

2024 SOUTHERN INDEPENDENT SCHOOLS HANDBOOK

SPORT



CULTURE



BALCOMBE
GRAMMAR SCHOOL



CORNISH
COLLEGE



JOHN PAUL COLLEGE
WITH HIM IS THE FULLNESS OF LIFE



SIS President's Message SIS President 2024

Welcome to the 2024 school year. On behalf of the Southern Independent Schools Association (SIS), I have great pleasure in welcoming all schools across the association to what promises to be a year of possibilities across the many sporting and cultural events on offer.

In 2023 several workshops and symposiums were held, with all key stakeholders of the association. They were designed to articulate what is working and what could be working better as the member schools strive as an association to deliver a program that not only meets the needs of schools but provides outstanding opportunities for students to thrive. Importantly students were asked to identify an aspirational set of goals that the association should aspire to. The following is a snapshot of the responses; "we should be aspiring to provide a welcoming, inclusive and positive environment where a positive team spirit is evidenced, respect is foundational, and opportunities are made available to many".

The SIS member schools collectively are committed to the provision of a range of events and activities designed to develop a range of life skills. Skills such as teamwork, communication, decision-making and critical thinking. Students are encouraged to actively engage in the offerings and in doing so develop their skills, gifts, and talents.

Our SIS membership and the opportunities presented to our member schools through engagement with the activities, calls on students to strive for individual and team success and in seeking this they are required to move outside of their comfort zone and move beyond existing capacities. This can only occur if students are provided with the forums and arenas to maximise their true potential. I am proud to say that the SIS program provides such a venue.

Competition can provide an avenue to develop friendships both within a school and across schools. Important lessons such as team spirit, sportspersonship, sharing in victory and dealing with loss develops character and contributes to the development of the whole person. As such we are privileged to be a part of a thriving and growing association, one that provides great opportunities for students, teams, and schools to shine.

I take this opportunity to thank all the principals, co-ordinators and other staff of the schools in our association as they work to support the competitions and events throughout 2024. It is a shared responsibility which provides us with a great sense of joy as we witness and participate in the rich experiences provided to our collective schools.

On behalf of the schools, I wish to thank our Executive Secretary, Rob Elliott, and SIS Cultural Coordinator, Tash Oxley who together with the assistance of Donna Nettlefold will continue to undertake the organisational and administrative responsibilities that underpin our success as an association.

We look forward with anticipation to all that will be on offer for member schools and especially our students as we enter into the 2024 academic year. I wish all a most rewarding and successful year.

Mr Chris Black
Principal, St Peters College
SIS President 2024

Contents

HISTORY	6
OFFICE BEARERS	8
PRESIDENTS ROTATION	9
TERM DATES	9
VISION, MISSION & VALUES STATEMENT	10
REGULATIONS	11
OBJECTIVE	11
BASIS	11
MEMBERSHIP	11
OBLIGATIONS	11
SUBSCRIPTION FEES	11
MEETINGS	12
OFFICE BEARERS POSITIONS	12
RESPONSIBILITIES OF EXECUTIVE SECRETARY	12
RESPONSIBILITIES OF SPORT COORDINATOR	12
RESPONSIBILITIES OF CULTURAL COORDINATOR	13
CHANGES TO REGULATIONS	13
CHILD SAFETY STANDARDS	13
BY-LAWS	14
MAJOR EVENTS	14
CONDUCT OF PLAY	14
DISPUTES	14
DISCIPLINE PROCEDURE	14
FORFEITS	14
HANDBOOK	14
SUNSMART POLICY	14
EXTREME WEATHER & DANGEROUS CONDITIONS POLICY	14
RECOGNITION OF CONCUSSION IN SPORT	16
FIRST AID ASSISTANCE POLICY	17
ADMINISTRATIVE PROCEDURES POLICIES	17
FINANCIAL RESERVES	17
EMPLOYMENT FOR SIS EVENTS	17
BOOKING OF UMPIRES	17
CODE OF CONDUCT	18
SIS CULTURAL EVENTS	21
ART & TECHNOLOGY EXHIBITION	21
BOOK IN A DAY CHAMPIONSHIP	22
CHESS CHAMPIONSHIP	24
DEBATING CHAMPIONSHIP	25
DRAMA WORKSHOP / THEATRESPORTS™ CHAMPIONSHIP	26
PERFORMING ARTS CONCERT	28

PUBLIC SPEAKING CHAMPIONSHIP	29
TEEN CHEF CHAMPIONSHIP	31
SIS WEEKLY SPORT	32
CONDUCT AT SPORTING EVENTS	32
GUIDELINES & EXPECTATIONS	33
TEAM ROLE & RESPONSIBILITIES OF THE COACH	35
SOCIAL INTERSCHOOL SPORT	35
UNIFORMS	36
CODE OF CONDUCT FORM	37
SUMMARY OF COMMENCEMENT TIMES	38
SUMMARY OF UMPIRE / REFEREE REQUIREMENTS	39
CONDITIONS OF PLAY FORM	41
SIS WEEKLY SPORT – REGULATIONS AND SCORESHEETS	42
WEEKLY SPORT HISTORICAL DATA – CHAMPION SCHOOLS	82
SIS CARNIVALS	103
ANNUAL CARNIVAL PROGRAM	103
SCHOOL DIVISIONS	103
GUIDELINES FOR ORGANISING SCHOOL CARNIVAL DAYS	104
CARNIVAL CHAMPIONS	105
SIS SWIMMING RELAY CARNIVAL	106
SIS SWIMMING CARNIVAL	107
RULES & REGULATIONS	107
SWIMMING PROGRAM	111
SWIMMING RECORDS	112
CROSS COUNTRY CARNIVAL	113
RULES & REGULATIONS	113
STARTING PROCEDURE	113
SCORING PROCEDURE	113
CROSS COUNTRY RECORDS	114
ATHLETICS CARNIVAL	115
RULES & REGULATIONS	115
TRACK & FIELD RULES	115
THROWING EVENT RULES	116
WEIGHT SPECIFICATIONS	117
JUMPING EVENT RULES	117
TRACK EVENTS	118
ATHLETICS PROGRAM	119
TRACK RECORDS	121
FIELD RECORDS	122
GOLF CHAMPIONSHIP	123
LAWN BOWLS CHAMPIONSHIP	124
SHIELD WINNERS -2023	125
2024 SIS MEMBER SCHOOLS	126
CONTACT DETAILS	126
SIS SCHOOL ADRESSES AND PRINCIPALS	127

SIS SCHOOL ADRESSES AND PRINCIPALS	128
SIS ART & TECHNOLOGY CO-ORDINATORS 2024	129
SIS BOOK IN A DAY CO-ORDINATORS 2024	130
SIS CHESS CO-ORDINATORS 2024	131
SIS DEBATING CO-ORDINATORS 2024	132
SIS DRAMA / THEATRESPORTS™ CO-ORDINATORS 2024	133
SIS PERFORMING ARTS CO-ORDINATORS 2024	134
SIS PUBLIC SPEAKING CO-ORDINATORS 2024	135
SIS TEEN CHEF CO-ORDINATORS 2024	136
SIS SPORTS CO-ORDINATORS 2024	137
2024 SIS CALENDAR	138
2024 SIS MEETINGS & EVENTS SUMMARY	143
2024 SIS MEETINGS & EVENTS SUMMARY	144

HISTORY

In 1978, six southern independent secondary schools united to provide sporting competitions in swimming, cross country, athletics & weekly sport for students at their respective schools. Namely Marianist College Frankston, Stella Maris Frankston (In 1979 these two Colleges amalgamated to become John Paul College Frankston), Padua College Mornington, St James College East Bentleigh, Our Lady of the Sacred Heart College (OLSH) Bentleigh & St Johns Regional College Dandenong. Hence the beginnings of the association.

The early association began to grow with St Francis Xavier College Beaconsfield joining the competition in 1981.

Further growth continued with the inclusion of St Paul's College Woodleigh (later to become Woodleigh School) & Beaconhills College Pakenham in 1986, Nazareth College Noble Park North in 1988 & St Leonard's College Cornish Campus in 1989. During this time Padua College also opened its Rosebud Campus (1987) & St Francis Xavier College opened its Cranbourne Campus (1987).

In 1987 the association was officially & formally recognised as the Southern Independent Schools (SIS). As such appropriate structures were put in place including annual SIS Presidency & the role of a Secretary. The SIS had a vision beyond sporting activities & as such the opportunity to expand cultural opportunities was recognised with the introduction of a Debating Championship & TheatreSports™ Championship. Later, in 1990 a Chess Championship was incorporated.

OLSH Bentleigh as the only all girls' College competing in the SIS left the competition at the end of 1992. Flinders Christian Community College became members in 1992 & St Peters College Cranbourne joined the association in 1994 (St Peters College formerly being the Cranbourne campus of St Francis Xavier College). This was quickly followed by Maranatha Christian School Endeavour Hills joining in 1995.

Now with twelve member schools Beaconhills College, Flinders Christian Community College, John Paul College, Maranatha Christian School, Nazareth College, Padua College, St Francis Xavier College, St James College, St Johns Regional College, St Leonard's College, St Peters College & Woodleigh School, the opportunity to form two divisions for the major sporting carnivals was created. To complete the cultural activities calendar an Art & Technology Exhibition & a Performing Arts Concert were included in 1998.

In 2003 both Beaconhills College & St Francis Xavier College opened additional campuses in Berwick & in 2006 Maranatha Christian School opened a campus at Officer. Beaconhills College withdrew its Pakenham Campus at the end of 2008, joining the Gippsland Independent Schools (GIS).

Term Rally Days were replaced by a weekly sport competition in 2009 offering the following sport for Junior, Intermediate & Senior girls & boys:- Baseball, Basketball, Cricket, Football, Handball, Netball, Soccer, Softball, Table Tennis, Tennis & Volleyball. Touch Rugby & further sport for juniors was added during Term 3 from 2016.

In 2010 the association welcomed two new schools, Balcombe Grammar Mt Martha & ICA Casey College Narre Warren & in the same year Maranatha Christian School withdrew its Endeavour Hills Campus. However, in 2011 this was reduced to thirteen schools with the closure of ICA Casey College. In the same year the Carrum Downs Campus of Flinders College withdrew its membership & St Peters College opened its Clyde North Campus.

In 2012 Berwick Grammar Officer & Cornish College (formerly St Leonard's College Bangholme) were welcomed & St Francis Xavier opened its Officer campus. At the conclusion of 2012, SIS farewelled Beaconhills College Village Campus.

In 2014 Padua College increased the number of their campuses to three with the opening of Tyabb & a Public Speaking Championship & a Teen Chef Championship was introduced to the SIS Cultural Calendar.

A further extension to the cultural events occurred in 2015 with a Book in a Day Championship & at the close of the year SIS farewelled the Cardinia Campus of Maranatha Christian School.

2016 was a prosperous year for the association with the appointment of a Cultural Co-ordinator & further weekly sport was included during Term 3 for junior students.

A lawn bowls championship was a successful addition to the sporting calendar in 2017 & the Carrum Downs Campus of Flinders Christian Community College returned to SIS.

The weekly sport competition was enhanced with the introduction of indoor cricket for junior & intermediate girls & touch rugby at the junior boys level.

In 2019 we welcomed Casey Grammar to the association.

Hillcrest Christian College joined the association in twenty-twenty which was a challenging year for all with the Covid-19 pandemic & whilst most of the term 1 activities were completed, some of the cultural activities for the remainder of the year were held virtually.

A founding school member St James College departed from the association due to their amalgamation with St Bede's College.

We welcomed Bayside Christian College into SIS from 2021. In 2024 we welcomed Rivercrest who are a campus of Hillcrest & St Margarets Berwick Grammar Girls to the Major Carnivals only. This totalled our membership school/campus number to 21.

We acknowledge 12 years of professional leadership by previous Executive Secretary, Sharon Burke between 2008 – 2020.

SIS currently has fourteen member schools with four of these schools having multiple campuses. It is an association which boasts a rich legacy of sound leadership from previous & current Principals' & has developed from enthusiastic former Secretaries'. Acknowledgement is given to Ray Clausen, Peter Van Wees, Tim Livingstone, Carolyn Ferguson, Luke Mills, Leanne Palmer, Gabriel Norris (Cultural Co-ordinator) & Sharon Burke & Nadia Conn(Cultural Co-Ordinator).

In 2022 we welcomed a new SIS Executive Secretary, Rob Elliott and added to the team a Sports Coordinator, Donna Nettlefold. In 2023 we welcomed a new Cultural Coordinator, Tash Oxley.

Our objective of the SIS is to ensure that the sport & cultural life is conducted efficiently & in a spirit of co-operation & fairness

OFFICE BEARERS

President	Mr Chris Black Principal St Peters College 1005 Cranbourne-Frankston Rd Cranbourne West Vic 3977 Tel: 5990 7777
Vice-President	Mr John Fazzino Vice-Principal St Francis Xavier College 4 Beaconsfield Ave Beaconsfield Vic 3807 Tel: 9707 3111
Executive Secretary Sport Co-ordinator Cultural Co-ordinator	Mr Rob Elliott email: secretary@sis.org.au mob: 0437 898 951 Mrs Donna Nettlefold email: coordinator@sis.org.au mob: 0409 420 661 Mrs Tash Oxley email: cultural@sis.org.au mob: 0410 873 735 c/-John Paul College 161 McMahons Road Frankston Vic 3199 PO Box 3105 Frankston East 3199 Tel: 9784 0277 Fax: 9781 5810 Website: www.sis.org.au

Registered Office:
John Paul College, McMahons Road, Frankston, 3199
Reg No. A0048761U145
ABN 74 092 391 646

PRESIDENTS ROTATION

St Peters College
St Francis Xavier College
Cornish College
Nazareth College
Woodleigh College
St Johns College
Casey College
Flinders Christian College
Hillcrest Christian College
Bayside Christian College
St Margarets Berwick Grammar
John Paul College
Padua College
Balcombe Grammar

TERM DATES

2024	Term 1 - 30 January to 28 March Term 2 - 15 April to 28 June Term 3 - 15 July to 20 September Term 4 - 7 October 20 December
2025	Term 1 - 29 January to 4 April Term 2 - 22 April to 4 July Term 3 - 21 July to 19 September Term 4 - 6 October 19 December

VISION, MISSION & VALUES STATEMENT

VISION

To be a progressive and agile inter-school association.

MISSION

The SIS provides opportunities for students to come together in the spirit of goodwill, collaboration, and competition. SIS positively contributes to the holistic schooling experience of every student who participates in SIS events.

VALUES

Inclusion

We embrace diversity, value every individual, and create an equitable and welcoming environment where all belong.

Fair Play

We uphold integrity, honesty, and respect, promoting healthy competition and sportsmanship while following rules.

Competition

We strive to produce an environment where personal growth and creativity are encouraged, and where success is measured by engaging in healthy contests and surpassing our limits.

Respect

We treat others with courtesy, consideration, and dignity, acknowledging their worth and fostering positive relationships in our community.

Fulfillment

We discover purpose, satisfaction, and personal growth by pursuing academic, co-curricular, and social endeavours that align with our passions.

Collaboration

We work together, communicate effectively, and leverage diverse perspectives to achieve common goals through cooperation, teamwork, and innovation.

REGULATIONS

Southern Independent Schools Inc Approved November 1986 (Amended 2013)

The following Rules & Regulations of the Southern Independent Schools Inc. are in accordance with the document of Incorporation registered with the Consumer Affairs Victoria dated 28th June, 2013.

OBJECTIVE

1. To be a group of independent secondary schools in southern metropolitan Melbourne, who associate for the purpose of sporting & cultural interchange in a mutually supportive manner, for the benefit of the students of the member schools.
2. To carry out sporting events in a range of sports.
3. To conduct cultural events for the promotion of cultural appreciation.
4. To ensure that the sport & cultural life of SIS is conducted efficiently & in a spirit of co-operation & fairness.

BASIS

Interschool activities are arranged & entered into in order to cultivate friendship, goodwill & a spirit of sportsmanship & comradeship. A spirit of cooperation, generosity, courtesy & consideration, together with healthy competition is to prevail at all times.

MEMBERSHIP

Members of the SIS:-

Balcombe Grammar – Mt Martha
Bayside Christian College – Langwarrin South
St. Margaret Berwick Grammar - Officer
Casey Grammar – Cranbourne East
Cornish College – Bangholme
Flinders Christian Community College – Carrum Downs & Tyabb
Hillcrest/Rivercrest Christian College – Clyde North
John Paul College – Frankston
Nazareth College – Noble Park North
Padua College – Mornington, Rosebud, Tyabb
St Francis Xavier College – Beaconsfield, Berwick & Officer
St Johns College – Dandenong
St Peters College – Clyde North & Cranbourne
Woodleigh School – Langwarrin South

OBLIGATIONS

In view of the differing sizes, natures & philosophies of the member schools, there will be considerable flexibility of arrangement. Nevertheless, **member schools will be required to take a highly responsible attitude** to their participation in the Association's activities.

SUBSCRIPTION FEES

Refer to SIS Inc. Constitution Part 3 – Division (1) Membership & Annual Subscription Fee (12).
The membership fee will be determined at the Annual General Meeting of the preceding year.

MEETINGS

Principals Meetings

There shall be a meeting held in each term. All Principals are required to attend the Term 1 meeting with any permanent proxies.

Proxies: Should a Principal be unable to attend a meeting a proxy should be sent. Such a delegate however must carry the full authority of the Principal.

Voting: If voting is required, each school should have one vote. A quorum shall consist of a simple majority of member schools being present. The President should have the casting vote (if required) as well as the deliberative vote.

Sports Coordinator Meetings

Sports Coordinators shall meet once a term (with the exception of term 1) with the SIS Sports Co-ordinator from each school expected to attend. The SIS Executive Secretary will coordinate information for these meetings. Sports Coordinators shall assist with discussions when making proposals for the development of sports programs to the Principals'.

Other Meetings

Meetings of other SIS Co-ordinators will be scheduled at appropriate times to foster such cultural activities & inter-change as may be thought desirable.

OFFICE BEARERS POSITIONS

President / Treasurer: Principal of 'host school' chosen by annual rotation as per list in regulations. The President is responsible for the convening & chairing of Principals meetings. These meetings shall determine the policies of the association.

Vice President: Stands in for the President as required.

Executive Secretary: Acts as the liaison person between the Principals & Sports Co-ordinators.

Sport Coordinator: Assists Executive Secretary and stands in for Executive Secretary as required.

Cultural Coordinator: Acts as the liaison person between the Principals & Cultural Coordinators.

RESPONSIBILITIES OF EXECUTIVE SECRETARY

- Book venues for all SIS sporting events
- Keep official Association records
- Prepare agendas & distribute minutes of Principal & Sports meetings
- Inform schools of organisational details of each event at least three weeks prior to the event
- Prepare weekly sport fixtures & distribute ladders
- Chair & host meetings of Sports Co-ordinators
- Purchase awards, shields, etc. arrange engraving
- Operate the bank account of the SIS Association
- Liaise with member schools for all SIS activities
- Advise the Sports Coordinators of the organisation of events by supplying such information as may be helpful & relevant
- Ensures that the sporting events of the Association are conducted efficiently & in a spirit of co-operation & fairness
- Administers feature articles on the SIS Website
- Represent the association with external organization

RESPONSIBILITIES OF SPORT COORDINATOR

- Keeps official Sporting records
- Takes minutes at all meetings
- Prepares Yearly Handbook
- Attends to all social media
- Administer of the SIS Website
- Assists Executive Secretary in preparing sporting carnivals and on the day of events

RESPONSIBILITIES OF CULTURAL COORDINATOR

- Book venues for all SIS cultural events
- Prepare agendas & distribute minutes of all meetings
- Inform each school of organisational details of each event at least three weeks prior to that event
- Chair & host meetings of Cultural Coordinators
- Advise the Cultural Coordinators in the organisation of events by supplying such information as may be helpful & relevant
- Ensures that the cultural life of the Association is conducted efficiently & in a spirit of co-operation & fairness

CHANGES TO REGULATIONS

Any changes to the regulations must be made at a Principals' meeting in the year preceding the implementation of such changes.

CHILD SAFETY STANDARDS

Southern Independent Schools are committed to the safety, wellbeing & protection of all students. SIS policies are available at www.sis.org.au

BY-LAWS

MAJOR EVENTS

The major sporting events conducted by this association shall be **Swimming, Cross-Country, Athletics & Weekly Sport.**

CONDUCT OF PLAY

1. The following requirements are regarded as the basis to the proper conduct of games in terms of our sporting ideals & essential to the smooth administration of the program. The basic consideration behind these regulations is the realisation of the ideals of the Association, the maximum enjoyment of all participating in these games, their welfare, dignity & safety.
2. It is the responsibility of each school to provide adequate supervision for teams participating in sporting events of the Association.
3. Each of the students competing is to be a bona fide student of the school represented.
4. The age limits agreed upon for each team entered is to be strictly observed. The date for reckoning age for the major carnivals is 31st December, of the previous year of the carnival.
Any sports co-ordinator in doubt may play the appointed match, but lodge a claim in writing to the Executive Secretary for investigation. Such a claim may be forwarded by the **Principal** of the claimant school.
5. Team members should wear the agreed sports uniform. Should confusion arise from any failure to observe uniform or standards thought to be seriously impaired by teams not suitably clad, the coach of either side has the right to lodge a protest with the Executive Secretary.
6. Times of starting must be strictly observed.
7. Abuse directed at Officials at any time by members of school teams or spectators will not be tolerated by member schools.

DISPUTES

Disputes should be negotiated where possible by the Coaches & Sports Co-ordinators concerned. In exceptional circumstances, the dispute may be brought in writing to the Executive Secretary who will convene a Disputes Committee of three impartial Sports Coordinators or Principals who shall resolve the matter.

DISCIPLINE PROCEDURE

The Code of Conduct essential points must be clearly read to all players prior to each match. In all sports the person officiating has the power to send a player off the field for misconduct. Such a player may not be replaced. Where there is a breach of the Code of Conduct, the concerned schools should liaise & resolve the problem. Incidents involving alleged violent &/or verbal assaults which have brought the SIS into disrepute are to be reported, in writing to the Executive Secretary & Principals within three days of the fixture. The Executive Secretary after receiving such a written report, shall seek further reports from other relevant officials. Principals shall deal with the breach, & the disciplining of student(s) &/or staff, under his/her own school policy but in accord with the ethos of the SIS. Schools shall advise outcomes to the Executive Secretary.

FORFEITS

A team not appearing shall forfeit the match. A team may forfeit the match prior to the day (see 'Obligations'). The Executive Secretary shall provide a list of schools forfeiting matches to the Principals' Meeting at the end of each term.

HANDBOOK

The Executive Secretary & SIS Sport Coordinator shall prepare a yearly handbook & provide an electronic copy to the Cultural Coordinator, each Principal & Sports Co-ordinator.

SUNSMART POLICY

All SIS schools are Sunsmart schools it is expected that all SIS participants follow these procedures.

EXTREME WEATHER & DANGEROUS CONDITIONS POLICY

Cancellation of Weekly Sport due to Extreme Weather

The Executive Secretary is to inform the SIS Sport Co-ordinators & Principals via email by 12:00 noon of the day prior to the event of the decision to cancel weekly sport due to the following conditions:-

- **If the Bureau of Meteorology predicts the Melbourne temperature to reach 35 degrees or more.**
- **Inclement weather, such as thunderstorms, hail & rain, electrical storm, dust storm or other weather alerts**
- **Smoke from bushfires**

Member schools should exercise Air Quality & Thunderstorm Asthma policies within their school.

In the event that outdoor weekly sport is cancelled due to inclement weather, indoor weekly sport will be excluded and member schools may negotiate alternative arrangements. Weekly sport will be rescheduled in the designated make-up week on the fixture. If schools have already made arrangements for the make-up round, those arrangements will need to change. Extreme Weather Policy takes preference for sport to be made up on the make-up round date.

If Sport Coordinators or Principals have a concern with the weather they should ring the Executive Secretary to discuss possible courses of action. If a decision is made to continue with Weekly Sport a school may withdraw up until 12.00 noon on the day prior if uncomfortable with the decision. That school must notify the Executive Secretary & all schools involved.

Cancellation of Carnivals due to Extreme Weather

The Executive Secretary is to inform the SIS Sport Coordinators & Principals by phone or email by 12:00 noon of the day prior to the event of the decision to cancel any carnival due to the following conditions:-

- **If the Bureau of Meteorology predicts the Melbourne temperature to reach 35 degrees or more.**
- **Inclement weather, such as thunderstorms, hail & rain, electrical storm, dust storm or other weather alerts**
- **Smoke from bushfires**

Member schools should exercise Air Quality & Thunderstorm Asthma policies within their school.

If a carnival needs to be cancelled on the morning due to extreme weather, the Executive Secretary must send a text or email message by 7:30am to the Principal & Sport Co-ordinator at each school. One person must respond by either text or email to the Executive Secretary within 10 minutes of receiving the message. If a school does not respond the Executive Secretary must contact & speak to the Principal or Sport Co-ordinator at each school.

There will be no re-scheduling of Athletics Carnivals if cancelled. Schools may arrange their own make-up days either internally or by inviting other schools. Cross-country will be rescheduled on a date which is mutually agreed by Principals.

RECOGNITION OF CONCUSSION IN SPORT

RECOGNISE & REMOVE

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present with the student.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:-

- Loss of consciousness or responsiveness
- Lying motionless on ground/slow to get up
- Unsteady on feet / balance problems or falling over / not co-ordinated
- Grabbing / Clutching of head
- Dazed, blank or vacant look
- Confused / Not aware of plays or events

2. Signs & Symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:-

- Loss of consciousness - Headache
- Seizure or convulsion - Dizziness
- Balance problems - Confusion
- Nausea & vomiting - Drowsiness
- Feeling slowed down - Pressure in Head
- Emotional or Sadness - Blurred vision
- Irritability - Sensitive to light
- Fatigue or low energy - Amnesia
- Nervous or anxious - Neck Pain
- Difficulty remembering and/or concentrating.

3. Memory Function

Failure to answer any of these questions correctly may suggest a concussion.

- What day is it?
- What school are we playing against?
- Who is winning?
- How did you get to the game?
- How are you getting home after the game?
- What school did we play last week?

Any student with suspected concussion should be safely & immediately removed from play & should not return to activity until they are assessed medically.

Students with suspected concussion should not be left alone & should not drive a motor vehicle.

It is recommended that in all cases of suspected concussion, the player is referred to a medical professional for diagnosis & guidance as well as return to play decisions, even if the symptoms resolve.

It is recommended that staff notify their own school first aid office.

RED FLAGS

If ANY of the following are reported then the student should be safely & immediately removed from play.

If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:-

- Student complains of neck pain
- Increased confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling / burning in arms/legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

In all cases, remember:-

- the basic principles of first aid should be followed
(danger, response, airway, breathing, circulation)
- Do not attempt to move the student (other than required for airway support) unless trained to do so
- Do not remove a helmet (if present) unless trained to do so

DISCLAIMER

These guidelines do not create any binding obligations of SIS

FIRST AID ASSISTANCE POLICY

The Association is mindful of the need to provide appropriate First Aid assistance at SIS events. This first aid assistance needs to be provided in a cost-effective manner. Depending upon the event, this will be a mix of specialist provision of first aiders, reliance on the services provided by the host school, & reliance on the expertise of staff present.

As well as the Association having obligations, each school has an obligation to its own students to ensure that the staff attending SIS events have an appropriate level of first aid & emergency training. It is up to each school to determine the level of training it determines appropriate for their staff – but other schools have the right to expect that there is a basic level of expertise provided by any school attending an event. All schools are expected to provide their own mobile phone(s), first aid kit, emergency contact details & health information about any students with special health needs.

At major events (the major carnivals: Swimming, Cross Country, Athletics), the Association will provide trained first aiders, organised by the Executive Secretary. This does not lessen the responsibility of individual schools for the welfare of their own students or their responsibility to send appropriately equipped & trained staff.

During Weekly Sport the host school (whether the event is held on site or off site) is responsible for the provision of appropriate first aid back-up. If the event is played on site, this responsibility may be met by the existence of a suitably equipped & staffed first aid centre at the school. (It is not required that specialist first aid staff are physically present at every game, but they must be available on site & easily contacted.) If the event is played off site, the host school is responsible for adequate first aid support (by the way of appropriately trained staff & quick support from the school, along with the standard first aid kit & mobile).

For non-sporting cultural events (such as Chess, Debating, Teen Chef, Book in a Day, Performing Arts, Chess, TheatreSports™, Art, etc.), there is not an expectation that specialist first aiders be present. Teaching staff present would be expected to deal with any emergency. For out-of-hours events, the host school &/or the SIS Cultural Coordinator should ensure that adequate provisions for calling for assistance & for security are in place & are known by the appropriate staff from participating schools.

ADMINISTRATIVE PROCEDURES POLICIES

FINANCIAL RESERVES

The Association is to keep a reserve of approximately 15 – 20% of annual income within the bank account to cover contingencies & unexpected losses/extra costs during the year.

EMPLOYMENT FOR SIS EVENTS

Staff employed by SIS member schools will not be entitled to additional payment by the Association for their contribution to the planning, organization & execution of events undertaken on behalf of the Association.

Persons engaged by SIS to contribute professional services to SIS endorsed activities must provide a 'Statement of Supply' to the SIS Executive Secretary before payment is made. A person employed part-time by a member school may be eligible for payment with written approval by the employer.

BOOKING OF UMPIRES

It is the responsibility of the Home Team Sports Co-ordinator to book umpires each week & to make sure necessary payment procedures are adhered to.

Refer to Umpire / Referee Requirements on Page 36.

