



2007 Edition

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CHAPTER 1 – INTRODUCTION

PURPOSE

1. The purpose of this rulebook is to outline the policies, procedures, responsibilities, regulations and rules governing the CF National Sports Championships. General policy guidance and regulations common to all CF sports can be found in CFAO 50-3 and the “Morale and Welfare Policy Manual” (once it is published).

THE CF SPORTS SYSTEM

Introduction

2. Competitive sports are an integral part of the training and development of CF members. The objectives established for the sports program are met in part through participation in team and individual sports competitions. However, competitive sports, such as boxing and hang-gliding, are not authorized by the CF. Likewise, motorized sports such as car rallies, snowmobile races and motor racing, and social games such as darts, shuffleboard and billiards are not part of the sports program.

Objectives

3. Comprehensive sports programs, through the demands of training and competition, contribute to the overall effectiveness of the CF. The objectives of the program are to:
- a. develop unit cohesion, team work, morale, pride and identity;
 - b. instill a high degree of esprit de corps;
 - c. develop individual attributes such as leadership, self-discipline, self-sacrifice, self-esteem and aggressiveness;
 - d. promote physical fitness;
 - e. provide the opportunity for all members to develop their physical potential;
 - f. provide the opportunity for members to participate in highly skilled, competitive and organized athletics; and
 - g. encourage military athletes and teams to achieve higher standards of proficiency.



Responsibility and Authority

4. Commanding Officers (CO) are responsible for establishing a comprehensive competitive sports program in which all members have the opportunity to compete.
5. The Regional Sports Directors (RSDs) on behalf of Base/Wing/Unit COs, within their military region, are the approving authority for the organization and conduct of regional level sports competitions. Regional boundaries are described at paragraph 15.
6. CFPSA/Director of Physical Education (CFPSA/DPE) is the approving authority for the organization and conduct of CF National Sports Championships.

Levels of Competition

7. Intramural: The primary level of sport competition is intramural sports, which, according to local conditions may include inter-section, inter-company or inter-mess.
8. Extramural: The next level of competition is the extramural sports program. Extramural competition is a valuable extension of the intramural program and an important component in achieving the objectives of the CF sports program. It provides the opportunity for athletes of better than average athletic calibre to compete at higher levels of competition.
9. Extramural sports programs include:
 - a. competitions against members or teams from other bases, wings or units;
 - b. participation against civilian teams or individuals;
 - c. CF Regional Championships and invitational competitions;
 - d. CF National Championships and invitational competitions; and
 - e. participation at the elite level in national and international civilian or military sport competitions.
10. The CF Regional and National Championships are the primary types of extramural competitions. They take priority over all other extramural activities.
11. CF invitational competitions involving individuals or teams from more than one region require CFPSA/DPE approval, and normally will be subject to the condition that the number of participants or teams per region must be limited. Applications will normally be staffed through the RSD and reviewed at the annual RSD meeting for inclusion in the CF National Sports Program.



Regional Program

12. The CF is divided into five regions for sports competitions, which are organized and conducted under the authority of CFPSA/DPE and the RSDs. The responsibilities of the RSDs are described in Chapter 4, page 4-3.

13. Regional competitions are to provide frequent opportunity for activity in the widest variety, and must be conducted with the most economical use of resources. As an approved extension of base level sports programs, regional competitions are to be conducted with public resources including the provision of rations, quarters and transportation.

14. Regional programs shall be arranged to ensure that:

- a. competitions are organized in all sports where sufficient interest is shown by a majority of bases and wings within the region;
- b. equitable competition opportunities are available for all sizes of bases, wings and units; and
- c. a fair and effective method is designed to select regional representatives for CF National Sports Championships.

15. A summary of protective equipment for many of the sports is listed in Annex A of this rulebook.

Regional Boundaries

Region	Territory
Pacific	British Columbia and all units under CFSU (Colorado Springs), Clear Alaska
Prairie	Alberta, Saskatchewan, Manitoba, Northwest Territories, Yukon, and Nunavut
Ontario	Ontario (less the National Capital Region), CFS Alert, and CDLS (Washington).
Quebec	Quebec, the National Capital Region, Cornwall, Goose Bay and Continental USA bordered by the Eastern Time Zone and Quebec provincial boundaries
Atlantic	New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland and Labrador, CFSU(Europe)



National Program

16. Sports competitions to be conducted as CF National Sports Championships will be determined at the National RSDs Annual Meeting based on the relative participation at the regional level. CFPSA/DPE along with the RSDs will set the policies, regulations, and rules for the CF National Sports Championship Program. The rules for the sports that are currently part of the National Sports Program can be found in chapters 7 to 17 of this rulebook.

17. In no case should participation in civilian competition take priority over the development of base programs or conflict with participation in CF Regional or National Championships.

Organizing and Conducting CF National Sports Championships

18. Organizing and conducting a CF National Sports Championship is a joint responsibility involving:
- a. CFPSA/DPE;
 - b. RSDs; and
 - c. Host Base Fitness and Sports Director (F&S Director)

Selecting Sports for CF National Sports Championships

19. Sports chosen as part of CF National Sports Championships are selected in accordance with the objectives detailed in CFAO 50-3. The number and type of competitions may vary from year to year. Based on regional recommendations, surveys and post championship evaluation reports, the RSDs make recommendations at the National RSDs Meeting, as to which sports should be included as part of the CF National Sports Championships for the following calendar year.

Selecting Championship Host Sites

20. CFB Borden is the permanent host base for all National Championships. Based upon recommendations from the RSDs, CFPSA/DPE may approve another base to host one National Championship per year. CFPSA/DPE, through a Memorandum of Understanding, will enter into a hosting agreement with the selected Base/Wing/Unit.



CHAPTER 2 – RESOURCES

FUNDING

1. Public funds are provided to conduct CF National Sports Championships including:

- a. temporary duty (TD) ***;
- b. rations and quarters; and
- c. transportation.

*** TD for officials, members of the jury of Appeal, and athletic trainers is covered by CFPSC HQ. TD for team members (including coaches and managers) is covered by the respective bases.

FUNDING ASSISTANCE

2. In accordance with CFAO 50-3, funds may be obtained from an annual grant from the CF Central Fund, for hosting of, or attendance at CF National Sports Championships including:
 - a. trophies;
 - b. awards; and
 - c. special costs.

EQUIPMENT

3. Primary equipment required to conduct the CF Sports Program is authorized under CFAO 50-3.

TRANSPORTATION

4. Travel and transportation shall be authorized for CF National Sports Championships by CFPSC HQ but coordinated at the base level. All travel costs from the respective bases to the championship site, and back, is the CFPSC HQ's responsibility for driving bases. TD costs, meals en route, and travel to and from the airport (for the flying bases only) are chargeable to the parent base of the individual or team concerned.

5. The use of motor transport in support of the CF Sports Program is authorized in accordance with orders relating to the use of motor transport.



FACILITIES

6. A unit that lacks adequate sports facilities may rent sports facilities at public expense in support of the CF National Sports Program. Application for rental of facilities for CF National Sports Championships shall be processed in accordance with CFAO 50-3. Rental shall be restricted to include all categories of facilities when they are required for the selection and preparation of participants for the CF National Sports Program, as well as for the hosting of the events.

PERSONNEL

7. Fitness & Sports (F&S) staff and volunteer members are available at most units to provide, organize and conduct sports programs. Out-Service Training is available, at public expense, and supplemented as necessary by non-public funds, to ensure sports leaders are qualified and maintain the expertise necessary to conduct the competitions. Refer to CFAO 50-3 for details.



CHAPTER 3 – ADMINISTRATION

TEAM REGISTRATION

1. RSDs are to register their team members with the CFPSA/National Sports Manager (CFPSA/NSM) and info the Host Unit no later than 21 working days of the respective CF National Sports Championship.

CHAMPIONSHIP JOINING INSTRUCTIONS

2. Joining Instructions for each CF National Sports Championship will be forwarded by the Host Unit to each RSD, 30 days in advance of the respective CF National Sports Championship. The RSD will forward the instructions to the CF Regional Team, through that winning team's base Fitness and Sports Director, competing at the CF National Sport Championship immediately following the declaration of the CF Regional Championship.

PUBLICITY AND COMMUNICATION

3. Publicizing individual and group participation and achievement is an important and integral element of conducting a sports competition. F&S Directors are encouraged to develop publicity and communications plan to support the CF National Sports Program. Assistance in establishing a program is available through the CFPSA/Media Relations Coordinator.

3. Direct communications on all matters pertaining to the conduct of CF National Sports Championships is authorized:

- a. Between RSDs and CFPSA/DPE;
- b. Between RSDs and the applicable base/wing/unit; and
- c. Between the host unit and all RSDs, all bases participating in the championship and CFPSA/DPE.

5. A calendar of approved CF National Sports Championships and the host base for each will be published annually by CFPSA/DPE.

6. RSDs shall forward the schedule of their CF Regional Sports Championships to CFPSA/DPE, NSM, other RSDs, each Environmental Commands, and to bases within their region.

7. Copies of minutes of regional meetings, reports of competitions, calendars of activities, and any policy letters or instructions shall be sent to CFPSA/DPE. The FSD of the National Sports Centre should also receive the reports from regional competitions.



CHAMPIONSHIP REPORTS

8. The host base shall submit a final CF National Sports Championship report to CFPSA/DPE within 30 days of the conclusion of each CF National Sports Championship.
9. The report shall contain the following:
 - a. Overview of the competition;
 - b. Final Standings;
 - c. List of winning team members;
 - d. List of officials;
 - e. List of Jury of Appeal members;
 - f. All score sheets and statistics;
 - g. Copies of press releases and photo ops;
 - h. Copies of team championship feedback critiques;
 - i. Organizing Committee Report:
 - i. Comments on transportation;
 - ii. Comments on rations and quarters;
 - iii. Comments on medical services;
 - iv. Comments on technical aspects of competition;
 - v. Comments on public relations activities; and
 - j. Recommendations from a host's perspective.
10. In addition, there shall be a report from the Chief Official, and Athletic Trainers, due 30 days following each CF National Sports Championship.



TROPHIES AND AWARDS

11. Trophies and awards for CF National Sports Championships will be procured and administered by CFPSA/DPE. Host bases are provided a CFPSA Hosting grant to defray costs of additional trophies and awards, entertainment and other special costs incurred while hosting a CF National Sports Championship.

12. The Base/Wing/Unit winning team is responsible for the security, maintenance and upkeep of the respective CF National Sports Championship trophy while in their possession.

13. RSDs are responsible to ensure that the CF National Sports Championship trophies arrive at the host base of a CF National Sports Championship 30 days prior to commencement of the respective Championship.

PENSION COVERAGE

14. CFAO 50-3 states that competitive sports are an integral part of the continuing training and development of members of the CF. Notwithstanding that one of the objectives in a comprehensive sports program is to promote physical fitness, one cannot disregard the fact that injuries do occur. Paragraph 14 of CFAO 50-3 states that, in the event of injury or death of a CF member while engaged in sports activity, the evidence of military control must be demonstrated in any report on the circumstances of that injury or death. In order to create a presumption of service relationship with respect to any death or disability or aggravation of an existing injury incurred in the course of a sports activity, particularly those activities performed outside of normal duty hours, there must be evidence of military control, or that the activity was conducted in the interest of the CF.

15. Before it can be said that a particular sports activity has been authorized by a military authority, there must be a specific act of authorization made by a responsible authority describing the activity and the terms upon which the authorization is granted. In other words, the interest of the service should be shown to be dominant and this can only be demonstrated in orders and instruction issued prior to the incident causing the injury.

15. As a general rule, a member of the CF is considered, in the absence of evidence to the contrary, to be on duty:

- a. When acting within the scope of the duty assigned while engaged in military operations, training or administrative duties;
- b. When engaged in a specific act or activity in accordance with a specific order or an established military custom or practice; or



- c. When participating in a sports activity which has been organized and authorized pursuant to CFAO 50-3.

