



THE SPIRIT
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2023

NORTH AMERICAN INDIGENOUS GAMES

SPORT TECHNICAL PACKAGE

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2023 NORTH AMERICAN INDIGENOUS GAMES
Sport Technical Package: Years of Birth Chart

The following chart contains age category and years of birth information for the 2023 North American Indigenous Games (NAIG) sport program. The sports and age categories have been previously approved by the NAIG Council in May 2016 and reflected in the Governing Rules – Sport Program. Each sport, unless stated, will have male and female participants each allowed the corresponding number of age categories.

The Sport & Technical Committee (STC) works with national, provincial and state sport organizations to develop the sport technical packages. Updates are necessary from time to time and any changes will be shared with NAIG Council and team representatives.

SPORT	AGE CATEGORY	YEARS OF BIRTH
3-D Archery	16U, 19U	2007 & later, 2004 & later
Athletics	14U, 16U, 19U	2009 & later, 2007 & later, 2004 & later
Badminton	16U, 19U	2007 & later, 2004 & later
Baseball	19U	2004 & later
Basketball	14U, 16U, 19U	2009 & later, 2007 & later, 2004 & later
Beach Volleyball	16U, 19U	2007 & later, 2004 & later
Canoe/Kayak	14U, 16U, 19U	2009 & later, 2007 & later, 2004 & later
Box Lacrosse	Male 16U, 19U Female 19U	2007 & later, 2004 & later
Golf	16U, 19U	2007 & later, 2004 & later
Rifle Shooting	16U, 19U	2007 & later, 2004 & later
Soccer	16U, 19U	2007 & later, 2004 & later
Softball	16U, 19U	2007 & later, 2004 & later
Swimming	14U, 16U, 19U	2009 & later, 2007 & later, 2004 & later
Volleyball	16U, 19U	2007 & later, 2004 & later
Wrestling	19U	2004–2008

2023 NORTH AMERICAN INDIGENOUS GAMES
Coaching Education Requirements for all sports

In addition to the sport specific requirements as outlined in the Sport Technical Package, all Canadian delegations' coaches must have the following courses completed to be eligible for the NAIG 2023 Games.

Course Name	Delivery Agent	Length	Delivery Options	Link
Aboriginal Coaching Modules (ACM)	NCCP	7 hours	In-person classroom course	https://coach.ca/coaching-association-canada-and-aboriginal-sport-circle-launch-revisions-aboriginal-coaching
Making Ethical Decision Online Evaluation	NCCP	1 hour	Online evaluation	https://coach.ca/nccp-make-ethical-decisions
Requirement of one of the following training: a. Respect in Sport Activity Leader Program b. Safe Sport Training c. Commit2kids Training	Various		Online	https://www.respectgroupinc.com/respect-in-sport/#activity-leaders-program https://safesport.coach.ca https://www.commit2kids.ca/en/
Making Headway in Sport	NCCP	1.5 hours	Online	https://coach.ca/nccp-making-head-way-sport

**2023 North American Indigenous Games
Sport Technical Package**

3-D ARCHERY

EVENT:

The NAIG 3-D Archery Competition will consist of both male and female individual events for 16U (born 2007 & later) and 19U (born 2004 & later).

In the following Equipment Divisions:

- Compound
 - Barebow
-

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter one (1) male and one (1) female athlete for each equipment division in each age category. An athlete is allowed to compete in only one category and one equipment division. Maximum number of archers per province/territory/state is eight (8).

Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager for the entire team roster. The staff composition must have a minimum of one (1) same gender staff for both males and females (provided the team has participants of both genders).

Canada – NCCP Requirements (All Coaches must have the following coaching certifications, or equivalent)
Head Coach/Assistant Coach

- Instruction Stream – Instructor of Beginner Archers Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The World Archery Book 4 – Field & 3-D Archery Rules will apply, unless otherwise stated in this package.

COMPETITION FORMAT:

Athletes shoot two (2) rounds of twenty (20) targets per day from unmarked distances according to their age and equipment division.

Drawing of Lots:

A shooting group of archers (4-5) are determined by draw for the first and second day of competition; the final day of competition groups will be assigned based on seedings from Day 1 and Day 2. An adult scorer will accompany the shooting group.

OFFICIALS:

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

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- All equipment shall comply with World Archery classes defined.
- The 3-D Archers must supply their own equipment (arrows/bow), which must comply with World Archery rules.
- The host society shall provide a bow press and operator on site to avoid athletes having to forfeit an event due to compromised equipment.

Equipment Divisions:

- Compound

As per WA Rule 22.2 (World Archery Rules – Book 4, chapter 22), for the Compound Division, the following equipment is permitted. All types of additional devices are permitted unless they are electric, electronic, compromise safety or create an unfair disturbance to other athletes.:

22.2.1. A Compound Bow, which may be of a shoot---through type riser, is one where the draw is mechanically varied by a system of pulleys or cams. The bow is braced for use by bowstring(s) attached directly to the cams, the string nocks of the bow limbs, cables or by other means as may be applicable to the design.

22.2.1.1. *The peak draw weight shall not exceed 60lbs.*

22.2.1.2. *Cable guards are permitted.*

22.2.1.3. *A brace or split cables are permitted, provided they do not consistently touch the athlete's hand, wrist or bow arm.*

22.2.1.4. *A bowstring of any type which may include multiple serving/s to accommodate nocking points and include other attachments such as a lip or nose mark, a peephole, a peephole 'hold---in---line' device, loop bowstring, etc. Also permitted are string silencers provided they are located no closer than 30cm from the nocking point.*

22.2.1.5. *The pressure point of the arrow rest which can be adjustable shall be placed no further back than 6cm (inside) from the throat of the handle (pivot point of the bow).*

22.2.2. Draw check indicators, audible and/or visual may be used.

22.2.3. A bow sight attached to the bow.

22.2.3.1. *Which may allow for windage adjustment as well as an elevation setting, and which may also incorporate a levelling device, and/or magnifying lenses and/or prisms.*

22.2.3.2. *The sight points may be a fibre optic sight pin and/or a chemical glowstick. The glowstick shall be encased so as not to disturb other athletes.*

22.2.3.3. *Multiple sight pins and peep eliminator devices are allowed on marked courses only.*

22.2.3.4. *On unmarked rounds no part of the sight may be modified for the purpose of providing means for range finding.*

- 22.2.4. A release aid may be used provided it is not attached in any way to the bow. Any type of finger protection may be used.
- 22.2.5. The following restrictions shall apply: Article 22.1.7. and Article 22.1.7.1.; Article 22.1.8.1.; Article 22.1.9. as limited by Article 22.1.9.2.; Article 22.1.10.1.;
- "Peep Elimination" sights can be used in Compound Divisions except for courses where unmarked distances are shot, and assuming such a sight does not incorporate any electric or electronic device.

▪ Barebow

As per WA Rule 22.3 (World Archery Rules – Book 4, chapter 22), for the Barebow Division the following items are permitted:

- 22.3.1. A bow of any type provided it complies with the common meaning of the word bow as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in a tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw and release the string. The bow as described above shall be bare except for the arrow rest and free from protrusions, sights or sight marks, marks or blemishes or laminated pieces (within the bow window area) which could be of use in aiming. The unbraced bow complete with permitted accessories shall be capable of passing through a hole or ring with a 12.2cm inside diameter +/-0.5mm.
- 22.3.1.1. *Multi-coloured bow risers, and trademarks located on the inside of the upper and lower limb or on the riser are permitted. However, if the area within the sight window is coloured in such a way that it could be used for aiming, then it must be taped over.*
- 22.3.1.2. *Risers including a brace are permitted provided the brace does not consistently touch the athlete's hand or wrist.*
- 22.3.2. A bow string of any number of strands.
- 22.3.2.1. *Which may be of different colours and of the material chosen for the purpose. It may have a centre serving to accommodate the drawing fingers, a nocking point to which may be added serving(s) to fit the arrow nock as necessary, and, to locate this point, one or two nock locators may be positioned. At each end of the bowstring there is a loop which is placed in the string nocks of the bow when braced. No lip or nose mark is permitted. The serving on the string shall not end within the athlete's vision at full draw. The bowstring shall not in any way assist aiming through the use of a peephole, marking, or any other means.*
- 22.3.3. An arrow rest, which can be adjustable.
- 22.3.3.1. *A moveable pressure button, pressure point or arrow plate may all be used on the bow provided they do not offer any additional aid in aiming. The pressure point may not be placed any further back than 2cm (inside) from the throat of the handle (pivot point of the bow).*
- 22.3.4. No draw check device may be used.
- 22.3.5. Face and string walking are permitted.
- 22.3.6. No stabilizers are permitted.
- 22.3.6.1. *Torque flight compensators fitted as part of the bow are permitted provided that they do not have stabilizers.*

