



**Township of Langley 2010 BC Summer Games  
July 22-25, 2010**

This document contains the BC Games General Rules and the Sport-specific Rules for the 2010 BC Summer Games.

This information is also available on the BC Games Society website: [www.bcgames.org](http://www.bcgames.org) – Sport, Technical Packages and Rules.

### Condition of Entry

Participant information is collected under the authority of the BC Games Society. The information provided will be used to determine eligibility to participate in the 2010 BC Summer Games. On confirmation of eligibility the information will be used to arrange liability insurance coverage with respect to the voluntary participation of registered participants in the 2010 BC Summer Games. The name, hometown, and sport of registered participants will be provided to media outlets and available on the BC Games Society website. The name, address, and image of registered participants may be used in non-commercial promotion/development of sport and/or the BC Summer Games. The names, addresses, and images of Games participants may be provided to the Premier and the Minister responsible for the Games. For questions about the collection and use of this information, please contact Irene Schell at the BC Games Society at 250-387-1375 or [info@bcgames.org](mailto:info@bcgames.org).

As a condition of entry into, or volunteering at, the BC Summer Games, it must be understood that the participants and volunteers enter entirely at their own risk, and will not hold the Township of Langley 2010 BC Summer Games Society, the Province of British Columbia, and the BC Games Society, their staff, agents, and volunteer workers responsible for injury, loss or damage occurring during the 2010 BC Summer Games.

Participants and volunteers agree to release, discharge and undertake not to commence action against the Township of Langley 2010 BC Summer Games Society, the Province of British Columbia, and the BC Games Society from any and all claims and causes of action, or liability of any kind whatsoever for injuries, property damage, or death which in any way results from participating or volunteering in the Township of Langley 2010 BC Summer Games.

The Township of Langley 2010 BC Summer Games Society, the Province of British Columbia, and the BC Games Society do not assume responsibility for loss of wages, medical, dental, or hospital care for athletes, coaches, officials, or volunteers during the 2010 BC Summer Games.

### Eligibility of Competitors

- (a) Provincial Sport Organizations choose the age group of athletes to attend the BC Games within the BC Games Society Core Sport policy. Generally, they are under 18 and are athletes who have potential to move beyond local or regional competition to higher-level competition and are in the Training to Train or Training to Compete stages of the sport's Long Term Athlete Development (LTAD) model or Canadian Sport for Life (CS4L) framework.
- (b) Due to the level or age of athletes, some Provincial Sport Organizations have restricted the eligibility of competitors beyond those outlined in this section. Refer to sport-specific rules for information.
- (c) Athletes or teams competing in the BC Games must be approved by their respective Provincial Sport Organization.
- (d) The date for determining athlete ages for all events in a sport shall be no later than July 22, 2010, unless otherwise specified by the Provincial Sport Organization in the sport-specific rules.
- (e) The BC Summer Games are open to individuals whose permanent residence has been the Province of BC for at least three months immediately prior to the BC Games. Athletes who live and attend school outside the Province of BC, but who train in BC, are not eligible to compete in these Games.
- (f) Each Athlete, Head Coach, or Assistant Coach shall compete only for the zone in which they make their permanent residence. Any exceptions to this rule must have the approval of the BC Games Society Event Manager responsible for Sport prior to the Zone Qualification event(s). Exceptions to this rule may be considered for athletes who attend school outside of their Zone where it is not feasible for them to return to their Zone because of distance, to compete in the Zone Qualification event(s) for their Zone.
- (g) Each Athlete, Head Coach, and Assistant Coach may participate in only one sport at the BC Games.

### Accommodation

- (a) All participants under 19 years of age residing outside of the Langley School District #35 are required to stay in BC Games accommodation unless otherwise stated in the sport-specific rules. All athletes under 19 years must be properly chaperoned. See roles of Head Coaches and Assistant Coaches.
- (b) Athletes 19 years and over and those residing in the Langley School District #35 have the option of staying in BC Games accommodation or securing alternate accommodation at their own expense. Participants who elect to provide their own accommodation will be responsible for:
  - the cost of alternate accommodation;
  - supplying their own breakfasts and dinners; and
  - providing their own transportation while at the BC Games.

The accommodation choice of every participant must be indicated when they are registered via the BC Games Online Participant Registration process by the Registration Deadline. Those choosing BC Games accommodation are expected to stay for the duration of the Games and will be removed from competition if they depart from Games accommodation before the conclusion of the Games. Refer to section (f) for rules regarding leaving Games accommodation.

- (c) Athletes with a disability and their support personnel have the option of staying in BC Games accommodation or securing other accommodation at their own expense as outlined in paragraph (b) above. Athletes with a disability and their support personnel, who choose alternate accommodation at their own expense, will still have access to breakfasts and dinners in the BC Games cafeteria(s) at no cost.
- (d) Head Coaches and Assistant Coaches who accompany teams or individual athletes under 19 years of age are required to stay with them in BC Games accommodation in a supervisory capacity. Head Coaches and Assistant Coaches of teams or individual athletes where all athletes are 19 years of age and over are given an accommodation option as outlined in paragraph (b) above.
- (e) Officials for each sport who are 19 years and over have the option of staying in BC Games accommodation (for three nights) or securing alternate accommodation at their own expense. If officials choose to stay in alternate accommodation they will be provided with BC Games meals and transportation. Officials who are under 19 must stay in BC Games accommodation and must have an adult stay with them in a supervisory capacity.
- (f) Leaving Games Accommodation - Any Participant who chooses Games accommodation must remain in accommodation for the duration of the Games. Anyone who removes themselves from Games accommodation prior to the completion of the Games will be subject to disciplinary action, including disqualification from competition. Should participants be finished competition prior to the final day of the Games, they may

remove themselves from Games accommodation. Any participant removing themselves from Games accommodation is also removing themselves from Games transportation for their return trip. This means that they will need to make their own transportation arrangements for their trip home, at their own expense. Participants are permitted to permanently leave Games accommodation if and only if they (or a parent/guardian or the team coach, if under the age of 19) and the Provincial Advisor completes and submits the required form.

Note: Some sports may require all participants to take BC Games transportation and/or stay in BC Games accommodation. See sport-specific rules.

### **Entry Deadlines**

(a) Zone Qualification Events: Consult the Zone Representatives for local qualification dates. Check with the Provincial Sport Organization for subsequent deadlines. Zone Qualification dates are determined by each sport. See sport-specific rules.

(b) Registration of Games Athletes: The BC Summer Games registration deadline of Monday, June 21, 2010 must be strictly adhered to. Information about the BC Games Online Participant Registration process will be mailed to each Zone Representative listed for each sport (or the Provincial Advisor if a Zone Representative is not listed) six months prior to the Games. The BC Games Online Participant Registration process must be used by each sport to provide the names, addresses, etc. of all Athletes, Head Coaches, Assistant Coaches, and Substitutes from each Zone. The Zone Representative should ensure the BC Games Online Participant Registration process is completed immediately after the Zone Qualification event(s) and should not wait until June 21, 2010 to complete this process. The BC Games Society will mail a package with the Guide to the Games and other information regarding transportation, accommodation, accreditation, ceremonies, etc. directly to each registered participant within ten days of the registration deadline.

(c) Registration of Officials: Each Provincial Advisor will be sent information about the BC Games Online Participant Registration process so that they may register the predetermined number of officials for their sport by June 21, 2010. Officials registered after this date will not be entitled to stay in Games accommodation or travel on Games transportation to/from the Games and will be required to make their own travel and accommodation arrangements, at their own expense.

(d) Accreditation Centre: The Accreditation Centre location will be determined by the Host Community and the BC Games Society. Individuals should check in at the Accreditation Centre as soon as they arrive. No one will be permitted to obtain another participant's accreditation information. All participants in the BC Summer Games must personally check-in at the Accreditation Centre by 12:00 noon on Thursday of the Games weekend. No one will be accredited to participate in the BC Summer Games after that time. For further details on the location of the Accreditation Centre and all rules governing registration, please contact the BC Summer Games Event Manager responsible for Sport.

### **Substitution**

(a) Competitors: The Athletes and Substitutes in each sport, including the events they will participate in, where applicable, must be designated via the BC Games Online Participant Registration process by the registration deadline. Substitution for competitors may be made at the time of Accreditation in the Host Community only if the Substitute was registered as a Substitute via the BC Games Online Participant Registration process by the deadline of June 21, 2010. Under no circumstances will an athlete be permitted to substitute at the time of accreditation if their name does not appear as a properly registered substitute on reports from the BC Games Online Participant Registration process.

(b) Head Coaches, Assistant Coaches, and Officials:

Head Coaches, Assistant Coaches, and Officials may be substituted for those previously submitted, upon accreditation in the Host Community. The total number of Head Coaches, Assistant Coaches, and Officials may not exceed the number stated in sport-specific rules.

### **Registration Fee**

A registration fee of \$150.00 (inclusive of taxes) for each Athlete will be assessed for participation in the BC Games. The registration fee is waived for Head Coaches, Assistant Coaches, and Officials. The *payment of registration fees* to the BC Games Society is made by the Provincial Sport Organization for all athletes in attendance at the Games for their sport, within 30 days of the Games. It is the responsibility of the PSO to collect registration fees from athletes.

### **Transportation**

Chartered bus and/or air transportation will be arranged for Games participants from predetermined Zone pick-up points for arrival in the Township of Langley on Thursday, July 22. Charter bus and/or air transportation will depart from the Township of Langley in the afternoon and evening of Sunday, July 25 or early morning of Monday, July 26.

Alcohol consumption and smoking are NOT permitted on BC Games transportation. Bus drivers have the authority to remove any passengers from BC Games transportation who do not comply with these regulations.

The time and location of departures will be sent to all participants after June 21, 2010 when all registrations have been received and processed. No cash equivalents will be issued for alternative modes of transportation.

**Team Travel** - Team Travel is required for all Zones and all sports. The location for Team Travel will be established for each team compliment based on the location that the majority of the team comes from. If an alternate location is desired, the Zone Representative must make this request when the Online Participant Registration is completed. At least one of the adults (Head Coach or Assistant Coach) must be with each athlete from the Zone. Individual participants are responsible for their transportation to/from the pick up/drop off location. Coaches and/or Zone Reps are responsible for discussing the implications of team travel with the parents of their athletes.

Example: Teams or Zone complements requesting team travel from Nanaimo (where team/group members are coming from Victoria, Nanaimo, Comox, Campbell River, and Duncan, etc.) means that those people outside the Nanaimo area will be responsible for their own transportation to and from Nanaimo. All information mailed from the BC Games Society will indicate travel arrangements to and from Nanaimo.

Team Travel ensures that the Zone team will travel together to/from the Games. Without Team Travel, there is no way to guarantee that the team will travel together on the same bus or flight, or that they will arrive in the Host Community at the same time. It also means that there could be no adult supervision available for those athletes.

Zone Reps are required to select their Zone's Team Travel pick-up location (city) by the registration deadline of June 21, 2010 via the Online Participant Registration system.

### **Replacement Teams and Wildcard System**

Click here for information about the Replacement Team Policy (for team sports) and the Wildcard Policy (for individual sports).

### **Head Coaches and Assistant Coaches**

Unless stated otherwise in the sport-specific rules, Head Coaches at the 2010 BC Summer Games must be fully certified at NCCP Level 2 or the equivalent as specified in the sport-specific rules.

To assist Provincial Sport Organizations in meeting this requirement, the BC Games Society has implemented a Coaching Exemption Policy which permits PSOs to apply for an exemption on a Zone-by-Zone basis. Review the policy for more details. Exemption applications are due June 14, 2010 which is one week before the registration deadline. A link to the Coaching Exemption application will be provided at a later date - please check back.

In addition to coaching duties, Head Coaches and Assistant Coaches are expected to travel with their Athletes on BC Games transportation, stay with them in BC Games accommodation, and supervise them throughout the BC Games. Head Coaches and Assistant Coaches are expected to act in a supervisory capacity travelling to/from and at the Games with their Athletes and to ensure that their Athletes adhere to the BC Games General Rules, the sport-specific rules, and the Code of Conduct.

### **Adult Supervisors**

Additional adults to act as supervisors with a zone team (over and above the allocated number of Head Coaches and Assistant Coaches per sport and zone) are permitted only with the approval of the BC Games Event Manager responsible for Sport. If additional adults are permitted to be added to, or replace, the allotment of Head Coaches or Assistant Coaches for a sport, the following rules apply:

(a) Additional adults may only be added to the zone team complement when:

(i) the Head Coach and Assistant Coach (Role Code HCH or ACH) are of the opposite gender as the Athletes. For example, a male Head Coach and a male Assistant Coach are attending the BC Games with a female team; if none of the members of the team are over the age of 19, then an additional female must be added.

(ii) if a team or zone is made up of Athletes under the age of 19 and the sport rules allow for only one Head Coach, then an additional adult must be added to accompany those athletes not supervised by the Head Coach. For example, if the Head Coach is female, then an additional male must be added.

