



**Terrace 2010 BC Winter Games
March 4-7, 2010**

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

This information is also available on the BC Games Society website: 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 Winter 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 Winter 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 Winter 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.

As a condition of entry into, or volunteering at, the BC Winter Games, it must be understood that the participants and volunteers enter entirely at their own risk, and will not hold the Terrace 2010 BC Winter 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 Winter Games.

Participants and volunteers agree to release, discharge and undertake not to commence action against the Terrace 2010 BC Winter 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 Terrace 2010 BC Winter Games.

The Terrace 2010 BC Winter 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 Winter 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 March 4, 2010, unless otherwise specified by the Provincial Sport Organization in the sport-specific rules.

(e) The BC Winter 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 City of Terrace are required to stay in BC Games accommodation. 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 City of Terrace 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 Winter Games registration deadline of Monday, January 18, 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 January 18, 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 January 18, 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 Winter Games must personally check-in at the Accreditation Centre by 11:59 pm on Wednesday (March 3) of the Games weekend. No one will be accredited to participate in the BC Winter Games after that time. For further details on the location of the Accreditation Centre and all rules governing registration, please contact the BC Winter 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 January 18, 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 Terrace on Wednesday, March 3. Charter bus and/or air transportation will depart from Terrace in the afternoon and evening of Sunday, March 7 or early morning of Monday, March 8.

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 January 18, 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 January 18, 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 Winter Games must be fully certified at NCCP Level 2 or the

equivalent.

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 January 11, 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.

Archery

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age 14 -16

Age Description Minimum of 14 years of age and a maximum of 16 years of age as of March 4, 2010.

Venue Mt. Elizabeth Senior Secondary School Gym 2

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games.

Zone colours and/or whites must be worn at the competition by all competitors. Archers must be members of the BC Archery Association to compete in the trials and in the BC Games.

The final balancing of teams shall be done by the Archery Provincial Advisor for the BC Winter Games.

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

Events Categories

Three-day event. An Indoor Fita 60 arrow round each of the first two days. The third day is an elimination round with the top four contenders in each category shooting for medals.

Male and female events in the following categories:

Barebow, Compound, and Recurve

Match play uses the standard format with a 40 cm target at 18 m (single or three spot face).

Semi-finals - medal matches each at 12 arrows. Finals – shoot 3 arrow ends in 2 minutes; both athletes shoot together.

FITA equipment failure rule will apply for match play.

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 category for the cumulative total for day one and two, as well

Archery

Terrace 2010 BC Winter Games

as for the elimination match-play round on day three, within the parameters of the Minus-One Rule described above.

Equipment FITA equipment rules apply.

Zone Team Composition 5 competitors (no more than 4 of one gender) per zone.

Wildcards 6 wildcard spots (no more than 4 of one gender)

Maximum Athletes 46

Head Coaches and Assistant Coaches:

1 Head Coach and 1 Assistant Coach (one of each gender) per zone.

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

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

Zone Selections

The BC Archery Association states that Zone selections and Online Registration must be completed by January 25, 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.

Badminton

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 14

Age Description All competitors must be at least 12 years old and not older than 13 years old, as of January 1, 2010.

Venue Thornhill Junior Secondary School

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. All participants at Zone Qualification Events must be members of Badminton BC. A minimal entry fee may be charged at the Zone Qualification Events.

Events Categories

Individual Event: All athletes eligible for the individual competition are eligible for one individual event of his/her coach's choosing. Round Robin Team Event: Using the following format, a participant may play in up to two events per tie but may switch events in other ties. Team event is best out of seven matches containing two boys' singles, two girls' singles, one boys' doubles, one girls' doubles, and one mixed doubles match(es). Players may only play in one singles event in each tie. All players must be in the preliminary round robin line-up and play in each preliminary round robin tie. For a full set of rules, please contact BAD BC for a copy of the Technical Package for 2010.

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.

Bronze, Silver, and Gold medals will be presented in the following events: Boys Singles, Boys Doubles, Girls Singles, Girls Doubles, Mixed Doubles, and Team.

In addition, Badminton BC will present Fair Play Awards (to one male and one female competitor as selected by the umpires and referees) and the Most Sportsman-like Team Award (to the most sportsman-like team participating in the BC Winter Games, as selected by the referees and umpires).

Equipment Feather shuttles will be used.

Badminton

Terrace 2010 BC Winter Games

Zone Team Composition A maximum of 10 competitors (5 female and 5 male) per zone.

