

SECTION VI

Athletic Division

GENERAL GUIDELINES FOR ALL ATHLETIC COMPETITION

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit.

On the other hand, a sports program has the potential of becoming an end in and of itself. Students and staff who hold sports above all else do themselves a disservice and do not honor the Lord.

The ACTS Student Convention is not to be used as tournaments to determine state and national championships. Schools that enter competition solely to compete in sports are missing a tremendous opportunity for their students to broaden their talents and abilities in other areas. The ACTS Student Conventions may refuse to accept teams or individuals:

1. Who are only interested in sports competition.
2. Whose coaches or players have demonstrated disrespect for officials and/or other teams and coaches.
3. Who have repeatedly displayed a negative attitude.

Schools desiring to enter any athletic competition will, by their registration, agree to abide by the rules as outlined in these Guidelines.

All students entering athletic events MUST enter at least two (2) other non-athletic events.

TRACK (MALE and FEMALE) AND FIELD (MALE ONLY)

1. Appropriate athletic clothing must be worn. (See athletic dress code in SECTION I of these guidelines.) All track and field contestants must wear athletic numbers during competition.
2. A contestant may enter no more than three events in the Athletic Division.
3. It is the responsibility of the contestant to be present when his event is run. He will be disqualified if he misses his event.
4. Substitutions in relay teams are allowed only in case of sickness or family emergency. The Track Head Judge must approve all substitutions.
5. Contestants must compete with shoes on both feet.
6. In all field events, it is the contestant's responsibility to check in with the Chief Judge before competition begins.
7. Any contestant performing in both field events and running events must immediately report to the starting place for his race when his running event is announced. However, he must tell the field event Chief Judge of his whereabouts and report back to the same judge when his running event is completed; each contestant shall resume field competition where he left off.
8. Qualifiers for the final heats will be the eight contestants or teams with the fastest qualifying times. Eighteen contestants qualify for fastest times for the 1600-Meter Run and twelve for the 800-Meter Run. NOTE: where lanes permit.
9. A heat shall consist of up to eight runners, with each man assigned his own lane.



10. Winners of heats shall be placed in lanes accordingly:

- a) Fastest time Lane 3,
- b) Second fastest time Lane 4,
- c) Third fastest time Lane 2,
- d) Fourth fastest time Lane 5,
- e) Fifth fastest time Lane 1,
- f) Sixth fastest time Lane 6,
- g) Seventh fastest time Lane 7,
- h) Eighth fastest time Lane 8.



- 11. In the 100-Meter Dash, 200-Meter Dash, 400-Meter Dash, 400-Meter Relay, and the first lap of the 1600-Meter Relay, a runner shall run within his assigned lane and shall not step over his lane line for three or more consecutive steps with either or both feet.
- 12. In the 800-Meter Run, the 1600-Meter Run, and the second lap of the 1600-Meter Relay, a runner must be one full stride ahead of another runner before he can cut over to the latter's course.
- 13. All field measurements are to be recorded to the nearest 1/4 inch except in the High Jump where the measurements will be recorded, by the judges, to the nearest 1/2 inch. Times are to be recorded to the nearest 1/10 second. Pentathlon measurements are more precise for scoring purposes. See Scoring Tables pages in this section.
- 14. Starting blocks may be used for any race. It is the responsibility of a fellow teammate to remove the blocks immediately after the race has begun.

15. In all events that involve measuring (except the High Jump), ties by identical measurements shall be separated by the second best performance of the tying contestants. If a tie still exists, it shall be decided by the third performance.

16. Spectators and coaches are not allowed on the track field.

For more specific rules for track and field, please refer to the **National Federation Handbook for Track and Field** published by:

National Federation of High School Associations
11724 NW Plaza Circle
P.O. Box 20626
Kansas City, Missouri 64195-0626
Phone (816) 464-5400
FAX (816) 464-5104

In case of a conflict of rules, the ACTS Student Convention guidelines have precedence.

TRACK (MALE) – PERFORMANCE EVENT

100 – Meter Dash (M) (401)

100 – Meter Dash (F) (411)

200 – Meter Dash (M) (402)

200 – Meter Dash (F) (412)

400 – Meter Dash (M) (403)

400 – Meter Dash (F) (413)

800 – Meter Run (M) (404)

800 – Meter Run (F) (414)

1600 – Meter Run (M) (405)

1600 – Meter Run (F) (415)

400 – Meter Relay (M) (406)

400 – Meter Relay (F) (416)

1600 – Meter Relay (M) (407)

1600 – Meter Relay (F) (417)

1. Each relay team must consist of four members.
2. Relay runners must be dressed in uniformity; all four runners must be dressed alike but have different identification numbers.
3. Each member must run at least one, but no more than one, leg of the relay.
4. A baton must be carried and passed, not thrown, in succession to each runner.
5. In each relay, a runner must pass the baton to the next runner inside the 20-meter passing zone. Passing of the baton before the baton reaches the zone or after it goes beyond the zone, disqualifies that team.