CODE OF CONDUCT

SCHOOL SPORT AUSTRALIA

Current at May 2016

Players' Code of Conduct

- Be a good sport
- Play for enjoyment
- Strive for personal excellence
- Work hard for your team as well as yourself
- Treat all team mates & opponents as you enjoy being treated yourself
 - Play by the rules
 - Cooperate with team & game officials
 - Control your conduct on & off the field
- Learn to value honest effort, skilled performance & improvement

Inappropriate Conduct

- Having or consumed alcohol
- Having or using other illegal drugs or substances
 - Smoking
 - Sexual activities
 - Sexual harassment
 - Criminal offences
- Swearing or abusing others
 - Physical violence
- Harassment or vilification including the use of Social Media
 - Breaking team curfews
- Refusing to comply with instructions
- Pool sportsmanship or cheating

Team Managements' Code of Conduct

- Set a good example for your players
- Encourage & create opportunities to develop individual skills
 - Teach a wide range of team skills
- Ensure that the sport is appropriate for the age group & the skill development level of the players involved
 - Teach your players to be respectful towards officials & opponents
 - Give all students a chance to participate in training & games
- Remove from the field of play any of your players whose conduct is not acceptable
- Keep your own knowledge of coaching & the developments of the game up to date

- Adhere to School Sport Australia's policy of a smoke & alcohol free environment
 - No team official of the opposite gender should enter the team change rooms until all team members have completed changing
 - It is inappropriate for any team official to be in a situation where the official is alone with a team member
 - Adhere to appropriate mandatory reporting requirements
-

Parents' Code of Conduct

- Encourage participation by your child
 - Provide a model of good sportsmanship for your child to copy
 - Be respectful in your communication
 - Encourage honest effort, skilled performance & team loyalty
 - Make any new parents feel welcome on all occasions
 - Do not interfere with the conduct of any championships
 - Adhere to School Sport Australia's policy of a smoke & alcohol free environment
-

Spectators' Code of Conduct

- Demonstrate appropriate social conduct
 - Remember students play for enjoyment. Don't let your conduct detract from their enjoyment
 - Let game officials conduct events without interference
 - Support skilled performances & team play with generous applause
 - Demonstrate respect for opposing players & their supporters
 - Adhere to School Sport Australia's policy of a smoke & alcohol free environment
-

Administrators' & Officials' Code of Conduct

- Ensure rules, equipment, training schedules & games are safe & match the needs & skill level of the students involved
- Ensure that equal opportunities for participation in sports are available for all students
 - Involve students in planning, evaluation & decision making
- Ensure everyone involved, including parents, understand their responsibilities regarding fair play & appropriate conduct
 - Encourage a positive attitude towards students's sport.
 1. Emphasise fun & enjoyment
 2. Encourage both teams
 3. Set a good example
 4. Encourage the pursuit of personal excellence
 - Be consistent, respectful & helpful toward all participants
- Use common sense to ensure that the 'spirit of the game' for students is not lost

- Ensure that adequate supervision is provided by qualified & competent coaches & officials capable of developing appropriate sports conduct & skill technique, & that these officials are given the opportunity to improve their coaching & officiating
 - Remember that students play for enjoyment
 - Focus on the needs of the students
 - Distribute a Code of Conduct sheet to spectators, officials, parents, coaches, players & the media, & take other positive steps to ensure people understand their responsibilities regarding fair play in children's sport
 - Adhere to School Sport Australia's policy of a smoke & alcohol free environment
-

Media Code of Conduct

- Be aware of the difference between adult's sports programs & children's sports programs
- Students are not miniature professionals & adults should not place unfair expectations upon them
- Place in perspective the isolated incidents of poor conduct rather than make such incidents the "highlight" of the event
 - Focus upon student's fair play & their honest effort
 - Identify & report on the benefits of students participating in sport

Other Relevant Supporting Documents

- State & Territory member body "Student Participation Agreements"
- School Sport Australia 'Student Conduct – Team Management Procedures'
 - SIS Conduct of Sporting Events

SIS CULTURAL EVENTS

ART & TECHNOLOGY EXHIBITION

The Art & Technology Exhibition is held during Term 4 at the Cube 37 Gallery, Frankston Arts Centre.

All schools are invited to participate in the exhibition for Yrs 7-12 for 10 days. The Celebration Night will involve a Guest Speaker & students are invited to attend with families to showcase their artwork.

An artwork register will be collated by the Cultural Coordinator. Artwork is exhibited under student's own volition.

Art Co-ordinators are expected to attend two meetings to prepare for the exhibition & volunteer assistance where expertise is required.

The SIS Art, Technology & Design Exhibition is proudly sponsored by Zart Art



**Further details are available in this Handbook.
Refer to the Meetings & Events Schedule & Calendar of Events**

BOOK IN A DAY CHAMPIONSHIP

RULES & INSTRUCTIONS

The SIS Book in a Day Championship is held over 3 days in Term 3.

The competition objective is for a team to create an illustrated novella that is between 4000 – 6000 words in length, within one day.

The program also involves a workshop day for skill-building & a day of review & celebration.

Schools may enter 1 team, to comprise of a maximum of 8 students from Years 7-10 & will provide their own materials for students (including art supplies for the Illustrator). Each team must have at least 2 students from Years 7-8.

Workshop/skill-building

A full-day program offered to students participating in the Book in a day competition.

The program offers students two choices from a number of 70-minute workshops related to the process of responding to prompts & producing an illustrated novella in a single day. The workshops are presented by guest authors/illustrators as well as teachers from member schools.

Students will work with other schools, as well as having the opportunity to spend some time working on team-building activities within school groups.

Book in a day competition

The front & back cover of the book must be illustrated, with further illustrations throughout the book. All illustrations may be created by hand or digitally & must be original or copyright free. The book must not include any reference to individual students or school names.

It is anticipated that some preparation & lead-up coaching is provided to the competition team, however the accompanying staff member is to supervise their own students & must not assist during the competition.

Four school library venues are required to host the competition & will be separated into Zones 1, 2, 3 & 4. Each Library must provide a working space for each team, enable access to computers, internet, printers, binding equipment & whiteboards/butchers paper.

All material must be suitable for the intended audience – Yrs 7/8 students. Proof-reading is undertaken by supervisors before publication to school communities.

Prior to the competition, the SIS Co-ordinator from each participating school will advise SIS:-

a) 5 parameters

- Primary Character 1
- Primary Character 2
- Non-Human Character
- Setting
- Issue

b) 5 random words which must appear at least once somewhere in the story.

The story must include & be written around the 5 parameters provided & the 5 random words are to be included anywhere in the story without adaptation.

The writing prompts will be assigned by SIS & only revealed to teams by the host school at 9:00am on the competition day.

At 5:00pm the completed novella must be uploaded to DropBox & a bound hard-copy to the host school staff. The host school will post the material in the next available mail to the SIS Cultural Coordinator, C/- John Paul College, PO Box 3105, Frankston, 3199.

Reading & Judging

The books will be launched officially 1 week later & 3 weeks will be allowed for the reading. SIS will send 4 novellas electronically to each school & the SIS Co-ordinator will then arrange for copies to be made available to 20-30, Year 7/8 students, to read & vote.

The SIS Co-ordinator will arrange for an online survey to be available so that the students can read & rank each novella from 1st to 4th.

Each book should be judged on the following criteria:-

- compliance with all rules outlined above
- story structure – well-planned & executed; consistency of tone; plot & characterisation; imaginative
- literary excellence – correct spelling & grammar; good vocabulary
- reader engagement & audience appropriateness
- illustrations – contribution to the story; technical competence & appeal
- final appearance of the hard copy

The top 4 novellas will then be distributed to publishing organisations which support young writers.

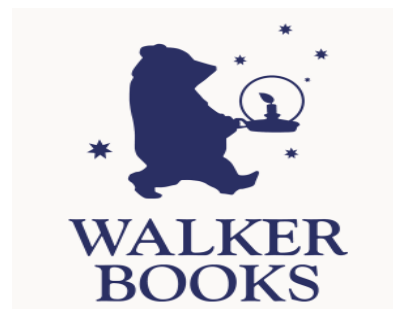
The winning novella will be the story which has the highest rating provided by the supporting publishing organisation.

Review/celebration day

A half day offered to participating students. Students will have the opportunity to reflect on their own work as well as receiving feedback on their work.

Finalists will share in \$1000 vouchers from Champion to be spent on fiction works for the school library. SIS will present the shield & badges to the winning team. People's choice awards will receive a SIS certificate.

The SIS Book in a Day Championship is proudly supported by:



CHESS CHAMPIONSHIP

RULES & INSTRUCTIONS

The Chess Championship is open to any student from Years 7 – 12. Each school is to bring a team of players with a minimum of 4 players & a maximum of 14 players in the team. Only one team per school is permitted.

The tournament will be run according to the Swiss format. The goals of this format are:

- a) Each round, players play against opponents of a similar ability to themselves
- b) Never play the same player twice
- c) Balance the players' games with black & white
- d) All players will play 7 games

The player who wins the game must report the score to the score-table. If it is a draw, both players must report their scores. Players who lose are not required to report scores.

Results are scored as follows; 1 point for a win, $\frac{1}{2}$ for a draw, & 0 for a loss.

At the start of each round the pairings will be posted in an accessible display area. Players listed on the left-hand side will be White & players on the right-hand side will be Black.

After each round players will be re-ranked & matched according to the number of games they have won. (Eg. a player with 3 wins will play someone else with 3 wins)

Players from the same school will not play against one another (an exception can be made at the arbiter's discretion for two players who have not yet scored a win).

Normal rules of chess apply including the touch move rule, castling, en passant etc.

N.B. The King must be touched first when castling, not the rook.

Spectators are not to talk to players while they are playing. If spectators talk it is the responsibility of the players to notify the Director of Play who will remove the spectators.

If there is a dispute it is the responsibility of the player to notify the Director of Play at the time of the dispute NOT AFTER THE EVENT.

The duration of each game is 30 minutes i.e. 15 minutes per player. At the end of a game, set up the chess pieces again.

At the end of 7 games team prizes will be determined by the SUM of the TOP 4 scores for each team.

An umpire, clocks to cover all games & chess sets will be provided by Chess Kids.

Further details are available in this Handbook.

Refer to the Meetings & Events Schedule & Calendar of Events.

DEBATING CHAMPIONSHIP

RULES & INSTRUCTIONS

The Debating competition is available to all member schools & SIS co-ordinators are invited to attend meetings to prepare for the championship. Adjudicators will be appointed from the Debaters Association of Victoria (DAV).

JUNIOR – Yr 7 & 8		INTERMEDIATE – Yr 9 & 10		SENIOR – Yr 11 & 12	
Unprepared	Prepared	Unprepared	Prepared	Unprepared	Prepared
3-4 mins	4-5 mins	4-5 mins	5-6 mins	5-6 mins	6-7 mins
Warn Bell at 3 min	Warn Bell at 4 min	Warn Bell at 4 min	Warn bell at 5 min	Warn Bell at 5 min	Warn bell at 6 min
Final bell at 4 min	Final bell at 5 min	Final bell at 5 min	Final bell at 6 min	Final bell at 6 min	Final bell at 7 min

- Each school is entitled to enter a maximum of 4 teams
- Schools must confirm that SIS dates do not clash with their school calendar. Every effort will be made to eliminate BYES.
- Schools to arrive at 9:00am for a 9:30am start. Finish at 2:30pm
- There will be no lunchtime break – debates will run straight through to the end of the day. A staff lunch is provided & students are required to bring their own lunch.
- Teams are called 1 & 2 (For example Junior J1, J2 – Intermediate I1, I2 – Senior S1, S2)
- The first named team on the fixture is the affirmative. **(Please remember this for all debates)**
- Each team must have two debates for Rounds 1 & 2. First a prepared debate & second an unprepared/secret debate. Secret topics will be announced on the day.
- Teams are not permitted to watch over teams in the same section (i.e. Junior cannot watch Junior). There should be no movement during the debates.
- Strictly you may only video record your own students, with the permission from students & parents.
- Computers & mobile phones are not to be used. Schools to bring stopwatches or egg timers for students.
- Scoring – Win = 2 points, Loss = 0 points.
- The combined Round 1 & 2 results are tallied & the top 4 teams in each section will qualify to the semi-finals & 1 school is required to host. From the semi-final results, the top 2 teams in each section will qualify to the finals & 1 school is required to host.
- Affirmative Teams to provide a Chairperson (only required for finals).

In the interest of the competition, all teams are asked to stay right up to the end of their last debate. Please express to the students that every effort will be made to keep to the timetable but please do not become 'bus dependent' & skip off early. This causes other teams to lose practice in what may be their only competition for the year.

- Schools to assist with the setup & clean-up of the venue at the end of the day.

DRAMA WORKSHOP / THEATRESPORTS™ CHAMPIONSHIP

A Drama Workshop Day is scheduled in Term 2 & hosted by Impro Melbourne. This workshop is open to all students interested in Improvisation. Each school is entitled to enter a junior & a senior Team.

The TheatreSports™ Championship is then scheduled in Term 3. All teams will compete & therefore be judged according to their utilization of the following theatre skills, when they are required in a game: Storytelling, Mime, Focus, Energy, Characterisation, Status, Vocal Projection, Physicalisation, Dance, Timing, Musicianship, Discipline & Good Sportsmanship. Presentation of awards will conclude the competition.

THEATRESPORTS™ (IMPROVISATION) OUTLINES

Improvisation is fun! It's about freeing one's creative spirit in a positive & safe environment. During the Drama Workshop Day, participants include anyone who'd like to do something creative, improve their communication skills, develop their storytelling skills or just have a great time. The instructors are trained improvisation performers who have been performing & teaching nationally & internationally for many years.

Improvisation is based on the following principles: acceptance, being positive, being in the moment, making your partner look good, embracing & removing fear, enjoying failure & storytelling. The classes are designed to work on these principles through a series of exercises & games in a fun & supportive environment. Regardless of experience, background or training, everybody can benefit from impro. Improvisation is an old art form going back to the 16th century with the Commedia dell'Arte (Italian, meaning "comedy of professional artists"). The Commedia dell'Arte were travelling performers who would set up an outdoor stage & improvise stories based around a repertoire of stock situations & established characters.

Today, improvisation is widely used in theatre as an actor's training tool, a rehearsal technique, an exploration tool for writers, a theatrical performance style, a musical style & a dance form. It is performed internationally in hundreds of forms, & successfully on TV in such shows as Whose Line Is It Anyway, Thank God You're Here, World Cup Comedy, The Office, Curb Your Enthusiasm & used in movies like Best In Show, Waiting For Guffman, & This Is Spinal Tap.

Basic Gameplay Rules:-

1. All schools/campuses may enter a maximum of 10 students.
 - Junior Section = Yrs 7, 8, 9 (5 students)
 - Senior Section = Yrs 10, 11, 12 (5 students)All games may be played with only 4 players.
2. All games will allow a 10 second timeout unless stipulated. All time out must be clearly signalled with the appropriate "T" sign to the compare.
All games must end on the given time limit. The timekeeper must blow the whistle at the end of the time exactly. It is up to the team to finish properly
Or
Should a team wish to finish the scene before the given time limit, the appropriate signal of "Hands Down" should be given to the big box, judges & audience.
These can be deployed according to the requirements of the game & the needs of the improvisation.
3. All games are an incentive to "create a scene". The games will be judged on the following criteria:-
 - a) Storyline : the story is the foundation of the scene. Characters should only be introduced upon the requirement of the impro.
 - b) Technique : technical & creative skills of yielding, advancing, extending & on the risks taken by the players to further the improv.
 - c) Entertainment : was this theatre? Did it entertain the audience?

All teams will therefore be judged according to their utilization of the following theatre skills, when they are required in a game: Storytelling, Mime, Focus, Energy, Characterisation, Status, Vocal Projection, Physicalising, Dance, Timing, Musicianship, Discipline & Good Sportsmanship.

4. The TEN COMMANDMENTS must be adhered to. Infringement such as blocking, wimping & gagging will be heavily penalized.
5. Swearing, racism or mocking recent tragic events are not allowed & must be discouraged.

TheatreSports™ Championship

1. All rules above apply.
2. Teams are to create a theme, provide a team name, dress up accordingly & perform a 30 second jingle.
3. Teams will play a 1, 2 & 3 minute game.
4. The same game cannot be played more than twice in any round.
5. Staff are required to rotate on the judging panel.
6. Students may 'boo' the judges scores.
7. The 4 highest scores qualify to the semi-finals.
8. The 2 highest scores qualify for the grand final.

Basic Terms

Making an offer : a positive suggestion, movement, expression which starts the improvisation & develops it within the game. It is a positive spontaneous commitment to the game.
EG "Look it's got 3 legs".

Yielding : taking the offer, however bizarre & developing within the agreed scope.
EG "Look, it's got 3 legs". "Yes, & it's pointing at you!".

Blocking : the opposite of yielding.
EG "Look it's got 3 legs". "No it hasn't".

Wimping : uncreative & unhelpful, stalling.
EG "Look it's got 3 legs". "Er, really".

**Further details are available in this Handbook.
Refer to the Meetings & Events Schedule & Calendar of Events.**

PERFORMING ARTS CONCERT

"The BIG Night" Concert is held in Term 1.

All schools are invited to participate in an evening performance which Principals, families & the wider community are invited to attend at The Drum Theatre in Dandenong.

Students selected from each school will combine for just three rehearsals, before they perform together in a program to be decided during planning meetings.

An example of the program would be:- Concert Band, Choir, Guitar Ensemble, Stage Band Ensemble & Dance performances including Contemporary, Hip Hop & Jazz/Tap.

Each member school is also invited to participate with an individual school performance that does not exceed 4 minutes. For example:- Dance, String Ensemble, Rock or Stage Band, Jazz Ensemble.

Staff attending concerts & performances are expected to observe "concert manners" in respect of timeliness of arrival & departure, supervision of students, attention to performers & speakers, talking moving & being restless & the use of inappropriate comments.

SIS Performing Arts Co-ordinators are expected to attend meetings & rehearsals to prepare for the concert & volunteer assistance where expertise is required.

A review meeting is held after the concert.

**Further details are available in this Handbook.
Refer to the Meetings & Events Schedule & Calendar of Events.**

PUBLIC SPEAKING CHAMPIONSHIP

RULES & INSTRUCTIONS

The SIS Public Speaking Championship is available to all member schools & SIS co-ordinators are invited to attend a meeting in term 1 to prepare for the championship during Term 2. Adjudicators will be appointed from the Debaters Association of Victoria (DAV).

JUNIOR – Yr 7 & 8		INTERMEDIATE – Yr 9 & 10		Senior – Yr 11 & 12	
Unprepared	Prepared	Unprepared	Prepared	Unprepared	Prepared
1-2 mins	2-3 mins	2-3 mins	3-4 mins	3-4 mins	5-6 mins
Warning at 30 sec before time	Warning at 30 sec before time	Warning at 30 sec before time	Warning at 30 sec before time	Warning at 30 sec before time	Warning at 30 sec before time

1. Each participating school may register ONE team consisting of SIX students that includes 2 students from Years 7-8 (Junior), 2 students from Years 9-10 (Intermediate) & 2 students from Years 11-12 (Senior).
2. Each student will complete 2 speeches – a prepared & impromptu.
3. The topics for the prepared speeches will be confirmed at the SIS Coordinators meeting. The topics for the impromptu speeches will be prepared by DAV. Each participant in the impromptu round will be provided with 2 topics, from which the student will choose 1 of those topics for the speech. Each participant will have 5 minutes preparation time before they must commence their speech. Notes can be made during this preparation time, but the students are not allowed to receive any assistance from other students or their teacher. Electronic devices must not be used & students will be disqualified from the competition if applicable.
4. Junior speakers will be allowed 2-3 minutes for prepared speeches & 1–2 minutes for impromptu speeches, with a knock given 30 seconds prior to their time expiring. Intermediate speakers will be allowed 3-4 minutes for prepared speeches & 2–3 minutes for impromptu speeches, with a knock given 30 seconds prior to their time expiring. Senior speakers will be allowed 5-6 minutes for prepared speeches & 3–4 minutes for impromptu speeches, with a knock given 30 seconds prior to their time expiring.
5. All speeches will be awarded points & the marking scheme shall be as follows:-
Matter – 50 & Manner – 50 = 100 points per speaker.
6. At the end of the 4th round (impromptu speeches), all points from the 4 rounds will be tallied & the school with the highest points shall be judged the champion school. If 2 or more schools are equal on points, the team with the highest individual score from the 4 rounds will be judged the champion school & will receive the awards.
7. A shield will be presented to the Champion school & individual badges awarded to the winning students.
8. It is expected that all participants will compete with the objective of the SIS in a "spirit of cooperation & fairness".

Event Organisation

1. Schools shall provide their own name tags for players & staff.
2. The host school shall provide:-
 - A suitable venue with up to 5 classrooms & theatre/hall for briefings & presentations
 - Tables & chairs for competitors, reserves, staff & spectators
 - A microphone/PA system
 - Lunch for adjudicators, staff & visiting dignitaries. Students to BYO lunch
3. SIS Cultural Coordinator to:-
 - Liaise with host school
 - Coordinate registrations & provide fixtures
 - Arrange DAV adjudicators
 - Coordinate results & arrange awards

ROOM 1

9:45 - **Welcome**

10:00-11:30

- Round 1 – Junior Prepared
- Round 3 – Junior Prepared
- Round 1 – Intermediate Prepared
- Round 3 – Intermediate Prepared

11:30-12:00 – **Lunch**

12:00-1:30

- Round 2 – Junior Impromptu
- Round 4 – Junior Impromptu
- Round 2 – Intermediate Impromptu
- Round 4 – Intermediate Impromptu

1:45 - **Presentations**

ROOM 2

9:45 - **Welcome**

10:00-11:00

- Round 1 – Senior Prepared
- Round 3 – Senior Prepared

11:00-12:00 - **Lunch**

12:00-1:00

- Round 2 – Senior Impromptu
- Round 4 – Senior Impromptu

1:45 - **Presentations**

Adjudication Criteria

There are 3 key components to a successful speech:-

- 1) The subject matter should be well constructed;
- 2) The delivery must be convincing & engaging;
- 3) The words of the speech should be concise, precise & accessible to the audience

The sub-criteria are **matter & manner**.

Matter involves:

- Subject matter of the speech –
 - Is it engaging?
 - Is there a clear sense of “message” in the speech?
- Structure of the speech, in as much as it refers to logical development of the speech –
 - Does the speech make its purpose clear at the start?
 - Does the speech have a clear structure? Does the speech develop its ideas logically?

Manner involves:

- Style of speaking –
 - Fundamental tools : clear speech & eye contact
 - Voice
 - Body language
 - Does the speaker tailor his/her speaking style to their content?
 - Is the speech varied enough to hold the audience's attention?
 - Cues: notes are allowed, but shouldn't interfere
 - Props are not allowed
 - Microphones & lecterns are not allowed
 - The speech should be delivered with conviction & emphasis, but the delivery should not distract from the content.

Further details are available in this Handbook.

Refer to the Meetings & Events Schedule & Calendar of Events.

TEEN CHEF CHAMPIONSHIP

The SIS Teen Chef Championship is held during Term 3. Teen Chef Co-ordinators are invited to attend a meeting during Term 2 to prepare for the competition.

This competition between schools in the style of a 'Masterchef' structure, contributes to the development of students by offering students a chance to heighten the profile of the Food Technology/Home Economics/Hospitality industries. Students develop Interpersonal Skills, Communication, Managing Personal Learning/Thinking, Design, Creativity & Technology.

The competition is aimed at students from Years 9-11, particularly those who study food at school in Food Technology/Home Economics/Hospitality or other such subjects; or have access to another schools Food & Technology program. If, however, there is no such program, the participating students should provide evidence of their suitability & competency from a recognised on-line or written program. This is to ensure that the students are competent in handling food hygienically & safely operating tools & equipment. Each school is to take responsibility for the selection of students, making their own judgement of the suitability & competency of competitors.

All students must wear closed leather shoes during the competition.

Each school may enter one team of four students. One pair of students will produce a main course item & the other pair a dessert. These dishes are assessed by professional judges, in association with the Australian Culinary Federation (ACF).

In advance, students will be given a list of core ingredients that will have to be used in creating their dishes. This gives students the opportunity of trialling several alternative dishes before the competition day to gain confidence.

Teams will need to supply a neat & professional, standard 1-page recipe that lists the ingredients, workflow in bullet point form & a photo of the dish from a practice run.

Students will be allocated 40 minutes for bench/set-up time & need to complete/plate-up 4 dishes in the space of 90 minutes. They will then have approximately 60 minutes for clean up. All tools & equipment will be made available for teams to produce their products.

Schools may choose to take their own equipment.

The competition endeavours to encourage outside sponsorship for food &/or prizes to enrich the winning school's food technology department & to increase exposure in the broader community. This is actively pursued, seeking ideas & suggestions from schools as to possible sources of sponsorship.

The winning team will receive entry to the ACF Victorian Secondary School Culinary Challenge.

Judging:

A criteria sheet has been developed in cooperation with the ACF & used to assess the winning schools products. 2 mains judges & 2 dessert judges provide feedback to the students & announce the winning dishes.

The Teen Chef Championship is proudly supported by:

Further details are available in this Handbook.

Refer to the Meetings & Events Schedule & Calendar of Events.



SIS WEEKLY SPORT

CONDUCT AT SPORTING EVENTS

It is worth reflecting on the ethos under which the SIS was founded:-

“ The most important thing about sport is the spirit in which it is played. Naturally, all students are expected to play hard & do their utmost for their team. In doing so, that should never allow the competition to dominate a consideration for individuals in other teams. In this regard, courtesy, proper language & fair play are paramount”

Term 1	Thursday	Senior	Girls Boys	Basketball, Soccer Cricket, Soccer
	Thursday	Junior	Girls Boys	AFL 9's
	Friday	Intermediate	Girls Boys	Handball, Volleyball Cricket, Handball, Netball
Term 2	Thursday	Senior	Girls Boys	Football, Volleyball Football, Volleyball
	Thursday	Junior	Mixed Girls Boys	Table Tennis Netball, Soccer Soccer, Volleyball
	Friday	Intermediate	Girls Boys	Cricket, Football, Volleyball Football, Volleyball
Term 3	Thursday	Senior	Girls Boys	Netball Basketball
	Thursday	Junior	Girls Boys	Cricket, Football Football, Netball
	Friday	Intermediate	Mixed Girls Boys	Touch Rugby Netball, Soccer Soccer, Touch Rugby
Term 4	Thursday	Junior	Mixed Girls Boys	Tennis Basketball, Softball, Volleyball Basketball, Cricket, Touch Rugby
	Friday	Intermediate	Girls Boys	Basketball, Softball Baseball, Basketball

Junior	Y 7 & 8	Intermediate	Y 9 & 10	Senior	Y 11 & 12
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Weekly Sport Fixtures are prepared by the Executive Secretary & available through Sportsdash website & app. Each round will be played with the first named school in the fixture being the home team, unless otherwise arranged.

When required, a change of date may be arranged & agreed to by Sports Co-ordinators & played on the scheduled make-up round date/s. It should be noted that extreme weather policy would take precedence over any scheduled changes.

Students should be encouraged to play at their current year level.

Carefully chosen students may be selected to 'play up' in any year level with consideration to the ability & safety of all players. Schools may nominate a player to enhance performance. Schools may 'top up' a team with students 'playing up' in any year level, rather than forfeit due to low numbers.

Students must only play in one year level per term & cannot play the same sport in different year levels.

Schools may enter a senior AFL football team & include Y9/10 students.

Sport will commence at the home school or external venue at 1:20pm unless otherwise arranged, with the exception of:-

Outdoor Cricket at 12:30pm
AFL Football & Indoor Cricket at 12:45pm
AFL 9's, Baseball, Soccer & Softball at 1.00pm

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

In all sports, the person officiating has the power to send a player off the field for misconduct. Such a player may not be replaced. Where there is a breach of the Code of Conduct, the concerned schools should liaise & resolve the problem.

Incidents involving alleged violent &/or verbal assaults which have brought the SIS into disrepute are to be reported in writing to the Executive Secretary & Principals within three days of the fixture. The Executive Secretary after receiving such a written report, shall seek further reports from other relevant officials. Principals' shall deal with the breach & the disciplining of student/s &/or staff, under his/her own school policy but in accord with the ethos of the SIS. Schools shall advise outcomes to the Executive Secretary.

In the event that any sport is stopped due to injury & the student cannot be removed from the playing surface, then the team that was winning at that moment will be declared the winner.

When required coaches must implement the SIS mercy rule applicable to the particular sport.

A team not appearing shall forfeit the match. A team may forfeit the match prior to the day (see 'Obligations'). The Executive Secretary shall provide a list of schools forfeiting matches to the Principals' at the end of each term.

Results:-

It is not ideal for a result to be declared as a draw. When a score is tied at the end of play, coaches will negotiate the action required as detailed in the individual rules of each sport.

The Home Team is responsible for advising match results via Sports Dash to the online platform by 12:00 pm each Monday & results/ladders will be available immediately on the Sports Dash platform & www.sis.org.au – Weekly Sport Results.

Points allocated will be:-

Win	4 points	Loss	0 point
Draw	2 points	Bye	4 points
Forfeit	4 points (+ or -)		

Soccer:-

Win	3 points	Loss	0 point
Draw	1 points	Bye	3 points
Forfeit	3 points (+ or -)		

Pennants will be awarded to the winning school/s at the completion of sport each Term.

GUIDELINES & EXPECTATIONS

SIS schools expect high standards of behaviour in all activities sponsored within & between our schools. It is a clear expectation that behaviour by all involved in SIS activities will always be in a good & positive spirit and a tribal mentality is not to be encouraged or accepted.

The Host school will:-

- provide suitable equipment & facilities, including first aid support.
- ensure that facilities are in a safe condition.

- visiting teams & umpires are suitably accommodated, guided to their changerooms & assured that belongings are secured.
- book & provide umpires in accordance with SIS requirements.
- be expected to provide extra staff to actively manage, monitor, control & respond to the behaviour of spectators to uphold the reputation of their school.
- call a fixture to an end at the direction of the Principal should it be determined that spectators continue to behave inappropriately after a warning.
- advise SIS Executive Secretary of results no later than 1pm each Monday.

The Visiting school will:-

- contact the host school prior to each match to confirm arrangements.
- have at least one teacher accompanying a team.
- complete & provide a 'Visiting School Register' to Reception.
- approach the host school coach if spectator's behaviour is not suitable & communicate that they, the visiting team, is feeling intimidated. In this situation, the host school must then remove the spectators.

Both schools will:-

- ensure that players, staff, parents & spectators demonstrate appropriate behaviour.
- ensure the following Welcome blurb is read out before every game:

On behalf of insert home school, I would like to welcome insert away school, here for our match today.

In the traditions of the SIS, we look forward to a competitive game, played with fairness and sportsmanship.

I would also like to thank our umpires / referees for officiating our match today.

Thank you.

- ensure that the Code of Conduct is read out to players & the coach sign such form.
- ensure that students will play sport in the SIS spirit of good sportsmanship.
- ensure that players will play sport in the spirit of co-operation & fairness .
- provide a scorer to sit with the opposition.
- follow individual School Policy with reference to protective wear (including mouthguards & shin pads).
- agree to apply the Mercy Rule as required.
- be responsible for the follow up of any issues in regard to player or spectator incidents.