- 22.3.6.2. *Weight(s) may be added to the lower part of the riser. All weights, regardless of shape, shall mount directly to the riser without rods, extensions, angular mounting connections or shock-absorbing devices.*
- 22.3.7. Arrows of any type may be used provided they subscribe to the accepted principle and meaning of the word arrow as used in target archery, and that these arrows do not cause undue damage to the targets.
- 22.3.7.1. *An arrow consists of a shaft with a tip (point), nocks, fletching and, if desired, cresting. The maximum diameter of arrow shafts shall not exceed 9.3mm (arrow wraps shall not be considered as part of this limitation as long they do not extend further than 22cm toward the point of the arrow when measured from the throat,nock hole where the string sits, of the nock to the end of the wrap); the tips (points) for these arrows may have a maximum diameter of 9.4mm. All arrows of every athlete shall be marked with the athlete's name or initials on the shaft. All arrows used shall be identical and shall carry the same pattern and colour(s) of fletching, nocks and cresting, if any. Tracer nocks (electrically/electronically lighted nocks) are not allowed.*
- 22.3.8. Finger protection in the form of finger stalls or tips, gloves, or shooting tab or tape, to draw and release the string is permitted, provided they do not incorporate any device that shall assist the athlete to hold, draw and release the string.
- 22.3.8.1. *A separator between the fingers to prevent pinching the arrow may be used. An anchor plate or similar device attached to the finger protection (tab) for the purpose of anchoring is permitted. The stitching shall be uniform in colour. Marks or lines shall be uniform in size, shape and colour. Additional memoranda and markings are not permitted. On the bow hand an ordinary glove, mitten or similar item may be worn but shall not be attached to the grip of the bow.*
- 22.3.9. Field glasses, telescopes and other visual aids for spotting arrows:
- 22.3.9.1. *Provided they do not represent any obstruction to other athletes.*
- 22.3.9.2. *Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole lenses, or similar devices, nor may they be marked in any way that can assist in aiming.*
- 22.3.9.3. *Should the athlete need to cover the spectacle glass of the non-sighting eye, then it shall be fully covered or taped, or an eye patch may be used.*
- 22.3.10. Accessories are permitted:
- 22.3.10.1. *Including arm guard, chest protector, bow sling, belt, bac or ground quiver. Devices to raise a foot or part thereof, attached or independent of the shoe, are permitted provided that the devices do not present an obstruction to other athletes at the shooting peg or protrude more than 2cm past the footprint of the shoe. Also permitted are limb savers.*

Bows at the Games:

When athletes check in for accreditation, please declare all bows as they will be taken to the Shooting Venue site and locked in a storage area. There will be no bows stored or kept in the Athlete Villages. Storage may be in another secure location, depending on venue use agreement, if teams are arriving in advance of competition start. The Host Society will outline all procedures for transfer and storage six (6) months in advance.

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.
- Practice on the course is not permitted. Practice butts will be supplied by the Host Society on site.
- Equipment failures must be visible and agreed upon by the majority of the group. Upon agreement, the shooter must have his/her scorecards initialed by the entire group as an equipment failure. The scorecards of the shooter with the equipment failure will be totaled and initialed by the score keepers before leaving the range. At that time, the shooter, (with the failure) only must proceed forward through the course to the range tent and notify a range official.
- If there are three or more shooters remaining in the group, they may continue shooting. If two (2) or less shooters remain, they must join the following group (unless by joining the following group it will make a group of six (6) or more) or step aside and await a range official before continuing.
- The range official will hold the individual's scorecards until the repair is completed and he/she is escorted back onto the range. The range official will determine the amount of time necessary to make the needed repair. The time element will not be abused. A range official must escort all persons reentering the range to the designated target.
- After each end the competitors walk to the target (which they share). An arrow earns the score of the zone it lands in. They are as follows:
 - Eleven (11) for the smallest ring, (10) points for the inner ring, eight (8) points for the outer ring, five (5) points for a body hit and a Miss (M) for a hit in the horn or hoof or not touching body color.
 - In case of a disagreement on the placement of the arrow, the range officer settles the dispute. The protest is brought forward by the coach or manager of the team.
 - In case of a rebound or pass-through, the scoring shall take place as follows: If all of the athletes in that shooting group agree that a rebound or pass-through has occurred, they may also agree on the value of the arrow; in 3D rounds if they cannot agree on the value of the arrow, the arrow shall be a miss.
- If the arrow is pulled before the tabulation, the person who pulls the arrow receives a zero 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 (2) archers or more have identical total scores, the process of tie breaking is as follows: a shoot off will be held using a 3D animal target set at an unknown yardage, with an X placed in the center of the highest scoring area. The arrow closest to the center of the X will determine the winner. If only one shooter is present at the shoot off, he or she will be declared the winner.
- Course layout and shooting distances are defined as per WA rule 9.1.
- 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 World Archery rules may be disqualified from the event.
- Any shooter who disobeys the shoot official's orders will be disqualified from the event.
- Littering improper disposal of trash will be considered as unsportsmanlike conduct which may result in disqualification.

**2023 North American Indigenous Games
Sport Technical Package**

ATHLETICS

EVENT:

The NAIG Athletics competition will consist of both male and female individual and team relay events for 14U (born 2009 & later), 16U (born 2007 & later) and 19U (born 2004 & later).

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter eight (8) male and eight (8) female athletes for each age category. An athlete is allowed to compete in four events plus two relays. Cross country counts as one of the four (4) events.

For each age category, each contingent has a maximum of three (3) athletes per individual event.

Coaches:

Each Province, Territory and State may accredit:

- Rosters under 20 athletes – three (3) staff (two (2) must be coaches and one (1) manager). The staff composition must have a minimum of one (1) same gender staff for both males and females (provided the team has participants of both genders).
- Rosters between 21 and 30 – four (4) staff (two (2) must be coaches and one (1) manager). The staff composition must have a minimum of one (1) same gender staff for both males and females (provided the team has participants of both genders).
- Rosters between 31 and 40 – five (5) staff, (three (3) must be coaches and one (1) manager) The staff composition must have a minimum of one (1) same gender staff for both males and females (provided the team has participants of both genders).
- Rosters between 41 and 48 – six (6) staff, (three (3) must be coaches and one (1) manager). The staff composition must have a minimum of two (2) same gender staff for both males and females (provided the team has participants of both genders).

Canada --- NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)
Head Coach/Assistant Coaches

- Competition Introduction Stream – Sport Coach Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent International Amateur Athletics Federation (IAAF) Competition Rules Book will apply.

COMPETITION FORMAT:

Events are either heats and finals, or just finals depending on the number of entries.

Category	14U		16U		19U	
Gender	M	F	M	F	M	F
80M			X	X	X	X
100M	X	X				
150M			X	X	X	X
200M	X	X				
300M	X	X			X	X
400M	X	X	X	X		
800M						
1200M					X	X
1500M	X	X	X	X		
2000M	X	X			X	X
3000M	X	X	X	X		
X Country	2 K	2K	3K	3K	8K	6K
High Jump						
Long Jump						
Triple Jump	X	X				
Shot Put						
Discus						
Javelin						
4x100m						
4x400m						

*X's indicate events that are not open for registration.

Relays:

Each Province, territory and State may enter:

- One (1) male 4x100M team and one (1) female 4x100M team in all age categories.
- One (1) male 4x400M team and one (1) female 4x400M team in all age categories.

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 (timer, photo finish, starter, etc.) will be designated and approved by the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Competitors must wear their numbers on the front and back of their vests, except in the high jump events, where they may wear one (1) number, either on the front or the back.