17. Refer to CFAO 50-3, paragraph 14 for more detailed information regarding pension coverage for military members participating in the CF Sports Program.

CASUALTY REPORTING

18. Reporting of injuries or death that occur at CF National Sports Championships shall be in accordance with CFAOs 21-9, 24-1, 24-2 and 24-6.

19. The Fitness and Sports Staff shall maintain a register of all injuries incurred by members during participation in the CF Sports Program and, where applicable, a report shall be completed in accordance with CFAO 24-2.

SUMMARY INVESTIGATIONS OR BOARDS OF INQUIRY

20. CFAO 50-3, paragraph 14 states that the report of a summary investigation into a sports injury is to contain a finding as to whether the injury was attributable to military service. In order to support the finding, all available information must point to evidence of military control including the requirement to participate in the activity. Clearly, for pension purposes, an activity must be authorized by a military authority.

21. The report of a summary investigation or the minutes of proceedings of a board of inquiry into an injury or death at a CF National Championship are required to contain a finding as to whether the injury or death was attributable to military service (Pursuant to paragraph (d) of QR&O 21.47). In order to support the finding, all available evidence of military control of, and the requirement to participate in, the activity, including copies of any appropriate written orders, shall be included.



SUMMARY CF NATIONAL SPORTS AWARDS

BANNERS	ITEM	MEDALS					JURY OF APPEAL (optimum number including chair)	TOTAL # OF PARTICIPANTS
		Gold	Silver	Bronze (athletic trainers and officials)	Athletic Trainer (optimum number)	Officials		
Badminton	Team	10			1	2	0	
	Men's Events							
	Open Singles	1	1					
	Open Doubles	2	2					
	Senior Singles	1	1					
	Senior Doubles	2	2					
	Masters Singles	1	1					
	Masters Doubles	2	2					
	Women's Events							
	Open Singles	1	1					
	Women's Doubles	2	2					
	Mixed Doubles	2	2					
	Total	24	14	3	1	2	0	53
	Basketball	Team	12	12	13	2	11	3
Men's Hockey	Team	20	20	15	4	11	3	118
Old Timers Hockey	Team	20	20	14	3	11	3	117
Women's Hockey	Team	20	20	14	3	11	3	117
Ball Hockey	Team	20	20	12	2	10	3	115
***Running	Race Distances							
	Marathon	6	6			2		
	Half Marathon	6	6					
	10 km	6	6					
	5 km	6	6					
Total	24	24	4	2	2		104	
***1 st & 2 nd place medals will be awarded in the 3 race categories for both Male & Female in each of the 4 race distances so long as there is a minimum of 5 participants per category:					Race Categories 1. Open under 40 2. Master 40-47 3. Senior 48+			



BANNERS	ITEM	MEDALS					JURY OF APPEAL (optimum number including chair)	TOTAL # OF PARTICIPANTS
		Gold	Silver	Bronze (athletic trainers and officials)	Athletic Trainer (optimum number)	Officials		
Slo-Pitch	Men's Team	15	15		3	11	3	92
	Women's Team	15	15		Shared with men's teams	11	3	89
	TOTAL	30	30	25	3	22	6 (5+1)	181
Soccer	Men's Team	18	18		3	11	3	
	Women's Team	13	13		Shared with men's teams	11	3	106
	TOTAL	31	31	26	3	22	3 (5+1)	
Squash	Team	7			1	2		
	Men's Events							
	Open	1	1					
	Under 25	1	1					
	Seniors	1	1					
	Masters	1	1					
	Women's Events							
	Open	1	1					
TOTAL	12	5	3	1	2	3	41	
Volleyball	Men's Team	11	11		3	12	3	72
	Women's Team	11	11		Shared with men's teams	12	3	69
	TOTAL	22	22	25	3	22	6(5+1)	141
GRAND TOTAL		204	187	141	26	115	33	1309

NOTE: Participation numbers include total number of Athletes, Officials, Athletic Trainers, Chairperson and members of the Jury of Appeal.



CHAPTER 4 – RESPONSIBILITIES

ROLE OF THE CF SPORTS PATRON

1. The role of a CF Sports Patron is to foster, promote and develop “their” sport at the Regional and National level within the Canadian Forces. A Patron recognizes the value of fitness and sports in the CF and supports the objectives of the CF Sports Program.
2. As the sport’s ombudsman, and by virtue of their rank, CF Sports Patrons are in a unique position to solicit and elicit change within their sport, to encourage participation, and to resolve issues on behalf of the athletes they represent.
3. A Sports Patron will have many commitments in their regular duties, which demand their time. Nevertheless, Patrons are encouraged to attend the CF National Championship for their sport whenever possible, as well as the CF Sports Award Ceremonies held annually in Ottawa.
4. Patrons’ involvement and commitment have proven to be invaluable in ensuring the recognition of sport as a highly valued activity in maintaining esprit de corps, positive morale and an improved quality of life for our personnel in a changing Canadian Forces.



NATIONAL SPORTS MANAGER

1. The National Sports Manager is responsible for:
 - a. supervising the conduct of all CF National Sports Championships;
 - b. tasking the “permanent” Host Base to conduct CF National Sports Championships;
 - c. providing the RSDs with TANs to book flights for all athletes, officials, and athletic trainers;
 - d. advising all RSDs of travel arrangements;
 - e. authorizing officials, athletic trainers and jury of appeal members for each CF National Sports Championship;
 - f. publishing and amending the CF National Sports Rule Book;
 - g. appointing the Chairperson Jury of Appeal for each CF National Sports Championship;
 - h. providing medals, pins, banners and awards for all CF National Sports Championships;
 - i. maintaining records and reports of all CF National Sports Championships;
 - j. reviewing post championship reports and recommending amendments to the CF National Sports Rule Book or the Annual Sports Calendar, at the annual RSD Meeting;
 - k. managing the CF Sports Suspension policy and procedures; including issuing appropriate notifications and maintaining an up-to-date suspension registry;
 - l. liaising with CFPSA/Media Relations Coordinator for appropriate CF National Sports Championship coverage; and
 - m. liaising with CF Sports Patrons regarding their role and participation at each respective sports event.



REGIONAL SPORTS DIRECTOR

1. Regional Sports Directors (RSDs) are responsible for:
 - a. directing the Regional Sports Championship Program after consultation with units and bases;
 - b. serving as Chairperson of jury of appeal as required;
 - c. obtaining and registering trophies and awards for Regional Championships;
 - d. ensuring that CF National Sports trophies are returned to CFB Borden or Host Unit/Base no later than 30 days prior to CF National Sports Championships;
 - e. coordinating the eligibility of all regional teams advancing to CF National Sports Championships;
 - f. serving as a member of the jury of appeal at a CF National Sports Championship when appointed by CFPSA/National Sports Manager (CFPSA/NSM);
 - g. advising the CF Chief Official and CFPSA/NSM of qualified officials in their respective region;
 - h. ensuring that all regional teams advancing to CF National Sports Championships are in possession of joining instructions and any other correspondence required at least 30 days prior to competition;
 - i. attending National RSD meeting, providing annual regional reports as required and distributing minutes of National RSD meeting to respective units;
 - j. rule on and make recommendations to the CFPSA/NSM on suspensions coming from their region;
 - k. preside over all meetings of Regional Sports Committee, record and distribute minutes of Regional Sports Meetings;
 - l. maintain, amend and enforce the Regional Sports Constitution;
 - m. prepare annual budget for the Region Sports fund. Monitor, control and authorize expenditures from the Regional Sports Fund in accordance with the Regional Constitution;



- n. maintain a register and record of all sports championships within the region and prepare an annual summary for annual region meeting;
- o. coordinate logistics, attendance, and travel for all athletes from the region who are attending the Annual CF Sports Awards Ceremony.
- p. coordinate the selection and logistics of athletes, coaches and managers of winning team in individual sports representing the region at CF National Sports Championships;
- q. in accordance with CFAO 50-3, in matters of regional eligibility not covered by existing regulations, the RSD must decide or establish rules to ensure equitable competition and participation (ie, participation for bases other than the one to which the participant belongs);
- r. nominate candidates for CF Sports Patrons to CFPNSA/NSM;
- s. coordinate selection and recommend athletes for attendance at CF High Performance sports clinics and seminars;
- t. act as subject matter expert and OPI for all units for CF Regional/National Sports Program and liaise with CFPNSA/NSM for interpretation and rulings on CFAO 50-3, National Sports Rulebook and other publications; and
- u. liaise with Provincial and National Sports Governing Bodies on behalf of all units in the region.

2. The RSD's appointment term is not to exceed 5 years. At the end of five years the position will be put out for interested, experienced, and qualified Fitness and Sports Directors/Coordinators on any of the bases in that region. In the case where there are no interested new applicants, and the outgoing RSD has submitted his/her application, the outgoing RSD can be considered to hold the position for another term. Nominations are usually accepted in early February, and the newly appointed RSD will begin his/her position 1 April of that year. If an RSD is not able to finish his/her term, he/she must provide a letter of resignation a minimum of 40 days prior to the National RSD Meeting Scheduled for that year.

3. The RSD position rotates on a regular basis to ensure that there are no more than one new RSD at each year's National Regional Sports Director meeting in the May/June timeframe.



HOST BASE

1. CFB Borden is the permanent host site for the CF National Sports Championships. A Memorandum of Understanding to define the support relationship between the CFPSA and CFB Borden has been signed and will be reviewed annually.
2. The host base's responsibilities in hosting a CF National Sports Championship are:
 - a. providing facilities and equipment other than team equipment;
 - b. providing rations and quarters for visiting teams, officials, athletic trainers and jury of appeal for the time required;
 - c. publishing and issuing joining instructions (including the draw and schedule of play) to CFPSA/DPE, the RSDs, and participating bases at least 30 days prior to the commencement of the championship;
 - d. receiving and dispatching visiting teams and officials;
 - e. providing local transport as required;
 - f. providing the necessary medical support for all competitions (keeping in mind the availability and role of the athletic trainer);
 - g. briefing officials and team captains before commencement of each CF National Sports Championship;
 - h. providing minor officials to assist in the conduct of CF National Sports Championships;
 - i. providing a hosting booklet to each participant;
 - j. issuing official invitations;
 - k. arranging for spectators viewing;
 - l. forwarding the results for each CF National Sports Championship to:
 - i. CFPSA/NSM,
 - ii. CFPSA/Media Relations Coordinator,
 - iii. RSDs,
 - iv. home unit of the competing teams,
 - v. Sports Patron;



- m. arranging local publicity and news coverage; and
- n. preparing and forwarding a final report on all aspects of each CF National Sports Championship, within 30 days after completion of the competition, to CFPSA/DPE, and RSDs.



JURY OF APPEAL

1. The Jury of Appeal appointed for a CF National Sports Championship shall:
 - a. ensure that the championship is conducted in accordance with the CF National Sports Rule Book (Rules are not to be amended or changed at CF National Sports Championships. Any proposed changes will be actioned by CFPSA/DPE and the RSDs at their annual meeting and put into effect at the following CF National Sports Championship);
 - b. handle all disputes involving player eligibility or rule interpretation;
 - c. act as a sports disciplinary body during the CF National Sports Championship;
 - d. make adjustments to the schedule of play or type of competition if dictated by unforeseen circumstances; and
 - e. rule on matters not covered in the rules.

Composition

2. The Jury of Appeal will be appointed by CFPSA/DPE and be composed of the following:
 - a. Chairperson: CFPSA/National Sports Manager or delegated representative;
 - b. Members: Two members approved or appointed by CFPSA/DPE (the host unit may recommend the appointment of local personnel). Note: Coaches and veterans of the CF National Sports Championship Program may be asked to attend as a member of the Jury of Appeal;
 - c. Technical Advisor: The F&S Director from host site or delegated representative; and
 - d. Chief Official: The Chief Official of the competition appointed by CFPSA/DPE.