The Students/Players:-

- attending weekly sport activities on school premises must be dressed in full school uniform or sports uniform.
- will show respect at all times to fellow competitors, teachers & other staff, officials & umpires
- will respect the umpire's decision at all times.
- will not play in more than one sport per term.
- may be selected to 'play up' in any year level with consideration to the ability & safety of all players.
- must only play in one year level per term & cannot play the same sport in different year levels.
- will play in their official sports uniform & where there is a similarity of colours, the home team should change or provide an alternative bib.
- will take drinks & wear sunscreen/hats where appropriate.
- will not wear bracelets, watches, rings, necklaces or any other item that could be dangerous to other players.

The Coach:-

- will set the standards by which the team behaves & performs.
- is prepared with knowledge of the competition rules.
- will select a team based on students playing in their current year level (exception refer pg 32)

- will complete & provide a 'Visiting School Register' to Reception.
- will complete a 'Conditions of Play' form.
- will ensure the umpire reads out the SIS Code of Conduct to ALL players prior to each match.
- not be expected to address issues with the spectator's behaviour. They must only address issues with the players.
- Will not tolerate any unsportsmanlike behaviour & will remove a student immediately with no option to return.

The Umpire will:-

- understand & follow the SIS rules & regulations.
- read out the SIS Code of Conduct to ALL players & approve such form.
- ensure that students will play sport in the spirit of co-operation & fairness
- apply the Mercy Rule as required

The Spectators will:-

- demonstrate appropriate social behaviour.
- let game officials conduct the sport without interference.
- demonstrate respect for opposing players & their supporters.
- not abuse, demean, show dissent or otherwise be disagreeable to officials, refereeing or umpiring sporting fixtures.
- not create an intimidating environment for visiting teams.

TEAM ROLE & RESPONSIBILITIES OF THE COACH

The Coach of any sporting team sets the standards by which the team behaves & performs on competition day. As such it is imperative that the coach sets a good example & is a good role model for the students. Below is listed a number of guidelines the SIS believes all coaches should adhere to.

Come prepared to the venue with a copy of the fixture & knowledge of the rules & regulations under which the competition is to be run.

Coaches should select their team based on students playing in their current year level. Carefully chosen students may be selected to 'play up' in any year level with consideration to the ability & safety of all players. Schools may nominate a player to enhance performance. Schools may 'top up' a team with students 'playing up' in any year level, rather than forfeit due to low numbers.

Students must only play in one year level per term & cannot play the same sport in different year levels.

Ensure that the team arrives at the venue in time to play their game. A completed SIS Visiting Schools Register Form must be provided to the visiting school Reception (refer to page 16).

Play the game not only in accordance with the rules but also in the spirit of the rules.

Ensure that the team members understand that it is not acceptable to show dissent towards umpires & officials.

Under no circumstances should you tolerate unsportsmanlike behaviour from team members under your control. Students who display unsportsmanlike behaviour should be removed from the field of play immediately & not be permitted to return.

If you or your team have legitimate concerns about the officiating or the results of a match, then you the coach, & only you, should approach the competition organiser & ask for clarification. This action should take place well away from students & once a decision has been made or an explanation given you should abide by it.

Provide accurate results to the SIS Sports Co-ordinator in your school.

SOCIAL INTERSCHOOL SPORT

Schools can arrange social games by mutual agreement.

UNIFORMS

Team members should wear the agreed sports uniform & where there is a similarity of colours, the home team should change or provide an alternative bib.

Balcombe – Black & Red

Casey – Red, White & Blue

Flinders – Maroon & Gold

John Paul – Red with Blue Trim

Padua – Royal Blue with Gold Trim

St Francis Xavier – Navy & Red with White Side

St Margarets – Navy, Cherry, White & Gold

Woodleigh – Grey & Green

Bayside – Dark Navy Blue with Maroon

Cornish – Navy, Teal & White

Hillcrest – Orange, Black & White

Nazareth – Red & Blue

Rivercrest – Navy, Blue & White

St Johns – Blue with Yellow & Dark Green

St Peters – Silver & Burgundy with Gold Trim



CODE OF CONDUCT FORM

IT IS ESSENTIAL THAT ALL POINTS ARE READ TO PLAYERS PRIOR TO EACH MATCH

1. This competition will be played according to the rules of the SIS Association.
2. In the course of the competition there will be no back-chatting umpires, racist comments or undue rough physical contact.
3. Only the coach can approach the umpire at intervals if there is some concern regarding an incident.
4. Players will receive a warning unless the incident is considered to be major by the umpire in which case the player concerned will be sent off for the remainder of the game.
5. When a player receives a second warning they will be sent off for the remainder of the game.
6. Sent off players may not be replaced.
7. If required, the SIS Mercy Rule will be applied.
8. Enjoy the opportunity of playing sport for your school.

School _____

School _____

Coach _____

Coach _____

Please Print Name

Please Print Name

Umpires Comments &/or Incidents:

Signatures:

Umpire 1 _____

Umpire 2 _____

Please Print Name

Please Print Name

Scores:

Team _____

Team _____

SUMMARY OF COMMENCEMENT TIMES

Sport	Start	Length of Match	Result if unfinished due to adverse weather or other miscellaneous reasons
AFL Football	12:45pm	Seniors 4 x 20 minute quarters Jnr-Inter 4 x 15 minute quarters No Time On	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time, then it is deemed a draw.
AFL 9's	1.00pm	4 x 10 minute quarters	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time, then it is deemed a draw.
Baseball	1:00pm	Time to be decided prior to the commencement of the match	For a result to be declared the match must have completed minimum 1 innings. If the game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.
Basketball	1:20pm	2 x 20 minute halves Half Time Interval 5 minutes	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Cricket	12:30pm	20 Overs	A minimum of 12 overs per side must be played for a result to be official. If the game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.
Indoor Cricket	12:45pm	16 overs per team Approx. 75mins duration	A minimum of 10 overs per side must be played for a result to be official. If the game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.
Handball	1:20pm	4 x 10 minute quarters	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Netball	1:20pm	4 x 10 minute quarters	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Soccer	1:00pm	2 x 30 minute halves	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Softball	1:00pm	Time to be decided prior to the commencement of the match	For a result to be declared the match must have completed minimum 1 innings. If the game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.
Table Tennis	1:20pm	10 games of Doubles 5 games = 1 set	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Tennis	1:20pm	8 sets of Doubles	For a result to be declared the match must have completed a minimum 4 sets. If the game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.
Touch	1:20pm	4 x 10 minute quarters	For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
Volleyball	1:20pm	3 sets played to 25 rally scoring points & must be won by at least 2 points.	For a result to be declared the match must have completed a minimum of 3 sets. If time permits 5 sets may be played., however the winner is determined by the best of the first 3 sets. If a game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.

**The Starting Time & Length of Match details are an indication only. Times are subject to travel time etc.
Coaches are to confirm these details prior to the commencement.**

SUMMARY OF UMPIRE / REFEREE REQUIREMENTS

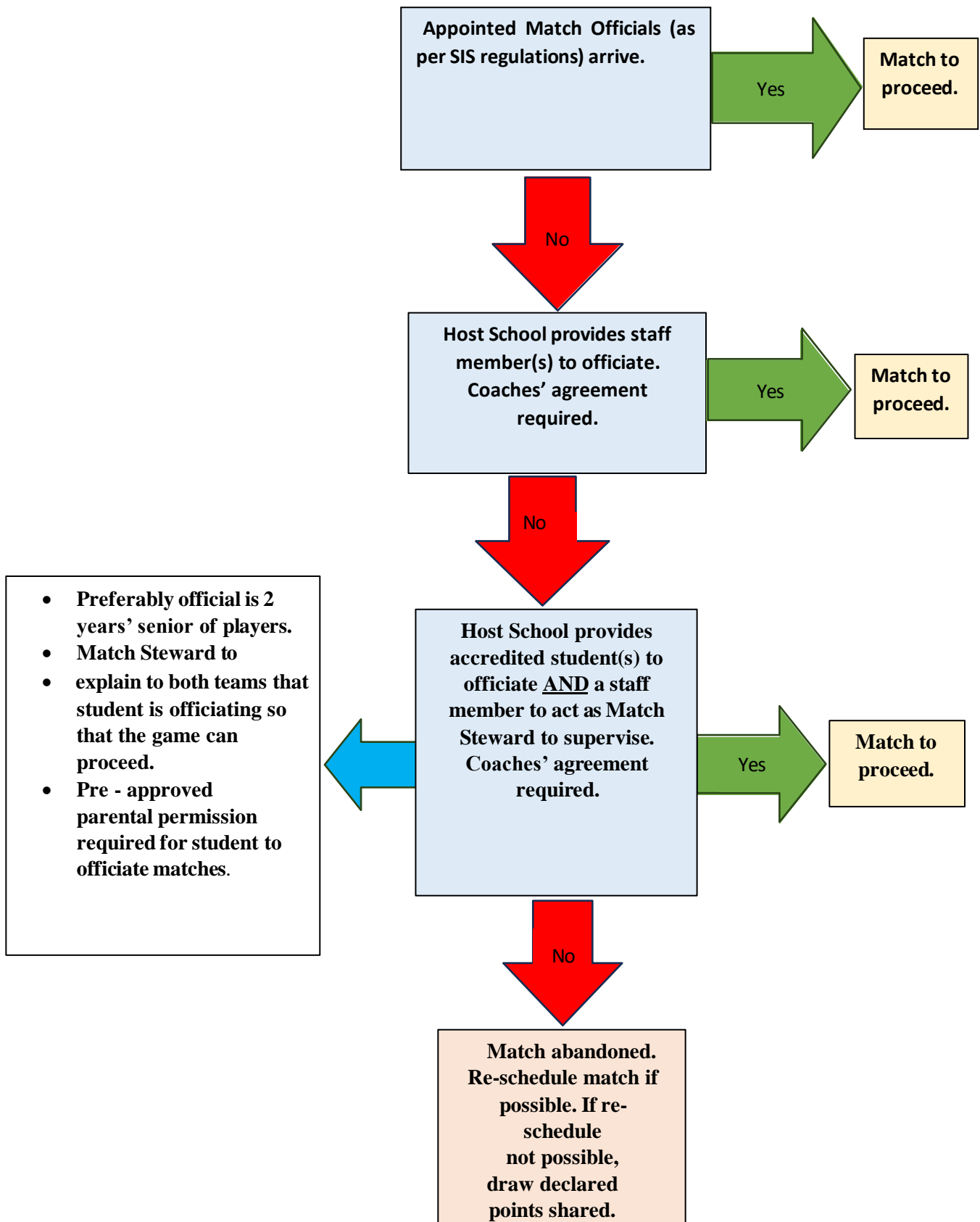
Sport	Year Level	Requirement
AFL Football-Boys	Junior Inter / Senior	1 Accredited Umpire, 1 boundary & goal umpire from each school 2 Accredited Umpires, 1 boundary & goal umpire from each school 1 Accredited Umpire may be a Student *
AFL Football-Girls	All Levels	1 Accredited Umpire, 1 boundary & goal umpire from each school
AFL 9's	Junior	1 Accredited Umpire, 1 boundary & goal umpire from each school
Baseball	All Levels	Independent Umpire or a teacher from host school (not the coach)
Basketball	All Levels	2 Accredited Referees 1 Badged Referee may be a Student *
Cricket	Junior / Inter	1 Accredited Umpire Square leg umpire will be the coach of the team fielding
Indoor Cricket	All Levels	1 Accredited Umpire
Handball	All Levels	Independent Referee or a teacher from host school (not the coach)
Netball	All Levels	2 Badged Umpires – 1 Badged Umpire may be a Student *
Soccer	All Levels	1 Badged Referee Each school provides one lines person
Softball	All Levels	Independent Umpire or a teacher from host school (not the coach)
Table Tennis	All Levels	Staff & Students from each school
Tennis	All Levels	Staff & Students from each school
Touch	All Levels	Independent Referee
Volleyball	All Levels	Independent Umpire or a teacher from host school (not the coach)

The home team is responsible for booking & paying umpires.

*** Any senior student badged umpire/referee must be in full umpire/referee uniform, be able to control the game & be accompanied by one external badged umpire/referee.**

SIS Match Day Referee / Umpire appointments

From time to time, for a variety of reasons, schools may be faced with the situation where arranged match officials do not show up on the day of competition. In such circumstances, Sports Coordinators are to apply the following steps, in an attempt to ensure the game can proceed.



CONDITIONS OF PLAY FORM

PLAYING CONDITIONS

indicate Yes or No

1) Surface & Equipment

(a) Surface/ground suitable for activity

(b) Padding as appropriate is in place

(c) Appropriate protection equipment/clothing & footwear

2) Weather & Personal Needs

(a) Appropriate sun protection is available/provided

(b) Adverse weather has been considered

(c) Participants have access to drinking water, toilets & change rooms

FIRST AID

(1) First Aid equipment/kit is available

(2) First Aid Room location has been advised

EMERGENCY PROCEDURES

Emergency Evacuation route has been advised

(Visiting Staff/Students must follow host school staff instructions & as appropriate Staff to notify own School Management.)

Comments _____

Coaches of both teams are to consult & complete this information prior to the commencement of SIS Weekly Sport. A copy is to be retained by the host school



SIS WEEKLY SPORT – REGULATIONS AND SCORESHEETS

AFL Football

RULES & REGULATIONS

The competition is to be conducted under the official rules of the AFL Competition. In line with 2019 AFL rule changes & interpretations, SIS will implement the following rules:-

1) Kick-Ins

For Kick-Ins from a behind, a player will no longer need to kick to himself to play n out of the goal square.

Following a behind, the man on the mark will be positioned 10 metres from the top of the goal square (currently 5 metres).

2) Marks/Free Kicks

For all defenders who take a mark or gain a free kick within 9 metres of their own goal, the man on the mark for the attacking team will be brought in line with the top of the goal square.

3) Kicking for Goal – post siren – centre of goal post

A player who has been awarded a mark or free kick once play has ended will now be able to kick across their body using a snap or check-side kick. The player shall dispose of the football directly in line with the man on the mark & the goal.

4) Marking Contest

'Hands in the Back' rule interpretation to be repealed, allowing a player to place his hands on the back of his opponent to protect his position in a marking contest but not to push the player in the back.

5) Ruck Contest – Prior Opportunity

A ruck player who takes possession of the football while contesting a bounce or throw up by a field Umpire or a boundary throw in by a boundary Umpire, will not be regarded as having had prior opportunity. Where there is uncertainty over who is the designated ruck, the ruck for each team will continue to nominate to the field Umpire.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

All other rules & regulations will apply, as follows:-

Team Requirements

1. Boys – a maximum of 18 players are permitted to take the field.
Girls – a maximum of 16 players are permitted to take the field.
2. Schools may use players on an interchange basis at any time during the match.
3. A team may play with less than the required number of players & schools may negotiate redistribution of players.
4. All jumpers are to be marked.

Match Requirements

1. Matches are to commence at 12.45pm, or as otherwise agreed by both schools.
2. Game length for senior games will be 4 x 20 minute quarters.
Game length for junior & intermediate games will be 4 x 15 minute quarters.
A 3 minute break between quarters & a 10 minute break at half time.
3. Goal squares & boundary lines should be clearly marked. The "square" is to be used.

4. The host school will book & provide umpires in accordance with SIS requirements.
Boys
 Junior – 1 Accredited Umpire required
 Inter & Senior – 2 Accredited Umpires required (1 umpire maybe an accredited student)
Girls
 All levels – 1 Accredited Umpire required
5. The host school will provide a timekeeper with a whistle or siren to indicate the conclusion of quarters.
6. Ball Sizes:-
 Size 4 – junior boys & girls, intermediate & senior girls
 Size 5 – intermediate & senior boys

Mercy Rule

Girls – the mercy rule margin is 30 points.

Boys – the mercy rule margin is 50 points.

This rule will apply if a team is leading by 30 or 50 points at any stage during the game. The centre ball up will cease & the opposition will kick out from the centre.

- If the opposition kick a goal from this kick out, the centre ball up will return.
- If the opposition kick a behind, play will restart from the back of the centre square.

It is important to ensure that all players remain in their positions.

Sport Specific Conditions for All

1. Before commencing play, opposing sides shall toss to choose ends.
2. Should a team arrive after the recommended start time & a full match cannot be played, coaches shall mutually agree on the format of the match that best maximises the time remaining.

For example, 4 x 8 minute quarters.

3. Each School:-
 - Should designate a goal umpire with flags. The goal umpires should check scores at the end of each match. The field umpire may declare a goal umpire's decision incorrect & have the power to veto it after consultation with the goal umpire. The field umpire's decision is final.
 If a school does not provide a goal umpire, then the field umpire will determine the result of each score attempt & each school will record the results.
 No spectators are allowed behind the goals from point post to point post.
 - Should provide a runner/trainer that is dressed in full school sports uniform & be identified to the field umpire. They must be away from play at all times & not remain on the ground for an unnecessarily lengthy period.
 - Should try to provide a boundary umpire. If a boundary umpire is not provided, the field umpire will act as the boundary umpire & ball up 10m inside the boundary. The host school may provide 2 boundary umpires if students are accessible.
4. Any player sent off for misconduct may not be replaced.
5. If the umpire is by absolute necessity the coach of the home side - & this should be the case only in extreme circumstances, then he/she cannot coach the team. If a home school is unable to acquire a competent umpire, they should approach the opposition school for possible assistance.
6. No "time on" shall be added unless in exceptional cases which will be up to the umpire & both coaches.

7. Intentional kicking the ball along the ground is permitted at all levels. The "kicking in danger" rule must be taught & students encouraged to pick up the ball rather than kick it along the ground.
8. In the event of a tied result, an extra five minutes is to be played at each end. Coaches may address their teams for a maximum of five minutes after the fourth quarter, but not after the first period of extra time. If there is still a tie at the end of extra time, play is to be stopped & the score checked. Then the game is to be restarted without a change of ends & played until the first score determines the winner.
9. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time, then it is deemed a draw.





AFL FOOTBALL SCORESHEET

HOME TEAM _____ VISITING TEAM _____

VENUE _____ DATE _____

BOYS / GIRLS : JNR / INTER / SNR

Quarter	Home Team Goals	Home Team Behinds	Home Team Points	Away Team Goals	Away Team Behinds	Away Team Points
1						
2						
3						
4						

FINAL RESULT

_____ DEF _____

SIS MERCY RULE

Please note that the mercy rule must be applied if a team is leading by (30 points – girls) or (50 points – boys) at any stage during the game.

The centre ball up will cease & the opposition will kick out from the centre.

- If the opposition kick a goal from this kick out, the centre ball up will return.
 - If the opposition kick a behind, play will restart from the back of the centre square
- It is important to ensure that all players remain in the positions.

AFL 9's Football

RULES & REGULATIONS

The competition is to be conducted under the official rules of the AFL Competition. AFL 9s is the Australian Football League's official alternative version of the game.

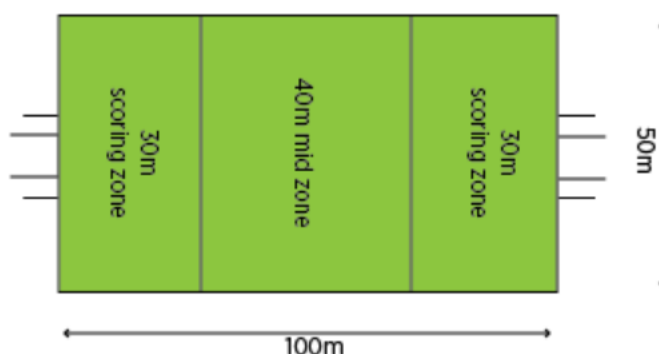
The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

Team Requirements

1. A maximum of 9 players on each team.
2. Teams may have unlimited interchange players.
3. Interchange of players may take place at any time and be unlimited in number.
4. Football boots or runners are both acceptable footwear.
5. No form of jewellery is allowed.
6. All jumpers are to be numbered.

Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both teams.
2. Game length will be 4 x 10 minute quarters with 5 minutes break between each quarter.
3. Field should be clearly marked. An AFL 9's field is rectangular in size and divided into 3 zones.
4. The recommended playing field measures a maximum of 100 x 50 metres and is divided into three zones. The zones are advised to be set as 30m / 40m / 30m.



5. The host school will book & provide umpires in accordance with SIS requirements.
Junior Boys & Girls – 1 Accredited Field Umpire required + a boundary umpire from each school and a goal umpire from each school.
6. The host school will provide a timekeeper with a whistle or siren to indicate the conclusion of quarters and start of each quarter.
7. Ball – An AFL 9s – Size 4 to 5 football is recommended to be used; this ball has been specially designed to make it easy to handle and limits the kicking length due to the ground size. If an AFL 9s ball is not available, a synthetic ball is suitable.

Rules

1. Start & Restart of Play

The game shall be started by a ball up between two centre zone players in the centre of the ground; players must stand shoulder to shoulder in the ball up. The two competing players in the ball up cannot grab the ball or take possession of it until it has been touched by one of the centre players not involved in the ball up. The centre players not involved in the ball up may play the ball if the ball hits the ground, however contact is not permitted and right of way will be adjudicated by the umpire.

Players are divided into 3 zones evenly, Forward, (forwards must be distinguished by either bibs, wristbands or armbands), Midfield and Defensive.

At the start/restart of play, the 9 players on each team must return to their allocated zones. After each start/restart of play there are no restrictions on player movement round the field.

2. Out of Bounds

When the ball goes out of bounds (ball completely over the line) by hand or foot, the nearest opponent shall kick the ball back into play. If there is any doubt as to which team last touched the ball before it went out of bounds, the umpire shall call a ball-up five metres in from the boundary line.

3. Gaining possession of the ball

A 'Turnover' occurs when the ball touches the ground as a result of a poor kick or handball and when the ball goes out of bounds. If a Turnover occurs the game stops and the opposing team gains possession of the ball from where the ball comes to rest or is first touched following making contact with the ground, or at the point that it went out of bounds. Players may attempt to intercept the ball in flight; however they must not make contact with an opposing player. An opposing player is not permitted to touch a player unless the player is in possession of the ball.

4. Possession

A player may stay in possession of the ball for a maximum distance involving one bounce (30 m) unless the player is touched with two hands (touch) or, the player is directed to dispose of the football by the umpire.

5. Marking

A 'Mark' is awarded if, in the opinion of the umpire, a player catches or takes control of the football after it has been kicked by another player irrespective of the distance travelled. It is not a mark if the ball touches the ground or has been touched by another player during the period when the ball was kicked until it was caught or controlled by the player. When a player is awarded a Mark or Free Kick an opposing player may stand at the position on the playing surface where the mark or free kick was awarded, known as "the mark". No opposition player (except for the player on the mark) maybe closer than 5 metres away in any direction. There is to be absolutely no contact in a marking contest. The player in the 'Drop Zone' has every opportunity to mark the ball. A Free Kick will be awarded against any player initiating contact. The player taking the mark will have a reasonable opportunity to dispose of the ball or play on. If he/she delays, the umpire will place a five-second count for play to resume.

6. Scoring

Only designated forwards can kick for goal within their scoring zone. This can be during general play by receiving a kick or handball; or upon marking the ball and taking a set shot for goal. The player kicking for goal must be inside the scoring zone. The field umpire will be the sole judge of whether the kick for goal was successful. A designated forward may kick for goal from a Free Kick (initiating contact, 'holding-the-ball' etc.), but not from a Turnover (ball hitting the ground or going out-of-bounds). A goal or behind is scored if the ball touches the ground and bounces through, provided that it is kicked by a designated forward and has not been touched between making contact with the ground and passing through the goals. Scoring is as per the Laws of Australian Football. In mixed competitions, a goal scored by a female forward is worth 9 points.

7. Bouncing the ball

When a player is moving whilst in possession of the ball he/she must bounce the ball or touch it on the ground after fifteen metres, irrespective of whether such a player is running in a straight line or otherwise. A player in possession may bounce the ball only once. He/she must dispose of it by hand or foot and may not touch it again until it has been touch by another player.

8. Disposal of the Ball

The ball must be disposed of by a handball or kick (as per the Laws of Australian Football). Players are not permitted to throw or hand the ball to another player or a Free Kick will be awarded to the opposing player.

9. Playing On

The umpire shall call "Play On" in the following: • When a player after taking a mark runs around or over the spot "the mark" where he/she caught the ball; • When a player after a turnover has occurred runs around or over the spot "the mark" where the ball made contact with the ground and resulted in a Turnover; • The ball after being kicked has been touched in transit.

10. Playing the Advantage

The field umpire instead of awarding a Free Kick may allow play to continue by calling "Advantage, Play On" in the case that the individual player in possession of the ball initiates the advantage.

11. Ball Transition

When the ball is in transition from the back zone to the team's scoring zone, it must be possessed by a player in each zone/third. Players running with the ball are required to pass to a teammate once they have crossed into the next zone. Failure for this to occur will see a Free Kick awarded to the opposition team at the point in which the ball entered the scoring zone.

12. Restart of play

After a goal, play is restarted in the centre of the field via a ball up. If a behind (1 point) is scored the ball is required to be kicked back into play from between the goals by a defender.

13. Bumping/Tackling/Barging

There is to be no contact or spoiling, therefore players cannot: Hold an opponent with their hands. Knock the ball out of an opponent's hands. Push the player in the side, front or back. Steal the ball from another player. Deliberately bump another player. Smother an opponent's kick by trying to block the kicking motion at the point of impact. Barge, fend off or shepherd opponents. Touch the ball while another player has possession

14. Kicking off the ground

A player is not permitted to deliberately kick the ball off the ground.

15. Fifteen Metre Penalty

A fifteen metre penalty may be awarded when a player: Over steps the 'Mark'. Engages in time wasting. Uses abusive, insulting, threatening or obscene language or behaviour towards or in relation to an umpire. Enters the protected 5 metre area around a player who has been awarded a Mark or Free Kick. Has not returned the football directly and on the full to the player awarded the Free Kick or Mark. Engages in any other conduct for which a Free Kick would originally be awarded.

16. Injured Player

If a player cannot take a free kick that has been awarded due to injury or illness then the teammate that was closest to the incident may take the kick.

17. Send Off Rule

A send off rule will operate as follows: • A player may be sent off at the discretion of the umpire for any reportable offence. The player sent off may be replaced. The player sent off shall take no further part in the remainder of the game. (Umpire issues a Red Card). • Players may also be sent off by the umpire for minor breaches for a "cooling off" period of 10 minutes (Umpire issues a Yellow card), they may be replaced.

Mercy Rule

Girls – the mercy rule margin is 30 points.

Boys – the mercy rule margin is 50 points.

This rule will apply if a team is leading by 30 or 50 points at any stage during the game. The centre ball up will cease & the opposition will kick out from the centre.

- If the opposition kick a goal from this kick out, the centre ball up will return.
- If the opposition kick a behind, play will restart from the back of the centre square.

It is important to ensure that all players remain in their positions.



AFL 9's FOOTBALL SCORESHEET

HOME TEAM _____

VISITING TEAM _____

VENUE _____ DATE _____

BOYS / GIRLS

GOALS		BEHINDS		QTR	GOALS		BEHINDS	
				1				
				2				
				3				
				4				
				TOTAL				

FINAL RESULT

_____ DEF _____

SIS MERCY RULE

Please note that the mercy rule must be applied if a team is leading by (30 points – girls) or (50 points – boys) at any stage during the game.

The centre ball up will cease & the opposition will kick out from the centre.

- If the opposition kick a goal from this kick out, the centre ball up will return.
 - If the opposition kick a behind, play will restart from the back of the centre square
- It is important to ensure that all players remain in the positions.

RULES & REGULATIONS

The competition is to be conducted under the official rules of Australian Association & the following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

Team Requirements

1. A maximum of 9 players are permitted to take the field.
2. Substitutes may be made at the end of each innings after notifying the umpire but a player once removed from the game cannot return later except as a coach.

Match Requirements

1. Matches are to commence at 1.00pm, or as agreed by both schools.
2. A competition leather grade ball (new).
3. The pitching distance is 16.46m to home plate.
4. The distance between bases is 24.38m.
5. The passed ball line is 12.2m.
6. The batting Box is 1.8m x 1.2m.
7. The host school will book & provide umpires in accordance with SIS requirements.
An Independent Umpire or a host school trained staff member that is not the coach.



Sport Specific Conditions

1. *Time* or seven innings will be considered the end of the match.
2. *Time* must be decided before the match starts & a score taken back to even innings, if the batting team is not out when time is reached.
3. 7 run rule – innings over when 3 outs or 7 runs scored.
4. Fielders interchange after each innings.
5. The infield FLY rule is played.
6. Positional changes on the field may be made at any time.
7. There is no rule concerning base runners that go over half way must advance.
8. Batter on 2 strikes, but foul is out.
9. Any passed ball include pitch, base runner advances one base. This applies to infield & outfield errors.
10. Helmets to be worn.
11. Batter to wear a box.
12. Catchers must wear a helmet/facemask, chest & throat protector, box & leg guards.
13. The **Mercy Rule** margin is 10 runs. The rule will apply if a team is leading by 10 runs or more at any stage during the game. The winning team must not have double plays & must change pitchers & refrain from sneaking bases to enable the losing team to gain runs.
14. Any player sent off for misconduct may not be replaced.
15. For a result to be declared the match must have completed a minimum of 1 innings. If a game is abandoned during the course of play and a result has not been reached, then the match will be declared a draw.



Basketball

RULES & REGULATIONS

Basketball is to be conducted under modified rules & regulations of Basketball Victoria. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 5 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. All jumpers are to be marked.
1. Both teams will provide a scorer to sit with the opposition.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 2 x 20 minute halves with a half time interval of 5 minutes.
3. The host school will ensure the court surface, backboard & basket are of a satisfactory standard & regulation size.
4. The host school will provide a timekeeper
5. The ball size for girls is 6.
6. The ball size for boys is 7.
7. The host school will book & provide umpires in accordance with SIS requirements.
All Levels – 2 Accredited Referees are required (1 referee may be an accredited student)

Sport Specific Playing Conditions

1. Extra time may be added as required (5 minutes).
2. Each team is entitled to 2 time-outs per half.
3. No time outs may be taken in the last 3 minutes of the first half.
4. The clock will be stopped for every whistle in the last 3 minutes of the second half.
5. For each player entering the court & not identified by a distinguished number, the opposing team is entitled to 2 points.
6. The **Mercy Rule** margin is 20 points. The rule will apply if a team is leading by 20 points at any stage during the game. The winning team must move back behind the 3 point line. Once the ball crosses the 3 point line & the score reduces below 20 points, then full rules resume.
7. Any player sent off for misconduct may not be replaced.
8. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
9. When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided. 3-5 minutes, continuous clock, NO timeouts. If after the agreed overtime the score remains level, the game is called a draw.