(b) Adult Supervisors must be a minimum of 19 years of age.

(c) Adult Supervisors must also reside in BC Games accommodation with their zone in a supervisory capacity. They are also expected to travel to and from the BC Games with their zone Athletes.

### **Officials**

Transportation, accommodation, and meals will be provided for a predetermined number of officials for each sport as outlined in sport-specific rules. These individuals will be named and registered by the Provincial Advisor before the registration deadline. In accordance with the BC Games Society policy, no officials will be paid a fee by the BC Games or the Host Community for their services.

In general, major officials (referees, umpires, etc.) are registered as officials through the Provincial Advisor and minor officials (scorekeepers, timers, etc.) are registered as volunteers in the Host Community.

Others (such as a Zone Representative or the Provincial Sport Organization President who has been actively involved in the administration and organization of their sport's involvement in the BC Games) may be registered on the list of officials, by the Provincial Advisor, as long as the maximum number of officials allocated for the sport is not exceeded. The Provincial Advisor must ensure that the officials (referees, umpires, etc.) have been appointed before naming any other individuals.

Refer to the Sport-specific rules for maximum number of officials for each sport.

Individuals registered as officials who are under 19 are required to stay in Games accommodation and are required to have an adult stay with them in a supervisory capacity.

### **Protests**

During the BC Games, protests are managed by the individual or groups as outlined below.

(a) **Sport Chair:** Team lists are available at sport venues through the Sport Chair. Any protests concerning eligibility of players must be directed in writing to the Sport Chair prior to the commencement of the game or event in question. All official protests must be concisely written, prepared in duplicate, and one copy presented to the BC Games Sport Chair immediately after the head Official has signed the official Results Sheet. The second copy of the protest must be forwarded to the Games Results Centre. The time and date must appear on the protest. Protests should only be presented and signed by the Head Coach or Assistant Coach.

(b) **Sport Jury:** Once a protest is submitted, the Sport Jury appointed for the sport (by the Provincial Advisor) shall meet and render a decision. This Sport Jury shall be made up of at least three Officials who have been appointed by the Provincial Advisor of the Sport Organization concerned (not to include Athletes, or Head Coaches, or Assistant Coaches). The decision of the Sport Jury must be made within one hour of the original protest. One copy of the decision of the Sport Jury is to be posted at the competition site and one must be forwarded to the Games Results Centre. The time, date, and signature of the Sport Jury must appear on the decision. Only those individuals designated as Officials for their sport are eligible to serve on the Sport Jury. The three individuals appointed to the Sport Jury do not receive transportation, accommodation, and meals in addition to the number of Officials allocated to each sport.

(c) **BC Games Jury:** The decision of the Sport Jury may be appealed within one hour after the posting of the decision by the Sport Jury. In this case, a written appeal signed by the Head Coach or Assistant Coach, will be presented to the BC Games Jury. This Jury shall be made up of three of the following: Host Community Games Society Director for Sport, the Games Operations Manager, a Host Community Games Society Director, the BC Games Event Manager responsible for Sport for that Games, and one member of the Sport Jury. The decision of the BC Games Jury will be posted at the competition site of the sport concerned and also at the Games Results Centre. The decision of the BC Games Jury will be final.

It is not the purpose or intent of the BC Games Jury to alter decisions made by the Official in charge during a game or individual event. The BC Games Jury becomes involved in protests concerning eligibility of a player or players, changes in schedule, etc.

### **Medals**

Gold, Silver, and Bronze medals specially cast for each BC Summer and BC Winter Games are awarded at the Games. Medals are awarded to each individual and/or official member of a team having competed and placed in a designated medal event as follows:

- When there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded.
- When there are three competitors or teams, only Silver and Gold medals will be awarded.
- When there are two competitors or teams, only a Gold medal will be awarded.
- Medals at the BC Summer and BC Winter Games are presented in the following order:  
Bronze Medal Third Place  
Silver Medal Second Place  
Gold Medal First Place

Only BC Games medals are permitted to be awarded at the BC Games unless pre-approved by the BC Games Event Manager responsible for sport and outlined in the sport-specific rules.

#### **Uniforms and Equipment**

(a) **Uniforms:** Uniforms are the responsibility of each individual or team. All Athletes must be properly attired for their sport. Uniforms, clothing, pinnies, etc. worn at the BC Games may not contain sponsor logos that conflict with the BC Games Society Corporate Partners. The BC Games Society logo may be used on the item only if sponsor logos are not included and only as specified by the BC Games Society. The Host Community Games logo may not be used on any team uniform, bag, or item. Any uniform or clothing items with markings require prior approval of the BC Games Society. For further details refer to the BC Games Society policy for uniforms and clothing.

(b) **Equipment:** All equipment used during the BC Games must meet the specifications of the governing Provincial Sport Organization. Individuals and/or teams must supply their own practice balls or equipment.

(c) **Medical Equipment:** Each individual or team is to supply their own basic training and medical supplies such as tape, elastic wraps, cold packs, etc. There will be fully qualified first-aid personnel at each sport location to treat any injuries sustained during competition.

#### **Zone Colours**

Colours have been established for each Zone for purposes of identification in various matters. These colours are not compulsory for uniforms if the individuals or teams have others they wish to use or if the sport is played in "whites". It is, however, appreciated if each Sport would attempt to incorporate their Zone colour in some manner to help identify their competitors. [Click here for Zone descriptors and colours.](#)

#### **Conduct of Participants**

Exemplary conduct is expected of all Games participants. This is expected from the time Games participants board BC Games transportation (or arrive at the Accreditation Centre by their own transportation) until they return home. Abuse of any BC Games rules by any participant in any sport may result in removal of that sport from future BC Games. Any behaviour contrary to the spirit of the BC Games or any violation of curfew regulations or BC Games policies, will result in appropriate disciplinary action.

Participants at any BC Games are one of many outstanding Athletes, Head Coaches, Assistant Coaches, and Officials who will be involved in competition. It is important that each participant show Games volunteers and all other Games participants the same respect they would want in return.

Any damages to a BC Games venue due to the actions of a participant(s) will result in disciplinary action and/or financial restitution by the participant(s) involved and/or their Provincial Sport Organization.

During the Games, any Athlete, Head Coach, Assistant Coach, or Official found to be under the influence of, or in possession of, drugs or alcohol, will be subject to appropriate disciplinary action.

There will be no tolerance of harassment by the BC Games Society. The BC Games Society is committed to providing a sport, work, and volunteer environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment which promotes equal opportunities and prohibits discriminatory practices. All Games participants are expected to abide by the BC Games Society harassment policy. A copy of this can be obtained from the BC Games Society office.

#### **Medical Treatment**

The BC Games Society has implemented a Medical Protocol for the Removal of Injured Athletes from Competition. [Click here to review the policy.](#)

Head Coaches, Assistant Coaches, family members, and Athletes should also note that BC Games Medical volunteers assigned to each sport venue, in conjunction with the Medical Clinic physicians, are responsible for the treatment of all Games participants. Medical volunteers will be at every sport venue during scheduled practice and competition times and are always the first-responders to injuries. This is the case even if a Zone team travels with medical personnel, a trainer, or qualified first aid attendant.

## **Athletics**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: February 10, 2010  
Be sure to check back for updates.

**Age** 14 - 15

**Age Description** Born in 1995 and 1996.

**Venue** McLeod Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

All participants in the Zone Qualification trials and all participants at the BC Games must be registered members of BC Athletics. Check with the Provincial Advisor for details. <br><br>

Each zone is permitted the following: Three athletes for sprint events (100m and 200m), two athletes for all other events. One relay team per zone per relay event (4x100m and 4x400m). <br><br>

Each athlete may compete in 3 events plus one relay. Athletes competing in the pentathlon may compete in that event only, plus one relay.

#### **Events Categories**

Separate Events for Boys & Girls in:<br>100m, 200m, 300m, 800m, 1200m, 2000m, 1500m Race Walk, 1500m Steeplechase (no water jumps), Hurdles (girls 80m, boys 100m)\*, 200m Hurdles\*, 4x100m Relay, 4x400m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Discus (1kg), Javelin (600g), Shot Put (girls 3kg, boys 4kg), Hammer (girls 3kg, boys 4kg), and Pentathlon<br><br>

\* Notes:<br>

- 80 m hurdles: 8 hurdles at .762 m (30"), distance to first hurdle is 12 m, distance between hurdles is 8m, distance to finish is 12 m.<br>

- 100 m hurdles: 10 hurdles at .840 m (33"), distance to first hurdle is 13 m, distance between hurdles is 8.5 m, distance to finish is 10.5 m.<br>

- 200 m hurdles: 7 hurdles at .762 m (30"), distance to first hurdle is 20 m, distance between hurdles is 35 m, distance to finish is 40 m.<br>

- Pentathlon will take place over two consecutive days, in this order: Hurdles (girls 80m, boys 100m), High Jump, Shot Put, Long Jump, 800m (girls) or 1000m (boys).

#### **Medals**

# Athletics

## Township of Langley 2010 BC Summer Games

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event for boys and girls, within the parameters of the Minus-One Rule described above.

**Equipment** Personal throwing implements must be approved by the BC Athletics official a minimum of 1 hour before the start time of the event.. Items not approved will not be permitted in the competition. All other throwing implements will be supplied by the Host Club. Personal pole vaults poles are permitted but arrangements for their transportation to the Games must be made through the Provincial Advisor.

**Zone Team Composition** 30 (15 male and 15 female) competitors per zone.

**Wildcards** 48 wildcard spots (24 male and 24 female)

Wildcard spots are determined and allocated by the Provincial Advisor.

**Maximum Athletes** 288

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 3 Assistant Coaches (at least one of each gender) per zone. The minimum age for Coaches is 19 years of age. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or the equivalent in the new system.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

BC Athletics states that all participants are required to stay in BC Games accommodation, regardless of where they reside. THIS INCLUDES ATHLETES AND COACHES LIVING IN SCHOOL DISTRICT #35. Athletes are required to be part of their BC Summer Games Zone team from their arrival on Thursday until the end of the Games on Sunday. Coaches are expected to reside in BC Games accommodation with their athletes.

### **Zone Selections**

BC Athletics states that all Zone Qualification meets will be held no later than June 13, 2010. A minimal fee may be charged at the Zone Qualification meets.<br>

## **Athletics**

### **Township of Langley 2010 BC Summer Games**

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Zone Representatives must submit their proposed team lists to the Provincial Advisor prior to June 17, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**30** officials. See BC Games General Rules for registration procedures.



## **Athletics - Special Olympics**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** 13 - 50

**Age Description** Minimum of 13 years of age and maximum of 50 years as of July 24, 2008.

**Venue** McLeod Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes must be registered with Special Olympics BC prior to the selection deadline. All athletes must have participated in a provincially sanctioned Special Olympics event in 2007 or 2008.<br>

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Athletes may not attend more than two BC Games to compete in Athletics-Special Olympics.

#### **Events Categories**

Separate Male and Female Events: 100m, 200m, 400m, 800m, Long Jump, Shot Put<br>

Mixed Event: 4x100m Relay

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** a total of 16 athletes.

**Wildcards** No wildcards

**Maximum Athletes** 16

## **Athletics - Special Olympics**

### **Township of Langley 2010 BC Summer Games**

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#### **Head Coaches and Assistant Coaches:**

1 Head Coach and up to 3 Assistant Coaches (at least one of each gender). One Head Coach must be registered for the sport.

#### **Coaching Requirements**

All Head Coaches must be NCCP Level 2 SOC certified.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Special Olympics BC states that all athletes must stay in BC Games accommodation, regardless of where they live.

#### **Zone Selections**

All Zone Qualifications will be determined by BC Special Olympics no later than June 16, 2008.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**2** officials. See BC Games General Rules for registration procedures.

# Baseball

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 16

**Age Description** 14 or 15 years of age as of December 31, 2010.

**Venue** McLeod Athletic Park / Aldergrove Athletic Park

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes must be members of Baseball BC or a member association. A minimal entry fee may be charged at the Zone Qualifications.<br>

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Teams are Zone all-star teams.

### **Events Categories**

Tournament draw to be made by Baseball BC.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

### **Equipment**

**Zone Team Composition** one team of 16 competitors per zone.

**Wildcards** No wildcards

**Maximum Athletes** 128

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches per team. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

# **Baseball**

## **Township of Langley 2010 BC Summer Games**

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### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Provincial Coach. All Assistant Coaches must be fully certified at NCCP Level 1 or Regional Coach.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Baseball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

Baseball BC states that all Zone Qualifications and Online Registration must be completed by June 14, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**22** officials. See BC Games General Rules for registration procedures.

## **Basketball - Boys**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 14

**Age Description** Under 14 as of January 1, 2010.

**Venue** Langley Events Centre/RE Mountain Secondary

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitors must be members of Basketball BC.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Participants are required to travel to and from the Games with their team, on BC Games transportation, where provided, unless approval for exceptions is received from Basketball BC prior to the Games.

#### **Events Categories**

Tournament format to be determined by Basketball BC.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Size #7 Baden basketballs will be used for all boys' games.

