

# 2018 NSMSG TECHNICAL PACKAGE

Updated July 4, 2018



**NOVA SCOTIA**  
**MI'KMAW**  
**SUMMER GAMES2018**

**Eskasoni First Nation**

**August 19-26, 2018**

Email: [nsmsg@eskasoni.ca](mailto:nsmsg@eskasoni.ca)

Toll Free Fax # for Registrations:

1-833-752-7664 (1-83-ESKASONI)

[www.eskasonisummerngames.ca](http://www.eskasonisummerngames.ca)

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## COORDINATORS/DIRECTORY LIST

EVENT	COORDINATOR
Archery	Fred Sylliboy 902-577-6579
Arm Wrestling	Trevor Sanipass
Badminton	George Paul
Basketball	John Denny Sylliboy 902-217-2211
Billiards (Pool)	Michael Basque 902-578-7789
Canoeing	Wekatesk Augustine 902-578-6081
Cultural Coordinator	Gibbet Stevens 902-565-4297
Darts	Michael "Dude" Johnson 902-304-7643
Five Kilometer Race (5K)	Floyd Prosper 902-577-9941
Floor Hockey	Duma Bernard
Functional Fitness	Scot McIntyre CrossFit Per Ardua
Golf	Shayne Stevens 902-578-8438
Grappling	Thomas Johnson Jr. 902-577-2290
Horseshoes	Athanasius "JunieKid" Sylliboy 902-565-6937
Kojua (Traditional)	Michael R Denny (Cultural Journeys) 902-565-4353
Power Lifting	Peter Siepierski 902-371-1090
Princess Pageant	Alexis Stevens 902-371-6677
School Yard Games	Maxine Stevens/Jeanine Denny 902-577-2265
Softball/PeeWee/T-Ball	Eldon Gould 902-577-5169
Special Olympics	Tom Fehey/Jeanne Marshall
Swimming	Dawna Prosper/Sarah Prosper
Track & Field	Brendan Smithson / MPAL's
Traditional Quadrathlon	John T Johnson 902-577-0954
Tug of War	Rodney Alex
Volleyball	Alyssia Jeddore 902-577-0757
Waltes	Joanne Poulette/Madeline "Sugar" Poulette 578-4206
Washer Toss	Michael Basque 902-578-7789

All teams and athletes competing at the Summer Games must be registered or have lived in the same community for over 1 year in order to compete as teams or doubles partners in any sport during the 2018 NS Mi'kmaw Summer Games. The following is a specific breakdown of the rule in the 2018 NSMSG Technical Package as posted on our website for the updated rules that were passed during our Host Committee Meetings along with the NS Mi'kmaw Summer Games Committee...

1. All athletes must have an "Indian status card" as issued by INAC via band office registrars in each Mi'kmaw community. These must be shown immediately upon request if there is a protest launched (within 30 mins of request).
2. All athletes compete for the community that they are registered as a band member "OR" for the Mi'kmaw community in which they have resided in for more than one (1) year.
3. All teams must have players that are from the same community including teams comprised of doubles partners in various sports such as canoeing, golf, badminton, etc.

Should you require any further information please contact us at [nsmsg@eskasoni.ca](mailto:nsmsg@eskasoni.ca)

## PRELUDE

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

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

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

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

If an individual wishes to initiate a change to a Technical Package for NSMSG, the desired change should be first directed to their Team Coordinator. The Coordinator will then bring the issue or concern forward to their NSMSG representative who will in turn present it to the NSMSG Board of Directors. Ultimately, the NSMSG Board of Directors is the only body that can amend the Technical Package. Typically, changes to age categories, Eligibility requirements or team sizes will not be considered after six (6) months prior to the upcoming NSMSG.

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

### Note:

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

## SPORT GUIDELINES:

### 2018 SPORTING EVENTS AVAILABLE

#### **Team Sports:**

Basketball  
Floor Hockey (Leisure Sports)  
Softball  
Swimming  
Tug of War  
Volleyball

#### **Individual Sports:**

1K Race  
5K Race  
Archery  
Arm Wrestling  
Badminton  
Canoeing  
Darts  
Functional Fitness  
Golf  
Horseshoes  
Power Lifting  
Special Olympics  
Swimming  
Track & Field  
Traditional Quadrathlon  
Washer Toss

#### **Leisure:**

Mi'kmaq War Games  
Princess Pageant  
Special Olympics  
School Yard Competition: Hopscotch & Skipping (Youth & Pee wee Division)

#### **Cultural:**

Mi'kmaw Arts and Crafts Showcase  
Waltzes  
Kojua

## **2. EVENT CATEGORIES (PLEASE FOLLOW YEAR OF BIRTH TO PLACE IN AGE CATEGORY)**

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

Tee-Ball	Ages 5-8	(Born 2010, 2011, 2012, 2013)	Co-Ed
Pee wee:	Ages 9-12	(Born 2006, 2007, 2008, 2009)	Co-Ed
Bantam:	Ages 13-15	(Born 2003, 2004, 2005)	

Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

**Exceptions:**

The above age categories apply unless otherwise stated in each event description.

However, due to the rule, which allow athletes to move up two age categories, athletes ages 7 or 8 by December 31st, 2018, are also eligible to play on a peewee team. Please note: All under-age players must have parent waiver forms completed and signed. All athletes must remain there age until December 31st, 2018 to participate in the appropriate division.

**Additional Information:**

Athletes are allowed to move up two (2) age categories maximum. For example, Bantam to Midget is accepted. Athletes cannot move down any categories. Athletes must be within the age bracket for all categories by December 31, 2018. Females are allowed to compete on Male teams. Males are not allowed to compete on Female teams. This rule does not apply to Peewee and Youth age divisions.

Note: Athletes registered in the Master’s & Grand-Master’s Divisions can participate in the Adult division (at the individual and tournament coordinator’s discretion based on ability & safety reasons).

**3. ATHLETE ELIGIBILITY**

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

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

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

Athletes who are now residing in a community other than their originating community are eligible to register on behalf of their current residence.

Teams cannot be comprised of multiple athletes from multiple communities (All-Star teams or NAIG teams), they must represent a Mi’kmaw community(ies).

However, an Athlete must have resided in their current place of residence for at least one (1) consecutive year.

An athlete cannot register on behalf of more than one (1) community.

There must be a minimum of three (3) athletes or teams in each individual or team sports in order for competition to be considered and planned for the 2018 NSMSG.

### **IMPORTANT NOTICE:**

Athletes and teams are put on notice that the 2018 NSMSG will not extend time to any sporting competition due to not enough players so please ensure you are organized in your team or individual sports or competition coordinators will be directed to follow strict guidelines with time deadlines and issuances of forfeits in all categories.

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

It is recommended all Athletes compete in a maximum of three (3) sports (made up of team and other sports combined). This includes a maximum of two (2) team sports and one (1) individual sport. For example: bantam softball (team), midget softball (team) and archery (individual). However, if an athlete wishes to participate in additional individual, leisure or cultural sports, this will be taken into consideration by the NSMSG Board, as long as no conflicts in scheduling arise.

- Athletes are only allowed to play in a maximum of two (2) team sports.
- Each community is allowed to register a maximum of two (2) teams per sporting division.
- There is no limit on the number of participants per community for individual, leisure and cultural sporting events. This will be handled on a first come, first serve basis.
- Each sporting event will have a limited number of participants. Once this limit is reached, we will be unable to accept additional participants.
- Therefore, it is highly recommended that participants register early to ensure their participation.
- It is important athletes review the event schedules prior to registering in order to avoid conflicts. If a conflict occurs, a NSMSG representative will choose one (1) of the requested events in which the athlete can participate.
- If less than three (3) teams are registered for a sport, the sporting event will be cancelled. Teams will have the opportunity to participate in other sports offered.

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

The NSMSG Board of Directors is committed to advancing coaching/official's development by establishing minimum certification requirements for all coaches participating in the Games. Currently it is strongly recommended that officials register with their respective

provincial sport organizations and have a minimum certification of the Aboriginal Coaching Manual (ACM) Training. This is currently not mandatory but will be considered for full implementation in the very near future.