BASKETBALL SCORESHEET

Team A _____

Team B _____

Competition _____ Date _____ Time _____ Referee _____
 Game No. _____ Place _____ Umpire 1 _____ Umpire 2 _____

Team A

Time-outs:

Team fouls: Period ① ②

Period ③ ④

Extra periods:

Licence no.	Players	No.	Player in	Fouls			
				1	2	3	4
		4					
		5					
		6					
		7					
		8					
		9					
		10					
		11					
		12					
		13					
		14					
		15					

Coach _____
 Assistant Coach _____

Team B

Time-outs:

Team fouls: Period ① ②

Period ③ ④

Extra periods:

Licence no.	Players	No.	Player in	Fouls			
				1	2	3	4
		4					
		5					
		6					
		7					
		8					
		9					
		10					
		11					
		12					
		13					
		14					
		15					

Coach _____
 Assistant Coach _____

RUNNING SCORE							
A	B	A	B	A	B	A	B
1	1	41	41	81	81	121	121
2	2	42	42	82	82	122	122
3	3	43	43	83	83	123	123
4	4	44	44	84	84	124	124
5	5	45	45	85	85	125	125
6	6	46	46	86	86	126	126
7	7	47	47	87	87	127	127
8	8	48	48	88	88	128	128
9	9	49	49	89	89	129	129
10	10	50	50	90	90	130	130
11	11	51	51	91	91	131	131
12	12	52	52	92	92	132	132
13	13	53	53	93	93	133	133
14	14	54	54	94	94	134	134
15	15	55	55	95	95	135	135
16	16	56	56	96	96	136	136
17	17	57	57	97	97	137	137
18	18	58	58	98	98	138	138
19	19	59	59	99	99	139	139
20	20	60	60	100	100	140	140
21	21	61	61	101	101	141	141
22	22	62	62	102	102	142	142
23	23	63	63	103	103	143	143
24	24	64	64	104	104	144	144
25	25	65	65	105	105	145	145
26	26	66	66	106	106	146	146
27	27	67	67	107	107	147	147
28	28	68	68	108	108	148	148
29	29	69	69	109	109	149	149
30	30	70	70	110	110	150	150
31	31	71	71	111	111	151	151
32	32	72	72	112	112	152	152
33	33	73	73	113	113	153	153
34	34	74	74	114	114	154	154
35	35	75	75	115	115	155	155
36	36	76	76	116	116	156	156
37	37	77	77	117	117	157	157
38	38	78	78	118	118	158	158
39	39	79	79	119	119	159	159
40	40	80	80	120	120	160	160

FINAL RESULT

_____ DEF _____

MERCY RULE

Please note that the mercy rule must be applied if a team is leading by 20 points at any stage during the game. The winning team must move back behind the 3 point line. Once the ball crosses the 3 point line & the score reduces below 20 points, then full rules resume.

Cricket – Indoor

RULES & REGULATIONS

Indoor Cricket is to be conducted under the Official Rules of Indoor Cricket which are sanctioned by Cricket Australia & the World Indoor Cricket Federation. The following local rules & regulations will apply.

Team Requirements

1. The maximum number of players per team is 10, of which 8 can bat & 8 can bowl.
2. If a side is 1 player short:
When batting: After 12 overs, the Captain of the fielding side will nominate 1 player to bat the last 4 overs with the remaining batter.
When fielding: After 14 overs, the Captain of the batting side must choose 2 players (must be different players to the player that batted) to bowl the 15th & 16th overs.
3. If a side is 2 players short:
When Batting: As above, except 2 players chosen will bat 4 overs each, being the last 4 overs.
When fielding: After 12 overs, the Captain of the batting side must choose 2 players (must be different players to the players that batted) to bowl the last 4 overs.
4. If a side has less than 6 players, they must forfeit the game.

Game Requirements

1. Games are to commence at 12.45pm.
2. Games will consist of 16 overs per team, 6 balls per over.
3. The batting team bats in pairs with each pair batting for 4 overs. Upon arrival at the batting crease the batting pair must inform the Umpire of their names. Batters continue batting for the whole 4 overs whether they are dismissed or not. When a batter is given out he/she will lose 3 runs but will continue batting.
4. Batters must change ends at the completion of each over.
5. Each member of the fielding team must bowl 2 overs (not consecutive). Prior to the start of each over the Umpire must be informed of the bowler's name.
6. The jackpot rule must not be played.

Sport Specific Playing Conditions

Fielders

- No more than 4 players can field in either half of the court. The dividing line is the running crease.
- No fielder, other than a bowler, can move on, or extend over the pitch, between the stumps, until the ball is hit by the striker or passes the striker's bat without the ball being struck.

Wicketkeeper

- A fielder is a wicketkeeper if he/she stands behind the stumps at the striker's end.
- The wearing of gloves is recommended.
- The wicketkeeper must take position with both feet wholly inside the designated area & cannot move out of that area until the ball is delivered by the bowler. No fielder other than the wicketkeeper may have any part of the body in the wicketkeeper's area before the ball has been played at by the striker.
- A wicketkeeper is optional.

Play Ball/Live Ball/Dead Ball

1. The ball is in play once the players take up their positions & the Umpire calls "play".
2. The ball remains "live" throughout the bowler's over unless the Umpire calls "dead ball", "over", "time out" or a wicket falls.
3. After the fall of a wicket, a call of "dead ball", "over" or "time out", play cannot recommence until the Umpire calls "play".
4. The ball is "dead" when:
 - A wicket has fallen.
 - The Umpire calls "over".
 - The ball leaves the playing area & the Umpire calls "dead ball".
 - The ball, after being bowled, hits the top net & the Umpire calls "no ball", "dead ball". The ball can't be scored from & counts as part of the over.
 - A player is injured & the Umpire calls "dead ball" as a protective measure for the player. No score or wickets will count.
 - The ball, after being bowled, unintentionally hits a fielder before reaching the striker & the umpire calls "no ball, dead ball". This ball counts as part of the over.

Scoring

Runs may be scored as follows:

- When batters, after a ball has been bowled, cross between the batting crease & make a physical run.
- When a batter hits the ball into the perimeter netting, including balls deflected by fielder(s) & unintentionally from the non-striker's person or equipment, the following bonus runs will apply:
 - Zone A (back net or side net) 0 runs
 - Zone B (side net) 1 run
 - Zone C (side net) 2 runs
 - Zone D (front net) 4 runs on bounce, 6 on full.
- When a fielder causes an overthrow, physical runs will be given where the batters cross between the batting crease & running crease. An "overthrow" results from the deliberate effort of throwing the ball in an attempt to strike the wicket & cause a run out or whilst the ball is being transferred from 1 part of the court to another.
- When a delivery is called "no ball", "wide" or "leg side" by the Umpire, the batting team will be credited with a 2 run penalty.
- If the batter strikes a "no ball" into a zone &/or both batters cross & make their ground, the zone score & physical runs made will be added to the 2 run penalty.
- A ball deflected by a fielder into a scoring zone after the ball has been hit by the striker, shall score the relevant zone score.
- Should the ball hit the striker's body, irrespective of a stroke being played or not, the batters may take a run by crossing. They may still be run out.
- If a batter is given "out" the side shall lose 3 runs (in a 6 ball over) & all runs scored from that delivery will not count.
- The total scores shown after each innings on the Official Umpire's score sheet or computer printout will determine the winner.
- The 3rd ball rule will apply if the score remains unchanged after 2 deliveries. The umpire will call 3rd ball & the score must change or a dismissal will be recorded against the striker.

No Ball

1. A no ball is called when:
 - The ball is thrown, not bowled.
 - If the ball bounces more than twice whether bowled over arm or underarm before reaching the batting crease. The ball, when bowled underarm must also pass the running crease on the full before it first touches the pitch.
 - A bowler changes style of bowling (if over arm to underarm) or changes sides of the wicket without first informing the Umpire.
 - A wicketkeeper fields outside the designated area before the ball is delivered or another fielder is in the wicketkeeper's area before the ball has been played at by the striker.
 - There are more than 4 fielders in either half of the court.
 - The ball passes, or would have, over the striker's shoulder either on the full or after bouncing, when the striker is in his/her natural, stationary batting stance regardless of hitting the striker's person or bat. (Any striker who moves forward more than 1 pace from his/her natural batting stance will forego the right to a "no ball" under this rule).
 - The ball, after being bowled, lands off the pitch before reaching the line of the batting crease.
 - The ball, after being bowled, hits the top net.
 - No additional ball is to be bowled for no balls.
2. A batsman can be given out in the following ways on a "no ball":
 - If the ball is hit twice other than to protect the wickets.
 - If either batter interferes with the fielding team.
 - If in attempting a run either batter is run out.
 - If the striker is run out by the keeper.

Bowling

1. In an over, any bowler deemed by the umpire to be throwing the ball will be given a warning & an instruction to rectify their action.
2. If they throw a second delivery it will be called a no-ball & the bowler will be instructed to bowl under arm. Any delivery that is thrown & is considered by the umpire to be dangerous will be called a no-ball.
3. Girls may nominate to bowl underarm from the non-strikers crease.
4. Bent arm bowling is allowed, provided it does not significantly disadvantage the batter.

Wide & Legside Wide Balls

1. A "wide" will be called when: The ball passes on the striker's offside, outside the intersection of the batting crease, & the edge of the pitch, without being touched by the striker's equipment or person.
2. A "leg side wide" will be called when: The ball lands on the pitch but outside the intersection of the batting crease & the leg side line, without being touched by the striker's person or equipment.
3. Batters may be dismissed by all forms of dismissals when a "wide" ball is bowled, bearing in mind if a ball is struck by the striker's person or equipment then it is no longer a "wide" ball.
4. Any batter dismissed on a "wide" ball will be penalised 3 runs. The 2 run bonus for the "wide" is negated by the dismissal.
5. A "wide" counts as part of the over, except in the last over of either innings when it is the batter's choice to have it rebowled.
6. The penalty for a "wide" is 2 runs which are added to the batting pair's score, plus the batters may cross for additional runs.
7. No additional ball is to be bowled for wides.

Dismissals

1. A striker will retain the strike after being dismissed unless both batters crossed prior to the dismissal.
2. A batter can be given out for any of the following dismissals:

Bowled

If the wicket is struck by the ball & the bails are completely & permanently removed, even if the ball touches the striker's body or equipment first.

Caught

If a ball from the stroke of a bat is caught before it touches the ground.

A catch may be taken off all boundary netting except a direct hit to the 6 net. However, should the ball hit the side netting, then pass onto the 6 net on the full & be caught, the striker will be out. Conversely, should a ball pass through a fielder's hands directly onto the 6 net & then is caught, the striker is not out & all runs will count.

Interference

If either the striker or the non-striker deliberately interferes with the ball whilst it is in play.

If either the striker or the non-striker deliberately obstructs or interferes with any member of the fielding team, bearing in mind that the fielder has the right of way as long as she is fielding the ball.

Stumped

If the striker misses the ball whilst out of his/her ground & the wicketkeeper completely removes the bails.

Run out

If in running or at any time the ball is in play either the striker or the non-striker is out of their ground, & a member of the fielding side breaks the wickets with the ball at the end at which the batter is out of ground.

A striker can be given "run out" on a "no ball" if, in attempting a stumping, the wicketkeeper removes the bails on the first attempt then strikes the stumps a second time with the ball in hand & in the opinion of the Umpire the striker did not make a deliberate attempt to regain his/her ground.

L.B.W

If the ball strikes the striker's body & the striker has made no attempt to hit the ball. However, it must be in the opinion of the Umpire that the ball would have struck the wicket.

Hit wicket

If the striker breaks their wicket with bat or body whilst playing at the ball. (A batter is not out should they break the wicket whilst trying to make their ground).

If the non-striker leaves the crease before the bowler has delivered the ball, & the bowler then breaks the wicket with the hand holding the ball, the non-striker is out.

Mankad

The Mankad is a legitimate form of dismissal in Indoor Cricket. SIS recommends that it be used sparingly to maintain the spirit of fair play. A warning may be given to the batter at the non-striker's end for repeatedly leaving the crease early.

Striking the wickets in dismissals

The wicket is down if:

- Either the ball or striker's bat or person, completely removes either bail from the wickets.
- Any player completely removes with their hand, a bail from the top of the wickets, provided the ball is held in their hand.

Batter out of ground

1. A batter, in attempting to make ground, shall be considered out of ground, unless some part of the bat in hand, or person, is grounded behind the line of the crease at the striker's end or the running crease at the bowler's end.
2. Once a batter is safely behind the crease they cannot be given run out.

Interference by fielder

1. Batters must not have their running path unfairly impeded. If in the Umpire's opinion this constitutes unfair play the batters are not to be given run out. Runs taken will count. The fielding team is to be given a warning.
2. If the ball is bowled then fielded prior to the batter having the opportunity to hit the ball the fielding team will be penalised 3 runs (in 6 ball overs).

Ball leaves playing area

1. Any ball that leaves the playing area as a result of being struck by the striker will be called "dead ball" by the Umpire & rebowled. No score will count.
2. If the ball leaves the playing area as a result of an attempted run out by the fielding team, the Umpire will call "dead ball". However, the score made off the ball up to the point the ball leaves the playing area will count. Batters must have crossed to be eligible to score a physical run.

Time Outs

1. Teams may call the following time outs:
 - 1 per batting pair.
 - 1 per fielding team per batting pair.
2. The Umpire must keep check on the Time outs & will determine what is a suitable period for a timeout.
3. At the call of "time", teams must immediately take their positions & await the call of "play".

Substitutes

A substitute player is who joins the game after it has officially commenced to replace an existing player who is incapable of completing the game due to injury or illness suffered during the game. This may only occur on the approval of the Umpire. If a runner is required, he/she must wear a glove & carry a bat. (If teams are using extra players to increase participation, they should not deliberately stack the team)

Results

The team with the highest total score shall be declared the winner.

Cricket – Outdoor

RULES & REGULATIONS

Cricket is to be played under the Laws of Cricket. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire or team coach to both teams & signed by the umpire & coaches before the game commences.

Team Requirements

1. The maximum number of players per team is 12, of which 11 can bat & field.
2. The same players should participate on both days of competition unless arrangements are agreed upon between coaches prior to play commencing.
3. Both teams provide a scorer to sit together & reconcile scores at the end of each innings.
4. Players will wear suitable cricket attire & protective equipment.
5. Both teams will provide a new 2 piece cricket ball for each match – size 156g.

Match Requirements

1. Matches are to commence at 12:30pm or as otherwise agreed by both schools.
2. Host school to provide stumps & cones to clearly define the boundary.
3. 2 day matches will consist of 30 overs per team & both days will be played at the same venue.
4. Coaches can negotiate a lower number of numbers if there are time constraints.
5. T20 matches can be played by mutual agreement between schools, or when only one week is fixtured for a match.
6. Host school to provide 1 Accredited umpires as per SIS requirements. The square leg umpire will be the coach of the team fielding.

Sport Specific Playing Conditions

Batting

1. For all 2 day games each team shall face 30 overs unless it is dismissed. T20 matches will consist of 20 overs per team.
2. All batsmen must wear a helmet.
3. Junior batsmen must retire at 30 runs & Intermediate batsmen must retire at 50 runs. Retiring batsmen may return to the crease after the 11th batsman.

Bowling

1. 6 balls to be bowled per over (a maximum of eight balls per over with extras – with the exception of the last over of the innings where 6 legitimate balls must be bowled)
2. Bowlers are restricted to a maximum of 6 overs per bowler in 2 day games. Four overs per bowler is the restriction for T20 matches.

Fielding

1. No player in front of the wicket is allowed to field closer than half pitch.
2. Wicket Keeper keeping up at the stumps must wear a helmet.
3. Fielders may be substituted , with a maximum of 11 players fielding at any one time.

Weather

1. In the event that the first days play in 2 day games is impacted by weather, one of the 2 following outcomes should occur:
 - a. A makeup round day should be used so that a 2 day match can be completed where possible.
 - b. If unable to play on a makeup round day, the second day of the match will revert to a T20 match – with coaches determining the number of overs per team, adjusting batting & bowling restrictions to reflect the shorter game.
2. In the event that the second days play in 2 day games is impacted by weather, one of the 2 following outcomes should occur:
 - a. A makeup round should be used to complete the match.
 - b. If unable to play on a make up round, & with no result having been achieved on the 1st innings, the match will be deemed a draw.
3. T20 games washed out on the scheduled day, should attempt to reschedule to a make up round where possible. If unable to do so the match will be deemed a draw.

Handball

RULES & REGULATIONS

Handball is to be conducted under modified European Handball Federation Rules. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 6 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A rectangular court (usually the gymnasium) is required.
4. Ball sizes – Boys 3 & Girls 2.
5. The host school will book & provide referees in accordance with SIS requirements. An Independent Referee is required or a host school trained staff member that is not the coach.

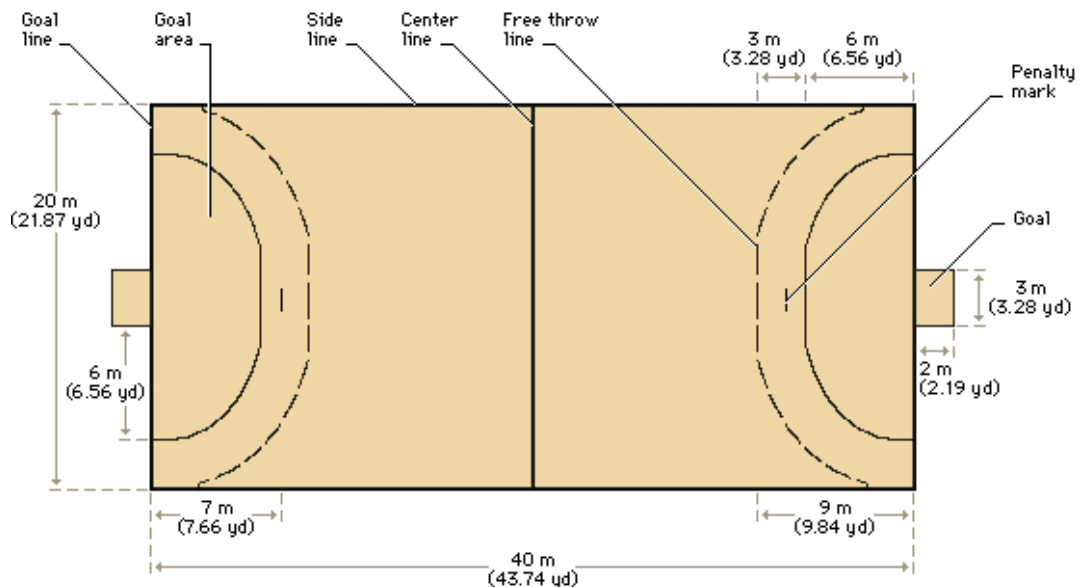
Sport Specific Playing Conditions

1. A leather ball is passed around by hands & is thrown into soccer like goals from outside a semicircular goal area. A goalkeeper is defending the goal & is the only player allowed to be in the respective goal area. Each goal scored is worth 1 point. After each goal the game restarts, the same way as at the beginning of each quarter, with a throw-off in the centre of the court.
2. Although the hands are mainly used to play the ball, the players are allowed to use any other part of their body down to & including the knees. Players are not permitted to hold or push their opponent. This is to be treated the same as a legal screen in basketball. The goalkeeper can use their lower legs & feet to execute saves.
3. The ball may be held for a maximum of three seconds & no more than three steps can be taken while holding the ball. The ball can also be bounced continuously with 1 hand while standing or running.
4. A 6 foul system is in place (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.
5. Any player sent off for misconduct may not be replaced.
6. The **Mercy Rule** margin is 10 points. The rule will apply if a team is leading by 10 points at any stage during the game. The winning team must drop 1 player from the field.
7. For a result to be declared the match must have reached half time then the score as it stands, when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided. 3-5 minutes, continuous clock.

If after the agreed overtime the score remains level, the game is called a draw.

The Playing Court & The Goals



The Players

A team consists of a maximum of 12 players. No more than 6 players (5 court players & 1 goalkeeper) shall be present on the court at the same time. The remaining players shall be substitutes.

Players are not permitted to hold/push their opponent. This is to be treated the same as a legal screen in basketball.

Substitutes can enter the game at any time, provided that the player being replaced has actually left the court & the substitution takes place in the appropriate area (i.e. within 4.5 m of the centre line on their side of the court). This also applies to goalkeepers.

Fouls

In SIS Competitions there is a 6 fouls system (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.

Yellow & Red Cards

A Yellow Card is given as a warning when an infringement is beyond acceptable levels – the player is then given a 2 minute benching – this player cannot be replaced. A Red Card is given on any further & similar infractions involving that player. Any player shown a Red Card will be unable to take any further part in the game. This player cannot be replaced.

Playing The Ball

A player is **permitted** to:

- Stop, catch, hit or throw the ball with their hands (open or closed), arms, head, torso, thighs, & knees.
 - Take a maximum of 3 steps while holding the ball.
 - Hold the ball for a maximum of 3 seconds.
- Bounce the ball on the spot or while running once or several times. As soon as the ball is held again in 1 or 2 hands, it must be played within 3 seconds & after no more than 3 steps.
 - Play the ball while kneeling sitting or lying on the ground.

A player is **NOT** permitted to:

- Touch the ball more than once, unless it has touched the ground, another player or part of the goal in between.
 - Touch the ball with any part of the leg below the knee.
 - Throw the ball intentionally over the sidelines or the goal line outside their own goal.
- Keep the ball in the teams' possession without making a recognizable attempt to attack or shoot a goal. This is regarded as passive play & leads to a free throw to the defending team.

Approach To The Opponent

A player is **permitted** to:

- Use arms & hands to block or gain possession of the ball.

- Use an open hand to play the ball away from an opponent from any direction.
- Use the body to obstruct an opponent, even when not in possession of the ball.
- Make body contact with an opponent, when facing them & with bent arms, & maintain this contact in order to monitor & follow the opponent.

A player is NOT permitted to:

- Pull or hit the ball out of the hand of an opponent.
- Block or force away an opponent with arms, hands or legs.
- Restrain holds, push, run or jump into an opponent.
- Otherwise impede, obstruct or endanger an opponent (with or without the ball) in contravention of the rules.

The Goalkeeper, is permitted to:

- Touch the ball with any part of his body, when in the act of defence in his own goal area.
 - Move around with the ball inside the goal area without any restrictions.
- Leave the goal area without the ball & participate in the game in the playing area; when doing so, the goal keeper becomes subject to the rules applying to court player; the goal keeper is considered to have left the goal area as soon as any part of his body touches the floor outside the goal area line.
- Leave the goal area with the ball & play it again in the playing area if they have not managed to control it fully.

The Goalkeeper is NOT permitted to:

- Endanger an opponent while in the act of defence.
- Play the ball intentionally over the outer goal line, after controlling the ball.
 - Leave the goal area with the ball under control.
- Touch the ball when it is stationary or rolling on the floor outside the goal area, while they are inside the goal area.
- Take the ball into the goal area when it is stationary or rolling on the floor outside the goal area.
 - Re-enter the goal area from the playing area with the ball.
- Touch the ball with the foot or leg below the knee, when it is stationary on the floor or moving out towards the playing area.

The Goal Area – The goal area, including the goal area line belongs to the goalkeeper & may not be entered by court players. A court player, who ends up in the goal area after having the ball, shall not be penalized, unless they cause a disadvantage to the opponent.

Scoring – A goal is being scored, when the whole of the ball has crossed the goal line between the goal posts & under the crossbar, provided the scoring player or their team has committed no infringement of the rules.

The Throw-In – A throw in is awarded when the ball has completely crossed the sideline. The team whose players were not the last to touch the ball before it crossed the line takes the throw-in. The player taking the throw must have 1 foot on the sideline where the ball had crossed the line.

The Corner Throw – A corner-throw is awarded when a ball that crosses the goal line outside the goal was last touched by a player of the defending team, but not by the goalkeeper.

The Goal Keeper Throw – A goal keeper throw is awarded when the ball crosses the goal line outside the goal, or when the ball comes to a rest in the goal area.

The Throw Off – For the throw-off, all players must be in their own halves, with the opponents at least 3 meters from the ball. A throw off is taken at the beginning of each half & after a goal has been scored by the team conceding the goal.

The Free Throw – A free throw is awarded for any infringement of the rules as explained in the previous sections. The free throw is taken where the infringement occurred unless it is between the goal area line & the free throw line of the attacking team. The free throw is taken on the free throw line.

Players of the attacking team must remain outside their opponent's free-throw line until the free throw has been taken.

The Penalty Throw

A penalty throw shall be awarded:

- When an infringement anywhere on the court prevents a clear chance of scoring.
- When a goalkeeper enters his goal area with the ball or takes it into the goal area.
- When a court player enters his own goal area to gain advantage over an attacking player who has possession of the ball.

- When a court player intentionally plays the ball to his own goalkeeper in his goal area.

Taking The Throws

- The player taking the throw must have the ball resting in 1 hand & must have 1 foot firmly set on the ground. (Except for goal throw)
- The referee must give a whistle signal for the throw-off & penalty throw, & from any other throw if the player taking the throw unduly delays the throw. After the whistle the player must take their throw within 3 seconds. All opponents have to be 3 meters away from the player taking the throw.
 - A goal may be scored direct from any throw.
- The player taking the throw must not touch the ball again until it has touched another player or the goal.

The Referee's Throw

A referee throw takes place if;

- Both teams infringe the rules simultaneously.
- The ball touches the ceiling or any other equipment above the playing court.

Netball

RULES & REGULATIONS

Netball is to be conducted under the official rules of Netball Australia. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

Team Requirements

1. A maximum of 7 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Clothing is to be marked with clear playing positions.
4. Both teams will provide a scorer to sit with the opposition.
5. The host school will provide a timekeeper.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. The host school will ensure the court surface, backboard & basket are of a satisfactory standard & regulation size.
4. The host school will book & provide umpires in accordance with SIS requirements.
All Levels – 2 Accredited Umpires are required (1 umpire may be an accredited student)
5. A size 5 ball is required.

Sport Specific Playing Conditions

1. The **Mercy Rule** margin is 20 points. The rule will apply if a team is leading by 20 points at any stage during the game. Each time a goal is scored, the opposition team will take the centre pass. Once the score reduces below 20 points, then full rules resume.
2. Any player sent off for misconduct may not be replaced.
3. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
4. When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided. 3-5 minutes, continuous clock.
If after the agreed overtime the score remains level, the game is called a draw.

RULES & REGULATIONS

Soccer is to be conducted under the official rules of FIFA. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 11 players are permitted to take the field.
2. Schools may have unlimited substitutes.
3. All jumpers are to be marked.
4. Shin guards must be worn.

Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both schools.
2. Match length for all levels is 2 x 30 minute halves.
3. A half time interval of 5 minutes will apply.
4. The host school will ensure the grounds are accurately & clearly marked & should include corner flags. The penalty area, goal area & centre circle must not be scaled down on smaller grounds. Goals must always be 8yds by 8ft.
5. Each school will provide a competent linesperson.
6. Goalkeepers must wear a jumper whose colour contrasts with the opposition.
7. The host school will book & provide referees in accordance with SIS requirements.
All Levels – 1 Accredited Referee is required

Sport Specific Playing Conditions

1. Ball size for all age groups should be a Size 5 ball.
2. No time on shall be played but injury time shall be added by the referee when necessary.
3. Any player sent off for misconduct may not be replaced.
4. The **Mercy Rule** margin is 5 goals. The rule will apply if a team is leading by 5 goals at any stage during the game. The winning team must remove 1 player from the field.
5. For a result to be declared the match must have reached a minimum of 2 x 20 minute halves, then the score as it stands when play ceased shall be taken as the final result. Should the match not reach half time then it is deemed a draw.
When a score is tied at the end of play, coaches will negotiate the action required.
It is usually at the discretion of the visiting school, based on the time available.
The game will go into a shootout. A shootout is a penalty kick competition. Both teams select five players to take the penalty kicks & then the teams alternate until one team wins. A team wins a shootout by scoring more goals than its opponent.



SOCCER SCORESHEET

HOME TEAM _____ VISITING TEAM _____

VENUE _____ DATE _____

BOYS / GIRLS

TEAM	HALF TIME SCORE	FULL TIME SCORE

FINAL RESULT

_____ DEF _____

MERCY RULE

Please note that the **Mercy Rule** margin is 5 goals. The rule will apply if a team is leading by 5 goals at any stage during the game. The winning team must remove 1 player from the field.

RULES & REGULATIONS

Softball is to be conducted under the official rules of Softball Australia. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the umpire to both teams & signed by the umpire & coaches before the game commences.

Team Requirements

1. A maximum of 9 players are permitted to take the field.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time after notifying the umpire but a player once removed from the game cannot return, except as a coach.

Match Requirements

1. Matches are to commence at 1.00pm, or as otherwise agreed by both schools.
2. The host school will ensure the grounds are accurately & clearly marked.
3. The pitching distance for intermediates is 12.20m
The pitching distance for juniors is 10m.
4. The ball size is 11 inch – softcore.
5. The host school will book & provide umpires in accordance with SIS requirements.
An Independent Umpire or a host school trained staff member that is not the coach.

Sport Specific Playing Conditions

1. *Time or seven innings* will be considered the end of match.
2. Time must be decided before the match starts & the score taken back to even innings if the batting team is not out when time is reached.
3. Positional changes on the field may be made at any time.
4. 7 run rule – innings over when 3 outs or 7 runs scored.
5. The infield FLY rule is played.
6. Passed ball, infield & outfield error all awards a base runner 1 base.
7. There is no restriction on the number of players in the diamond, however no player can get within a closer distance to the batter than the pitcher.
8. Players can sneak bases up until the Mercy Rule is applied.
9. The **Mercy Rule** margin is 10 runs. The rule will apply if a team is leading by 10 runs or more at any stage during the game. The winning team must not have double plays & must change pitcher & refrain from sneaking bases to enable the losing team a better chance to gain runs.
10. Any player sent off for misconduct may not be replaced.
11. For a result to be declared the match must have completed a minimum of 1 innings. If a game is abandoned during the course of play & a result has not been reached, then the Match will be declared a draw.

Table Tennis – Mixed

RULES & REGULATIONS

Table Tennis is to be conducted under the following rules & regulations.

The SIS Code of Conduct essential points must be clearly read out by a coach to both teams & signed by the coaches before the game commences.

Team Requirements

1. Teams must be of mixed gender, with the exception of Berwick Grammar.
2. A maximum of 8 players are permitted.
3. Schools may have unlimited substitutes.
4. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. 4 table tennis tables are required.
3. The top of the net, along its whole length, is 15.25cm (6in) high.
4. The ball is made of celluloid or similar plastics material & can be white or orange. The diameter of the ball is 40mm.
5. The racket can be any size, shape or weight.
6. School staff & students will score.