Wildcards No wildcards

Maximum Athletes 80

Head Coaches and Assistant Coaches:

One head coach and one assistant coach (one of each gender) are permitted per zone. The Head Coach shall be registered as the Coach.

Coaching Requirements

All coaches must be fully certified at NCCP Level 2 or NCCP Competition

Introduction Certified. Badminton BC requires that the Assistant Coach should be, at a minimum, NCCP fully certified Level 1 or the equivalent.

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Badminton BC Guidelines state that all Zone Qualifications must be completed by December 31, 2009. Copies of Zone Qualification entries to be submitted to Badminton BC.

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.

Biathlon

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 17

Age Description Athletes in the Junior Boys and Junior Girls category must be 13-14 years of age as of March 4, 2010. Athletes in the Senior Boys and Senior Girls category must be 15-16 years of age as of March 4, 2010.

Venue TBD

Eligibility Requirements:

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

Athletes may attend two BC Winter Games, the junior category for the first Games and the senior category for the second Games. Competitors must have received instruction from a Biathlon coach prior to trials. An entry fee of \$10 will be charged at the Zone Qualification level.

Events Categories

Junior Boys (13-14) and Junior Girls (13-14) Individual - 6K Sprint - 4K Super Sprint - 1K +/- Senior Boys (15-16) and Senior Girls (15-16) Individual - 8k Sprint - 6k Super Sprint - 1k +/-

The Individual and Sprint races will be governed by IBU or Biathlon Canada rules except where explicitly waived by the jury before the race. Races will be standard distances and standard shooting bouts.

The Super Sprint: Distance, 0.75 - 1.0 km in 3 laps. Mass starts by age category. There may be heats if there are too many athletes in any one age category. Athletes will be assigned to a specific range lane for each race. Athletes will shoot twice: P,P for all athletes. Athletes may load up to 2 magazines for each race and place an unlimited number of rounds in a relay cup in the designated lane before the start. Athletes may shoot 1 magazine and as many hand-loaded rounds as desired in any one bout. Athletes may not leave the range until all 5 targets are down. Failing to shoot all 5 targets constitutes a DNF. During the second shooting bout, the Chief of Range shall call a cease-fire and close the range if the first 4 finishers in each age class in the heat have passed the Finish line. There is no "Zone of Silence" in a Super Sprint. Other than the above, IBU and Biathlon Canada race and safety rules will be in effect.

Medals

Biathlon

Terrace 2010 BC Winter Games

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Junior Boys Individual, Sprint, and Super Sprint

Junior Girls Individual, Sprint, and Super Sprint

Senior Boys Individual, Sprint, and Super Sprint

Senior Girls Individual, Sprint, and Super Sprint

Equipment Equipment will be governed by IBU or Biathlon Canada rules.

Zone Team Composition 4 competitors per zone (no more than 3 of one gender).

Wildcards 8 wildcards (no more than 5 of one gender)

Maximum Athletes 40

Head Coaches and Assistant Coaches:

1 coach and 1 assistant coach (1 male, 1 female) per zone.

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or Community Gold Level in the new CBET 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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Provincial Organization states that all Zone Qualifications must be completed by January 11, 2010. Format for trials should be as close to domestic race distances and standards as possible except Zones where local conditions do not permit.

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.

Curling - Female

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 17

Age Description Minimum age is 11 years as of December 31, 2009. Must be 16 years of age or under as of December 31, 2009.

Venue Terrace Curling Club

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. All competitors can only qualify for the Zone in which they make their permanent residence and not from where they register to compete. All team members must be affiliated with Curl BC.

Events Categories

Tournament draw to be determined by the BC Winter Games Curling Committee. Each team will be entitled to two (2) one minute timeouts per game. Games will be 8 ends.

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.

Bronze, Silver and Gold medals will be distributed in the following events: Team Event

Equipment Displayed time clocks may be used.

Zone Team Composition One team of 5 competitors per zone.

Wildcards No wildcards

Maximum Athletes 40

Head Coaches and Assistant Coaches:

One head coach and one assistant coach per zone.

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or

Curling - Female

Terrace 2010 BC Winter Games

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

Curl BC states that all play down rules and regulations will be applied at BC Games Zone Playoffs. The Provincial Organization states that all Zone Playoffs must be completed before January 18, 2010. An entry fee will be charged at the Zone Playoffs.

