

CONDUCT OF CARNIVALS

- 1) Further details and any clarification of the rules will be forwarded to schools by the Carnival organiser(s) well before the date of the event. A sub-committee of Sports Teachers will be responsible for the organization and running of the carnivals.
- 2) The Association will keep copies of the procedures involved in organising each of the Carnivals. The organising schools may obtain copies of these from the Executive Officer.
- 3) Students and staff of schools are required to remain at the Swimming, Athletics and Cross Country Carnivals until the conclusion of the Presentation Ceremony.
- 4) In the event of adverse weather, unless otherwise notified, teams are to report to the Cross Country and Athletics venues at the usual starting time. If conditions remain unpleasant, the program may be abridged following discussions between Sports Teachers.
- 5) Heat Out Policy: When the temperature is forecast to reach 35^o C *during* any part of the competition time of the carnival, the carnival is to be cancelled. The Executive Officer is to check 24hrs before each event as to what the maximum temperature will be during the carnival. Schools will therefore receive a 24hr notice that there has been a cancellation. Forecast temperatures are to be taken from the free 'Weatherzone' App.
 - Carnivals at Ringwood are to use the weather station at Scoresby.
 - Carnivals at MSAC are to use the weather station at Melbourne.
 - Carnivals at Ruffey Lake are to use the weather station at Doncaster.
 - Carnivals at Pt Leo are to use the weather station at Shoreham.
- 6) Competitors are restricted to one age group, unless there is no provision for a specific event within that age group. In that case a competitor may enter the next older age group.
- 7) A student may compete in an older age group. If that were to happen, the student must compete in this older age group for the duration of the carnival.
- 8) A promotion/relegation system for carnivals is in effect. Top school replaces bottom school.
- 9) All students competing in EISM activities MUST be secondary students.
- 10) There must be no coaching inside or adjacent to the competitions area during events (includes pool deck, athletics track). In cross country there is to be no 'pacing' of competitors during the course of the race.
- 11) Entries for the EISM Swimming and Athletics Carnivals will only be accepted via Hytek Team Manager 'entries' file. Entries for the EISM Cross Country are via a proforma Microsoft Excel Spread sheet.
- 12) The Division in which each EISM Member School will be competing in for relevant carnivals can be located in Appendix X.
- 13) Refer to EISM By-Laws "C. *Conduct of Carnivals – Guidelines*" for lodging protests.
- 14) Age groups to be determined by age as of midnight 31st December 2016. If 12 on 1st January, then that student competes as an under 13.

For the calendar Year **2017** if you are born in the following years, you compete in:

1998-2000	Open
2001	Under 16
2002	Under 15
2003	Under 14
2004-2005	Under 13

CARNIVAL REGULATIONS - SWIMMING**GENERAL**

The rules of the competition will be as directed by the Swimming Victoria Inc. Any infringement of the rules may result in the disqualification of the swimmer concerned.

Disqualifications:

- Incorrect stroking, which goes beyond reasonable tolerance.
- Single hand touches in Breaststroke or Butterfly
- Incorrect changeovers in Relays.
- Incorrect Swimwear

Marshalling:

- Competitors who do not marshal will not be credited points for the event. They will be deemed to have not swum.

Start

The start in Freestyle, Breaststroke, and Butterfly will normally be a dive. In certain circumstances, with permission from the Referee in Charge, a swimmer may start in the water and must touch the wall until the starting signal. The start for Backstroke is always in the water. Once swimmers are in the water, there will be a second long whistle to call swimmers to the starting position.

Swimmers are called to their blocks for the race by a long whistle. When the starter gives the command "Take your marks" swimmers will move to the front of the blocks and remain still until the starting signal. If a swimmer breaks before the Starters beep, the race will continue and the breaking swimmer will be disqualified. If the Official Starter has made an error, a second start beep will be heard and the False Start Official will drop a flag rope into the water. All Swimmers are then to return for a new start.