FIELD EVENTS (Male) PERFORMANCE EVENT

High Jump (M) (420)

1. Before competition, each contestant may take one trial jump at the starting height (4'6") for all contestants.
2. Each contestant is allowed 3 attempts at each height to try and clear that height. A third failed attempt eliminates the contestant from any other activity.
3. A successful jump is one in which a jumper clears the crossbar without knocking the crossbar off the uprights. An unsuccessful attempt is one in which the contestant knocks the crossbar off with any part of his body or clothing.
4. A legal jump is one in which the jumper takes off or jumps from one foot.
5. A high jump crossbar shall be raised two inches at a time until the height of 4'10" is reached. From then on, the height shall be raised one inch at a time until six contestants remain. At that point, the height shall be raised one-eighth (1/8) inch at a time. **Exception:** Pentathlon.
6. A contestant may pass at any height. Once he has begun his jumping at any height, he may not pass that height.
7. A record of failures and successes shall be marked for all contestants. A zero will stand for a miss, an X will stand for a successful attempt, and a P will stand for a pass. (See example below.)

Example:

	5'0"	5'2"	5'4"	5'6"
William Harrison	<u>X</u>	<u>00 X</u>	<u>P</u>	<u>000</u>

8. A try at a height shall be scored when any contestant touches the crossbar, upright supports, or landing area on an official run.
9. The winner shall be the person who has made the highest jump. In the case of a tie, the person with the least misses shall be declared the winner. If any contestants still remain tied, a jump-off shall occur and be judged again on fewest misses or highest height.
10. After all other contestants have failed; the one contestant left has the right to continue jumping until he has three consecutive misses.

Running Long Jump (M) (421)

1. Each contestant is allowed three jumps.
2. Before competition starts, each contestant is allowed two practice jumps.
3. A foul jump occurs when the take-off extends past the scratch line. The edge of the take-off board nearest the landing pit shall be the scratch or foul line.
4. A foul jump occurs if the contestant touches any area outside the landing pit during his jump or runs through or past the pit after having begun his approach.
5. Measurements shall be made at right angles to the scratch line from the nearest break in the landing pit made by the contestant's feet, hands, body, or clothing.
6. The landing must be raked smooth by an official following each jump.
7. All jumps are to be recorded by the Head Judge.

Shot-Put (M) (422)

1. The Track Head Judge will provide the twelve-pound shot.
2. Before competition starts, each contestant is allowed two practice puts.
3. The contestant with the longest put shall be declared the winner.
4. Each contestant is allowed three puts. They are to be taken in succession or in the order recorded by the judge. The Head Judge may choose one of these two ways.
5. A legal put must be made with one hand. During the attempt, the shot must not drop to the shoulder and must be kept in close proximity to the jaw.
6. A legal put must land in the designated area. The contestant's foot must not touch t the out-of-bounds circle or, if using a stop-board, the top surface area of such stop-board. Any area outside the circle is also illegal until the officials have marked the put.
7. All puts by each contestant are to be recorded.
8. It is not a foul if any part of the contestant swings outside the circle without touching the ground.
9. See the National Federation Handbook for Track and Field for the correct way to measure a put. (For complete address, see page VI -2.)

Discus (M) (423)

1. The Track Head Judge will provide the standard size (3 lb. 9 oz. and $8 \frac{1}{4}$ "- $8 \frac{5}{16}$ " diameter) rubber discus.
2. Each contestant is allowed two practice throws.
3. The contestant with the longest of the three throws will be declared the winner.
4. The contestant may not leave the designated throw circle.
5. Items 6, 7, 8, and 9 under "Shot-Put" as applicable.

OTHER – PERFORMANCE EVENTS

Soccer Kick (M) (424)

Soccer Kick competition will be conducted as an elimination event in a manner similar to the High Jump.

