

2014 EDITION



CAF NATIONAL SPORTS RULEBOOK

RULEBOOK



2014 Edition

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CHAPTER 1 – INTRODUCTION



A division of CF Morale & Welfare Services
Une division des Services de bien-être et moral des FC

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CHAPTER 1 – INTRODUCTION

PURPOSE

1. The purpose of this Rulebook is to outline the policies, procedures, responsibilities, regulations and rules governing the CAF National Sports Championships. Policy regulations common to the CAF Sports Program found in CFAO 50-3.

THE CAF SPORTS SYSTEM

Introduction

2. The Canadian Armed Forces sports program is an integral part of the CF Morale and Welfare Services and the CAF Health and Physical Fitness Strategy, contributing to an active and healthy lifestyle, and enabling CAF personnel to play and compete at their highest possible level.

3. Competitive sports are part of the training and development of CAF members. The objectives established for the sports program are met in part through participation in team and individual sports competitions.

Objectives

4. Comprehensive sports programs, through the demands of training and competition, contribute to the operational readiness and overall effectiveness of the CAF. The objectives of the program are to:

- a. Develop unit cohesion, team work, morale, pride and identity;
- b. Instill a high degree of esprit de corps and camaraderie;
- c. Develop individual attributes such as leadership, perseverance, self-discipline, self-sacrifice, self-control, self-esteem, confidence, warrior spirit and a general respect for all participants;
- d. Promote and develop physical fitness, health and mental well being;
- e. Provide the opportunity for all members to develop their physical potential;
- f. Provide the opportunity for members to participate in highly skilled, competitive and organized athletics; and
- g. Motivate military athletes and teams to achieve higher standards of proficiency and strive for excellence.

Responsibility and Authority

5. Commanding Officers (CO) are responsible for establishing a comprehensive competitive sports program in which all members have the opportunity to compete.
6. The Regional Sports Directors (RSDs) within their military region, are the approving authority for the organization and conduct of regional level sports competitions. Regional boundaries are described at para 16.
7. CFMWS/Director of Fitness (CFMWS/DFIT) is the approving authority for the organization and conduct of CAF National Sports Championships.

Levels of Competition

8. Intramural: The primary level of sport competition is intramural sports, which, according to local conditions may include inter-section, inter-company or inter-mess.
9. Extramural: The next level of competition is the extramural sports program. Extramural competition is a valuable extension of the intramural program and an important component in achieving the objectives of the CAF sports program. It provides the opportunity for athletes of better than average athletic calibre to compete at higher levels of competition.
10. Extramural sports programs include:
 - a. Competitions against members or teams from other bases, wings or units;
 - b. Participation against civilian teams or individuals;
 - c. CAF Regional Championships and invitational competitions;
 - d. CAF National Championships and invitational competitions; and
 - e. Participation at the elite level in national and international civilian or military sport competitions.
11. The CAF Regional and National Championships are the primary types of extramural competitions. They take priority over all other extramural activities.
12. CAF invitational competitions involving individuals or teams from more than one region require CFMWS/DFIT approval, and normally will be subject to the condition that the number of participants or teams per region must be limited. Applications will normally be staffed through the RSD and reviewed at the annual RSD meeting for inclusion in the CAF National Sports Program.

Regional Program

13. The CAF is divided into five regions for sports competitions, which are organized and conducted under the authority of CFMWS/DFIT and the RSDs. The responsibilities of the RSDs are described in Chapter 4, page 3/15.

14. Regional competitions are to provide frequent opportunity for activity in the widest variety, and must be conducted with the most economical use of resources. As an approved extension of base level sports programs, regional competitions are to be conducted with public resources.

15. Regional programs shall be arranged to ensure that:

- a. Competitions are organized in all sports where sufficient interest is shown by a majority of bases and wings within the region;
- b. Equitable competition opportunities are available for all sizes of bases, wings and units; and
- c. A fair and effective method is designed to select regional representatives for CAF National Sports Championships:
 - i. Regional competition with two or more teams;
 - ii. If only one team enters a regional competition they will represent their region at Nationals; and
 - iii. If no teams are available alternative options must be submitted to the NSO for approval.