- Hip numbers required in sprint sports that is required and recommended by the sport.
- Maximum spike length for track events – 7 mm (except for High Jump and Javelin)
- Maximum spike length for high jump and javelin – 9mm (All spike length limits are according to venue specific regulations).
- During the medal ceremonies, athletes must wear tracksuits in their team colors and shoes without spikes.
- All equipment used in the 2023 NAIG shall comply with IAAF Rules.
- Athletes may submit throwing implements for certifications prior to the event.
- Please see the rule book for specifications for each discipline.
- Any certified equipment submitted must be shared.
- For all throwing events the implement weight shall be as follows:

Male	14U	16U	19U
Shot put	3 kg / 6.6 lbs	4 kg / 8.8 lbs	6 kg / 13.2 lbs
Discus	750g / 1.7 lbs	1 kg / 2.2 lbs	1.750kg / 3.9 lbs
Javelin	400g / 14.1 oz	600g / 21.2 oz	800g / 28.2 oz
Female			
Shot put	3 kg / 6.6 lbs	3 kg / 6.6 lbs	4 kg / 8.8 lbs
Discus	750g / 1.7 lbs	1 kg / 2.2 lbs	1 kg / 2.2 lbs
Javelin	400g / 14.1 oz	500g / 17.6 oz	600g / 21.2 oz

COMPETITION RULES:

Qualifying Heights and Distance for Field Events

- The qualifying heights and distances will be determined at the Technical Meeting as well as the successive heights of the bar in the high jump event.

Cross Country

- Male and Female races of the same distance may be run concurrently. Host Society will determine the race schedule six (6) months prior to event.

**2023 North American Indigenous Games
Sport Technical Package**

BADMINTON

EVENT:

The NAIG Badminton competition will consist of male and female singles, doubles and mixed doubles events for 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter two (2) male and two (2) female per age category. An athlete is allowed to compete in the singles, doubles and mixed doubles events.

Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager per team. One of the above staff must be of the same gender as each participating team.

Canada – NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)
Head Coach/Assistant Coach

- Competition Introduction Stream – Badminton Regional Coach Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL LAWS:

The most recent version of the Badminton World Federation (BWF) Laws and General Competition Regulations will apply, unless otherwise stated in this package.

FIELD OF PLAY/EQUIPMENT:

Courts will be set up according to BWF field of play guidelines.

Host Society shall provide a local stringer for athletes to access as needed.

COMPETITION FORMAT:

Draw Format – Preliminary Rounds: All preliminary draws for all events (with less than 21 entries) in badminton will be round robin format with players/teams divided randomly into different pools. Pools will consist of a minimum of three (3) and a maximum of five (5) players/teams. Teams/players representing the same state/province/territory will be separated into different pools.

The top two finishers in round robin competition play, from each pool, will advance to the medal round.

Draw Format – Medal Rounds: The medal round format will be determined based on the number of entries for the event. For Draw formats, see below:

BADMINTON DRAW FORMATS:

Preliminary Rounds

1. All preliminary draws for all events (with less than 21 entries) in badminton will be round robin format with players/teams (in general) divided by random into different pools.
2. Pools should consist of a minimum of three (3) and a maximum of (five) 5 players/pairs.
3. Teams/players representing the same state/province/territory should be separated into different pools.
4. The top two (2) finishers in round robin competition play, from each pool, will advance to the medal round.

Medal Rounds

The medal round format will be determined based on the number of entries for the event.

1. Five (5) Entries in an Event or Less

If five (5) entries are submitted for an event, a single pool round robin format will be used, with no need for preliminary rounds.

2. Six to eight (6-8) Entries in an Event

Two pools will be created for six to eight (6-8) entries.

If two (2) pools are used for an event, the team/players finishing first in pool #1 will play the team/player finishing #2 in the opposite pool. This will be the semi-final matches with the winner advancing to the finals and the losing teams would face each other to contest for the bronze (third place) respectively.

If a two pool competition is held, the top two Provinces/States/Territories from the previous NAIG games (based on overall results for badminton) shall be separated into different pools.

3. Nine to twelve (9-12) Entries in an Event

Three pool competition for nine to twelve (9-12) entries

If a three pool competition is held, the top three Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools.

If three (3) pools are used, the top two (2) teams/players from each pool, as determined by round robin play, will advance to the medal rounds. Once these six (6) players/teams are decided, the format will be as such:

- 3.1. A single elimination draw with two (2) equal halves of four (4) positions each (there will be six (6) players/teams and two (2) byes.
- 3.2. Teams finishing first in their respective pools and from the same province/territory/state must be placed on opposite halves of the draw. If this is not an issue, teams finishing first in their respective pools will be separated as far from each other as possible in the draw and should not meet in the first round. In addition, both sides of the draw must have at least one of these first place finishers and no more than two (2).
- 3.3. Teams finishing first in their respective pools should be separated/spaced from each other as far as possible with their position in the draw being decided by chance.
- 3.4. One (1) bye will be designated for both the top and bottom half of the draw; this can be decided by a coin toss.

- 3.5. Unless problematic for the official creating the draw, teams/players who finished first in their respective pool shall be favoured to receive a bye.
 - 3.6. Teams/players advancing to the medal rounds from the same pool shall be separated into the two (2) halves of the draw (ensuring they cannot possibly meet again unless they would be playing for gold or bronze medals).
 - 3.7. Teams/players advancing to the medal round will be separated (into different halves of the draw) from fellow teammates from the same Province/State/Territory.
4. *Thirteen to sixteen (13-16) Entries in an Event*
 Four (4) pool competition for 13-16 entries.
 All regulations listed for a three pool (9-12 entries) will be used except that eight (8) players /teams will advance to the medal round. A draw sheet of eight (8) will be used for the medal round.
 If a four pool competition is held, the top four Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools.
5. *Seventeen to twenty (17-20) Entries in an Event*
 Five (5) pool competition for 17-20 entries
 All regulations listed for a four (4) pool competition (13-16 entries) will be used except that ten (10) players/teams will advance to the medal round. A draw sheet of 16 will be used with three (3) byes in the top half of the draw and three (3) byes in the bottom half of the draw.
 If a five pool competition is held, the top four Provinces/States/Territories based on the previous games results (based on overall results for badminton) shall be separated into different pools, see 9-12 entries in an event.
6. *Twenty-one (21) or More Entries in an Event*
 With 21 or more entries in an event, a single elimination draw will be created which will determine medals winners. If time allows the Host Society may choose to operate a double elimination draw. The following guidelines shall apply:
- 6.1. Teams/players from the same Province/State/Territory will be separated (into different halves of the draw) from fellow teammates from the same Province/Territory/State.
 - 6.2. The top two Provinces/States/Territories (based on overall results from badminton at the last NAIG) will have their top entries separated into two different halves of the draw. If any byes are awarded, these two (2) players/teams will have first priority to receive them.
 - 6.3. The top three and four Provinces/State/Territories (based on overall results from badminton at the last NAIG) will have their top entry placed into two different halves of the draw. The quarter they are placed in must not be the same quarter as the top two Provinces/ States/Territories (based on overall results from badminton at the last NAIG) – see 6.2.
 - 6.4. All other entries will be placed in the draw at random.

ROUND ROBIN TIE BREAKING PROCEDURE - BWOFF GENERAL COMPETITION REGULATIONS

- 16.2.2 If two (2) players/pairs have won the same number of matches, the winner of the match between them will be ranked higher.
- 16.2.3 If three (3) or more players/pairs have won the same number of matches, ranking will be established by the difference between total games won and total games lost, with greater difference ranked higher.

- 16.2.3.1 If this still leaves two players/pairs equal, the winner of the match between them will be ranked higher.
- 16.2.4 If three (3) or more players/pairs have won the same number of matches and are equal in the difference between total games won and total games lost, ranking will be established by the difference between total points won and total points lost, with greater difference ranked higher.
 - 16.2.4.1 If this still leaves two (2) players/pairs equal, the winner of the match between them will be ranked higher.
 - 16.2.4.2 If three (3) or more players/pairs are still equal, then ranking will be established by drawing lots.
- 16.2.5 If illness, injury, disqualification or other unavoidable hindrance prevents a player/pair completing all the pool matches, all the results of that player / pair shall be deleted. Retiring during a match shall be considered to be not completing all pool matches.