Duties

3. Chairperson: The Chairperson of the Jury of Appeal shall:
 - a. preside over all meetings of the Jury of Appeal;
 - b. review with the members of the Jury of Appeal the applicable regulations detailed in CF orders and in the rules of the game being played;
 - c. detail a member of the Jury of Appeal to observe each contest; and
 - d. act as president of the sports disciplinary body as required.
4. Members. The members of the Jury of Appeal shall:
 - a. review with the Chairperson the applicable regulations detailed in CF orders and in the rules of the game being played;
 - b. attend such contest(s) as detailed by the Chairperson; and
 - c. when called by the Chairperson, attend hearings and adjudicate disputes brought before the Jury of Appeal.
5. Technical Advisor. The technical adviser shall:
 - a. attend all meetings, as technical advisor to the Chairperson;
 - b. render assistance as may be required by the Chairperson relative to the conduct of the games; and
 - c. have no voting privileges.
6. Chief Official. The Chief Official shall:
 - a. attend all meetings, as adviser to the Chairperson;
 - b. render assistance as may be required by the Chairperson relative to the conduct of the games; and
 - c. have no voting privileges.



Disputes

7. The Jury of Appeal shall hear and rule on disputes presented by team managers and game officials only.
8. Decisions on disputes shall be confined to:
 - a. competitor or team eligibility, that is not in accordance with CF orders; and
 - b. interpretation or application of the rules.
9. Official's judgement calls are non-disputable.
10. Disputes must be presented to the Jury of Appeal in the form shown in Chapter 4, page 10/16.
11. When a competitor or team coach or captain wishes to register a dispute, play shall be stopped and the dispute shall be lodged in accordance with the rules of the game being played. Play shall not resume until all details of the dispute have been recorded. The Jury of Appeal shall (if possible) render a judgement on the dispute prior to the resumption of play.
12. Failing the above, the Jury of Appeal shall meet as soon as possible after the registering of the dispute and render a decision.
13. The Chairperson of the Jury of Appeal shall notify only the parties concerned of the decision when disputes are registered between games or matches. In the situation where an appeal has been made in the middle of a game or match, the Chairperson will inform that game's officials of the final decision. These officials will then inform the parties concerned of the decision.

Sports Disciplinary Body

14. The Jury of Appeal shall act as a sports disciplinary body during the period of the championship. It is empowered to prescribe the imposition of suspensions, which may include suspension for the remainder of the championship. Where it is appropriate to impose a suspension for a period of time after the championship, a detailed report shall be referred to CFPSA/DPE with an appropriate recommendation regarding further action.

Final Authority

15. The decision of the Jury of Appeal is final.



REGISTRATION OF DISPUTE

PART 1 -- DISPUTE

DATE:

TIME:

NAME OF CHAMPIONSHIP:

GAME NUMBER:

LOCATION:

DESCRIPTION OF BASIS FOR DISPUTE: (To include rule or rules allegedly violated or misinterpreted).

.....
(Signature of Coach/Official)

PART 2 -- DECISION OF JURY OF APPEAL (Insert either "Allowed" or "Disallowed")

.....
Signature of Chairperson



CHIEF OFFICIAL

1. The Chief Official is appointed by CFPSA/DPE and is responsible for:
 - a. advising CFPSA/DPE, the jury of appeal, the host base, teams and competitors regarding the rules of play;
 - b. advising CFPSA/DPE concerning the selection criteria for officials attending CF National Sports Championships; and
 - c. acting as the Chief Official at the designated CF National Sport Championship to include:
 - i. arranging for the training and/or upgrading of officials immediately prior to/or during the competition;
 - ii. coordinating vehicle requirements for officials while at the CF National Sport Championships based on the official's flight schedules. Authorization for vehicle rentals will be made by the NSM.
 - iii. briefing the team captains, jury of appeal, technical organizer and officials of rules specific to the conduct of the competition;
 - iv. scheduling officials for the conduct of matches. The Chief Official shall not schedule himself/herself as an active official at the National Championships. The Chief Official is, however, expected to be in attendance at all games/matches. In those instances when there are not enough internal officials (military, DND employees, PSP) available for a given championship, the Chief Official is to inform the NSM for authorization to book external officials. In the rare case where, due to unforeseen circumstances (i.e. injury, etc.), extra officials are required in the middle of a championship, the Chief Official is to inform the tournament organizer, and arrangements will be made to bring in extra officials.
 - v. supervising officials during the tournament and brief each official on his or her performance during the game or match. Maintain the appropriate standards of officials dress. (Chief Officials are not to officiate or interfere during a match or game);



- vi. attending all jury of appeal hearings on dispute or tournament conduct and provide technical advice on rule interpretations. (Chief Officials do not have voting powers on ruling or disputes);
- vii. attending (if requested) post tournament meeting with team captains and the organizing committee;
- viii. preparing a post tournament report for CFPSA/NSM no later than 30 days after completion of CF National Sports Championships;
- ix. providing CFPSA/NSM with a final list of selected officials 30 days prior to the commencement of CF National Sports Championships; and
- x. liaising directly with the CFPSA/NSM on all matters regarding transportation for officials to and from the Championship site.

2. The Chief Official appointment term is not to exceed 4 years (4 championships). At the end of four years the position will be put out for interested and qualified officials. If at that time there are no other suitably qualified officials who have applied, and the outgoing Chief Official has submitted his/her application, the outgoing Chief Official can be considered to hold the position for another term. If a Chief Official wishes to step down from the position prior to the end of their fourth National Championship, they must provide a letter of resignation no later than 40 days prior to the National Championship.



ATHLETIC TRAINERS

1. The Chief Athletic Trainer is appointed by CFPSA/DPE and is responsible for:

- a. advising CFPSA/DPE concerning the selection criteria for athletic trainers attending CF National Sports Championships;
- b. providing an updated list of all athletic trainers across the country prior to each National Championship season; and
- c. acting as the Chief Athletic Trainer at the each CF National Sport Championship to include:
 - i. arranging for the training and/or upgrading of athletic trainers' qualifications;
 - ii. ensuring that training supplies are fully stocked for the beginning of each championship;
 - iii. briefing the tournament organizers (including NSM) the services that will be available at each competition;
 - iv. scheduling athletic trainers for the duration of the National Championship;
 - v. supervising the athletic trainers during the tournament and brief each athletic trainer on his or her performance at the event. Maintain the appropriate standards of dress;
 - vi. attending (if requested) post tournament meeting with team captains and the organizing committee;
 - vii. preparing a post tournament report for CFPSA/NSM no later than 30 days after completion of CF National Sports Championships;
 - viii. providing CFPSA/NSM with a final list of selected athletic trainers 30 days prior to the commencement of CF National Sports Championships; and
 - ix. liaising directly with the CFPSA/NSM on all matters regarding transportation for athletic trainers to and from the Championship site.



2. The Athletic Trainers are responsible for:
 - a. providing immediate skilled care to the injured player, employing first aid technique, training techniques, and recommending proper follow-up care;
 - b. promoting injury prevention of all participants at CF National Sports Championships by:
 - i. ensuring proper physical conditioning;
 - ii. proper use and maintenance of protective equipment;
 - iii. identifying potential disabilities, or health problems restricting play when health will suffer or injury will result;
 - iv. establishing open communication with players and team officials;
 - v. ensuring proper and conscientious rehabilitation;
 - vi. providing additional protective support when required;
 - vii. maintaining efficient control in an emergency; and
 - viii. recognizing serious underlying injuries.
 - c. maintaining proper and sufficient emergency care and first aid supplies suited to the need of the emergency;
 - d. working at all times with the players, coaches and medical authorities to ensure the safety and health of the players, at the time of the competition and beyond;
 - e. implementing rehabilitative techniques (depending upon qualifications) and/or keeping up-to-date on progress of the player's condition so as to ensure timely return to play and when full recovery has been achieved;
 - f. keeping qualified on procedures, techniques and first aid (including CPR) by attendance at seminars, courses and programs as they are available;
 - g. promoting good dietary and health standards with all teams;



- h. liaising with local medical authorities to provide a good professional working relationship at the game sites. Ascertain what assistance can/will be provided. Provide for the interface between the team officials and the medical authorities; and
- i. preparing a post championship report no later than 30 days after completion of CF National Sports Championships.



TEAMS

1. The responsibilities of teams attending CF National Sports Championships are as follows:
 - a. All personnel participating in a CF National Sports Championship are on duty. Therefore, dress, appearance and deportment shall be of a high standard in accordance with CFP 265. Civilian participants shall wear equivalent civilian dress and are expected to maintain a comparable standard of appearance and deportment as their military counterparts. Dress instructions shall be detailed in the CF National Sports Championship Joining Instructions. The standard of dress at the Meet & Greet must remain respectable (golf/casual shirt, dress/casual slacks and suitable footwear). Blue jeans and running shoes are not acceptable;
 - b. Demonstrate good sportsmanship and ethical play; and
 - c. All teams attending the CF National Sports Championship are in possession of joining instructions and all pertinent information well in advance of the event.



CHAPTER 5 - REGULATIONS

ENTRY INTO COMPETITION

1. Normally, each base and the East and West Coast fleets may enter one team in CF Regional Sports Championships. However, major bases composed of distinctly different elements or geographically separate units may, subject to the capabilities of the host base and with the concurrence of the RSD, enter more than one team.
2. Where a base enters more than one team in a CF Regional Sports Championship, the players are eligible to play only for the team with which they commenced play in said Championship.
3. To enter a CF Regional Sports Championship, a base must notify the RSD and host base on or before the closing date set for entries.
4. To enter a CF National Sports Championship, a region should have held a CF Regional Sports Championship at least 30 days before the commencement date of the CF National Sports Championship. If unable to comply with the 30-day provision, a request for extension may be submitted to CFPSA/DPE.
5. Competitors in individual sports who are eligible to compete at the CF National level, but due to duty requirements are unable to qualify through normal channels, may be authorized by CFPSA/DPE to compete. Such extraordinary cases must be staffed through and recommended by the unit's Fitness and Sports Director and appropriate RSD.
6. In CF Regional sports leading to a CF National Sports Championship, augmentation of team rosters with players from other bases/wings/units is permitted in accordance with the augmentation rules for each respective sport as outlined in Chapters 7 to 17.
7. To be eligible to enter into extramural competition, a CF member must have successfully met the minimum physical fitness requirements of CFAO 50-1

ELIGIBILITY

8. To be eligible to participate in CF Regional and National Sports Championships, a participant must be:
 - a. a member of the CF Regular Force, on strength of or on an attached posting to the competing base, wing or unit and in the case of the latter, the member must be on strength at least 45 days prior to the CF Regional Sports Championship;



- b. a member of the CF Reserve Force currently on Class B or C Reserve Service who has served one day of the class B or C contract;
 - c. a member of a foreign force who is attached to or on exchange duty with the CF Regular Force Unit (See para 9 below);
 - d. a member of a foreign force who is serving with his or her unit at a CF base; or
 - e. a full-time civilian DND, or full-time CFPSCA employee or employee under an NPF service contract. Personnel under this category are eligible to participate as coaches, officials, and managers only.
9. Where base/wing/unit entry is comprised of members of a foreign force, the following conditions apply:
- a. Team Sports
 - i. Participation is in accordance with CF Regional regulations; and
 - ii. To be eligible to participate in CF National Sports Championships, a team is restricted to the following maximum number of members of a foreign force:
 - 1. teams over 12 players – three per team, and
 - 2. teams of 12 players or less – two per team.
 - b. Individual Sports. To be eligible to participate in CF National Sports Championships, a CF Regional team is restricted to a maximum of 20 percent (rounded off to the next lowest whole number) of members from a foreign force.
10. In the case of OUTCAN units (i.e. CFSU (CS), CFSU (E), CDLS (W) outlined in the table below), the following eligibility rules will apply:
- a. CF military personnel posted to an OUTCAN unit are eligible to participate in the CF Regional and National Sports Programs.
 - b. U.S. or foreign force military personnel working with Canadians, but not posted to OUTCAN units, are not eligible to participate in the CF Regional and National Sports programs. If the member is officially posted to the unit, as a foreign active-duty military member, they are eligible and the eligibility rules for these members apply as per para 8c and 9.