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.

Curling - Male

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 17

Age Description Minimum age is 11 years as of December 31, 2009. Must be 16 years of age or under as of December 31, 2009.

Venue Terrace Curling Club

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. All competitors can only qualify for the Zone in which they make their permanent residence and not from where they register to compete. All team members must be affiliated with Curl BC.

Events Categories

Tournament draw to be determined by the BC Winter Games Curling Committee. Each team will be entitled to two (2) one minute timeouts per game. Games will be 8 ends.

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.

Bronze, Silver and Gold medals will be distributed in the following events: Team Event

Equipment Displayed time clocks may be used.

Zone Team Composition One team of 5 competitors per zone.

Wildcards No wildcards

Maximum Athletes 40

Head Coaches and Assistant Coaches:

One head coach and one assistant coach per zone.

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or

Curling - Male

Terrace 2010 BC Winter Games

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

Curl BC states that all playdown rules and regulations will be applied at BC Games Zone Playoffs. The Provincial Association states that all Zone Playoffs must be completed by January 21, 2008. An entry fee will be charged at the Zone Playoffs.

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.

Figure Skating

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 16

Age Description Juvenile Women - under the age of 12 as of July 1 preceding the event; must have reached age of nine by March 4, 2010.
Juvenile Men - under the age of 13 as of July 1 preceding the event; must have reached the age of nine by March 4, 2010.
Pre-Novice Women - under the age of 15 as of July 1 preceding the event; must have reached the age of nine by March 4, 2010.
Pre-Novice Men - under the age of 16 as of July 1 preceding the event; must have reached the age of nine by March 4, 2010.

Venue Kitimat Arena (Kitimat)

Eligibility Requirements:

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

Athletes may only compete at two BC Games in Figure Skating, provided that they do not compete at the same level twice. Competitors must be registered members of Skate Canada and must be amateurs as defined by Skate Canada. SC Rule # 5401
Juvenile competitors must have passed the Juvenile Singles Competitive test or higher.
Pre-Novice competitors shall have passed the Pre-Novice Singles Competitive test or higher.

Events Categories

JUVENILE WOMEN/JUVENILE MEN: One free skating program to music of 2.5 minutes (+/- 10 seconds) in duration; composition according to the Skate Canada Well Balanced Program Requirements as listed in the BC/YT competitive Technical Package.

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Juvenile -Women and Men

Pre-Novice - Women and Men

Equipment

Figure Skating

Terrace 2010 BC Winter Games

Zone Team Composition 4 female and 2 male competitors per zone.

Wildcards 12 wildcards (4 male; 8 female)

Maximum Athletes 60

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach (1 male; 1 female) per zone.

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

Zone Qualifications **MUST BE COMPLETED** by Sunday, December 6, 2009. The initial Zone team lists are to be submitted to the Provincial Advisor immediately following the Zone "skateoff" selection process.

Zone Team selection committees must confer with the Provincial Advisor if they wish to select more than two (2) entries in an event, before making their selection.

The final Zone team list is to be submitted to the Provincial Advisor by Friday, December 11, 2009 for correlation and final approval by the BC Games Office.

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.

Gymnastics

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 16

Age Description Females 10-15 years old, born in 1995 to 2000.
Males 11-15 years old, born in 1995 to 1999.

Venue Calendonia Senior Secondary School

Eligibility Requirements:

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

All competitors must be members of Gymnastics BC.

Athletes, coaches, and officials must meet Gymnastics BC's general eligibility regulations as stated in the Gymnastics BC Policies and Procedures Manual. Medical byes will only be accepted at the discretion of the Zone Representatives.

Female Gymnasts - Tyro/Novice competing under Provincial 4 or 5 Novice rule in Women's Artistic Gymnastics (WAG). All female athletes may participate if they are age eligible, including CPP Provincial 1 to 5 and Canadian Pre-Novice and National Novice athletes. National Novices who qualified in the Top 3 all around at the previous Canadian Championships or Elite Canada are not eligible. Athletes may compete at the BC Winter Games without it affecting their category for the remainder of the year. At the zone trials, participants must compete in the category where they want to qualify for the BC Winter Games.

Male Gymnasts - Level 4 competition rules with no special requirements in Men's Artistic Gymnastics (MAG). Athletes who are eligible may compete in this category without it affecting their category for the remainder of the year.

Female athletes may attend more than one BC Games if competing in the higher category for the second Games.