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BASEBALL

EVENT:

The NAIG Baseball competition consists of 19U (2004 & later) teams.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter a maximum of sixteen (16) players per team.

Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per team. One of the above staff must be of the same gender as the participating team.

Canada – NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)
Head Coach/Assistant Coaches

- Competition Introduction Stream – Regional Coach Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the Official Baseball Rules of Major League Baseball will apply to the NAIG baseball competition, unless otherwise stated in this package. The World Baseball Softball Confederation follows the Official Baseball Rules of the Major League Baseball.

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 (3) games.

OFFICIALS:

The umpire in chief must have a minimum National Level 4 certification. The remaining umpires must have a minimum Provincial or territory Level 2.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

19U age category shall follow standard rules for the playing field, dimensions and equipment:

- Distance between bases is ninety (90) feet
- Distance from home to pitcher is sixty feet, six inches (60'6")
- Wood bats only

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

COMPETITION RULES:

Rules Governing the Pitcher

(Exhibition Play, League Play, Play-Off's, Tournaments, and Championships)

8.01

1. Any player on the team is eligible to pitch, and there are no restrictions to the number of pitchers a manager may use in a game.
2. Pitchers shall be permitted to have two appearances in the same calendar day. If a pitcher requires a rest following 1st appearance, they cannot return in the same calendar day.
3. Pitcher cannot pitch three (3) consecutive days unless a pitcher first two (2) days combined does not exceed:
 - Midget: 40
 - If pitcher day 1 + day 2 exceeds figure above for their division, they require at least one (1) day's rest.
 - Pitcher cannot pitch four (4) consecutive days. One (1) day rest is needed.
4. Pitchers and managers shall follow the following guidelines:

Midget	Rest
(16-18)	required
1-40	None
41-55	1 day
56-70	2 days
71-85	3 days
86-105	4 days
105	Maximum

5. The official scorekeeper will calculate the total pitches thrown for that calendar day and determine the required rest starting the next calendar day. Athletes must not exceed the maximum pitch count total for that day.
6. Once a player assumes the position of pitcher, they cannot catch for the remainder of the day.
7. Pitchers will be permitted to finish the batter if his or her maximum pitch limit has been reached for that calendar day.
8. Intentional Walks will be included in Pitch Count totals.
9. Required Rest shall be defined in "Days" starting at 12:01 a.m. and ending at 11:59 p.m. of the next calendar day.
10. If a game continues past 12:01 a.m., those pitches are counted as if pitched prior to midnight. If a game is suspended, when it resumes it is defined as a different day.

A pitcher who is removed from the mound during a game shall not be permitted to return to pitch in the same game, even if the pitcher is retained in the game at another position.

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 five (5) (or $4\frac{1}{2}$) 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.

Extra inning game procedure

- If the game is tied at the completion of regulation (seven (7) innings), the following procedures will be implemented during extra innings:
- Each team will begin the extra inning (and any subsequent necessary extra innings) with a player on first and second, no outs.
- Team manager shall indicate to the home plate umpire where he wishes to start the batting order (ex. 3rd batter, then the 1st and 2nd batter would go to first and second base).
- The batting order for any subsequent innings will be determined by how the previous inning ended.
- The traditional system of the visiting team hitting in the top of the inning and the home team hitting in the bottom of the inning will remain in effect until a winner is determined.
- Extra inning rule to be enforced only during round robin games. All medal round game will revert to a traditional extra innings rule.

Tie breaking

All ties after the preliminary round will be settled as follows (in order):

The ranking of the teams after the round robin shall be according to the win-loss record of all the games played. All ties after the 1st round, 2nd round and finals shall be settled in the order of the following list. That is, if criteria (a) does not break the tie, then it is no longer considered the criteria capable of breaking the tie, and the next criteria (b) will be used. This logic continues through the list, in order, until the tie is broken:

1. The team that won the game(s) between the teams tied shall be given the higher position.
2. The team that has the best Team's Quality Balance (TQB).
 - TQB is a ratio, which is achieved by calculating Runs Scored per Offensive Inning against Runs Allowed Per Defensive Inning.
 - Example:
 - **Team B:** 12 runs scored in 17 offensive innings = 0.706; 7 runs allowed in 17 defensive innings = 0.412 TQB = 0.294
 - **Team A:** 5 runs scored in 17 offensive innings = 0.294; 6 runs allowed in 17.67 defensive innings = 0.339 TQB = -0.045
 - **Team C:** 4 runs scored in 17.67 offensive innings = 0.226; 8 runs allowed in 17 defensive innings = 0.471 TQB = -0.244
3. The team that has the best Earned Runs Team's Quality Balance (ER-TQB)
4. Highest batting average in games between the teams tied.
5. A coin flip.

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BASKETBALL

EVENT:

The NAIG Basketball competition consists of both male and female team competitions for the 14U (born 2009 & later), 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter a maximum of twelve (12) players per age category in both male and female categories.

Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. At least one (1) of the above staff must be of the same gender as the participating team.

Canada – NCCP Requirements (All Coaches must have the following coaching certifications)

Head Coach/Assistant Coaches

- Competition Introduction Stream – Learn to Train Workshop (L2T) **Trained**

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent International Basketball Association (FIBA) Official Basketball Rules and updates (most recent rules changes up to the date of competition) 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 for all teams involved (teams are required to have a minimum of three (3) games).

OFFICIALS:

The chief official and referees will be designated and approved by the Host Society. The chief officials must have a minimum Provincials Level three (3) certification. It is recommended that referees have a minimum Provincial territory Level two (2) certification (14U & 16U) and a minimum Provincial or Territory Level three (3) certification (19U).

Two (2) officials will be used for all 14U and 16U games, while three officials will be utilized for all 19U games.

FIELD OF PLAY/EQUIPMENT REQUIREMENTS:

- Host society will endeavour to ensure consistent court size for divisions throughout the tournament.
 - A ball size of six (6) shall be used for all female age groups.
 - A ball size of seven (7) shall be used for all male age groups, with the exception of the 14U Male Division, which will use a size six (6) ball.
 - The official game ball used will be size 6 and 7 official FIBA game balls. Molten balls are preferred. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what game ball will be used.
 - Game ball will be determined by coaches before start of each game. Balls should not be brand new, but slightly broken in.
 - Teams must supply their own warm up balls and equipment.
 - Uniform must comply with FIBA Regulations. Any exceptions will be presented to the Host Society six (6) months prior to competition.
 - Jersey numbers must comply with FIBA rules and shall use numbers 0 and 00 and from 1 to 99. Players on the team shall not wear the same number.
 - Any advertising or logo shall be at least five (5) cm away from the numbers.
-

COMPETITION RULES:

- An entire game shall consist of:
 - Four to eight (4-8) minute periods for ages 14U.
 - Four to ten (4-10) minute periods for ages 16U and 19U.
 - 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.
- Modification to 14U years, thirty (30) second shot clock, ten (10) second half court rule, no zone press and no zone.
- 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 to a maximum of 20:00 to start the pre-game warm-up. May be modified depending on the timing of the games.
 - All other rules as written in the FIBA Official Basketball Rules.
- Once the score hits a 30-point spread, the clock will run continuously and no zone or full court press
- If there is a tie, then FIBA tie breaking rules will be followed.

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BEACH VOLLEYBALL

EVENTS:

The NAIG Beach Volleyball competition consists of male and female teams for 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS

Athletes:

Each Province, Territory and State may enter a maximum of two (2) athletes per male and female teams, per age category.

Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager per team. One of the above staff must be of the same gender as the participating team.

Canada – NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)
Head Coach

- Level 1 Beach Volleyball (theory, technical and practical)
- Volleyball Canada HARASSMENT POLICY and PROCEDURES

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the Federation International 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 of three (3) matches.

OFFICIALS:

All officials will be designated and approved by the Host Society in consultation with Volleyball Canada and Volleyball Nova Scotia. The match officials must have a minimum of a level two (2) Beach certification. The line judges and scorers must have a level one (1) beach volleyball certification.

There will be a minimum of one official and one scorekeeper, two (2) line judges and assistant scorekeeper per match.

FIELD OF PLAY/ EQUIPMENT REQUIREMENTS:

All equipment shall comply with FIVB Rules. The height of the net shall be according to the following information:

- 16U Female 2.20m
- 16U Male 2.35
- 19U Female 2.24
- 19U Male 2.43

The official Ball is the MIKASA VLS 300.