Sport Specific Playing Conditions

1. Players are to be graded.
EG pairs of A, B, C, D.
A vs A – B vs B – C vs C – D vs D. Then A vs B, C vs D etc.
2. 10 games of doubles. 5 games equals 1 set.
3. A game is won by the pair who scores 11 points unless both players or pairs score 10 points, then the game is won by the player or pair that leads by 2 points i.e. 12 – 10 or 13 – 11 etc.
Best of 5.
4. Any player sent off for misconduct may not be replaced.
5. For a result to be declared the match must have completed a minimum of 3 sets. If a game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.



TABLE TENNIS MIXED SCORESHEET

HOME TEAM: _____

VISITING TEAM: _____

DATE: _____

	Players	1	2	3	4	5	Sets		Players	1	2	3	4	5	Sets
1								1							
2								2							
3								3							
4								4							
5								5							
6								6							
7								7							
8								8							

	Players	1	2	3	4	5	Sets		Players	1	2	3	4	5	Sets
A								A							
B								B							
C								C							
D								D							

	Players	1	2	3	4	5	Sets		Players	1	2	3	4	5	Sets
A								B							
B								A							
C								D							
D								C							

							Total Sets								Total Sets	
							MATCHES								MATCHES	

FINAL RESULT
DEF

Tennis – Mixed

RULES & REGULATIONS

Tennis is to be conducted under the rules & regulations of Tennis Australia. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by a coach to both teams & signed by the coaches before the game commences.

Team Requirements

1. Teams must be of mixed gender, with the exception of Berwick Grammar.
2. A maximum of 8 players are permitted.
3. Schools may have unlimited substitutes.
4. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. The host school will ensure suitable courts are available.
3. School staff & students will score.

Sport Specific Playing Conditions

1. Players are to be graded into pairs of A, B, C, D.
1st set A vs A – B vs B – C vs C – D vs D
2nd set A vs B, B vs A – C vs D – D vs C etc.
2. Match decided on sets, then games won.
3. 8 sets of doubles are played.
4. Any player sent off for misconduct may not be replaced.
5. For a result to be declared the match must have completed a minimum of 3 sets. If a game is abandoned during the course of play & a result has not been reached, then the match will be declared a draw.



TENNIS MIXED SCORESHEET

HOME TEAM _____ VISITING TEAM _____

VENUE _____ DATE _____

- All matches are doubles matches, 1 set only.
- The first team to 6 games wins the set, A score of 5 all results in a tie-breaker.
- The winner is the team that wins the most sets; in the case of a tie, the game scores are used to decide the winner.

TEAMS	SCORE	TEAMS	SCORE
A – A		A – B	
B – B		B – A	
C – C		C – D	
D – D		D – C	
TOTALS		TOTALS	

	HOME TEAM	VISITING TEAM
TOTAL SETS WON		
TOTAL GAMES WON		

FINAL RESULT

_____ DEF _____

Touch Rugby

Touch

RULES & REGULATIONS

Touch is to be conducted under modified rules. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 6 players are permitted to take the field. Mixed – schools must make every effort to form a team with mixed gender – boys & girls.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A grass area usually the size of a soccer pitch (70mx50m) is required.
4. Jumpers with numbers (or bibs) are required.
5. The host school will book & provide umpires in accordance with SIS requirements.
1 Accredited Umpire is required
6. School staff & students will score.

Sport Specific Playing Conditions

1. The aim of the game is to score touchdowns by getting through the opponent team's part of the field & placing the ball down in the touchdown (try) zone.
2. Touchdown points apply as per full rules. Boys = 1 & Girls = 2
3. The game starts with a 'tap' on the half way line.
4. Whilst attacking, players need to run forward & pass the ball backward; that means the ball carrier is up front, with teammates on the same line or slightly behind, so they can pass the ball.
5. Defenders only need to 'touch' the ball carrier to stop the attacking team; the rules of the game stipulate that the 'touch' has to be made 'with the minimum force necessary'. This can be a 1 or 2 handed touch that can be done on any part of the body, hair, ball or clothing.
The 'touch' can also be made by the ball carrier on a defensive player & players should be encouraged to 'take the touch'.
6. After making a 'touch', the defending team has to go backward behind an imaginary 'defensive' line, approximately 5 metres away from where the touch has been made. The ball carrier has to perform a 'rollball', on the exact mark where the 'touch' was made. Be careful not to be 'over the mark' when performing a roll ball. This means the ball must be placed when the original touch is made. A 'rollball' in touch involves the player who was touch placing the ball on the ground, not dropping & stepping over the ball. The player does not actually roll the ball back in anyway.
7. When a touch & rollball is made the attacking team picks up the ball. This player is called 'half'. This player cannot score, however this player may run as per normal. If this player gets touched it is

a turn over. If the half passes the ball they are then considered a normal player again & play as usual.

8. A team will have 6 'touches' as an opportunity to score. The 6th 'touch', dropping the ball or any infringement to the rules result in a changeover & the attacking team then becomes the defending side.
9. The ball may never be kicked.
10. The **Mercy Rule** margin is 5 points.
The rule will apply if a team is leading by 5 points at any stage during the game.
The winning team must remove 1 player from the field.
11. Any player sent off for misconduct may not be replaced.
12. For a result to be declared the match must have reached half time then the score as it stands when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.
13. When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided – 3-5 mins, continuous clock, NO timeouts.
A coin toss will decide first possession, both teams drop 1 player every minute (to a minimum of 3 players on the field). It is 'golden point' ie. the first team to score in the overtime period wins.





TOUCH SCORESHEET

HOME TEAM _____

VISITING TEAM _____

VENUE _____

DATE _____

	HOME TEAM		VISITING TEAM	
1				
2				
3				
4				
TOTAL TRIES				

Mixed Touch touchdown points apply as per external competition rules.
Boys = 1 and Girls = 2

The **SIS Mercy Rule** margin is 5 points.
 The rule will apply if a team is leading by 5 points at any stage during the game.
 The winning team must remove 1 player from the field.

FINAL RESULT
 _____ DEF _____

Volleyball

RULES & REGULATIONS

Volleyball is to be conducted under the rules & regulations of the FIVB Federal International Volleyball Federation. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 6 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. The host school will book & provide referees in accordance with SIS requirements.
An Independent Referee or a host school trained staff member that is not the coach.

Sport Specific Playing Conditions

1. Matches shall be the best of 5 sets & games will be played to 25 points, using the rally point scoring system.
2. Matches shall be determined on sets. If equal on sets played, then determined on points. If still equal, then a draw shall be declared.
3. In the event of a tie 24 – 24, the winner is the team that obtains the advantage of 2 points (26-24; 27-25)
4. The server may serve from anywhere along the baseline.
5. At all levels a foot fault will incur an immediate loss of service.
6. If a ball touches any wall or roof it is out.
7. All teams may select to rotate players on with service, or play the 'substitution rule'.
8. Any player sent off for misconduct may not be replaced.
9. For a result to be declared the match must have completed a minimum of 3 sets. If a games abandoned during the course of play & a result has not been reached, then the match will be declared a draw.



VOLLEYBALL SCORESHEET

HOME TEAM _____ VISITING TEAM _____

VENUE _____ DATE _____

BOYS / GIRLS

Set 1 Result

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	

Set 2 Result

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	

Set 3 Result

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	

Set 4 Result

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	

Set 5 Result

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25	

Matches shall be the best of 5 sets and games will be played to 25 points, using the rally point scoring system.

FINAL RESULT

_____ DEF _____



Result Sheet

TO: Sports Dash Platform / SIS Executive Secretary

DATE: / / 2024

SUBJECT: Results Term Round

CONTACT: e: secretary@sis.org.au

SPORT: POOL : A | B | C | D

Table with 2 columns: SCHOOL, SCORE

INCIDENT/S:

Multiple horizontal lines for incident reporting

Signatures:

School

School

Coach

Coach

Result to be entered on to Sports Dash by 12:00pm Monday after match.

WEEKLY SPORT HISTORICAL DATA – CHAMPION SCHOOLS

SIS ARCHIVES - AFL FOOTBALL

SNR GIRLS	POOL	CHAMPION SCHOOL	SNR BOYS	POOL	CHAMPION SCHOOL
2023	O	John Paul/SFX-Beaconsfield	2023	O	Padua Mornington
2022	O	Padua Mornington	2022	O	Padua Mornington
2021	O	Padua Mornington, SFX Beac	2021	O	Padua Mornington, SFX Beac
2019	O	Padua-Mornington	2019	O	SFX-Beaconsfield
2018	O	SFX-Beaconsfield	2018	O	Padua-Mornington
2017	O	Padua-Mornington	2017	O	Padua-Mornington
2016	O	SFX-Beaconsfield	2016	O	SFX-Beaconsfield / Woodleigh
2015	O	Woodleigh/SFX-Beaconsfield/ St Peters-CRA	2015	O	SFX-Beaconsfield
2014	O	St Peters-CRA	2014	O	SFX-Beaconsfield
2013	O	St Peters-CRA	2013	O	SFX-Beaconsfield
2012	A	SFX-Beaconsfield	2012	O	SFX-Beaconsfield
	B	Flinders-Tyabb	2011	O	St Peters
2011	O	SFX-Beaconsfield	2010	A	St Peters
2010	O	Nazareth		B	Beaconhills
2009	O	Beaconhills	2009	O	SFX-Beaconsfield
2008	O	Woodleigh	2008	A	SFX-Beaconsfield
2007	O	Woodleigh		B	Woodleigh
2006	O	Woodleigh	2007	A	SFX-Beaconsfield
2005	O	Padua-Mornington		B	St Johns
2003	A	Beaconhills	2006	A	SFX-Beaconsfield
	B	St Peters		B	St Johns
			2005	A	John Paul
				B	St Johns
			2004	A	John Paul
				B	St Johns
			2003	O	Padua-Mornington
			2002	O	Padua-Mornington
			2001	O	Padua-Mornington
			2000	O	John Paul
			1999	O	SFX-Beaconsfield

SIS ARCHIVES - AFL FOOTBALL

INTER GIRLS	POOL	CHAMPION SCHOOL
2023	A	Padua Tyabb
	B	Balcombe
2022	A	Padua Morn, Balcombe
	B	SFX-Officer, Padua Tyabb
2021	A	Padua Mornington
	B	JPC, SFX Ber, Padua-R
2019	A	Padua-Mornington
	B	Cornish / Padua-Rosebud
2018	A	Padua-Mornington
	B	St Johns / Balcombe
2017	O	Padua-Mornington
2016	A	Padua-Mornington
	B	Flinders-Tyabb
2015	O	SFX-Beaconsfield
2014	O	SFX-Beaconsfield
2013	O	Padua-Rosebud
2012	A	St Peters
	B	SFX-Berwick
2011	A	St Peters
	B	SFX-Berwick
2010	A	St Peters
	B	Padua-Rosebud

INTER BOYS	POOL	CHAMPION SCHOOL
2023	A	John Paul
	B	St.Peters Cran
	C	Woodleigh/Balcombe/Padua R
2022	A	Padua Morn
	B	Flinders-Tyabb
	C	St Peters Clyde
2021	A	Padua Mornington, SFX Beac
	B	Hillcrest, St Peters CN
	C	SFX Ber, Padua Rose
2019	A	Padua-Mornington
	B	Casey / Woodleigh
2018	A	SFX-Beaconsfield
	B	Berwick/SFX-Officer/Flinders-TY
2017	O	St James
2016	A	SFX-Beaconsfield
	B	Padua-Rosebud / Woodleigh
2015	A	SFX-Beaconsfield/St James
	B	Padua-Rosebud/Woodleigh
2014	A	St James
	B	Padua-Rosebud
2013	A	St James
	B	Padua-Rosebud
2012	A	St James
	B	SFX-Berwick
2011	A	St James/Padua-Rosebud
	B	Woodleigh
2010	A	St James
	B	Padua-Rosebud
2009	A	SFX-Beaconsfield
	B	St Johns
2008	A	St James
	B	SFX-Berwick
2007	A	SFX-Beaconsfield
	B	Beaconhills
2006	A	SFX-Beaconsfield
	B	Padua-Rosebud
2005	A	SFX-Beaconsfield
	B	Padua-Rosebud
2004	A	St James
	B	St Peters
2003	O	SFX-Beaconsfield/John Paul/St James/Nazareth
2002	O	Padua-Mornington
2001	O	Padua-Rosebud
2000	A	Padua-Rosebud
	B	Nazareth
1999	A	SFX-Beaconsfield
	B	Padua-Rosebud

SIS ARCHIVES - AFL FOOTBALL

JNR GIRLS	POOL	CHAMPION SCHOOL
2023	A	Padua-Mornington
	B	Balcombe
	C	Flinders-CD
2022	A	Padua-Tyabb
	B	JPC
2019	O	Padua-Mornington
2018	O	Padua-Mornington
2017	O	Padua-Mornington
2016	O	Padua-Mornington
2015	O	Padua-Mornington
2014	O	SFX-Berwick
2013	O	SFX-Berwick
2012	O	SFX-Berwick
2011	O	Woodleigh
2010	O	St Peters
		SFX-Berwick

JNR BOYS	POOL	CHAMPION SCHOOL
2023	A	Padua-Mornington
	B	Balcombe
	C	Padua-Rosebud
2022	A	JPC, Padua-Morn
	B	Padua-Ty, Balc, Flinders-Ty, Padua-R
2019	A	Padua-Mornington
	B	John Paul / Woodleigh
2018	A	Padua-Mornington
	B	Balcombe / Woodleigh
2017	O	Padua-Mornington
2016	A	SFX-Berwick
	B	John Paul / Balcombe
2015	A	St James
	B	Nazareth / Woodleigh
2014	A	Padua-Mornington
	B	SFX-Berwick/Padua-Rosebud
2013	A	John Paul
	B	Padua-Rosebud/Woodleigh
2012	A	St James
	B	Nazareth
2011	A	St Peters
	B	St James
2010	O	SFX-Berwick
2009	O	SFX-Berwick

SIS ARCHIVES - BASEBALL		
INTER BOYS	POOL	CHAMPION SCHOOL
2023	O	Balcombe/Flinders-T
2022	O	John Paul
2019	O	John Paul
2018	O	John Paul / St Peters-CLN
2017	A	Padua-Mornington
	B	Berwick
2016	A	Padua-Mornington
	B	Balcombe
2015	A	John Paul
	B	Balcombe
2014	A	St James
	B	John Paul
2013	A	SFX-Berwick/St James
	B	John Paul
2012	A	St James
	B	Padua-Rosebud/St Peters
2011	A	SFX-Beaconsfield
	B	St James
2010	A	St James
	B	Nazareth/Padua-Rosebud
2009	A	SFX-Beaconsfield
	B	Nazareth
2008	A	SFX-Beaconsfield
	B	Padua-Rosebud
2007	A	SFX-Beaconsfield
	B	Padua-Rosebud/Woodleigh
2006	A	SFX-Beaconsfield
	B	Padua-Rosebud/Woodleigh
2005	A	Beaconhills/Padua-Morn
	B	Padua-Rosebud
2003	A	St James
	B	St Leonards
2002	A	John Paul
	B	St James
2001	A	John Paul
	B	Maranatha
2000	A	John Paul
	B	St James

SIS ARCHIVES - BASKETBALL

SNR GIRLS	POOL	CHAMPION SCHOOL
2023	A	John Paul/SFX Beaconsfield
2022	O	
2021	O	JPC,Padua Morn
2020	A B	Flinders-Tyabb St Peters-Cranbourne
2019	A B	John Paul Flinders-Carrum Downs
2018	O	Flinders-Tyabb / SFX-Beaconsfield
2017	O	SFX-Beaconsfield / Woodleigh
2016	O	SFX-Beaconsfield
2015	O	Padua-Mornington St Peters-CRA
2014	O	John Paul
2013	O	SFX-Beaconsfield
2012	O	St Peters-CRA
2011	A	Flinders-Tyabb
	B	Beaconhills
2010	A	Flinders-Tyabb
	B	Nazareth
2009	O	SFX-Beaconsfield
2008	A	SFX-Beaconsfield
	B	Flinders-Carrum Downs
2007	A	St Peters
	B	Maranatha
2006	A	St Peters
	B	Maranatha
2005	A	Flinders
	B	St Peters
2004	A	Flinders
	B	SFX-Berwick
2003	A	Flinders
	B	St Peters
2002	A	St Johns
	B	Flinders
2001	A	Flinders
	B	Nazareth / SFX-Berwick
2000	A	John Paul
	B	St Peters
1999	A	John Paul
	B	Flinders

SNR BOYS	POOL	CHAMPION SCHOOL
2023	A	Padua-Mornington
	B	St Johns
2022	A	Flinders-Tyabb
	B	St Peters-Cran
2020	N/A	Not played
2019	A	SFX-BF / JPC / Flinders-CD
	B	Berwick
2018	A	Flinders-Tyabb
	B	Flinders-Carrum Downs
2017	A	Berwick / Padua-Morn
	B	St Johns
2016	O	Padua-Mornington / St Peters-CRA
	A	Flinders-TY / St Peters-CRA
2015	B	Berwick
	A	St Peters-CRA
2014	B	Berwick/John Paul/St Johns
	A	St Peters-CRA
2013	B	Woodleigh
	A	St Peters-CRA
2012	B	St Peters-CRA
	A	Flinders-Tyabb
2011	B	Beaconhills
	A	Padua-Mornington
2010	B	Beaconhills
	A	John Paul
2009	O	SFX-Beaconsfield
2008	A	John Paul
	B	Maranatha
2007	A	John Paul
	B	St Johns
2006	A	John Paul
	B	St Johns
2005	A	St Peters
	B	St Johns
2004	O	St Peters
2003	A	Beaconhills
	B	SFX-Berwick
2002	A	Beaconhills
	B	Flinders
2001	A	St Johns/Woodleigh
	B	Flinders
2000	A	Maranatha
	B	Flinders
1999	A	St Johns
	B	Maranatha

SIS ARCHIVES BASKETBALL

INTER GIRLS	POOL	CHAMPION SCHOOL	INTER BOYS	POOL	CHAMPION SCHOOL
2023	A	Flinders-CD	2023	A	John Paul
	B	Bayside		B	Bayside
	C	St Peter's-Clyde		C	Padua-Morn
2022	A	Flinders-Carrum	2022	A	Flinders-CD
	B	SFX-Berwick		B	SMBG/Hillcrest
	C	Balcombe		C	Bayside/Woodleigh
		D		St John's	
2019	A	John Paul	2019	A	SFX-Beaconsfield
	B	Flinders-CD/Nazareth/SFX-Berwick/Padua-Morn		B	Flinders-CD/Nazareth/Woodleigh
2018	A	SFX-Beaconsfield	2018	A	Balcombe
	B	SFX-Berwick/Padua-R		B	Berwick/Flinders-Tyabb
2017	A	Padua-Mornington	2017	A	St Johns
	B	SFX-Berwick / Padua-Rosebud		B	Flinders-CD / St Peters-CLN
2016	A	SFX-Beaconsfield	2016	A	St James / St Johns
	B	Padua-Tyabb		B	Padua-Tyabb / Balcombe/Padua-Mornington
2015	A	SFX-Beaconsfield	2015	A	St Peters-CRA
	B	Padua-Rosebud/Cornish		B	SFX-Berwick/John Paul
2014	A	SFX-Officer	2014	A	SFX-Beaconsfield
	B	St Peters-CRA		B	St Johns/Padua-Rosebud
2013	A	St Peters-CRA	2013	A	St Johns
	B	Padua-Rosebud		B	Nazareth
2012	A	St Peters-CRA	2012	A	Flinders-Tyabb
	B	Padua-Rosebud		B	Nazareth / SFX-Berwick
2011	A	John Paul	2011	A	Padua-Mornington
	B	Padua-Mornington		B	Woodleigh
2010	A	John Paul	2010	A	St James
	B	Maranatha		B	St Peters / Padua-Rosebud
2009	A	Flinders-Tyabb / John Paul	2009	A	St Peters
	B	St Leonards		B	Flinders-Tyabb/St Johns
2008	A	Flinders-Tyabb	2008	A	St Peters
	B	SFX-Berwick		B	Nazareth
2007	A	Nazareth	2007	A	John Paul
	B	St Johns		B	St James
2006	A	Nazareth	2006	A	St Peters
	B	St Johns		B	Padua-Rosebud
2005	A	SFX-Beaconsfield	2005	A	John Paul
	B	Woodleigh		B	Nazareth
2003	A	Beaconhills/SFX-Beaconsfield	2004	A	SFX-Beac/Padua-Morn
	B	St Peters		B	Nazareth
2002	A	John Paul	2003	A	Beaconhills
	B	St Leonards		B	St Peters
2001	A	John Paul	2002	A	Nazareth/John Paul
	B	Flinders			

2000	A	SFX-Beaconsfield/JPC
	B	St Leonards
1999	A	John Paul/St Johns
	B	Flinders

2001	B	SFX-Berwick
	A	Nazareth
2000	B	Flinders
	A	John Paul
1999	B	Beaconhills
	A	St Johns
	B	Woodleigh

SIS ARCHIVES - BASKETBALL

JNR GIRLS	POOL	CHAMPION SCHOOL
2023	A	Flinders-T
	B	Hillcrest
	C	St John's/St Peter's-Cl
2022	A	Flinders-CD
	B	Flinders-Tyabb
	C	Padua-Rosebud
2019	A	Padua-Mornington
	B	Flinders-CD/Flinders-TY
2018	A	SFX-Berwick
	B	Flinders-Tyabb
2017	A	Padua-Mornington
	B	SFX-Officer
2016	A	Padua-Mornington
	B	Padua-R / St Johns
2015	A	SFX-BK/Flinders-TY/SPC-W
	B	John Paul
2014	A	SFX-Berwick
	B	Padua-Rosebud
2013	A	St Peters-CRA
	B	SFX-Officer
2012	A	SFX-Berwick
	B	Padua-Rosebud
2011	A	SFX-Berwick
	B	Padua-Rosebud
2010	O	SFX-Berwick
2009	A	SFX-Berwick
	B	Nazareth

JNR BOYS	POOL	CHAMPION SCHOOL
2023	A	JPC/Flinders-CD
	B	Hillcrest
	C	Nazareth/St John's
	D	Bayside/St Peter's-Cl
2022	A	Padua-Mornington
	B	Balcombe
	C	Casey
	D	Padua-Rosebud
2019	A	Padua-Mornington
	B	John Paul/Flinders-TY/ Woodleigh
2018	A	SFX-Berwick
	B	Berwick / Flinders-Tyabb
2017	A	SFX-Berwick
	B	SFX-Officer / Woodleigh
2016	A	John Paul
	B	Cornish / SFX-Officer
2015	A	Flinders-Tyabb
	B	Berwick/John Paul
2014	A	Nazareth
	B	Berwick/Woodleigh
2013	A	Nazareth/St James
	B	Berwick/Woodleigh
2012	A	SFX-Berwick
	B	St Johns
2011	A	St James
	B	St Johns
2010	A	Flinders-Tyabb
	B	Beaconhills
2009	A	St Peters
	B	Woodleigh

SIS ARCHIVES – OUTDOOR CRICKET

SNR BOYS	POOL	CHAMPION SCHOOL	INTER BOYS	POOL	CHAMPION SCHOOL
			2023	O	John Paul
			2021	O	Woodleigh
			2020	O	Woodleigh
			2019	O	Berwick
Snr Boys Indoor Cricket played from 2018			2018	O	St James
2017	O	Flinders-Tyabb	2017	O	SFX-Beaconsfield
2016	O	SFX-Beaconsfield	2016	A	St James
2015	O	SFX-Beaconsfield		B	Woodleigh
2014	O	St Peters-CRA	2015	A	St James
2013	O	St Peters-CRA		B	Berwick/SFX-BK/Woodleigh
2012	O	St Peters	2014	A	St James
2011	O	Padua-Mornington		B	Berwick
2010	O	SFX-Beaconsfield	2013	A	St James
2009	O	Padua-Mornington		B	Padua-Rosebud
2008	A	St Peters	2012	A	John Paul/St James
	B	St Johns		B	Padua-Rosebud
2007	A	St Peters	2011	A	St James/John Paul
	B	Woodleigh		B	St Johns
2006	A	St Peters	2010	A	St James
	B	Woodleigh		B	Padua-Rosebud
2005	A	St Peters/St Johns	2009	A	St James/SFX-Beaconsfield
	B	Flinders		B	Padua-Rosebud
2004	A	SFX-Beaconsfield	2008	A	St James
	B	Woodleigh		B	SFX-Berwick
2003	A	Padua-Mornington	2007	A	St James
	B	Flinders		B	Padua-Rosebud
2002	A	SFX-Beaconsfield	2006	A	St James
	B	Flinders		B	Padua-Rosebud
2001	A	St Johns/SFX-Beaconsfield	2005	A	St James
	B	Flinders		B	Maranatha
2000	A	Nazareth/St Johns	2004	A	St James
	B	St Peters		B	Flinders
1999	A	SFX-Beaconsfield	2003	A	St James/John Paul
	B	Flinders		B	Flinders
			2002	A	St James
				B	Woodleigh
			2001	A	St Peter's
				B	Woodleigh
			2000	A	St John's
				B	Flinders
			1999	A	Nazareth
				B	St James

SIS ARCHIVES – OUTDOOR CRICKET			
	JNR BOYS	POOL	CHAMPION SCHOOL
	2019	O	Woodleigh
	2018	O	Woodleigh
	2017	O	Padua-Tyabb
	2016	A	Flin-TY/SFX-BK/St James
		B	SFX-Officer
	2015	A	Flinders-Tyabb
		B	Woodleigh/Padua-Tyabb
	2014	A	St James
		B	SFX-Berwick
	2013	A	St James
		B	Berwick
	2012	A	St James
		B	Beaconhills
	2011	A	John Paul
		B	Beaconhills/SFX-Berwick

SIS ARCHIVES – INDOOR CRICKET						
SNR BOYS	POOL	CHAMPION SCHOOL		INTER BOYS	POOL	CHAMPION SCHOOL
2023	O	John Paul		2023	A	Padua-Mornington
					B	St.Peter’s Cran
2021	O	Padua-Mornington		2021	A	Padua-Mornington
2020	O	Padua-Mornington			B	Hillcrest
2019	O	Padua-Mornington			C	Casey
2018	O	Flinders-Tyabb / Padua-Mornington		2020	A	St Peters-Clyde Nth
					B	Padua-Rosebud
				2019	O	Casey/Padua-Mornington
				2018	O	Padua-Mornington
JNR GIRLS	POOL	CHAMPION SCHOOL		INTER GIRLS	POOL	CHAMPION SCHOOL
2023	O	Hillcrest		2023	O	Woodleigh
2022	O	Hillcrest, Woodleigh		2021	A	SFX-Beac, Padua Morn
2019	O	Nazareth			B	Cornish,St Peters,St Johns
2018	O	SFX-Berwick		2019	O	Woodleigh
				2018	O	Woodleigh
JNR BOYS	POOL	CHAMPION SCHOOL				
2023	A	SFX -Berwick				
	B	Hillcrest				
2019	O	Padua-Mornington				
2018	O	SFX-Berwick				

SIS ARCHIVES - HANDBALL

INTER GIRLS	POOL	CHAMPION SCHOOL
2023	O	Balcombe/Padua M/Woodleigh
2022		
2021	O	Padua-M, Hillcrest, St Peters CR
2020	O	Padua Mornington
2019	O	Balcombe
2018	A	Padua-Mornington
	B	Padua-Tyabb
2017	O	John Paul
2016	O	SFX-Beaconsfield
2015	O	SFX-Beaconsfield
2014	A	SFX-Beaconsfield
	B	Padua-Rosebud
2013	A	Padua-Mornington
	B	SFX-Berwick
2012	A	St Peters
	B	Beaconhills/Woodleigh
2011	A	SFX-Beaconsfield
	B	St Peters
2010	A	St Peters
	B	SFX-Berwick
2009	A	Beaconhills
	B	SFX-Berwick
2008	A	Woodleigh
	B	SFX-Berwick

INTER BOYS	POOL	CHAMPION SCHOOL
2023	A	Padua-Mornington
	B	Balcombe/Bayside
2022		
2021	A	Flinders CD
	B	Berwick
2020	A	St James
	B	Balcombe
2019	A	St James
	B	John Paul
2018	A	Balcombe
	B	Berwick/Nazareth/John Paul
2017	A	St James
	B	Balcombe
2016	A	St Johns
	B	Nazareth
2015	A	St Johns/St James/SFX-Beac
	B	Berwick/Woodleigh
2014	A	St James
	B	Berwick/St Johns/Woodleigh
2013	A	St James
	B	St Johns
2012	A	St James/St Peters
	B	St Johns
2011	A	St Peters
	B	St James
2010	A	St James
	B	St Leonards
2009	A	St Johns/St Peters
	B	St Leonards
2008	A	St James
	B	St Peters

SIS ARCHIVES - NETBALL

SNR GIRLS	POOL	CHAMPION SCHOOL	INTER GIRLS	POOL	CHAMPION SCHOOL
2023	A	SFX-Beaconsfield	2023	A	SFX-Beaconsfield
	B	SFX-Beaconsfield		B	Hillcrest
2022	A	Padua-Mornington		C	Woodleigh
	B	St Peters-Cran		D	Bayside
2019	A	SFX-Beaconsfield	2022	A	Padua-Mornington
	B	St Peters-CRA		B	Flinders-CD
2018	O	Padua-Mornington	C	SFX-BF, St Peters-Cran, Padua-Rose	
	2017	O	John Paul	A	Flinders-TY/Padua-M/SFX-BK
B				Cornish / Padua-Morn	
2016	O	SFX-Beaconsfield	2018	A	SFX-Beaconsfield
2015	O	Padua-Mornington		B	St Johns/Flinders-TY/Padua-TY
2014	O	Padua-Mornington	2017	A	Padua-Mornington
2013	O	Padua-Mornington / SFX-Beaconsfield		B	SFX-Berwick / St Johns Padua-Rosebud / John Paul
			2016	A	John Paul
2012	O	SFX-Beaconsfield	2016	B	Padua-Rosebud
2011	O	SFX-Beaconsfield		A	Padua-Mornington
2010	O	SFX-Beaconsfield	2015	B	Padua-Rosebud
2009	O	SFX-Beaconsfield		A	Padua-Mornington
			2014	B	SFX-Berwick/Padua-Rosebud
2008	A	SFX-Beaconsfield	2013	A	Flinders-Tyabb
	B	Woodleigh		B	Woodleigh
2007	A	SFX-Beaconsfield	2012	A	Flinders-Tyabb
	B	St Johns		B	Beaconhills/Padua-Rose
2006	A	SFX-Beaconsfield	2011	A	Flinders-Tyabb
	B	St Johns		B	St Peters
2005	A	Flinders	2010	A	SFX-Beaconsfield
	B	St Johns		B	Padua-Rosebud
2004	A	Flinders	2009	A	SFX-Beaconsfield
	B	Woodleigh		B	Flinders-Tyabb
2003	A	Flinders	2008	A	SFX-Beaconsfield
	B	Nazareth		B	Woodleigh
2002	O	Beaconhills	2007	A	SFX-Beaconsfield
2001	A	Beaconhills/John Paul		B	Padua-Rosebud
		B	St Johns	2006	A
2000	A	SFX-Beaconsfield	B		Padua-Rosebud
	B	St Peters/Beaconhills	2005	A	Flinders
1999	A	John Paul/St Johns		B	St Johns
	B	Flinders	2004	A	Flinders
2002	A	SFX-Beaconsfield		B	St Peters
		B	Flinders/Woodleigh/St Peters		
2002	A	SFX-Beaconsfield	2003	A	John Paul
		B		St Peters	
2002	A	SFX-Beaconsfield	2002	A	SFX-Beaconsfield
		B		Flinders/Woodleigh/St Peters	
INTER BOYS	POOL	CHAMPION SCHOOL			