16. A summary of protective equipment for many of the sports is listed in Chapter 22 of this Rulebook.

Regional Boundaries

Region	Territory
Pacific	British Columbia and all units under CFSU (Colorado Springs), Clear Alaska
Prairie	Alberta, Saskatchewan, Manitoba, Northwest Territories, Yukon, and Nunavut
Ontario	Ontario (less the National Capital Region), CFS Alert, and CDLS (Washington).
Quebec	Quebec, the National Capital Region, Cornwall, and Continental USA bordered by the Eastern Time Zone and Quebec provincial boundaries (less Tyndell and Rome).
Atlantic	New Brunswick, Prince Edward Island, Nova Scotia and Newfoundland and Labrador, CFSU(Europe)

National Program

17. Sports competitions to be conducted as CAF National Sports Championships will be determined at the National RSDs Annual Meeting based on the relative participation at the regional level. CFMWS/DFIT along with the RSDs will set the policies, regulations, and rules for the CAF National Sports Championship Program. The rules for the sports that are currently part of the National Sports Program can be found in chapters 7 to 21 of this rulebook.

18. In no case should participation in civilian competition take priority over the development of base programs or conflict with participation in CAF Regional or National Championships.

Organizing and Conducting CAF National Sports Championships

19. Organizing and conducting a CAF National Sports Championship is a joint responsibility involving:

- a. CFMWS/DFIT;
- b. RSDs; and
- c. Host Base Fitness, Sports and Recreation Director (FS&R Director)

Selecting Sports for CAF National Sports Championships

20. Sports chosen as part of CAF National Sports Championships are selected in accordance with the objectives detailed in CFAO 50-3. The number and type of competitions may vary from year to year. Based on regional recommendations, feedback forms and post championship evaluation reports, the RSDs make recommendations at the National RSD's Meeting, as to which sports should be included as part of the CAF National Sports Championships for the following calendar year.

Selecting Championship Host Sites

21. CFB Borden is the permanent host base for all National Championships. Based upon recommendations from the RSDs and CFMWS/DFIT may approve another base to host a National Championship. Bases that are interested in hosting must submit a hosting proposal to CFMWS/DFIT.

CHAPTER 2 – RESOURCES

FUNDING

1. Public funds are provided to conduct CAF National Sports Championships including:
 - a. 200B Temporary duty (TD) ***;
 - b. 201B Rations and quarters; and
 - c. 202B Transportation.

*** TD for officials, members of the Jury of Appeal, and athletic trainers is covered by CFMWS HQ. TD for team members (including coaches or anyone that is taking a spot on a regional roster) is covered by the respective base/wing/unit.

EQUIPMENT

2. Mandatory and recommended equipment required to conduct the CAF Sports Program is outlined in chapter 22.

TRANSPORTATION

3. Travel and transportation shall be authorized for CAF National Sports Championships by CFMWS HQ, but coordinated at the base/wing/unit level. All travel costs from the respective bases to the championship site, and back, is the CFMWS HQ's responsibility. For bases using air or ground transportation TD costs, meals en route, and travel to and from the airport are chargeable to the parent base/wing/unit of the individual or team concerned.
4. The use of motor transport in support of the CAF Sports Program is authorized in accordance with orders relating to the use of motor transport. Mileage rates determined by the National Sports Office may vary.

FACILITIES

5. A unit lacking adequate sports facilities may rent sports facilities at public expense in support of the CAF National Sports Program.

PERSONNEL

6. Fitness & Sports (F&S) staff and volunteer members are available at most units to provide, organize and conduct sports programs. Out-Service Training is available, at public expense, and supplemented as necessary by non-public funds, to ensure sports leaders are qualified and maintain the expertise necessary to conduct the competitions. Refer to CFAO 50-3, para 92 for details.

CHAPTER 3 – ADMINISTRATION

TEAM REGISTRATION

1. RSDs are to register their team members with the CFMWS/Canadian Forces Sports Manager (CFMWS /CFSM) and inform the Host Unit no later than 21 working days of the respective CAF National Sports Championship.

CHAMPIONSHIP JOINING INSTRUCTIONS

2. Joining Instructions for each CAF National Sports Championship will be forwarded by the Host Unit to each RSD, thirty (30) days in advance of the respective CAF National Sports Championship. The RSD will forward the instructions to the winning regional team through the Fitness and Sports Director, immediately following the completion of the CAF Regional Championship.

PUBLICITY AND COMMUNICATION

3. Publicizing individual and group participation and achievement is an important and integral element of conducting a sports competition. FS&R Directors are encouraged to develop publicity and communications plan to support the CAF National Sports Program. Assistance in establishing a program is available through the CFMWS/Communications Advisor.
4. Direct communications on all matters pertaining to the conduct of CAF National Sports Championships is authorized:
 - a. Between RSDs and CFMWS/DFIT;
 - b. Between RSDs and the applicable base/wing/unit; and
 - c. Between the host unit and all RSDs, all bases participating in the championship and CFMWS/DFIT.
5. A calendar of approved CAF National Sports Championships and the host base for each will be published annually by CFMWS/DFIT.
6. RSDs shall forward the schedule of their CAF Regional Sports Championships to CFMWS/DFIT, CFSM, other RSDs, each Environmental Commands, and to bases within their region.
7. Copies of minutes of regional meetings, reports of competitions, calendars of activities, and any policy letters or instructions shall be sent to CFMWS/DFIT.