COMPETITION RULES:

- Rally point scoring will be implemented.
- A team wins a set (game) by scoring 21 points via rally scoring and with a minimum lead of two (2) points. In the case of a 20-20 tie, play is continued until a two (2) point lead is achieved.
- All matches in the Round Robin and Playoff rounds will be best of three (3) sets. The team wins a match by winning two (2) sets out of three (3). In case of a 2-2 tie, the deciding set is played to 15 points with a minimum lead of two (2) points, no cap via rally point scoring.
- There will be 15-minute warmup time allocated on the competition court prior to game time.
- Tie breaking rules will be in accordance with FIVB Sports Regulations, as outline below:

Round Robin Ranking:

To establish the ranking of teams after completion of the Round Robin, the ranking of the teams will be determined as follows:

1. By The results of Pool Play Points

Pool Play Points:

Match won: 2 points

Match lost: 1 point

Matches Forfeited: 0 points (21-0, 21-0)

Points in case of Forfeit/Disqualification

If a team withdraws due to an injury before or during a match or gets disqualified during a match, it will earn one (1) match point and will keep the sets and points earned up to that moment, but the sets and points against will be the maximum. For example, if a team wins the first set 21:19 and is injured and forfeits the match when they are winning the second set 6:4, this injured team would earn one (1) match point with sets of 1:2 and rally points of 21:19, 6:21 and 0:15. In this example, the winning team would get two (2) match points with sets of 2:1 and rally points of 19:21, 4:6, 0:0. In addition, its match result will be marked with "INJ/DSQ."

If the injury occurs before the match begins, the match will be marked "INJ/DSQ" and the losing team will be awarded one (1) match point with sets of 0:2 and rally points of 0:21, 0:21. In this case, the winning team will be awarded two (2) match points with sets of 2:0 and rally points of 0:0, 0:0.

2. If two (2) or more teams are tied more to tie breaker.

Tie breaking procedures:

How to break a tie after pool play Between two (2) teams:

- The team with higher rally point ratio in the matches between all teams in the pool, is ranked higher.
- If still tied, then the winner of head-to-head match is ranked higher.

Between three (3) teams:

- The ranking is determined by the rally point ratio in the matches between the three (3) tied teams.
- If still tied, then the teams still tied are ranked by the rally point ratios between all teams in the pool.
- If still tied, then the ranking of teams still tied is determined by the tournament seeding established after the Main Draw Preliminary Inquiry and the better seed of the tied teams will be higher ranked (for example, seed #15 is ranked higher than seed #18, while seed #18 is ranked higher than seed #31).

Note: The tie-breaker to break ties amongst pools is different (e.g. if you need to determine who is the best 2nd place team). In this case, the tie would be broken by the match points, then set ratio, then rally point ratio, then finally if still tied, a draw.

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CANOE/KAYAK

EVENT:

The NAIG Canoe/Kayak competition consists of male and female singles, doubles and mix doubles for all age classifications in the following events:

Category	14U (2006 & later)		16U (2004 & later)		19U (2001 & later)	
Gender	M	F	M	F	M	F
200m	K1	K1	K1	K1	K1	K1
1000m	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1
3000m	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1	MC1, K1
6000m					MC1, K1	MC1, K1
1000m (Dbls)	MC2	MC2	MC2	MC2	MC2	MC2
3000m (Dbls)	MC2	MC2	MC2	MC2	MC2	MC2
6000m (Dbls)					MC2	MC2
1000m M Dbl	MC2	MC2	MC2	MC2	MC2	MC2
3000m M Dbl	MC2	MC2	MC2	MC2	MC2	MC2
6000m M Dbl					MC2	MC2

*X's indicate events that are not open for registration

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter six (6) male and six (6) female for each of the age categories listed above. An athlete is allowed to compete in a maximum of six (6) events. All registered competitors must race at least two events.

Coaches:

Each Province, Territory and State may accredit:

- Team roster under ten (10) athletes:
 - One (1) coach and one (1) manager.
- Team roster of eleven (11) to twenty (20) athletes:
 - Two (2) coaches and one (1) manager.
- Team roster of twenty-one (21) to twenty-five (25) athletes,
 - Three (3) coaches and one (1) manager.
- Team roster of twenty-one (26) to thirty-six (36) athletes,
 - Four (4) coaches and one (1) manager.

One (1) of the above staff for all teams must be of the same gender as the participants.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coaches

- Competition Introduction Trained – Entry Level CC Trained
- Hold a valid Transport Canada Pleasure Craft Operators Card

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the Canoe Kayak Canada (CKC) Marathon Canoe Racing Competition Rules and Sprint Racing Rules will apply, unless otherwise stated in this package.

COMPETITION FORMAT:

Events are either finals OR semi-finals/finals, OR heats, semi-finals/finals, dependent on the number of entries. There will be no consolation races.

For each age category, each contingent may enter a maximum of three (3) athletes per individual event.

Races will begin with a mass start. Heats will be held if necessary.

OFFICIALS:

All officials will be designated and approved by the Host Society in consultation with Canoe Kayak Canada.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The Host Society shall provide the canoes for the competition. Competitors must supply their own paddles, Personal Floatation Device's (PFDs) and all accessories. All Canoe equipment must comply with the Marathon Canoe Racing Competition rules. The kayaks will be provided by the Host Society in consultation with Canoe Kayak Canada, as well as local clubs and suppliers. The Host Society must provide space for paddle storage at the venue.

The canoe used for this event will be the 17' Jensen, with don't have footboard or straps.

The kayaks used for this event will be the Nelos, with footboards and straps.

All competitors will carry government approved PFDs in their boats. It is highly recommended that all competitors achieve a level of "swimming competence" (Swimming level 6, in Canada). Participants that are competing in the 14U and 16U age category will be required to wear their PFDs at all times. It is recommended that all participants wear their PFDs while on the water.

COMPETITION RULES:

The Canoe Kayak Canada Marathon “Code of Safety” will apply to the competition. The Code of Safety is available online at: www.canoekayak.ca.

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GOLF

EVENT:

The NAIG Golf competition will consist of male and female competitors in the following: 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

Additional costs for practice rounds are the responsibility of the team and/or golfer for all age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter two (2) male and two (2) female for each age category.

Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager for the entire roster. The staff composition must have a minimum of one (1) same gender staff for all participants.

The Rules of Golf stipulate that teams may assign one person to act as a coach and have contact with the team members during their round (Rule 8-2). *If there are two courses being used, an exception will be considered where a contingent can assign a second coach to assist with the other coach.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach

- NCCP Workshop – Community Golf Coach

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The Rules will be followed according to the Royal Canadian Golf Association (RCGA).

COMPETITION FORMAT:

The competition format will be stroke play for all the age categories. Golfers will play up to a minimum of 54 holes (3 rounds). If the numbers warrant a cut after 36 holes (2 rounds) the Competition Committee will determine and set the cut line at the first coaches meeting prior to the start of the competition. 18 holes (1 round) will be played per day of competition unless there are exceptional circumstances (ex. Weather).

OFFICIALS:

All officials will be designated by the approved by the Host Society. All Rules Officials must have a Level 3 or 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 as set forth in the RCGA.

Golf Canada National Level Junior Tournament Standards – Yardage

- Junior (Learn to Compete)
Male - 6500-7000 yards; Female - 5600-6000 yards
 - Juvenile (Intro to Comp.)
Male – 5600-6600 yards; Female – 5200-6000 yards
-

COMPETITION RULES:

Dress Code will be according to the Golf Club being used. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what the dress code is for the club. Tees will be determined at future Chef de Mission meetings.

THE RULES OF GOLF; Section III Rule 33 – The Committee:

33.5 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.

33.6 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.

Tie-Breaking Rules:

In the event of a tie for 1st, 2nd or 3rd place in any age division, there will be a sudden death playoff immediately following completion of play. The playoff will start on Hole #1, with the lowest score winning the tournament. If two (2) or more players are still tied after Hole #1, they will continue to play a sudden death playoff until a winner is decided, while any players not tied will be dropped from the playoff.