Male athletes may not attend more than one BC Games.

Events Categories

Competitors must enter all six men's or four women's events.

Female: Day 1: Team Competition

Provincial 4 – Novice rules (No restricted elements). All athletes from each zone, including Wild Cards. 6 athletes to compete on each event (minimum of 3 athletes from Category 1). 4 best scores on each event to count.

Day 2: All around and Event Finals

Gymnastics

Terrace 2010 BC Winter Games

Category 1:-Provincial level athletes competing under Provincial 4 Novice Rules

Category 2:-Provincial 5 and National level athletes competing under Provincial 5 Novice Rules

Male: Day 1: Team and All around Competition

Level 4 competition rules with ages outlined above.

Team: top 3 scores on each event

Day 2: Event Finals

10 athletes on each event to compete

-Top 8 athletes according to day 1 ranking

-2 by regional representation (Until all athletes compete on at least one event on Day 2)

Suggested Schedule:

Day 1: AM - WAG Team Competition (all athletes present) PM-MAG Level 4 - Team Competition and All Around

Day 2: AM-WAG Category 1 - AA and EF / PM-WAG Category 2 - AA and EF and MAG Level 4 Men - Finals

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Team: Men's team – 4 athletes plus wild card athletes; Women's team – 6 athletes plus wild card athletes; 1st, 2nd, 3rd, medals

All Around: For 3 categories: 1st, 2nd, 3rd, medals

Apparatus Finals: For 6 events (MAG), 4 events (WAG): 1st, 2nd, 3rd, medals

Ties: If a tie occurs in one of the top 3 places, the medal will be awarded to both athletes and the next position will be skipped. (i.e. tie for first = 2 athletes receive 1st, 0 athletes receive 2nd, 1 athlete receives third).

Equipment

Zone Team Composition WAG Teams of 6 (combined P4 and P5). Six athletes to compete on each event with the top 4 scores on each event to contribute to the team score.

MAG Teams of four athletes. Four athletes to compete with the top 3 scores on each event to contribute to the team score.

Wildcards 16 wildcards (6 male; 10 female)

Maximum Athletes 96

Gymnastics

Terrace 2010 BC Winter Games

Head Coaches and Assistant Coaches:

1 head coach and 2 assistant coaches per zone.

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Provincial Organization states that all Zone Trials must be completed by January 11, 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.

Hockey - Female

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 16

Age Description Athletes born in 1995 or 1996 are eligible to compete.

Venue Terrace Sportsplex (Both Arenas)

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. Players must be registered with the BC Hockey through their local Minor Hockey Association or with their local Female Registered team. Also, any athlete training in a BC Hockey identified training program outside of British Columbia is eligible to compete in the 2010 BC Winter Games Hockey competition, provided that she attend all qualification events, and compete for the Zone where she makes her permanent residence.

Events Categories

Tournament Draw to be determined by the BC Winter Games Hockey Committee.

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.

Bronze, Silver and Gold medals will be distributed in the following events: Team Event

Equipment

Zone Team Composition 1 team, consisting of 20 players, per zone.

Wildcards No wildcards

Maximum Athletes 160

Head Coaches and Assistant Coaches:

1 head coach, 2 assistant coaches, and 1 HCSP trainer (assistant coach) per zone.

Hockey - Female

Terrace 2010 BC Winter Games

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or Development 1. Other BC Hockey qualifications may apply.

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Provincial Organization states that all Zone Selection Camps are to be completed by January 17, 2010.

Officials:

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

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

Judo

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 17

Age Description Athletes must be born in 1994 - 1996 to be eligible to compete.

Venue Skeena Junior Secondary School

Eligibility Requirements:

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

Minimum rank sanky (green belt). For these Games only, athletes who participated in the 2008 BC Winter Games will be allowed to compete. IJF rules will apply.

Events Categories

Athletes must compete within the weight class in which they qualified according to the BC Winter Games registration form and the stipulated weight classes shown in the BC Winter Games rules book. Weigh in will be held the evening prior to the start of the competition (time permitting). Male Weight Classes: Less than 48 kg, 48 kg to less than 51 kg, 51 kg to less than 55 kg, 55 kg to less than 60 kg, 60 kg to less than 66 kg, 66 kg to less than 73 kg, 73 kg to less than 81 kg; 81 kg plus;

Female Weight Classes: Less than 44 kg, 44 kg to less than 48 kg, 48 kg to less than 52 kg, 52 kg to less than 57 kg, 57 kg to less than 63 kg, 63 kg plus; 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.