Swimming Program

Following is a list of events offered to both boys and girls in the Swimming program for the various divisions:

100m Freestyle	Open	Div 1, 2 & 3
50m Freestyle A	U13 to Open	Div 1, 2 & 3
50m Freestyle B	U13 to Open	Div 1
4x50m Medley Relays	U13 to Open	Div 1, 2 & 3
50m Breaststroke	U13 to Open	Div 1, 2 & 3
50m Butterfly	U13, U15 & Open	Div 1, 2 & 3
50m Backstroke	U13 to Open	Div 1, 2 & 3
4x50m Freestyle Relays	U13 to Open	Div 1, 2 & 3
5x50m Relay	Multi-age	Div 2 & 3

Points

Individual A:	30, 27, 25, 24, 23, 22, 21, 20, 19, 18.
Individual B:	20, 18, 16, 15, 14, 13, 12, 11, 10, 9.
4 x 50m Relays:	45, 41, 38, 36, 34, 32, 30, 28, 26, 24.
5 x 50m Relays	60, 54, 50, 48, 46, 44.

Miscellaneous

- a) Swimmers and spectators are particularly requested to keep silent at the commencement of each race. i.e. from the Referees first long whistle until after the starting signal.
- b) It is the swimmer's responsibility to report punctually for his or her event.
- c) Swimmers may wear school bathers or plain black/blue swimwear. All swimmers must wear a school swim cap. Board Shorts are not permitted.
- d) Competitors are allowed to compete in a maximum of 4 individual events.

CARNIVAL REGULATIONS – SWIMMING (cont'd)**Champions Carnival Selection**

Division 1	Fastest 5 Swimmers from each event
Division 2	Fastest 3 Swimmers from each event
Division 3	Fastest 2 Swimmers from each event

Emergencies for the Champions Carnival will be determined by best times.

EVENTS**Freestyle**

If you stand up and walk on the bottom, fail to touch at the turn or finish, swim in another lane or interfere with another swimmer in any way you will be disqualified. A freestyle touch or finish may be with any part of the body.

Backstroke

Swimmers need to stay on their back until the head, arm or hand touch/hits the end. Don't stand up at the turns but push off the end and always be on your back. It is permissible for a swimmer to be completely submerged at the start or turn for not more than 15 metres.

Breaststroke

Keep your body on the breast with shoulders in line with the water level and make sure all leg and arm movements are synchronised and in the same horizontal plane. Feet must be turned outward in the backward movement of the legs. The head is permitted to be under the water but must break the surface at each stroke. At each turn and at the finish of the race the touch shall be made with both hands simultaneously at, above or below water level.

Butterfly

The body should be kept on the breast with the shoulders in line with the surface of the water. Both arms must be brought forward together over the water and brought backward simultaneously. All movements of the feet must be executed in a simultaneous manner. The legs and feet need not be at the same level, but no alternating movements are permitted. Failure to comply with these rules will result in disqualification.

Relays

In Relay events the feet of the outgoing swimmer must be touching the starting blocks, when the incoming swimmer touches the wall. At the shallow end of Nunawading Pool, when the changeover occurs, the outgoing swimmer's hand must be visibly touching the side until the incoming swimmer correctly touches the wall. Failure to comply with this constitutes a break for which the whole team will be disqualified.

In Medley Relay, the order of strokes is Backstroke, Breaststroke, Butterfly and Freestyle. If a swimmer does the 'wrong' stroke in any 'leg' the team will be disqualified. None of the three form strokes may be repeated in the Freestyle leg.

5x50m Freestyle Age Group Relay. In Division 2 & 3, there will be one race for girls and one race for boys. A competitor from each age group to compete in this race. U13 swims first, U14 swims second etc. Open swimmer to be the last competitor.

CARNIVAL REGULATIONS - ATHLETICS**GENERAL**

The rules of the competition will be as directed by Athletics Victoria. Any infringement of the rules may result in the disqualification of the competitor.

Marshalling:

- In the field events, a competitor can check in to the event anytime up to the commencement of their event. If they fail to check in before the start time of the event, they may have less than 3 jumps/throws as the event must finish prior to the scheduled start time of the next event. In the high jump, if a competitor leaves, the high jump continues. When that competitor returns he/she will join in at the height that is currently being jumped.
- In track events, marshalling occurs approximately 10mins before the start time. Track events are marshalled near the start line of each event. There is no central marshalling for relays, competitors are to go directly to their change-over point.
- When competing in both Track and Field Events, marshal at both events and complete as much of the Field event as possible before returning to the Track.

