
Swimming	
Track & Field	
Tug of War	Craig Christmas
Volleyball	Deanna Joe/Mary I Joe
Waltzes	Jeff Ward
Warrior Up!	

## **PRELUDE**

The Technical Package is a critical part of the Nova Scotia Mi'kmaq Summer Games (NSMSG) and offers comprehensive assistance to the Host Community and the Team Coordinators. Key components include:

- Age and event eligibility definitions
- Age eligibility verification and sport technical information for team selections
- Tournament formats and scoring procedures
- Established maximum number of participants

Every NSMSG coach, manager, sport chairperson and staff member has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the NSMSG or affect final standings. If there is anything in the Technical Package that is unclear or that is not understood, individuals are encouraged to seek clarification from their Team Coordinator.

The sport technical information provided within the Technical Package is developed primarily by the individual NSOs (National Sport Organization) and/or NGBs (National Governing Board), following the principles, guidelines and requirements of the NSMSG Board of Directors (i.e., National/International Rules). As the overall governing body of the NSMSG, the NSMSG Board of Directors is the ultimate authority for the Technical Package, but this authority is exercised only with the knowledge and understanding of the NSO or NGB concerned. If an individual wishes to initiate a change to a Technical Package for NSMSG

2013, the desired change should be first directed to their Team Coordinator. The Coordinator will then bring the issue or concern forward to their NSMSG representative who will in turn present it to the NSMSG Board of Directors. Ultimately, the NSMSG Board of Directors is the only body that can amend the Technical Package. Typically, changes to age categories.

Eligibility requirements or team sizes will not be considered after six (6) months prior to the upcoming NSMSG. Substantive changes to events or competition formats will not be considered after four (4) months before the NSMSG. Minor corrections can be considered at almost any stage of the process, but will be increasingly difficult to achieve within two (2) Months of the next NSMSG. These time frames reinforce the importance of ensuring you have a complete understanding of the Technical Package early.

Note:

A 'National Sport Organization' is the representing group that governs a sport in Canada. A 'National Governing Board' is the representing group that governs a sport in the U.S.

## **PRINCIPALS**

### 2016 SPORTING EVENTS AVAILABLE

#### **Team Sports:**

Basketball  
Pee wee Baseball  
Softball  
Volleyball

#### **Individual Sports:**

5K Race  
Archery  
Badminton  
Darts  
Golf  
Grappling  
Special Olympics  
Swimming  
Track & Field  
Trail Race  
Warrior UP! Obstacle Course Race

#### **Leisure:**

Arm Wrestling  
Horseshoes  
Washer Toss  
Princess Pageant  
School Yard Competition: Hopscotch & Skipping (Youth & Pee wee Division)  
Tug of War  
Cultural:  
Mi'kmaw Arts and Crafts Showcase  
Waltes

### 2. **EVENT CATEGORIES** with reference to age

The NSMSG will consist of both male and female events for the following age categories:

Youth: ages 5-6 (as of December 31, 2016) Five (5) years old is the youngest age permitted.

Little League: Pee wee: ages 9-12 (co-ed teams: both male and female)

Bantam: ages 16 and under

Midget: ages 19 and under Junior: ages 23 and under Senior: ages 24 and older

#### Exceptions:

The above age categories apply unless otherwise stated in each event description. Little League Baseball: Pee wee (must be ages 9-12 by April 30, 2016). However, due to the rule, which allow athletes to move up two age categories, athletes ages 7 or 8 by April 30, 2016, are also eligible to play on a pee wee team.

PLEASE NOTE: All other sports have a December 31, 2016 age category deadline.

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## **Additional Information:**

Athletes are allowed to move up two (2) age categories maximum. For example, Bantam to Junior is accepted. Athletes cannot move down any categories. Athletes must be within the age bracket for all categories by December 31, 2016 except Little League which is April 30, 2016. Females are allowed to compete on Male teams. Males are not allowed to compete on Female teams. This rule does not apply to Youth (ages 5-6). The youngest age permitted in the 2016 games is five (5) years old.

## **3. ATHLETE ELIGIBILITY**

All Athletes **MUST BE** Status Indian. Cards will be mandatory to prove status at registration and at all sporting events.

If an Athlete from a participating community lives outside the community, they are eligible to register on behalf of their originating community.

Games are open to all First Nations with valid **STATUS CARDS**.

Athletes who are now residing in a community other than their originating community are eligible to register on behalf of their current residence. However, an Athlete must have resided in their current place of residence for at least one (1) consecutive year. An athlete cannot register on behalf of more than one (1) community.

## **4. EVENT/SPORT GUIDELINES**

It is recommended all Athletes compete in a maximum of three (3) sports (made up of team and other sports combined). This includes a maximum of two (2) team sports and one (1) individual sport. For example: bantam softball (team), midget softball (team) and archery (individual).

However, if an athlete wishes to participate in additional individual, leisure or cultural sports, this will be taken into consideration by the NSMSG Board, as long as no conflicts in scheduling arise.

Athletes are only allowed to play in a maximum of two (2) team sports.

Each community is allowed to register a maximum of two (2) teams per sporting division.

There is no limit on the number of participants per community for individual, leisure and cultural sporting events. This will be handled on a first come, first serve basis.

Each sporting event will have a limited number of participants. Once this limit is reached, we will be unable to accept additional participants. Therefore, it is highly recommended that participants register early to ensure their participation.

It is important athletes review the event schedules prior to registering in order to avoid conflicts. If a conflict occurs, a NSMSG representative will choose one (1) of the requested events in which the athlete can participate.

All teams are allowed two (2) pick-ups if necessary. That is, only if your community does not have enough athletes to put a team together. Pick-ups can be any athlete the team chooses as long as they are status Indian.

If less than three (3) teams are registered for a sport, the sporting event will be cancelled. Teams will have the opportunity to participate in other sports offered.

## **5. COACHING/OFFICIALS CERTIFICATION STANDARDS**

The NSMSG Board of Directors is committed to advancing coaching/official's development by establishing minimum certification requirements for all coaches participating in the Games.

Currently it is strongly recommended that officials register with their respective provincial sport organizations. This will eventually be mandatory.

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## **6. VENUES AND SCHEDULES FOR SPORTS**

Specific information regarding the venues, facilities and sporting event schedules will be provided in the Athlete Registration Packages.

## **7. REGISTRATION**

All athletes and teams must pre-register prior to the games to ensure a spot. Events will reach capacity quickly, so please register early.

Final registration deadline is Friday, July 22, 2016. NO EXCEPTIONS

There will be a \$25 processing fee per athlete for all sporting categories including team sports and a \$5 processing fee for each additional sport. Please note, if an athlete registers for two divisions within one sporting category, the additional \$5 processing fee will be charged as this is considered an additional sport.

Athletes must be paid in full in order to be considered officially registered.

Athlete badges must be picked up upon arrival in Membertou. Athletes are not permitted to participate in any events without their badge.

Athletes are not permitted to participate in any sporting events without registering with an official registration officer. Please check with a registration officer or a team coordinator in advance to ensure you are on the official registration list.

Medals will only be given to winners who are officially registered.

## **8. SCHEDULING AND REGULATIONS**

All Schedules will be confirmed once the registration(s) are final on July 22, 2016. The scheduling will be structured according to sport and by Provincial Championship standards. All rules of the respective Provincial Sports Organization will be adhered to, and in some cases the Host Community will implement regulations that will adhere to the safety of all participants.