**Zone Team Composition** one team of 10 male competitors per zone.

**Wildcards** No wildcards

**Maximum Athletes** 80

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (at least one of whom must be male) per team. Each

## **Basketball - Boys**

### **Township of Langley 2010 BC Summer Games**

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zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or the equivalent CBET level.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Basketball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside. <br>

<br>

The BC Games Society requires participants stay in accommodation of the duration of the Games. Removal from accommodation will result in disqualification from competition. Once competition is complete, participants may be checked out of accommodation ONLY if approval is received from Basketball BC prior to the Games.

#### **Zone Selections**

Zone selections to be determined by Basketball BC.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

11 officials. See BC Games General Rules for registration procedures.

## **Basketball - Girls**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 3, 2010

Be sure to check back for updates.

**Age** Under 14

**Age Description** Under 14 as of January 1, 2010.

**Venue** Langley Events Centre/RE Mountain Secondary

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitors must be members of Basketball BC.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Participants are required to travel to and from the Games with their team, on BC Games transportation, where provided, unless approval for exceptions is received from Basketball BC prior to the Games.

#### **Events Categories**

Tournament format to be determined by Basketball BC.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Size #6 Baden basketballs will be used for all girls' games.

**Zone Team Composition** one team of 10 female competitors per zone.

**Wildcards** No wildcard

**Maximum Athletes** 80

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (at least one of whom must be female) per team.

## **Basketball - Girls**

### **Township of Langley 2010 BC Summer Games**

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Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or the equivalent CBET level.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Basketball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.<br>

<br>

The BC Games Society requires participants stay in accommodation of the duration of the Games. Removal from accommodation will result in disqualification from competition. Once competition is complete, participants may be checked out of accommodation ONLY if approval is received from Basketball BC prior to the Games.

#### **Zone Selections**

Zone selections to be determined by Basketball BC.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**11** officials. See BC Games General Rules for registration procedures.



# Boccia

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** 13 - 35

**Age Description** Minimum of 13 years of age and a maximum of 35 years of age as of January 1, 2010.

**Venue** Walnut Grove Community Centre

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes who have participated on the National Boccia Team at a competition are ineligible to participate in the BC Summer Games.

<br><br>

Participants must members in good standing of SportAbility.

<br><br>

Athletes may not attend more that two BC Games to compete in Boccia.

### **Events Categories**

One combined Male and Female competition will be held.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Athletes will be permitted to bring their own balls. Competition balls will be provided. All equipment presented must meet the criteria as stated in the 10 edition of the CPISRA Rules.

**Zone Team Composition** 30 athletes

### **Wildcards**

**Maximum Athletes** 30

# **Boccia**

## **Township of Langley 2010 BC Summer Games**

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### **Head Coaches and Assistant Coaches:**

1 Head Coach and up to 4 Assistant Coaches (at least one of each gender) for the sport. Up to one personal care Assistant will be permitted per athlete, where required, and with the permission of the Provincial Advisor and the BC Games Society staff responsible for sport at the BC Summer Games. One Head Coach is required for the sport.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or the equivalent level.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Any participant with a disability under 19 years may choose to reside outside BC Games accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for transportation at the Games. Meals will be provided as per the Bus & Meal Schedule for the Sport.

<br><br>

If any athletes stay in BC Games accommodation, at least one Coach of the same gender must stay with them to supervise.

### **Zone Selections**

All Registration must be submitted to the SportAbility office by June 7, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

11 officials. See BC Games General Rules for registration procedures.

# Canoe/Kayak

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: May 5, 2010

Be sure to check back for updates.

**Age** U 16

**Age Description** Athletes must be of Bantam (U14 as of January 1, 2010) or Midget (U16 as of January 1, 2010) ages as per Canoe/Kayak Canada rules.

**Venue** Langley Rowing and Paddling Centre

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes who have qualified for a single final at the previous year's National Championship are not eligible to participate at the BC Summer Games.

<br><br>

Every athlete must participate in a minimum of three (3) events and a maximum of (10) events. For kayak paddlers at least three (3) of which must be in the the canoe discipline, for canoe paddlers at least 2 must be in the kayak discipline.

<br><br>

All participants must be members of CanoeKayak BC.

<br><br>

Athletes may only attend one BC Games to compete in Canoe/Kayak.

### **Events Categories**

<br>Kayak: <br>

K-1 Male - 500m Open, 500m Train to Train, 2000m Open <br>

K-1 Female - 500m Open, 500m Train to Train, 2000m Open <br>

K-2 Male - 500m Open, 500m Train to Train, 2000m Open <br>

K-2 Female - 500m Open, 500m Train to Train, 2000m Open <br>

K-4 Male - 500m Open <br>

K-4 Female - 500m Open <br>

K-4 Mixed - 500m Open <br>

Slalom K-1 Male - Open<br>

Slalom K-1 Female - Open <br>

<br>

Canoe:<br>

C-1 Male - 500m Open, 500m Train to Train, 2000m Open<br>

C-1 Female - 500m Open, 500m Train to Train, 2000m Open<br>

C-2 Male - 500m Open, 500m Train to Train, 2000m Open <br>

C-2 Female - 500m Open, 500m Train to Train, 2000m Open<br>

## Canoe/Kayak

### Township of Langley 2010 BC Summer Games

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C-4 Male - 500m Open<br>

C-4 Female - 500m Open<br>

C-4 Mixed - 500m Open<br>

OC-6 Mixed - 500m Open, 2000m Open<br>

Slalom C-1 Male - Open <br>

Slalom C-1 Female - Open<br>

<br>

Skills Competition Male - Open<br>

Skills Competition Female - Open <br>

<br>

Every athlete must participate in a minimum of three (3) events and a maximum of (10) events. For kayak paddlers at least three (3) of which must be in the canoe discipline, for canoe paddlers at least 2 must be in the kayak discipline.<br>

<br>

Singles:<br>

Entries in the Train to Train (T to T) kayak category must compete in a trainer kayak or steadier boat (i.e.. Ocean or touring kayak). Entries in the T to T canoe category must compete in a 'clipper' canoe type boat and may use a high kneel position. A competitor may enter open in one discipline and T to T in another.<br>

<br>

Doubles:<br>

At least one member of a T to T K-2 must have competed in the T to T K-1 event. Entries in the T to T canoe category must compete in a 'clipper' canoe type boat and may use a high kneel position.<br>

<br>

Fours:<br>

A minimum of 50% of the crew must race in each discipline (canoe and kayak). Entries in the open canoe category must compete in a 'clipper' canoe type boat and may use a high kneel position. Mixed gender events, including OC-6 require 50/50 split of genders in the team. Team members cannot be replaced between heats and finals without Competition Committee approval.<br>

<br>

Slalom Singles:<br>

All competitors are encouraged to enter in at least one slalom event. Practice time will be allowed in the camp just prior to the Games and just before the timed event.<br>

<br>

Skills Competition:<br>

Participants will compete in both canoe and kayak drills and will use developmentally appropriate equipment/skills based on their participation in the single sprint event (i.e. An athlete competing in Open K-1/Train to Train C-1 would be using a sprint K-1 and a clipper canoe. An athlete competing in Train to Train K1/Open C-1 would be using a Train to Train K-1 and a sprint C-1.)<br>

<br>

Participants will have the opportunity to familiarize themselves with the equipment in the training camp prior to the Games.<br>

<br>

## **Canoe/Kayak**

### **Township of Langley 2010 BC Summer Games**

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The Competition Committee reserves the right to move T to T paddlers to Open when obviously outclassing their category.<br>

<br>

The Competition Committee reserves the right to combine race where the entries are less than three (3) boats.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

#### **Equipment**

All racing equipment (boats, lifejackets, kneeblocks, paddles, and other personal equipment) will be provided at the venue. CanoeKayak BC will coordinate the transportation of required equipment from clubs to the Games.

**Zone Team Composition** 8 athletes (no more than 6 of one gender) per zone.

**Wildcards** 16 wildcards (no more than 10 of one gender).

**Maximum Athletes** 80

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Entry Level Competitive Coach Trained.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

CanoeKayak BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

## **Canoe/Kayak**

### **Township of Langley 2010 BC Summer Games**

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#### **Zone Selections**

CanoeKayak BC states that all zones must complete Zone Qualification events by June 7, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**19** officials. See BC Games General Rules for registration procedures.

## **Cycling - BMX**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 20, 2009

Be sure to check back for updates.

**Age** 13-16

**Age Description** Males and females 13, 14, 15, or 16 years of age as of December 31, 2010.

**Venue** Langley BMX

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

All competitors and Coaches must be members of Cycling BC or hold a CCA racing licence by June 1, 2010. Zone Reps and/or Coaches will be required to present a valid cycling licence for each of their athletes at the BC Games on July 21, 2010.

<br><br>

Please note: Cycling BC has One-Event licences available for \$30 for those who do not hold a cycling licence.

<br><br>

Athletes may compete in Cycling-Road/Off Road or Cycling-BMX, but not both.

<br><br>

Wildcard spots will be assigned by the Provincial Advisor.

<br><br>

Athletes may only attend one BC Games to compete in Cycling.

#### **Events Categories**

The BMX competition will include: 3 Motos, 2 Semi-Finals and Finals. Separate male and female events. A mandatory clinic will also be held at the Games.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

#### **Equipment**

All equipment must meet the parameters and specifications outlined in the UCI and Canadian Cycling Association Rule Books. Each athlete

## **Cycling - BMX**

### **Township of Langley 2010 BC Summer Games**

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may only bring one bike to the Games.

**Zone Team Composition** 2 athletes per zone. Preference will be given to providing the two spots for the zone to one male and one female. Only where a zone cannot field athletes of both genders, will the Provincial Advisor approve the zone bringing two athletes of the same gender. Athletes may compete in Cycling-Road/Off Road or Cycling-BMX, but not both.

**Wildcards** 16 wildcard spots (no more than 10 of one gender).

**Maximum Athletes** 32

#### **Head Coaches and Assistant Coaches:**

between Cycling - BMX and Cycling - Road/Off Road each zone is permitted 1 Head Coach and 1 Assistant Coach. Where the Zone team for the two disciplines includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise one must be the same gender as the athletes. At least one Head Coach must be registered for each zone between Cycling - BMX and Cycling - Road/Off Road.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Intro to Competition in the new system.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Cycling BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Cycling BC states that all zones must complete Zone Qualification events by June 5, 2010 and that Online Registration must be completed by June 19, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**4** officials. See BC Games General Rules for registration procedures.



## **Cycling - Road/Off Road**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: July 20, 2009

Be sure to check back for updates.

**Age** 13 - 16

**Age Description** Males and females 13, 14, 15, or 16 years of age as of December 31, 2010.

**Venue** Willoughby Community Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

All competitors and Coaches must be members of Cycling BC or hold a CCA racing licence by June 1, 2010. Zone Reps and/or Coaches will be required to present a valid cycling licence for each of their athletes at the BC Games on July 21, 2010.<br>

<br>

Please note: Cycling BC has One-Event licences available for \$30 for those who do not hold a cycling licence.<br>

<br>

Athletes may compete in Cycling-Road/Off Road or Cycling-BMX, but not both.<br>

<br>

Wildcard spots will be assigned by the Provincial Advisor.<br>

<br>

Athletes may only attend one BC Games to compete in cycling.

#### **Events Categories**

There will be a Road and Off Road Event. Athletes must participate in both events.

Separate male and female events. <br>

<br>

Road: Criterion series of three races and a Time Trial. <br>

<br>

Off Road: Will include a course combining grass fields, dirt trails, and several forced dismounts and running sections. Cyclocross or Mountain bikes are permitted.<br>

<br>

A mandatory clinic will also be held at the Games.

#### **Medals**

## **Cycling - Road/Off Road**

### **Township of Langley 2010 BC Summer Games**

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event for males and females within the parameters of the Minus-One Rule described above.

**Equipment** All equipment must meet the parameters and specifications outlined in the UCI and Canadian Cycling Association Rule Books. Gear restrictions do apply for the BC Games in Road events. Cyclocross or Mountain bikes are permitted for the Off Road events. Each athlete may only bring two bikes to the Games.

**Zone Team Composition** 3 competitors (no more than 2 of one gender) per zone. Athletes may compete in Cycling-Road/Off Road or Cycling-BMX, but not both.

**Wildcards** 16 wildcards (no more than 10 of one gender).

**Maximum Athletes** 40

#### **Head Coaches and Assistant Coaches:**

between Cycling - BMX and Cycling - Road/Off Road each zone is permitted 1 Head Coach and 1 Assistant Coach. Where the Zone team for the two disciplines includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise one must be the same gender as the athletes. At least one Head Coach must be registered for each zone between Cycling - BMX and Cycling - Road/Off Road.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Intro to Competition in the new system.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Cycling BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Cycling BC states that all zones must complete Zone Qualification events by June 5, 2010 and that Online Registration must be completed by June 19, 2010.