Rules

1. All contestants must use a standard #5 soccer ball. The Track Head Judge shall provide a regulation ball and net.
2. The ball must be properly inflated and will be checked by the event Judge.
3. Athletic shoes without hard toes are required.
4. A kicking tee must not be used.
5. A successful kick is one that passes into the net without touching the ground. It must be in flight when it passes over the goal line.
6. Contestants are permitted two "warm-up" kicks.
7. Each contestant is permitted three attempts at any distance. They may pass if they so desire.
8. Contestants can take no more than two approach steps.
9. All contestants start at 10 yards.
10. Contact with the ball constitutes a kick.
11. All contestants must report and continue until eliminated. Contestants reporting late for competition will begin where the ball is currently placed.
12. Contestants are permitted to move the ball in no less than five-yard intervals.
13. Once a ball is kicked from a specific yardage point, it cannot be moved closer toward the goal posts.
14. After all contestants have either passed or attempted the kick, the ball is then moved back 5 yards. Rule # 7 then applies again.
15. The contestant who earns the highest number of cumulative points from his three attempts is declared the winner. In case of a tie, contestants shall move the ball in five-yard intervals, each kicking in turn until one kicks the ball through the uprights from the farthest distance.
16. After all other contestants have failed, the one contestant left has the right to continue kicking until he has three consecutive misses.

Points shall be earned as follows:

5 yard line -5 points

10 yard line -10 points

15 yard line -15 points, etc.

16. A record of failures and successes shall be marked for all contestants. A zero will stand for a miss, an X will stand for a successful attempt, and a P will stand for a pass. (See example below.)

Example:

	20 Yds	25 Yds	30 Yds	35 Yds
William Harrison	<u>X</u>	<u>00 X</u>	<u>P</u>	<u>0 0 0</u>

For judging criteria, see CF57

Physical Fitness (Male Only) (426)

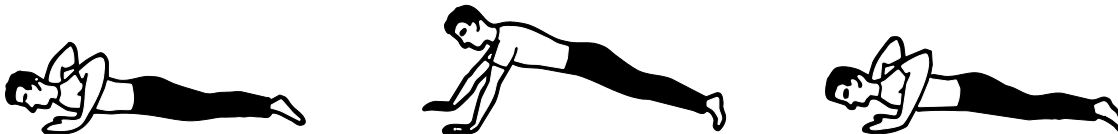
Sit-Up

1. Back lying, legs bent at least 90° angle, feet together flat on floor, arms folded across the abdomen without holding shirt.
2. Sit up and touch the knees with the folded arms without holding shirt.
3. Keep arms folded across the abdomen. Buttocks must stay in contact with ground.
4. The event judge will assign a "buddy" who will hold the contestant's feet against the floor by holding the contestant's ankles.
5. The contestant will be allowed ten minutes to perform as many sit-ups as possible without stopping.



Push-Up

1. Front lying, palms of hands flat on floor and approximately 1 foot from ears directly to side of head.
2. Straighten arms to lift body.
3. Chest must touch floor for each completed movement.
4. Body must remain in a rigid position during the upward push and downward motion.
5. The contestant will be allowed five minutes to complete as many push-ups as possible without stopping.



Pull-Up

1. Standing with the bar adjusted to at least eight (8) inches beyond extended arm, grasp bar with back of the hand toward the contestant.
2. Flex arms, raise body, touch chin to bar; return to starting position.
3. Move upward and downward with body in extended position.
4. The contestant will be allowed five minutes to perform as many pull-ups as possible without stopping.



Rules

1. The contestant must do the exercises in the following order (1) pull-ups, (2) push-ups, (3) sit-ups.
2. Only 60 seconds will be allowed between exercises.
3. A judge will count the number of correct exercises performed. The fudge will “warn” the contestant of the first improper movement; count will stop at the second improper movement or when time is up.

Scoring

Pull-Ups----- 1 point each

Push-Ups----- 1/2 point each

Sit-Ups ----- 1/3 point each

The contestant with the highest total points shall win first place. Subsequent places will be determined by total points of each contestant.

Physical Fitness competition is counted as one of the three athletic events in which a male contestant is allowed to compete.

Contestants should select events carefully so they will not be competing in a back-to-back- situation; i.e., 400-Meter Relay followed by 1600-Meter Run.

For judging criteria, see CF59.

Basketball (Male Only) (427)

Team

A team shall consist of 5 players minimum to ten (10) players maximum. A team will not be permitted to start a game with less than 5 members.

Uniform

Each team is to be in a standard uniform (every member dressed alike). Each player's shirt is to be numbered on the front and back with a solid color number contrasting with the color of the shirt. The number on the back shall be at least 6" high and the number on the front should be at least 4" high. (Please refer to SECTION I for guidelines on attire.)