Athletics Program

Following is a list of events offered to Girls and Boys in the Athletics program for the various divisions:

High Jump	U13 to Open	Div 1, 2 & 3
Long Jump	U13 to Open	Div 1, 2 & 3
Triple Jump	U13 to Open	Div 1, 2 & 3
Shot Put	U13 to Open	Div 1, 2 & 3
100m A,B C	U13 to Open	Div 1, 2 & 3
200m A & B	U13 to Open	Div 1, 2 & 3
400m	U13 to Open	Div 1, 2 & 3
800m (2 runners)	U13 to Open	Div 1, 2 & 3
1500m (2 runners)	U13, U15 & Open	Div 1, 2 & 3
Relay	U13 to Open	Div 1, 2 & 3
Hurdles	U14 to Open	Div 1
Hurdles	U15 & Open	Div 2

Points

Division 'A'	30, 27, 25, 24, 23, 22, 21, 20, 19, 18, 17, 16, 15, 14, 13, 12.
Division 'B'	20, 18, 16, 15, 14, 13, 12, 11
Division 'C'	10, 8, 7, 6, 5, 4, 3, 2
Relays:	45, 41, 38, 36, 34, 32, 30, 28

Miscellaneous

- a) A competitor may compete in a maximum of five individual events and a relay.
- b) Competitors are required to wear the Athletics top as advised to the EISM and displayed on the EISM Website under 'Uniforms'. Failure to do so may lead to disqualification.
- c) The cooperation of coaches/managers is required at the athletics venue to ensure that the program runs smoothly by:
 - 1) providing student assistance to move hurdles between events (athletics)
 - 2) keeping students off the high jump bags
 - 3) directing students (especially Year 7) to events as required
 - 4) not using the track for relay warm-up when other track events are in progress
 - 5) keeping students in school areas whenever possible
 - 6) checking students' uniform prior to events
 - 7) treating minor injuries in school areas
 - 8) ensuring no footballs or other sporting equipment is brought to the venue

CARNIVAL REGULATIONS – ATHLETICS (cont'd)**Champions Carnival Selection**

The winner of each event, then the next best time/distance to fill the field. Field Numbers are:-

Event	Total Entries	Emergencies
100m	10	4
200m	8	4
400m	8	4
800m	14	4
1500m	14	4
Relays	8	2
High Jump	7 approx	0
Long Jump	6	3
Triple Jump	6	3
Shot Put	6	3

FIELD EVENTSTied Events determined by Distance - Shot, Long Jump & Triple Jump

The second best performance of the competitors tying shall decide the tie. If a tie still remains, the third best distance and so on.

Tied Events - High Jump:

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

Shot Put

1. The order of competitors decided by the program. 3 trials are allowed for each competitor.
2. The competitor must commence the throw from a stationary position.
3. The 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, he/she touches the top of the stop board or circle or ground outside the circle or improperly releases the shot in making the attempt. A competitor may stop 'mid throw', lay the implement down and return to a stationary position, provided he/she only restarts once during each trial.
4. A competitor may not leave the circle until the implement has touched the ground and then must leave by the rear half of the circle.
5. All throws must land within the inner edges of the lines marking the throwing sectors.
6. The measurement of each throw shall be made from the nearest mark made by the fall of the Shot to the inside of the circumference of the circle, 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.
7. The Shot must be carried back to the starting line or circle.
8. The Shot shall be put from the shoulder with one hand only. The Shot should be close to the chin and 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.
9. Shot Put competitors need to move directly from the Stadium to their event which is being conducted outside of the main event area. Spectators who wish to watch can do so only from the designated viewing area.