Bronze, Silver and Gold medals will be distributed in the following events:

Male Weight Classes: Less than 48 kg, 48 kg to less than 51 kg, 51 kg to less than 55 kg, 55 kg to less than 60 kg, 60 kg to less than 66 kg, 66 kg to less than 73 kg, 73 kg to less than 81 kg; 81 kg plus;

Female Weight Classes: Less than 44 kg, 44 kg to less than 48 kg, 48 kg to less than 52 kg, 52 kg to less than 57 kg, 57 kg to less than 63 kg, 63 kg plus;

Team.

A trophy will be awarded from Judo BC to the Zone with the most points from individual and team results.

Equipment

Judo

Terrace 2010 BC Winter Games

Zone Team Composition 1 athlete in each different male weight division and 1 athlete in each different female weight division for a total of 14 athletes per zone; 8 male and 6 female.

Wildcards 16 wildcards (no more than 12 of one gender)

Maximum Athletes 128

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach per zone (one of each gender).

Coaching Requirements

All head coaches must be minimum rank black belt, fully certified at NCCP Level 2 Dojo Instructor or the equivalent CBET level. Candidates must possess a desire to further their level of Technical Competence and Coaching Certification. Preference will be given to those candidates who have shown an active involvement in the Provincial/Regional program. Note: the role of the coaches at the BC Games includes travelling to/from the Host Community with your team and residing in BC Games accommodation.

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Provincial Organization states that all zone competitions are to be completed by December 15, 2009 and the zone team selected by December 22, 2009.

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.

Karate

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 14

Age Description Athletes must be 12 or 13 years of age as of March 4, 2010.

Venue Clarence Michiel Elementary School

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. All participants must be members of Karate BC.

Events Categories

All categories are for White through Black Belts inclusive.

Female: Individual Kata, Individual Kumite Under 44 kg, Individual Kumite 44-55 kg, Individual Kumite Over 55 kg, Team Kumite (3 athletes per zone), Team Kata (3 athletes per zone).

Boys: Individual Kata, Individual Kumite Under 44 kg, Individual Kumite 44-55 kg, Individual Kumite Over 55 kg, Team Kumite (3 athletes per zone), Team Kata (3 athletes per zone).

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Male and Female Kata, Kumite -40kg, Kumite 44-55kg, Kumite +55kg, Male Team Kumite, Female Team Kumite, Male Team Kata, Female Team Kata

Sportmanship Awards - 1 Male and 1 Female, to be sponsored by Karate BC.

Equipment

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

Wildcards 16 wildcards

Maximum Athletes 96

Karate

Terrace 2010 BC Winter Games

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach per zone (one of each gender).

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

The Provincial Organization states that all Zone Playoffs are to be completed by January 18, 2008.

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.

Rhythmic Gymnastics

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age 10 - 12

Age Description Athletes must be born in 1998-2000 to be eligible to compete.

Venue Kitsumkalum Hall

Eligibility Requirements:

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

Athletes may attend two BC Winter Games, provided their first nomination is a Provincial Stream individual competitor, and their second nomination is as a National Stream competitor.

All participants must be registered members of the BC Rhythmic Sportive Gymnastics Association.

Competitors must be Provincial or National stream level athletes.

Events Categories

Provincial Stream and National Stream for the following: Individual (3 routines): Free, Rope, Hoop

Group: 2 - 3 (2 performances), 4 - 5 (2 performances) - Ball

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.

Bronze, Silver and Gold medals will be distributed in the following events: Provincial Stream individual event, National Stream individual event, for overall Provincial Stream individual results, for overall National Stream individual results, for each Provincial Stream group category, and for each National Stream group category.

Equipment

Zone Team Composition A maximum of 4 athletes per zone. Each athlete may participate in the individual competition and as a member of one

Rhythmic Gymnastics

Terrace 2010 BC Winter Games

group.

Wildcards 12 wildcard spots

Maximum Athletes 44

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach (at least one of whom must be female) per zone.

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

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

Zone Selections

All qualifying competition will take place prior to November 30, 2009.

All Zone entries will be filled and then wild card entries will be nominated.

Online Registration must be completed by January 15, 2010.

Officials:

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

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

Ringette

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 15

Age Description 13 or 14 years of age as of December 31, 2009.