## **Cycling - Road/Off Road**

### **Township of Langley 2010 BC Summer Games**

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**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**4** officials. See BC Games General Rules for registration procedures.

## Diving

### Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 1, 2010

Be sure to check back for updates.

**Age** 12 - 15

**Age Description** Minimum of 12 years of age and maximum of 15 years of age as of December 31, 2010.

**Venue** Walnut Grove Community Centre

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Divers must be registered with DPC (Diving Plongeon Canada) or BCSSA (British Columbia Summer Swimming Association) and be age-eligible for the next Canada Games. <br><br>

The top 3 athletes at Age-Group Nationals in 2009 are not eligible to compete in the same category or group at the BC Games. Athletes that have attended the Canada Games are not eligible to compete at the BC Games. <br><br>

Athletes attending the BC Summer Games for the first time must perform 6 dives without limit, covering 4 groups, in both 1 metre and 3 metre events.<br><br>

Athletes attending the BC Summer Games for the second time must perform 6 dives, covering 5 groups, with a minimum degree of difficulty of 11.6, in both 1 metre and 3 metre events.<br><br>

When Zone Teams and Wildcards are being selected, athletes attending the BC Summer Games for the first time are given preference and priority over athletes attending a second time.<br><br>

Athletes may not attend more than two BC Summer Games to compete in Diving.

#### **Events Categories**

1 and 3 meter springboards. Categories C and B group divers.<br>

Women's C - 1 metre springboard<br>

Women's B - 1 metre springboard<br>

Women's C - 3 metre springboard<br>

Women's B - 3 metre springboard<br>

Men's C - 1 metre springboard<br>

Men's B - 1 metre springboard<br>

Men's C - 3 metre springboard<br>

## **Diving**

### **Township of Langley 2010 BC Summer Games**

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Men's B - 3 metre springboard<br>  
<br>

Each diver may compete in both the 1 metre and 3 metre events.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** 5 competitors (no more than 3 of one gender) per zone.

**Wildcards** 16 wildcard spots (no more than 12 of one gender)

**Maximum Athletes** 56

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Head Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Competition Introduction.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

BC Diving Association states that all participants must stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

The BC Diving Association states that Zone Qualification events are to be completed by June 20, 2010. Zone Qualification events must use the same rules regarding categories and events.

## **Diving**

### **Township of Langley 2010 BC Summer Games**

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**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**10** officials. See BC Games General Rules for registration procedures.

# Equestrian

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: July 21, 2009

Be sure to check back for updates.

**Age** 13 - 18

**Age Description** A minimum of 13 years of age and a maximum of 18 years of age as of January 1, 2010.

**Venue** Thunderbird Show Park

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitors must reside in the Zone for which they are competing. They must compete with the same horse as they qualified on during the BC Summer Games zone selection trials. Riders must be members in good standing of Horse Council BC and must have proof of membership.

<br><br>

Competitors may enter only one Equestrian division at the BC Summer Games, but may enter any division during the zone selection trials.

<br><br>

For 2010, on a trial basis, athletes may attend a second BC Summer Games if they are competing at a higher level of difficulty than at their first BC Summer Games. For Dressage, this will be Second Level, for Jumpers this will be 1.20m, and Reining athletes will compete with a one-point handicap. Athletes must qualify at the level they will compete at during the Games. Classes will be held as "level of choice" with all athletes in each discipline competing against each other in one class, regardless of the level of difficulty they are riding at. Athletes attending the BC Summer Games for the first time in 2010 may challenge the higher level of difficulty, and must also qualify at the level they wish to compete at. Athletes attending for the Games for the first time will be given priority in the selection of zone athletes and wildcards.

<br><br>

Riders must submit at least two scores from a minimum of two qualifying competitions in all three classes, except for Reiners who may submit scores from one qualifying competition. Reiners may attend qualifiers in a zone they do not reside in, if enough qualifying competitions are not available in their zone.

<br><br>

**Dressage:** Dressage rider/horse combinations who have competed at the third level or equivalent and above at a national competition are not eligible to compete at the BC Summer Games in Dressage.

<br><br>

**Jumpers:** Rider/horse combinations who have placed individually or as a team 1st, 2nd, 3rd,

## Equestrian

### Township of Langley 2010 BC Summer Games

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or 4th in jumping in a national competition in 2008 or 2009 in a class with specifications of 4 feet or over are not eligible to compete in jumping at the BC Summer Games.

<br><br>

Reiners: Rider/horse combinations cannot have been named in the top four of the top ten Reining Canada youth riders.

<br><br>

Vaulters: Vaulters between approximately 11 and 18 years of age who are eligible according to BC Equestrian Vaulting Rules to compete at the Division D canter level in the 2009/2010 competition season. Eligible vaulters may not have won a BC Championship title nor competed at the Canadian national or FEI level as an individual vaulter.

<br><br>

Vaulters will compete for the Zone in which they reside, which is not necessarily the Zone their home club trains in. It is the responsibility of vaulters and their coaches to determine which Zone they may qualify for.

<br><br>

Wildcards are allocated by the Provincial Advisor for Equestrian.

#### **Events Categories**

All events open to both male and female riders on equal terms. All events are combined male and female events.<br>

<br>

Current Equine Canada Rules apply to Dressage and Jumper Divisions. National Reining Horse Association Rules apply to the Reining Division.<br>

<br>

Rider declaration forms are available from Zone Representatives, Provincial Coordinators, Horse Council BC, or at qualifying competitions. Forms must be carefully read, completed, signed and returned to Horse Council BC.<br>

<br>

Dressage Division:<br>

1. First Level Test 3<br>
2. First Level Test 4<br>
3. First Level Freestyle<br>

<br>

Reining Division:<br>

1. Youth Reining Pattern TBA<br>
2. Youth Reining Pattern TBA<br>
3. Youth Reining Pattern TBA<br>

<br>

Jumper Division:<br>

1. 1.10m Welcome Jumper FEI 238.2.2 <br>
2. 1.10m Mini Grand Prix FEI 273.3.1 A competition in two rounds with a jump off.

Starting order for the second round will be the reverse order of penalties and time in the first round. Penalties from round one and round two will be added together. In the event of equality of penalties for first place, there will be a jump off against the clock. Other competitors are placed according to their penalties over two rounds and their time from the first round. <br>

3. 1.10m Speed Derby FEI 238.2.1 The derby competition will take place over a course of



## **Equestrian**

### **Township of Langley 2010 BC Summer Games**

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at least 1000m and not more than 1300m. Natural obstacles will be used. No jump off.<br><br>

Vaulting Division:<br>

Division B Walk - compulsory test and freestyle test<br>

Division D Canter - compulsory test and free style test<br>

Competition tests could be done over two days with walk on day 1 and canter on day 2. If there is insufficient time for two tests then only the canter tests should be offered. They can be held on the same day provided there is an hour break between the compulsory tests and the freestyle tests.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event in each division, within the parameters of the Minus-One Rule described above. <br>

<br>

Medals will also be awarded to the Zone team with the highest aggregate medal count. A Zone team shall consist of at least 5 competitors from three different disciplines, from the same Zone.<br>

<br>

Competitors must be present at the Medal Presentation Ceremony, and appropriately attired, in order to receive their medal.

#### **Equipment**

**Stabling and Feed:** Feed and hay for horses is the responsibility of the competitors. Stabling is provided free of charge by the Township of Langley 2010 BC Summer Games for Wednesday, Thursday, Friday, Saturday, and Sunday nights only. Check out time is 11 am on Monday. Bedding is provided.

**Tack and Attire:** Competitors must have the appropriate tack and numbers on their horses at all times when being worked and/or ridden and must be in appropriate attire when on the show grounds and in stable areas. Properly worn and fitted ASTM/SE1 helmets must be worn by competitors whenever mounted, where called for in competition requirements.

For vaulting, two experienced vaulting horses (and their lungers) will be provided. Each vaulter and Coach will have the choice of two horses - each will also serve as a reserve horse for the other.

**Zone Team Composition** 5 athletes per zone.

# Equestrian

## Township of Langley 2010 BC Summer Games

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**Wildcards** 8 wildcard spots

**Maximum Athletes** 48

### **Head Coaches and Assistant Coaches:**

1 Head Coach (chef d'equipe) and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise one must be the same gender as the athletes.

If the Zone team includes athletes in 3 or more disciplines an additional Assistant Coach may be added with the permission of your Provincial Advisor. The Provincial Advisor will request approval from the BC Games Society Event Manager.

### **Coaching Requirements**

All Head Coaches (chef d'equipe) must be fully certified at NCCP Level 2 or Competition Coach Specialist. Each zone is required to have a Head Coach. All Assistant Coaches must either be NCCP Level 1 certified or be registered as "in training" with Horse Council BC in the new certification program. Athletes' primary Coaches are encouraged to attend the Games and take part in the Coaching development opportunities but they will not be accredited and attendance at the Games will be at their own expense.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Horse Council BC states that all participants must stay in BC Games accommodation, regardless of where they reside. Groom will be appointed by the rider and will stay on site with horses.

### **Zone Selections**

Wildcards are allocated by the Provincial Advisor for Equestrian.<br><br>

Final results from the Zone selections must be provide to the discipline chairs from the Zone Representatives and the Assistant Provincial Advisor by June 16, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**15** officials. See BC Games General Rules for registration procedures.

## **Equestrian - Para**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: March 19, 2010

Be sure to check back for updates.

**Age** 13-30

**Age Description** A minimum of 13 years of age and a maximum of 30 years of age as of January 1, 2010.

**Venue** Thunderbird Show Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Para riders must be members in good standing of Horse Council BC and registered with BC Therapeutic Riding Association prior to selection deadline.

<br><br>

Competitors must be classified and compete in their Grade according to their functional classification. Competitors with an intellectual disability will be permitted to participate in the BC Summer Games and must complete and submit the INAS-FID Classification forms.

Riders with an intellectual disability will ride Grade 2 tests.

<br><br>

Competitors who have placed individually, or as a team, 1st, 2nd, 3rd, or 4th in national or international competitions in 2007 or 2008 are not eligible to compete at the BC Summer Games.

<br><br>

Riders must submit two scores from a minimum of two qualifying competitions in the Novice and Team Test classes. Riders may attend a qualifier in a zone they do not reside in, if enough qualifying competitions are not available in their zone. Qualifiers to be held in conjunction with zone dressage qualifiers. There is no minimum qualifying score. Selection will be: Highest scoring (combination of novice and team tests) rider in each zone will be selected. Remaining riders to a maximum total of 10 will be selected using the next highest scoring riders.

<br><br>

Athletes may not attend more than two BC Games to compete in Equestrian - Para.

#### **Events Categories**

Grade 1a (walk only) – Novice, Team test and Freestyle (freestyle is optional)<br>

Grade 1b (walk & trot) – Novice, Team test and Freestyle (freestyle is optional)<br>

Grade 2 (walk & advanced trot) – Novice, Team test and Freestyle (freestyle is optional)<br>

Grade 3 (walk, trot & canter) – Novice, Team test and Freestyle (freestyle is optional)<br>

Grade 4 (walk, trot & canter) - Novice, Team test and Freestyle (freestyle is optional)<br>

## **Equestrian - Para**

### **Township of Langley 2010 BC Summer Games**

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<br>

Each athlete will participate in the Novice and Team tests for their Grade and the Freestyle will be optional. All tests are 2010 FEI Para dressage tests.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded for each event, all Grades combined, within the parameters of the Minus-One Rule described above.

#### **Equipment**

Stabling and Feed: Feed and hay for horses is the responsibility of the competitors. Stabling is provided free of charge by the Township of Langley 2010 BC Summer Games for Wednesday, Thursday, Friday, Saturday, and Sunday nights only. Check out time is 11 am on Monday. Bedding is provided.

<br><br>

Tack and Attire: Competitors must have the appropriate tack and numbers on their horses at all times when being worked and/or ridden and must be in appropriate attire when on the show grounds and in stable areas. Properly worn and fitted ASTM/SE1 helmets must be worn by competitors whenever mounted, where called for in competition requirements.

#### **Zone Team Composition**

a maximum of 10 athletes. Each Zone may field one athlete. Once all Zones have submitted their registration, the assignment of unallocated spots will be assigned to Zones by the Provincial Advisor.

#### **Wildcards**

**Maximum Athletes** 10

#### **Head Coaches and Assistant Coaches:**

1 Head Coach (chef d'equipe) and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise one must be the same gender as the athletes. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches (chef d'equipe) must be fully certified at NCCP Level 2 or Competition Coach Specialist. All Assistant Coaches must either be NCCP Level 1 certified or be registered as "in training" with Horse Council BC in the new certification program. Athletes'

## **Equestrian - Para**

### **Township of Langley 2010 BC Summer Games**

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primary Coaches are encouraged to attend the Games and take part in the Coaching development opportunities but they will not be accredited and attendance at the Games will be at their own expense.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Horse Council BC states that all participants must stay in BC Games accommodation, regardless of where they reside. The exception to this is any participant with a disability who may choose to reside outside BC Games accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for BC Games transportation at the Games. Meals will be provided, as per the Bus & Meal Schedule for the sport.