- c. An OUTCAN unit may participate as a single large entity, or as an individual geographical unit within the Regional and National Sports Programs. Their respective region should determine the structure of their OUTCAN unit for competition and annotate the decision in their constitution. Use of the regional floater system is encouraged to augment teams IAW the appropriate ratios.

OUTCAN unit	Region	Consists of
CFSU(Colorado Springs)	Pacific Region	CFSU(CS) Colorado Springs (Colorado) Elmendorf AFB (Alaska) McChord AFB (Alaska) Clear AFB (Alaska) Tinker AFB (Oklahoma) Tyndall AFB (Florida) Rome AFB (New York)
CFSU(Europe),	Atlantic Region	CFSU(E) Selfkant (Germany) Brunssum (Netherlands) Brussels (Belgium) Casteau (Belgium) Daws Hill (Great Britain) NATO Airbase Geilenkirchen (Germany) Heidelberg (Germany) Naples (Italy) Ramstein (Germany)
CDLS (Washington)	Ontario Region	Canadian Embassy, Washington D.C. approx 350 DND military/civilian personnel posted to non-NORAD related positions in the United States and Iceland.

Note: an OUTCAN unit is a Canadian Forces Unit existing outside of Canada.

11. Members on retirement leave or Regular Officer Training Plan (ROTP) students attending military colleges are not eligible to participate in CF National Sports Championships unless invited to participate for the purpose of making a CF CISM team. The results of these individuals will not be part of the CF National Sports Championship and will be used only for selection for the CF CISM team. Students on subsidized university training plans may be eligible if their application for exceptional status is approved by CFPSA/DPE on the recommendation of the RSD prior to the start of the sports season.

11. ROTP students attending military college who are ineligible to represent their college in intercollegiate competitions, either because they are too old or have used up their eligibility, can apply to participate in CF Regional and National competitions to the RSD through the Athletic Director at the college. The number of CMC Cadets shall not exceed twenty-five percent of any base team.



12. Where a member lives and works on or near a base other than the one of which the member is on strength, the member may forward an application to CFPSA/DPE, through the appropriate RSD, for authority to compete for that base. The application must be made before the start of the season's play.

14. A member being posted from one region to another who wishes to qualify for a CF National Sports Championship may forward an application to CFPSA/DPE, through the appropriate RSD, for authority to compete in a CF Regional Sports Championship. The application must reach CFPSA/DPE six weeks before the date of the CF National Sports Championships. If a member is posted after the playoffs have commenced, the member is eligible to play for the new base effective on the member's change of strength (COS) date.

15. Where a member of a team that has won a CF Regional Sports Championship is posted prior to the CF National Sports Championship, the losing unit, after obtaining concurrence from the individual and the gaining unit, may request approval from CFPSA/DPE for the member's services through the losing unit's RSD. If approved, the member will be considered as part of the original team's roster.

16. Where a question of eligibility is not specifically covered in the rules, it is the responsibility of the participating team or individual to submit the circumstances of the case to the appropriate RSD through the local Fitness and Sports Director. The RSD shall decide the case or, if appropriate, request a decision from CFPSA/DPE.

17. The rules regarding team eligibility and composition apply only to those sports progressing to CF National Sports Championships. For those sports in which there is no CF National Sports Championship, RSDs may, in consultation with the bases within their region, establish rules to meet their special circumstances and which contribute to meeting the objectives as outlined in paragraphs 5 and 6.

18. Eligibility in accordance with the format in Chapter 5, page 6/6 is required before entering a CF National Sports Championship. Completed certificates shall be handed to the Chairperson of the Jury of Appeal or Technical Advisor at the pre-championship briefing.

19. In reference to participation of members while on Maternity or Parental Leave, as outlined in DAOD 5001-2 (Maternity and Parental Benefits), participation in the CF Sports Program is not authorized. Such a member is neither "on duty", nor authorized to "return to duty" when on Maternity or Parental Leave.



20. In reference to participation of members while on Leave, in reference to CANFORGEN 169/07 ADMHRMIL 019 042006Z APR 03, it is critical that CF members are to be on duty while playing in the CF sports program at all levels.

21. The National Sports Program augmentee system is set up to give a base team that is representing a region at a National Championship, the opportunity to pick up other players from other bases within their region. The numbers of augmentees authorized are as follows:

- a. teams over 12 players – three augmentees per team, and
- b. teams of 12 players or less – two augmentees per team.

SPORT SUSPENSIONS

22. Members involved in a rules infraction while participating in CF National Sports Championships may be subject to suspension from participation in CF sports for varying lengths of time or number of games. In some instances, suspension from participation in all CF sports may be appropriate. In accordance with the applicable rules of play, suspension action will be initiated by the Chief Official and will be heard by the Jury of Appeal.

23. In the cases where infractions occur at the Intersection and/or Regional levels, suspension decisions and recommendations are to be determined at the Regional level, according to the established process. This information must then be forwarded immediately to CFPSA/DPE.

24. CFPSA/DPE will publish annually, a list of individuals in all regions that are serving a sport suspension.

SPORTS EQUIPMENT

25. The CF Sports Program enables military personnel to participate in a wide variety of sports. While each sport is unique, each sport shares a common problem of risk of injury to participants. Sports injuries cannot be eliminated but can be reduced through the proper use of protective equipment. Thus, the CF has adopted a policy of mandatory protective sports equipment to help prevent sports injuries. The mandatory equipment for each sport that is part of the National Sports Program can be found in the chapters to follow. Annex A contains a list of equipment for many other sports that are played at the base and regional levels, which may not be part of the National Sports Program.

26. The equipment listed is the minimum requirement for personnel to be eligible to participate in the respective sport. It is the participant's responsibility to ensure that the mandatory equipment is worn during competition.

27. CFPSA/DPE is the final authority for mandatory protective sports equipment.



CANADIAN FORCES NATIONAL SPORTS ELIGIBILITY CERTIFICATE

In accordance with CFAO 50-3, the following personnel are eligible to represent the _____ Region at the _____ CF National _____ Championship(s), being held at _____ during the period _____ to _____.

Service Number	Rank	Surname & Full First Name	Age	DOB	Home Unit	Gender	Jersey #	
							H	A

Team Name: _____

Submitted By: Date: _____

Approved By: Date: _____

Fitness, Sports (& Recreation) Director



CHAPTER 6 – RULES

RULES OF PLAY

1. CF sports competitions and championships shall be conducted in accordance with the accepted Canadian amateur sport principles and current rules of play of the appropriate sports governing body. As required, CFPSA/DPE will negotiate agreements with appropriate Canadian amateur sports governing bodies.
2. In general the tournament format for all sports is a round-robin consisting of 5 teams, one per region (Pacific, Prairie, Ontario, Quebec, and Atlantic). In the case of a four team draw, if a team goes undefeated in a round robin they automatically get a bye to the finals and the two vs. three position play in one semi-final. If the first place team loses one or more games, there will be two semi final games (one vs. four, two vs. three).
3. The following chapters outline the rules specific to each sport played at CF National Sports Championships.



CHAPTER 7 - BADMINTON

RULES

1. Play shall be in accordance with the current rules of Badminton Canada. Attached, as Appendix A are inserts from the “**Rally Point Scoring System**” as adopted at the 2006 Annual General Meeting of Badminton Canada.

TEAM COMPOSITION

2. Regional teams shall be comprised of ten (10) players who **qualified** at their respective CF Regional Championships. **Only after exhausting all possible alternates**, may a player, who **had not qualified do to operational reasons**, be chosen to fill a vacant position on the team. Should this occur, the player being selected, upon approval from the respective RSD to augment a regional team, he/she is to be seeded as a ‘singles’ player, based on his/her skill level in comparison to other singles players in that category.

3. The age category of a player will be based on his/her age prior to the first (1st) of January of the competition year of the CF Regional/National Championships. Certificates of eligibility must include player’s birth date. Age categories are as follows:

- a. Open: Men 34 years of age and younger
- b. Senior: Men 35 – 44 years of age
- c. Masters: Men 45 years of age and over
- d. Women: Open age

4. The team composition shall be as follows:

a. Men's Categories:

- 1. **Open:** There shall be a maximum of four competitors in the Men’s Open Categories consisting of the top four (4) players from your Regional singles event.
 - i. Men’s Open Singles - players shall be seeded #1 to #4 based on their results from singles play.
 - ii. Men’s Open Doubles - two doubles teams shall be formed from the four (4) singles players; and seeded #1 & #2.
- 2. **Seniors:** There shall be a maximum of two competitors (35 to 44 years of age) consisting of the winner and runner-up from the Regional singles event.



- i. Men's Senior Singles - Players shall be seeded #1 and #2 respectively.
 - ii. Men's Senior Doubles – The players competing in the Men's Senior Singles Competition will also compete as the Men's Senior Doubles Team.
3. **Masters:** There shall be a maximum of two competitors (45 years of age and over) consisting of the winner and runner-up from the Regional singles event.
- i. Men's Master Singles - Players shall be seeded #1 and #2 respectively.
 - ii. Men's Master Doubles - The players competing in the Men's Master Singles Competition will also compete as the Men's Master Doubles Team.

b. Women's Categories:

1. **Open:** There shall be a maximum of two competitors in the Women's Open Competitions, consisting of the winner and runner-up from the Regional singles event.
 - i. Women's Open Singles - Players shall be seeded #1 and #2 respectively.
 - ii. Women's Open Doubles - The players competing in the Women's Open Singles Competition will also compete as the Women's Open Doubles Team.

c. Mixed Category:

1. **Open Mixed Doubles** - There shall be a maximum of four players (two female and two male players) participating in this category. These teams shall be seeded #1 and #2.

Note: Male players can be selected from any of the age categories.

TOURNAMENT FORMAT

5. The CF National Badminton Championship shall consist of first, a single round-robin Team Tournament followed by an Individual Single Elimination Tournament.



TEAM CHAMPIONSHIP

6. The Team Championship consists of a single round-robin tournament where each player/team shall compete within his/her designated category and seeded position in the following categories:

- a. Open Singles first, second, third and fourth seeds;
- b. Open Doubles first and second seeds;
- c. Senior Singles first and second seeds;
- d. Senior Doubles first seeds;
- e. Master Singles first and second seeds;
- f. Master Doubles first seeds;
- g. Women's Singles first and second seeds;
- h. Women's Doubles first seeds; and
- i. Mixed Doubles first and second seeds.

7. **Draw** - The competition draw shall be established by the National Sports Manager and the Chief Official, prior to the start of the CF National Championship.

8. **Team Scoring** - One (1) point shall be awarded for each match won during the round-robin competition. A match shall consist of the best two out of three games. A defaulted game shall be scored **21-0**, against the player/team defaulting. The scores of each game played within a match during the round-robin event shall be recorded on the Round-Robin Match Results sheet.

9. **Tie-Breaking** - Ties in Team Standings, at the end of the round-robin competition, shall be broken as follows:

- a. If two teams are tied, the teams with the higher number of match wins between the two teams shall be declared the team champion;
or
- b. If more than two teams are tied, the champion shall be decided by applying the won/loss record of the teams concerned in the games played against each other in the following manner:



1. The team with the least number of losses shall be declared the champion; or
2. If the tie still remains, each team's total number of points scored for all games played in the complete round-robin are divided by the total points scored against. The team with the highest quotient shall be declared the champion.

INDIVIDUAL CHAMPIONSHIPS

10. Individual Championships shall be conducted in the following categories:

- a. Men's Open Singles;
- b. Men's Open Doubles;
- c. Men's Senior Singles;
- d. Men's Senior Doubles;
- e. Men's Master Singles;
- f. Men's Master Doubles;
- g. Women's Singles;
- h. Women's Doubles; and
- i. Mixed Doubles.