## **9. MEDAL PRESENTATIONS**

Medal presentations will be made once winners are established in each sporting event. There will be a medal recap each evening before entertainment starts. Any athlete who did not get their medal earlier in the day can pick it up at this time.

## **10. DISCIPLINE COMMITTEE(S)**

All sports will have a Discipline Committee that will rule on any infractions of Athletes or Teams. All decisions of the Discipline Committee will be FINAL. The Discipline Committee will have a representative from each participating Community.

## **11. SECURITY**

The Host Community along with the NSMSG Board will ensure that there is adequate security at all events and venues during the games. It is recommended that professional security services be contracted along with volunteers. The security company hired will be held responsible for any damages that occur and/or stolen/missing goods during the event that they are hired to secure.

## **12. VOLUNTEERS**

The Host Community will recruit a large volunteer base, not only from within the host community, but also from the surrounding community at large. Volunteers are subject to an RCMP Vulnerability Sector Check.

## **13. STATISTICS**

The Event Coordinators will work with the NSMSG staff to create a system of posting results for the games with regular updates through use of the internet and all media outlets.

## **14. SPORTING EVENT SCHEDULE**

Please refer to the 2016 sporting event schedule prior to registering. Schedule information is available in this package and is also available online at [www.nssummerngames.com](http://www.nssummerngames.com).

## **15. MARKETING**

The NSMSG staff will oversee all PR and marketing strategies for the 2016 games.

## **16. EVENT COORDINATORS**

For more information on each sporting event, please contact individual event coordinators. The 2016 coordinators, along with their contact information, are available in this package and also online at [www.nssummerngames.com](http://www.nssummerngames.com).

## **17. DRUGS AND ALCOHOL POLICY**

The 2016 games are a Drug and Alcohol free event. Athletes, Coordinators, Officials, Coaches, Staffs, Supervisors and/or Volunteers are not permitted to be under the influence during any official sporting events. This is a very serious offense and will result in disqualification and/or immediate removal from the event grounds and may result in disqualification of your team from participating. This will be dealt with by the Discipline Committee. Use of tobacco products is discouraged onsite by ALL involved in sporting events and is an offense for athletes to use tobacco products during sporting events. Please keep in mind that it is illegal to have tobacco products on site during sporting events in under the legal age of nineteen (19) years old. Use of tobacco products by athletes' onsite at sporting events may result in disqualification.

## **18. ZERO TOLERANCE FOR BULLYING, VIOLENCE AND/OR ILLEGAL BEHAVIOUR**

Anyone associated with the 2016 games including Athletes, Coordinators, Officials, Coaches, Staff, Supervisors and/or Volunteers, who partake in such activities, will be automatically disqualified and removed from the premises immediately for the duration of the 2016 games.

## **19. FIRST AID/MEDICAL**

The host community will provide first aid services on a daily basis during the games. First Aid must be easily available to all athletes at all venues during sporting events.



## **20. TIME POLICY**

All athletes are required to be at their sporting event site no later than 15 minutes before the scheduled event begins. All events are pre-scheduled. Please respect the time and effort that has been put in by numerous individuals to ensure that the 2016 Summer Games are able to accommodate the largest number of sporting events/athletes possible - within a very limited time period. Individuals and/or teams who show up late for their scheduled event will be automatically disqualified.

## **21. FINAL TECHNICAL PACKAGE**

The most updated package can be downloaded from [www.nssummerngames.com](http://www.nssummerngames.com)

## **ARCHERY**

**EVENT:** The NSMSG Archery Component shall consist of 3-D Archery Competition.

**PARTICIPANTS:** 3-D Archery Competition will consist of both male and female individual events.

**Age Categories:**

Adult – 18+ Junior – 14-17

Cadets – 13 and younger

**Divisions:**

Master 60

Master 50

Adult Open Class Adult Hunter Class Adult Recurve Adult Long Bow Junior Compound Junior Traditional Cadets Compound Cadets Traditional

\* Please note that all divisions are separated by MALE and FEMALE.

**NUMBER OF ATHLETES:** Each community may enter five (5) male and five (5) female athletes for each equipment and age division up to a maximum of twenty (20) athletes per community. An athlete is allowed to compete in only one (1) equipment division.

**Coaches:** Not necessary but allowable.

**GENERAL RULES:** The most recent version of Archery Canada, 3D Archery rulebook will apply. Unless otherwise stated in this package.

**COMPETITION FORMAT:** Athletes shoot two (2) arrows per target with twenty (20) targets making one round. On each day the athletes shall complete two (2) rounds. The targets shall be placed at unmarked distances up to a maximum of fifty (50) yards. The target may be moved between rounds.

**DRAWING OF LOTS:** A shooting group of archers (4-5), randomly picked by the coordinator, will be determined. One archer must be a senior athlete otherwise an adult scorer will accompany the shooting group.

**AGE GROUPS:** Any athlete who is between the age of five (5) and 12 shall be considered a youth archer. Any athlete who is between the ages of 13 and 16 shall be considered a bantam archer. Any athlete who is between the age of 14 and 18 shall be considered as a junior archer. Any athlete who is over the age of 19 shall be considered as a senior archer.

**OFFICIALS:** An experienced range officer (Nova Scotia registered official) controls the event designated and approved by the host society. The scores are tabulated by two (2) scorers (double scoring) within the shooting group.

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## **EQUIPMENT REQUIREMENTS:**

- All equipment shall comply with FITA classes defined.
- The 3 D Archers must supply their own equipment: arrows/bow and must comply with FITA rules.
- The arrows shall be of the same material and uniform in length and weight.

### **Unlimited:**

- A compound, recurve or long bow with no restrictions as to shooting aids.
- No range finders shall be permitted.

### **Limited:**

- A compound recurve or long bow must be shot with a glove, finger tab or bare fingers.
- One (1) fixed pin, cross hair, or moveable site is allowed.

### **Traditional:**

- A recurve or long bow with no sighting device.
- A rest and plunger are all that may reside within the site window.
- There will be no markings on the bow or on the bow string that could be construed as site marks.
- There will not be any type of draw check on the bow or the string.
- Bow must be shot with glove, finger tab or bare fingers.
- While shooting the archer shall touch the arrow with the index finger against the nock, and use a single anchor point.
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## **COMPETITION RULES:**

- An athlete is allowed to compete in only one class.
- Equipment shall be checked before the match and shall not be altered during competition.
- Each target is numbered at the shooting position. The archer shall not shoot forward of the shooting line.
- Practice on the course is not permitted.
- Equipment failures must be visible and agreed upon by the majority of the group. Upon agreement, the shooter must have his/her scorecard initialed by the entire group as an equipment failure. The shooter with the failure must proceed forward through the course to notify a range official.
- A range official shall determine the best course of action for the remaining shooters in the group to complete the round.
- A range official shall hold the individual's scorecard until the repair is completed and he/she is escorted back onto the range. The range official shall determine the amount of time necessary to make the needed repair. The time element will not be abused. A range official must escort persons re-entering the range to the designated target.
- After each end the athletes walk to the target (which they share). An arrow earns the score of the zone it lands in. They are as follows:
  - Ten (10) for the smallest ring, eight (8) points for the outer ring, five (5) points for a body hit and zero (0) points for a hit in the horn or hoof, not touching body color, any other miss or glance off.
  - In case of a disagreement on the placement of the arrow, the range officer settles the dispute. The protest is brought forward by the individual, coach or manager.