2023	O	Padua M/Hillcrest
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2001	A	Flinders/John Paul
	B	Woodleigh
2000	A	John Paul
	B	St Leonards
1999	A	SFX-Beaconsfield
	B	Padua-Rosebud

SIS ARCHIVES - NETBALL

JNR GIRLS	POOL	CHAMPION SCHOOL	JNR BOYS	POOL	CHAMPION SCHOOL
2023	A B C D	Flinders-CD SFX-Berwick St Peters Cran SFX-Berwick	2023	O	Flinders-CD
2022	A B C D	Padua-Morn Balcombe St Peters Cran Padua-Rose	2022	O	Hillcrest
2021	A B-N B-S C-N C-S	SFX-Off, Padua-Morn SFX-Ber, SFX-Off Padua-Rose St Peters-Cran, Nazareth Balcombe			
2019	A	SFX-Berwick	2019	O	SFX-Berwick
	B	SFX-Berwick / Balcombe			
2018	A	SFX-Berwick	2018	O	SFX-Berwick
	B	Padua-Morn / Flinders-TY			
2017	A	SFX-Officer	2017	A	Flinders-Tyabb
	B	St Peters-CLN / Flinders-Tyabb		B	SFX-Officer
2016	A	SFX-Berwick	2016	O	Flinders-Tyabb
	B	Flinders-TY/St Johns			
2015	A	SFX-Officer/Flinders-TY/SPC-W			
	B	Cornish/John Paul/Pad-R/Balc			
2014	A	SFX-Berwick			
	B	Padua-Rosebud/St Peters-CLN			
2013	A	Flinders-Tyabb			
	B	Padua-Rosebud/Maranatha			
2012	A	Beaconhills			
	B	Padua-Rosebud			
2011	A	Beaconhills			
	B	Woodleigh			
2010	A	Flinders-Tyabb			
	B	Woodleigh			
2009	A	Flinders-Tyabb			

B	Woodleigh
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SIS ARCHIVES - SOCCER

SNR GIRLS	POOL	CHAMPION SCHOOL	SNR BOYS	POOL	CHAMPION SCHOOL
2023	A	SFX Beaconsfield	2023	A	SFX Beaconsfield
	B	Nazareth		B	Woodleigh
2022			2022		
2021	O	St Johns	2021	O	SFX-Beac, Nazareth
2020	O	SFX-Beaconsfield	2020	A	SFX-Beaconsfield
				B	Casey
2019	O	Padua-Mornington	2019	A	SFX-Beaconsfield
				B	St Peters-CLN
2018	O	John Paul	2018	A	St Johns
				B	St Peters-CLN
2017	O	St Johns	2017	A	St Johns
				B	Nazareth
2016	O	SFX-Beaconsfield	2016	O	Berwick / St Johns
2015	O	St Peters-CRA SFX-Beaconsfield	2015	O	Padua-Mornington / SFX-Beaconsfield
2014	O	St Peters-CRA	2014	O	SFX-Beaconsfield
2013	O	St Peters-CRA	2013	A	St Johns
2012	O	John Paul		B	St Peters
2011	O	Nazareth	2012	O	St Johns
2010	O	Beaconhills	2011	A	SFX-Beaconsfield
2009	O	Nazareth		B	Padua-Mornington
2008	A	Nazareth	2010	A	Nazareth
	B	Beaconhills		B	St Peters / Woodleigh
2007	A	Nazareth	2009	O	Nazareth
	B	Beaconhills/Nazareth	2008	O	SFX-Beaconsfield
			2007	A	John Paul
				B	Nazareth
			2006	A	John Paul
				B	Nazareth
			2005	A	St Peters
				B	Maranatha

SIS ARCHIVES - SOCCER

JNR GIRLS	POOL	CHAMPION SCHOOL	JNR BOYS	POOL	CHAMPION SCHOOL
2023	A	SFX-Berwick	2023	A	St.John's
	B	Balcombe/St.Peter's Clyde		B	Balcombe
				C	Padua R/Woodleigh
2022	A	St Johns	2022	A	Padua-Morn
	B	St Peters Cran		B	St Peters Cran
	C	Balcombe		C	Padua-Rosebud
2019	A	SFX-Berwick	2019	A	SFX-Berwick
	B	St Peters-CLN/SFX-Officer		B	John Paul
2018	A	SFX-Berwick	2018	A	SFX-Berwick
	B	SFX-Officer/St Peters-CLN/ Nazareth		B	Nazareth/St Johns Padua-Rosebud/Flinders- Tyabb
2017	A	SFX-Berwick	2017	A	St James
	B	Woodleigh		B	Nazareth/John Paul
2016	A	Cornish	2016	A	St James
	B	St Johns		B	Nazareth/SFX- OF/Balcombe
2015	A	SFX-Berwick	2015	A	SFX-Berwick/St Johns
	B	Balcombe		B	John Paul/Balcombe
2014	A	Nazareth	2014	A	SFX-Berwick
	B	St Johns		B	Nazareth
2013	A	Nazareth	2013	A	SFX-Berwick
	B	St Johns/Woodleigh		B	Padua-Rosebud/Woodleigh
2012	A	SFX-Berwick	2012	A	St Johns
	B	Maranatha		B	Berwick/St Peters
2011	A	Beaconhills	2011	A	St James
	B	SFX-Berwick		B	Maranatha
2010	A	Nazareth	2010	A	St James
	B	St Johns		B	St Johns
2009	A	SFX-Berwick	2009	0	St James
	B	St Johns			

SIS ARCHIVES - SOCCER

INTER GIRLS	POOL	CHAMPION SCHOOL
2023	A	John Paul
	B	Cornish/Woodleigh
2022	A	Padua-Morn, SFX-BF
	B	JPC, Cornish
2019	A	Padua-Morn / SFX-Berwick
	B	John Paul / St Johns
2018	A	St Peters-CRA
	B	SFX-Berwick / Woodleigh
2017	A	SFX-Beaconsfield
	B	John Paul
2016	A	Nazareth
	B	John Paul / SFX-Berwick
2015	A	SFX-Beaconsfield
	B	Nazareth
2014	A	St Peters-CRA
	B	Padua-Rosebud
2013	A	Nazareth
	B	SFX-Berwick/St Johns
2012	A	St Peters
	B	St Johns
2011	A	St Peters
	B	St Johns
2010	A	Nazareth
	B	SFX-Berwick
2009	A	SFX-Beaconsfield
	B	Flinders-Carrum Downs
2008	A	SFX-Beaconsfield
	B	Flinders-CD/Beaconhills
2007	A	Nazareth
	B	SFX-Berwick
2006	A	Nazareth
	B	SFX-Berwick
2005	A	Nazareth
	B	Maranatha
2004	A	St Johns/Nazareth
	B	Maranatha
2003	O	Maranatha
2002	O	Nazareth
		SFX-Beaconsfield
2001	O	St Peters

INTER BOYS	POOL	CHAMPION SCHOOL
2023	A	SFX-Beaconsfield/St Johns
	B	Nazareth
	C	St Peters-Clyde
2022	A	JPC
	B	Nazareth
	C	Cornish/St Peters-CL, St Peters-CR
2019	A	Balcombe
	B	St Johns/Cornish/Flinders-TY
2018	A	St James
	B	St Johns/Flinders-CD/John Paul
2017	A	St James
	B	SFX-Officer / SFX-Berwick St Johns / John Paul
2016	A	St James
	B	Nazareth / Balcombe
2015	A	St James
	B	SFX-Berwick/John Paul
2014	A	Padua-Morn/St James
	B	Berwick
2013	A	St James
	B	SFX-Berwick
2012	A	St James
	B	Nazareth
2011	A	John Paul
	B	Flinders-Tyabb
2010	O	St James
2009	A	SFX-Beaconsfield
	B	SFX-Berwick
2008	A	Nazareth
	B	St James
2007	A	St James
	B	Maranatha
2006	A	St James
	B	Maranatha
2005	A	St James
	B	Nazareth
2003	A	St Johns
	B	SFX-Berwick
2002	A	John Paul/St James/St Johns
	B	SFX-Berwick
2001	A	St Johns
	B	Maranatha
2000	A	St Johns
	B	St James

1999	A	St Johns
	B	SFX-Berwick

SIS ARCHIVES - SOFTBALL

INTER GIRLS	POOL	CHAMPION SCHOOL
2023	A B	Padua Mornington Balcombe
2022		
2019	O	St Johns
2018	O	St Johns
2017	A	St Johns
	B	SFX-Berwick
2016	A	Padua-Morn/St Johns
	B	Balcombe/SFX-Berwick
2015	A	St Johns
	B	Maranatha
2014	A	St Peters-CRA
	B	St Johns
2013	A	St Johns
	B	Woodleigh
2012	A	St Peters
	B	Woodleigh
2011	A	St Peters/Padua-Rosebud
	B	Padua-Mornington
2010	A	St Peters
	B	Woodleigh
2009	A	St Peters
	B	Woodleigh
2008	A	SFX-Beaconsfield
	B	St Leonards
2003	A	Nazareth/St Johns
	B	Maranatha/Padua-Rosebud
2002	A	Nazareth/St Johns
	B	St Leonards
2001	A	St Johns
	B	Maranatha
2000	O	St Johns

JNR GIRLS	POOL	CHAMPION SCHOOL
2023	O	JPC
2022	O	Woodleigh
2021	A	SFX-Berwick, Bayside
	B	Hillcrest, Woodleigh
2019	A	St Peters-CLN
	B	JPC / Casey
2018	O	SFX-Berwick / St Peters-CLN
2017	O	Balcombe
2016	O	SFX-Berwick

SIS ARCHIVES - TABLE TENNIS		
JNR MIXED	POOL	CHAMPION SCHOOL
2023	O	Berwick
2022	A	Berwick
2021	A	Berwick, Woodleigh
	B	Flinders-Tyabb
2019	A	Berwick
	B	St Peters-CRA
2018	A	SFX-Berwick
	B	Nazareth
2017	A	SFX-Berwick
	B	Flinders-Tyabb
2016	A	St James
	B	Woodleigh
2015	A	Flinders-Tyabb
	B	Nazareth/SFX-Berwick
2014	A	Berwick
	B	Woodleigh
2013	A	St James
	B	Berwick
2012	A	St James
	B	Woodleigh
2011	O	St James
2010	A	Woodleigh
	B	Nazareth
2009	O	St James

SIS ARCHIVES - TENNIS

JNR MIXED	POOL	CHAMPION SCHOOL
2023	O	Flinders-T
2022	A	Padua-Mornington
2019	O	Padua-Mornington
2018	A	SFX-Berwick
	B	Woodleigh/Padua-Rosebud
2017	A	Berwick
	B	Woodleigh
2016	A	SFX-Berwick
	B	Woodleigh/Nazareth
2015	A	Flinders-Tyabb
	B	SFX-Officer
2014	A	Berwick/Flinders-TY
	B	Woodleigh
2013	A	St James
	B	Berwick
2012	A	JPC/St James/SFX-Berwick
	B	Woodleigh
2011	A	St James
	B	SFX-Berwick
2010	A	St James
	B	Nazareth/St Johns
2009	A	Beaconhills
	B	St James

SIS ARCHIVES - TOUCH		
INTER	POOL	CHAMPION SCHOOL
2023	A B	St Peters-Cranbourne Woodleigh
2022	Boys	Padua-Morn
2019	Boys	St James
	Mixed	St Peters-CRA
2018	A-Mix	St James / Padua- Mornington
	B-Mix	Berwick
2017	A-Mix	Berwick
	B-Mix	SFX-Berwick
2016	A-Mix	St James
	B-Mix	Padua-Rosebud
SIS ARCHIVES - TOUCH		
JNR BOYS	POOL	CHAMPION SCHOOL
2023	O	Balcombe
2022	A	SFX-Officer
	B	Balcombe
2021	A-N	Bayside, SFX, St Johns
	A-S	St Peters-Cran
2019	O	St James
2018	O	SFX-Berwick

SIS ARCHIVES - VOLLEYBALL

INTER GIRLS	POOL	CHAMPION SCHOOL
2023	A	St.Peter's Clyde
	B	Flinders CD
	C	St.John's
2022		
2021	A	SFX-Ber, SFX-Off, JPC
	B	Flinders-CD
	C	Balcombe
2020	A	SFX-BF, SFX-BK, SFX-OF
	B	Casey
	C	Padua-Rosebud
2019	A	SFX-Berwick
	B	Casey/SFX-Officer/Woodleigh
2018	A	SFX-Beaconsfield
	B	Balcombe
2017	A	John Paul
	B	SFX-Berwick
2016	A	St Peters-CRA
	B	John Paul
2015	A	Padua-Rosebud
	B	Maranatha
2014	A	St Peters-CRA
	B	Padua-Rosebud/SFX-Berwick
2013	A	SFX-Beaconsfield
	B	Padua-Rosebud
2012	A	St Johns
	B	SFX-Berwick
2011	A	St Johns
	B	Flinders-Tyabb
2010	A	St Johns
	B	SFX-Berwick/Padua-Rosebud
2009	A	SFX-Beaconsfield
	B	SFX-Berwick/Flinders-CD

INTER BOYS	POOL	CHAMPION SCHOOL
2023	A	Nazareth
	B	St.John's
2022		
2022	A	Nazareth
	B	Casey
	C	St Johns
2021	A	Nazareth
	B	St Peters Cran
2020	N/A	Not played
2019	A	John Paul / St Peters-CRA
	B	St Peters-CLN
2018	A	St James
	B	Berwick
2017	A	St James
	B	Nazareth
2016	A	St Johns
	B	Berwick
2015	A	St James
	B	Berwick
2014	A	St James
	B	Berwick/Maranatha
2013	A	St James
	B	Nazareth
2012	A	St James
	B	Beaconhills
2011	A	Beaconhills/St Peters
	B	St James
2010	A	St James
	B	SFX-Berwick
2009	A	St James
	B	St Johns
2008	A	St James
	B	Beaconhills
2005	A	St Johns
	B	St Peters
2004	A	St Leonards
	B	John Paul
2002	O	Padua-Mornington
2001	O	St Johns
2000	A	Padua-Mornington
	B	John Paul

1999	A	Padua-Mornington
	B	Flinders

SIS ARCHIVES - VOLLEYBALL

JNR GIRLS	POOL	CHAMPION SCHOOL	JNR BOYS	POOL	CHAMPION SCHOOL
2023	A	Flinders-CD/St Peters-Cran/Hillcrest	2023	A	Flinders CD/St.Peters Cran/Hillcrest
	B	Bayside/St Peters-Clyde		B	Bayside/St.Peter's Clyde
2022	A	St Peters-Clyde	2022	A	Nazareth
	B	St Johns		B	Casey
				C	St Johns
2019	O	Flinders-CD/Padua-Tyabb	2019	A	John Paul
				B	Casey / Nazareth
2018	O	SFX-Berwick	2018	O	SFX-Berwick
2017	O	SFX-Berwick	2017	O	Nazareth
2016	O	SFX-Berwick	2016	O	SFX-BK/St James/Cornish
2015	O	SFX-Berwick	2015	O	St James/St Johns
2014	O	St Johns	2014	A	Nazareth/St James/ SFX-Berwick
2013	O	SFX-Berwick		B	John Paul
2012	O	St Johns	2013	O	St James
2011	O	St Johns	2012	O	Beaconhills
2010	O	SFX-Berwick	2011	O	St James
2009	A	SFX-Berwick/St Peters	2010	A	Beaconhills
	B	Nazareth		B	St Johns
			2009	A	Beaconhills
				B	Nazareth / St Johns

SIS CARNIVALS

ANNUAL CARNIVAL PROGRAM

CARNIVAL	VENUE	DATE	ORGANISING SCHOOL/S
Swimming Relay (9.30am – 12.00pm)	Pines Forrest, Frankston	25 March	All Schools entering to assist
Swimming Division A (10.00am – 1.30pm)	MSAC	23 April	Flinders Balcombe
Swimming Division B (10.00am – 1.30pm)	MSAC	24 April	Nazareth St Peters
Cross Country Divisions A & B (10.00am – 1.40pm)	Casey Fields	21 May	Padua John Paul Berwick Hillcrest Bayside Woodleigh
Athletics Division B (9.30am – 2.50pm)	Casey Fields	26 August	St Johns Casey Cornish
Athletics Division A (9.30am – 2.50pm)	Casey Fields	27 August	St Francis Xavier SMBG

** Schools will host & organise carnivals as agreed each year.

There may be changes required as schools are relegated & promoted between Divisions A & B.**

SCHOOL DIVISIONS

SWIMMING	
DIVISION A	DIVISION B
Balcombe John Paul Flinders SMBG Padua St Francis Xavier Woodleigh	Bayside Cornish Casey Hillcrest Nazareth St Johns St Peters
CROSS COUNTRY	
DIVISION A	DIVISION B
Balcombe Flinders Hillcrest John Paul Padua St Francis Xavier Woodleigh	Bayside SMBG Casey Cornish Nazareth St Johns St Peters
ATHLETICS	
DIVISION A	DIVISION B
Balcombe St Peters Flinders John Paul Padua St Francis Xavier SMBG	Bayside Casey Woodleigh Hillcrest Nazareth St Johns Cornish

GUIDELINES FOR ORGANISING SCHOOL CARNIVAL DAYS

Major Carnivals - Swimming, Cross Country, Athletics

The basic rules covering the conduct of Carnivals are given in this section. Further details & any clarification of the rules will be forwarded to the schools by the Executive Secretary before the date of the event.

If weather conditions are unpleasant, the program may be abridged following discussions between Executive Secretary & the Organising School Sports Co-ordinator.

Students from Berwick Grammar may compete in a Division A carnival if they win the Division B boys aggregate award. For Berwick Grammar to remain in Division A, the boys points would need to be greater than the boys points of the bottom 2 schools, otherwise they will return to Division B.

Wherever possible the A & B Divisions will remain balanced.

It is accepted that there could be 1 or 2 schools relegated & promoted between divisions.

Students & staff of all schools are required to remain at the carnivals until the conclusion of the presentation ceremonies. Presentations will only be completed if all results are entered & confirmed.

Individual Placing Ribbons, Age Group Championship Pennants, Junior, Intermediate & Senior Shields, Overall Winning Shields & Gender Aggregate Shields will be presented at all carnivals.

Guidelines for Organising Schools

Schools will host & organise carnivals as agreed each year. The Executive Secretary will provide the procedures involved in organising each carnival to the organising schools.

Organising Schools will:-

- Liaise with Executive Secretary
- Liaise with Sports Co-ordinators
- Arrive in advance for carnival set up
- Co-ordinate school officials
- Arrange Catering
- Check Venue for damage & graffiti
- Co-ordinate results
- Assist with presentation of Awards

Competing Schools

- Must provide team lists 2 days prior to carnival date
- Are responsible for advising any changes to events
- Must provide three staff members for official duties
- Arrive in advance so carnivals can start on time
- On arrival report to the SIS Secretary or SIS Sport Coordinator for instructions & distribution of any further relevant information
- Remain for presentations

Conduct of Play

1. Abuse directed at officials at any time by members of school teams or spectators will not be tolerated.
2. Unsportsmanlike behaviour is to be dealt with immediately.
Players dismissed from the sport cannot return & cannot be replaced.

CARNIVAL CHAMPIONS

YEAR	ATHLETICS Division A	ATHLETICS Division B	SWIMMING Division A	SWIMMING Division B	CROSS COUNTRY Division A	CROSS COUNTRY Division B
1978	Stella Maris					
1979	John Paul					
1980	John Paul		John Paul			
1981	St Johns		St Johns			
1982	St Johns		St Johns			
1983	St Johns		St Johns			
1984	St Johns		St Johns			
1985	John Paul		St Johns			
1986	John Paul		St Johns			
1987	John Paul		St Johns			
1988	John Paul		Padua		Padua	
1989	John Paul		John Paul		Padua	
1990	St Johns		Padua		Padua	
1991	St Johns		Padua		Padua	
1992	John Paul		Padua		Padua	
1993	St Johns		Padua		Padua	
1994	Beaconhills		Padua	St Francis Xavier	Padua	
1995	Beaconhills	Padua	Padua	Nazareth	Padua	
1996	Beaconhills	St Paul's	Padua	Flinders	Padua	
1997	St Johns	Nazareth	Padua	St Johns	Padua	
1998	St Johns	St Peters	Padua	Maranatha	Padua	
1999	Padua	Nazareth	Padua	St Francis Xavier	Padua	
2000	Padua	Flinders	Padua	Woodleigh	Padua	
2001	Padua	St Francis Xavier	Padua	Maranatha	Padua	
2002	St Johns	John Paul	Padua	Woodleigh	Padua	St Peters
2003	St Johns	St Francis Xavier	Padua	Maranatha	Padua	Woodleigh
2004	St Johns	St Peters	Padua	John Paul	Padua	Nazareth
2005	St Francis Xavier	Nazareth	Padua	Woodleigh	Padua	Beaconhills
2006	St Francis Xavier	Beaconhills	Padua	Nazareth	Padua	Maranatha
2007	St Francis Xavier	John Paul	Padua	Beaconhills	Padua	St Peters
2008	St Francis Xavier	Woodleigh	Padua	Maranatha	Padua	Maranatha
2009	St Francis Xavier	Flinders	Padua	John Paul	Padua	St Johns
2010	St Francis Xavier	St Johns	Padua	St Johns	Padua	John Paul
2011	Padua	St Peters	Padua	Balcombe	Padua	St Peters
2012	Padua	Balcombe	Padua	Nazareth	Padua	Balcombe
2013	St Francis Xavier	Nazareth	Padua	St Johns	Padua	St Johns
2014	Padua	Balcombe	Padua	Balcombe	Padua	St Peters
2015	Padua	John Paul	Padua	Cornish	Padua	St Johns
2016	Padua	Cornish	Padua	Cornish	Padua	St Peters
2017	Padua	Flinders	Padua	Flinders	Padua	Flinders
2018	Padua	Woodleigh	Flinders	Balcombe	Padua	Balcombe
2019	Padua	Balcombe	Flinders	Cornish	Padua	St Peters
2020	Carnivals not held					
2021	Not held	Not held	Padua	John Paul	Padua	Hillcrest
2022	Padua	Cornish	Padua	Casey	Padua	St Peters
2023	Padua	St Peters	Padua	John Paul	Padua	Hillcrest

SIS SWIMMING RELAY CARNIVAL

RULES & REGULATIONS

All member schools are invited to participate in the swimming relay carnival that is held at the Pines Forrest Aquatic Centre in Frankston North. The carnival is held in a friendly, casual atmosphere whereby participating students enjoy the opportunity to represent their school & swimming times are confirmed in preparation for the relay events at the MSAC competition.

1. **General:** Directed by the Australian Swimming Union, any infringement of the rules may result in the disqualification of the team.
2. **Starting:** Two false starts by an individual – if a second break occurs the offender is disqualified.
3. **Starting Instructions:** Whistle to mount back of block. Silence from spectators. 'Take your marks'. Swimmers move to front of blocks & assume starting position. Starting signal 'GO'
4. **Medley Relay – Stroke Order:** 1st Backstroke, 2nd Breaststroke, 3rd Butterfly, 4th Freestyle.
5. **Freestyle – Breaststroke Medley:** Dive Entry.
6. **Note: 'Backstroke':** NO Dive Entry.
7. **Junior** (U/13 & U/14)
Intermediate (U/15 & U/16)
Open (any age group)
8. **Ribbons:** 1st, 2nd & 3rd – collected by the last swimmer
9. **Each school to time their own lane.**
10. **Lanes to be allocated on arrival.** School will swim in that lane for the entire competition.

Program

1	Girls Junior 4 x 50m Freestyle Relay – A	18	Boys Open 4 x 50m Breaststroke Relay – B
2	Girls Junior 4 x 50m Freestyle Relay – B	19	Girls Junior 4 x 50m Backstroke Relay
3	Boys Junior 4 x 50m Freestyle Relay – A	20	Boys Junior 4 x 50m Backstroke Relay
4	Boys Junior 4 x 50m Freestyle Relay – B	21	Girls Intermediate 4 x 50m Backstroke Relay
5	Girls Intermediate 4 x 50m Freestyle Relay – A	22	Boys Intermediate 4 x 50m Backstroke Relay
6	Girls Intermediate 4 x 50m Freestyle Relay – B	23	Girls Open 4 x 50m Backstroke Relay – A
7	Boys Intermediate 4 x 50m Freestyle Relay – A	24	Girls Open 4 x 50m Backstroke Relay – B
8	Boys Intermediate 4 x 50m Freestyle Relay – B	25	Boys Senior 4 x 50m Backstroke Relay – A
9	Girls Open 4 x 50m Freestyle Relay	26	Boys Senior 4 x 50m Backstroke Relay – B
10	Boys Open 4 x 50m Freestyle Relay	27	Girls Junior 4 x 50m Medley Relay
11	Girls Junior 4 x 50m Breaststroke Relay	28	Boys Junior 4 x 50m Medley Relay
12	Boys Junior 4 x 50m Breaststroke Relay	29	Girls Intermediate 4 x 50m Medley Relay
13	Girls Intermediate 4 x 50m Breaststroke Relay	30	Boys Intermediate 4 x 50m Medley Relay
14	Boys Intermediate 4 x 50m Breaststroke Relay	31	Girls Open 4 x 50m Medley Relay – A

15	Girls Open 4 x 50m Breaststroke Relay – A	32	Girls Open 4 x 50m Medley Relay – B
16	Girls Open 4 x 50m Breaststroke Relay – B	33	Boys Open 4 x 50m Medley Relay – A
17	Boys Open 4 x 50m Breaststroke Relay – A	34	Boys Open 4 x 50m Medley Relay – B

SIS SWIMMING CARNIVAL

RULES & REGULATIONS

- GENERAL:** The Carnival shall be conducted under Swimming Victoria rules unless otherwise stated hereunder & held at the Melbourne Sports & Aquatic Centre.
- STARTING:** One false start by one individual – if a second break occurs, the swimmer is disqualified.

Starter's Instructions

- Whistle to mount-back to block. *Silence from spectators.*
- "Take your marks". Swimmers move to front of blocks & assume starting position.
- Starting signal (beep) -"GO".

For Backstroke

- In the water.
- "Set".
- Starting signal (beep) -"GO"

- FREESTYLE:** Crawl or any other stroke.

- BACKSTROKE:** Must finish on back – do not turn over.

- BREASTSTROKE:**

When starting one complete stroke may be made under water, on second stroke must break to above the water.

Head must not be completely covered under water whilst stroking.

Finish must touch with both hands.

Kick – even – level shoulders. Water may be broken providing both heels break even & level.

- MEDLEY RELAY:**

Stroke order – 1st Backstroke, 2nd Breaststroke, 3rd Butterfly, 4th Freestyle

NB: This is alphabetical order.

- Final competitors (including relay) **MUST** stay in the water until the whistle has sounded, or instructed to leave water by an official. Competitors **MUST** exit the pool on the sides.

- All ages to be taken from 31st December 2023.**

- Competitors are limited to a maximum of FIVE events overall in any combination.

EG. 4 individual events PLUS a relay, or

3 individual events PLUS 2 relays (freestyle / medley)

Students may compete in higher age groups but cannot compete in the same event (stroke/distance).

- It is every swimmers responsibility to report punctually for his or her event. The start will not be delayed for latecomers.

- If a school wishes to protest, such action is permitted from the Sports teacher only & should be made to the referee between races. The Referee's decision will be final.

- Ribbons will be distributed from the Recording area.

Scoring

Placing	1st	2nd	3rd	4th	5th	6th	7th
Individual "A"	10	8	7	6	5	4	3
Relay	15	12	10	8	7	6	5
Individual "B"	8	7	6	5	4	3	2

Medleys

In medley relays, the order is:

BACKSTROKE, BREASTSTROKE, BUTTERFLY & FREESTYLE.

In ALL medley events, the term "freestyle" means any stroke other than the three form strokes already swum in the race.

If swimmers use an incorrect stroke in any leg of a medley (relay or individual) they cannot cancel it by returning to the end & resuming with the correct stroke.

Start

All races, except backstroke & medley relays, should start with a dive but a referee may let a swimmer start in the water in special circumstances. If so, the swimmer must hold onto the end with one hand & push off on the starting signal.

What Can You Be Disqualified For?

There are not many things for which you may be disqualified in swimming. Apart from stroking which goes beyond reasonable tolerance in breaststroke & butterfly, the main faults seen at school & club levels are usually in the touches, turns & relay takeovers.

Here is a brief summary that may be of use:-

Freestyle – if you walk on the bottom of the pool, fail to touch at the turn or finish, swim in another lane to interfere with another swimmer or finish in any lane other than your own, you shall be disqualified. You can stand to reset but must then float off the bottom to resume stroking. You cannot do this in other stroke events. A freestyle touch may be with any part of the body.

Backstroke – the only time you may turn off your back (ie. roll your shoulder more than 90 degrees to the normal backstroke position with the water or more) is when executing a turn. See comments on backstroke turn.

Breaststroke – keep your shoulders on the breast with shoulders in line with the water level & make sure all leg & arm movements are simultaneous & in the same horizontal plane.

Hands must be pushed forward together from the breast on, under or over the water & brought back on or under the surface of the water (a butterfly-style recovery over the water is not allowed).