11. **Draw** - The Chief Official is responsible for the single elimination draws of Individual Championships. All participants shall participate in the elimination round. Each competitor at the CF National Championship will be placed into the elimination draw based on his/her performance from the Team Championship as follows:

- a. Men's Open Singles - All competitors shall move forward into the elimination draw where a total of four (4) players shall be seeded.
- b. Men's Open Doubles, Men's Senior Singles, Men's Senior Doubles, Men's Master Singles, Men's Master Doubles, Women's Singles, Women's Doubles, and Mixed Doubles – All competitors/teams shall move forward into the elimination draw where a total of two (2) competitors/teams shall be seeded.



12. **Placing of Seeds** - Seeded players will be placed into the elimination draw as follows:

- a. First and second seeds are placed at the top and bottom of the draws respectively;
- b. In the Men's Open Singles Draw, the third and fourth seeds are drawn in either position #9 or #24; and
- c. All other competitors/teams are placed into the draws based on their performance during the round-robin event.

EQUIPMENT

13. The official shuttlecock shall be the BK Precision 6800 High-Performance "A" Feather as per the minutes of the 2007 National RSD Annual Meeting.

14. As per the CF National Sports Rulebook – Annex A. As per the minutes of the 2007 National RSD Annual Meeting, it is recommended that CSA approved protective eyewear been worn.

AWARDS

15. The winner of the Team Championship shall be awarded a Canadian Forces National Badminton Championship Banner. Members of the winning shall be presented with Individual Medals.

16. Individual medals shall be awarded to both winners and runners-up from each of the Individual Championship categories.

DUTY AND TRAVEL

17. Duty and travel authority shall be granted to a maximum of ten (10) participants representing each Region.



Appendix A to
Chapter 7
Badminton Rules

RALLY POINT SCORING SYSTEM (from Badminton Canada)

- 7.1 A match shall consist of the best of three games, unless otherwise arranged (Appendix 2 and 3)
- 7.2 A game shall be won by the side which first scores **21 points**, except as provided in Law 7.4 and 7.5.
- 7.3 **The side winning a rally shall add a point to its score**. A side shall win a rally, if the opposing side commits a 'fault' or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
- 7.4 If the score becomes **20-all**, the side which gains a **two-point lead first**, shall win that game.
- 7.5 If the score becomes **29-all**, the side scoring the **30th point** shall win that game.
- 7.6 The side winning a game shall serve first in the next game.

8. CHANGE OF ENDS

- 8.1 Players shall change ends:
- 8.1.1 at the end of the first game;
- 8.1.2 at the end of the second game, if there is to be a third game; and
- 8.1.3 in the third game when a side first scores **11 points**.

10. SINGLES

- 10.1 **Serving and receiving courts:**
- 10.1.1 The players shall serve from, and receive in, their respective right service courts when the server has not scored or has scored an even number of points in that game.
- 10.1.2 The players shall serve from, and receive in, their respective left service courts when the server has scored an odd number of points in that game.
- 10.2 **Order of play and position on court:**



In a rally, the shuttle may be hit by the server and the receiver alternately, from any position on that player's side of the net, until the shuttle ceases to be in play (Law 15).

10.3 Scoring and serving:

10.3.1 If the server wins a rally (Law 7.3), the server shall score a point. The server shall then serve again from the alternate service court.

10.3.2 If the receiver wins a rally (Law 7.3), the receiver shall score a point. The receiver shall then become the new server.

11. DOUBLES

11.1 Serving and receiving courts:

11.1.1 A player of the serving side shall serve from the right service court when the serving side has not scored or has scored an even number of points in that game.

11.1.2 A player of the serving side shall serve from the left service court when the serving side has scored an odd number of points in that game.

11.1.3 The player of the receiving side who served last shall stay in the same service court from where he served last. The reverse pattern shall apply to the receiver's partner.

11.1.4 The player of the receiving side standing in the diagonally opposite service court to the server shall be the receiver.

11.1.5 The players shall not change their respective service courts until they win a point when their side is serving.

11.1.6 Service in any turn of serving shall be delivered from the service court corresponding to the serving side's score, except as provided in Laws 12.



11.3 **Scoring and serving:**

11.3.1 if the serving side wins a rally (Law 7.3), the serving side shall score a point. The server shall then serve again from the alternate service court.

11.3.2 if the receiving side wins a rally (Law 7.3), the receiving side shall score a point. The receiving side shall then become the new serving side.

11.4 **Sequence of serving:**

In any game, the right to serve shall pass consecutively:

11.4.1 from the initial server who started the game from the right service court

11.4.2 to the partner of the initial receiver. The service shall be delivered from the left service court.

11.4.3 to the partner of the initial server

11.4.4 to the initial receiver,

11.4.5 to the initial server and so on.

16.2 **Intervals:**

16.2.1 not exceeding **60 seconds** during each game when the leading score reaches **11 points**; and

16.2.2 not exceeding **120 seconds** between the first and second game, and between the second and third game shall be allowed in all matches.

16.5 **Advice and leaving the court:**

16.5.1 only when the shuttle is not in play, shall a player be permitted to receive advice during a match.

16.5.2 no player shall leave the court during a match without the umpire's permission, except during the intervals as described in Law 16.2.



In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	Love All	Right Service Court. Being the score of the serving side is even.	A serves to C A and C are the initial server and receiver.	A & B.	C	D
					B	A
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court. Being the score of the serving side is odd.	A serves to D	C & D.	C	D
					A	B
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court. Being the score of the serving side is odd.	D serves to A.	A & B.	C	D
					A	B
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court. Being the score of the serving side is even.	B serves to C	C & D	C	D
					A	B
C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court. Being the score of the serving side is even.	C serves to B	C & D	C	D
					A	B
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court. Being the score of the serving side is odd.	C serves to A	A & B	D	C
					A	B
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court. Being the score of the serving side is odd.	A serves to C	A & B	D	C
					A	B
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court. Being the score of the serving side is even.	A serves to D	C & D	D	C
					B	A

Note that this means

- The order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.



CHAPTER 8 - BALL HOCKEY

RULES

1. Play shall be in accordance with the Canadian Ball Hockey Association (CBHA) Rule Book with the exception of para 2 (a – c ii).
2. Para 2 (a – c ii) relates to “straight time” format and will be in place for the CF National Ball Hockey.
 - a. Should the goal differential between teams exceed six (6) goals anytime during the last ten (10) minutes of play in any tournament game, the remainder of that game shall be played as “straight time”. Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - b. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of six (6) goals to be exceeded.
 - c. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the floor until play resumes.
 - i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of (6) goals is exceeded shall not have any additional time added to the penalty time.
 - ii. In the event a player is serving a double minor at the time the 7 goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty

REGULATIONS

3. The following regulations shall apply to CF National Ball Hockey games:
 - a. All safety equipment must be worn as per the Equipment section outlined in the latter half of this chapter;
 - b. All match penalties carry a minimum of 3 games suspension and return to play will be automatically reviewed by the Jury of Appeal;



- c. After a total of 3 penalties a player will be ejected from the game;
- d. Any player receiving a major penalty will be ejected from the game, and
- e. The 'no touch icing' rule is in effect for all games.

DRAW

4. The draw for the competition shall be as established by CFPSA/DPE, prior to the start of the Championships.

TEAM COMPOSITION

5. A team shall be composed of a maximum of 20 competitors. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.
6. Two goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.

TOURNAMENT FORMAT

7. The CF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two points will be awarded for a win, one point for a tie. Each team shall be permitted 1 x 30 second time-out per game.
8. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.
9. The shootout shall be conducted as follows;
 - a. The teams to enter the shootout shall select five (5) players in full game uniform and a goalkeeper;
 - b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;



- c. If a tie still remains after the five shots have been taken, the same players selected in Para 9(a) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time, until the five members of the team have shot once.

TIE-BREAKING PROCEDURE

10. Ties in the final round robin standings that affect advancement to the playoffs shall be broken as follows:
 - a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - b. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.
11. Ties in the playoff round will be broken as follows:
 - a. Teams will play a ten-minute sudden death overtime period;
 - b. If a tie remains, teams will change ends and a twenty minute sudden death overtime period will be played; and
 - c. If a tie still remains, Para 11(b) format will continue until a goal is scored.



EQUIPMENT

12. The official ball for the CF National Ball Hockey Championship shall be announced annually by CFP/SA/DPE in time for CF Regional Championships.

13. **Players:** The following CSA approved equipment shall be worn by all players:

- a. CSA approved helmet and full face mask;
- b. Elbow pads (mandatory);
- c. CSA approved Hockey gloves, Dgel or Mylec ball hockey gloves only (lacrosse or broomball gloves not authorized);
- d. Jock strap with cup or Jill strap (pelvic protector for women);
- e. One piece ball hockey shin/knee pads that must cover both shins and knees (broomball shin pads with volleyball knee pads, or soccer shin guards are not authorized);
- f. Shoulder pads of any kind are not permitted;
- g. Only running shoe type footwear with a non-slip sole is permitted. . Steel-toed shoes are not permitted.

14. **Goalkeepers:** The following CSA approved protective equipment shall be worn by all goalkeepers:

- b. CSA approved helmet and full facial protector. Face protector must be securely fastened. Goalkeeper 'cat's eye' type masks are not authorized;
- c. Chest & arm protectors; must be completely covered by the jersey;
- d. Blocker (maximum 8 inches wide and 16 inches long)
- e. Catching glove (maximum 9 inches wide and 16 inches long);
- f. Goalie pads (maximum 14 inches wide);
- g. Goalkeeper's footwear is not restricted to running shoes; other types of shoes may be worn by goalkeepers but may not be steel-toed.



15. Sticks: The following rules must be applied when examining ball hockey sticks:
- h. All sticks (including goal keepers) may be made of wood, fibreglass, or aluminium. Attached plastic blades are not permitted;
 - i. The blade of the stick shall not be less than 2 inches or more than 3 inches in width, and
 - j. The stick blades may be of any curvature.
16. Officials: All officials shall wear a CSA approved helmet with a minimum of a half visor.
17. Any physical alteration to protective equipment is prohibited and subject to penalty in accordance with the CBHA rulebook.

AWARDS

18. The winning team shall be awarded the CF National Ball Hockey Championship Banner and the CF National Ball Hockey Championship Trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

19. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.



CHAPTER 9 – BASKETBALL

RULES

1. Play shall be in accordance with the current International Basketball Federation (FIBA) Rule Book.

DRAW

2. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.

TEAM COMPOSITION

3. The regional team shall be the team declared champion at the CF Regional Championship. The regional team may be augmented by two players from another base, wing or unit within the region who have the approval of their Commanding Officer.
4. A team shall be composed of a maximum of twelve (12) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.

TOURNAMENT FORMAT

5. The CF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. A winning team will be determined in all games, in accordance with FIBA rules. Two points will be awarded for a win. The final team standings from the round-robin will determine play in the single elimination playoff.
6. Upon completion of the round-robin, the first place team will play the fourth place team and the second place team will play the third place team. The fifth place team does not advance to the elimination play. The winner of each semi-final game will advance to the final. The final will be one game only.

TIE-BREAKING PROCEDURES

7. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:
 - a. if two teams are tied, the winner of the game played between those two teams in round-robin play shall advance.



- b. If a tie remains between 3 or more teams, the total points scored is divided by the total points against for the games in the round-robin and only involving the teams tied. The team with the highest quotient will be awarded the higher position.
- c. If a tie still remains, total points scored are divided by the total points against in all round-robin games. The team with the highest quotient will be awarded the higher position.

EQUIPMENT

8. The official ball for the CF National Basketball Championship shall be announced annually by CFPSSA/DPE in time for CF Regional Championships.