## 6. VENUES AND SCHEDULES FOR SPORTS

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

## 7. REGISTRATION

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

### Final registration deadline:

**Teams: Friday, August 3<sup>rd</sup>, 2018 - NO EXCEPTIONS**

**Athletes: Friday, August 10<sup>th</sup>, 2018 - NO EXCEPTIONS**

- Each community fee for the 2018 NSMSG will be set at \$1,000.00. This includes communities being represented by 1 athlete or 1 team, the fee remains the same.
- Additional to this there will be a \$25 processing fee per athlete for all sporting categories including team sports and a \$5 processing fee for each additional sport.
- Please note, if an athlete registers for two divisions within one sporting category, the additional \$5 processing fee will be charged as this is considered an additional sport, which means you will only pay one athlete fee but multiple sport fees at \$5.
- Athletes must be paid in full in order to be considered officially registered.
- Athlete badges must be picked up upon arrival.
- Athletes are not permitted to participate in any events without their badge.
- Athletes are not permitted to participate in any sporting events without registering with an official registration officer.
- Please check with a registration officer or a team coordinator in advance to ensure you are on the official registration list.
- Medals will only be given to winners who are officially registered.

Should the Lower Mainland Teams once again compete collectively, all necessary status card documentation linking them directly to these communities must be presented. The fee for this team registration will be \$1,500.00. All athletes must also pay the additional athlete fees as per above.



## **IMPORTANT NOTICE:**

As the NSMSG are an alcohol and drug free event, all athletes and all teams are required to compete at these games free from this at all times. Athletes and teams will be checked closely and individuals and teams can/will be disqualified immediately if there are any issues brought to the Disciplinary Committee for review. This includes all events off site as well such as (Pool (Billiards), Golf, Swimming). There have been issues with both Billiards and Golf and as a result those sporting events have been placed on probation and will be closely monitored for compliance.

## **8. SCHEDULING AND REGULATIONS**

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

## **9. MEDAL PRESENTATIONS**

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

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

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

## **11. SECURITY**

The Host Community along with the NSMSG Board will ensure that there is adequate security at all events and venues during the games. It is recommended that professional security services be contracted along with volunteers.

## **12. VOLUNTEERS**

The Host Community will recruit a large volunteer base, not only from within the host community, but also from the surrounding community at large. Volunteers are subject to an RCMP Vulnerability Sector Check. If interested see website for volunteer information [www.eskasonisummernames.ca](http://www.eskasonisummernames.ca).

## **13. STATISTICS**

The Event Coordinators will work with the NSMSG staff to create a system of posting results for the games with regular updates through use of the Internet and all media outlets. The Host will make every effort to post nightly updates online.

#### **14. SPORTING EVENT SCHEDULE**

Please refer to the 2018 sporting event schedule prior to registering.

Schedule information is available in this package and is also available online at [www.eskasonisummernames.ca](http://www.eskasonisummernames.ca).

#### **15. MARKETING**

The NSMSG staff will oversee all PR and marketing strategies for the 2018 games.

#### **16. EVENT COORDINATORS**

For more information on each sporting event, please contact individual event coordinators. The 2018 coordinators, along with their contact information, are available in this package and also online at [www.eskasonisummernames.ca](http://www.eskasonisummernames.ca).

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

As noted earlier, the 2018 games are a Drug and Alcohol free event. Athletes, Coordinators, Officials, Coaches, Staffs, Supervisors and/or Volunteers are not permitted to be under the influence during any official sporting events.

This is a very serious offense and will result in disqualification and/or immediate removal from the event grounds and may result in disqualification of your team from participating. This will be dealt with by the Discipline Committee.

Use of tobacco products is discouraged onsite by ALL involved in sporting events and is an offense for athletes to use tobacco products during sporting events. Please keep in mind that it is illegal to have tobacco products on site during sporting events in under the legal age of nineteen (19) years old. Use of tobacco products by athletes' onsite at sporting events may result in disqualification.

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

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

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

The host community will provide first aid services on a daily basis during the games. First Aid must be easily available to all athletes at all venues during sporting events. The Eskasoni Health Center will be open from the hours of 8:30pm - 4:00pm (Monday to Friday) during the NSMSG. We will also be supported by the St. John's Ambulance and the local emergency team (RCMP, Fire Department, EHS, local Hospital). These are all available to the 2018 NSMSG within a maximum of 10-15 minutes.

## **20. TIME POLICY**

All athletes are required to be at their sporting event site no later than thirty (30) minutes before the scheduled event begins. All events are pre-scheduled. Please respect the time and effort that has been put in by numerous individuals to ensure that the 2018 Summer Games are able to accommodate the largest number of sporting events/athletes possible - within a very limited time period. Individuals and/or teams who show up late for their scheduled event will be automatically disqualified. These forfeitures will be sport specific so best to arrive early rather than on time.

## **21. FINAL TECHNICAL PACKAGE**

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

## ARCHERY

**EVENT:** The NSMSG Archery Component shall consist of 3-D Archery Competition with separate categories for traditional and compound bows. The event will take place on Goat Island in Eskasoni.

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

**Age Categories: 2018 NSMSG AGE CATEGORIES (SEE PAGE FIVE (5)).**

Peewee:	Under 8	(Born 2010-2017)
Cub:	Age 9-13	(Born 2005,2006,2007,2008)
Jr. Hunter	Male 14-17	(Born 2001,2002,2003,2004)
Jr. Huntress	Female 14-17	(Born 2001,2002,2003,2004)
Hunter- Fixed Pin or Hunting Style 1 pin		
Huntress- Fixed Pin or Hunting Style 1 pin		
Compound Any Equipment:	Age 60+	(Born 1901-1958)
	Age 50-59	(Born 1959-1968)
	Age 18-49	(Born 1969-2000)
Compound Fixed Pin, No Lens	Age 18-49	(Born 1969-2000)
Recurve:	Age 50+	(Born 1901-1968)
	Age 18-49	(Born 1969-2000)
Long Bow:	Age 50+	(Born 1901-1968)
	Age 18-49	(Born 1969-2000)

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

### **NUMBER OF ATHLETES:**

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

**Coaches:** Not necessary but allowable.

## **GENERAL RULES:**

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

## **COMPETITION FORMAT:**

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

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

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

## **EQUIPMENT REQUIREMENTS:**

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

### **Unlimited:**

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

### **Limited:**

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

### **Traditional:**

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

## COMPETITION RULES:

- An athlete is allowed to compete in only one class.
- Equipment shall be checked before the match and shall not be altered during competition.
- Each target is numbered at the shooting position. The archer shall not shoot forward of the shooting line.
- Practice on the course is not permitted.
- Equipment failures must be visible and agreed upon by the majority of the group. Upon agreement, the shooter must have his/her scorecard initialed by the entire group as an equipment failure. The shooter with the failure must proceed forward through the course to notify a range official.
- A range official shall determine the best course of action for the remaining shooters in the group to complete the round.
- A range official shall hold the individual's scorecard until the repair is completed and he/she is escorted back onto the range. The range official shall determine the amount of time necessary to make the needed repair. The time element will not be abused. A range official must escort persons re-entering the range to the designated target.
- After each end the athletes walk to the target (which they share). An arrow earns the score of the zone it lands in. They are as follows:
  - Ten (10) for the smallest ring, eight (8) points for the outer ring, five (5) points for a body hit and zero (0) points for a hit in the horn or hoof, not touching body color, any other miss or glance off.
  - In case of a disagreement on the placement of the arrow, the range officer settles the dispute. The protest is brought forward by the individual, coach or manager.
- If the arrow is pulled before the tabulation, the person who pulls the arrow receives a score of zero (0) for that target.
- The score cards have to be legible, completed in black or blue ink and signed by the scorer and the archer. If the tabulated scores do not match, the lesser value will be recorded as the official points.
- If an arrow lands in the dividing line it earns the higher value. A deflected arrow is scored where it lands. Witnessed pass through arrows are to be scored as agreed on by the majority of the group or a re-shot before shooters advance to the target. An arrow embedded in another arrow scores the same as the first. A re-shot is not warranted.
- When two archers or more have identical total scores, the process of tie breaking is as follows:
  - A shoot off will be held using a 3-D animal target set at an unknown distance. Each shooter will shoot one (1) arrow each. The arrow closest to the centre of the target will determine the winner.
- Field glasses (binoculars), telescopes and other optical aids may be used for spotting arrows provided they do not represent any obstacle to other athletes at the shooting peg.