Shot Put Weights for EISM

	Age	Girls	Boys
-	U/13	3 kg	3 kg
-	U/14	3 kg	3 kg
-	U/15	3 kg	4 kg
-	U/16	3 kg	4 kg
-	OPEN	3 kg	5 kg

CARNIVAL REGULATIONS – ATHLETICS (cont'd)

Long Jump

1. If a competitor touches the ground beyond the take-off board whether running up without jumping or in the act of jumping, it shall be a NO JUMP.
2. 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, and at right angles to such line. Sand should be raked evenly between the jumps.
3. No part of trailing leg of jumper strikes the ground before entry into pit (no jump).

Triple Jump

1. In Triple Jump trailing leg CAN hit the ground provided it gives no assistance.

High Jump

1. Competitor must take off from one foot.
2. Knocking the bar off the supports or touching the ground behind the uprights before taking off shall count as a NO JUMP.
3. The commencement height and the different heights by which the bar will be raised shall be announced before starting (initially 3 cm later 2 cm and finally 1 cm).
4. A competitor may start jumping at any height above the minimum height. Three consecutive failures at a given height disqualify the competitor.

Starting Heights

	Age	Girls	Boys
-	U13	1.05m	1.10m
-	U14	1.10m	1.15m
-	U15	1.15m	1.20m
-	U16	1.20m	1.30m
-	Open	1.20m	1.35m

CARNIVAL REGULATIONS – ATHLETICS (cont'd)**TRACK EVENTS****Start**

"On your marks", "Set" - gun. 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.

Crouch starts are compulsory for sprint starts (ie. 100m – 400m).

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 nearer edge of the finish line. Any competitor leaving her/his lane and cutting across another competitor shall be disqualified. This does not apply to the 800 and 1500 metres where lanes are not designated.

Number of Entrants for each Event

There is one student to represent each school for all events except the 800m and 1500m. Two students to compete in each of these events.

Relays

1. Members of the team other than the first runner may commence running not more than 10m outside the takeover zone. In all relays, the baton must be passed within the takeover zone.
2. If the baton is dropped, it must be recovered by the athlete who dropped it.
3. Competitors after handing the baton over, remain in their lane, until the course is clear.
4. The final runner only of the first three placegetters will collect ribbons for their teams.
5. If a runner throws a baton at the conclusion of the event, the offender risks disqualification.

Hurdles

Girls' EISM Hurdle Specifications

	Age	Race Distance	No. of Hurdles	Hurdle Height	Distance To First	Distance Between	Distance To Finish
-	U/14	80m	9	76cm	12m	7m	12m
-	U/15	90m	9	76cm	13m	8m	13m
-	U/16	90m	9	76cm	13m	8m	13m
-	OPEN	100m	10	76cm	13m	8.5m	10.5m

Boys' EISM Hurdle Specifications

	Age	Race Distance	No. of Hurdles	Hurdle Height	Distance To First	Distance Between	Distance To Finish
-	U/14	90m	9	76cm	13m	8m	13m
-	U/15	100m	10	84cm	13m	8.5m	10.5m
-	U/16	100m	10	84cm	13m	8.5m	10.5m
-	OPEN	100m	10	91.5cm	13m	8.5m	10.5m

CARNIVAL REGULATIONS - CROSS COUNTRY

Starting Procedure:

- a) All competitors must marshal 5-10 minutes before the scheduled event start. If a competitor marshals late they are to start from the 2nd start line. Staff are allowed in the marshalling area to talk with students.
- b) Failure to marshal will lead to disqualification
- c) Competitors without an official wristband will not be allowed to compete.
- d) The starter will call the competitors forward with the call 'On your marks!' The race will then be started on the sound of a starting pistol.

Finish & Scoring Procedure:

- a) Eastern Division schools may field up to twelve (12) competitors per event. The first 5 runners score in each age group.
- b) Central Division schools may field up to ten (10) competitors per event. . The first 4 runners score in each age group.
- c) Southern Division schools may field up to ten (10) competitors per event. . The first 3 runners score in each age group.
- d) Competitors must hand their wristbands to the Spiker (Finish Line) Official prior to leaving the finish line chute.
- e) Points awarded:
 - 1st competitor to finish gains 1 point
 - 15th competitor to finish gains 15 points
 - 63rd competitor to finish gains 63 pointsThe default score of 100 points per person will apply to schools that don't have sufficient runners completing the course.
- f) At the conclusion of the Carnival, in each Division the school with the lowest total points over all age divisions is the Champion Cross Country School.
- g) The first three placegetters in each event to receive medallions.