<br><br>

Groom will be appointed by the rider and will stay on site with horses.

#### **Zone Selections**

Final results from the Zone selections must be provide to the discipline chairs from the Zone Representatives and the Assistant Provincial Advisor by June 16, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**3** officials. See BC Games General Rules for registration procedures.

## **Field Hockey - Girls**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: July 14, 2009

Be sure to check back for updates.

**Age** Under 14

**Age Description** Competitors must be at least 12 years of age and under 14 as of January 1, 2008.

**Venue** Willoughby Community Park (East)

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Field Hockey.

#### **Events Categories**

Tournament draw to be made by Field Hockey BC.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

#### **Equipment**

Dress Code: Players will wear knee length socks, a hockey skirt, and a shirt with sleeves, collar optional (no tank tops). All players must have numbered shirts, including the Goalkeeper, who will wear her number on the front of a different coloured shirt.

**Zone Team Composition** one team consisting of no less than 14 and no more than 16 female athletes per zone. Where a team consists of 16 players, at least two must be goalkeepers.

**Wildcards** No wildcards

**Maximum Athletes** 128

## **Field Hockey - Girls**

### **Township of Langley 2010 BC Summer Games**

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#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant (at least one of whom must be female) per team. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or the equivalent CBET level.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Field Hockey BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Field Hockey BC states that all Zone Qualification trials and Online Registration must be completed by June 14, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

## **Golf**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 21 2009

Be sure to check back for updates.

**Age** 12 - 16

**Age Description** 12- 16 years of age as of July 25, 2010.

**Venue** Redwoods Golf Course

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Players must abide by the BCGA Conditions of Competition and Local Rules.

<br><br>

The Rules of Play shall be the Rules of Golf as approved by the RCGA/USGA and the R & A.

<br><br>

Players must be members in good standing of the British Columbia Golf Association (BCGA) and present a current RCGA handicap card at registration.

<br><br>

BCGA may assess a tournament fee in addition to the BC Games registration fee. All fees are paid directly to BCGA.

<br><br>

Athletes may only attend one BC Games to compete in Golf.

#### **Events Categories**

Boys Individual, Girls Individual, Mixed Zone Teams.

<br><br>

All athletes will participate in a mandatory rules and etiquette session at the Games.

<br><br>

Athletes will participate in the practice on the Thursday of the Games. Details will be provided on the Sport Schedule.

<br><br>

Scoring:

<br>

Individual Play: 36 holes of stroke play. Scoring is based on a total two-day gross score.

Medals are awarded to the top 3 in each of the Boys Individual Play and Girls Individual Play.

<br><br>

Team Play: 36 holes of stroke play. Team scores are based on the two-day total of the 3 lowest net scores posted each day from any member of the Zone Team. Medals are awarded to the top 3 Teams. All players on a Zone Team must be from the same Zone.

#### **Medals**



# Golf

## Township of Langley 2010 BC Summer Games

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded for boy and girls events as well as for Zone team scoring, within the parameters of the Minus-One Rule described above.

**Equipment** Dress Code: Competitors must adhere to the dress code of the local host Golf Club and the BCGA. It is mandatory that all Zone participants be in the same uniform. Caps will be coloured by Zone colours.

**Zone Team Composition** 8 athletes (4 male and 4 female) per zone, except for Zones 1, 7, and 8 which are permitted 8 athletes and may bring up to 6 athletes of one gender, upon approval of BCGA. A minimum of 4 athletes comprise a Zone Team. Teams are expected to bring both male and female athletes.

**Wildcards** No wildcards

**Maximum Athletes** 64

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach/Manager per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must have Comp A and B OR Coach New Competitor (CNC) OR equivalent. Assistant Coaches/Managers must have completed NCCP Competition A or the equivalent course. Apprentice coaches will be considered as part of the BCGA coach development mode and must be pre-approved. Apprentice coaches cannot serve as Head Coaches.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

The BC Golf Association states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

## **Golf**

### **Township of Langley 2010 BC Summer Games**

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#### **Zone Selections**

The BC Golf Association states that all Zone Qualification events must be completed by June 8, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**15** officials. See BC Games General Rules for registration procedures.

## **Inline Hockey**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 9, 2009  
Be sure to check back for updates.

**Age** 14 & Under

**Age Description** Athletes born in 1995 or 1996. Females qualifying for the zone team maybe born in 1994, 1995, or 1996.

**Venue** Sportsplex

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Players must be members in good standing of the BC Inline Hockey Association.

<br><br>

Both male and female athletes are eligible.

<br><br>

Teams are Zone all-star teams.

<br><br>

Athletes may only attend one BC Games to compete in Inline Hockey.

#### **Events Categories**

Tournament draw to be determined by BC Inline Hockey Association.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Personal equipment must meet full NIHA Canada equipment requirements.

**Zone Team Composition** 12 athletes per zone.

**Wildcards** No wildcards.

**Maximum Athletes** 96

# **Inline Hockey**

## **Township of Langley 2010 BC Summer Games**

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### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise one must be the same gender as the athletes. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Development 1 (as per Hockey Canada Rules).

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

BC Inline Hockey Association states that all participants must stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

BC Inline Hockey Association states that all zones must complete Zone Qualification events by June 7, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**20** officials. See BC Games General Rules for registration procedures.

## **Lacrosse - Box**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** 15 - 16

**Age Description** Midget players born in 1994 or 1995.

**Venue** George Preston Rec Centre/ Langely Events Centre

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Teams must be comprised of members of registered team(s) who live in the applicable BC Games zone. Competitors must be members in good standing with the BC Lacrosse Association.

<br><br>

Competitors will be selected on a "try-out" basis. All competitors within the Zone, who meet all applicable regulations, will be notified of these try-outs.

<br><br>

Teams are Zone All-Star teams.

#### **Events Categories**

Tournament draw to be determined by the BC Lacrosse Association Minor Directorate.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Lacrosse balls must be CLA approved.

**Zone Team Composition** One team of 19 competitors, 2 of whom are goaltenders, per zone.

**Wildcards** No wildcards.

**Maximum Athletes** 152

## **Lacrosse - Box**

### **Township of Langley 2010 BC Summer Games**

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#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches per zone. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Competitive 2 or CPI Competitive Introduction. All Assistant Coaches must be fully certified at Community Development 1.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

The BC Lacrosse Association states that all participants must stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

All Online Registration must be completed and payment provided to the BC Lacrosse Association office by June 7, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**14** officials. See BC Games General Rules for registration procedures.

## **Lacrosse - Field**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** 14 - 15

**Age Description** Athletes born in 1995 or 1996.

**Venue** Willoughby Community Park (West)

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Teams must be comprised of members of registered team(s) who live in the applicable BC Games zone. Competitors must be members in good standing with the BC Lacrosse Association.<br>

<br>

Competitors will be selected on a "try-out" basis. All competitors within the Zone, who meet all applicable regulations, will be notified of these try-outs.<br>

<br>

Teams are Zone All-Star teams.

#### **Events Categories**

Tournament draw to be determined by the BC Lacrosse Association Field Directorate.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** Lacrosse balls must be CLA-approved.

**Zone Team Composition** One team of 19 players, 2 of whom are goaltenders, per zone.

**Wildcards** No wildcards

**Maximum Athletes** 152

## **Lacrosse - Field**

### **Township of Langley 2010 BC Summer Games**

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#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches per zone. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Competitive 2 or CPI Competitive Introduction. All Assistant Coaches must be fully certified at Community Development 1.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

The BC Lacrosse Association states that all participants must stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

All Online Participant Registration must be completed and payment provided to the BC Lacrosse Association office by June 7, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**14** officials. See BC Games General Rules for registration procedures.



# Rowing

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: April 6, 2010

Be sure to check back for updates.

**Age** Under 17

**Age Description** Under 17 years of age as of December 31, 2010. Athletes must be born in 1994 or later.

**Venue** Fort Langley Rowing and Paddling Centre

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Every competitor shall be a member of a rowing club recognized by Rowing BC and member in good standing of Rowing Canada Aviron (RCA). Each athlete must be registered as a competitive rower with RCA, and each Coach registered as a Coach. A RCA number will be required and verified.

<br><br>

Athletes who have participated in a Canadian National Senior, U23, Junior, of CanAmMex Team; or Canada Summer Games, Western Canada Summer Games, or Provincial Games in Canada at any time are not eligible to compete in the BC Summer Games.

<br><br>

Wildcards will be allocated by the Provincial Advisor and Provincial Coach.

<br><br>

Athletes may attend only one BC Games to compete in Rowing.

### **Events Categories**

Three (3) events a 1000m time trial, a skills event, and a 500m match race in three (3) categories: Women's 2x, Men's 2x's, and Mixed 4x with coxswain.

<br><br>

Races will be conducted under the current RCA Rules of Racing.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

# Rowing

## Township of Langley 2010 BC Summer Games

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**Equipment** W 2X (Lt. Wt.), MW 2X (Med to Hvy Wt.), and MW 4x + (Lt to Hvy Wt.) equipment will be used at the BC Summer Games. All racing equipment will be supplied by the Host Community. Assignment of boats will be random. Rowing BC will work with the Host Community to develop the equipment pool.

**Zone Team Composition** Four athletes (no more than 2 of one gender) per zone. For zones submitting a Mixed 4X+ team, a coxswain (of either gender) is permitted to be added to the zone team for a total of 5 athletes per zone. The intention is that each zone registers only one team per event. Zones that are unable to field both male and female teams can request permission of the Provincial Advisor to bring more than one team in an event, within the maximum number of athletes permitted per zone.

**Wildcards** 24 wildcard spots (no more than 20 of one gender)

**Maximum Athletes** 64

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 in the old program RCA Coach Trained in the new program. Assistant Coaches must be a minimum of NCCP Level 1 certified in the old program or RCA Coach 1 Trained in new program.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Rowing BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

Zone Qualification Event(s) must be completed by June 7, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**8** officials. See BC Games General Rules for registration procedures.

**Rowing**  
**Township of Langley 2010 BC Summer Games**

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## **Rugby - Boys**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 14

**Age Description** Under 14 and over 11 years as of January 1, 2010. Athletes must be born in 1996 or 1997.

**Venue** Willoughby Community Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Participants must be registered with the BCRU and be members in good standing.<br><br>

Teams are Zone all-star teams.<br><br>

Team composition to be determined by the Selection Committee. Identification camps will be held throughout the province starting in April 2010, with team selection finalized no later than the middle of June 2010. Final team selection will be the responsibility of a Zone Selection Committee, chaired by the Zone Representative.<br><br>

See Laws of the Game for Boys' Under-14 Rugby for rules.<br><br>

Athletes may only attend one BC Games to compete in Rugby.

#### **Events Categories**

Tournament Draw to be determined by the BC Rugby Union. All teams will play a minimum of 4 games.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

#### **Equipment**

A regulation size field with post pads and sideline flags will be used.

## **Rugby - Boys**

### **Township of Langley 2010 BC Summer Games**

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**Zone Team Composition** one team of 21 male competitors per zone.

**Wildcards** No wildcards

**Maximum Athletes** 168

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 3 Assistant Coaches/trainers per team. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Trained Introduction to Competition.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

The BC Rugby Union states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

The BC Rugby Union states that all Zone Qualification trials must be held by June 14, 2010 and all online registration must also be completed by 4:00 pm June 21, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**10** officials. See BC Games General Rules for registration procedures.

## Rugby - Girls

### Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 17

**Age Description** Under 17 and over 15 years as of January 1, 2010. Athletes must be born in 1993 or 1994.

**Venue** McLeod Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The BC Rugby does not recommend that players be encouraged to play out of their correct age group under any circumstances. However, exceptional players ONE BIRTH YEAR ONLY below the age band may play in the next higher age band team if:

<br>

- This BC Rugby policy statement has been made clear IN WRITING by the Coach to the player's parents and doctor.<br>

- Players MUST have a signed letter from EACH of the player's parent, the player's Coach, the player's doctor.<br>

- These letters must clearly state the author(s) fully understands the implications and risks of the player competing in the older age group, and that they each affirm that the player is physically, socially and mentally mature enough to play at that next higher Age Grade.<br>

- Copies of the Coach's letters to the doctor and parents, and the letters from the parents, doctor, and Coach, together with copies of the player's registration form, birth certificate and high school picture ID must be filed with the BC Rugby prior to the athlete taking the field in an Age Grade game above his/her natural age band.<br>

<br>

Participants must be registered with the BCRU and be members in good standing.<br>

<br>

Athletes may only attend one BC Games to compete in Rugby.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Team composition to be determined by the Selection Committee. Identification camps will be held throughout the province starting in April 2010, with team selection finalized no later than the middle of June 2010. Final team selection will be the responsibility of a Zone Selection Committee, chaired by the Zone Representative.<br>

<br>

Seven-a-side Laws will apply.