AWARDS

9. The winning team shall be awarded the Canadian Forces National Basketball Championship Banner and the CF National Basketball Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

10. Duty and travel authority shall be granted to a maximum of twelve (12) participants representing each competing region.



CHAPTER 10 - MEN'S HOCKEY

RULES

1. Play shall be in accordance with the current Hockey Canada Rule Book, with the exception of para 2 (a – c ii).
2. Para 2 (a – c ii) relates to “straight time” format and will be in place for the CF National Men’s Hockey.
 - a. Should the goal differential between teams exceed six (6) goals anytime during the last ten (10) minutes of play in any tournament game, the remainder of that game shall be played as “straight time”. Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - b. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of six (6) goals to be exceeded.
 - c. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes.
 - i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of (6) goals is exceeded shall not have any additional time added to the penalty time.
 - ii. In the event a player is servicing a double minor at the time the 7 goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty

DRAW

3. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.



TEAM COMPOSITION

4. The regional team shall be the team declared champion at the CF Regional Championship. The regional team may be augmented by three players from another base, wing or unit within the region who have the approval of their Commanding Officer.
5. A team shall be composed of a maximum of twenty (20) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.
6. Two goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.

TOURNAMENT FORMAT

7. The CF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two points will be awarded for a win, one point for a tie. Each team shall be permitted 1 x 30 second time-out per game.
8. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.
9. The shootout shall be conducted as follows;
 - a. The teams to enter the shootout shall select five (5) players in full game uniform and a goalkeeper;
 - b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
 - c. If a tie still remains after the five shots have been taken, the same players selected in Para 9(a) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time, until the five members of the team have shot once.



TIE-BREAKING PROCEDURE

10. Ties in the final round robin standings that affect advancement to the playoffs shall be broken as follows:
- a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - b. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.
11. Ties in the playoff round will be broken as follows:
- a. Teams will play a ten-minute sudden death overtime period;
 - b. If a tie remains, the ice will be cleaned, teams will change ends and a twenty minute sudden death overtime period will be played; and
 - c. If a tie still remains, Para 11(b) format will continue until a goal is scored.

EQUIPMENT

12. The following CSA approved equipment shall be worn by all players:
- a. helmet and full face protector with metal fasteners and ear piece;
 - b. elbow pads;
 - c. shin guards;
 - d. padded hockey pants;
 - e. hockey gloves;



- f. shoulder pads;
- g. protective athletic cup;
- h. throat protector for Quebec and B.C participants under 19 years, when championship is held in those provinces; and
- i. Goalkeeper: CSA approved mask with throat protector, chest, shoulder, arm and elbow protectors, goalie leg pads and goalie gloves.

13. Any physical alteration to protective equipment is prohibited.

SUSPENSIONS

14. The following minimum suspensions will be applied, when the following infractions occur during the Championship:

- a. When a Match Penalty is assessed:
 - i. Butt End – 2 games
 - ii. Check From Behind – 2 games
 - iii. Deliberate Attempt to Injure – 2 games
 - iv. Deliberate Injury – Indefinite suspension
 - v. Grabbing Face Mask – 2 games
 - vi. Hair Pulling – 2 games
 - vii. Head Butting – 2 games
 - viii. Harassing an Official – Indefinite suspension
 - ix. Spearing – 2 games
 - x. Spitting – 2 games



- b. Gross Misconduct – 1 game
- c. Game Misconduct – Verbal abuse of an official (Rule 47) – 1 game
- d. Checking from Behind – when a major penalty and game misconduct is assessed - 1 game
- e. Fighting:
 - i. Any player involved in a fight will receive a game misconduct;
 - ii. Third and subsequent player into a fight – 1 game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – 2 games;
 - iv. Any player identified as the first to leave the player's bench during a fight – 2 games;
 - v. Any player identified as the first to leave the penalty bench during a fight – 3 games;
 - vi. Coach of a team whose player is penalized under para 14e(iii) or 14e(iv) – 2 games;
 - vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – 1 game; and
 - viii. Instigator/Aggressor:
 - 1. First offence – game misconduct – 1 game (current game + 1);
 - 2. Second offence – 2 games; and
 - 3. Third offence – 3 games.



- f. Pre/Post Game Altercations;
- i. any player involved where a major and a game misconduct penalties are assessed (maximum 5 player per team) –1 game;
 - ii. Coach of a team whose players are so penalized –3 games; and
 - iii. Any team involved in a pre/post game brawl – penalty to be determined.

AWARDS

15. The winning team shall be awarded the CF National Men's Hockey Championship Banner and CF National Men's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

16. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.



CHAPTER 11 - OLD TIMER'S HOCKEY

RULES

1. Play shall be in accordance with the current Hockey Canada Rulebook, with the exception of para 2 & 3 below.
2. Para 2 (a – d ii) relates to “straight time” format and will be in place for the CF National Old Timer’s Hockey.
 - a. 3 x 15 minute stop time periods will be played.
 - b. Should the goal differential between teams exceed six (6) goals anytime during the last ten (10) minutes of play in any tournament game, the remainder of that game shall be played as “straight time”. Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - c. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of six (6) goals to be exceeded.
 - d. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes.
 - i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of (6) goals is exceeded shall not have any additional time added to the penalty time.
 - ii. In the event a player is serving a double minor at the time the 7 goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty
3. A “no slap shot” rule is in effect for the CF National Old Timer’s Hockey Championship.
 - a. Any player who uses a “slap shot” anywhere on the ice during the game shall be assessed a Minor penalty. If an injury to an opponent results, a Major penalty shall be assessed.



- b. The use of a “snap shot” has been authorized for CF Old Timer’s Hockey. The “snap shot” is to bring the stick back behind the puck a maximum of fifteen inches either on or off the ice and to shoot the puck in wrist shot fashion.
- c. A player who uses the action of a Fake Slap Shot for the purpose or intimidating an opposing player and/or opposing goalkeeper shall be assessed a Minor penalty.

DRAW

4. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.

TEAM COMPOSITION

5. A player must be 35 years of age or older as of the first scheduled game of the CF National Championship, regardless of whether the member is playing or not. The coach or manager may be under 35 years of age but may not play.
6. The regional team shall be declared champion at the CF Regional Championship. The regional team may be augmented by three players from another base, wing or unit within the region who have the approval of their Commanding Officer.
7. A team shall be composed of a maximum of twenty (20) participants all of whom may be players, and who may dress for each game. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.
8. Two goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.

TOURNAMENT FORMAT

9. The CF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two points will be awarded for a win, one point for a tie. Each team shall be permitted 1 x 30 second time-out per game.



10. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.

11. The shootout shall be conducted as follows;

- a. The teams to enter the shootout shall select five (5) players in full game uniform and a goalkeeper;
- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
- c. If a tie still remains after the five shots have been taken, the same players selected in Para 11(a) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time, until the five members of the team have shot once.

TIE-BREAKING PROCEDURES

12. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:

- a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;
- b. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
- c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient..



13. Ties in the playoff round will be broken as follows:
 - a. Teams will play a ten minute sudden death overtime period;
 - b. If a tie remains, the ice will be cleaned, teams will change ends and a twenty minute sudden death overtime period will be played; and
 - c. If a tie still remains, para 13(b) format will continue until a goal is scored.

EQUIPMENT

14. All players must wear the following CSA approved protective equipment:
 - a. helmet and full face protector with metal fasteners and ear piece;
 - b. elbow pads;
 - c. shin guards;
 - d. padded hockey pants;
 - e. hockey gloves;
 - f. shoulder pads;
 - g. protective athletic cup;
 - h. throat protector (recommended); and
 - i. goalkeepers - CSA approved mask with throat protector, chest, shoulder, arm and elbow protectors, goalie leg pads and goalie gloves.
15. Any physical alterations to protective equipment are prohibited.

SUSPENSIONS

16. The following minimum suspensions will be applied, when the following infractions occur during the Championship;
 - a. When a Match Penalty is assessed:
 - i. Butt End – 2 games
 - ii. Check From Behind – 2 games



- iii. Deliberate Attempt to Injure – 2 games
 - iv. Deliberate Injury – Indefinite suspension
 - v. Grabbing Face Mask – 2 games
 - vi. Hair Pulling – 2 games
 - vii. Head Butting – 2 games
 - viii. Harassing an Official – Indefinite suspension
 - ix. Spearing – 2 games
 - x. Spitting – 2 games
- b. Gross Misconduct – 1 game
- c. Game Misconduct – Verbal abuse of an official (Rule 47) – 1 game
- d. Checking from Behind – when a major penalty and game misconduct is assessed - 1 game
- e. Fighting:
- i. Any player involved in a fight will receive a game misconduct.
 - ii. Third and subsequent player into a fight – 1 game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – 2 games;
 - iv. Any player identified as the first to leave the player's bench during a fight – 2 games;
 - v. Any player identified as the first to leave the penalty bench during a fight – 3 games;
 - vi. Coach of a team whose player is penalized under para 16e(iii) or 16e(iv) – 2 games;



- vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – 1 game; and
- viii. Instigator/Aggressor:
 - 1. First offence – game misconduct – 1 game (current game + 1);
 - 2. Second offence – 2 games; and
 - 3. Third offence – 3 games.
- f. Pre/Post Game Altercations:
 - i. Any player involved where a major and a game misconduct penalties are assessed (maximum 5 player per team) –1 game;
 - ii. Coach of a team whose players are so penalized –3 games; and
 - iii. Any team involved in a pre/post game brawl – penalty to be determined.

AWARDS

17. The winning team shall be awarded the CF National Old Timer's Hockey Championship Banner and CF National Old Timer's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

18. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.



CHAPTER 12 - WOMEN'S HOCKEY

RULES

1. Play shall be in accordance with the current Hockey Canada Rule Book with the exception of para 2 (a – c ii).
2. Para 2 (a – c ii) relates to “straight time” format and will be in place for the CF National Women’s Hockey.
 - a. Should the goal differential between teams exceed six (6) goals anytime during the last ten (10) minutes of play in any tournament game, the remainder of that game shall be played as “straight time”. Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - b. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of six (6) goals to be exceeded.
 - c. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the floor until play resumes.
 - i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of (6) goals is exceeded shall not have any additional time added to the penalty time.
 - ii. In the event a player is servicing a double minor at the time the 7 goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty

DRAW

3. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.



TEAM COMPOSITION

4. The regional team shall be declared champion at the CF Regional Championship. The regional team may be augmented by five (5) players from another base, wing or unit within the region who have the approval of their Commanding Officer.
5. A team shall be composed of a maximum of twenty (20) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.
6. Two goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.

TOURNAMENT FORMAT

7. The CF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two points will be awarded for a win, one point for a tie. Each team shall be permitted 1 x 30 second time-out per game.
8. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.
9. The shootout shall be conducted as follows;
 - a. The teams to enter the shootout shall select five (5) players in full game uniform and a goalkeeper;
 - b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
 - c. If a tie still remains after the five shots have been taken, the same players selected in Para 9(a) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time, until the five members of the team have shot once.



TIE-BREAKING PROCEDURES

10. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:

- a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
- d. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
- c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient..

11. Ties in the playoff round will be broken as follows:

- a. Teams will play a ten-minute sudden death overtime period;
- b. If a tie remains, the ice will be cleaned, teams will change ends and a twenty minute sudden death overtime period will be played; and
- c. If a tie still remains, Para 11(b) format will continue until a goal is scored.

EQUIPMENT

12. All players must wear the following CSA approved protective equipment:

- a. helmet and full face protector with metal fasteners and ear piece;
- b. elbow pads;
- c. shin guards;
- d. padded hockey pants;
- e. hockey gloves;



- f. shoulder pads;
- g. protective athletic cup;
- h. throat protector for all female participants; and
- i. goalkeepers - CSA approved mask with throat protector, chest, shoulder, arm and elbow protectors, goalie leg pads and goalie gloves.