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LACROSSE – BOX

EVENT:

The NAIG Box Lacrosse competition will consist of male teams for 16U (born 2007 & later) and 19U (born 2004 & later) age categories and female teams for the 19U (born 2004 & later) age category.

PARTICIPANTS:

Athletes:

Each province, territory and state may enter a maximum of twenty (20) uniformed players for each age classification. The twenty (20) players shall be comprised of eighteen (18) players and two (2) goalkeepers. Five (5) players and one (1) goalkeeper shall be permitted on the floor at one time.

Coaches:

Each Province, Territory and State may accredit two (2) coaches, one (1) trainer, and one (1) manager per female and male team. The staff composition must have a minimum of one (1) same gender staff per team.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coach

- Competition Introduction Stream – Box Lacrosse Competition Introduction Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of Federation of International Lacrosse Indoor Lacrosse Rulebook will be used, unless otherwise stated in this package.

COMPETITION FORMAT:

The competition format will be determined by the number of entries. The Host Society will make every effort to maximize the number of games each team receives. Each team will play a minimum three (3) games.

OFFICIALS:

The Referee-in-Chief and attending officials will be designated and approved by the host society. The officials must have a minimum provincial or territory level two (2) certification.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The indoor lacrosse playing surface shall be of material approved by the Host Society. The box shall be enclosed by a wall known as the boards which may be constructed of wood, plastic or any other material as approved by the Host Society. The boards shall be topped by a surrounding barrier of glass or other suitable material to a minimum height of three (3) feet on the sides and six (6) feet on the ends to keep the ball in play.

Players are required to supply their own equipment and it must comply with World Lacrosse rules. Required equipment includes a lacrosse stick (traditional sticks are approved due to the cultural importance of the traditional stick to indigenous community), protective gloves, suitable shoes, shoulder/vest pads, rib pads and a protective helmet equipped with a face mask and a chinstrap which must be properly fastened on both sides. An intra-oral mouthpiece must cover all upper jaw teeth.

In addition, the designated goalkeeper shall wear a throat guard, arm and chest protector, shin guards and a jock or jill.

The nets will be 4' by 4' for the 16U division and 4 x 4'6" for the 19U division.

COMPETITION RULES:

Complete up to date rules can be found at <https://worldlacrosse.sport/>

- A full Box Lacrosse game shall consist of sixty (60) minutes, divided into three (3) periods of twenty (20) minutes each.
- There shall be a ten (10) minute intermission between each period. Teams may leave the bench area.
- In the event of a tie score at the end of regulation time, play shall continue after a five (5) minute interval. The period(s) shall be ten (10) minutes stop time.
- If still tied the teams switch goals defended and continue to play an extra twenty (20) minute stop time period. The game ends upon scoring the first goal (sudden death).

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RIFLE SHOOTING

EVENT:

The NAIG Rifle competition will consist of male and female individuals in the age categories of 16U (2007 & later) and 19U (2004 & later).

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter two (2) males and two (2) females per age category. Maximum number of shooters per province/territory/state is eight (8).

Coaches:

Each Province, Territory and State may accredit one (1) coach and one (1) manager per team. The staff composition must have a minimum of one (1) same gender staff for each gender that is participating on their team.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach

- Instruction Stream – Shooting Federation of Canada – Instructor Beginner Level Trained.
It is strongly recommended that the Head Coach should be certified at this level.

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the International Shooting Sports Federation (ISSF) Rulebook will apply, unless otherwise stated in this package.

COMPETITION FORMAT:

Competition format is dependent on the number of entries per age group and gender. The shooting range is fifty (50) meters for all positions.

Athletes will shoot a 3P match of 120 shots and a prone match of 60 shots over the week of competition in the following order:

- athletes compete in one match of 20 prone, 20 standing and 20 kneeling shots.
- athletes compete in one match of 20 prone, 20 standing and 20 kneeling shots.
- Athletes compete in a 60 shot prone match.

Individual medals will be handed out at the end of each event. An overall medal will be awarded at the end of competition. To be eligible for the overall medal each athlete must have completed competition in both the 3P and prone events.

The Host Society will provide the Chef de Missions with the specified targets that will be used six (6) months prior to the games.

OFFICIALS:

An experienced range officer will control the Rifle shooting event. All officials will be designated and approved by the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Teams not travelling by air must contact the Host Society one (1) month out to coordinate the storage of guns.

- All equipment shall comply with the current **ISSF Rule Book** as posted to www.issf-sports.org unless otherwise specified below.
- Refer to **ISSF Section 7** for “Rifle Rules.”
- Refer to **ISSF Rule 7.4.1** for “Standards for all rifles,” including the use of slings, sights, and pistol grips.
- Refer to **ISSF Rule 7.5** regarding Clothing Regulations.

Guns at the Games:

When athletes arrive at the airport, please declare all firearms as the guns will be taken to the Shooting Venue site and locked in a storage area. There will be no rifles stored or kept in the Athlete Villages. Storage may be in another secure location, depending on venue use agreement, if teams are arriving in advance of competition start. The Host Society will outline all procedures for transfer and storage six (6) months in advance.

Ammunition:

The Host Society will provide ammunition for the competition and practice. Athletes should not travel with ammunition. The type of ammunition used will be determined by the Host Society and all teams must comply with the ammunition type.

Ammunition must also be kept in storage at the Shooting Venue along with the guns.

COMPETITION RULES:

Competition rules will be outlined at the Chef de Mission meetings.

Any athletes traveling across the border must check on the procedures for transporting guns and ammunition. This is the responsibility of the athlete and coach.

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SOCCER

EVENT:

The NAIG Soccer competition consists of both male and female teams for 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter a maximum of eighteen (18) players per age category for both male and female.

Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coach

- Community Stream – Soccer for Life Course Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of The Laws of the Game of the International Federation of Association Football (FIFA) 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 Society will make every effort to maximize the number of games each team receives. Each team will play a minimum three (3) games.

Pool of three to five (3-5) teams will be created and a round robin tournament will be played followed by a single elimination playoff bracket.

If a pool consists of only three (3) teams, the third place team will play a third place team from another pool to ensure all teams play three (3) matches.

OFFICIALS:

All Officials will be appointed and approved by the Host Society. All officials must be registered with Canada Soccer through the Host Provincial/Territorial Associations and will be appointed and approved by the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Refer to FIFA Laws of the Game, Law 1 (The Field of Play), 2 (The Ball) and 4 (The Players Equipment).

A FIFA approved ball must be used for competition. The Host Society will inform each Chef de Mission six (6) months prior to the beginning of the event what game ball will be used.

Player benches should be covered.

COMPETITION RULES:Disciplinary Rule:

1. A Soccer Discipline Committee shall consist of a chairperson and representatives of two participating teams having no vested interest in the outcome of the hearing.
2. The conduct of the games shall follow the Laws of the game as approved by FIFA.
3. Players accumulating three (3) cautions (yellow cards) during the tournament shall receive an automatic one (1) game suspension.
4. Players ejected from a game (red card) shall be suspended automatically for a minimum of one (1) game. Further sanctions may be enforced following a hearing with the Soccer Discipline Committee.

U19 matches shall consist of two (2) halves of forty (40) minutes each, with a ten (10) minute interval between halves.

U16 Matches shall consist of two (2) halves of thirty-five (35) minutes.

The winning team is awarded three (3) points and the defeated team is awarded zero (0) points for the pool standings in the round robin tournament. When the score is tied at the end of regulation time, each team is awarded one (1) point for the pool standing in the round-robin tournament.

In playoff games where the score is tied at the end of regulation time, extra time will be played consisting of two (2) periods of fifteen (15) minutes. If the score remains tie at the end of extra time, kicks from the penalty mark shall be taken to determine the winner.

Substitution Rules:

Unlimited substitutions may be made at any time during the game. A player who has been substituted will be eligible to re-enter

Tie-Break Rule:

In the third match of any three (3) team round robin, if the team not participating has zero (0) points, has been suspended, or has withdrawn whether part or all of the championship, the match shall be played to a decision in accordance with this rule. In the event that the score is tied after regulation time, the taking of kicks from the penalty mark, in accordance with the Laws of the Game will be used to determine the winner.