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- If the arrow is pulled before the tabulation, the person who pulls the arrow receives a score of zero (0) for that target.
- The score cards have to be legible, completed in black or blue ink and signed by the scorer and the archer. If the tabulated scores do not match, the lesser value will be recorded as the official points.
- If an arrow lands in the dividing line it earns the higher value. A deflected arrow is scored where it lands. Witnessed pass through arrows are to be scored as agreed on by the majority of the group or a re-shot before shooters advance to the target. An arrow embedded in another arrow scores the same as the first. A re-shot is not warranted.
- When two archers or more have identical total scores, the process of tie breaking is as follows:
- A shoot off will be held using a 3-D animal target set at an unknown distance. Each shooter will shoot one (1) arrow each. The arrow closest to the centre of the target will determine the winner.
- Field glasses (binoculars), telescopes and other optical aids may be used for spotting arrows provided they do not represent any obstacle to other athletes at the shooting peg.
- Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole in lenses, or similar devices, nor may they be marked in any way that can assist in aiming. The spectacle glass of the non-sighting eye may be fully covered or taped, or an eye patch may be used.

### **Rule Violation:**

- Any person in violation with FITA rules will be disqualified from the event.
- Any shooter who disobeys shoot officials orders, will be disqualified from the event.
- Littering improper disposal of trash will be considered as un-sportsmanlike conduct.

### **Demo Showcase:**

- The demo is open to all athletes to test their skills prior to the official archery event beginning.
- Registration is not required for the demo.

## **ARM WRESTLING**

The NSMSG arm wrestling competition consists of male and females of all ages. Age Categories  
Weight Classes

Age Categories	Weight Class (Kilos)	Weight Class (Pounds)
18+	70	154
	80	176
	90	198
	110	242
	110+	242+
Women	60	132
	70	165
	85	187
	85+	187+
Youth (8-10)		
Youth (11-12)		
Youth (13-15)		
Youth (16-17)		

### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter a maximum of 20 players per age category per male and female teams.

**Number of Coaches:** Each Community may accredit one (1) coach per female and one (1) coach per male teams. The staff composition will have a minimum of one (1) male staff and one (1) female staff for male and female teams respectively.

**GENERAL RULES:** The most recent rules of the Canadian Arm Wrestling Federation will apply. Unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives.

**OFFICIALS:** All officials will be designated and approved by the Host Community.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:** All relevant equipment will be provided by the host community.

**COMPETITION RULES:** Luck of Draw

Double-elimination tournament; you must lose twice - "A" side / "B" side format

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- You have 1 minute to get to the table; failure to do so results in a loss.
- Must show up to the table ready to compete: arms must be bare from the hand to 4" above the elbow; no watches, rings, or support bandages, also no hats at the table
- Foot rule: you may wrap your legs around the table legs or lift both feet off the floor, however you
- may not intentionally kick your opponent

When you get to the table you must:

1. Grab the peg at the side.
2. Place your elbow on the pad before the grip is taken.
3. Take your grip. You can grip as high or as low as you wish as long as the top thumb knuckle is showing on both hands.
4. Shoulders must be square with the table and the referee must be able to pass his fist between the shoulder and the grip before the match starts. After "Go" you can move your shoulders.
5. The wrists must be straight, still and in the centre of the table. Pressure may be applied as long as the grip does not deviate from centre.
6. If a satisfactory grip cannot be achieved within one minute then a referee's grip will be applied.
7. The start will be a "Ready-Go".

## **WARNINGS:**

- An early start letting go of the peg during the match without gaining an advantage

## **FOULS**

- Any two warnings
- Elbow losing contact with the pad
- Intentionally forcing your opponent's elbow off the pad
- Shoulder either touching or across centre of the table
- Causing a slip-out
- Movement before "Go" while in the referee's grip
- Dangerous positions: break-arm & hyper-extension

## **LOSS**

- Any two fouls
- Any foul in the losing position
- Being pinned, whereby the fingers or wrist go below the pin line. They do not have to touch the pin pad as long as the fingers or wrist go below the pin line.

**STRAPS** - Any match that ends in a slip-out and no fouls are issued will result in straps being applied.

**THE REFEREE'S DECISION IS FINAL AND CANNOT BE OVERRULED BY ANYONE.**

For more information on this event, please contact the Sporting Event Coordinator(s).  
Trevor Sanipass - \*currently messages can be left at the office, 902-897-9199.

## **BADMINTON**

The NSMSG badminton competition consists of male and female teams for both singles and doubles. Players can play singles or doubles but not both.

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each community may enter a maximum of three (3) players per age category per male and female teams for singles. Each community may enter a maximum of three (3) teams of two (2) per age category per male and female teams for doubles.

#### **Divisions:**

Bantam: ages 16 and under

Senior: ages 17 and up

#### **Number of Coaches:**

It is recommended that each community accredit one (1) coach. The staff composition will have a minimum of one (1) male staff and one (1) female staff for male and female teams respectively.

**GENERAL RULES:** The most recent version of the Canadian Laws of Badminton will apply. Unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

**OFFICIALS:** All officials including lines-persons and scorekeepers will be designated and approved by the Host Community.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:** All equipment shall comply with Canadian Laws of Badminton.

**COMPETITION RULES:** Refer to the Canadian Laws of Badminton.

## **BASKETBALL**

The NSMSG basketball competition consists of both male and female team competitions.

### **PARTICIPANTS:**

**Number of Athletes:** Each Province, Territory and State may enter a maximum of twelve (12) players per team in both male and female categories.

**Number of Coaches:** Each Community may accredit one (1) coach per team for Midget and Senior divisions. However, there must be at least one staff of the same gender for the Bantam division.

**Divisions:** There are three (3) divisions (Men's and Women's).

Bantam: ages 12-15 years; Midget: ages 18 and under; Senior: ages 19 and older

**GENERAL RULES:** The most recent Federation Internationale de Basketball (FIBA) Official Basketball Rules will apply, unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host community will make every effort to maximize the number of games each team receives. Each team will play a minimum of three games.

**OFFICIALS:** The chief official and referees will be designated and approved by the Host Community. The chief officials must have a minimum Provincials Level three (3) certification. The referees must have a minimum Provincial Level one (1) certification. For all semi-final and finals games, two officials per game will be utilized.

### **FIELD OF PLAY/EQUIPMENT REQUIRMENTS:**

- All courts and equipment will comply with the FIBA rules.
- A ball size 7 shall be used for all other age classifications.
- The official game ball used will be the Molten Ball
- Teams must supply their own warm up balls and equipment and must comply with FIBA rules.
- It's mandatory for a team to have the same color of shirts with numbers on the back.
- Uniforms are preferred.

### **COMPETITION RULES:**

An entire game shall consist of four (4) – ten (10) minute periods

- Intervals of two (2) minutes between periods
- A ten (10) minutes half time will be in effect
- A twenty-four (24) second shot clock will be in effect
- If the score is tied at the end of playing time of the fourth period, the game shall be continued with as many extra five (5) minute periods as is necessary to break the tie.
- In all extra periods the teams shall continue to play towards the same baskets as in the fourth period.