- Prescription spectacles, shooting spectacles and sunglasses may be used. None of these may be fitted with micro hole in lenses, or similar devices, nor may they be marked in any way that can assist in aiming. The spectacle glass of the non-sighting eye may be fully covered or taped, or an eye patch may be used.

**Rule Violation:**

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

## ARM WRESTLING

### **EVENT:**

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

Age Categories	Weight Class (Kilos)	Weight Class (Pounds)
19+	70	154
	80	176
	90	198
	110	242
	110+	242+
Women	60	132
	70	165
	85	187
	85+	187+
Midget (M/F)	By Age Group	Male & Female

### **PARTICIPANTS:**

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

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

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

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

### **GENERAL RULES:**

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

### **COMPETITION FORMAT:**

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

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

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



All relevant equipment will be provided by the host community. The event will take place at the Noel R. Denny Memorial Powwow Grounds.

### **COMPETITION RULES:** Luck of Draw

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

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

When you get to the table you must:

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

### **WARNINGS:**

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

### **FOULS**

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

### **LOSS**

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

### **STRAPS**

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

## **BADMINTON**

### **EVENT:**

The NSMSG badminton competition consists of male and female teams for both singles and doubles. Players can play singles or doubles but not both. The event location is the Eskasoni Elementary & Middle School Gym.

### **PARTICIPANTS:**

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

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

#### **Divisions:**

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

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

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

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

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

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

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

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

## BASKETBALL

### **EVENT:**

The NSMSG basketball competition consists of both male and female team competitions. The event will take place at the Allison Bernard Memorial High School Gym.

### **PARTICIPANTS:**

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

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

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

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

### **Divisions:**

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### **GENERAL RULES:**

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

### **COMPETITION FORMAT:**

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

### **OFFICIALS:**

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

## FIELD OF PLAY/EQUIPMENT REQUIREMENTS:

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

## COMPETITION RULES:

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

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

### FIBA warm up procedures:

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

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

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

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

- a. A game lost by forfeit.
- b. If there are two teams in the age classification with equal points, the result(s) of the game(s) between the two teams involved will be used to determine the placings.
- c. If the points and the goal average in the games between the two teams are still the same, the classification will be determined by the goal average of all the games played in the group by each team.

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

## CANOEING

### **EVENT:**

The NSMSG canoeing competition is open to all athletes from the adult age category and older. There will be both singles and doubles competitions including one for male, female and co-ed. This is due to the many safety hazards that come with this competition. The event and pre-registration will take place at Goat Island in Eskasoni.

Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### **PARTICIPANTS:**

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

Each Community may enter as many athletes as they wish until the limit is reached. Registration is on a first come/first serve basis.

### **GENERAL RULES:**

The most recent version of the Marathon Canoe Racing Competition Rules will apply. Unless otherwise stated in this package.

### **COMPETITION FORMAT:**

Events are either finals **OR** semi finals/finals, **OR** heats, semi-finals/finals, dependant on the number of entries. There will be no consolation races. All races will begin with a mass start.

### **OFFICIALS:**

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

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

The Host Community shall provide canoes, paddles and all accessories. All equipment must comply with the Marathon Canoe Racing Competition rules.

A 17 foot canoe will be used for this event. All competitors will utilize the use of an approved Personal Floatation Devices (PFDs).

### **COMPETITION RULES:**

In the case of lightning, the competition will be suspended and/or rescheduled, at the discretion of the canoeing organizing committee. All competitors **MUST** know how to swim.

## DARTS

### **EVENT:**

The NSMSG event for Darts will be held at the Sarah Denny Memorial Cultural Centre for both singles and doubles for male and female divisions.

### **PARTICIPANTS:**

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

### **AGE GROUPS:**

Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### **GENERAL RULES:**

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

### **COMPETITION FORMAT:**

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

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

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

- Refer to the National Darts Federation of Canada.

### **COMPETITION RULES:**

- Refer to the National Darts Federation of Canada.

## FIVE KILOMETRE (5K) RACE

### **EVENT:**

The NSMSG will have an event for a Five KM race located in Eskasoni First Nation as outlined by Coordinator.

### **PARTICIPANTS:**

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

### **Divisions:**

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### **GENERAL RULES:**

As determined by the sports coordinator and the 2018 hosting community.

### **COMPETITION FORMAT:**

This event will take place in the hosting community.

### **OFFICIALS:**

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

**\*Competitors must wear their numbers on the front and back of their vests\***



## FUNCTIONAL FITNESS

### **EVENT:**

The NSMSG Functional Fitness component will be a competition for determining the fittest individuals consisting of three events.

### **PARTICIPANTS: Age Categories**

Senior: Ages 18-34 (Born 2000, 1999, 1998, 1997-1984)  
Masters: Ages 35-54 (Born 1983-1964)  
Grand Masters: Ages 55+ (Born 1901-1963)

### **Number of Athletes:**

Each Community may enter as many athletes as they wish until the limit is reached. Registration is on a first come/first serve basis.

### **Number of Coaches:**

Each Community may accredit one (1) coach per team for each division.

### **GENERAL RULES:**

The rules outlining this competition will be to follow the standards of movements in CrossFit. The competitors will be timed in completing events and number of repetitions in a given time period.

### **COMPETITION FORMAT:**

There will be 3 series of events with 6 participants in each heat.

#### **Event 1 - 3 Rounds For Time**

Run 300m

20 KettleBell Swings 53# for men, 35# for women

10 KettleBell Squats. (squats holding kettlebell in front of chest)

10 KettleBell Deadlifts

#### **Event 2 - 8 Minutes to complete as many rounds as possible**

Row 250m

15 Burpees over the rower seat rail.

#### **Event 3 - For Time**

30 Push Ups

30 Sit-ups

100 feet of Walking Lunges

100 feet bear Crawl

### **OFFICIALS:**

There will be officials from CrossFit Per Ardua who will oversee proper movements and record time, number of movements performed in heats.

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

The event will be held at the Dan K. Memorial Arena where equipment will be step up to perform the described movements required of the functional fitness competition. There will be a station for kettle bell Swings, Squats and Deadlifts. There will also be a station set up for rowing and matted area for burpees. There will also be a matted area for push ups, sit ups, walking lunges and bear crawl.

Equipment will be provided by CrossFit Per Ardua, athletes will need to provide their own uniform and safety equipment.

**COMPETITION RULES:**

The rules for the competition will follow those set forth by Coordinators.

## GOLF

### **EVENT:**

The NSMSG golf competition for 2018 will take place at the Lakes Golf Club in Ben Eion and will consist of male and female individuals as well as male and female doubles. The dates for golf will be on Sunday August 19-21 for singles and doubles will be on Monday August 20<sup>th</sup>.

Registration will begin the morning of the 19<sup>th</sup>. In addition to registration fees, golfers are responsible for their green fee costs. There will be a cost of \$69.00 plus tax per day fee which comes to \$79.35 this price includes a cart. Any golfers participating in 3 days will be asked to pay their fees at the clubhouse which is approximately \$240.00.

Additional costs for practice rounds and meals are the responsibility of the team and/or golfer for all age categories. Range balls will be included. Snacks will be supplied. Food will also be available for purchase on site. All golfers must pay their own registration fees by cheque/cash to the Lakes Golf Club. The 2018 Host will not be organizing/responsible for golf fees. Depending on number of registrants and their skill level there will be Divisions A,B and C if necessary

Note: Green fee and cart costs are based on 2018 prices.