The following criteria shall be used to determine the final standings:

- Most points in all group matches
 - If two (2) teams are tied in points in all group matches
 - Greater number of points in matches between the teams concerned (head-to-head competition)
- Greater goal difference in all group matches
- Greater number of goals scored in all group matches
- Kicks from the penalty mark as per Laws of the Game, at a time and place decided by the Host Society

Game Abandonment Rule:

- Where a match is abandoned because of floodlight failure, weather, or any outside influence, and more than seventy percent (70%) of the match has been played, the result at the time of abandonment will be recorded as the final score. If the score is tied and the competition requires a result, the winner will be determined by the toss of a coin, which will be conducted by the Head Referee in the presence of the Sport Lead and the respective State/Provincial/Territorial Representatives.
- Where a match is abandoned because of floodlight failure, weather, or any outside influence, and less than seventy percent (70%) of the match has been played, the match shall recommence with the same score at the minute at which play was interrupted. The following principles shall apply to the commencement of the match:
 - The match shall recommence with the same players on the pitch and substitutes available as when the match was initially abandoned.
 - Players sent off during the abandoned match cannot be replaced.
 - Any sanctions imposed before the match was abandoned remain valid for the remainder of the match.
 - The kick-off time, date and location shall be decided by the Host Society.
 - Any matters requiring further decision shall be dealt with by the Host Society.

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SOFTBALL

EVENT:

The NAIG Softball competition consists of male and female teams for 16U (born 2007 & later) and 19U (born 20014 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory or State may enter a maximum of fourteen (14) players per male and female age categories. A minimum number of players required per team is eleven (11).

Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coach

- Competition Introduction Stream – Softball Competition Introduction Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent World Baseball Softball Confederation (WBSC) Technical Code 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. The minimum number of games each team will play will be three (3).

OFFICIALS:

An Umpire in Chief will be designated and approved by Host Society. For all semi-final and finals games, three umpires per game will be utilized.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

Ball size and pitching distance between the home plate and pitcher's mound:

Age category	Ball size	Pitching distance
Male: 16U	30.5 cm (12")	12.8m (42')
Male: 19U	30.5 cm (12")	14.0m (46')
Female: 16U	30.5 cm (12")	12.2m (40')
Female: 19U	30.5 cm (12")	13.1m (43')

Safe base will be implemented.

Competitors must supply their own bats, helmets, gloves, and catchers must supply their own special additional equipment. Offensive and Defensive players may wear an WBSC approved face mask. Absolutely no metal spikes will be allowed. All equipment must comply with the WBSC standards. Covered dugouts are preferred.

Bats may have certification from ISF 2005, WBSC, USA Softball, ASA 2000, ASA 2005.

COMPETITION RULES:

- The teams will warm-up off the competition diamond and will be allowed only ten (10) minutes on the competition diamond prior to game time.
- An entire game for the NAIG softball tournament shall consist of seven (7) innings, with the only exceptions being the "15/10/7/ Run Ahead rule" or a delay/postponement.
 - "15/10/7 Rule" - A game must be called a regulation game if one (1) team leads the other by fifteen (15) runs or more after three (3) innings, ten (10) runs or more after four (4) innings, or seven (7) runs or more after five (5) innings. Both the visiting team and home team must complete the same number of innings at bat unless the home team leads by the required number of runs and the game is called at that point.
- The pitcher must deliver the ball for a walk; there will be no automatic walks.
- 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:

Final Standings in the Qualifying Round (Round Robin) shall use the following criteria to determine the order of finish.

1. No games will finish in a tie.
2. If a game is tied after seven (7) complete innings, the teams will revert to the international tie breaking rule starting in the top of the eighth (8th) inning.

3. When using all the criteria below full team records of the entire Round Robin are used and only 4, 5, 6, etc. complete innings in 4½, 5 ½, 6 ½ etc. inning games are to be used.
4. If the home team is ahead after 6½ innings of play, they will NOT bat in the seventh (7th) inning. This rule will also be in effect if the mercy rule comes into play after 4½ or 5½ innings.
5. In the event that a tournament is cancelled, halted or delayed due to weather conditions, etc. the tournament must be resumed during the event. If a game was in play, it will be resumed from the point the game was halted.
6. Failure of a team to completely participate in any Championship game in which they are scheduled shall result in that team being suspended for the remainder of the championship.

A tie shall be resolved by following, in order, the procedure set out below (7.02 of the WBSC Technical Code)

Within Section Round Robins

1. With two (2) 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 (2) teams tied on wins/losses, rank them in order:
 - a. By the results of their games among themselves in the round robin games. With two (2) teams tied on wins/losses, rank them by the results of their games in the round robin; the winner is placed ahead of the loser. 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., ***until two team remain and then rank them by the results of their game(s) in the round robin; the winner is placed ahead of the loser.***
 - b. If any teams tied by their runs against record in the games amongst themselves
 - two (2) teams - by the results of their games amongst themselves in the round robin games.
 - more than two (2) 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., ***until two team remain and then rank them by the results of their game(s) in the round robin; the winner is placed a head of the loser.***

Across Section Round Robins

1. With two or more teams tied on wins/losses, rank them in order:
 - a. 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.
 - b. If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.

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SWIMMING

EVENT:

The NAIG Swimming competition consists of both male and female individual events and relay events for 14U (born 2009 & later), 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter:

- A maximum of four (4) male swimmers and four (4) female swimmers per each age classification respectively.
- An athlete is allowed to compete in a maximum of six (6) events plus three (3) relays.

Coaches:

Each Province, Territory and State may accredit:

- Rosters 16 athletes and under – three (3) staff (Each Province, Territory and State may accredit two (2) coaches and one (1) manager. One of the above staff must be of the same gender as the participating team).
- Rosters of 17 Athletes and over – four (4) staff (Each Province, Territory and State may accredit three (3) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team).

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coaches

- Competition Introduction Stream – Swimming 101 Course Trained

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the International Swimming Federation (FINA) Rules will apply. If possible, Host Society will endeavour to Sanction the competition with the NSO.

COMPETITION FORMAT:

Swimmers will swim timed finals for the Men's and Women's 800m and 1500m freestyle and all relays. The rest of the events will be heats and finals, regardless of the number of entries to determine seeding times for finals.

The following events will not be included, as well as events that have less than three (3) participants registered:

Category	U14		U16		U19	
Gender	M	F	M	F	M	F
Free 50m						
Free 100m						
Free 200m						
Free 400m						
Free 800m						
Free 1500						
Free 4x50						
Free 4x100						
Back 50m						
Back 100m						
Back 200m						
Breast 50m						
Breast 100						
Breast 200						
Fly 50m						
Fly 100m						
Fly 200m						
IM 200m						
MR 4x50						

*X's indicate events that are not open for registration

Relays:

Each Province, Territory and State may enter:

- One (1) 4x100M Freestyle relay for each age category
- One (1) 4x50M Freestyle relay for each age category
- One (1) 4x50M Medley relay for each age category

Relay team members shall be properly entered in at least one (1) individual event.

NOTE: To accommodate the number of participants, swimmers 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.

Only in the case of injury in an age group relay, can teams apply for exception to the above rule.

OFFICIALS:

All officials will be designated and approved by the Host Society. The officials used for the NAIG competition will be as follows:

- One (1) referee
- Two (2) inspectors of turns (one at each end)
- Starter
- Chief Timekeeper
- Two (2) Timekeepers per lane
- Chief Finish Judge
- Safety Marshall
- Chief Judge Electronics (if applicable)
- Two (2) judges of stroke

- Clerk of Course (may require two (2), if the competition is big enough)
 - Marshal
 - Recorder---Scorer
 - Announcer
-

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

- This event will be run on a Short Course (25m pool)
 - The swimmers must supply their own equipment and must comply with FINA rules.
 - The Host Society must provide a warmup and cool down area for the athletes.
-

COMPETITION RULES

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

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VOLLEYBALL

EVENTS:

The NAIG Volleyball competition consists of male and female teams for 16U (born 2007 & later) and 19U (born 2004 & later) age categories.

PARTICIPANTS:

Athletes:

Each Province, Territory and State may enter a maximum of twelve (12) players per age category per male and female teams.

Coaches:

Each Province, Territory and State may accredit two (2) coaches and one (1) manager per team. One of the above staff must be of the same gender as the participating team.

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach/Assistant Coaches

- Competition Introduction --- Volleyball Development Coach – Trained Status

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the Federation International 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 (3) matches.