### **FIBA warm up procedures:**

- The clock will be set at 20:00 to start the pre-game warm-up
- At 2:00 both teams will return to the bench
- At 0:00 the clock is immediately reset to 10:00 and the game starts

\*All other rules as written in the FIBA Official Basketball Rules

### **Tie breaking format (FIBA Official Basketball Rules, Classification of Teams)**

Teams shall be classified according to their win-loss records, namely two (2) points for each game won, one (1) point for each game lost (including lost by default) and zero (0) points for

- a. A game lost by forfeit.
- b. If there are two teams in the age classification with equal points, the result(s) of the game(s) between the two teams involved will be used to determine the placings.
- c. If the points and the goal average in the games between the two teams are still the same, the classification will be determined by the goal average of all the games played in the group by each team.
- d. If more than two teams are equal in the placing, a second classification will be established, taking into account only the results of the games between the teams that are tied.
- e. If there are still teams tied after the second classification, then goal average will be used to determine the placing, taking into account only the results of the games between the teams still tied.
- f. If there are still teams tied, the placing will be determined using the goal average from the results of all their games played in the group.
- g. If, at any stage, using the above criteria, a multiple team tie is reduced to a tie involving only two teams, the procedure in (a) and (b) above will be applied.
- h. If, at any stage, it is reduced to a tie still involving more than two teams, the procedure, beginning with (c) above, is repeated.
- i. Goal average will always be calculated by division.
- j. If only three teams take part in a competition and the situation cannot be resolved following the steps outlined above (the goal average by division is identical), then the points scored will determine the placing.

## **DARTS**

The NSMSG darts competition is open to all athletes 16 years of age and older. Athletes must be 16 years old by December 31, 2016.

### **PARTICIPANTS:**

Singles and Doubles only. Mixed Play only (mixed play – both male and female). For singles, each community may enter a maximum of 20 players. For doubles, each community may enter a maximum of 10 teams of two.

**Number of Coaches:** Not necessary but allowable.

**GENERAL RULES:** Both single and double elimination tournaments will be run as a "Blind Draw". A Blind Draw

Tournament is organized in a way the players are not ranked based on previous results or experience. The match ups are based solely on the luck of the draw. These tournaments can be either single elimination or team (doubles) elimination. Once players from each community are registered, the sports coordinator will determine the number of players by drawing for the positions. The drawing will be done using the "Hat Drawing" method.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries. The host community will make every effort to maximize the number of games each team receives. Participants for both singles and doubles will be chosen by the event coordinator prior to the event beginning to ensure fair play.

**OFFICIALS:** Officials will be provided by the host community.

### **FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

- Refer to the National Darts Federation of Canada.

### **COMPETITION RULES:**

- Refer to the National Darts Federation of Canada.

**FIVE KILOMETRE (5K) RACE**

The NSMSG 5k race competition consists of male and female teams of all ages.

**PARTICIPANTS:**

Number of Athletes: Each Community may enter ten (10) male and ten (10) female athletes for each age category.

**Divisions:**

Junior: ages 16 and under (minimum age is 12 years old as of December 31, 2016) Senior: ages 17 – 29

Masters: ages 30 and up

**GENERAL RULES:** As determined by the sports coordinator and the 2016 hosting community.

**COMPETITION FORMAT:** This event will take place in the hosting community.

**OFFICIALS:** All officials will be designated and approved by the Host Community. **\*Competitors must wear their numbers on the front and back of their vests.\***

**COMPETITION RULES:** This is a chip-timed event.

## **GOLF**

The NSMSG golf competition will consist of male and female individuals. In addition to registration fees, golfers are responsible for their green fee costs. \$140.00 Registration fee. Carts are available at additional fee on a first come first serve basis. Additional costs for practice rounds and meals are the responsibility of the team and/or golfer for all age categories. Green fees must be paid directly to the Lingan Golf Club prior to the start of the tournament. Carts are optional and must be booked by golfers through the Lingan Golf Club. Range balls will be included. Meals/snacks will be supplied. Food will also be available for purchase on site. Note: Green fee and cart costs are based on 2016 prices.

### **PARTICIPANTS:**

Number of Athletes: There are no restrictions for each age category. This will be handled on a first come, first serve basis until all the spots are filled. It is recommended to register early to ensure your participation.

Number of Coaches: Each player has the option of bringing one (1) caddy. This is optional.

Divisions:

- Juniors: 12 years old to 18 years to date
- Seniors: 19 years to 54 years
- Master: 55 years and up
- Ladies: Open

**NOTE:** To use power carts, players must provide a valid driver's license.

**GENERAL RULES:** The rules will be followed according to the Royal Canadian Golf Association (RCGA) unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be as follows for all the age categories.

Day 1 - Two Man

Scramble (Team); Day 2 and 3 - Individual Stroke Play.

**OFFICIALS:** All officials will be designated by the approved by the Host Community. All Rules Officials must have a Level 4 RCGA certification.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:** The golfers must supply their own equipment (clubs and balls). All equipment must comply with The Rules of Golf.

**COMPETITION RULES:** Tee boxes will be determined at future Coordinator meetings.

### **The Rules of Golf – The Committee**

#### **Score Card**

In stroke play, the Committee must provide each competitor with a score card containing the date and the competitor's name.

Note: The Committee may request that each competitor record the date and his/her name on his score card.

### **Disqualification Penalty; Committee Discretion**

A penalty of disqualification may in exceptional individual cases be waived, modified or imposed if the Committee considers such action warranted. Any penalty less than disqualification must not be waived or modified. If a Committee considers that a player is guilty of a serious breach of etiquette, it may impose a penalty of disqualification under this rule.

### **How to decide ties**

The Committee will determine how and when a stroke play tie shall be decided. The decision should be published in advance.

(a) In the event of a tie in a scratch stroke-play competition, a play-off is recommended. The play-off may be over 18 holes or a smaller number of holes as specified by the Committee. If that is not feasible or there is still a tie, a hole-by-hole play-off is recommended.

\*Competition Committee is also known as the Golf Competition Committee or the committee brought together to organize and implement the golf competition.

## **GRAPPLING**

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each Community may enter a maximum of ten (10) athletes per community.

#### **Age Categories for both Men & Women:**

Ages 16 and over. Participants' weight may impact division. Therefore, all athletes must submit their weight, height and experience level on application forms. Please indicate your experience level in years. There will not be a child's division.

**Weight classes will be as follows:** Lightweight: 160lbs and under Middleweight: 160lbs-185lbs Heavyweight: 185lbs-225lbs Super heavyweight: 225lbs and over

Weigh-ins will be held at the same time as registration (Please refer to NSMSG 2016 Schedule). If your weight, at the time of weigh-ins, does not match the weight on your registration form you will be put into your respective category.

### **GENERAL RULES: Scoring & Rule System:**

- Please refer to the North American Grappling Association (NAGA) website for "No Gi Rules" ([http://www.nagafighter.com/pdf/2015\\_naga\\_rules.pdf](http://www.nagafighter.com/pdf/2015_naga_rules.pdf)).
- Referees will determine the winner of a tied match based on who skillfully controlled the match. If there is no clear winner there will be a 2 minute overtime. There will be no rest period for overtime.
- Each competitor is allowed to have one corner person present. They will be required to stay off of the wrestling mats and stay one side of the mat.
- There will be ZERO tolerance for striking and disrespect.

### **COMPETITION FORMAT:**

Matches will be conducted in a double elimination tournament format. Each competitor will be guaranteed at least 2 chances to compete. The event will start with the Lightweight tournament, Middleweight, Heavyweight and Super heavyweight will be last (Please refer to NSMSG 2016 schedule for start times).

### **COMPETITION ATTIRE & GEAR:**

We recommend that participants wear a long-sleeved rash guard and board shorts, or competitive MMA/BJJ shorts. Stretchy materials can be a hazard and inconvenience for competitors. Gi pants are permitted.