# Rugby - Girls

## Township of Langley 2010 BC Summer Games

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### **Events Categories**

Tournament Draw to be determined by the BC Rugby Union. Competition will be seven-a-side. All teams will play a minimum of 8 games.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment** A regulation size field with post pads and sideline flags will be used.

**Zone Team Composition** 12 female competitors per zone. One team per zone.

**Wildcards** No wildcards

**Maximum Athletes** 96

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches/trainers per zone (at least one of whom must be female). Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Trained Introduction to Competition.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

The BC Rugby Union states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

The BC Rugby Union states that all Zone Qualification trials must be held by June 14, 2010 and all online registration must also be completed by 4:00 pm June 21, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**8** officials. See BC Games General Rules for registration procedures.

**Rugby - Girls**  
**Township of Langley 2010 BC Summer Games**

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## **Sailing**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: May 18, 2010

Be sure to check back for updates.

**Age** Under 15 & Under 19

**Age Description** Youth sailors – 19 years old or under as of December 31, 2010.  
Optimist sailors – 15 years old or under as of December 31, 2010.

**Venue** Rocky Point Sailing Association

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Every competitor shall be a member of a yacht or sailing club recognized by the C.Y.A. and BC Sailing Association. <br>

<br>

Athletes may not attend a second BC Games to compete in the same age category in Sailing.<br>

<br>

It is the responsibility of each competitor to supply his/her boat for the BC Games competition. Travel costs will be reimbursed. Mileage claims must be submitted to the BC Games Society within two weeks of the Games.

#### **Events Categories**

Combined male and female Competition except in the Laser Radial class:

Laser (Open), Club type 420 (Open), Laser Radial male , Laser Radial female, Optimist (Red Fleet), and Optimist (Blue/White Fleet).<br>

<br>

Ten races, 1 throw-out; 4 or less races, all races will count. Sailing instructions will be issued upon registration at the BC Games. Races will be sailed under the current rules of the International Sailing Federation (ISAF 2005-2008) and the prescription of Canadian Yachting Association; the class rules of the Club type 420, Laser, Laser Radial, and Optimist shall apply. The low point scoring system will be used. If 3 or more races are completed by Saturday at 5:00 pm the medal presentations will be held Saturday. If less than 3 races are completed by this time then racing will continue on Sunday and medal presentations will be held before noon.

#### **Medals**

# Sailing

## Township of Langley 2010 BC Summer Games

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each combined male/female event, within the parameters of the Minus-One Rule described above.

**Equipment** Laser: Only Laser Class sailboats may be used in this event; sailors will use full rig or radial rig.<br>Laser Radial males: Only Radial rigs may be used in this event.<br>Laser Radial females: Only Radial rigs may be used in this event.<br>420: Only Club type 420 Class sailboats may be used in this event.<br>Optimist: Only the Optimist Class sailboat may be used in this event.

**Zone Team Composition** 4 athletes per zone (no more than 2 of one gender) from Zones 1, 7 and 8. 8 athletes per zone (no more than 6 of one gender) from Zones 2, 3, 4, 5, and 6.

**Wildcards** 20 wildcard spots (no more than 13 of one gender)

**Maximum Athletes** 74

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (one of each gender) per zone. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or be a Second Year Instructor.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

BC Sailing Association states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

Zone Qualification events to be completed by June 15, 2010.

## **Sailing**

### **Township of Langley 2010 BC Summer Games**

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**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**7** officials. See BC Games General Rules for registration procedures.

## **Soccer - Boys**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 9, 2009

Be sure to check back for updates.

**Age** Under 12

**Age Description** Players must be born in 1998 and 1999 only.

**Venue** Aldergrove Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

This competition is open to zone developmental team athletes. All players must be registered with the BCSA as:

a) youth players in the "coastal" playing season shall commence on the 1st day of August 2009

OR

b) youth players in the "interior"-playing season shall commence on the 1st day of April 2010.

Contact the BCSA Office for registration: 510 - 375 Water Street, Vancouver, BC, V6B 5C6. The BCSA may assess an organizational fee in addition to the BC Games registration fee to support the development of soccer in the zones. If assessed, this fee is paid directly to BCSA along with the BC Games registration fee.

Athletes entering this competition are representing a provincial zone and not an association or league.

Teams are Zone all-star teams.

Participants are required to confirm travel arrangements to and from the Games, by the registration deadline. No changes will be made after this time.

#### **Events Categories**

Game format is 8 vs. 8; 2 - 30 minute halves. Offside - only in offensive third.

Tournament draw to be determined by the BC Soccer Association on a seeding basis in consultation with the Provincial Advisor.

#### **Medals**

## **Soccer - Boys**

### **Township of Langley 2010 BC Summer Games**

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment**                      Size 4 balls will be used. Field size is 75mx55m with 18'x6.5' goal size.

**Zone Team Composition**    one team of 12 male competitors per zone.

**Wildcards** No wildcards

**Maximum Athletes**    96

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches (at least one of whom is male) per team. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be certified as a Soccer Community Coach Senior.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

BCSA states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Zone team selections must be completed by June 7, 2010. Online Registration must be completed by June 21, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

## **Soccer - Girls**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: July 9, 2009

Be sure to check back for updates.

**Age** Under 12

**Age Description** Players must be born in 1998 and 1999 only.

**Venue** Aldergrove Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

This competition is open to zone developmental team athletes. All players must be registered with the BCSA as:

a) youth players in the "coastal" playing season shall commence on the 1st day of August 2009

OR

b) youth players in the "interior"-playing season shall commence on the 1st day of April 2010.

Contact the BCSA Office for registration: 510 - 375 Water Street, Vancouver, BC, V6B 5C6. The BCSA may assess an organizational fee in addition to the BC Games registration fee to support the development of soccer in the zones. If assessed, this fee is paid directly to BCSA along with the BC Games registration fee.

Athletes entering this competition are representing a provincial zone and not an association or league.

Teams are Zone all-star teams.

Participants are required to confirm travel arrangements to and from the Games, by the registration deadline. No changes will be made after this time.

#### **Events Categories**

Game format is 8 vs. 8; 2 - 30 minute halves. Offside - only in offensive third.

Tournament draw to be determined by the BC Soccer Association on a seeding basis in consultation with the Provincial Advisor.

#### **Medals**

## **Soccer - Girls**

### **Township of Langley 2010 BC Summer Games**

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

**Equipment**                      Size 4 balls will be used. Field size is 75mx55m with 18'x6.5' goal size.

**Zone Team Composition**    one team of 12 female competitors per zone.

**Wildcards** No wildcards

**Maximum Athletes**    96

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 2 Assistant Coaches (at least one of whom is female) per team. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be certified as a Soccer Community Coach Senior.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

BCSA states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Zone team selections must be completed by June 7, 2010. Online Registration must be completed by June 21, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

## **Softball - Boys**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 14

**Age Description** 1st and 2nd year Squirt and 1st and 2nd year Pee Wee. Under 14 as of December 31, 2009.

**Venue** McLeod Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The Special Operating Rules, specifically Article 13, and the Championship Rules of Softball BC shall apply to the BC Summer Games. <br>

<br>

Only players currently listed on teams registered with Softball BC on or before June 1, 2010, as chosen during the training and selection process by each appointed Softball BC zone Coaching contingent, are eligible to participate in BC Summer Games. <br>

<br>

Information and forms for registering with Softball BC and/or the protocol specific to the BC Summer Games zone Softball teams, are available from the zone representatives listed on the Softball BC website (<http://www.softball.bc.ca/>) or from Softball BC at PO Box 45570, Sunnyside Mall, Surrey BC V4A 9N3 or phone (604) 531-0044; Fax: (604) 531-8831.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Softball.

#### **Events Categories**

Tournament draw to be made by the Softball BC Provincial Advisor. Zone player registration forms and birth certificates are required at the pre-tournament meeting.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.



## **Softball - Boys**

### **Township of Langley 2010 BC Summer Games**

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#### **Equipment**

**Zone Team Composition** one team consisting of a minimum of 9 and a maximum of 16 male competitors per zone. No bat boys or bat girls are permitted.

**Wildcards** No wildcards

**Maximum Athletes** 128

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 3 Assistant Coaches (at least two of whom must be male) per team. Each zone is required to have at least one Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or How to Coach in the new system.<br><br>

At least two of the Assistant Coaches be fully certified at NCCP Level 1 or What to Coach in the new system.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Softball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Zone team selections and Online Registration must be completed by June 14, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

## **Softball - Girls**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** Under 14

**Age Description** 1st and 2nd year Squirt and 1st and 2nd year Pee Wee. Under 14 as of December 31, 2009.

**Venue** McLeod Athletic Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The Special Operating Rules, specifically Article 13, and the Championship Rules of Softball BC shall apply to the BC Summer Games. <br>

<br>

Only players currently listed on teams registered with Softball BC on or before June 1, 2010, as chosen during the training and selection process by each appointed Softball BC zone Coaching contingent, are eligible to participate in BC Summer Games. <br>

<br>

Information and forms for registering with Softball BC and/or the protocol specific to the BC Summer Games zone Softball teams, are available from the zone representatives listed on the Softball BC website (<http://www.softball.bc.ca/>) or from Softball BC at PO Box 45570, Sunnyside Mall, Surrey BC V4A 9N3 or phone (604) 531-0044; Fax: (604) 531-8831.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Softball.

#### **Events Categories**

Tournament draw to be made by the Softball BC Provincial Advisor. Zone player registration forms and birth certificates are required at the pre-tournament meeting.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

## **Softball - Girls**

### **Township of Langley 2010 BC Summer Games**

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#### **Equipment**

**Zone Team Composition** one team consisting of a minimum of 9 and a maximum of 16 female competitors per zone. No bat boys or bat girls are permitted.

**Wildcards** No wildcards

**Maximum Athletes** 128

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 3 Assistant Coaches (at least two of whom must be female) per team. Each zone is required to have at least one Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or How to Coach in the new system.

At least two of the Assistant Coaches be fully certified at NCCP Level 1 or What to Coach in the new system.

As supervisors, at least two members of the Coaching staff for each zone must be of the same gender as the team.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Softball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Zone team selections and Online Registration must be completed by June 14, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

# Swimming

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 20, 2009  
Be sure to check back for updates.

**Age** Under 15

**Age Description** 12 - 14 years of age as of July 22, 2010.

**Venue** Walnut Grove Community Centre

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes may attend only one BC Summer Games to compete in Swimming.

<br><br>

Competitors must be registered with Swim BC.

<br><br>

Any swimmer holding a 2009-2010 SNC Western Championship Standard, prior to May 1, 2010, will be ineligible to compete.

<br><br>

The minimum standard for entry into any individual event shall be the 2009-2010 Swim BC "AA" standard. In zones where the full complement of competitors cannot be filled then the Provincial Advisor will have the discretion of softening up the minimum time standards.

<br><br>

Swimmers will be limited to a maximum of seven (7) individual events plus relays.

### **Events Categories**

Separate events for males and females as outlined below.

<br><br>

Time Final (TF) Events: 400m Freestyle, 800/1500m Freestyle, 400m IM, 4x50m Free Relay, 4x50m Medley Relay<br>

Heats and Finals Events: 50m Freestyle, 100m Freestyle, 200m Freestyle, 100m Backstroke, 200m Backstroke, 100m Breaststroke, 200m Breaststroke, 100m Butterfly, 200m Butterfly, 200IM.

<br><br>

Swimmers can enter a maximum of seven (7) individual events plus relays.

<br><br>

Relays: Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team. Competitors may not swim a stroke/distance in a relay that they are ineligible to swim as an individual.

<br><br>

All current Swimming Canada / Swim BC technical rules will be in effect at the Games.

# **Swimming**

## **Township of Langley 2010 BC Summer Games**

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### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

**Equipment** Competition uniforms/suits must meet FINA rules.

**Zone Team Composition** 20 athletes per zone (10 male and 10 female).

**Wildcards** No wildcards

**Maximum Athletes** 160

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (one of each gender) per zone. Each zone is required to have a Head Coach.

### **Coaching Requirements**

Head Coaches must be fully certified as NCCP Skills Coach.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Swim BC states that all participants must stay in BC Games accommodation, regardless of where they reside.

Coaches and Managers are required to travel on BC Games transportation and stay in Games accommodation.

If it is necessary, and by request only (contact the Provincial Advisor), individual swimmers can arrange their own transportation to the Games. Once at the Games, the swimmer must stay in Games accommodation and also use the internal transportation services provided by the Games.

Each Zone is required to arrive at the Accreditation Centre as a group, before noon on Thursday, July 22, 2010. Further notice will be provided at a later date.

### **Zone Selections**

Zones will select their athletes using the Swim BC selection criteria to be established and

## **Swimming**

### **Township of Langley 2010 BC Summer Games**

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circulated by March 30, 2010. This selection process will be posted on the Swim BC website (<http://www.swim.bc.ca>).

<br><br>

Swim BC states that all zone selections must be completed by June 8, 2010 and that all entries must be submitted to the Provincial Advisor using the Hy-tek Meet Management system. The Hy-tek hvv file will be available for download (<http://meetlist.notlong.com>). Entry files may be revised and re-submitted with current best times no later than July 12, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**11** officials. See BC Games General Rules for registration procedures.