OFFICIALS:

All officials will be designated and approved by the Host Society in consultation with Volleyball Canada and Volleyball Nova Scotia. The match officials must have a minimum of a Level two (2) Provincial Badge or higher. All other officials (linespersons, scorekeepers) must have current Level one (1) Local Badge.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

All equipment shall comply with FIVB rules. The height of the net shall be according to the following information:

- Female: 2.24m
- Male: 2.43m

The official Ball is the MIKASA MVA200

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.
- All matches in the Round Robin will be a best of three (3) sets. All matches in the ¼ finals and Playoff rounds will be best of five (5) sets. The team wins a match by winning three (3) sets of the five (5), or two (2) of the three (3). In case of a 2-2 or a 1-1 tie, the deciding set is played to 15 points with a minimum lead of two (2) points, no cap via rally point scoring.
- There will be a 15-minute warm-up time allocated on the competition court prior to game time.

Round Robin Ranking:

To establish the ranking of teams after Preliminary Round, the ranking of the teams will be determined as follows:

- By the results of matches won and lost (Match Won = 1pt, Match Lost = 0pt)
- If two (2) or more teams are tied after match w/l, move to Tie Breaking Procedures

Tie Breaking Procedure:

If two or more teams, within a pool, are tied at the end of pool play, the following criteria will be applied, **in order**, until all ties are broken and all tied teams ranked. This means that if there is a tie among teams X, Y & Z and criteria b) is able to determine X as first, Y as second and Z as third, then no further criteria is needed. However, if criteria b) determines X as first (or third) and there is still a tie between Y & Z, then the ranking of the remaining teams will be determined by proceeding to criteria c) and so on, if necessary. Continue through the sequence of criteria and **DO NOT** start at a) again.

- a. The team having the best ratio of won/lost matches, considering matches played between the tied teams, will be ranked higher.
- b. The team having the best ratio of won/lost sets, considering matches played between the tied teams, will be ranked higher.
- c. The team having the best ratio of won/lost sets, considering all matches of the round, will be ranked higher.
- d. The team having the best ratio of points for/against, considering matches played between the tied teams, will be ranked higher.
- e. The team having the best ratio of points for/against, considering ALL matches played during the round robin, will be ranked higher.
- f. A coin toss by the tournament director and head official in the presence of team representatives.

Note: For criteria (d) (e) and (f) only, after the sequence of (a), (b) and (c) have been followed.

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WRESTLING

EVENT:

The NAIG Wrestling competition consists of both male and female individual competition for following age and weight classes. Participants born in 2004 to 2008 are eligible.

MALE	FEMALE
46 KG / 101.4 lbs	46 KG / 101.4 lbs
52 KG/ 114.6 lbs	52 KG / 114.6 lbs
58 KG / 127.9 lbs	58 KG/ 127.9 lbs
66 KG/ 145.5 lbs	64 KG/ 141 lbs
74 KG/ 163.1 lbs	70 KG / 154.3 lbs
80 KG/176.4 lbs	76 KG/167.5 lbs
90 KG/198.4 lbs	82 KG/ 180.8 lbs
100 KG / 220.5 lbs	88 KG/ 194 lbs
115 KG / 253.5 lbs	95 KG/ 209.4 lbs
130 KG / 286.6 lbs	105 KG/ 231.5 lbs

PARTICIPANTS:

Athletes:

Each Province, Territory and State is allowed to enter two (2) male and two (2) female athletes per weight division for each age group.

Coaches:

Each Province, Territory and State may accredit:

- Rosters 16 athletes and under – three (3) staff (Each Province, Territory and State may accredit two (2) coaches and one (1) manager per Male and Female teams. One of the above staff must be of the same gender as the participating team).
- Rosters of 17 Athletes and over – Four (4) staff (Each Province, Territory and State may accredit three (3) coaches and one (1) manager per female and male teams. One of the above staff must be of the same gender as the participating team).

NCCP Requirements (All Coaches must have the following coaching certifications or equivalent)

Head Coach

Competition Introduction Stream - Wrestling Canada Lutte Competition---Introduction Part 1

USA – All coaches will have completed a sport specific – youth or community – coach certification course recognized in their state.

GENERAL RULES:

The most recent version of the United World Wrestling (UWW) rules will apply, unless otherwise stated in this package.

COMPETITION FORMAT:

Following the weigh in process, there will be a coaches/technical meeting to determine the draw.

Minimum number of two (2) participants for a weight category for that weight class to run.

Round Robin Format:

Athletes will be initially divided by region and “weight line” to create the most meaningful competition.

Based on the number of participants, the round robin format will be broken up into “pools.” The final placements in the round robin pools will determine the pairings for the final matches. Pools will be wrestled Day 1 and all Final placement matches will be wrestled Day 2.

Two (2) registrants in weight class: Athletes will wrestle best two (2) out of three (3) against each other.

Three to five (3-5) registrants in weight class: Athletes will wrestle everyone in the weight class and final standings will be determined by round robin criteria.

Six to ten (6-10) registrants in weight class: Athletes will be put into two (2) pools and wrestle round robin within the pool. Final placements in the pools will determine the cross over match ups for 1st to 2nd match, 3rd to 4th match, 5th to 6th match and 7th to 8th match.

Eleven to fifteen (11-15) registrants in weight class: Athletes will be put into three (3) pools and wrestle round robin within the pool. Final placements in the pool will determine the cross over pools. Same as above but instead of final matches there will be final pools. Pool A is for 1st to 3rd, Pool B is for 4th to 6th, Pool C is for 7th to 9th, etc.

The UWW wrestling rules will govern the round robin format. Round Robin placements will be decided by head-to-head wins. In a case where there is a tie, the classification points (below) will be used to determine tie breakers for the round robin placements.

UWW Article 42 – Classification Points

The classification points awarded to a wrestler shall determine his final ranking.

Five (5) points for the winner and zero (0) for the loser:

- Victory by fall (with or without technical point for the loser) (VFA 5:0)
- Injury (VIN 5:0) o If an athlete is injured before or during a bout and the injury is certified by the tournament doctor
- Three (3) cautions during the bout (VCA 5:0) Forfeit (VFO 5:0)
- If an athlete doesn’t show up on the mat - Disqualification (DSQ 5:0)
- If an athlete is disqualified before or during the bout in case of unfair behavior

Four (4) points for the winner and zero (0) for the loser (VSU 4:0): Victory by technical superiority (ten (10) points in Freestyle during the bout), with the loser scoring no technical points.

Four (4) points for the winner and one (1) point for the loser (VSU1 4:1): Victory by technical superiority during the bout with loser scoring technical points.

Three (3) points for the winner and zero (0) for the loser (VPO 3:0): When the wrestler wins at the end of the two (2) periods by one to nine (1-9) points in Freestyle with the loser scoring no point.

Three (3) points for the winner and one (1) point for the loser (VPO1 3:1): When the bout ends by a victory by points at the end of the regular time and the loser scoring one (1) or several technical points.

Zero (0) points for the red wrestler and zero (0) point for the blue wrestler (2DSQ 0:0): In case both wrestlers have been disqualified due to infraction to the rules.

OFFICIALS:

All officials will be designated and approved by the Canadian Amateur Wrestling Officials Association (CAWOA) in conjunction with the Host Society.

FIELD OF PLAY / EQUIPMENT REQUIREMENTS:

The wrestler must supply her/his own equipment and must comply with the UWW rules. Athletes must appear on the edge of the mat wearing a UWW approved one-piece singlet of the colour assigned to them (red or blue). Team coloured singlets will be allowed at the North American Indigenous Games. In the circumstance that team singlets are worn, the referee will be responsible for determining which wrestler shall be “red” or “blue” when the wrestlers’ step onto the mat. Provinces/Territories/States are encouraged to include their crest on the front of the singlet and the team acronym on the back (i.e., NB for New Brunswick, etc.).

Wrestling shoes must be free of buckles, metal ridges and tape, and a handkerchief is to be tucked inside the singlet for blood. Headgear is optional.

COMPETITION RULES:

Weigh-in will be the morning of the first day of competition. The NAIG competition will have only one (1) weigh-in session.

Weight-in process will follow Wrestling Canada Rules.

All regions may have two participants per gender per weight class.