Choice of Ends

The team representing the smaller school (13 and up students) shall have the first choice of ends. Teams shall change ends at the half.

A Game

A game shall consist of two eight-minute periods separated by a five-minute half time.

A game shall be won by the team scoring the most points at the end of sixteen minutes of playing time.

A Match

A match shall consist of one game. Winning teams advance. Losing teams are eliminated.

Time-Outs

Each team is given two (2) full one minute time-outs and two (2) thirty second time-outs per game.

Bonus

Shoot the 1 and 1 foul shots on fourth team foul in each half.

Overtime

Three (3) minutes duration, each team allowed one additional time-out.

Fouls

Three personal fouls per game disqualify a player.

Rules

For general rules, see the **A.C.E. Athletics and Physical Education Manual for Christian Schools"** Volume II, and the National Federation of High School Associations basketball rules:

National Federation of High School Associations
11724 NW Plaza Circle
P.O. Box 20626
Kansas City, MO 64195-0626
Phone (816) 464-5400
FAX (816) 464-5104

Cheering - Teams are not permitted to have cheerleaders on the sidelines.

Table Tennis Singles (M) (428)

Table Tennis Singles (F) (450)

Table Tennis Doubles (M/F) (429)

Table Tennis Uniforms

Male and Female -Appropriate dark-colored, solid clothing must be worn for all games. THE DRESS CODES WILL BE STRICTLY ENFORCED. (SEE ATHLETIC DRESS CODES IN SECTION I OF THESE GUIDELINES-FOR MALE AND FEMALE.)

Table Tennis contestants must wear the ACTS assigned athletic number during competition.

The Racket

The racket may be any commercially produced paddle with rubber sheets. The rubber sheets must completely cover the side or sides being used to strike the ball. There can be no holes or damaged portions on the rubber sheets. (Sandpaper, cloth, or bare wooden surfaces are not allowed.)

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in every match shall go to the younger player, provided that if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa. Following the first game, the players then switch sides, and the first server of the game becomes the first receiver of the second game. If a third game is required, the procedure will be the same as the first game.

Warm-Up

Because of a limited time schedule, warm-up may be no longer than two (2) minutes.

A Game

A game shall consist of 11 points in all preliminary games up to the quarterfinals. From the quarterfinals, the game shall consist of the standard 21 points. If the game becomes tied at 10 or 20 points, the winner of the game shall be the player who first wins two points more than his opponent.

A Match

A match shall consist of the best two (2) of three (3) games to the score of 11 points in all preliminary games up to the quarterfinals. All preliminary games are in single elimination format. From the quarterfinals, a match shall consist of the best two (2) of three (3) games to the score of 21 points. Losers of quarterfinals matches will fall into another bracket to determine places.

During the course of a match, coaching is not permitted during a game but may be done between games, if it does not delay the next game. Because of the time limitations, play should be continuous.

In the final match, play shall be continuous throughout, except that either opposing player is entitled to claim a repose period of not more than five minutes duration between the second and third games of a three-game finals match. Any other circumstances requiring a delay in play, be it injury, equipment problems, or other, shall be considered and ruled on by the Head Judge.

Rules

For general rules, you should consult those currently adopted by USA Table Tennis (USATT, formerly USTTA). For a current copy of USATT rules, you may write, call, or FAX to the USATT headquarters at the following address:

USA Table Tennis
One Olympic Plaza
Colorado Springs, CO 80909
Phone: (719) 866-4583
FAX: (719) 632-6071
www.usatt.org

Tennis Singles (M) (431)

Tennis Doubles (Male/Female) (432)

Tennis Singles (F) (454)

Tennis Uniforms

Male and Female –Appropriate athletic clothing must be worn for all games. THE DRESS CODES WILL BE STRICTLY ENFORCED. (SEE ATHLETIC DRESS CODES IN SECTION I OF THESE GUIDELINES-FOR MALE AND FEMALE.)

Tennis contestants must wear the ACTS assigned athletic number during competition.

The Racket

The racket may be any commercially produced racket.

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in every match shall go to the younger player, provided that if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa.

A Game

The game is the unit of scoring between the point and the set. It takes four (4) points to win a game, four (4) games to win a short set (unless either the game or the set reaches deuce, in which case play continues indefinitely until one player gets two (2) points or two (2) games ahead).

A Set

A regular set shall consist of six (6) games. A short set begins play at two (2) games all. The 12-point tiebreaker will be used in all sets that reach six (6) games.