CHAMPIONSHIP REPORTS

8. The host base shall submit a final CAF National Sports Championship report to CFMWS/DFIT within thirty (30) days of the conclusion of each CAF National Sports Championship.

9. The report shall contain the following:

- a. Overview of the competition;
- b. Final Standings;
- c. List of winning team members;
- d. List of officials;
- e. List of Jury of Appeal members;
- f. List of athletic trainers;
- g. All score sheets and statistics;
- h. All eligibility certificates and contracts;
- i. Copies of press releases and photo ops;
- j. Copies of the banquet speech;
- k. Copies of championship feedback critiques;
- l. Organizing Committee Report:
 - i. Comments on transportation;
 - ii. Comments on rations and quarters;
 - iii. Comments on medical services;
 - iv. Comments on technical aspects of competition;
 - v. Comments on public relations activities; and
- m. Recommendations from a host's perspective.

10. In addition, there shall be a report from the Chief Official, and Athletic Trainers, due fourteen (14) days following each CAF National Sports Championship.

TROPHIES AND AWARDS

11. Trophies and awards for CAF National Sports Championships will be procured and administered by CFMWS/DFIT. Host bases are provided a CFMWS hosting grant to defray costs of additional trophies and awards, other special costs (meet & greet, closing banquet) incurred while hosting a CAF National Sports Championship.
12. All CAF National Sports Championship trophies will be kept secured at the CAF National Sports Centre - Borden.
13. RSDs are responsible to ensure that the CAF National Sports Championship trophies arrive at the host base of a CAF National Sports Championship 30 days prior to commencement of the respective Championship.

PENSION COVERAGE

14. CFAO 50-3 states that competitive sports are an integral part of the continuing training and development of members of the CAF. Notwithstanding that one of the objectives in a comprehensive sports program is to promote physical fitness, one cannot disregard the fact that injuries do occur. Paragraph 14 of CFAO 50-3 states that, in the event of injury or death of a CAF member while engaged in sports activity, the evidence of military control must be demonstrated in any report on the circumstances of that injury or death. In order to create a presumption of service relationship with respect to any death or disability or aggravation of an existing injury incurred in the course of a sports activity, particularly those activities performed outside of normal duty hours, there must be evidence of military control, or that the activity was conducted in the interest of the CAF.
15. Before it can be said that a particular sports activity has been authorized by a military authority, there must be a specific act of authorization made by a responsible authority describing the activity and the terms upon which the authorization is granted. In other words, the interest of the service should be shown to be dominant and this can only be demonstrated in orders and instruction issued prior to the incident causing the injury.
16. As a general rule, a member of the CAF is considered, in the absence of evidence to the contrary, to be on duty:
 - a. When acting within the scope of the duty assigned while engaged in military operations, training or administrative duties;
 - b. When engaged in a specific act or activity in accordance with a specific order or an established military custom or practice; or
 - c. When participating in a sports activity which has been organized and authorized pursuant to CFAO 50-3.

17. Refer to CFAO 50-3, paragraph 14 for more detailed information regarding pension coverage for military members participating in the CAF Sports Program.

CASUALTY REPORTING

18. Reporting of injuries or death that occurs at CAF National Sports Championships shall be in accordance with CFAOs 21-9, 24-1, 24-2 and 24-6.

19. The CAF Head Athletic Trainer maintains a registry of all injuries incurred by members during participation in the CAF Sports Program and, where applicable, a report shall be completed in accordance with CFAO 24-2.

SUMMARY INVESTIGATIONS OR BOARDS OF INQUIRY

20. CFAO 50-3, paragraph 14 states that the report of a summary investigation into a sports injury is to contain a finding as to whether the injury was attributable to military service. In order to support the finding, all available information must point to evidence of military control including the requirement to participate in the activity. Clearly, for pension purposes, an activity must be authorized by a military authority.

21. The report of a summary investigation or the minutes of proceedings of a board of inquiry into an injury or death at a CAF National Championship are required to contain a finding as to whether the injury or death was attributable to military service (Pursuant to paragraph (c) of QR&O 21.47). In order to support the finding, all available evidence of military control of, and the requirement to participate in, the activity, including copies of any appropriate written orders, shall be included.