### **PARTICIPANTS:**

Number of Athletes:

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

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

### **Age Divisions:**

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)
Women:	Age 19+	(Born 1999+)

NOTE: Each competition must have a minimum of three (3) individuals to start the competition in any division. These will be based on registrations by the deadline dates.

**\*Athletes must be from the same community to play in doubles competition.**

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

**GENERAL RULES:**

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

**COMPETITION FORMAT:**

The competition format will be as follows for all the age categories. Day 1 - Two Man Scramble (Team); Day 2 and 3 - Individual Stroke Play.

**OFFICIALS:**

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

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

The golfers must supply their own equipment (clubs and balls). All equipment must comply with The Rules of Golf.

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

**The Rules of Golf - The Committee Score Card**

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

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

**Disqualification Penalty; Committee Discretion**

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

**How to decide ties**

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

(a) In the event of a tie in a scratch stroke-play competition, a play-off is recommended. The play-off may be over 18 holes or a smaller number of holes as specified by the

Committee. If that is not feasible or there is still a tie, a hole-by-hole play-off is recommended.

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

\*\*\*ALCOHOL AND DRUG FREE EVENT AND IF ANYONE IS CAUGHT UNDER THE INFLUENCE THEY WILL BE DISQUALIFIED FOR THE EVENT AND AS THIS HAS BEEN AN ONGOING ISSUE GOLF IS CONSIDERED TO BE ON PROBATION AND COULD BE DISCONTINUED, AS A SUMMER GAMES EVENT SHOULD THE ISSUE PERSIST. THE EVENT WILL BE CLOSELY MONITORED AS A RESULT OF THIS ISSUE\*\*\*

## GRAPPLING

### **EVENT:**

The event is described as hand-to-hand combat, grappling is a close fighting technique used to gain a physical advantage such as improving relative position, or causing injury to the opponent. Grappling covers techniques used in many disciplines, styles and martial arts that are practiced both as combat sports and for self-defense.

### **PARTICIPANTS:**

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

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

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

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

#### **Weight classes will be as follows: (Bantam age categories and older)**

Lightweight: 160lbs and under

Middleweight: 160lbs-185lbs

Heavyweight: 185lbs-225lbs

Super heavyweight: 225lbs and over

Weigh-ins will be held at the same time as registration. If your weight, at the time of weigh-ins, does not match the weight on your registration form you will be put into your respective category.

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

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

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

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

- The event will be held at the Dan K. Memorial Arena in Eskasoni where there will be a matted area for competition, designated warm up area and change area.

### **COMPETITION FORMAT:**

Matches will be conducted in a double elimination tournament format. Each competitor will be guaranteed at least 2 chances to compete. The event will start with the Lightweight tournament, Middleweight, Heavyweight and Super heavyweight will be last.

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

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

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

Competition rash guards are mandatory for this competition.

## HORSESHOES

### **EVENT:**

The NSMSG horseshoes competition consists of male and female singles and doubles competition in the age categories listed in the NSMGS technical package. The event location will be at the Noel R. Denny Memorial Powwow Grounds.

### **PARTICIPANTS:**

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

### **Divisions:**

Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

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

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

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

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

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

All equipment will be provided by the host community.



## COMPETITION RULES:

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

## PEEWEE SOFTBALL (Whip Fastpitch)

### **EVENT:**

The NSMSG event for Pee wee softball will consist of competition for teams from the participating communities in the age categories listed in the NSMSG technical package for both male and female participants in a co-ed setting. The event will take place at the Wildcats Field In Castle Bay.

### **PARTICIPANTS:**

**Number of Athletes:** Each Community may enter a maximum of 16 players per team. For the purpose of clarifying the age category, all Pee wee age players will be born between the following years.

Note: This category will be a co-ed (male/female) category.

**Pee wee:     Ages 9-12     (Born 2006, 2007, 2008, 2009) Co-Ed**

**Number of Coaches:** Each Community may accredit one (1) coach per team. The staff may either be male or female, preferably one of each as the PeeWee Softball Division will be allowing male & female players to play on the same team.

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

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

**OFFICIALS:** The umpires must have a minimum Provincial Level 1.

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

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

- Distance between bases is fifty five (55) feet.
- Distance from home to pitcher is thirty-five (35) feet.
- All Softball Canada approved bats are allowed for the Pee wee age category.

Please note: The Pee wee Fastpitch division will use 11” youth softball.

All players must supply their own bats, batting helmets, and gloves. Catchers shall supply all their additional equipment. All equipment shall comply with Softball Canada.

## COMPETITION RULES:

### Number of Innings

- The entire game shall consist of seven (7) innings including the medal rounds
- The seven (7) rules will be in effect any time after the completion of 5 (or 4-1/2) innings of play.
- There is a 15 run mercy rule after 3 full innings of play.
- The umpire will award the game to the team with a lead of ten or more runs any time after the trailing team has had five turns at bat.
- If the score is tied after 7 innings the play shall continue until:
  - The visiting team has scored more total runs than the home teams at the end of a completed inning or,
  - The home team scores the winning run in an uncompleted inning.
  
- Final standings in the round robin play shall be established using the following criteria:
  - The team with the best win-loss record in the game(s) between or among the tied teams will place higher in the standings.
  - If the tie still persists, the placement of teams will be dictated by the ratio of number of runs against per defensive inning for games between or among the original tied teams.
  - If the tie persists, the placement of teams will be dictated by the ratio of runs scored per offensive inning for games between or among the original tied teams.
  - If the tie still persists, the team having the best win-loss record in games played versus the highest placed team not in the tie, followed by comparison against the next highest placed team etc. will place higher in the standings.

### List of Bats:

A competition list of approved bats will be made available to all coaches online and through the link that will be provided to all coaches online on our new website.

## POOL (BILLIARDS)

Event Location: Dooley's Pool Hall (Sydney)  
Event Competition: Male, Female, Scotch Doubles & Team Categories  
Event Format: Double Knockout  
Age Divisions: 19 & Over ONLY

The 2018 Nova Scotia Mi'kmaw Summer Games will be providing an opportunity for competitions in the game of billiards (pool). The competition standards of play will follow the Billiards Canada endorsed rules of play.

The competition will see two categories, Male and Female, both with players ages 19 yrs of age ONLY. This would be an athlete born from 1999 - 1998 - 1997 and down. Once all of the names have been collected from the 2018 NSMSG registration process the volunteer organizers will begin to determine the total number of brackets that will be used for the double knockout competition.

**COMPETITION FORMAT: Singles & Doubles Eight (8) Ball Competition, Singles (9) Ball Competition, Scotch Doubles and Team Competition in (8) Ball (Billiards Canada Rules)**

**Depending on number of participants Coordinator will determine if it will be Double Knockout or Single Knockout. For Singles and Doubles there are 1 division for Men's & 1 division for Women (No Seeding).**

Races will be determined by the size of the field.

The final top three (3) competitors in each of these competitions will be awarded medals based on the final placing's of 1<sup>st</sup> (Gold), 2<sup>nd</sup> (Silver) & 3<sup>rd</sup> (Bronze). These will be awarded on the main stage of the 2018 NSMSG.

NOTE: WITH THIS EVENT LOCATION BEING OFF-SITE AND AT A LOCATION WHERE LIQUOR IS READILY AVAILABLE, ALL ATHLETES ARE REMINDED THAT THE 2018 NSMSG IS AN ALCOHOL AND DRUG FREE EVENT AND IF ANYONE IS CAUGHT UNDER THE INFLUENCE THEY WILL BE DISQUALIFIED FOR THE EVENT AND AS THIS HAS BEEN AN ONGOING ISSUE BILLIARDS IS CONSIDERED TO BE ON PROBATION AND COULD BE DISCONTINUED, AS A SUMMER GAMES EVENT SHOULD THE ISSUE PERSIST. THE EVENT WILL BE CLOSELY MONITORED AS A RESULT OF THIS ISSUE.