A Match

A match shall consist of two (2) short sets, except for finals. Finals matches shall consist of the best of two (2) out of three (3) regular sets.

The 12-Point Tie Breaker

Play A, having served the first game of the set, serves the first point from the right court. Player B serves points 2 and 3 (left and right). Player A serves points 4 and 5 (left and right). Player B serves point 6 (left) and, after players change ends, point 7 (right). Player A serves points 8 and 9 (left and right). Player B serves points 10 and 11 (left and right). Player A serves point 12 (left). A player who reaches 7 points during these first 12 points wins the game and set. If the score has reached 6 points all, the players change ends and continue in the same pattern until one player establishes a margin of 2 points, which gives him the game and set. Note that players change ends every 6 points. For a following set, the players change ends and player B serves the first game.

Rules

For general rules, see “Friend at Court” the U.S. Tennis Association's Rules Book. It may be ordered from the address given below or through your local bookstore.

U.S. Tennis Association
Attn: Publishing Department
P.O. Box 5046
White Plains, NY 10602-5046

Volleyball (Female Only) (451)

It is recommended that teams learn to play "power volleyball" as opposed to an open-handed "beach ball" type of game. The *Volleyball Rules Book*, published by the National Federation of State High School Associations, gives more precise rules and regulations. You must obtain the latest edition of these rules as they are subject to change each year.

National Federation of High School Associations
11724 NW Plaza Circle
P.O. Box 20626
Kansas City, Missouri 64195-0626
Phone (816) 464-5400
FAX (816) 464-5104

However, if there is a conflict between the handbook and ACTS Student Convention guidelines, the ACTS guidelines will have precedence.

Players (Rule 6, Section 1)

A team must have a minimum of six (6), maximum of ten (10), members to compete. A team shall consist of six (6) players to begin a match.

FEMALE (Athletic Wear)

Loose-fitting culottes and tops are to be worn for competition in volleyball, archery, tennis, and table tennis. Culottes must be full, loose fitting, and have the appearance of a skirt. Culottes must touch the floor when the wearer is in an upright kneeling position. For modesty reasons it is recommended that white athletic clothing, especially culottes NOT be worn. (**A T-shirt must be worn under V-neck athletic shirts.**)

Uniforms (Rule 4, Section 2, Article 3)

Each player is to be identified by a number on the uniform top that is not a duplicate of a teammate's number. It is recommended that a 2-inch number be placed on each sleeve near the shoulder seam. A 4-inch number shall be located on the upper front of the uniform top and placed so that the top of the number is no more than 4 inches down from the shoulder seam. The number on the back of the uniform top shall be at least 6 inches high.

Game and Match

The game shall end when one team has scored 15 points and is 2 points ahead at the first dead ball after 8 minutes of **actual playing time**, whichever occurs first. If the leading team does not have a 2-point lead, play shall continue until one team gains a 2-point lead. A match shall consist of the best two (2) out of three (3) games.

Playing Area

Before a match begins (and before the third game of a match is necessary to determine the winner of a match), the team from the least total pupil enrollment shall have the choice of serving/receiving or the court from which they will serve.

Scoring

A point shall be awarded the serving team when its opponent violates a rule.

Side-Out

When the serving team violates a rule, the ball is given to the serving team's opponent and no points are awarded.

Substitution (Rule 10, Substitutes and Substitution)

The coach may make a request for substitution when the ball is dead. The referee will report the change to the scorer and then signal the substitute to enter the game. The incoming player must take the position in the serving order of the player replaced.

Correct substitution procedure is covered in Rule 10 of the National Federation's Volleyball Rules Book. It includes the number of entries a player is allowed; substitution for an injured/ill player before and during a game; and illegal, improper, and abnormal substitutions.

Rotation (Rule 6, Section 3, Player Positions)

When a team loses its serve, the team receiving the serve rotates one position, clockwise.

Player Actions (Rule 9, During Play)

Pass: A play in which the ball is hit into the air so that another player can get into position to contact the ball.

1. Forearm pass - a controlled skill, generally used as a team's first hit in which the ball rebounds from the forearms of the receiver to a teammate.
2. Overhead pass - (setting action) -two-hand finger action directing the ball to a teammate.
3. Set -two- (or one-) hand finger action directing the ball to an attacker.
4. Dig -An underhand or overhead defensive saving skill in which the ball is contacted by the forearm, fists, or hands.

Attack: Any play adding force and/or direction to the ball with the intention of returning the ball to the opponent. A team's third hit is always considered an attack.