SUMMARY - CAF NATIONAL SPORTS AWARDS

BANNERS	ITEM	MEDALS		Athletic Trainer (optimum number)	Officials	JURY OF APPEAL (optimum number including chair)	TOTAL # OF PARTICIPANTS	
		Gold	Silver					
Badminton	Team	10	10					
	Men's Events							
	Open Singles	1	1					
	Open Doubles	2	2					
	Senior Singles	1	1					
	Master Singles	1	1					
	Master Doubles	2	2					
	Senior Doubles	2	2					
	Women's Events							
	Open Singles	1	1					
	Women's Doubles	2	2					
	Mixed Doubles	2	2					
	TOTAL	24	24	1	2	0	58	
Ball Hockey	Team	20	20	3	11	3	120	
Basketball	Team	12	12	3	11	3	79	
Golf	Team	7	7					
	Individual Men	1	1					
	Individual Women	1	1					
	TOTAL	9	9	2	3	1	55	
Men's Hockey	Team	20	20	3	11	3	120	
Old Timers' Hockey	Team	20	20	3	11	3	120	
Women's Hockey	Team	20	20	3	11	3	120	
Running (no banner)	Race Distances							
	Marathon	6	6					
	Half Marathon	6	6					
	10 km	6	6					
	5 km	6	6					
	TOTAL	24	24	2	1	0	107	
1st & 2 nd place medals will be awarded in the 3 race categories for both male & female in each of the 4 race distances so long as there is a minimum of 5 participants per category:						Race Categories 1. Open Under 40 2. Master 40 – 47 3. Senior 48+		
Slo-Pitch	Men's Team	15	15		Shared	3		
	Women's Team	15	15			3		
	TOTAL	30	30	3	11	6	174	
Soccer	Men's Team	18	18	3	Shared	3		
	Women's Team	18	18	3		3		
	TOTAL	36	36	6	17	6	208	
Squash	Team	9	9					
	Men's Events							
	Open	1	1					
	Under 30	1	1					
	Seniors	1	1					
	Masters	1	1					
	Women's Events							
	Open	1	1					
	TOTAL	14	14	1	3	0	52	

BANNERS	ITEM	MEDALS		Athletic Trainer (optimum number)	Officials	JURY OF APPEAL (optimum number including chair)	TOTAL # OF PARTICIPANTS
		Gold	Silver				
Swimming (no banner)	Race Distances						
	Free Style 100m	6					
	Free Style 400m	6					
	Free Style 1500m	6					
	Back Stroke 100m	6					
	Breast Stroke 100m	6					
	Butterfly 100m	6					
	Individual Medley 100m	6					
TOTAL	42		2	1	0	88	
1 st place medals will be awarded in the 3 race categories for both male & female in each of the 7 race distances.						<u>Race Categories</u> 1. Open 18 – 29 2. Master 30 -44 3. Senior 45+	
Taekwondo (no banner)	Olympic Division						
	Fin/Fly	2	2				
	Bantam/Feather	2	2				
	Light/Welter	2	2				
	Middle/Heavy	2	2				
TOTAL	8	8	2	9	0	95	
1 st & 2 nd place medals will be awarded in the four categories for both male & female in each of the divisions so long as there is a minimum of 4 participants per category:						<u>Weight Divisions</u> Men: Under 58kg Under 68kg Under 80kg Over 80kg Women: Under 49kg Under 57kg Under 67kg Over 67kg	
Triathlon (no banner)	Race Distances						
	Olympic	6	6				
	Sprint	6	6				
	TOTAL	12	12	4	1	0	88
1 st & 2 nd place medals will be awarded in the 3 race categories for both male & female in each of the 2 race distances so long as there is a minimum of 5 participants per category.						<u>Race Categories</u> 1. Open -40 2. Master 40 -47 3. Senior 48+	
Volleyball	Men's Team	11	11			3	
	Women's Team	11	11			3	
	TOTAL	22	22	3	12	6	134
GRAND TOTAL		313	271	41	115	34	1618

NOTE: Participation numbers include total number of Athletes, Officials, Athletic Trainers, members of the Jury of Appeal, VIP's, National Sports Office representative and Patron(s).