In the backward movement of the legs the feet must be turned outwards.

The head must break the surface of the water in each complete cycle of one arm stroke & one leg kick, except that after the start & after each turn, one arm stroke right back to the legs & one kick may be taken while wholly submerged before returning to the surface. The head must break the surface during the first part of the second arm stroke in those instances – before the hands begin to turn inward from their widest point.

The hands may not be brought back beyond the hip line apart from the first stroke after the start & after each turn.

At the finish & at turns the hands must touch simultaneously at, above or below the water level, with the shoulders horizontal.

Butterfly – the body must be on the breast at all times, except when executing a turn.

The shoulders shall be in line with the water surface from the beginning of the first armstroke, after the start & after each turn & shall remain in that position until the next turn or finish. It is not permitted to roll onto the back at any time.

All leg & arm movements must be simultaneous.

When touching, at turns & the finish, the hand must touch simultaneously at, above or below the water level, with shoulders horizontal. Either breaststroke or dolphin kick may be used.

The arms must be brought forward together over the water & brought back simultaneously. If one arm is lower than the other is in breaststroke disqualification occurs (not in the same plane) but in butterfly one arm may be lower so long as both arms move simultaneously & enter the water at the same time.

Similarly, if one leg, knee or foot is lower than the other in breaststroke, disqualification follows, whereas in butterfly a leg, knee or foot may be lower than the other providing that position remains constant throughout. If there is any alternating movement, disqualification occurs.

Relays – so long as some part of the foot remains in contact with the blocks, a swimmer may start to dive before an incoming team member has touched. If a swimmer leaves the block before the incoming one touches, he/she may return, touch the end, push off & resume the race.

In a medley relay, if a swimmer does the wrong stroke in any "leg" the team is disqualified.

It is not possible to negate an incorrect stroke by going back, touching & resuming in the right stroke. This also applies in individual medleys. In the freestyle "leg" of a medley, the stroke must be other than the three form strokes swum earlier in the event.

Starting

On the signal from the referee (a long whistle blast) competitors must step onto the back of the starting blocks, except in backstroke, they should enter the water on the signal. When on the blocks the swimmers must have their feet together, equidistant from the edge. On the command of the starter "take your marks" the competitors must immediately step forward & assume a starting position, which may be with one foot forward & one back, so long as at least one foot is at the front edge. Heels do not have to be in contact with the block, as in handicaps. Once in their starting or "set" positions, the competitors are expected to remain still. When all are stationary, the starter shall give the starting signal, which may be a gun, hooter or oral command.

Any competitor who does not take up a starting position immediately, or in any way delays the start, risks disqualification. If, in the opinion of the starter or referee, a swimmer deliberately breaks, he/she will be disqualified. Any swimmer who deliberately follows into the water in such circumstances may also be disqualified.

Any swimmer entering the water before the signal to start is given shall be judged to have broken UNLESS the Starter has said "stand up", in which case anyone deliberately diving in will be liable for disqualification for disobeying the Starters orders & wasting time.

The starter shall have power to decide whether the start is fair, subject only to the decision of the referee. If the starter believes that the start is not fair he shall recall the swimmers after the signal of start has been given. After the first false start the starter shall remind the swimmers that this is their second start.

If the starting signal for the second start sounds before a disqualification is declared the race shall continue & the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal the signal shall not be given but the remaining swimmers shall be ordered to stand up, be reminded by the starter of the penalties & start again.

The signal for a false start shall be the same as the starting signal but repeated along with dropping of the false start rope. Alternatively, if the referee decides that the start is false he shall blow his whistle, which shall be followed by the starter's signal (repeated) & dropping of the false start rope.

The Race

Competitor swimming over the course alone shall cover the whole distance to qualify & must finish the race in the same lane in which he/she started.

In all events, a swimmer, when turning, shall make physical contact with the end of the pool or course. The turn must be made from the wall & it is not permitted to take a stride or step from the bottom of the pool.

No competitor will be permitted to take part in any event unless wearing suitable swimming attire. Swimwear must be in good moral taste & non-transparent. This rule is at the discretion of individual schools. It is preferable that female swimmers wear a one-piece swimsuit & male swimmers wear briefs. No competitor shall be permitted to use or wear any device that may aid speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.) Goggles may be worn.

Any swimmer not entered in a race that enters the water in which an event is being conducted before all swimmers therein have completed the race shall be disqualified from his/her next scheduled competition in the meet.

Any relay team shall be disqualified from the race if a team member other than the swimmer designated to swim that length enters the water when the race is being conducted before all competitors of all teams have finished the race.

Any swimmer having finished a race or his/her distance in a relay event must leave the pool as soon as possible without obstructing any other competitor whom has not yet finished. Otherwise the swimmer committing the fault, or the relay team, shall be disqualified.

At the Finish

It is important that the swimmers hit the wall firmly with both hands simultaneously in breaststroke & butterfly, with any part of the body in freestyle & with the hand, arm, shoulder or head in backstroke.

At the State Swim Centre it is very important to hit the timing pad hard – it is sensitised not to go off from water pressure hence a light fingertip touch may not trigger the device & could cost a placing.

The judges are there to observe & back up the machine & sometimes their decision over-rides the machine, mainly in backstroke where touches can be erratic & even hit the block instead of the pad first.

After the Race

After the race the referee should give two short sharp whistle bursts to signify to the competitors that they may leave the water. It is required that the swimmers wait in their lanes in the water until that signal.

At the Melbourne Sports & Aquatic Centre competitors must leave the water at the side – they must not climb over the end & risk damaging the timing device.

AOE Operators

The AOE Operators shall operate the automatic timing & judging equipment at the direction of the Referee, provide the times & placing's recorded by the equipment & inform the AOE Supervisor of any recording malfunction.

SWIMMING PROGRAM

NO.	EVENT	NO.	EVENT
1	G Junior Medley Relay	43	G U/13 Freestyle 100m
2	B Junior Medley Relay	44	B U/13 Freestyle 100m
3	G Intermediate Medley Relay	45	G U/14 Freestyle 100m
4	B Intermediate Medley Relay	46	B U/14 Freestyle 100m
5	G Senior Medley Relay	47	G U/15 Freestyle 100m
6	B Senior Medley Relay	48	B U/15 Freestyle 100m
7	G U/13 "A" Freestyle 50m	49	G U/16 Freestyle 100m
8	G U/13 "B" Freestyle 50m	50	B U/16 Freestyle 100m
9	B U/13 "A" Freestyle 50m	51	G U/17 Freestyle 100m
10	B U/13 "B" Freestyle 50m	52	B U/17 Freestyle 100m
11	G U/14 "A" Freestyle 50m	53	G Open Freestyle 100m
12	G U/14 "B" Freestyle 50m	54	B Open Freestyle 100m
13	B U/14 "A" Freestyle 50m	55	G U/13 Breaststroke 50m
14	B U/14 "B" Freestyle 50m	56	B U/13 Breaststroke 50m
15	G U/15 "A" Freestyle 50m	57	G U/14 Breaststroke 50m
16	G U/15 "B" Freestyle 50m	58	B U/14 Breaststroke 50m
17	B U/15 "A" Freestyle 50m	59	G U/15 Breaststroke 50m
18	B U/15 "B" Freestyle 50m	60	B U/15 Breaststroke 50m
19	G U/16 "A" Freestyle 50m	61	G U/16 Breaststroke 50m
20	G U/16 "B" Freestyle 50m	62	B U/16 Breaststroke 50m
21	B U/16 "A" Freestyle 50m	63	G U/17 Breaststroke 50m
22	B U/16 "B" Freestyle 50m	64	B U/17 Breaststroke 50m
23	G U/17 "A" Freestyle 50m	65	G Open Breaststroke 50m
24	G U/17 "B" Freestyle 50m	66	B Open Breaststroke 50m
25	B U/17 "A" Freestyle 50m	67	G Junior Butterfly 50m
26	B U/17 "B" Freestyle 50m	68	B Junior Butterfly 50m
27	G Open "A" Freestyle 50m	69	G Intermediate Butterfly 50m
28	G Open "B" Freestyle 50m	70	B Intermediate Butterfly 50m
29	B Open "A" Freestyle 50m	71	G Senior Butterfly 50m
30	B Open "B" Freestyle 50m	72	B Senior Butterfly 50m
31	G U/13 Backstroke 50m	73	G U/13 4 x 50m Relay
32	B U/13 Backstroke 50m	74	B U/13 4 x 50m Relay
33	G U/14 Backstroke 50m	75	G U/14 4 x 50m Relay
34	B U/14 Backstroke 50m	76	B U/14 4 x 50m Relay
35	G U/15 Backstroke 50m	77	G U/15 4 x 50m Relay
36	B U/15 Backstroke 50m	78	B U/15 4 x 50m Relay
37	G U/16 Backstroke 50m	79	G U/16 4 x 50m Relay
38	B U/16 Backstroke 50m	80	B U/16 4 x 50m Relay
39	G U/17 Backstroke 50m	81	G U/17 4 x 50m Relay
40	B U/17 Backstroke 50m	82	B U/17 4 x 50m Relay
41	G Open Backstroke 50m	83	G Open 4 x 50m Relay
42	B Open Backstroke 50m	84	B Open 4 x 50m Relay

Division A: Balcombe, John Paul, Flinders, SMBG, Padua, St Francis Xavier, Woodleigh

Division B: Bayside, Cornish, Casey, Hillcrest, Nazareth, St Johns, St Peters

SWIMMING RECORDS

EVENT	BOY	SCHOOL	YEAR	RECORD	GIRL	SCHOOL	YEAR	RECORD
U/13								
Freestyle Relay 4x50m		St James	1986	2:08.37		Padua	2014	1:55.43
Freestyle 50m	L Angel	Woodleigh	2010	28.35	T Taukiri	St Peters	2019	29.32
Freestyle 100m	M Cunningham	Beaconhills	2007	1:04.18	B Bicsak	Beaconhills	2010	1:07.62
Backstroke 50m	W Van Loon	St John's	1987	31.30	T Taukiri	St Peters	2019	32.92
Breaststroke 50m	M Faoro	Padua	2013	36.90	T Taukiri	St Peters	2019	39.17
U/14								
Medley Relay 4 x 50m		Woodleigh	2010	2:12.91		Padua	2011	2:21.52
Freestyle Relay 4x50m		Woodleigh	2009	1:59.82		Flinders	2019	2:11.35
Freestyle 50m	H Waterfall	Flinders	2014	26.65	K Gash	St John's	1983	28.83
Freestyle 100m	H Waterfall	Flinders	2014	58.82	H Reddaway	St.Peter's	2001	1:02.89
Backstroke 50m	L Angel	Woodleigh	2011	30.39	K Gash	St John's	1983	33.20
Breaststroke 50m	M Faoro	Padua	2014	34.92	C Collingwood	SFX	2010	38.69
Jnr Butterfly 50m	M Shaw	St Peter's	2012	29.22	K Gash	St John's	1983	30.81
U/15								
Freestyle Relay 4x50m		Woodleigh	2010	1:55.47		Balcombe	2013	1:40.79
Freestyle 50m	L Angel	Woodleigh	2012	25.44	T Taukiri	St Peters	2021	29.01
Freestyle 100m	L Angel	Woodleigh	2012	56.75	A Voutier	Balcombe	2012	1:02.56
Backstroke 50m	L Angel	Woodleigh	2012	28.90	T Taukiri	St Peters	2021	32.81
Breaststroke 50m	M Faoro	Padua	2015	33.65	J Faoro	Padua	2012	38.30
U/16								
Medley Relay 4 x 50m		Woodleigh	2012	2:05.26		Padua	1991	2:12.34
Freestyle Relay 4x50m		Woodleigh	2013	1:52.85		Padua	2014	2:06.06
Freestyle 50m	H Waterfall	Flinders	2016	24.53	C Robinson	Woodleigh	2016	28.76
Freestyle 100m	H Waterfall	Flinders	2016	54.64	H Reddaway	St.Peter's	2003	1:03.02
Backstroke 50m	H Waterfall	Flinders	2016	28.08	M Morrison	Padua	1993	34.41
Breaststroke 50m	M Faoro	Padua	2016	31.68	M Woolf	SFX	2019	37.43
Inter Butterfly 50m	M Faoro	Padua	2016	27.51	K Gash	St John's	1983	30.81
U/17								
Freestyle Relay 4x50m		Flinders	2015	1:50.56		Flinders	2020	2:10.34
Freestyle 50m	L Angel	Woodleigh	2014	24.90	H Winkels	Flinders	2022	29.21
Freestyle 100m	J Templar	Berwick	2015	55.13	J Faoro	Padua	2014	1:03.44
Backstroke 50m	L Angel	Woodleigh	2014	28.76	L Ryan	SFX	2018	33.09
Breaststroke 50m	M Faoro	Padua	2017	31.94	C Collingwood	SFX	2011	37.99
OPEN								
Medley Relay 4 x 50m		Woodleigh	2014	2:00.98		Padua	2015	2:17.89
Freestyle Relay 4x50m		Padua	2012	1:48.25		Padua	1993	2:07.69
Freestyle 50m	M Faoro	Padua	2018	25.04	K Kleiss	Padua	1993	28.85
Freestyle 100m	H Afshin Azar	Nazareth	2016	55.39	C Stuels	Padua	1993	1:02.41
Backstroke 50m	R Nestoriwskyj	Padua	2017	29.28	K Gash	St John's	1985	31.76
Breaststroke 50m	B Vujcich	Padua	1995	30.58	K Van Breen	Flinders	2019	37.14
Snr Butterfly 50m	M Faoro	Padua	2017	27.48	K Gash	St John's	1985	29.94

CROSS COUNTRY CARNIVAL

RULES & REGULATIONS

Program	Distances	Boys	Girls
10:00am	Under 13	3km	3km
10:30am	Under 14	3km	3km
11:10am	Under 15	3km	3km
11:50am	Under 16	3km	3km
12:30pm	Under 17	3km	3km
1:10pm	Under 21	3km	3km

Division A: Balcombe, Flinders, Hillcrest, John Paul, Padua, St Francis Xavier, Woodleigh

Division B: Bayside, SMBG, Casey, Cornish, Nazareth, St Johns, St Peters

STARTING PROCEDURE

All competitors will be called to the start five minutes before the scheduled starting.

Each competitor must be dressed in school uniform colours & wearing an official tag.

The Starter will call the competitors forward with the call "on your marks".

The race will then be started at the sound of a beep.

SCORING PROCEDURE

Each school may field up to 10 competitors per event.

In U/13, U/14 & U/15 races the first 5 competitors, & in U/16, U/17 & U/21 the first 4 in each event will constitute their team.

Points will be awarded thus:

- a) 1st competitor to finish gains 1 point
- b) 15th competitor to finish gains 15 points
- c) 63rd competitor to finish gains 63 points, etc

The school with the lowest aggregate will be deemed the winner in that event.

In case of a tied result, the school having the highest placed 5th runner will gain the even championship.

At the conclusion of the Carnival, the school with the lowest grand aggregate over all age divisions will be deemed the Champion school in Cross Country for that year.

NB: A school must have a minimum of 5 competitors finishing in all age divisions to be eligible for the Championship.

The results of each team event, the overall aggregate, girls & boys aggregate, merit award & the first placegetters in each event will be announced on the day of the carnival.

Full results noting all competitors, places & times will be forwarded by the Executive Secretary as soon as possible after the completion of the Carnival.

RULES

Spikes will not be permitted to be worn.

Each competitor must be dressed in school sport uniform & wear an official tag.

IPODS/electronic devices are not permitted to be worn.

Each competitor must adhere strictly to the course as stated & displayed.

No student, not involved in the race, can run with or physically support a runner during an event & until he/she has reported to the recording table at the conclusion of that event.

In the event of a dispute, a Committee comprising of a representative of the host school, the President (or any other Principal) & the Executive Secretary, shall be convened.

All ages to be taken from 31st December 2023.

CROSS COUNTRY RECORDS

GIRLS – CASEY FIELDS (new venue)

EVENT	DISTANCE	NAME	SCHOOL	YEAR	TIME
U/13	3km	A. Moore	Casey	2023	12.08
U/14	3km	L. Shelley	Padua	2023	11.49
U/15	3km	C. Dornom	Padua	2023	11.57
U/16	3km	C. Crawford	Padua	2023	11.03
U/17	3km	A. White	Bayside	2023	11.52
U/21	3km	M. Evenden	Woodleigh	2023	12.47

BOYS – CASEY FIELDS (new venue)

EVENT	DISTANCE	NAME	SCHOOL	YEAR	TIME
U/13	3km	D. Maling	SFX	2023	10.36
U/14	3km	O. Mayshew-Sharp	Padua	2023	10.17
U/15	3km	C. Hoghton	SMGB	2023	9.22
U/16	3km	K. Dominic	St Johns	2023	10.11
U/17	3km	J. Waters	SFX	2023	9.18
U/21	3km	J. Asi	SFX	2023	9.08

GIRLS – BAXTER PARK (old venue)

EVENT	DISTANCE	NAME	SCHOOL	YEAR	TIME
U/13	3km	J. Cook	Padua	1990	11.34
U/14	3km	M. Bilston	Padua	2017	11.17
U/15	3km	S. Power	Padua	1989	11.14
U/16	3km	S. Power	Padua	1990	10.34
U/17	3km	K. Vickey	Woodleigh	2016	11.16
U/21	3km	S. Power	Padua	1992	10.47

BOYS – BAXTER PARK (new distance 2022 & old venue)

EVENT	DISTANCE	NAME	SCHOOL	YEAR	TIME
U/13	3km	J. Rouse	Padua	2008	10.08
U/14	3km	C. Houghton	SMBG	2022	10.37
U/15	3km	S. Sharvin	Padua	2022	11.27
U/16	3km	J. Waters	SFX	2022	10.29
U/17	3km	J. Asis	SFX	2022	10.25
U/21	3km	R. Hadfield	Hillcrest	2022	10.00

BOYS – BAXTER PARK (old distance)

EVENT	DISTANCE	NAME	SCHOOL	YEAR	TIME
U/13	3km	J. Rouse	Padua	2008	10.08
U/14	4km	E. Anthony	Flinders	2014	13.01
U/15	4km	C. Goldsmith	Padua	2014	12.49
U/16	4km	C. Goldsmith	Padua	2015	12.27
U/17	4km	E. Anthony	Flinders	2017	12.15
U/21	4km	C. Goldsmith	Padua	2017	10.47

ATHLETICS CARNIVAL

RULES & REGULATIONS

TRACK & FIELD RULES

1. All events shall be conducted in accordance with the competition rules of the Victorian Athletic Association except in cases where they directly contradict the rules of the SIS.
2. All competitors must be registered for the competition prior to the carnival.
3. No competitor will be permitted to take part in any event unless in correct athletics attire, including official school colours.
4. **All ages to be taken from 31st December 2023.**
5. The Carnival Program will be adhered to if weather prevails.
6. Competitors are limited to a maximum of 5 individual events plus a relay.
Division A : 800m event – a limit of two competitors per school
Division A : 1500m (jnr & inter) event – a limit of three competitors per school
Division A : 1500m (senior) event – a limit of two competitors per school
Division B : 800m & 1500m event – a limit of two competitors per school
7. Competitors may compete in a higher age group but cannot compete in the same event.
8. ONE false start by one individual – if a second break occurs the offender is disqualified.
9. All throwing implements will be provided.
10. Spikes may be no longer than 6mm.
11. Competitors for all track events must report to the Track Marshalling area 15 minutes prior to the event. Field event competitors report directly to that event 5 minutes prior to the scheduled starting time of the event or when called for over the PA system.
12. **ALL TRACK EVENTS MUST TAKE PRECEDENCE OVER FIELD EVENTS.**
13. For all "**laned**" events, **i.e** 100m, 200m, 400m & Relays, competitors must adhere to the lane given & may or may not choose to "**crouch**" start. In all other track events competitors may move to the inside lane provided that they do not interfere with other competitors.

Notes for Competitors

1. The centre Arena is out of bounds to all students except for those directly involved in an event taking place at that time. Spectators must remain outside the competition area at all times.
2. For all Field events, competitors will be permitted three attempts. In High Jump 3 consecutive failures at whatever height will eliminate.
3. For Relay events, competitors are reminded to remain in their respective lanes until all changes have been completed. If the baton is dropped during a takeover, the incoming runner must pick it up & hand it on again.
4. Starting blocks will be available.
5. Starting times for all Track events will be as stated in the program. However, it should be noted that the times for the Field events are only approximate & all students should listen to announcements made over the PA system.
6. The decision of the Referee will be final.
7. All schools are expected to remain until the completion of all presentations.

THROWING EVENT RULES

1. The order in which competitors take their trials shall be drawn. Three trials are allowed for each competitor.
2. In all Throwing events from a circle, a competitor must commence to throw from a stationary position.
3. In all Throwing events from a circle, a competitor is allowed to touch the inside of the iron band or stop board. It shall be a foul throw if, after commencing the throw, the competitor touches the top of the board or circle or ground outside the circle or improperly releases the shot or discus in making the attempt. A competitor may stop mid throw, lay implement down & return to stationary position, provided he/she only restarts once during each trial.

A competitor may not leave the circle until the implement has touched the ground & then must leave by the rear half of the circle.

Javelin: a competitor may not leave the area until it has touched the ground & then must leave the area from behind the arc.

All throws: Javelin, Discus & Shot: must land within the inner edges of the lines marking the throwing sectors.

The measurement of each throw will be made from the nearest mark made by the fall of the Discus, Shot or Javelin, to the inside circumference of the circle, (or the arc in the case of the Javelin) along a line from the mark made by the implement to the centre of the circle or the centre of the radius of the arc.

All throwing implements must be carried back to the starting line or circle.

JAVELIN

- The Javelin must be held at the grip.
- The tip of the Javelin must touch the ground before any other part of it & the competitor may not, at any stage, turn his/her back completely to the throwing arc. The Javelin shall be thrown over the shoulder or upper part of the throwing arm & must not be slung or hurled.

In the case of a draw

- The second-best performance of the competitors throw shall decide the outcome. If the draw remains repeat the process with their next best throw until there is no longer a draw.

DISCUS

- There are no rules on how the discus may be thrown. As long as it is thrown in a safe manor.
- Discus throwers are not allowed to touch the top of the rim in the throwing circle but can touch the inside edge of it.

In the case of a draw

- The second-best performance of the competitors throw shall decide the outcome. If the draw remains repeat the process with their next best throw until there is no longer a draw.

SHOT PUT

- The Shot Put shall be put (thrown) from the shoulder with one hand only. The Shot should be close to the chin the hand must not be dropped from this position during the action of putting. The Shot must not be brought behind the line of the shoulder.
- Put throwers are not allowed to touch the top of the rim in the throwing circle but can touch the inside edge of it.

In the case of a draw

- The second-best performance of the competitors throw shall decide the outcome. If the draw remains repeat the process with their next best throw until there is no longer a draw.

WEIGHT SPECIFICATIONS

AGE GROUP	SHOT PUT	JAVLIN	DISCUS
GIRLS			
G U13	3KG	400GRAMS	1KG
G U14	3KG	400GRAMS	1KG
G U15	3KG	500GRAMS	1KG
G U16	3KG	500GRAMS	1KG
G U17	3KG	500GRAMS	1KG
G U/21	4KG	600GRAMS	1KG
BOYS			
B U13	3KG	600GRAMS	1KG
B U14	3KG	600GRAMS	1KG
B U15	4KG	600GRAMS	1KG
B U16	4KG	700GRAMS	1KG
B U17	5KG	700GRAMS	1.5KG
B U/21	6KG	800GRAMS	1.75KG

JUMPING EVENT RULES

HIGH JUMP

- The Competitor must take off from one foot.

Knocking the bar off the supports or touching the ground behind the uprights before taking off shall count as a **No Jump**.

- The commencement height is 1.25m.
- A competitor may start jumping at any height above the minimum height. Three consecutive failures disqualify competitors.
- High Jump competitors to be given consideration when returning from a track event. Bar at 1.30-returned - bar 1.50 - difference to be halved. Then catch up procedure until the competitor reaches the height or is eliminated.

In the case of a draw

- The competitor with the lowest number of jumps at which the draw occurs shall be awarded the higher place. If the draw still remains, the competitor with the lowest number of failures shall be awarded the place.

LONG JUMP / TRIPLE JUMP

If a competitor touches the ground beyond the take-off board, whether running without jumping or in the act of jumping, it shall be a **No Jump**.

- All jumps shall be measured from the nearest break in the landing area made by any part of the body to the take off line & at right angles to such line. Sand should be raked evenly between the jumps.

In the case of a draw

- The competitor with the lowest number of jumps at which the draw occurs shall be awarded the higher place. If the draw still remains, the competitor with the lowest number of failures shall be awarded the place.

TRACK EVENTS

Start

“On your marks” “Set” Beep

If a competitor leaves the “set” position before the gun, it is a false start. The competitor making the false start must be warned. If he/she is responsible for two (2) false starts, he/she shall be disqualified.

Finish

The competitors shall be placed in the order in which any part of their torso (not head, arms, legs, hands or feet) reach the nearest edge of the finish line.

Any competitor leaving his/her lane & cutting across another competitor shall be disqualified.

This does not apply to the 800m & 1500m where lanes are not designated.

RELAY RULES FOR SIS ATHLETICS CARNIVALS

Members of the team other than the first runner may not commence running outside of the 30m takeover zone. In all Relays, the baton must be passed within the takeover zone. If the baton is dropped, it must be recovered by the athlete who dropped it. Competitors after handing the baton over must remain in their lane, until the course is clear. The final runner only of the first three placegetters will collect ribbons for their teams.

Placing	1st	2nd	3rd	4th	5th	6th	7th
Individual “A”	10	8	7	6	5	4	3
Relay	15	12	10	8	7	6	5
Individual “B”	8	7	6	5	4	3	2

In 800m & 1500m events, all competitors finishing after 6th place shall receive one (1) point.

ATHLETICS PROGRAM

EVENT NO.	TIME FIELD	TIME TRACK	EVENTS	EVENT NO.	TIME FIELD	TIME TRACK	EVENTS
1	9.30		B/U17 Discus	51		11.26	B/U13 100m B
2	9.30		B/U16 Long Jump	52		11.28	G/U14 100m A
3	9.30		G/U15 Triple Jump	53		11.30	B/U14 100m A
4	9.30		B/U15 Shot Put	54		11.32	G/U14 100m B
5	9.30		B/U14 Javelin	55	11.33		G/U 13 Discus
6	9.30		G/U17 High Jump	56	11.33		B/U17 Long Jump
7	9.30		B/Open High Jump	57	11.33		B/U15 Triple Jump
8		9.30	G/U14 1500m	58	11.33		G/U15 Shot Put
9		9.40	B/U14 1500m	59		11.34	B/U14 100m B
10		9.50	G/U16 1500m	60		11.36	G/U15 100m A
11	9.55		G/U16 Discus	61		11.38	B/U15 100m A
12	9.55		G/Open Long Jump	62		11.40	G/U15 100m B
13	9.55		G/U13 Triple Jump	63		11.42	B/U15 100m B
14	9.55		B/U13 Shot Put	64		11.44	G/U16 100m A
15		10.00	B/U16 1500m	65		11.46	B/U16 100m A
16		10.10	G/Open 1500m	66		11.48	G/U16 100m B
17	10.19		B/U16 Discus	67		11.50	B/U16 100m B
18	10.19		G/U15 Long Jump	68		11.52	G/U17 100m A
19	10.19		B/U14 Triple Jump	69		11.54	B/U17 100m A
20	10.19		B/U17 Shot Put	70		11.56	G/U17 100m B
21	10.19		G/U16 Javelin	71	11.57		B/U13 Long Jump
22	10.19		G/U14 High Jump	72	11.57		B/U16 Triple Jump
23	10.19		B/U13 High Jump	73	11.57		B/U14 Shot Put
24		10.20	B/Open 1500m	74	11.57		G/Open Javelin
25		10.30	G/U13 400m	75	11.57		G/U13 High Jump
26		10.34	B/U13 400m	76	11.57		B/U17 High Jump
27		10.38	G/U14 400m	77	11.57		G/U 14 Discus
28		10.42	B/U14 400m	78		11.58	B/U17 100m B
29	10.44		G/U17 Shot Put	79		12.00	G/Open 100m A
30	10.44		G/Open Discus	80		12.02	B/Open 100m A
31	10.44		B/U15 Long Jump	81		12.04	G/Open 100m B
32	10.44		B/Open Triple Jump	82		12.06	B/Open 100m B
33		10.46	G/U15 400m	83		12.12	G/U13 800m
34		10.50	B/U15 400m	84		12.16	B/U13 800m
35		10.54	G/U16 400m	85		12.20	G/U14 800m
36		10.58	B/U16 400m	86	12.22		B/U13 Discus
37		11.02	G/U17 400m	87	12.22		B/Open Long Jump
38		11.06	B/U17 400m	88	12.22		G/U17 Triple Jump
39	11.08		G/U17 Long Jump	89	12.22		G/U13 Shot Put
40	11.08		B/U17 Triple Jump	90		12.24	B/U14 800m
41	11.08		G/U16 Shot Put	91		12.28	G/U15 800m
42	11.08		G/U14 Javelin	92		12.32	B/U15 800m
43	11.08		B/Open Discus	93		12.36	G/U16 800m
44	11.08		G/Open High Jump	94		12.40	B/U16 800m
45	11.08		B/U14 High Jump	95		12.44	G/U17 800m
46		11.10	G Open 400m	96	12.46		B/U15 High Jump
47		11.14	B Open 400m	97	12.46		B/U14 Discus
48		11.20	G/U13 100m A	98	12.46		G/U14 Long Jump
49		11.22	B/U13 100m A	99	12.46		G/U16 Triple Jump
50		11.24	G/U13 100m B	100	12.46		B/Open Shot Put