13. Any physical alterations to protective equipment are prohibited.

SUSPENSIONS

14. The following minimum suspensions will be applied, when the following infractions occur during the Championship;

- d. When a Match Penalty is assessed:
 - i. Butt End – 2 games
 - ii. Check From Behind – 2 games
 - iii. Deliberate Attempt to Injure – 2 games
 - iv. Deliberate Injury – Indefinite suspension
 - v. Grabbing Face Mask – 2 games
 - vi. Hair Pulling – 2 games
 - vii. Head Butting – 2 games
 - viii. Harassing an Official – Indefinite suspension
 - ix. Spearing – 2 games
 - x. Spitting – 2 games
- b. Gross Misconduct – 1 game
- c. Game Misconduct – Verbal abuse of an official (Rule 47) – 1 game
- d. Checking from Behind – when a major penalty and game misconduct is assessed - 1 game
- e. Fighting:



- i. Any player involved in a fight will receive a game misconduct.
 - ii. Third and subsequent player into a fight – 1 game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – 2 games;
 - iv. Any player identified as the first to leave the player's bench during a fight – 2 games;
 - v. Any player identified as the first to leave the penalty bench during a fight – 3 games;
 - vi. Coach of a team whose player is penalized under para 14e(iii) or 14e(iv) – 2 games;
 - vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – 1 game; and
 - viii. Instigator/Aggressor:
 1. First offence – game misconduct – 1 game (current game + 1);
 2. Second offence – 2 games; and
 3. Third offence – 3 games.
- f. Pre/Post Game Altercations:
- i. Any player involved where a major and a game misconduct penalties are assessed (maximum 5 player per team) –1 game;
 - ii. Coach of a team whose players are so penalized –3 games; and
 - iii. Any team involved in a pre/post game brawl – penalty to be determined.



AWARDS

15. The winning team shall be awarded the CF National Women's Hockey Championship Banner and CF National Women's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

16. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.



CHAPTER 13 - RUNNING

RULES

1. The competition shall be conducted in accordance with the Athletics Canada Rules and By-Laws, supplemented by the National Capital Race Weekend administrative guidelines and in accordance with the CF National Sports Rulebook.

EVENTS

2. The Canadian Forces National Running Championship shall consist of the following races:

- e. Marathon;
- f. Half Marathon;
- g. 10 km; and
- h. 5 km.

QUALIFYING CRITERIA

3. Military personnel who wish to participate may do so by meeting the qualifying criteria as established by CFPSA. These criteria will be reviewed and established at the annual National RSD Meeting. The maximum number of runners authorized to compete for a given region will also be reviewed and confirmed at the annual National RSD Meeting. All those who meet the criteria, and are selected as part of their Regional Team, will receive administrative and logistical support from CFPSA to include R&Q, travel, and entry fees.

QUALIFYING TIMES

4. The qualifying times listed below are the minimum qualifying times that a CF runner must have achieved on a certified course, at a sanctioned race 12 months prior to race day. Proof of times must be forwarded by the RSDs to the host unit FSD, no later than 30 days prior to competition. Under extenuating circumstances (such as deployments) a member may not have the opportunity to run in a race within the 12-month time requirement. In these cases a written request can be made to the NSM, through the member's RSD at least 5 weeks prior to running championship date.



Race Distances	Marathon		Half Marathon		10 Km		5 Km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:00	22:00
20-24	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
25-29	3:15:00	3:30:00	1:35:00	1:45:00	38:00	44:00	18:30	24:00
30-34	3:15:00	3:30:00	1:35:00	1:45:00	39:00	45:00	19:00	25:00
35-39	3:30:00	3:45:00	1:40:00	1:50:00	45:00	50:00	22:00	27:00
40-44	3:30:00	3:45:00	1:45:00	1:55:00	44:00	51:00	22:00	27:00
45-49	3:45:00	4:00:00	1:48:00	1:58:00	45:00	53:00	25:00	30:00
50-54	3:40:00	4:00:00	1:53:00	2:05:00	50:00	58:00	30:00	35:00
55 & over	4:30:00	4:45:00	1:55:00	2:20:00	55:00	65:00	35:00	45:00

CHAMPIONSHIP FORMAT

5. The Championship shall consist of four separate races as listed in para 2. A runner may only be eligible to enter in one age category in one race. Also, runners will only be permitted to enter the race for which they have entered a qualifying time.

EQUIPMENT

6. It is mandatory that all participants wear the singlet provided for the race by CFPSA.

AWARDS

7. The first and second place finishers, male and female, in the 5k, 10k, half and full marathon events will be presented with medals emblematic of the Canadian Forces National Running Championship. All awards are based on the "chip time". Gold and Silver medals will be awarded within each race category for each race distance (Male & Female) so long as there is a minimum of **5 participants** in that race category. If there are less than 5 participants in a particular race category for any given race distance (Male & Female) only a gold medal shall be awarded (as per 2006 National RSD Meeting Minutes).

8. All participants will receive a CF National Championship Ribbon for being selected by their region as a National Qualifier.



9. Categories for men and women are broken down as follows in all events for participation in the civilian awards presentation as established by the sanctioned race:

- a. Under 19;
- b. 20-24 years;
- c. 25-29 years;
- d. 30-34 years;
- e. 35-39 years;
- f. 40-44 years;
- g. 45-49 years;
- h. 50-54 years;
- i. 55 and over.

Ages for the above categories apply as of the first day of the competition.

10. Categories for men and women are broken down as follows in all events for participation in the CF awards presentation established by the sanctioned race:

- a. "Open" (Age = under 40);
- b. "Masters" (Age = 40 – 47); and
- c. "Senior" (Age = 48+).

11. Any monetary award won by an athlete competing under the CF National Running Championship is not to be awarded to the athlete, but is to be handed over to CFPSSA.

DUTY AND TRAVEL

12. Duty and travel authority shall be granted to all runners who qualify in their region. This number may vary from year to year depending on the National Sports Budget for the event, and will be decided and outlined in the minutes of the annual National RSD Meeting.



CHAPTER 14 - SLO-PITCH

RULES

1. Play shall be in accordance with the current rules of Softball Canada (SC), including the following supplemental rules:
 - a. Game Length:
 - i. Seven (7) innings will constitute a legal game, except if tied after seven (7) innings, it must be played until a winner is declared;
 - ii. The international tie breaking procedure will be applied in all games except for the final championship game;
 - iii. The procedure will come into effect after seven (7) innings have been played
 - b. Home Run Rule Limit:
 - i. A limitation shall be applied to the number of over the fence home runs that may be credited to each team in a game. The rule shall be applied as follows:
 1. A batter hitting an over the fence home run in excess of the limit shall be ruled out. The ball is dead, no runs will be scored and all runners must return to the base occupied at the time of the pitch.
 2. If an over the fence home run is hit but the batter-runner misses a base or fails to score, the home run will be counted in the team total.
 3. Any ball that goes over the fence in fair territory after being touched by a defensive player shall be a four base award and not considered a home run.
 4. The per team per game limit shall be
 - a. Men – Seven (7)
 - b. Women – Five (5)



5. Commitment Line & Safe Line:

- a. The Commitment line and Safe line will be used for Regional and National Championships. All rules as written in the current rulebook shall apply. Note: This rule is normally used for co-ed only. The CF Sports Program will use these lines for all levels, both Men and Women.

DRAW

2. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.

TEAM COMPOSITION

3. Each region may enter one men's and one women's slo-pitch team in the CF National Slo-pitch Championship.
4. A team shall be composed of a maximum of fifteen (15) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.

TOURNAMENT FORMAT

5. The Men's and Women's Championship shall consist of a single round-robin tournament followed by a single elimination playoff.
6. Home field status will be given to the team that finished higher in the round-robin tournament.

TIE-BREAKING PROCEDURES

7. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:
 - a. If two teams are tied, the winner of the game between those two teams during the round-robin shall advance to the playoff, or be given the higher position;
 - b. If more than two teams are tied, the two teams to enter the playoff shall be decided by applying the won/lost record of the teams concerned in games played against each other; and
 - i. The team(s) with the best won/lost record shall enter the playoff;



- ii. if the tie remains, the difference plus or minus of total runs scored in games played between the teams tied, with a limit of seven plus or minus per game allowed;
- iii. if the tie still remains, the difference plus or minus of total runs scored in all games played in the round robin, with a limit of seven plus or minus per game allowed;
- iv. if the tie still remains, the difference plus or minus of total bases touched in games played between the teams tied, with a limit of 30 plus or minus per game allowed; and
- v. if the tie still remains, the difference plus or minus of total bases touched in all games played in the round robin, with a limit or 30 plus or minus per game allowed.

Note: When using the criteria in paragraph 7b (ii), (iii), (iv) or (v), for six and a half inning games go back to six full innings.

EQUIPMENT

8. The official ball for the CF National Slo-pitch Championships shall be announced annually by CFPSA/DPE in time for CF Regional Championships.
9. The following equipment is mandatory:
 - a. CSA double ear flapped helmet shall be worn properly, while running the bases, at bat, and on deck to bat.
 - b. Catchers must wear mask, throat protector and helmet. An extended wire protection attached to the mask can be worn in lieu of the throat protector. The ice hockey goalie style face mask is approved for use by catchers, provided the model being used has not been disapproved by Softball Canada because of failure to meet safety standards and/or lack of protection of the throat area.
 - c. The double base (Safe-base) will be used at first base for all games.
10. Any physical alteration to protective equipment is prohibited.



AWARDS

11. The winning team, in each of the competitions, will be awarded the appropriate CF National Slo-pitch Championship Banner and CF National Slo-pitch Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

12. Duty and travel authority shall be granted to a maximum of fifteen (15) participants per team representing each competing region.



CHAPTER 15 - SOCCER

RULES

1. Play shall be in accordance with the current rules of the International Federation of Football Association (FIFA) Laws of the Game and Universal Guide for Referees, with the exception that:
 - a. there shall be a maximum of five (5) substitutions per game with unlimited substitutions at half time; and
 - b. games in the round-robin play shall be seventy (70) minutes in duration; and
 - c. the semi-final and final games shall each be ninety (90) minutes in duration.

DRAW

2. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.

TEAM COMPOSITION

3. A team shall be composed of a maximum of eighteen (18) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.

TOURNAMENT FORMAT

4. The CF National Soccer Championship shall be conducted first as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time. Three (3) points shall be awarded for a win and one (1) point for a tie.
5. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.



6. The shoot-out will occur from the penalty spot area and shall be conducted in accordance with the FIFA Laws of the Game as follows:
 - a. The teams to enter the shootout shall select five (5) players in full game uniform; and a goalkeeper;
 - b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player (one of whom may be a goalkeeper) to a total of five (5) shots for each team;
 - c. If a tie still remains after the five shots have been taken, the same players selected in Para 6(a) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time until all members of the team have taken a kick.

TIE-BREAKING PROCEDURES

7. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:
 - a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;
 - b. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.

DISCIPLINE

8. Any player who is ejected during a match (red card) shall be automatically suspended for the next match of the competition. In addition, the incident shall be reviewed by the Discipline Committee to determine if additional disciplinary action is warranted.



9. Any player who accumulates three cautions (yellow cards) during the championship shall be automatically suspended for the match following that in which the third caution was received.

10. Any player receiving two red cards during the competition shall be suspended for the remainder of the competition.

EQUIPMENT

11. The official ball for the CF National Soccer Championship shall be announced annually by CFPSA/DPE in time for CF Regional Championships.

- a. The following equipment is mandatory:
- b. shin guards covered by socks; and
- c. goalkeeper – padded shorts/pants.

12. Any physical alteration to protective equipment is prohibited.

AWARDS

13. The winning team shall be awarded the CF National Soccer Championship Banner and CF National Soccer Championship trophy. Individual awards will be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

14. Duty and travel authority shall be granted to a maximum of eighteen (18) participants representing each competing region.



CHAPTER 16 - SQUASH

GENERAL

1. These rules and guidelines represent criteria for the competition as established by CFPSA/DPE.
2. Play shall be conducted in accordance with the current rules of Squash Canada.