## POWER LIFTING

**EVENT:** The event will offer both Classic Powerlifting and Equipped Powerlifting. Registration will begin one hour prior to warm up and competition times. The event will be held at the Dan K. Memorial Arena.

### **PARTICIPANTS:**

**Age Categories & Weight Classes:**

Sub-Junior (14-18), Junior (19-23), Open (any age), Master I (40-49), Master II (50-59), Master III (60-69), Master IV (70-79) (Note: Master IV is male only)

Female weight classes: 43kg, 47kg, 52kg, 57kg, 63kg, 72kg, 84kg, 84+kg

Male weight classes: 53kg, 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, 120+kg

(Note: women's 43kg and men's 53kg only apply to sub-junior and junior competitors)

### **Number of Athletes:**

To be determined after all entry forms are received before entry deadline

### **Number of Coaches:**

Lifters are allowed one coach in the warm up room

### **GENERAL RULES:**

- 1 The order of lifts will be as follows: Squat; Bench Press; Dead-lift.
- 2 Lifters will receive 3 attempts per lift. The highest of the successful attempts will count towards a lifter's total.
- 3 The order in which lifters make their attempts will be based upon their chosen weights for each attempt.
  - The lifter who requested the lightest weight will go first and the heat will proceed in ascending order until all lifters have made their first attempts.
  - Following the completion of the first attempts the meet staff will reorder lifters based on the weight selected for a second attempt and the round will proceed the same as the first.
- 4 Lifters will be judged by three judges. In order for a lift to be successful, at least two of the three judges must determine that the lift meets the rules explained in this rules document. After a missed attempt, lifters are allowed to ask the judges why an attempt was nullified.
- 5 Each participant will have to receive a score in each of the three lifts within the 90-minute heat to be eligible for the individual championship.
- 6 Winners will be determined based upon a per-bodyweight formula coefficient called "Wilks."

### **The lifts**

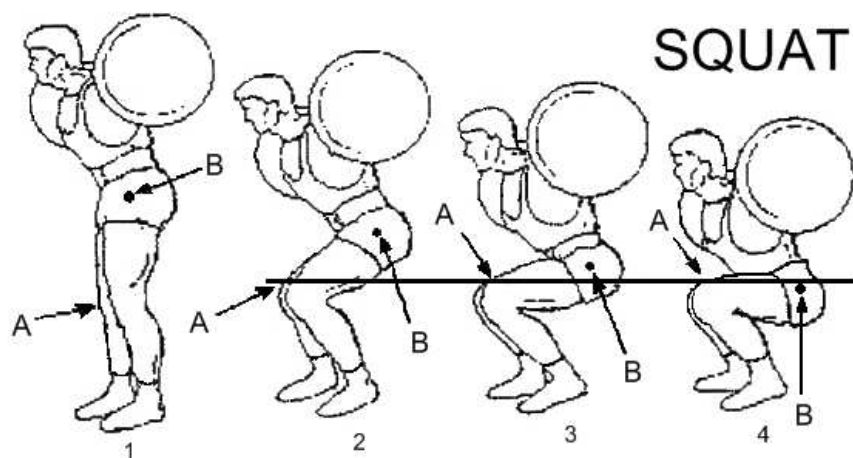
#### **1 Squat**

First, the lifter shall un-rack the weight and assume an upright position. The bar shall be held horizontally across the shoulders with the hands and fingers gripping the bar and the feet flat on the platform with the knees locked (see diagram 1).

- After removing the bar from the racks, the lifter shall wait in this position for the

Chief Referee's signal. The signal shall be given as soon as the lifter is motionless. The Chief Referee's signal shall consist of a downward movement of the arm and the audible command "squat."

- Upon receiving the Chief Referee's signal, the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees (see diagrams 2, 3 and 4).
- The lifter must recover at will without double bouncing or any downward movement to an upright position with the knees locked.
- When the lifter is motionless, the Chief Referee will give the signal to replace the bar with a backward motion of the hand and the audible command "rack."
- The lifter shall face the front of the platform.



A: Top of the Knees B: Top surface of the leg at the hip joint

### Causes for Disqualification of a Squat

- Failure to observe the Chief Referee's signals at the commencement or completion of a lift.
- Double bouncing or more than one recovery attempt at the bottom of the lift.
- Failure to assume an upright position with the knees locked at the commencement and completion of the lift.
- Any shifting of the feet laterally, backwards or forwards, during the performance of the lift. Rocking of the feet between the ball and the heel is permitted.
- Failure to bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees (see diagrams 2, 3 and 4).

### 3 Bench Press

- The lifter must lie on his/her back with shoulders and buttocks in contact with the flat bench surface.
- The lifter's hands may grip the bar with a "thumbs around" grip. Note: The use of the "reverse grip" or a thumb-less grip on the bench is strictly prohibited.
- The lifter's shoes must be in contact with the floor. This position shall be maintained throughout the attempt.
- The head may rise off the bench or move during the performance of the lift.
- To achieve firm footing, the lifter may use flat surfaced bumper plates to build up the surface of the platform.
- The spacing of the hands shall not exceed 81 centimeters between the forefingers. In other words, the index finger must completely cover the 81 cm.

- ring.
- After receiving the bar at arm's length, the lifter shall lower the bar to his/her chest and await the Chief Referee's signal.
- The signal shall be the command: "PRESS" to press when the bar is motionless on the chest.
- After the signal to commence the lift has been given, the bar is pressed upwards to straight arm's length and held motionless until the audible command "RACK" is given.

#### **4 Causes for Disqualification of a Bench Press**

- Failure to observe the Chief Referee's signals at the commencement or completion of the lift.
- Any change in the elected lifting position during the performance of the lift (i.e., any raising of the shoulders, buttocks or movement of the feet from their original points of contact with the bench or the floor, or lateral movement of the hands on the bar).
- Failure to press the bar to full extension of the arms at the completion of the lift.
- Heaving or bouncing the bar off the chest.
- Allowing the bar to sink into the chest after receiving the Chief Referee's signal.
- Any exaggerated uneven extension of the arms during the lift.
- Any downward movement of the bar in the course of being pressed out.

#### **5 Deadlift**

- The lifter shall face the front of the platform.
- The bar must be laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands, and lifted without any downward movement until the lifter is standing erect.
- On completion of the lift, the knees shall be locked in a straight position and the shoulders square or back as seen in the figure below.
- The Chief Referee's signal shall consist of a downward movement of the hand and the audible command "down." The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
- Any raising of the bar or any deliberate attempt to do so will count as an attempt.

#### **Causes for Disqualification of a Deadlift**

- 1 Any downward movement of the bar before it reaches the final position.
- 2 Failure to stand erect with the shoulders square or back.
- 3 Failure to lock the knees straight at the completion of the lift.
- 4 Supporting the bar on the thighs during the performance of the lift.
- 5 Stepping backward or forward, although lateral movement of the sole or rocking feet between ball and heel is permitted.
- 6 Lowering the bar before receiving the Chief Referee's signal.
- 7 Allowing the bar to return to the platform without maintaining control with both hands.
- 8 Failure to comply with any of the requirements contained in the general description of the lift, which precedes this list of disqualifications.

**COMPETITION FORMAT:**

Lives are completed in the following order:  
Squat/bench press/deadlift

**OFFICIALS:**

There will be three officials for the competition.

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

The event will take place at the Eskasoni Fire Hall where there will be a place that has a main area for lifters to perform as well as an area for equipment to be set up as a warm-up room.

Other equipment needed will be a powerlifting platform, powerlifting rack, bar, weightlifting chalk, computer and or TV or projector for scoreboard, attempt cards and all other forms.

**COMPETITION RULES:**

Following International Powerlifting Federation (IPF) rules. See <https://www.powerlifting-ipf.com> for more information.