Venue Terrace Sportsplex (Both Arenas)

Eligibility Requirements:

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

Athletes must be registered with the BC Ringette Association. All Star teams will be formed to represent each Zone.

Events Categories

Tournament Draw to be determined by the BC Winter Games Ringette Committee.

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.

Bronze, Silver and Gold medals will be distributed in the following events: Team Event

Equipment

Zone Team Composition 1 team consisting of 17 competitors per zone.

Wildcards No wildcards

Maximum Athletes 136

Head Coaches and Assistant Coaches:

1 head coach and 2 assistant coaches per zone. The bench staff must reflect the gender balance of the team.

Coaching Requirements

All head coaches must be fully CI and CIG certified or old system level two with recertification including MED trained and certified.

Assistant coaches must be fully certified at NCCP CI and CIG

Ringette

Terrace 2010 BC Winter Games

Trained. One member of the bench staff may be the team manager (certified through Ringette Canada's Manager Certification 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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

All Zone Trials must be completed by January 15, 2010.

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.

Skiing - Alpine

Terrace 2010 BC Winter Games

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 16, 2009

Be sure to check back for updates.

Age Under 13

Age Description Athletes must be born in 1997 or 1998 to be eligible to compete.

Venue Shames Mountain

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. Competitors must be members of the Alpine Canada Alpine / BC Alpine and must hold a BC Alpine current valid competitor's card. All athletes must pay the \$150.00 BC Winter Games registration fee.

Open to any carded racer, male or female, who has national points registration only.

Athletes will be entered for the zone where they reside.

Events Categories

Day 1: One 2-run Slalom

Day 2: One 2-run Giant Slalom

Day 3: One 1-run Slalom (morning)

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Day 1: One 2-run Slalom

Day 2: One 2-run Giant Slalom

Day 3: One 1-run Slalom (morning)

Equipment

Zone Team Composition 13 athletes per zone (no more than 7 of one gender).

Wildcards 28 wildcards

Maximum Athletes 132

Skiing - Alpine

Terrace 2010 BC Winter Games

Head Coaches and Assistant Coaches:

One head coach and one assistant coach per zone (one of each gender).

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or Development 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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

Zone Playoff entry deadline is January 18, 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.

Skiing - Cross Country

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 15

Age Description Athletes born in 1996 (Midget Category) or 1995 (Juvenile Category) are eligible.

Venue Onion Lake Cross Country Ski Trails

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games.

Midgets may compete as Juveniles.

Competitors may enter only one age group for the duration of the Games.

All skiers must compete in their zone trials in order to qualify for the BC Winter Games.

Events Categories

Interval Start Event (1): Friday, Classic Technique

Midget Boys - 3.5 km, Midget Girls - 3.5 km, Juvenile Boys - 5 km, Juvenile Girls - 5 km

Individual Sprint Event (1): Saturday, Free Technique

Midget Boys - 400m, Midget Girls - 400m, Juvenile Boys - 400m, Juvenile Girls - 400m

Relay Start Event (1): Sunday, Mixed Technique

Zone teams will consist of two female and 2 male athletes. Mixed age categories. Relay teams to be selected by the zone coaches. Distance is 4x2.0 km. Two legs of the relay are classic technique, and two are free technique. Only teams made up of skiers from the same zone are eligible for medals.

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Interval Start - Juvenile Boys and Girls and Midget Boys and Girls

Individual Sprint - Juvenile Boys and Girls and Midget Boys and Girls

Relay 4x2.0km - Mixed Age Category (4 per team)

Equipment

Skiing - Cross Country

Terrace 2010 BC Winter Games

Zone Team Composition 8 competitors per zone (4 male; 4 female).

Wildcards 18 wildcards (9 male; 9 female)

Maximum Athletes 82

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach per zone (one of each gender).

Coaching Requirements

All coaches (Head Coaches and Assistant Coaches) must be fully certified at NCCP Level 2 (old system) or trained at the CCI-L2T level (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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

A minimal entry fee may be charged at the Zone Playoff. Cross Country BC requires that all zone trials must be held on the weekend of January 2-3, 2010.

Officials:

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

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

Skiing - Cross Country (Para)

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age 13-40

Age Description Athletes must be 13 - 40 years of age as of March 4, 2010

Venue Onion Lake Cross Country Ski Trails

Eligibility Requirements:

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

Athletes may attend only two BC Winter Games.