EVENT NO.	TIME FIELD	TIME TRACK	EVENTS
101	12.46		B/U16 Javelin
102	12.46		G/U15 High Jump
103		12.48	B/U17 800m
104		12.52	G/Open 800m
105		12.56	B/Open 800m
106		1.02	G/U13 200m
107	1.11		G/U15 Discus
108	1.11		G/U16 Long Jump
109	1.11		G/Open Triple Jump
110	1.11		G/U14 Shot Put
111		1.04	B/U13 200m
112		1.06	G/U14 200m
113		1.08	B/U14 200m
114		1.10	G/U15 200m
115		1.12	B/U15 200m
116		1.14	G/U16 200m
117		1.16	B/U16 200m
118		1.18	G/U17 200m
119		1.20	B/U17 200m
120		1.22	G/Open 200m
121		1.24	B/Open 200m
122		1.32	G/U13 4x100m Relay
123	1.35		G/U17 Discus
124	1.35		B/U14 Long Jump
125	1.35		G/U14 Triple Jump
126	1.35		G/Open Shot Put
127	1.35		B/Open Javelin
128	1.35		G/U16 High Jump
129	1.35		B/U16 High Jump
130		1.36	B/U13 4x100m Relay
131		1.40	G/U14 4x100m Relay
132		1.44	B/U14 4x100m Relay
133		1.48	G/U15 4x100m Relay
134	2.02		B/U15 Discus
135	2.02		G/U13 Long Jump
136	2.02		B/U13 Triple Jump
137	2.02		B/U16 Shot Put
138		1.52	B/U15 4x100m Relay
139		1.56	G/U16 4x100m Relay
140		2.00	B/U16 4x100m Relay
141		2.04	G/U17 4x100m Relay
142		2.08	B/U17 4x100m Relay
143		2.12	G/Open 4x100m Relay
144		2.16	B/Open 4x100m Relay



Division A: Balcombe, Flinders, St Peters, John Paul, Padua, St Francis Xavier, SMBG

Division B: Bayside, Woodleigh, Casey, Hillcrest, Nazareth, St Johns, Cornish

TRACK RECORDS

EVENT	BOY	SCHOOL	YEAR	RECORD	GIRL	SCHOOL	YEAR	RECORD
100m								
U13	S Casperez	John Paul	1985	11.42	K McDonald	SFX	2010	12.69
U14	E D'Silva	SFX	2010	11.49	R Fredricksen	Beaconhills	2010	12.25
U15	J Miller Gage	Balcombe	2013	10.83	A Tozer	Flinders	2011	12.11
U16	K Nunn	SFX	2015	11.07	A Bradley-Power	Flinders	2018	12.52
U17	J Delreo	Nazareth	1997	10.80	R Lewis	St John's	1989	12.66
U21	T Templeton	Padua	2010	10.31	A Tozer	Beaconhills	1989	11.91
200m								
U13	T Donnelly	Woodleigh	2011	24.66	R.Fredrickson	Beaconhills	2009	27.03
U14	B Crowley	St John's	1988	23.90	R Fredrickson	Beaconhills	2010	26.28
U15	J Miller Gage	Balcombe	2013	22.98	C Schuwalow	John Paul	1981	23.20
U16	J Da Breo	Nazareth	1996	23.10	S Currie	John Paul	1988	25.60
U17	J Dalreo	Nazareth	1997	22.50	L Bastian	St John's	1999	24.55
U21	C Armanck	St John's	2003	22.60	S Dick	St Peter's	2008	21.40
400m								
U13	C Tsaukalas	St John's	1988	58.31	S Currie	John Paul	1986	1:02.04
U14	C Steedman	Padua	2015	53.17	C Bunter	OLSH	1981	1:00.89
U15	G Hersant	John Paul	1986	51.49	S Mohamed	St Peter's	2018	1:00.34
U16	G Hersant	John Paul	1987	51.70	S Currie	John Paul	1988	59.27
U17	D Szirom	John Paul	1991	49.62	B Prowse	SFX	1995	1:01.08
U21	G Hersant	John Paul	1988	49.62	A Tozer	Beaconhills	1990	58.42
800m								
U13	G Hersant	John Paul	1984	2:18.33	C Eaton	SFX	1987	2:26.12
U14	M Palmer	SFX	1986	2:12.19	E Robertson	Beaconhills	1993	2:29.59
U15	K Bird	Padua	2013	2:08.78	S Power	Padua	1989	2:26.01
U16	T Wallace	John Paul	1991	2:04.96	J Kidd	John Paul	1988	2:26.50
U17	M Elvin	St Peter's	1998	2:00.08	C Eaton	SFX	1990	2:25.87
U21	B Edwards	Beaconhills	1998	1:56.83	S Braakhuis	Padua	1992	2:20.10
1500m								
Junior	T Wallace	John Paul	1996	4:24.67	E Fischer	Padua	2017	5:08.96
Inter	J Rouse	Padua	2012	4:16.22	C Schuwalow	John Paul	1981	4:59.27
Senior	L Burns	John Paul	2016	4:05.78	M McDonagh	SFX	1987	4:50.98
RELAYS 4x100m								
U13		John Paul	1985	49.09		OLSH	1989	54.70
U14		John Paul	1986	48.03		OLSH	1990	54.31
U15		SFX	2011	46.75		John Paul	1978	54.03
U16		St John's	1996	45.63		St John's	1989	53.67
U17		SFX	2023	46.21		John Paul	1989	53.28
U21		St John's	2013	43.36		St John's	1992	52.20

FIELD RECORDS

EVENT	BOY	SCHOOL	YEAR	RECORD	GIRL	SCHOOL	YEAR	RECORD
SHOT PUT								
U13	J Mezaros	St John's	1996	15.87	K Manave	OLSH	1986	11.67
U14	J Mezaros	St John's	1997	16.41	K Dudas	John Paul	1988	11.88
U15	D Watson	St John's	1997	14.61	C Van Garderen	Maranatha	1995	12.14
U16	J Mezaros	St John's	1999	17.85	R Mulder	John Paul	2013	11.38
U17	D Mander	Padua	1996	14.88	R Mulder	John Paul	2014	11.26
U21	R Walton	St John's	1983	15.47	E Millar	Padua	2006	10.28
DISCUS								
U13	J Mezaros	St John's	1996	38.92	S Roberts	St John's	1984	34.97
U14	J Mezaros	St John's	1997	42.90	S Roberts	St John's	1985	33.97
U15	J Mezaros	St John's	1998	49.85	S Roberts	St John's	1986	32.56
U16	M Brown	SFX	1996	52.82	B Edwards	Flinders	2006	29.70
U17	M Brown	SFX	1997	54.25	M Balcke	John Paul	1991	28.68
U21	M Brown	SFX	1999	56.68	S Roberts	St John's	1987	37.55
JAVELIN								
Junior	J Cameron	St James	2012	40.10	J Carroll	St Peter's	2010	33.20
Inter	L Kirpichnikov	SFX	2013	47.09	R Mulder	John Paul	2013	36.86
Senior	L Omar	Woodleigh	2013	49.89	R Mulder	John Paul	2014	35.48
LONG JUMP								
U13	A Spaul	John Paul	1986	5.60	S Currie	John Paul	1986	5.05
U14	R Walton	St John's	1981	6.09	J Ehrmann	Padua	1984	4.97
U15	E Soutar	Woodleigh	2011	6.15	B Kelly	Cornish	2016	5.17
U16	M Kiir	SFX	2018	6.74	B Kelly	Cornish	2017	5.02
U17	W Hamill	Padua	2017	6.68	C De Bruin	Maranatha	2014	5.43
U21	J Roberts	Beaconhills	2010	6.48	S. Crabtree	OLSH	1988	5.36
HIGH JUMP								
U13	K Emerton	Flinders	2013	1.66	V Sheedy	John Paul	2018	1.55
U14	L Davies-Uniacke	Padua	2013	1.76	K McDonald	SFX	1997	1.56
U15	P Scott	John Paul	1985	1.80	T McLeod	Beaconhills	1994	1.60
U16	B Woul	John Paul	2019	1.87	K Colomb	Beaconhills	1997	1.62
U17	M Guastella	St John's	1996	2.00	T Densley	Padua	2001	1.60
U21	S Pollard	St John's	1998	2.01	T Densley	Padua	2002	1.70
TRIPLE JUMP								
U13	R Walton	St John's	1980	12.44	G Davy	Balcombe	2019	11.27
U14	R Walton	St John's	1981	12.44	C Agostino	SFX	2022	10.66
U15	R Walton	St John's	1983	12.83	G Davy	Balcombe	2022	11.23
U16	A Hinson	Padua	2019	13.49	C De Bruin	Maranatha	2013	10.61
U17	W Hamill	Padua	2017	13.09	C De Bruin	Maranatha	2014	10.58
U21	M Guastella	St John's	1997	13.60	C De Bruin	SFX	2016	10.66

GOLF CHAMPIONSHIP

Schools are invited to participate in the below. Entries are to be completed by the individual or school.

The Independent Secondary schools qualifying event is booked for:

Churchill Park GC on TBC

The Independent Secondary schools Final is booked for:

TBC

The SIS Gold Championships is booked for:

Mt Martha Public Golf Course – 22nd October 2024

RULES & REGULATIONS

The SIS Golf Championship is hosted by Cornish College in Term 4 & all member schools will be invited to compete. The competition will be 9 holes - standard ambrose style. Professional coaching sessions will also be included in the format.

School teams are created from having 3 or 4 students in Yrs 7-12 with the ability to mix students with or without a handicap. Schools may enter a maximum of 3 teams.

Teams may use their own clubs & if schools do not have clubs, Cornish College may provide if notified before the competition date.

Players are to wear their school sport uniform in combination with appropriate footwear – golf shoes (preferable) or runners.

LAWN BOWLS CHAMPIONSHIP

RULES & REGULATIONS

The SIS Lawn Bowls Championship is supported by Bowls Victoria & all member schools will be invited to compete. The competition will be held at a **(venue TBC) on Tuesday 13th August.**

The winning team will be invited to compete at the **TBC**

A maximum of 3 school teams are created from having 3 or 4 students in Yrs 7-12 in each team. This allows for 3 students participating on the green at any one time & 1 substitution. Teams may use their own bowls & if schools do not have bowls, Bowls Victoria & the host club will provide bowls (size 00-2) if notified before the competition date.

Players are to wear their school sport uniform in combination with either flat soled shoes (preferable) or runners.

Format

- Two bowls triples (3 ends - maximum time limit per game of 40 minutes)
- An end does not count if it is not completed before time expires
- The skip will stand at the head, with the other 2 players at the mat
- Depending on the amount of teams will determine the potential finals schedule
- To start a match, the team who wins the toss can place the mat along the centreline & roll the jack. The jack must be centred.
- The team who wins the end has control of the mat for the next end.
- Players will receive a 5 minute warning before the end of time.
- The end in progress must be completed. A new end cannot be started after the ringing of the bell. A new end is deemed to be started if the jack has been rolled.
- If the jack goes out of bounds it is re-spotted on the 'T' at the back, closes to the ditch.
- Scoring will be recorded by shots up at each of the 5 ends.
- If 2 teams have the same amount of ladder points after round 3, the shot differential will be the deciding factor. If this figure is the same, the tiebreaker will be the amount of shots for; then fewer shots against, if this is the same. If these numbers are the same, a coin toss will occur.

Power Plays

- Each team will have the ability to use one power play each game
- The power play entitles a team to double their shots if they win that end
- To use the power play, one team member should indicate they are using the power play by holding up the 'Power Play' sign.
- If a team plays their power play & loses the end, no double shots are scored
- A team cannot play the power play on the final end of the match ie 5th end
- The power play must be called at the start of the end, before the jack is rolled. ('Powerplay' signs will be provided)
- A team can use their power play on any end
- Once a power play has been called, & the jack rolled, teams cannot cancel or take back that power play

Substitutions

- Teams have the ability to substitute players to ensure everyone has the opportunity to participate
- Substitutions can be made at the end of each end
- Substitutions cannot be made after the jack is rolled to start the end, for the remainder of that end
- Teams should notify the opposition that they are making a substitution



SHIELD WINNERS - 2023



SPORT	JUNIOR	INTER	SENIOR	AGGREGATE GIRLS	AGGREGATE BOYS	OVERALL
Athletics – Division A	Padua	Padua	Padua	Padua	Padua	Padua
Athletics – Division B	St Peters	St Peters	St Peters	St Peters	SMBG	St Peters
Cross Country – Division A	Padua	Padua	Padua	Padua	Padua	Padua
Cross Country – Division B	Casey	Cornish	Hillcrest	Cornish	SMBG	Hillcrest
Swimming – Division A	Padua	Padua	Padua	Padua	Padua	Padua
Swimming – Division B	John Paul	John Paul	John Paul	John Paul	SMBG	John Paul

CULTURAL	OVERALL	JUNIOR	INTER	SENIOR
Book in a Day	Nazareth College			
Chess	Woodleigh School			
Debating		Flinders College	Woodleigh School	St Margaret's Berwick
Public Speaking	Flinders College	Flinders College & SFX-Officer	John Paul College	Flinders College
Teen Chef	Hillcrest Christian College			
Theatre Sports™		Flinders College		SFX-Beaconsfield



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3 New Holland Drive, Cranbourne East Phone: 5991 0800	Colours Red, White & Blue Email f.williams@caseygrammar.vic.edu.au
Cornish College: Y7-12	Principal Ms Nicola Forrest
65 Riverend Road, Bangholme, 3175 Phone: 9781 9000	Colours Navy, Teal & White Email nicola.forrest@cornishcollege.vic.edu.au
Crest Education: Y7-12	Head Mr Brendan Kelly
500 Soldiers Road, Clyde Nth, 3978 Phone: 9702 2144	Colours Hillcrest: Orange, Black & White Rivercrest: Navy Blue & White Email Brendan.Kelly@rivercrest.vic.edu.au
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Tyabb Campus : Y7-9 1585 Frankston-Flinders Rd, Tyabb, 3913 Phone: 5978 2700	
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Berwick Campus : Y7-9 75 Ridgemont Drive, Berwick, 3806 Phone: 9702 6588	
Officer Campus : Y7-9 21 Majestic Drive, Officer, 3809 Phone: 5943 3600	
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5 – 11 Caroline St, Dandenong, 3175 Phone: 9791 3366	Colours Blue with Yellow & Dark Green Email thogan@sirc.vic.edu.au
St Margarets Berwick Grammar : Y7-12	Head Dr Steven Middleton
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St Johns College	Co-ordinator: Email:	Perri Espinoza & Anne Aldis pt.espinoza@sjrc.vic.edu.au aaldis@sjrc.vic.edu.au
St Peter's College – Clyde North	Co-ordinator: Email:	Nicole Lewis nlewis@stpeters.vic.edu.au
St Peter's College – Cranbourne	Co-ordinator: Email:	Nicole Lewis nlewis@stpeters.vic.edu.au

SIS PUBLIC SPEAKING CO-ORDINATORS 2024

Balcombe Grammar	Co-ordinator: Sean Kelly Email: s.kelly@balcombegrammar.vic.edu.au
Bayside Christian College	Co-ordinator: Andrew Manning Email: Andrew.manning@baysideecc.vic.edu.au
Casey Grammar	Co-ordinator: Naomi Weiler Email: n.weiler@caseygrammar.vic.edu.au
Cornish College	Co-ordinator: Pam King Email: pam.king@cornishcollege.vic.edu.au
John Paul College	Co-ordinator: Steve Cabrera Email: cabreras@jpc.vic.edu.au
Rivercrest	Co-ordinator: Elize Kok Email: Elize.kok@rivercrest.vic.edu.au
St Francis Xavier College - Berwick	Co-ordinator: Rupinder Caur Email: rcaur@sfx.vic.edu.au
St Francis Xavier College - Officer	Co-ordinator: Jacqui Franks Email: jfranks@sfx.vic.edu.au
St Francis Xavier College - Beaconsfield	Co-ordinator: David Newman Email: dnewman@sfx.vic.edu.au
St Johns College	Co-ordinator: Andrea Newman Email: anewman@sjrc.vic.edu.au
St Margarets Berwick Grammar	Co-ordinator: Adam Gordan & Eva Bukin Email: bukine@berwickgrammar.vic.edu.au gordana@berwickgrammar.vic.edu.au
St Peters College - Clyde North	Co-ordinator: Nicole Green Email: ngreen@stpeters.vic.edu.au
St Peters College - Cranbourne	Co-ordinator: David Stretch Email: dstretch@stpeters.vic.edu.au
Woodleigh	Co-ordinator: Marney Pope Email: mpope@woodleigh.vic.edu.au

SIS TEEN CHEF CO-ORDINATORS 2024

Balcombe Grammar	Co-ordinator: Email:	Jackie Roser j.rosser@balcombegrammar.vic.edu.au
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Hillcrest	Co-ordinator: Email:	Michelle Schnabel michelle.schnabel@hillcrest.vic.edu.au
John Paul College	Co-ordinator: Email:	Claudia Busatta busattac@jpc.vic.edu.au
Nazareth College	Co-ordinator: Email:	Kate Goodwin Kate.Goodwin@nazareth.vic.edu.au
Padua College - Mornington	Co-ordinator: Email:	Simone Brick sbrick@padua.vic.edu.au
Padua College - Rosebud	Co-ordinator: Email:	Sian Pugh spugh@padua.vic.edu.au
Nazareth College	Co-ordinator: Email:	Kate Goodwin kate.goodwin@nazareth.vic.edu.au
St Francis Xavier College - Officer	Co-ordinator: Email:	Jordan Wright jowright@sfx.vic.edu.au
St Johns College	Co-ordinator: Email:	Melissah Jeffree mjeffreei@sjrc.vic.edu.au
St Margaret's Berwick Grammar	Co-ordinator: Email:	Eva Bukin bukine@berwickgrammar.vic.edu.au
St Peters College – Clyde North	Co-ordinator: Email:	Damien Cardona dcardona@stpeters.vic.edu.au
St Peters College - Cranbourne	Co-ordinator: Email:	Sarah Lang slang@stpeters.vic.edu.au
Woodleigh	Co-ordinator: Email:	Andrea Jong adejong@woodleigh.vic.edu.au

SIS SPORTS CO-ORDINATORS 2024

Balcombe Grammar	Co-ordinator: Tel: Email:	Andy Martin 5970 1100 a.martin@balcombegrammar.vic.edu.au
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Flinders College - Carrum Downs	Co-ordinator: Tel: Email:	Shay Cosgrave 9785 0000 shay.cosgrave@flinders.vic.edu.au
Flinders College - Tyabb	Co-ordinator: Tel: Email:	Nat Chatfield 5973 2000 nat.chatfield@flinders.vic.edu.au
Hillcrest College	Co-ordinator: Tel: Email:	Grant Armstrong 9702 2144 grant.armstrong@hillcrest.vic.edu.au
John Paul College	Co-ordinator: Tel: Email:	Madi Essing 9784 0377 essingma@jpc.vic.edu.au
Nazareth College	Co-ordinator: Tel: Email:	Tenille Kirk 9795 8100 tenille.kirk@nazareth.vic.edu.au
Padua College - Mornington	Co-ordinator: Tel: Email:	Luke Morgan 5976 0100 lmorgan@padua.vic.edu.au
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Padua College - Tyabb	Co-ordinator: Tel: Email:	Nicole Love 5978 2700 nlove@padua.vic.edu.au
Rivercrest College	Co-ordinator: Tel: Email:	Kirstin Gray 9702 2144 kirstin.gray@rivercrest.vic.edu.au
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St Francis Xavier College - Berwick	Co-ordinator: Tel: Email:	Luke Hannon 9702 6588 alawrence@sfx.vic.edu.au
St Francis Xavier College - Officer	Co-ordinator: Tel: Email:	Darren Thomas 5943 3600 dthomas@sfx.vic.edu.au
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St Peters College Cranbourne	Co-ordinator: Tel: Email:	Leigh Murphy 5990 7777 lpmurphy@stpeters.vic.edu.au
Woodleigh School	Co-ordinator: Tel: Email:	Ben Davenport 5971 6183 bdavenport@woodleigh.vic.edu.au



2024 SIS CALENDAR

TERM 1: 30TH JANUARY – 28TH MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Week 1	29/1	30/1 START OF TERM 1	31/1	1/2	2/2	3/2	4/2
Week 2	5/2	6/2 Performing Arts Meeting	7/2	8/2 Make Up Round	9/2 Make Up Round	10/2	11/2
Week 3	12/2	13/2 Sports Meeting	14/2	15/2 Performing Arts Meeting Senior Sport – R1 Junior Sport – R1	16/2 Intermediate Sport – R1	17/2	18/2
Week 4	19/2	20/2	21/2	22/2 Public Speaking Meeting Senior Sport – R2 Junior Sport – R2	23/2 Intermediate Sport – R2	24/2	25/2
Week 5	26/2	27/2	28/2	29/2 DAY 1 PERFORMING ARTS REHEARSAL President AGM Principals Meeting Senior Sport – R3 Junior Sport – R3	1/3 Intermediate Sport - R3	2/3	3/3
Week 6	4/3	5/3	6/3	7/3 DAY 2 PERFORMING ARTS REHEARSAL Make Up Round	8/3 Make Up Round	9/3	10/3
Week 7	11/3 Labour Day Holiday	12/3 Drama Coordinators Meeting	13/3	14/3 Senior Sport – R4 Junior Sport – R4	15/3 Intermediate Sport - R4	16/3	17/3
Week 8	18/3	19/3 PERFORMING ARTS DAY REHEARSAL & EVENING CONCERT	20/3	21/3 Senior Sport – R5 Junior Sport – R5	22/3 Intermediate Sport - R5	23/3	24/3
Week 9	25/3 Swim Relay Carnival 9.30am-12.00pm (Pines Frankston)	26/3 Sports Meeting	27/3	28/3 END OF TERM 1	29/3 Good Friday	30/3	31/3

TERM 2: 15TH APRIL- 28TH JUNE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Week 1	15/4 START OF TERM 2	16/4	17/4	18/4	19/4	20/4	21/4
Week 2	22/4	23/4 SWIMMING CARNIVAL DIVISION A MSAC 10am-1.30pm	24/4 SWIMMING CARNIVAL DIVISION B MSAC 10am-1.30pm Performing Arts Review Meeting	25/4 Anzac Day Holiday	26/4	27/4	28/4
Week 3	29/4	30/4	1/5	2/5 PUBLIC SPEAKING CHAMPIONSHIPS Senior Sport – R1 Junior Sport – R1	3/5 Intermediate Sport – R1	4/5	5/5
Week 4	6/5 VSAC Swimming MSAC 2pm-7.30pm	7/5	8/5	9/5 Senior Sport – R2 Junior Sport – R2	10/5 Intermediate Sport – R2	11/5	12/5
Week 5	13/5	14/5 Art, Tech & Design Meeting	15/5	16/5 Principals Luncheon & Meeting Senior Sport – R3 Junior Sport – R3	17/5 Intermediate Sport – R3	18/5	19/5
Week 6	20/5	21/5 CROSS COUNTRY CARNIVAL - DIV A & B CASEY FIELDS	22/5	23/5 Drama Workshop Make Up Round	24/5 Make Up Round	25/5	26/5
Week 7	27/5	28/5	29/5	30/5 Senior Sport – R4 Junior Sport – R4	31/5 Intermediate Sport – R4	1/6	2/6
Week 8	3/6	4/6	5/6	6/6 Debating Meeting Senior Sport – R5 Junior Sport – R5	7/6 Intermediate Sport – R5	8/6	9/6
Week 9	10/6 King's Birthday Holiday	11/6 Teen Chef Meeting	12/6	13/6 THEATRE SPORTS CHAMPIONSHIP Make Up Round	14/6 Make Up Round	15/6	16/6
Week 10	17/6	18/6 Book in a Day Meeting	19/6	20/6	21/6	22/6	23/6
Week 11	24/6	25/6 Sports Meeting	26/6	27/6	28/6 END OF TERM 2	29/6	30/6

TERM 3: 15TH JULY – 20TH SEPTEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Week 1	15/7 START OF TERM 3	16/7	17/7	18/7	19/7	20/7	21/7
Week 2	22/7	23/7	24/7	25/7 Senior Sport – R1 Junior Sport – R1	26/7 Debating Rd 1 Intermediate Sport – R1	27/7	28/7
Week 3	29/7	30/7 BADMINTON RALLY DAY	31/7	1/8 TEEN CHEF CHAMPIONSHIP Senior Sport – R2 Junior Sport – R2	2/8 Intermediate Sport – R2	3/8	4/8
Week 4	5/8	6/8 Book in a Day Workshop	7/8	8/8 Senior Sport – R3 Junior Sport – R3	9/8 Intermediate Sport – R3	10/8	11/8
Week 5	12/8	13/8 LAWN BOWLS CHAMPIONSHIP Art, Design & Tech Meeting	14/8	15/8 Principals Meeting Make Up Round	16/8 Make Up Round	17/8	18/8
Week 6	19/8	20/8 BOOK IN A DAY CHAMPIONSHIP	21/8	22/8 Senior Sport – R4 Junior Sport – R4	23/8 Debating Rd 2 Intermediate Sport – R4	24/8	25/8
Week 7	26/8 ATHLETIC CARNIVAL DIVISION B CASEY STADIUM	27/8 ATHLETIC CARNIVAL DIVISION A CASEY STADIUM	28/8	29/8 Senior Sport – R5 Junior Sport – R5	30/8 Intermediate Sport – R5	31/8	1/9
Week 8	2/9	3/9	4/9	5/9 Make Up Round	6/9 Debating Championship Semi Final Make Up Round	7/9	8/9
Week 9	9/9	10/9	11/9	12/9 CHESS CHAMPIONSHIP	13/9	14/9	15/9
Week 10	16/9	7/9 DEBATING CHAMPIONSHIP FINALS Sports Meeting	18/9	19/9	20/9 END OF TERM 3	21/9	22/9

TERM 4: 7TH OCTOBER – 20TH DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
Week 1	7/10 START OF TERM 4	8/10	9/10	10/10	11/10	12/10	13/10
Week 2	14/10	15/10 Book in a Day Presentations	16/10	17/10 Junior Sport – R1	18/10 Intermediate Sport – R1	19/10	20/10
Week 3	21/10	22/10 GOLF CHAMPIONSHIPS	23/10	24/10 Performing Arts Planning Meeting Junior Sport – R2	25/10 Intermediate Sport – R2	26/10	27/10
Week 4	28/10	29/10	30/10	31/10 Junior Sport – R3	1/11 Intermediate Sport – R3	2/11	3/11
Week 5	4/11	5/11 Melbourne Cup Holiday	6/11	7/11 Make Up Round	8/11 Art, Tech & Design Exhibition – Set Up Make Up Round	9/11 A & T Ex	10/11
Week 6	11/11 Art, Tech & Design Exhibition Celebration Night	12/11 Art, Tech & Design Exhibition	13/11 Art, Tech & Design Exhibition	14/11 Art, Tech & Design Exhibition Junior Sport – R4	15/11 Art, Tech & Design Exhibition Intermediate Sport – R4	16/11 A & T Ex	17/11
Week 7	18/11 Art, Tech & Design Exhibition (Pull Down)	19/11	20/11	21/11 Junior Sport – R5	22/11 Intermediate Sport – R5	23/11	24/11
Week 8	25/11	26/11	27/11	28/11 Principals Meeting Make Up Round	29/11 Make Up Round	30/11	1/12
Week 9	2/12	3/12 Sports Meeting	4/12	5/12	6/12	7/12	8/12
Week 10	9/12	10/12	11/12	12/12	13/12	14/12	15/12
Week 11	16/12	17/12	18/12	19/12	20/12 END OF TERM 4	21/12	22/12

2024 SIS MEETINGS & EVENTS SUMMARY

All meetings will commence at **1.30pm** unless otherwise arranged. Venues will be at a rotation of affiliated schools.

ANNUAL GENERAL MEETING – Thursday, 29 February

ART & TECHNOLOGY EXHIBITION

Art Co-ordinators Meeting – Tuesday, 14 May
Art Planning Meeting – Tuesday, 13 August
Art & Technology Exhibition Set up – Friday, 8 November
Art & Technology Celebration Night – Monday, 11 November
Studio & Gallery Pull Down – Monday, 18 November

BOOK IN A DAY

Book in a Day Meeting – Tuesday, 18 June
Book in a Day Workshop – Tuesday, 6 August
Book in a Day Championship – Tuesday, 20 August
Book in a Day Workshop/Presentations – Tuesday, 15 October

CHESS

Chess Championship – Thursday, 12 September

DEBATING

Debating Co-ordinators Meeting – Thursday, 6 June
Debating Championship Round 1 – Friday, 26 July
Debating Championship Round 2 – Friday, 23 August
Semi Finals – Friday, 6 September
Finals – Tuesday, 17 September

DRAMA & THEATRESPORTS™

Drama Co-ordinators Meeting – Tuesday, 12 March
Drama Workshop – Thursday, 23 May
TheatreSports™ Championship - Thursday, 13 June

PERFORMING ARTS CONCERT

Performing Arts Co-ordinator Meeting 1 – Tuesday 6 February
Performing Arts Co-ordinator Meeting 2 – Thursday, 15 February
Performing Arts Rehearsals : Day 1 – Thursday, 29 February & Day 2 – Wednesday, 7 March
Performing Arts Rehearsal & Evening Concert – Tuesday, 19 March
Performing Arts Review Meeting – Wednesday, 24 April
Performing Arts Planning Meeting – Thursday, 24 October

TEEN CHEF

Teen Chef Co-ordinators Meeting – Tuesday, 11 June
Teen Chef Championship – Thursday, 1 August

PUBLIC SPEAKING

Public Speaking Co-ordinators Meeting – Thursday, 22 February
Public Speaking Championship - Thursday, 2 May

2024 SIS MEETINGS & EVENTS SUMMARY

PRINCIPAL'S MEETINGS – 1.30pm

- Term 1** - Thursday, 29 February (incorporating AGM)
Term 2 - Thursday, 16 May (incorporating Annual Lunch)
Term 3 - Thursday, 15 August
Term 4 - Thursday, 28 November

SPORT

Term 1

- Meetings – Tuesday, 13 February & Tuesday, 26 March
Senior & Junior Weekly Sport – 8 February to 21 March
Intermediate Weekly Sport – 9 February to 22 March
Swimming Relay Carnival – Monday, 25 March

Term 2

- Swimming Carnival Division A – Tuesday, 23 April
Swimming Carnival Division B – Wednesday, 24 April
Senior & Junior Weekly Sport – 2 May to 13 June
Intermediate Weekly Sport – 3 May to 14 June
Victorian Schools Association Competition (Swimming) – Monday, 6 May
Cross Country Carnival – Divisions A & B – Tuesday, 21 May
Meeting – Tuesday, 25 June

Term 3

- Senior & Junior Weekly Sport – 25 July to 5 September
Intermediate Weekly Sport – 26 July to 6 September
Badminton Rally Day - Tuesday, 30 July
Lawn Bowls Championship – Tuesday, 13 August
Athletics Carnival Division B – Monday, 26 August
Athletics Carnival Division A – Tuesday, 27 August
Meeting – Tuesday, 17 September

Term 4

- Junior Weekly Sport – 17 October to 28 November
Intermediate Weekly Sport – 18 October to 29 November
Golf Championship – Tuesday, 22 October
Meeting – Tuesday, 3 December