## PRINCESS PAGEANT

### **EVENT:**

The NSMSG Princess Pageant competition consists of female participants within the bantam and midget age groups that have full status cards and have been identified for competition by the Mi'kmaq First Nations in Nova Scotia. The events related to the Pageant will take place at the Noel R. Denny Memorial Powwow Grounds

### **PARTICIPANTS:**

The age category for participation will be an open division with ages 15-19.

### **Number of Athletes:**

Each community may enter a maximum of two (2) female participants.

### **Number of Coaches:**

It is recommended that each community have at least one (1) coach/chaperone.

### **GENERAL RULES:**

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

## **COMPETITION FORMAT:**

The competition format will be determined by the number of entries. Each community will send their queen and 1<sup>st</sup> runner up from their last community princess pageant. If the communities do not have a princess pageant then we ask communities to send their recommended participants with a letter stating they are the community representative.

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

## **REQUIREMENTS:**

1. Completed registration form
2. Proof of age/ancestry (Indian Status Card Required)
3. Talent
4. Regalia and/or formal wear

## **COMPETITION RULES:**

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

## **WINNING CONTESTANT:**

The Winner will receive:

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

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

## SCHOOLYARD COMPETITION

### **EVENT:**

The NSMSG schoolyard competition will take place at the Eskasoni Elementary & Middle School Outdoor Basketball Court and will consist of events such as hop scotch, skipping rope, four squares, bean bag toss and obstacle course.

### **PARTICIPANTS:**

Please note: NSMSG medals will not be awarded for this division. All youth will receive participation awards/medals.

### **Number of Athletes:**

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

### **Divisions:**

Youth:	Ages 5-8	(Born 2010, 2011, 2012, 2013) Co-Ed
Peewee:	Ages 9-12	(Born 2006, 2007, 2008, 2009) Co-Ed

### **GENERAL RULES:**

As determined by the sports coordinator and the 2018 hosting community.

### **COMPETITION FORMAT:**

This event will take place in hosting community.

### **OFFICIALS:**

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

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

### **COMPETITION RULES:**

To be determined as set out by the coordinator of the events.

## SOFTBALL (FASTPITCH)

### **EVENT:**

The NSMSG baseball competition consists of both male and female teams in the following categories listed below. The rules, which will be followed are set out by Soft Ball Nova Scotia. The events will be held at Castle Bay Ball Field and Frenchies Ball Field in Eskasoni.

### **PARTICIPANTS:**

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

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

#### **Divisions:**

##### Men's A:

Double Knockout Format

##### Men's B:

Double Knockout Format

**Men's teams will be ranked according to their roster. The host committee will review these rosters and will make the final decision on whether the team plays A or B division during the Summer Games. Once these decisions are made we will create double knockout schedules for the Men's A & B Divisions.**

##### Women's:

One (1) division... Maximum twelve (12) teams (Double Knock out)

Midget: (Male & Female - Separate Divisions): Maximum 8 teams (Double Knockout Format)

Bantam: (Male & Female - Separate Divisions): Maximum 8 teams (Double Knockout Format)

PeeWee (M/F): One division, maximum ten (10) teams (Double Knockout Format)

Tee-Ball: Participation Based

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

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

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

**COMPETITION FORMAT:** The competition format will be determined by the number of entries per age category. The host community will make every effort to maximize the number of games each team receives. Each team will play a minimum two games (two-game knockout in all age divisions, except Pee wee, which will be a round robin division).

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

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

**COMPETITION RULES:**

- The teams will warm-up off the competition diamond and will be allowed only 5 minutes on the competition diamond prior to game time.
- An entire game for the NSMSG softball tournament shall consist of seven (7) innings or a maximum time of 1 Hour 45 minutes. No new inning will start after 1 Hour 45 minutes. If the game is tied after this the tie breaking procedures will apply immediately.
- The seven (7) run rule will be in effect any time after the completion of 5 (or 4 1/2) innings of play. The umpire will award the game to the team with a lead of seven (7) or more runs any time after the trailing team has had five (5) turns at bat. There will also be a 15 run mercy rule after 3 innings or thereafter.
- Mercy Rule
  - In all categories, games will end after 2 ½, 3, 3 ½ or 4 complete innings of play if there is a difference of 15 runs.
  - In all categories, games will end after 4 ½, 5, 5 ½ or 6 innings of play if there is a difference of 7 runs.
- In the case of a tie game during the round robin play and/or play offs, the International tie breaking rule shall be followed:
  - Starting with the top of the eighth inning, and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat ninth in that respective half inning being placed on second base. The player who is running can be substituted in accordance with the substitution rules.

**Round Robin Only - Tie breaking procedures**

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

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

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

A. Within Section Round Robins

- With two teams tied on wins/losses, rank them by the results of their game in the round robin; the winner is placed ahead of the loser.
- With more than two teams tied on wins/losses, rank them in order
  - By the results of their games among themselves in the round robin games.
  - If still tied on wins/losses, by their runs against record in the games among themselves; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.
  - If any teams tied by their runs against record in the games amongst themselves -
    - two teams - by the results of their games amongst themselves in the round robin games
    - more than two teams - by their runs against record in all the round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.
  - If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.

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

- By their runs against record in all round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.
- If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.
- 3.03 For a tied team “runs against” is the total number of runs scored by the specified opponents of that team.

Approved Bats:

A list of approved bats will be made available to all coaches/managers/teams to help to ensure all equipment (bats) will be fair. All bats/equipment found not-approved will be taken out of the game competition and returned to the participant after the 2018 NSMSG

## SWIMMING

### EVENT:

The NSMSG Swimming Competition shall consist of six (6) individual events and two (2) team events. The event location will be the Sydney YMCA.

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

### PARTICIPANTS:

#### Number of Athletes:

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

#### Coaches:

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

### GENERAL RULES:

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

### COMPETITION FORMAT:

- The swimming competition will take place on the same day in two sessions - or over two days.
- A warm up period of 20 minutes will be provided prior to each racing session of the swimming competition.
- All athletes are eligible to swim four (4) individual events and (2) relays.
- An athlete's age group will be determined by their age on the first day of the swimming competition.
- Age Groups will be as follows:
  - Youth: 5-7 years old Peewee
  - 8-12 years old Bantam
  - 13-16 years old Midget
  - 17-19 years old Junior
  - 20-23 years old Senior
  - 24 years and old
- Swimmers will swim in heats by gender, in mixed age groups.
- Heats will consist of 8 swimmers - one swimmer per lane.
- Relay's will consist of 8 teams one team per lane.
- Gold, Silver and Bronze medals will be awarded for each event by age group and gender.

#### **OFFICIALS:**

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

#### **EQUIPMENT REQUIREMENTS:**

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

#### **COMPETITION RULES:**

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



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

**RULE VIOLATION:**

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

## T-Ball (Youth) - MASH Division Play (Male/Female)

Event Location:	Eskasoni Wildcats Field in Castle Bay
Event Date:	Monday, August 20 <sup>th</sup> & Tuesday, August 21 <sup>th</sup>
Event Competition:	Male & Female Categories
Event Format:	Round Robin Play
Age Divisions:	Born 2010, 2011, 2012, 2013 (Male & Female Players)

The 2018 Nova Scotia Mi'kmaw Summer Games will be providing an opportunity for competitions in T-Ball specific to the following rules of play.