Events Categories

Male and Female Standing (LW2-9) and Visually Impaired (B1-3) combined, and Sit Ski (LW10-12) for Individual Start.

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Male and Female Standing (LW2-9) and Visually Impaired (B1-3) combined, and Sit Ski (LW10-12) for Individual Start.

Equipment

Zone Team Composition A total of 24 athletes allowed across all eight zones.

Wildcards No wildcards.

Maximum Athletes 24

Head Coaches and Assistant Coaches:

Three Head Coaches, and one Assistant Coach (guide) for every three athletes.

Coaching Requirements

All Head Coaches must be fully certified at NCCP Level 2 (old system) or trained at the CCI-L2T level (new system). Assistant

Skiing - Cross Country (Para)

Terrace 2010 BC Winter Games

Coaches must be fully certified at NCCP Level 1 (old system) or CC Certified (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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

A minimal entry fee may be charged at the Zone Playoff. Cross Country BC requires that all zone trials must be held on the weekend of January 2-3, 2010.

Officials:

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

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

Skiing - Freestyle

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age U16

Age Description Must be 13-15 years of age as of July 1, 2009

Venue Shames Mountain

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. Athletes that have competed in freestyle skiing in a previous BC Winter Games or are members of the BC Freestyle Ski Team are not eligible to participate in the 2010 BC Winter Games.

Events Categories

Slope Style - Male and Female

Moguls - Male and Female

Dual Moguls - Male and Female

Combined - Male and Female

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Slope Style - Male and Female

Moguls - Male and Female

Dual Moguls - Male and Female

Combined - Male and Female

Equipment

Zone Team Composition 6 athletes per zone (3 Male / 3 Female)

Wildcards 18 Wildcards

Maximum Athletes 66

Skiing - Freestyle

Terrace 2010 BC Winter Games

Head Coaches and Assistant Coaches:

One head coach and one assistant coach (one of each gender) per zone. Head coaches and assistant coaches are required to stay in BC Games accommodation. Athletes and Coaches who reside in the local school district may choose to stay at home.

Coaching Requirements

All head coaches must be fully certified at NCCP Level 2 or Competition Development 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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

Final Zone qualification event must be held by January 17, 2010. The 2009/2010 BC Freestyle Ski Association Selection Criteria will outline the zone selection in complete detail. All zone qualification events must be approved by the BC Freestyle Ski Association Selection Committee. Some zones may not have sufficient means to host a qualification event so special circumstances must be approved by the BC Freestyle Ski Association Selection Committee.

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.

Speed Skating

Terrace 2010 BC Winter Games

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, 2009

Be sure to check back for updates.

Age Under 14 and 16

Age Description Juvenile minimum age is 12 years as of midnight June 30, 2009.
Juvenile maximum age is 13 years as of midnight June 30, 2009. Junior minimum age is 14 years as of midnight June 30, 2009.
Junior maximum age is 15 years as of midnight June 30, 2009.

Venue Tamatik Arena (Kitimat)

Eligibility Requirements:

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

Athletes may attend two BC Winter Games, provided that their first Games is at the Juvenile category, and their second Games is at the Junior category. All athletes must be registered with both BC Speed Skating Association and Speed Skating Canada as Full Competitive members. All designated Officials and Coaches must be Associate members of both BCSSA and SSC.

Events Categories

All competitors must compete in all events.
Juvenile Boys: 500m, 666m, 777m, 1000m.
Juvenile Girls: 500m, 666m, 777m, 1000m.
Juvenile Relays: 1500m.
Junior Boys: 500m, 777m, 1000m, 1500m.
Junior Girls: 500m, 777m, 1000m, 1500m.
Junior Relays: 3000m.

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Juvenile Boys: 500m, 666m, 777m, 1000m.
Juvenile Girls: 500m, 666m, 777m, 1000m.
Juvenile Relays: 1500m.
Junior Boys: 500m, 777m, 1000m, 1500m.

Speed Skating

Terrace 2010 BC Winter Games

Junior Girls: 500m, 777m, 1000m, 1500m.
Junior Relays: 3000m.

Equipment Participants will wear short track speed skating equipment as specified in Speed Skate Canada's Procedures and Regulations. The regulations include specific requirements for helmets, gloves and or mitts, shin guards, clothing, neck guards and the rounding of the tips at each end of the blades

Zone Team Composition 8 athletes per zone (4 male and 4 female). This consists of the top 2 juvenile boys, top 2 juvenile girls, top 2 junior boys, and top 2 junior girls. Each zone relay team should consist of 2 athletes of each gender. Juvenile relays consist of 2 juvenile boys and 2 juvenile girls. Junior relays consist of 2 junior boys and 2 junior girls.