1. Spike -an attack play in which the ball is forcibly hit into the opponent's court with a one-hand overhead motion.
2. Tip/Dink -a fingertip attack on the ball that directs the ball into the opponent's court.
3. Dump -a fingertip attack most commonly used by a setter on the second hit.
4. Overhead pass – two-hand finger action directing the ball over the net.

Block: A play approximately an arm's length from the net in which a player, whose hand is raised above the head, contacts the ball near the top of the net in an attempt to:

1. Prevent the ball from crossing the net, including a served ball.
2. Return the ball immediately.
3. Deflect the motion of the ball.

A block may involve wrist action provided there is no prolonged contact. (Sometimes more than one player is involved in the play as described above.)

Time-Outs (Rule 11, Time-Outs and Intermission)

The coach or playing captain shall make requests for time-out only during dead balls but not after the referee has signaled for the next serve.

Charged time-outs shall not exceed 60 seconds, and each team is limited to two time-outs per game. Requests for additional time-outs shall not be honored and shall be penalized by point or side-out.

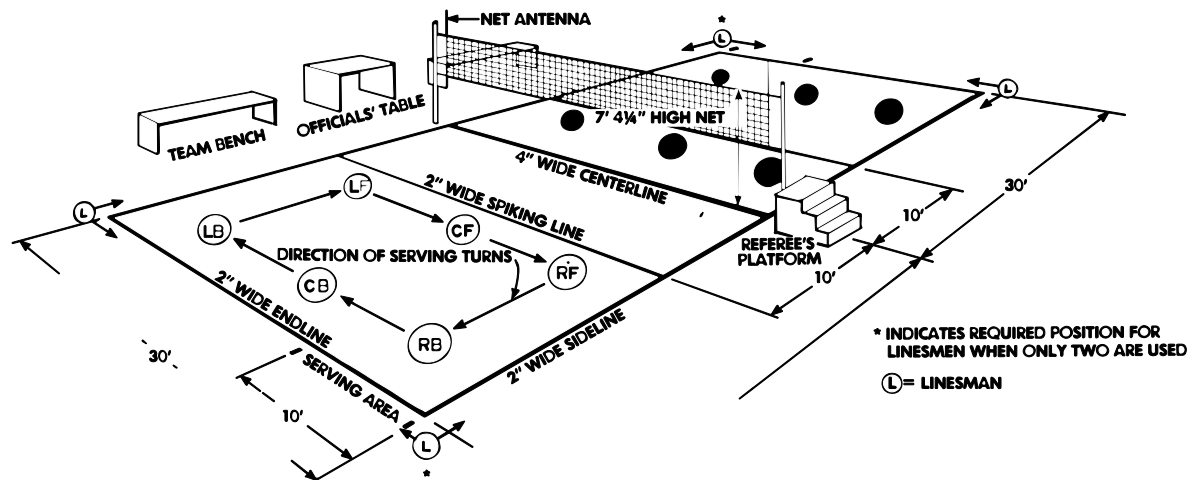
Time-outs may be taken consecutively without play between them. A time-out requested prior to the start of the game shall be honored.

An additional time-out shall be permitted each team when the score is 14 – 14 or, when time determines the length of the game, after 8 minutes of actual playing time has elapsed and neither team has won.

(See also Rule 9-9-1, Unnecessary Delay.)

Players

Study the diagram on the next page for the positions and area of court to be covered by each contestant.



HINTS FROM THE VOLLEYBALL JUDGES

A good volleyball team is proficient in the bump, set, and spike.

A powerful serve is not as important as a consistent one. You can't score a point if you don't get the ball over the net.

Read the latest edition of the **National Federation's Volleyball Rules Book** carefully; many helpful situations are discussed.

ARCHERY

(No student may enter more than two archery events.)

Classes

Unlimited Free Style (M) (436)

Limited Free Style (M) (437)

Bare Compound Bow (M) (438)

Traditional Instinctive (M) (439)

Unlimited Free Style (F) (445)

Limited Free Style (F) (446)

Bare Compound Bow (F) (447)

Traditional Instinctive (F) (448)

Unlimited Free Style This class will be reserved for the top archers. Equipment for this class may vary as listed. A bow (compound or recurve) may be used. This bow must meet all general guidelines for equipment. A release aid, adjustable sights (with non-magnifying dot, cross hair or pins), stabilizer over twelve inches, and wings will be allowed. Sights may be adjusted at will, however no extra time will be allowed for setting sights. Anyone or all of these added to a bow will move it to this class.