## **Swimming - Para**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: January 15, 2010

Be sure to check back for updates.

**Age** 12-30

**Age Description** 12 - 30 years of age as of July 22, 2010.

**Venue** Walnut Grove Community Centre

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes may only attend two BC Games to compete in Swimming.

Competitors must be registered with Swim BC.

Any swimmer holding a 2009-2010 SNC Western Championship Standard, prior to May 1, 2010, will be ineligible to compete. The minimum standard for entry into any individual event shall be the 2009-2010 Swim BC "AA" standard.

Relay Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team. Competitors may not swim a stroke/distance in a relay that they are ineligible to swim as an individual. Each Zone will have one designated relay team that will count toward points, but may swim others as exhibition.

#### **Events Categories**

All events to be swum as Time Finals

<br><br>

50 Free, 100 Free, 200 Free <br>

4x50 FR <br>

50 Back, 100 Back <br>

100 IM <br>

50 Breast, 100 Breast <br>

50 Fly<br>

<br>

Swimmers can enter up to a maximum of 9 events plus relays (as per Swim BC Tech Guide BC Championship Rules).

<br><br>

Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team.

Competitors may not swim a stroke/distance in a relay event that they are ineligible to

## **Swimming - Para**

### **Township of Langley 2010 BC Summer Games**

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swim as an individual. Each zone will only have one designate that will count towards points, but may swim others for time only.

<br><br>

All individual and relay events to be swum as Time Finals

<br><br>

All current Swimming Canada / Swim BC technical rules will be in effect at the Games.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** a maximum of 16 athletes for the sport.

#### **Wildcards**

**Maximum Athletes** 16

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 3 Assistant Coaches for the sport. Where the Zone team includes both male and female athletes, the Head Coach and one Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. One Head Coach is required for the sport.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Swim BC states that all participants must stay in BC Games accommodation, regardless of where they reside. The exception to this is any participant with a disability who may choose to reside outside BC Games accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for BC Games transportation at the Games. Meals will be provided, as per the Bus & Meal Schedule for the sport.



## **Swimming - Para**

### **Township of Langley 2010 BC Summer Games**

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#### **Zone Selections**

Zones will select their athletes using the Swim BC selection criteria to be established and circulated by March 30, 2010. This selection process will be posted on the Swim BC website (<http://www.swim.bc.ca>).

Swim BC states that all zone selections must be completed by June 8, 2010 and that all entries must be submitted to the Provincial Advisor using the Hy-tek Meet Management system. The Hy-tek hiv file will be available for download (<http://meetlist.notlong.com>). Entry files may be revised and re-submitted with current best times no later than July 12, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**2** officials. See BC Games General Rules for registration procedures.

## **Swimming - Special Olympics**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: January 19, 2010  
Be sure to check back for updates.

**Age** Over 13

**Age Description** Minimum 13 years of age as of July 22, 2010.

**Venue** Walnut Grove Community Centre

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Athletes may attend only two BC Summer Games to compete in Swimming.

<br><br>

All athletes must be registered with BC Special Olympics Society prior to the selection deadline and must have participated in a provincially sanctioned Special Olympics Event in 2009.

#### **Events Categories**

Separate events for males and females in:

50 Free, 100 Free, 200 Free <br>

4x50 FR <br>

50 Back, 100 Back <br>

100 IM <br>

50 Breast, 100 Breast <br>

50 Fly <br>

<br>

Swimmers can enter up to a maximum of 9 events plus relays (as per Swim BC Tech Guide).

<br><br>

Teams must consist of the required number of competitors so that no competitor can swim more than once in the event. Competitors may only swim for their Zone Team.

Competitors may not swim a stroke/distance in a relay event that they are ineligible to swim as an individual. Each zone will only have one designate that will count towards points, but may swim others for time only.

<br><br>

All individual and relay events to be swum as Time Finals

<br><br>

All current Swimming Canada / Swim BC technical rules will be in effect at the Games.

#### **Medals**

## **Swimming - Special Olympics**

### **Township of Langley 2010 BC Summer Games**

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The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event, within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** a maximum of 12 male and 12 female athletes.

**Wildcards** No wildcards

**Maximum Athletes** 24

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 5 Assistant Coaches (at least one of each gender). At least one Head Coach must be registered for the sport.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Head Coaches and Assistant Coaches are required to stay in BC Games accommodation.

<br><br>

Any participant under the age of 19 who resides outside of the local school district must reside in BC Games accommodation. The exception to this is any participant with a disability under 19 years may choose to reside outside BC Games accommodation. Participants 19 and older may reside in BC Games accommodation or choose and book local accommodation. If they choose outside accommodation, they are responsible for any associated costs of that accommodation, and they also will not be eligible for transportation at the Games. Meals will be provided as per the Bus & Meal Schedule for the Sport.

#### **Zone Selections**

Selection criteria will be established BC Special Olympics and circulated by October 31, 2009 for CSO athletes. This selection process will be posted on the BC Special Olympics website (<http://www.bcsso.bc.ca>).

<br><br>

All selections will be determined by BC Special Olympics no later than May 15, 2010.

## **Swimming - Special Olympics**

### **Township of Langley 2010 BC Summer Games**

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**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**2** officials. See BC Games General Rules for registration procedures.

## **Synchronized Swimming**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: September 19, 2009

Be sure to check back for updates.

**Age** 12 - 16

**Age Description** 12 – 16 years of age as of December 31, 2010.

**Venue** Surrey Sport and Leisure Centre

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitive athletes in Tier 2, 3, 4, and 5 who meet the age requirement are eligible to participate in the BC Summer Games. <br>

<br>

In order to allow for the highest level of competition possible, Tier 4 and 5 athletes will be given priority in the Zone Qualification.<br>

<br>

All athletes must be registered as swimmers through a Club or facility affiliated with Synchro BC by December 31, 2009. A minimum fee may be charged at the Zone Qualification meet. BC Summer Games Trials will be held at each Zones Appropriate Regions Training meet. <br>

- Interior Training meet (Zones 1, 2, 7 and 8) - Sat. Oct 17th – Kelowna <br>

- Lower Mainland Training meet (Zones 3, 4, 5) - Sun. Oct. 25th -SSLC <br>

- Island Training meet (Zone 6) - Sun. Dec. 6th – Nanaimo <br>

<br>

\*Deadline for entries is Oct. 2nd 2009. A \$30 fee will be charged at the Zone Qualification meet. Trials will consist of a Figures Competition using the same figures as are used at the Games. See Synchro BC for specific trial information and details. <br>

<br>

Athletes may only attend one BC Games to compete in Synchronized Swimming in the same tier category (i.e. athletes who competed in Tier 2/3 may be eligible to attend a second BC Summer Games in Tier 4/5).<br>

<br>

Wildcard spots are allocated by the Provincial Advisor.

#### **Events Categories**

Categories: Tier 2/3, Tier 4/5<br>

<br>

All athletes MUST enter the Figure event and be registered in at least one Routine event.

<br>

<br>

## **Synchronized Swimming**

### **Township of Langley 2010 BC Summer Games**

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Events: <br>

Figures: Tier 2/3, Tier 4/5<br>

<br>

Duet: Tier 2/3, Tier 4/5<br>

Athletes from different Tiers may perform a duet together – the highest Tier level will determine the category. Each duet member must enter the Figure event in her own category. Maximum of two (2) Tier 2/3 duets and two (2) Tier 4/5 duets per Zone. There will be no alternates allowed for duets.<br>

<br>

Trio: Tier 2/3, Tier 4/5<br>

Athletes from different Tiers may perform a trio together-the highest Tier level will determine the category. Each trio member must enter the Figure event in her own category. Maximum of two (2) Tier 2/3 and two (2) Tier 4/5 trios per Zone. There will be no alternates allowed for trios.<br>

<br>

An athlete may enter either the duet OR the trio event - not both.<br>

<br>

Team: Tier 2/3, Tier 4/5<br>

Teams may have a minimum of 4 and a maximum of 6 athletes. A Zone may have more than one team in the same category. There will be no alternates allowed for team routines.<br>

<br>

Figure placings are determined by final figure score. Final placing for the Routine events will be determined by championship score (50% figure Score + 50% routine score).<br>

<br>

Figures:

Tier 2/3 - Ballet Leg Single (1.6); Blossom (1.4); Neptunus (1.8); Kipnus (1.6)

Tier 4/5 - Ariana (2.2); Porpoise (1.9); Kip (1.8); Barracuda (2.0)

<br>

Routine Time limits<br>

Tier 2/3 - duet or trio 2:30, team 3:00 - all times + / - 15 sec<br>

Tier 4/5 - duet or trio 2:30, team 3:00<br>

Deck work for all routines shall not exceed 10 seconds<br>

<br>

Penalties:<br>

Penalties for Figures – a one point penalty shall be deducted from the total score for the figure after the degree of difficulty has been computed if:<br>

- an athlete performs other than the figure posted for that panel and then performs the correct figure on the second attempt, after being informed of the nature of the error by the referee, or<br>

- if an athlete stops during the figure and requests to do the figure again.<br>

<br>

The judges shall award (but not flash) a zero if the athlete does not make a second attempt or if on the second attempt performs a wrong figure.<br>

<br>

Penalties for Routines – a one point penalty shall be deducted from the routine score in

# **Synchronized Swimming**

## **Township of Langley 2010 BC Summer Games**

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the event that:<br>

- the time limit for deck movement is exceeded or<br>

- the routine is timed at more than 15 seconds less or more than the time limit allowed.<br>

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event within the parameters of the Minus-One Rule described above.

### **Equipment**

Music : One selection per CD. No more than a 10 second lead in before music begins. Professional sound editing is mandatory. CDs must be handed in at the start of the competition day and left with the competition chairperson until the conclusion of the event.

Venue Measurements: the competition facility is an 25m facility with 8 lanes. The deep end is 1.35m deep for 5.0 metres from end wall. The shallow end is 1.0m deep.

**Zone Team Composition** 7 competitors per zone.

**Wildcards** 16 wildcard spots

**Maximum Athletes** 72

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach per zone. An additional manager will only be permitted where both Coaches are under 19 and only then with the approval of the Provincial Advisor. If the zone includes male athletes, at least of the Coaches must be male. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Synchro-Comp Instructor. Assistant Coaches must be fully certified NCCP Level 1 or Synchro Instructor OR obtain approval from the Synchro BC Technical Director.

Zone Representatives must inform the Provincial Advisor of the Coach and Assistant Coach/manager no later than January 31, 2010.

## **Synchronized Swimming**

### **Township of Langley 2010 BC Summer Games**

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Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

Synchro BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

Synchro BC states that the Zone Qualification meets will be held concurrently with the 2009 Training Meet #2. A separate figure event will be held at this championship and zones that do not participate in this meet can hold their own qualification meet. <br>

<br>

Athletes in each Zone will be selected by final figure score in their respective trials. The figures performed for zone selections will be the 2010 BC Summer Games figures.<br>

<br>

All Zone Qualifications must be completed, and a copy of the selection results must be handed in to the Provincial Advisor, no later than February 4, 2010.<br>

<br>

Zone Representatives must complete the Online Registration no later than \_\_\_\_ (Date to be posted in September).

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**17** officials. See BC Games General Rules for registration procedures.



## **Towed Water Sports**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: July 20, 2009

Be sure to check back for updates.

**Age** 10 - 17

**Age Description** 10 – 17 years of age as of January 1, 2010.

**Venue** Albert Dyck Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Competitors must be members of the Water Ski and Wakeboard BC. Membership numbers will be checked on the first day of competition.<br>

<br>

Skiers may participate in slalom, trick, jump, wakeboard, or barefoot. Preference should be given to athletes participating in more than one event. Skiers may participate in any three of the five events.<br>

<br>

Athletes may only attend one BC Games to participate in Towed Water Sport (Water Skiing, Wakeboarding, Barefooting) at the same level of competition. Athletes who did not have Western Canadian Rating for their age category (as outlined in the WSWC rulebook) at a previous BC Summer Games (2004 Games and beyond) may be eligible to compete in a second BC Summer Games if they have a higher qualifying score than the previous time they attended the Games AND have no less than their Western Canadian Rating for their current age category. Regardless of rankings, athletes may not attend more than two BC Summer Games to participate in Towed Water Sport (Water Skiing, Wakeboarding, Barefooting).