All Participants will be required to wear a mouth guard. If a participant does not show up with a mouth guard they will not be permitted to compete. Please make sure to purchase and fit your mouth guard in advance.

## **HORSESHOES**

The NSMSG horseshoes competition consists of male and female teams of all ages.

### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter a maximum of 20 players per age category per male and female teams for single play and a maximum of ten (10) teams of two for doubles.

**Divisions:** Junior: ages 16 and under

Senior: ages 17 and up

**Number of Coaches:** Each Community may accredit (1) manager per female and male teams. The staff composition will have a minimum of one (1) male staff and one (1) female staff for male and female teams respectively.

**GENERAL RULES:** The rules of the Horseshoe Canada Association will apply unless otherwise stated in this package. This information can also be found on the HCA website at [www.horseshoecanada.ca](http://www.horseshoecanada.ca)

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives.

**OFFICIALS:** All officials, including referees, will be designated and approved by the Host Community.

**FIELD OF PLAY/EQUIPMENT REQUIREMENTS:** All equipment will be provided by the host community.

### **COMPETITION RULES:**

1. Horseshoes will be divisional by age, with open competition in Singles & Doubles competitions.
2. Tournament format may vary but singles & doubles will be guaranteed at least 2 games.
3. The court will have a distance of 40' between stakes for men and a distance of 30' for women and youth.
4. The stakes will be set in a 3' by 4' frame or box.
5. Scoring: a)3 pts. – ringer b)1 pts. – leaner
6. If a shoe hits the box, it is disqualified.
7. Players may use their own horseshoes, provided they are official weight and size and approved for competition by the Horseshoe Canada Association. Shoes must weigh between 2 lbs. 2 oz. and 2 lbs. 10 oz.
8. The individual or team who reaches a total of 25 pts first will be declared the winner.
9. In the event of a tie after 40 shoes have been thrown, 2 additional shoes will be thrown by each single or team to decide a winner.
10. No substitutions will be allowed.
11. Each court will have a judge and a scorekeeper.
12. All decisions by the judge are final.

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13. If you argue with an official or other players you will be disqualified.

### **LACROSSE**

#### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter a maximum of 8 players per team and 2 teams per age category. Teams may consist of male or female athletes, or can be co-ed. The maximum number of teams per age category is 6.

**Divisions:** U12: ages 12 and under

U16: ages 13 to 16

**Number of Coaches:** Each Community may accredit one (1) coach per team, a male coach if all athletes are male, a female if all athletes are female, or one male and one female coach if the team is co-ed.

**GENERAL RULES:** The rules of the Canadian Lacrosse Association will apply and can be found in the online handbook:

[https://secure.pointstreaksites.com/files/uploaded\\_documents/2253/2015\\_BOX\\_rule\\_&\\_situation\\_handbook\\_FINAL\\_-\\_Website.pdf](https://secure.pointstreaksites.com/files/uploaded_documents/2253/2015_BOX_rule_&_situation_handbook_FINAL_-_Website.pdf)

**COMPETITION FORMAT:** The competition will run as 2-15 minute halves. The players will have 3 minute shifts. The game will be non-contact. The competition will run as Round Robin. The teams will play as 3 on 3.

**FIELD OF PLAY/EQUIPMENT REQUIREMENTS:** Athletes are to supply their own helmet, gloves and running shoes. Further equipment will be provided by the coordinator.



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## **PEEWEE BASEBALL**

The NSMSG baseball competition consists of both male and female teams.

### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter a maximum of 16 players per team.

**Number of Coaches:** Each Community may accredit one (1) coach per team. The staff composition must have a minimum of one (1) male staff for all male teams and (1) female staff for all female teams and both a male and female staff person for co-ed teams.

**GENERAL RULES:** The most recent version of the Official Rules of the SGAA Baseball Games Rules will apply to the NSMSG little league competition. Unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per the peewee age category. The host community will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

**OFFICIALS:** The umpires must have a minimum Provincial Level 2.

### **FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

The PeeWee age category shall follow the Bantam Division playing field, dimensions and equipment.

- Distance between bases is sixty (60) feet.
- Distance from home to pitcher is forty-six (46) feet.
- Metal and wood bats are allowed for the Peewee age category.

Baseball players must supply their own bats, batting helmets, and gloves. Catchers shall supply all their additional equipment. All equipment shall comply with the International Baseball Federation (IBF) standards as per Baseball Canada for minor aged players.

### **COMPETITION RULES:**

Number of Innings

- The entire game shall consist of seven (7) innings including the medal rounds
- The ten run rules will be in effect any time after the completion of 5 (or 4-1/2) innings of play.
- The umpire will award the game to the team with a lead of ten or more runs any time after the trailing team has had five turns at bat.
- If the score is tied after 7 innings the play shall continue until:
- The visiting team has scored more total runs than the home teams at the end of a completed inning or,
- The home team scores the winning run in an uncompleted inning.
- Final standings in the round robin play shall be established using the following criteria:
- The team with the best win-loss record in the game(s) between or among the tied teams will place higher in the standings.
- If the tie still persists, the placement of teams will be dictated by the ratio of number of runs against per defensive inning for games between or among the original tied teams.

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- If the tie persists, the placement of teams will be dictated by the ratio of runs scored per offensive inning for games between or among the original tied teams.
- If the tie still persists, the team having the best win-loss record in games played versus the highest placed team not in the tie, followed by comparison against the next highest placed team etc. will place higher in the standings.

## **PRINCESS PAGEANT**

The NSMSG Princess Pageant competition consists of female participants within the ages of 15 – 19 years old and is open to all Mi'kmaq First Nation Communities.

**PARTICIPANTS:** Number of Athletes: Each community may enter a maximum of three (3) female participants.

**Number of Coaches:** It is recommended that each community have at least one (1) coach/chaperone.

### **GENERAL RULES:**

- Contestants must be between the ages of 15-19 years of age.
- Contestants must be young girls of aboriginal descent.
- Contestants must be attending school with good effort and good attendance.
- Contestants must have knowledge of their cultural values.
- Contestants must be available the week of the NSMSG, involvement in NSMSG sport activities will be considered.
- Contestants must present herself with dignity and be presentable at all times.
- When Miss NSMSG is requested to attend a function and is unable to attend the first runner up is to attend in her place and the 2nd runner up will be approached if the 1st runner up is unable to attend.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries.

**OFFICIALS:** All officials will be designated and approved by the Host Community.

### **REQUIREMENTS:**

1. Completed registration form
2. Proof of age/ancestry
3. Talent
4. Regalia and/or formal wear

### **COMPETITION RULES:**

Contestants will be judged on the following: Personality, Intellect, Poise, Talent, Ability to communicate with people, Community and charity interests, Public speaking, Interview, Stage presence, Dedication and commitment, Biography, Sincerity, Honesty, Sense of Humor, Morals and ethics, Manners, Promptness, Questions, etc.

### **WINNING CONTESTANT:**

The Winner will receive:

- Crown & Sash
- Bouquet of flowers
- Miscellaneous gifts from sponsors

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At the end of the competition, the successful contestant will be crowned Miss Nova Scotia Mi'kmaw Summer Games Queen for a one (1) year term.

## SCHOOLYARD COMPETITION

The NSMSG hopscotch competition consists of male and female teams of all ages 11 and under only.