Limited Free Style Equipment for this class is as listed. A bow (compound or recurve) may be used. This bow must meet all general guidelines for equipment. Sights on this bow must be fixed pin type. Archers will not be allowed to adjust their sights at the shooting line. Any stabilizer used must be twelve (12) inches or less. Wings are not allowed. Arrows must be released by fingers without the help of any mechanical device (no release aid).

Bare Compound This class is restricted to compound bows. Bows must meet all general guidelines for equipment. No sights, stabilizers, or wings allowed in this class. An arrow rest and nock are the only items allowed on a bow.

Traditional Instinctive This class is restricted to recurve, long bows, and self-made bows. Bows must meet all general guidelines for equipment. No sights, stabilizers, or wings allowed in this class. An arrow rest and nock are the only items allowed on a bow. The bow may be shot off the shelf.

Equipment

Bows

All bows must be in good condition with no frayed strings or cracks in the riser or limbs. No bow will be used that is considered unsafe. No overdraws or bows with a built-in overdraw will be allowed. The maximum draw weight for any bow will be sixty (60) pounds. All compound bows will be checked for proper draw weight at equipment check. No shooter will be allowed to compete with a bow that is set over sixty (60) pounds. (Please read safety guidelines.) The minimum draw weight will be twenty (20) pounds. Crossbows are not allowed.

Arrows

Arrows must be selected to match the draw weight of the bow. Arrows should be used that will spine correctly and weigh at least five (5) grains for each pound of draw weight. (Example: A 50-pound bow should use at least a 250-grain arrow.) Your local archery shop will be glad to help with arrow selection and setup.

Arrow will be equipped with target or field tips only. No hunting tips or broadheads of any kind are permitted. A contestant should take at least eight (8) arrows to the shooting line. Six (6) arrows will be shot at each target. All arrows should be of identical length and weight. Arrows can be made of aluminum, carbon, or aluminum/carbon composite. Good wood arrows may be used in the traditional class. Wood arrows will not be allowed with compound bows.

Arrow Nocks

Bow strings must be fitted with no more than two (2) standard metal nocks. If two (2) are used, they may be no more than one-half inch apart.

Strings

Bow strings in the Unlimited and Limited Free Style classes may contain any type of sighting mechanism, except those that are electrically powered or use any type of magnifying lens. String walking is not allowed in any class.

Targets

All targets will be round 48" ten-ring targets. The distances will be as follows: 20, 30, 40, and 50 yards.

Safety

The utmost care will be given to safety. A bow is a deadly weapon, not a playroom toy. Any student who does not follow all safety rules will be removed from the firing line.

1. Never point your bow in a direction other than downrange.
2. No horseplay!
3. Never run with an arrow in your hand.
4. Don't nock an arrow until instructed to do so.

Any student who cannot safely pull his/her bow will be asked to lower the poundage. The person should be able to pull the bow to full draw without having to reach to the sky or ground. A good way to check this is to have the student sit on a bucket and pull the bow. If he cannot pull it without reaching up or down, lower the poundage.

Rules of Competition

1. Each student will comply with all orders given by the judges.
2. No coaching from the sidelines.
3. Once on the line, shooters may talk only to the judge.
4. Shooters may not distract other archers.
5. The decision of the judges is final.

Order of Competition

1. Each archer will shoot six (6) arrows at each target.
2. When advancing to the firing line, each archer will place the bow on the ground or place it in a bow holder (archer provides own holder).
3. On the order, "The line is clear. You may pick up your bow," archer picks up the bow. Next, "The firing line is no longer clear. Commence firing." At this command archers will shoot arrows. When each archer finishes shooting arrows, the bow is placed on the ground or in a bow holder. When all bows are on the ground or time has run out, the Line Judge will say, "Cease firing." At this point, anyone not finished will place his bow on the ground. The Line Judge will then say, "Is the firing line clear?" Each judge will respond by raising his or her hand. When the Line Judge is satisfied that the line is clear, he will say, "The firing line is clear. Advance to your target score and remove your arrows." When all archers and judges have returned to the line, the Line Judge will say, "Advance to the next target." These steps will be repeated until each archer has completed the course.

Scoring

Scoring will be from ten to zero with bull's-eye being "10". Any arrow that touches the next higher score will be scored at the higher score. If more than six (6) arrows are shot at anyone target, the highest score will be dropped. The highest possible score will be 240 points.

Time

There will be a time limit of five (5) minutes on each target for the archer to shoot all six (6) of his/her arrows. Two (2) minutes will be allowed to score the archer's arrow. If lost arrows are not retrieved in this time limit, the student may come back after competition is over and search for lost arrows.