#### **Events Categories**

Three Event (Slalom, Trick, and Jumps) and Barefoot: <br>

Girls 2 -10-13 years, Boys 2 - 10-13 years<br>

Boys 3 - 14-17 years, Girls 3 - 14-17 years<br>

<br>

Wakeboard:<br>

Girls 10-13 years, Boys 10-13 years<br>

Jr Womens 14-17 years, Jr Mens 14-17 years<br>

<br>

Slalom: As per WSWC Rules<br>

Jump: As per WSWC Rules<br>

Tricks: As per WSWC Rules<br>

Wakeboard Tricks: As per WWA Rules<br>

## **Towed Water Sports**

### **Township of Langley 2010 BC Summer Games**

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Barefooting: As per WSC Rules<br><br>

This will be a sanctioned event. Results will be submitted to WSC (Water Ski Wakeboard Canada).<br><br>

Team Scoring: All individual scoring shall be as per WSC rules, however all competitors shall be considered as one division for each gender, regardless of age. Overall scoring is calculated as follows for each gender: <br>

Jump: Overall pts = {skier score – (0.5 x Best Score)} x 1000 <br>0.5 x Best Score<br>

Other Events: Overall pts = skier score<br>Best Score x 1000<br>

The Team scoring will be the sum of each Team member's individual overall scores from each event: i.e. all the slalom, trick, jump, barefoot trick, barefoot slalom, and wakeboard trick scores will be totaled for each team.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded for each individual event within the parameters of the Minus-One Rule described above.<br><br>

In addition medals will be awarded for Zone team competition, based on the scoring outlined in the Events/Categories section and within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** 7 athletes (no more than 4 of one gender) per zone.

**Wildcards** 8 wildcard spots (no more than 5 of one gender)

**Maximum Athletes** 64

#### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (one of each gender) per zone. Each zone is required to have a Head Coach.

#### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 1 (water skiing) and have completed Competition Introduction Part B or have obtained the Learn to Coach designation.

## **Towed Water Sports**

### **Township of Langley 2010 BC Summer Games**

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Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

#### **Accommodation**

WSWBC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

WSWBC states that Zone Qualifications must be completed on or before June 14, 2010. Online Registration must be completed by 4:00 pm on June 21, 2010.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**20** officials. See BC Games General Rules for registration procedures.

# Triathlon

## Township of Langley 2010 BC Summer Games

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009

Be sure to check back for updates.

**Age** 14 - 15

**Age Description** 14 – 15 years of age as of December 31, 2010.

**Venue** Aldergrove Lake Regional Park

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The competition is open to all competitors who meet the age and registration requirements of Triathlon BC. Competitors must be members of Triathlon BC prior to the Games.<br><br>

Athletes may only attend one BC Games to compete in Triathlon.

### **Events Categories**

Separate Male and Female Events as follows:<br>

<br>

Friday:<br>

Duathlon - 1 km run / 5 km bike / 1 km run<br>

Aquathlon - 300 m swim / 1 km run<br>

<br>

Saturday:<br>

Triathlon - 400 m swim / 10 km bike / 3 km run<br>

<br>

All athletes must compete in all three events.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each event within the parameters of the Minus-One Rule described above.

### **Equipment**

**Zone Team Composition** 4 competitors (no more than 3 of one gender) per zone.

# Triathlon

## Township of Langley 2010 BC Summer Games

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**Wildcards** 14 wildcard spots (no more than 8 of one gender)

**Maximum Athletes** 46

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Community Coach (Triathlon) or NCCP Level 2 (Swimming, Cycling, or Athletics) plus have commensurate Triathlon experience.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Triathlon BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

Zone selection races and camps will be held throughout the Province in May/June 2010. Triathlon BC states that Zone selections are to be completed no later than June 14, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**6** officials. See BC Games General Rules for registration procedures.

## **Volleyball - Beach**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: September 18, 2009

Be sure to check back for updates.

**Age** 17 and Under

**Age Description** Born in 1993 and later.

**Venue** Willoughby Community Park

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The competition is open to all players who meet the age and registration requirements of Volleyball BC.<br>

<br>

Coaches/managers should contact zone representatives regarding Volleyball BC memberships prior to team selections. Forward registrations to Volleyball BC, 7564 Barnet Hwy., Burnaby BC V5A 1E7 or call (604) 291-2007 ext #22.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Volleyball-Beach.

#### **Events Categories**

Team competition with two girls' and two boys' teams from each zone. If all zones are represented, each group will be divided into four pools of four teams for round robin competition.

#### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded in boys and girls competitions, within the parameters of the Minus-One Rule described above.

#### **Equipment**

**Zone Team Composition** two teams of 2 male competitors and two teams of 2 female competitors for a total of 4 teams per zone.

# **Volleyball - Beach**

## **Township of Langley 2010 BC Summer Games**

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**Wildcards** No wildcards

**Maximum Athletes** 64

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 team leader or Assistant Coach (one of each gender) per zone. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 (beach or indoor).

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

### **Accommodation**

Volleyball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

### **Zone Selections**

Zone Qualification camps will be held throughout the province in May. Volleyball BC states that all Zone Qualifications and Online Registration must be completed no later than June 14, 2010.

### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**12** officials. See BC Games General Rules for registration procedures.

# **Volleyball - Boys**

## **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: September 18, 2009

Be sure to check back for updates.

**Age** 15 and Under

**Age Description** Born 1995 and later.

**Venue** Walnut Grove Secondary

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The competition is open to all players who meet the age and registration requirements of the Volleyball BC. <br>

<br>

Coaches/managers should contact Zone Representatives regarding Volleyball BC memberships prior to team selections. Forward registrations to Volleyball BC at 7564 Barnet Hwy., Burnaby BC V5A 1E7 or call (604) 291-2007 ext #22.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Volleyball (Indoor).

### **Events Categories**

Team competition with one team from each zone. If all zones are represented, each group will be divided into four pools of four teams for round robin competition.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

### **Equipment**

**Zone Team Composition** one team of 12 male competitors per zone.

**Wildcards** No wildcards



## **Volleyball - Boys**

### **Township of Langley 2010 BC Summer Games**

---

**Maximum Athletes** 96

**Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (at least one of whom is male) per team. Each zone is required to have a Head Coach.

**Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

**Accommodation**

Volleyball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

**Zone Selections**

Zone Qualification camps will be held throughout the province in May. Volleyball BC states that all Zone Qualifications and Online Registration must be completed no later than June 14, 2010.

**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**6** officials. See BC Games General Rules for registration procedures.

# **Volleyball - Girls**

## **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here to review BC Games general rules.](#) To select a new sport, [click here.](#)

Sport-specific rules last updated: September 18, 2009

Be sure to check back for updates.

**Age** 15 and Under

**Age Description** Born 1995 and later.

**Venue** Walnut Grove Secondary

### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

The competition is open to all players who meet the age and registration requirements of the Volleyball BC. <br>

<br>

Coaches/managers should contact Zone Representatives regarding Volleyball BC memberships prior to team selections. Forward registrations to Volleyball BC at 7564 Barnet Hwy., Burnaby BC V5A 1E7 or call (604) 291-2007 ext #22.<br>

<br>

Teams are Zone all-star teams.<br>

<br>

Athletes may only attend one BC Games to compete in Volleyball (Indoor).

### **Events Categories**

Team competition with one team from each zone. If all zones are represented, each group will be divided into four pools of four teams for round robin competition.

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Gold, Silver, and Bronze medals will be awarded within the parameters of the Minus-One Rule described above.

### **Equipment**

**Zone Team Composition** one team of 12 female competitors per zone

**Wildcards** No wildcards

## **Volleyball - Girls**

### **Township of Langley 2010 BC Summer Games**

---

**Maximum Athletes** 96

**Head Coaches and Assistant Coaches:**

1 Coach and 1 Assistant Coach/manager (at least one of whom is female) per team. Each zone is required to have a Head Coach.

**Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

**Accommodation**

Volleyball BC states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

**Zone Selections**

Zone Qualification camps will be held throughout the province in May. Volleyball BC states that all Zone Qualifications and Online Registration must be completed no later than June 14, 2010.

**Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**6** officials. See BC Games General Rules for registration procedures.

## **Wrestling**

### **Township of Langley 2010 BC Summer Games**

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Sport-specific rules provide details of the eligibility requirements as well as event and competition information. In order to fully understand the rules and requirements for participation in the BC Games, it is expected that the BC Games General Rules will also be read. [Click here](#) to review BC Games general rules. To select a new sport, [click here](#).

Sport-specific rules last updated: June 15, 2009  
Be sure to check back for updates.

**Age** 14 - 17

**Age Description** 14 – 17 years as of December 31, 2010.

**Venue** HD Stafford Middle School

#### **Eligibility Requirements:**

In addition to BC Games General Rules, the following sport-specific eligibility requirements are in effect for the 2010 BC Summer Games:

Participants must be members of BCWA. To register, send name and address to: BC Wrestling Association, 335 - 2416 Main Street, Vancouver, BC V5T 3E2.<br><br>

Wrestlers who placed 1st, 2nd, or 3rd at any Canadian Junior or Juvenile Freestyle Championship are not eligible to participate in the BC Summer Games.<br><br>

Athletes may attend only one BC Games to compete in Wrestling.<br><br>

Wildcard positions will be given to athletes who are unsuccessful in qualifying for the zone teams. These athletes must submit an application form to BC Wrestling through their Zone Representative in order to be considered. The 24 athletes with the highest tournament points from the current season (Provincial Development Plan) will be awarded the wildcard spots. Wildcard athletes will not contribute to team points.

#### **Events Categories**

Weight Classes:<br>

Boys: 51kg, 54kg, 57kg, 60kg, 63kg, 66kg, 70kg, 74kg, 78kg, 84kg<br>

Girls: 47kg, 51kg, 54kg, 57kg, 60kg, 64kg, 70kg <br><br>

Weigh-in: Each athlete will weigh-in after their zone has been accredited. There will be a 1 kg allowance. <br>

<br>

Rules: Contact Provincial Sport Organization.<br>

<br>

Team Classification:<br>

At the BC Summer Games, team points will be awarded in each weight class. <br>

The top 17 (Wildcards can be used as long as not more than 17) placing wrestlers from each Zone in a given weight class, will be awarded team classification points.<br>

1st - 16 points<br>

2nd - 12 points<br>

# Wrestling

## Township of Langley 2010 BC Summer Games

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3rd - 9 points<br>  
4th - 6 points <br>  
5th - 3 points<br>  
6th - 1 point  
<br>

Any weight class, involving boys or girls, that has fewer than six participants in the BC Games will not have their team points calculated from the top of the team point scale above. Instead, team points would count from the bottom of the scale if there are fewer than six participants. Example: If there are three participants, 1st would receive 6 points, 2nd would receive 3 points and 3rd would receive 1 point. AGM 2004

### **Medals**

The Minus-One Rule will be implemented for all sports. This means that when there are four or more competitors or teams, Bronze, Silver, and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded, and when there are two competitors or teams only a Gold medal will be awarded. For more details about BC Games medals, review the BC Games General Rules.

Medals will be awarded in each weight category based on individual wrestler results from the tournament, within the parameters of the Minus-One Rule described above.<br><br>

Medals will also be awarded to the top teams based on a Zone Team competition.

### **Equipment**

**Zone Team Composition** 17 competitors (10 males and 7 females) per zone.

**Wildcards** 24 wildcards (no more than 18 of one gender)

**Maximum Athletes** 160

### **Head Coaches and Assistant Coaches:**

1 Head Coach and 1 Assistant Coach (one male and one female) per zone. Where the Zone team includes both male and female athletes, the Coach and Assistant Coach must be of the opposite gender, otherwise at least one must be the same gender as the athletes. Each zone is required to have a Head Coach.

### **Coaching Requirements**

All Head Coaches must be fully certified at NCCP Level 2 or Part B Certified.

Note that the role of Head Coaches and Assistant Coaches at the BC Games includes travelling to and from the Host Community with your team/zone, residing with your team/zone in BC Games accommodation, and acting in a supervisory capacity throughout the Games. See BC Games General Rules for information about the roles of the Head Coach and Assistant Coach.

## **Wrestling**

### **Township of Langley 2010 BC Summer Games**

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#### **Accommodation**

The BC Wrestling Association states that all participants are required to stay in BC Games accommodation, regardless of where they reside.

#### **Zone Selections**

The BC Wrestling Association states that wrestlers must qualify through the Zone Representative or Coach/manager if not affiliated with an existing team. <br>

<br>

Zone selections must be made by June 14, 2010.<br>

<br>

Zones are permitted to only bring one athlete per weight class unless a zone is unable to fill one or more weight classes because there are no athletes eligible or willing to compete in that weight class. If this occurs, a zone can apply to the Provincial Advisor to bring more than one athlete (to a maximum of four per weight class) in another weight class(es). The intention of permitting more than one athlete per weight class (with approval) is not to have athletes excluded from the Games because there are several strong athletes in one weight class in the zone. It is incumbent on Coaches to select athletes who have demonstrated that they possess the skill and technique required to compete at the BC Games. <br>

<br>

Wildcard positions will be given to athletes who are unsuccessful in qualifying for the zone teams. These athletes must submit an application form to BC Wrestling through their Zone Representative to be considered. The 24 athletes with the highest tournament points from the current season (Provincial Development Plan) will be awarded the wildcard spots. Wildcard athletes will not contribute to team points.

#### **Officials:**

Transportation, accommodation, and meals, as arranged by the Host Community, will be provided for

**14** officials. See BC Games General Rules for registration procedures.