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each Community may enter ten (10) athletes for each age category. This is a mixed competition consisting of both male and females for each age category.

#### **Divisions:**

Youth: ages 5-6 youth

Peewee: ages 7-11

### **GENERAL RULES:**

As determined by the sports coordinator and the 2016 hosting community.

### **COMPETITION FORMAT:**

This event will take place in hosting community.

### **OFFICIALS:**

All officials will be designated and approved by the Host Community.

- Competitors must wear their numbers on the front and back of their vests.

### **COMPETITION RULES:**

To Be Determined.

## **SOFTBALL/FASTBALL**

The NSMSG baseball competition consists of both male and female teams, Men's A & B and Senior Women's.

### **PARTICIPANTS:**

#### **Number of Athletes:**

Each Community may enter a maximum of 20 players per team. A minimum number of players required per team are eleven (11).

#### **Divisions:**

Men's A: Maximum ten (10) teams. One (1) team per community. If you enter a second team, the second team will be on stand-by until all communities interested are registered. If your second team is unable to play in the "A" Division, they will be moved into the "B" Division.

Men's B: Maximum ten (10) teams.

Bantam: Maximum eight (8) teams. Midget: maximum eight (8) teams.

Women's: One (1) division. Maximum twelve (12) teams.

**Number of Coaches:** It is recommended that each community may accredit one (1) coach per team. The staff composition must have a minimum of one (1) male staff for all male teams and (1) female staff for all female teams.

**GENERAL RULES:** The most recent version of the Official Rules of the Softball Nova Scotia will apply to the NSMSG softball competition. Unless otherwise stated in this package.

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host community will make every effort to maximize the number of games each team receives. Each team will play a minimum two games (two-game knockout in both "A" and B" Divisions).

**OFFICIALS:** The umpires must have a minimum Provincial Level 2.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:** Ball size and pitching distance between the home plate and pitcher's mound as stated by Softball Nova Scotia. Safe base will be implemented. Competitors must supply their own bats, helmets, gloves, and catchers must supply their own special additional equipment. Absolutely no metal spike will be allowed. All equipment must comply with the International Softball Federation standards.

### **COMPETITION RULES:**

- The teams will warm-up off the competition diamond and will be allowed only 10 minutes on the competition diamond prior to game time.
- An entire game for the NSMSG softball tournament shall consist of seven (7) innings or a maximum time of ninety (90) minutes. No new inning will start after ninety (90) minutes. If
- the game is tied after ninety (90) minutes the tied breaking procedures will apply.
- The seven (7) run rule will be in effect any time after the completion of 5 (or 4 1/2) innings of play. The umpire will award the game to the team with a lead of seven (7) or more runs any time after the trailing team has had five (5) turns at bat.
- Mercy Rule

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- In all categories, games will end after 2 1/2, 3, 3 1/2 or 4 complete innings of play if there is a difference of 15 runs.
- In all categories, games will end after 4 1/2, 5, 5 1/2 or 6 innings of play if there is a difference of 7 runs.
- In the case of a tie game during the round robin play and/or play offs, the International tie breaking rule shall be followed:
  - Starting with the top of the eighth inning, and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat ninth (tenth in SP, or eleventh in SP with an EP) in that respective half inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

### **Tie breaking procedures**

The tie breaking procedure used in extra-inning games shall be applied in all games except the final championship game.

3.01 A tie exists within one (1) section, or across two (2) or four (4) sections, when two (2) or more teams have the same win-loss record.

3.02 A tie shall be resolved by following, in order, the procedure set out below –

#### **A. Within Section Round Robins**

1. With two teams tied on wins/losses, rank them by the results of their game in the round robin; the winner is placed ahead of the loser.

2. With more than two teams tied on wins/losses, rank them in order

(a) By the results of their games among themselves in the round robin games.

(b) If still tied on wins/losses, by their runs against record in the games among themselves; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.

(c) If any teams tied by their runs against record in the games amongst themselves –

(1) two teams – by the results of their games amongst themselves in the round robin games

(2) more than two teams – by their runs against record in all the round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.

(d) If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.

#### **B. Across Section Round Robins** With two or more teams tied on wins/losses, rank them in order –

1. By their runs against record in all round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.

2. If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.

3.03 For a tied team “runs against” is the total number of runs scored by the specified opponents of that team.

**EXCEPTION:** Where teams are tied for a place in a Page System the Technical Commission may decide that such tie may be resolved by a playoff provided the Technical Commission agree that conditions are satisfactory for such playoff.

**SWIMMING****EVENT:**

- The NSMSG Swimming Competition shall consist of six (6) individual events and two (2) team events.

<b>Event</b>	<b>Gender</b>	<b>Age Group</b>
25 Meter Front Crawl	Female	Youth (5-7 years)
25 Meter Front Crawl	Male	Youth (5-7 years)
50 Meter Back Stroke	Female	Mixed (5 years and up)
50 Meter Back Stroke	Male	Mixed (5 years and up)
100 Meter Front Crawl	Female	Mixed (8 years and up)
100 Meter Front Crawl	Male	Mixed (8 years and up)
4 x 25 Meter Back Stroke Relay	Mixed Gender	Mixed Age Groups (5 years and up)
25 Meter Back Stroke	Female	Youth (5-7 years)
25 Meter Back Stroke	Male	Youth (5-7 years)
50 Meter Front Crawl	Female	Mixed (5 years and up)
50 Meter Front Crawl	Male	Mixed (5 years and up)
100 Meter Back Stroke	Female	Mixed (8 years and up)
100 Meter Back Stroke	Male	Mixed (8 years and up)
4 x 25 Meter Front Crawl Relay	Mixed Gender	Mixed Age Groups (5 years and up)

**PARTICIPANTS:****Number of Athletes:**

- Each community may enter ten (10) male and ten (10) female athletes of mixed age groups.

**Coaches:**

- Each community should provide one (1) coach or team manager.

**GENERAL RULES:**

- Swimsuits must be worn.
- Athletes are permitted to use swim caps and goggles.
- Swim fins, snorkels and hand paddles will not be permitted during competition.
- Athletes must adhere to all pool rules posted at the Canadian Coast Guard College.



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## **COMPETITION FORMAT:**

- The swimming competition will take place on the same day in two sessions - or over two days.
- A warm up period of 20 minutes will be provided prior to each racing session of the swimming competition.
- All athletes are eligible to swim four (4) individual events and (2) relays.
- An athlete's age group will be determined by their age on the first day of the swimming competition.
- Age Groups will be as follows:
  - Youth: 5-7 years old
  - PeeWee: 8-12 years old
  - Bantam: 12-16 years old
  - Midget: 17-19 years old
  - Junior: 20-23 years old
  - Senior: 24 years and old
- Swimmers will swim in heats by gender, in mixed age groups.
- Heats will consist of 8 swimmers – one swimmer per lane.
- Relay's will consist of 8 teams one team per lane.
- Gold, Silver and Bronze medals will be awarded for each event by age group and gender.

## **OFFICIALS:**

- Starting Officials, Marshalls, Lane Timers and Turn Judges will be on hand.

## **EQUIPMENT REQUIREMENTS:**

- Manual timing will be used to determine athlete's finish time for each race.
- Electronic timing may be used if proper supervision is obtained.