1. Infield consists of Pitcher, Catcher, 1st Base, 2nd base, shortstop, 3rd Base. All others play outfield.
2. Each batter is allowed 5 swings of the bat to hit the ball (absolute maximum). The coach is to assist the player in hitting a ball in play on the 5th swing.
3. A ball coming from the infield or outfield is to be returned to the defensive team catcher to end the play. The umpire should assist the catcher in stopping the ball if it is obviously thrown wildly. Runners should generally be taking one base on a hit in the infield, and 2 bases on a hit to the outfield (the "10 foot" line beyond the infield) if the opportunity to advance exists.
4. If a defensive player touches a fair ball before it crosses the 25 foot arch the umpire will call the play dead and the batter automatically advances to 1st base.
5. Balls hit or popped up within the 25 foot arch (and are not touched by a defensive player) are dead balls and count as a strike.
6. A foul on the 5th pitch is an out (so hit it fair coach).
7. Any attempt to bunt is an out.
8. The inning is over when all players on the team have batted once. The offensive team must indicate to the umpire when the "last batter" is up - yell "last batter". All runners and the batter continue to run until an out is made (i.e caught fly ball, force at any base or at home).
9. There is no infield fly rule.
10. Runners must return to their base on a caught fly ball.
11. The catcher can record an out by catching a foul ball with a discernable arch in flight (not a foul tip).
12. The fielding team should have up to 2 coaches (and parent helpers) on the field (preferably outside the infield).
13. Overthrow lines (dead area) are 10 feet along 1st and 3rd bases and behind home plate or the fencing on the gravel diamond.
14. No tagging, all plays are force outs.
15. If a runner advances more than half way to a base, the runner is committed to the base and cannot go back.
16. Umpires are learning the game at this level as well. Umpires will be making safe, out, and strike calls and the expectation is that the coach will support the call of the umpire. By this, if an out call is made, the player who is called out must leave the field. If 5th strike is called a 6th or 7th swing is not allowed. This will encourage the basic skill development of the game and will keep the game moving along. This will be in effect at the end of the second week of the season.

## TRACK & FIELD

### **EVENT:**

The NSMSG event for Track & Field will consist of scheduled heats for participants in proper age categories as outlined in the NSMSG Technical Package. The event will take place at the Eskasoni Elementary Middle School Field.

### **PARTICIPANTS:**

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

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

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

Each team should base their coaching of youth athletes on a ratio of 1 coach to 5 youth athletes. All coaches should have a coaching background with youth. All teams are recommended to have gender based coaching (ie: Female teams, female coaches and male teams, male coaches or a combination of both).

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

**COMPETITION FORMAT:** Events are either heats and finals, or just finals dependent on the number of entries. This format will be followed to compete in open divisions. The Event Coordinator may adjust the below events depending on registration. Please check with the coordinator for updates prior to the games.

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

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

- In the track events, athletes also must wear hip numbers affixed to both sides of their shorts.
- During the medal ceremonies, athletes must wear their team colors and shoes without spikes.
- All equipment used in the 2018 NSMSG shall comply with IAAF Rules.
- Throwers may submit their own implements for certification and use in the events equipment pool as long as the implements comply with the IAAF Rules.
- For Senior shot put, the weight shall be 4kg.

**COMPETITION RULES:**

Category	Youth 5-12	Bantam	Midget	Senior
Gender	M/F	M/F	M/F	M/F
30M				
60M				
100M				
400M				
1000M				
Shot Put				
Long Jump				

Specific Age Groups Under Youth include;

- Ages 5-6
- Ages 7-8
- Ages 9-10
- Ages 11-12

Bantam:           Ages 13-15   (Born 2003, 2004, 2005)  
Midget:           Ages 16-18   (Born 2000, 2001, 2002)  
Senior:            Ages 19-34   (Born 1999, 1998, 1997-1984)

## Traditional Quadrathlon

### **EVENT:**

The Traditional Quadrathlon event will be featured at the 2018 NSMSG as a major event that will promote culture and sports and traditional competition at its finest! Participants will compete in four (4) traditional Mi'kmaw sports of canoeing, running, swimming and archery!

This event will be hosted at the Goat Island Cultural Grounds area during the Summer Games with high honors bestowed to our winners!

### **PARTICIPANTS:**

Participants will register as individuals only for this event with the following male and female categories competing for the title of champion!

### **Divisions: (Male & Female)**

Senior:	Ages 19-34	(Born 1999, 1998, 1997 - 1984)
Masters:	Ages 35-54	(Born 1983-1964)

### **GENERAL RULES:**

All participants in each age category will gather together 30 minutes prior to the race start time to prepare for their heat and age division. Each athlete will have this time to warm up and prepare for the starting count down!

Each athlete will begin at the start line at the Fisheries wharf and will swim from the shoreline to Goat Island (approximately 1000 m). From there each of the athletes will run two (2) laps (approximately 4.4 kms) around the walking trail loop and then back through the area set up for archery. The athletes will shoot and hit three (3) of the 3D animals that will be made available in the archery area. Then athletes will proceed towards the shoreline to the nearest selected canoe and paddle by themselves from the Goat Island shore line, straight back to the Fisheries Wharf immediately in front of them (approximately 1000 metres) following the marked buoys and then return to the same location they started from. Upon completion of this, the athletes will run towards a finish line in a race to victory!!

### **COMPETITION FORMAT:**

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

## TUG OF WAR

### **EVENT:**

The NSMSG tug of war will be a community team competition consists of male and female teams as per the age divisions and groups as identified below. The event will be located at the Noel R. Denny Memorial Powwow Grounds.

### **PARTICIPANTS:**

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

### **Divisions:**

Senior:	Ages 16 and up	Male & Female Categories
Youth:	Ages 5-8, 9-12, 13-15	Combined Male & Female

### **Number of Coaches:**

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

### **GENERAL RULES:**

Community teams will compete using a rope provided with markings to indicate the centre of the rope and the playing field the markings must exceed to determine a winner.

### **COMPETITION FORMAT:**

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

### **OFFICIALS:**

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

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

To be supplied by the host community.

### **COMPETITION RULES**

As stated by the event coordinator.

## VOLLEYBALL

### **EVENT:**

The NSMSG volleyball competition consists of male and female teams in the age categories listed in the NSMSG Technical Package. The event will be located at the Eskasoni Elementary Middle School Gym.

### **PARTICIPANTS:**

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

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

### **Divisions: (Male & Female Divisions)**

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### **Number of Coaches:**

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

### **GENERAL RULES:**

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

### **COMPETITION FORMAT:**

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

### **OFFICIALS:**

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

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

All equipment shall comply with FIVB rules.

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

### **COMPETITION RULES:**

- Rally point scoring will be implemented
- A team wins a set (game) by scoring 25 points via rally scoring and with a minimum lead of two (2) points. In the case of a 24-24 tie, play is continued until a two (2)-point lead is achieved.
- A match in the Round Robin will consist of three (3) sets per match. The team wins a match by winning two (2) of the three (3) sets. A set is played to 25 points with a minimum lead of two (2) points.
- A match in the Playoff rounds (quarter/semi/finals) will be best of three (3) sets. The team wins a match by winning two (2) sets of three.
- In case of a 1-1 tie, the deciding set is played to 25 points with a minimum lead of two (2) points, no cap via rally point scoring.
- Tie breaking rule.
- There will be a 5-minute warm-up time allocated on the competition court prior to game time. Tie breaking rules will be in accordance with FIVB Sports Regulations:

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

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

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

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

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

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

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

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

Points quotient - If the tie persists as per the set quotient the teams will be classified in descending order by the quotient resulting from the division of all points scored by the total of points lost during all sets.

If the tie continues as per the point's quotient between two teams, the priority will be given to the team, which won the last match between them. When the tie in points quotient is between three or more teams, a new classification of these teams in the terms of (b) and (c) will be made taking into consideration only the matches in which they were opposed to each other.



## WALTES

### **EVENT:**

The NSMSG Waltes competition consists of teams of all ages. The winner of this event will not only receive a gold medal but will also receive the Honorary Distinction of Waltes World Champion. The event will take place at the Noel R. Denny Memorial Powwow Grounds (Location may change with weather).

### **PARTICIPANTS:**

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

Youth Category:      Ages 13-15    (Born 2003, 2004, 2005)  
(1 division)            Ages 16-18    (Born 2000, 2001, 2002)

Senior:                      Ages 19-34    (Born 1999, 1998, 1997-1984)

Masters:                    Ages 35-54    (Born 1983-1964)  
Grand Masters:          Ages 55+        (Born 1901-1963)

Number of Coaches:

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

### **GENERAL RULES:**

As stated in this package.