Wildcards 16 wildcards. This consists of 8 positions for juvenile and 8 positions for junior, with a minimum of 3 of either gender of juvenile athletes, and 3 of either gender of junior athletes.

Maximum Athletes 80

Head Coaches and Assistant Coaches:

1 head coach and 2 assistant coaches per zone (at least one of each gender).

Coaching Requirements

All Head Coaches must be fully certified Introduction to Competition or be Transitional NCCP Level 2 with Making Ethical Decisions - Evaluated.

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

All athletes and coaches are required to travel to and from the Games on BC Winter Games transportation and to stay in BC Games accommodation. There will be no exceptions made to this rule.

Zone Selections

The Provincial Organization states that all Zone skate-offs must be completed or teams chosen by December 31, 2009. Only BCSSA sanctioned meets may be used as zone skate-offs. The Provincial Advisor, in conjunction with BCSSA, will set designated zone skate-off meets at the 2009 BCSSA Annual General Meeting.

Speed Skating

Terrace 2010 BC Winter Games

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.

Table Tennis

Terrace 2010 BC Winter Games

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 15, 2010

Be sure to check back for updates.

Age Under 19

Age Description Athletes born in 1992 - 1997 are eligible to compete.

Venue Mt. Elizabeth Senior Secondary School Gym 1 (Kitimat)

Eligibility Requirements:

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

Athletes may attend only one BC Winter Games. All athletes must pay C.T.T.A. rating fee of \$3.00. Competitors must be members in good standing with the BC Table Tennis Association or pay a one-time participation fee of \$5.00.

The BC Winter Games registration fee of \$150.00 must be sent to the BCTTA office (227-3820 Cessna Drive, Richmond, BC V7B 0A2) with the rating fee of \$3.00 per athlete and \$5.00 fee for non-BCTTA members. All cheques must be made payable to BCTTA.

The BCTTA Selection Committee will be the final arbiter of playing qualifications.

Competitors must be members or affiliate members of BCTTA.

Athletes may attend only one BC Games to compete in Table Tennis.

ITTF rules and regulations will be in effect.

Each competitor must enter both a Single and a Doubles event. Second Doubles is optional. Only players from same zone may make-up a doubles team.

Events Categories

Inter-Zone Team Matches - The Order of Play in both Males and Females competition shall be A vs X, B vs Y, a doubles, A vs Y, B vs X.

Mixed Doubles, Male Doubles, Female Doubles - Single Elimination K.O.

Singles Males and Females played in 2 stages:

Stage 1: "round robin" groups of 4-6 competitors, first 2 of each group advance to stage 2.

Stage 2: Single Elimination K.O.

All individual matches shall consist of the best of 5 games (11 point games). ITTF Rules and Regulations will be in effect

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.

Bronze, Silver and Gold medals will be distributed in the following events:

Table Tennis

Terrace 2010 BC Winter Games

Doubles - Mens, Womens and Mixed
Singles - Mens and Womens
Inter-Zone Team Match - Male
Inter-Zone Team Match - Female

Equipment

The surface of one side of the racket shall be bright red and the surface of the other side shall be black.
A player shall show his opponent and the umpire the racket he is about to use and shall allow them to examine it.
Playing clothing shall normally consist of a short-sleeved shirt and shorts or skirt, socks and playing shoes (non-marking soles), part or all of a tracksuit, shall not be worn during play except with the permission of the referee.
Orange 40mm balls will be used in all competitions.
No white shirts allowed.

Zone Team Composition 6 competitors per zone (3 male / 3 female).

Wildcards 8 (4 male and 4 female)

Maximum Athletes 56

Head Coaches and Assistant Coaches:

1 head coach and 1 assistant coach per zone (one of each gender).

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

All participants under 19 years of age residing outside of the City of Terrace are required to stay in BC Games accommodation. All athletes under 19 years must be properly supervised by the Head Coach and Assistant Coach(es).

Zone Selections

A minimal entry fee may be charged at the Zone Playoff to be determined by the Zone Representative. The Provincial Organization states that all Zone Playoffs to be completed by January 10, 2010.

Table Tennis

Terrace 2010 BC Winter Games

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.