## **COMPETITION RULES:**

- **Front Crawl** will be defined as follows:
  - Swimmer lies on their front and pulls their arms alternately down and back under their body. Arms recover above water - while the legs perform the flutter kick.
- **Backstroke** will be defined as follows:
  - Swimmer lies on their back and propels themselves forward by using a windmill maneuver with the arms, while the feet perform a flutter kick.
- Athletes will be marshalled and organized into heats prior to each event.
- Athletes must not dive in the shallow end of the pool. Relay events and 25 meter races beginning in the shallow end will start in the water from a push.
- Athletes who are not comfortable diving from the starting blocks will be permitted to dive from the side or start from an in water push in the deep end of the pool.
- All races will commence at the command of the starting official.
- The command to ready one's self for the race will be "Take your mark."
- The race will commence when the starting official sounds the starting beep.
- Athletes may not touch the bottom of the pool until their race is complete.

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- Athlete must touch the wall with one hand and both feet when turning to complete the 50 and 100 meter distances. Flip turns / tumble turns will be permitted if athlete is comfortable with this maneuver.
- Relays will consist of four swimmers – two stationed at the shallow end of the pool and two stationed at the deep end of the pool.

### **Rule Violation:**

- Athletes will be disqualified from an event if they:
  - Start racing prior to the starting beep
  - Stop swimming before the allotted number of meters is complete
  - Touch the bottom of the pool during a race
  - Fail to touch the wall on the turn or finish of the race

## **TRACK & FIELD**

The NSMSG track & field competition consists of male and female teams of all ages. The NSMSG Youth 60m and 100m dash competition consists of male and female teams of ages 11 and under only. Youth categories are ages 5-6 and 7-11.

### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter eight (8) male and eight (8) female athletes for each age category. For each age category, each contingent has a maximum of 3 athletes per individual event.

### **Number of Coaches:**

Each Province, Territory and State may accredit:

- Rosters under 20 athletes - 3 staff, (2 coaches and 1 manager, 1 must be female)
- Rosters between 21 and 30 - 4 staff, (3 coaches and 1 manager, 1 must be female)
- Rosters between 31 and 40 - 5 staff, (2 must be coaches and 1 manager, 1 must be a female)
- Rosters between 41 and 50 - 6 staff, (2 must be coaches and 1 manager, 2 must be female)
- Rosters between 51 and 60 - 7 staff, (3 must be coaches and 1 manager, 2 must be female)
- Rosters between 61 and 64 - 8 staff, (3 must be coaches and 1 manager, 3 must be females)

**GENERAL RULES:** The most recent International Amateur Athletics Federation (IAAF) Competition Rules Book will apply. Unless otherwise stated in this package.

**COMPETITION FORMAT:** Events are either heats and finals, or just finals dependent on the number of entries. This format will be followed to compete in open divisions. The Event Coordinator may adjust the below events depending on registration. Please check with the coordinator for updates prior to the games. **The 5K race is a separate event and must be registered for separately. Events offered in 2016, are all of those shaded above.**

**NOTE:** To accommodate the number of participants, athletes may move up to compete in a higher age class relay team, but they may not compete in the same relay event in two different age categories.

**OFFICIALS:** All officials will be designated and approved by the Host Community.

- Competitors must wear their numbers on the front and back of their vests, except in the high jump events, where they may wear one number, either on the front or the back.
- In the track events, athletes also must wear hip numbers affixed to both sides of their shorts.
- During the medal ceremonies, athletes must wear their team colors and shoes without spikes.
- All equipment used in the 2016 NSMSG shall comply with IAAF Rules.
- Throwers may submit their own implements for certification and use in the events equipment pool as long as the implements comply with the IAAF Rules.
- For Senior shot put, the weight shall be 4kg.

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## COMPETITION RULES:

**Qualifying Heights and Distance for Field Events:** The qualifying heights and distances will be determined at the Technical Meeting.

Category	Youth 5-11	Bantam 12-16	Bantam 12-16	Senior 17-up	Senior 17-up
Gender	M/F	M	F	M	F
60M					
100M					
400M					
800M					
1000M					
Shot Put					
Long Jump					

## TUG OF WAR

The NSMSG tug of war competition consists of male and female teams of all ages.

### **PARTICIPANTS:**

Number of Athletes: Each Community may enter a maximum of ten (10) players per age category per male and female teams. Note: Pee wee and Youth teams may enter a maximum of ten (10) players per age category per male and female teams. Junior and Senior divisions are considered a team sport whereas Pee wee and Youth divisions are considered an Individual sporting event. That is, those ages

11 and under will register as an individual then the event coordinator will put the competing teams together the day of the event.

### **Divisions:**

Junior: ages 16 and under (minimum age is 12 years old as of December 31, 2016).

Senior: ages 17 and up

Pee wee: ages 7-11

Youth: ages 5-6

Number of Coaches:

It is recommended that each community have (1) manager per team for Junior and Senior levels.

### **GENERAL RULES:**

As stated in this package.

### **COMPETITION FORMAT:**

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives.

### **OFFICIALS:**

All officials will be designated and approved by the Host Community.

### **FIELD OF PLAY/EQUIPMENT REQUIREMENTS:**

To be supplied by the host community.

### **COMPETITION RULES**

As stated by the event coordinator.

## **VOLLEYBALL**

The NSMSG volleyball competition consists of male and female teams.

### **PARTICIPANTS:** Number of Athletes:

Each Community may enter a maximum of 2 teams per division, per age category, per male and female.

Teams must consist of a minimum of six (6) players. No more than 30 teams will be registered for the entire event.

Divisions:

Bantam: ages 16 and under

Senior: ages 17 and up

Number of Coaches:

It is recommended that each community accredit one (1) coach.

### **GENERAL RULES:**

The most recent version of the Federation Internationale de volleyball (FIVB) Official Rule Book will apply. Unless otherwise stated in this package.

### **COMPETITION FORMAT:**

The competition format will be determined by the number of entries per age category. The host society will make every effort to maximize the number of games each team receives. Each team will play a minimum three games.

### **OFFICIALS:**

All officials will be designated and approved by the Host Community. The match officials must have a Level two (2) Regional Badge or higher. It is recommended that all other officials (linespersons, scorekeepers) have current Level one (1) Local Badge.

### **FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

All equipment shall comply with FIVB rules.

All teams must have numbers on shirts. Uniforms are preferred.

### **COMPETITION RULES:**

- Rally point scoring will be implemented
- A team wins a set (game) by scoring 25 points via rally scoring and with a minimum lead of two (2) points. In the case of a 24-24 tie, play is continued until a two (2)-point lead is achieved.
- A match in the Round Robin will consist of three (3) sets per match. The team wins a match by winning two (2) of the three (3) sets. A set is played to 25 points with a minimum lead of two (2) points.
- A match in the Playoff rounds (quarter/semi/finals) will be best of three (3) sets. The team wins a match by winning two (2) sets of three.

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- In case of a 1-1 tie, the deciding set is played to 25 points with a minimum lead of two (2) points, no cap via rally point scoring.
- Tie breaking rule.
- There will be a 5 minute warm-up time allocated on the competition court prior to game time. Tie breaking rules will be in accordance with FIVB Sports Regulations:

### **TEAMS RANKING SYSTEM DURING THE COMPETITION**

#### **a. RANKING BY MATCHES WON AND LOST**

The ranking of teams is determined by the results of matches on the basis of matches won and lost.

#### **b. POINTS AWARDED PER MATCH TO EACH TEAM**

The following points will be awarded per match to each team:

- Matches Won 1 point
- Matches Lost 0 points
- Matches Forfeited 0 points

#### **c. IN THE CASE OF A TIE:**

Set quotient - In the case of equality in the number of points gained by two or several teams, they will be classified in descending order by the quotient resulting from the division of the number of all sets won by the number of all sets lost.