Drill Team (Male Only) (460)

Participation in a drill team is an excellent way to learn teamwork. On the drill field, individuals learn to appreciate the need for discipline-the need to respond to vested authority, to follow orders promptly and precisely, and to recognize the effect of their actions on the group as a whole. Learning to follow is the beginning of leadership.

Rules

1. A drill team must consist of at least five (5) but not more than twenty-five (25) members including the drill commander.
2. The drill commander may be an adult or a student contestant.
3. Each routine is limited to not more than 6 minutes.
4. Each drill commander must submit a diagrammed plan for his routine.
5. Weapons must not be loaded or fired with live ammunition or blanks. Any rifle must be non-working with no firing pin, or it must be a dummy rifle.

Explanation of Criteria

<u>Cadence-</u>	The uniform step (30 inches from heel to heel of person marching) and rhythm in marching-the number of steps marched per minute (standard cadence is 120 steps per minute).
<u>Cover-</u>	Each person aligning himself directly behind the person to his immediate front while maintaining proper distance. The distance between individuals in formation is 40 inches as measured from their chests to the backs of the persons directly in front of them.
<u>Dress-</u>	Alignment of elements side by side or in line maintaining proper interval. Normal interval is an arm's length. Close interval is 4 inches.
<u>Steps-</u>	The prescribed distance measured from heel to heel between the feet of marching persons.
<u>Uniforms-</u>	Add color and impressiveness to a team. The key is uniformity in overall appearance.

Commands

Voice

Characteristics- The individual tone, clarity, and depth that make the voice recognizable.

Projection- The ability of a person to project the voice to whatever distances desired without undue strain.

Inflection- The rise and fall of the voice, the change in pitch.

Snap- That extra quality in a command that demands immediate response.

Response of Team

Snap- That extra quality of response which comes from much practice.

Timing- Responding precisely to the cadence of the command.

For judging criteria, see CF66.

Suggestions for Routines

Drill Teams should incorporate movements like the following in their presentations:

Facing Movements

Attention
At Ease
Parade Rest
Right Face
Left Face
About Face

Marching Movements

Forward
To the Rear
Halt
Column Right
Column Left
Column Half Left
Column Half Right
Right Flank
Left Flank
Right Oblique
Left Oblique
Eyes Right

Manual of Arms

Order Arms
Present Arms
Port Arms
Right Shoulder Arms
Left Shoulder Arms



Color Guard (Male Only) (461)

Rules

1. A color guard unit shall consist of five (5) members including the unit commander (two riflemen, two flag bearers, and one commander).
2. The unit commander may be an adult or student.
3. Each presentation is limited to not more than five (5) minutes.
4. Each unit commander must work within the framework of the order of competition found in the judge's sheet.
5. Weapons must not be loaded or fired with live ammunition or blanks. Any rifle must be non-working with no firing pin, or it must be a dummy rifle.
6. Members of the color guard unit may also compete in the drill team competition.
7. The following flags must be presented and posted: Country's flag of the unit and the Christian flag. (Other flags may not be used.)
8. The reporting procedure and competition shall be judged on the same basis as the drill teams.
9. Color guard units must provide two (2) flag stands for posting the colors.
10. For the order of competition, please read the judge's form (CF67) for color guard competition.



Flag Corps (Female Only) (462)

Flag Corps competition is designed for female contestants who want to perform in a precision team event requiring uniforms, drills, routines, and flags (banners). Flag Corps is similar to Drill Team for males, except weapons are not permitted. Equipment consists of colorful flags and banners on poles. Uniforms must comply with convention dress standards for female contestants (skirts, blouses, culottes, and nylons). Contestants may not sing or chant; they may issue short vocal responses to commands.

Rules

1. A Flag Corps must consist of at least five (5) but not more than 25 members including the corps commander.
2. The commander may be a student or sponsor.
3. Routines are limited to six (6) minutes.
4. Each corps commander must submit a diagrammed plan for her routine.
5. Flags must be mounted on poles not to exceed nine feet long.
6. Firearms, swords, lance, and spears are prohibited.

Use judging form CF 68.

Suggestions for routines

The Flag Corps should incorporate the following movements in their presentations:

Facing Movements

Attention
At Ease
Parade Rest
Right Face
Left Face
About Face

Flag Positions

Straight Up
Slant Upward
Left Position
Right Position
Motion

Marching Movements

Forward
To the Rear
Oblique (right/left)
Halt
File