EQUIPMENT

3. The ball to be used is the endorsed ball of Squash Canada.
4. All competitors must wear CSA approved protective squash eyewear.

AGE CATEGORY CALCULATIONS

5. The age category of a player for both team and individual play will be based on a player's age prior to the first day of January (1 Jan) of the year of the CF National Squash Championships.

TEAM COMPOSITION

6. Regional teams shall be comprised of nine (9) players who qualified at their respective CF Regional Championship.
7. Certificates of eligibility must include player's birth date. The team composition shall be as follows:
 - a. two (2) Women's Open; (women only)
 - b. one (1) Junior player (under 30 years of age);
 - c. one (1) Senior player (40 years of age and older);
 - d. one (1) Master player (45 years of age and older); and
 - e. four (4) Open players.

TOURNAMENT FORMAT

8. The CF National Squash Championship shall consist of a single round robin Team Tournament followed by an Individual Tournament. All matches in both the team and individual events shall be the best of three (3) out of five (5) games.



TEAM CHAMPIONSHIP

9. The intent of the team portion of the championships is to crown a national team champion from one of the participating regional teams. The following are specific guidelines for the team portion of the championships.

- a. Round Robin – The draw will be conducted using a single round-robin format;
- b. Scheduling – The scheduling of matches will normally be in the following sequences;
 - i. Under 30 (Juniors);
 - ii. Women's Open; (2,1)
 - iii. 45 years and over (Masters);
 - iii. 40 years and over (Seniors); and
 - iv. Open. (4,3,2,1)
- c. Gender Eligibility - The only gender restriction to the categories is that only females may participate in the Women's Open category;
- d. Scoring - The scoring is based on the maximum contribution of each and every team member. The team with the most points at the end of the round robin will be declared the Team Champion regardless of the head-to-head standings. Scoring will be based on a 1-2-6 point system, with one point awarded for each game won, two points awarded for winning a match, and 6 points awarded to the team that wins the most matches, each time one team plays another team. Defaulted matches will be scored as if the match was played 9-0, 9-0, 9-0 with a total of 5 points scored for the winning player; and
- e. Tie-breaking procedures - Ties in the round-robin tournament shall be broken as follows:
 - i. If two or more teams are tied, the total team points earned in the matches played between the tied teams apply;
 - ii. If a tie still exists, the total number of matches won between the tied teams applies
 - iii. If a tie still exists, the total number of games won between the tied teams applies; and



- iv. If a tie still exists, the total number of points scored in all games played between the tied teams applies.

Note: If a team is eliminated using the above procedures, the tie-breaking procedures will continue between the remaining teams until only one team remains.

INDIVIDUAL CHAMPIONSHIP

10. The intent of the individual portion of the championships is to crown a champion and a runner up in each of the individual categories. In the Open and Masters categories a third-fourth place match shall be played. Draws are to be developed with the intent of making the road to the championship finals, fair for all players. In addition, a significant amount of play for all competitors should be a secondary goal. The following are specific guidelines for the individual portion of the championships.

- a. Individual Categories are as follows:
 - i. Under 30 years of age; (Juniors)
 - ii. 45 years of age and over (Masters);
 - iii. Women's Open; and
 - iv. Open.
- b. Players may elect to play in any category for which they meet the age requirements regardless of which category they played in during the Team Tournament. The following restrictions however do apply:
 - i. Only females may play in the Women's Open Category; and
 - ii. Players are only permitted to participate in one individual category.
- c. Within one half (1/2) hour of the end of the Team Tournament, each CF Regional Team Captain is to submit a confidential list to the Chief Official indicating the player's name and chosen category for individual tournament play.



- d. Following the completion of the Team Tournament, the Chief Official, with the help of other appointed officials, shall draw up the schedule of play for the Individual Tournament. Results from the Team Tournament will be a significant source of info for the placement/seeding of competitors into the individual play schedule. However, other knowledge of player's performance can and should also be factored into seedings. The individual play schedules will be posted in a prominent location as soon as possible in order for players to note their match times and opponents.
- e. Seeded players should be spread throughout the draw. In particular, the first and fourth seeded players are to be placed in the top half of the draw, while the second and third seeded players are to be placed in the bottom half of the draw.
- f. Another consideration for draw make-up should be the region from where players come. Attempts should be made not to have members of the same region play each other in first or second round play.
- g. In cases, where there are only a small number of participants in a category (3, 4 or 6 participants), a round robin format followed by a final elimination should be used. Where only 3 or 4 players register for a category, a round robin should be played with the top two players in the round robin play advancing to a final championship match. When there are 6 players in a category, two round robin pools should be run with the top two players from each pool advancing to an knockout round. (first vs. second in opposing pools) In individual round robin play, 1 (one) point per game won is to be awarded towards individual standings. In the event of a tie, the first tiebreaker will be the head to head match record between players. The second tiebreaker will be the most points scored.
- h. Consolation rounds should be played.

AWARDS

11. The winner of the Team Championship will be awarded a Canadian Forces Squash National Championship Banner and the CF National Squash Championship trophy. Members of the winning team will be recognised.
12. Winners, and runners-up finishers will be recognised in all four categories.

DUTY AND TRAVEL

13. Duty and travel authority shall be granted to a maximum of nine (9) participants representing each region.



CHAPTER 17 - MEN'S AND WOMEN'S VOLLEYBALL

RULES

1. Play shall be conducted in accordance with the current rules of the Volleyball Canada Rule Book.
2. The libero player shall be used in accordance with the current rules of the Volleyball Canada Rule Book.

DRAW

3. The criteria for the competition draw shall be established by CFPSA/DPE, prior to the start of the CF National Championship.

TEAM COMPOSITION

4. Each region may enter one men's and one women's volleyball team in the CF National Volleyball Championship. The regional team shall be the team declared champion at the CF Regional Championship.
5. A team shall be composed of a maximum of eleven (11) participants. Full-time civilian DND employees, full-time CFPSA employees and personnel under a NPF service contract are eligible to participate as coaches, officials and managers only.

TOURNAMENT FORMAT

6. The Men's and Women's CF National Championship shall consist of a single round-robin tournament, followed by a single elimination playoff. All matches will be rally point play. Round robin matches will consist of the best two out of three sets. Two points will be awarded for each match won. All matches in the semi-finals and finals will consist of the best three of five sets.

TIE-BREAKING PROCEDURES

7. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:
 - a. The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
 - b. The team having the best ratio of won/lost games considering matches played between the tied teams, will be ranked higher;



- d. The team having the best ratio of won/lost games, considering all matches of the round-robin, will be ranked higher;
- e. The team having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher;
- f. The team having the best ratio of points for/against, considering all games played during the round-robin, will be ranked higher; and
- g. If a tie still remains, the jury of appeal in consultation with the chief official shall determine the most appropriate method of breaking the tie (ie: extra game, etc)

Note: When applying the tie-breaking rules, the organizing committee shall employ the following;

- i. When two teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken; and
- ii. When more than two teams are tied, the tie-breaking criteria are applied one after the other until all the tied teams have been ranked.

EQUIPMENT

8. The official ball for the CF National Volleyball Championship shall be announced annually by CFPD/DPE in time for CF Regional Championships.

AWARDS

9. Each winning team in the Men's and Women's competition will be awarded a CF National Volleyball Championship Banner and CF National Volleyball Championship trophy. Individual awards will be presented to the members of the winning and runner-up teams.

DUTY AND TRAVEL

10. Duty and travel authority shall be granted to a maximum of eleven (11) participants per team representing each competing region.



CHAPTER 18 - PROTECTIVE SPORTS EQUIPMENT

The equipment listed is the minimum requirement for personnel to be eligible to participate in their respective sport. Sports included in this list are those sports played at the CF National Championships, along with other sports that may be played on the bases across the country. It is the participant's responsibility to ensure that the mandatory equipment is worn during competition. A list of recommended protective equipment is also included for the information of participants. It is important to note that any physical alteration to protective equipment is prohibited.

SPORT	MANDATORY	RECOMMENDED
Badminton	Nil	CSA Approved Protective Badminton Eyewear
Basketball	Nil	CSA Approved Protective Badminton Eyewear
Ball Hockey	<p>Player</p> <ul style="list-style-type: none"> • CSA approved helmet and full face mask; • Elbow pads (mandatory); • CSA Approved hockey gloves or Dgel or Mylec gloves approved for ball hockey only (lacrosse or broomball gloves not authorized); • Jock strap with cup or Jill strap (pelvic protector for women); • One piece ball hockey shin/knee pads that must cover both shins and knees (broomball shin pads with volleyball knee pads, or soccer shin guards are not authorized); • Shoulder pads of any kind are not permitted; • Only running shoe type footwear with a non-slip sole is permitted. Steel-toed shoes are not permitted. <p>Sticks</p> <ul style="list-style-type: none"> • All sticks (including goal keepers) may be made of wood, fiberglass, or aluminum. Attached plastic blades are not permitted; • The blade of the stick shall not be less than 2 inches or more than 3 inches in width; and • The stick blades may be of any curvature. <p>Goaltender</p> <ul style="list-style-type: none"> • CSA approved helmet and full facial protector. Face protector must be securely fastened. Goalkeeper 'cat's eye' type masks are not authorized; • Chest & arm protectors; must be completely covered by the jersey; • Blocker (maximum 8 inches wide and 16 inches long) • Catching glove (maximum 9 inches wide and 16 inches long); • Goalie pads (maximum 14 inches wide); • Goalkeeper's footwear is not restricted to running shoes; other types of shoes may be worn by goalkeepers but may not be steel-toed. <p>Officials</p> <ul style="list-style-type: none"> • All officials shall wear a CSA approved helmet with a minimum of a half visor. 	
Broomball	<p>Players</p> <ul style="list-style-type: none"> • Helmet with full face protection with metal fasteners; • Elbow pads; • Shin guards; • Broomball gloves, and • Protective athletic cup • Soft shoulder pads <p>Goalkeeper</p> <ul style="list-style-type: none"> • All of the above plus chest protector and padded broomball pants. <p>All protective equipment must be CSA approved</p>	
Floor Hockey	CSA approved protective eyewear and protective athletic cup (if using a ball), gloves, and shin guards.	



<p>Men's Women's and Old Timers Hockey</p>	<p>Players</p> <ul style="list-style-type: none"> • Helmet and full face protector with metal fasteners and ear piece; • Elbow pads; • Shin guards; • Padded hockey pants; • Hockey gloves; • Shoulder pads; • Protective athletic cup; • Throat protector: • Men: for Quebec and B.C participants under 19 years, when championship is held in those provinces • Women: mandatory for all women • OT: recommended for OT <p>Goalkeeper</p> <ul style="list-style-type: none"> • CSA approved mask with throat protector; • Chest protector; • Arm protector; • Elbow protector; • Goalie leg pads, and • Goalie gloves. <p>All hockey equipment must be CSA approved for hockey.</p>
<p>Running</p>	<p>Proper running shoes</p>
<p>Squash</p>	<p>CSA Approved Protective Squash Eyewear</p>
<p>Soccer</p>	<p>Players</p> <ul style="list-style-type: none"> • shin guards covered by socks <p>Goalkeeper</p> <ul style="list-style-type: none"> • shin guards covered by socks, and • padded shorts/pants.
<p>Softball</p>	<ul style="list-style-type: none"> • CSA double ear flapped helmet shall be worn properly, while running the bases, at bat, and on deck to bat. • Catchers must wear mask, throat protector and helmet. An extended wire protection attached to the mask can be worn in lieu of the throat protector. The ice hockey goalie style face mask is approved for use by catchers, provided the model being used has not been disapproved by Softball Canada because of failure to meet safety standards and/or lack of protection of the throat area. • The double base (Safe-base) will be used at first base for all games.
<p>Volleyball</p>	<p>Knee pads</p>