Points quotient - If the tie persists as per the set quotient the teams will be classified in descending order by the quotient resulting from the division of all points scored by the total of points lost during all sets. If the tie continues as per the points quotient between two teams, the priority will be given to the team which won the last match between them. When the tie in points quotient is between three or more teams, a new classification of these teams in the terms of (b) and (c) will be made taking into consideration only the matches in which they were opposed to each other.

## **WALTES**

The NSMSG Waltes competition consists of teams of all ages. The winner of this event will not only receive a gold medal but will also receive the Honorary Distinction of Waltes World Champion.

### **PARTICIPANTS:**

Number of Athletes: Each Community may enter a maximum of twenty (20) players.

Junior: ages 16 and under

Senior: ages 17 and up

Number of Coaches:

It is recommended that each community has one (1) manager/coach.

### **GENERAL RULES:**

As stated in this package.

### **COMPETITION FORMAT:**

The competition format will be determined by the number of entries per age category. The host society

will make every effort to maximize the number of games each team receives.

### **OFFICIALS:**

All officials will be designated and approved by the Host Community.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:** All equipment will be supplied by the host community. Waltestqano'qwan – waltes bowl

Waltestaqank – bone dice

Kisiku – old man

Tquamuewe'l – counter sticks (teeth on one side only) Kitmaqank - 51 counting sticks - (51 plain)

### **COMPETITION RULES:**

Waltes is an ancient Micmac game of chance played by two or more persons using bone chips and a

shallow wooden bowl. The Waltestanqank are made of bone from either caribou or deer. After the bone has been cooked and cleaned of all meat and fat and dried, the selected part of the bone is cut into

squares, then rounded off at the corners by filing. One side or face is left flat while the other side is rounded (as in the case of some buttons). The of these chips or buttons are marked with a cross while the rounded is left unmarked. The bowl is made from burl – a hump found on the side of hardwood trees. This hump is cut off and fashioned into a bowl by patient carving. The burl is boiled in salted water for 6 hours to remove the gum; this is done by several changes of water. The wood is then much

easier to carve and will not crack or break even with constant pounding.

The Game:

1st Pile



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Kitmaqank – counter sticks

There are 51 plain round sticks about 7" long.

3 Tqamuewe'l – old ladies or wives

1 Kisiku – old man

The 3 tqamuewe'l are like half arrows, they have three notches on one side, these represent 5 points each.

Kisiku – has notches on both sides, somewhat like the old ladies, it too, is 5 points. Kitmaqank counter sticks – 3 represents 1 point.

1 lift – one down and five up equals 1 point.

2 lifts is 3 points equal to 9 sticks.

3 lifts is 5 points equals wins one old lady (patched)

All dice up or down is 5 points. Wins 1 old lady, the ladies can be patched, but the old man cannot be patched.

2nd Pile

The counting changes when all the old ladies have been won; the old man is left alone, this is when they start gathering firewood on the old man.

1 stick equals 1 point. These can be used to count off the old man. There are times when the players

might have more firewood then the one that won the old man. If this happens, the one that won the old man would have to pay for the sticks on the pile. After counting off the old man; this is called ESATIKJAWLET-KISIKU. Before the settling of debts are made the other player has one chance of winning back the old man. If he is lucky in winning him back, it represents 10 points. Here the counting changes if the old man has been won.

Wi'kuowtatijik completing for sticks.

Mente'matioq – one person collects, other takes off sticks. Mena'tu – take sticks off.

Pow – Tqamuewet – 5 points is paid for by four sticks four times instead of three sticks five times, thus sixteen sticks rather than 15 plain ones.

Kwetapa'lut Kwimu – sinking the loon, all face up or down is 15 points. All debts are paid at this time if there is one or two sticks left by the opponent, he gets a chance to dance.

Ela'lukwen – old man and one stick – 7 points

Old Man – 7 points

Old man 2 sticks – 6 points

3 sticks – 6 points

2 sticks – 7 points

4 sticks – 5 points

1 stick – 7 points

Paqasikjenut – Last chance or gliding over the water. Here she will have three throws by the hand on the bowl. Then he could arrange the dice before he lifts the waltzes bowl. The person not dancing may not A'maq mu kisi A'-maq (waving hand over dice).

During dancing – tqamuewey is 3 points instead of 5 points. Five dice up and one down or vice versa, twice is 2 points instead of 3. If the player dancing gets the points he was aiming for the other gets the points and wins the game.

Waltzes Vocabulary:

Study the following words:

waltzes – a Mi'kmaq game kitmaqnn – counting sticks kiskui'skw – old lady

a'ma – swinghand over dice esnoqnet – gathering firewood kisikuo'p – old man

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kespu'tuet – he or she wins

ela'lukwet – dancing pkwimu – loon

wetta'ta – he or she has won it

Wen wetta'ta kiskuo'pa?

Wla e'pite'ji'j natawi a'mat? Wen kwetapa'lata pkwimua?

Wen esnoqnet nike'?

Nekm ela'lukwet nike'. Naskoqte'matimk nike'.

## **WARRIOR UP ! – OBSTACLE COURSE**

The NSMSG Warrior UP competition consists of male and female teams of ages 16 and up. This Obstacle Race includes Running, Tire Flipping, Sand Bag Carrying, Wall Climbing, Flag Retrieving, Balance Beam Walk & Tunnel Climb. \*\*\*Subject to change\*\*\*

### **PARTICIPANTS:**

Number of Athletes: Each Community may enter a maximum of ten (10) athletes per age category per male and female teams.

Divisions:

16-20 Junior Males

16-20 Junior Females

21 + Males

21+ Female

40 + Masters Male

40 + Masters Female

### **GENERAL RULES:**

As stated in this package

Each failed obstacle will result in a 20 Burpee Penalty. Volunteers will be on hand at each obstacle to enforce the penalty.

Competitions may choose to do the Tire Flips in teams of 2, but will be subject to a ten (10) Burpee Penalty.

At a Certain point in the race, Competitors will be required to Retrieve a Flag and hand it to a Volunteer before going on to the next Obstacle

Female Sandbags – 20 lbs (20 Burpee Penalty if Dropped)

Male Sandbags – 40 lbs (20 Burpee Penalty if Dropped)

### **COMPETITION FORMAT:**

The competition format will be determined by the number of entries per age category.

### **OFFICIALS:**

Volunteers will be on hand to enforce Rules and Guidelines

### **FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

To be supplied by the host community.

### **COMPETITION RULES:**

As stated by the event coordinator.

## **ADDITIONAL INFORMATION**

In addition to sports, many cultural events will be taking place in Membertou during the summer games along with both cultural and sports demonstrations.

There will also be various children's/teen activities available throughout the week. Information on additional events will be available during registration when the games begin in August.

More information on the 2016 Nova Scotia Mi'kmaw Summer Games can be obtained from our website [at www.nssummergames.com](http://www.nssummergames.com) or contact the following:

2016 NSMSG Coordinator  
Marcella Marshall (office) 902-562-6826 Ext 6109  
(email) [2016summergames@membertou.ca](mailto:2016summergames@membertou.ca)

Registration  
Krista Devoe  
(office) 902-564-6466 Ext 2560  
(email) [kristadevoe@membertou.ca](mailto:kristadevoe@membertou.ca)

Stay tuned for Updates!