### **COMPETITION FORMAT:**

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

### **OFFICIALS:**

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

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

All equipment will be supplied by the host community. Waltestqano'qwan - waltes bowl  
Waltestaqank - bone dice, Kisiku - old man, Tquamuewe'l - counter sticks (teeth on one side only)  
Kitmaqank - 51 counting sticks - (51 plain)

## COMPETITION RULES:

Waltes is an ancient Mi'kmaq / L'nu game of chance played by two or more persons using bone chips and a shallow wooden bowl. The Waltestanqank are made of bone from either caribou or deer. After the bone has been cooked and cleaned of all meat and fat and dried, the selected part of the bone is cut into squares, then rounded off at the corners by filing. One side or face is left flat while the other side is rounded (as in the case of some buttons).

These chips or buttons are marked with a cross while the rounded is left unmarked. The bowl is made from burl - a hump found on the side of hardwood trees. This hump is cut off and fashioned into a bowl by patient carving. The burl is boiled in salted water for 6 hours to remove the gum; this is done by several changes of water. The wood is then much easier to carve and will not crack or break even with constant pounding.

The Game:

### 1st Pile

- Kitmaqank - counter sticks
- There are 51 plain round sticks about 7" long.
- 3 Tqamuewe'l - old ladies or wives
- 1 Kisiku - old man
- The 3 tqamuewe'l are like half arrows, they have three notches on one side, these represent 5 points each.
- Kisiku - has notches on both sides, somewhat like the old ladies, it too, is 5 points. Kitmaqank counter sticks - 3 represents 1 point.
- 1 lift - one down and five up equals 1 point.
- 2 lifts is 3 points equal to 9 sticks.
- 3 lifts is 5 points equals wins one old lady (patched)
- All dice up or down is 5 points. Wins 1 old lady, the ladies can be patched, but the old man cannot be patched.

### 2nd Pile

- The counting changes when all the old ladies have been won; the old man is left alone, this is when they start gathering firewood on the old man.
- 1 stick equals 1 point.
- These can be used to count off the old man.
- There are times when the players might have more firewood then the one that won the old man. If this happens, the one that won the old man would have to pay for the sticks on the pile.
- After counting off the old man; this is called ESATIKJAWLET-KISIKU.
- Before the settling of debts are made the other player has one chance of winning back the old man. If he is lucky in winning him back, it represents 10 points.
- Here the counting changes if the old man has been won.

Wi'kuowtatijik completing for sticks.

- Mente'matioq - one person collects, other takes off sticks.
- Mena'tu - take sticks off.
- Pow - Tqamuwet - 5 points is paid for by four sticks four times instead of three sticks five times, thus sixteen sticks rather than 15 plain ones.
- Kwetapa'lut Kwimu - sinking the loon, all face up or down is 15 points.

All debts are paid at this time if there is one or two sticks left by the opponent, he gets a chance to dance.

- Ela'lukwen - old man and one stick - 7 points
- Old Man - 7 points
- Old man 2 sticks - 6 points
- 3 sticks - 6 points
- 2 sticks - 7 points
- 4 sticks - 6 points
- 1 stick - 7 points

Paqasikjenut - Last chance or gliding over the water. Here she will have three throws by the hand on the bowl. Then he could arrange the dice before he lifts the waltzes bowl.

The person not dancing may not A'maq mu kisi A'-maq (waving hand over dice).

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

### Waltzes Vocabulary:

Study the following words:

- Waltzes - a Mi'kmaq game kitmaqnn - counting sticks kiskui'skw - old lady
- a'ma - swinghand over dice esnoqnet - gathering firewood kiskuo'p - old man
- kespu'tuet - he or she wins
- ela'lukwet - dancing pkwimu - loon
- wetta'ta - he or she has won it
- Wen wetta'ta kiskuo'pa?
- Wla e'pite'ji'j natawi a'mat? Wen kwetapa'lata pkwimua?
- Wen esnoqnet nike'?
- Nekom ela'lukwet nike'.
- Naskoqte'matimk nike'.

## WASHER TOSS

### EVENT:

The NSMSG event for Washer Toss will consist of both singles and doubles competitions in categories for male and female. The event will take place at the Noel R. Denny Memorial Powwow Grounds.

### PARTICIPANTS:

**Number of Athletes:** Each Community may enter a maximum of 20 players per age category per male and female teams for single play and a maximum of ten (10) teams of two for doubles (or limit set by coordinator as a first come first serve basis).

### Divisions:

Bantam:	Ages 13-15	(Born 2003, 2004, 2005)
Midget:	Ages 16-18	(Born 2000, 2001, 2002)
Senior:	Ages 19-34	(Born 1999, 1998, 1997-1984)
Masters:	Ages 35-54	(Born 1983-1964)
Grand Masters:	Ages 55+	(Born 1901-1963)

### COMPETITION RULES:

Here is a summary of the 2018 NSMSG Washer Toss Competition this year.

- Teams of 2 / Double Knockout Format
- 3 Washers per team thrown **consecutively**
- Thrown from behind front edge of box
- Games go to 21 (First to 21, you do NOT have to win by 2, and you do NOT have to land exactly on 21)
- Points cancel each round (only one team scores per round)
- A round ends after all 6 washers have been thrown.
- **Washers outside the box do not count for any points.**
- In the box = **2 points**
- In the pipe = **3 points**
- **"Pipe Rules"** Means a pipe cancels opponents boxes. Please see scoring examples below to understand this rule.
- A washer that remains on the ledge of the box after all 6 washers have been thrown shall be treated as if it is in the box and is worth **2 points**
- Overhand throws **ARE** allowed. .
- Points are tallied after all 6 washers have been thrown and come to rest

### Scoring Examples

**Scenario 1:** Red has 1 in the Pipe, 0 in the box ---- White has 3 in the box = **3 points red**

**Scenario 2:** Red has 1 in the Pipe, 2 in the box -----White has 1 in the box = **5 points Red**

**Scenario 3:** Red has 2 in Pipe, 1 in box -----White has 1 Pipe, 2 box = **3 Points Red**

**Scenario 4:** Red has 1 in the Pipe, 1 Box -----White 1 Pipe, 2 in the box = **2 Points for White** (as all cancels except for the one extra white box)

**PLEASE NOTE:**

Teams cannot be comprised of multiple athletes from multiple communities (All-Star teams or NAIG teams), they must represent a Mi'kmaw community(ies).

**FIELD OF PLAY / EQUIPMENT REQUIREMENTS:**

The NSMSG event coordinator will provide equipment necessary for competition.

**OFFICIALS:**

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

## ADDITIONAL INFORMATION

In addition to sports, many cultural events will be taking place in Eskasoni during the Summer Games along with both cultural and sports demonstrations. Schedules are subject to change so please keep updated on the final schedules released.

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

There will be a vendor village for crafts and artisans located at the Noel R. Denny Memorial Powwow Grounds. Individuals or Businesses looking to sell during the week will pay a fee for designated space in the vendor village. There will also be fees for Food Vendors and designated area for set up. For more information on this please see website for registration forms.

More information on the 2018 Nova Scotia Mi'kmaw Summer Games can be obtained from our website at [www.eskasonisummernames.ca](http://www.eskasonisummernames.ca) or contact the following:

### **2018 NSMSG Coordinator**

Levi Denny  
(office) 902-379-2800  
(cell) 902-578-6932  
(Email) [levi4denny@hotmail.com](mailto:levi4denny@hotmail.com)

### **2018 NSMSG Technical Coordinator**

Alyssia Jeddore  
(office) 902-379-3458  
(cell) 902-577-0757  
(email) [alyssiajeddore@eskasoni.ca](mailto:alyssiajeddore@eskasoni.ca)

**Fax or Email your team and athlete registration forms to the following:**

**By Fax: 1-833-752-7664 (1-83-ESKASONI)**

**By Email: [nsmsg@eskasoni.ca](mailto:nsmsg@eskasoni.ca)**