Miscellaneous

- a) Each competitor must be dressed in full school colours and wear an official wristband.
- b) Each competitor must adhere strictly to the course as stated and displayed.
- c) No-one, not involved in the race, can run with or physically support a runner during an event.
- d) No competitor may run with any music devices (ie. MP3 Player, ipod etc.)
- e) Schools are to advise the Executive Officer in writing if they are running a competitor out of their age group.
- f) A Pennant will be awarded to the lowest combined score of boys and girls for each age group.
- g) It is the responsibility of each school to ensure that the competitors from their school know the course.
- h) The Cross Country Course is not to be used for warm-ups, all warm-ups need to be conducted off-course.
- i) Students are not to play ball games in the immediate vicinity of the course or the officials tents.
- j) Students are not to play on the pre-school play equipment located at the venue or .

Distances

	Boys	Girls
Under 13	3000 metres	3000 metres
Under 14	3000 metres	3000 metres
Under 15	4000 metres	3000 metres
Under 16	4000 metres	3000 metres
Open	4000 metres	3000 metres

CARNIVAL REGULATIONS - OTHER

5-A-Side

Rules of Play:

1. Hours of play will be advised by the organisers.
2. As many schools as want to play will be accepted into the competition for boys and for girls.
3. Unlimited interchange may be made in the course of the game.
4. Game time will be determined when the number of schools involved is known.
5. 4 points to be allocated for a win and 2 for a draw.
6. There will be two semi-finals.
7. If the scores are level at the end of the semi-final, an extra 3 minutes each way to be played with the "golden goal" rule applying. If a tie results in semi-final and final matches five penalties will be taken using a different player for each kick. The procedure will be repeated until a result is obtained.
8. FFV referees will be employed where possible. If none are available teachers or other adults deemed competent will officiate.
9. Teams will be divided into equal pools and the competition will be on a round robin basis, with the top two teams from each pool meeting in the semi-finals.

Beach

1. The Beach Carnival is held at Point Leo in late November. Specific location to be determined according to weather conditions.
2. The competition is individual based with no team points being allocated.
3. Participation is the main focus of the day with all students encouraged to take part in as many events as they are comfortable with.
4. The events conducted on the day are:
 - Run/Swim/Run
 - Board Relays
 - Swim Relays
 - Wade Relays
 - Surfboard Rescues
 - Beach Sprints
 - Flags Sprint
 - Ironman
5. There are junior (year 7 & 8) and senior (year 9 and older) competitions run on the day.
6. Schools are required to take sun screen on the day and it is strongly recommended that hats be worn when not competing.
7. Schools need to supply a tent.
8. It is recommended that students wear a rash vest as a minimum and preferably a wetsuit.
9. When competing in water events, a school provided swimming cap needs to be worn.
10. There is no canteen at the beach at Point. Leo so all food and drink needs to be brought in.
11. Each school is responsible for cleaning up the beach area that they have been using during the carnival.
12. All events will be conducted between the specially marked flags. There is to be no entry into the water **at any time** unless it is between the flags and there is a Surf Lifesaving Victoria lifeguard supervising.
13. Any student that does not follow the rules about swimming between the flags will be banned from further Beach Carnival events for the remainder of the day.
14. Surf Lifesaving Victoria provides lifeguards and a motorized dinghy for the day.
15. All Students competing must successfully complete 5 test items before they will be allowed to attend the Beach Carnival. They are:
 - Swim 200m
 - Use of flotation aid for support for 1 min
 - Re-assure other swimmers by talking with them
 - Survival sculling, floating or tread water for 5 min
 - Waving 1 arm as if signalling for help
16. Parents need to complete the confidential medical form that the EISM provides.
17. Schools will need to provide documentation of Staff qualifications and expertise necessary to supervise Students at a 'Type 3' Venue. (A beach exposed to an Ocean Swell).
18. A Student Staff ratio of 5-1 applies.