CHAPTER 4 – RESPONSIBILITIES

ROLE OF THE CAF SPORTS PATRON

1. The role of a CAF Sports Patron is to foster, promote and develop “their” sport at the Regional and National level within the Canadian Armed Forces. A Patron recognizes the value of fitness and sports in the CAF and supports the objectives of the CAF Sports Program.
2. As the sport’s ombudsman, and by virtue of their rank, CAF Sports Patrons are in a unique position to solicit and elicit change within their sport, to encourage participation, and to resolve issues on behalf of the athletes they represent.
3. A Sports Patron will have many commitments in their regular duties, which demand their time. Nevertheless, Patrons are encouraged to attend the CAF National Championship for their sport whenever possible, as well as the CAF Sports Award Ceremonies held annually in Ottawa.
4. Patrons’ involvement and commitment have proven to be invaluable in ensuring the recognition of sport as a highly valued activity in maintaining esprit de corps, positive morale and an improved quality of life for our personnel in a changing Canadian Armed Forces.

CANADIAN FORCES SPORTS MANAGER

1. The Canadian Forces Sports Manager is responsible for:
 - a. Supervising the conduct of all CAF National Sports Championships;
 - b. Tasking the “permanent” Host Base to conduct CAF National Sports Championships;
 - c. Providing the RSDs with TANs to book flights for all athletes, officials, and athletic trainers;
 - d. Advising all RSDs of travel arrangements;
 - e. Authorizing Officials, Athletic Trainers and Jury of Appeal members for each CAF National Sports Championship;
 - f. Publishing and amending the CAF National Sports Rulebook;
 - g. Appointing the Chairperson Jury of Appeal for each CAF National Sports Championship;
 - h. Providing medals, pins, banners, commemorative items and awards for all CAF National Sports Championships;
 - i. Maintaining records and reports of all CAF National Sports Championships;
 - j. Reviewing post championship reports and recommending amendments to the CAF National Sports Rule Book or the annual sports calendar, at the annual RSD Meeting;
 - k. Managing the CAF Sports Suspension policy and procedures; including issuing appropriate notifications and maintaining an up-to-date suspension registry;
 - l. Liaising with CFMWS/Communications Advisor or Public Affairs Officer for appropriate CAF National Sports Championship coverage;
 - m. Liaising with CAF Sports Patrons regarding their role and participation at each respective sports event; and
 - n. Submit Regional and National financial Event Request up the chain of command.

REGIONAL SPORTS DIRECTOR

1. Regional Sports Directors (RSDs) are responsible for:
 - a. Directing the Regional Sports Championship Program after consultation with bases/wings/units;
 - b. Serving as Chairperson of Jury of Appeal as required;
 - c. Obtaining and registering trophies and awards for Regional Championships;
 - d. Ensuring that CAF National Sports trophies are returned to CFB Borden or Host Unit/Base no later than thirty (30) days prior to CAF National Sports Championships;
 - e. Coordinating the eligibility of all regional teams advancing to CAF National Sports Championships;
 - f. Serving as a member of the Jury of Appeal at a CAF National Sports Championship when appointed by CFMWS/Canadian Forces Sports Manager (CFMWS/CFSM);
 - g. Advising the CAF Chief Official and CFMWS/CFSM of qualified officials in their respective region;
 - h. Ensuring that all regional teams advancing to CAF National Sports Championships are in possession of joining instructions and any other correspondence required at least thirty (30) days prior to competition;
 - i. Attending National RSD meeting, providing annual regional reports as required and distributing minutes of National RSD meeting to respective units;
 - j. Rule on and make recommendations to the CFMWS/CFSM on suspensions coming from their region;
 - k. Preside over all meetings of Regional Sports Committee, record and distribute minutes of Regional Sports Meetings;
 - l. Maintain, amend and enforce the Regional Sports Constitution;
 - m. Prepare annual budget for the Region Sports fund. Monitor, control and authorize expenditures from the Regional Sports Fund in accordance with the Regional Constitution;

- n. Maintain a register and record of all sports championships within the region and prepare an annual summary for annual region meeting;
- o. Coordinate logistics, attendance, and travel for all athletes from the region who are attending the Annual CAF Sports Awards Ceremony.
- p. Coordinate the selection and logistics of athletes, coaches and managers of winning team in individual sports representing the region at CAF National Sports Championships;
- q. In accordance with CFAO 50-3, in matters of regional eligibility not covered by existing regulations, the RSD must decide or establish rules to ensure equitable competition and participation (i.e. participation for bases/wings/units other than the one to which the participant belongs);
- r. Coordinate selection and recommend athletes for attendance at CAF High Performance sports clinics and seminars;
- s. Act as subject matter expert and OPI for all units for CAF Regional/National Sports Program and liaise with CFMWS/CFSM for interpretation and rulings on CFAO 50-3, National Sports Rulebook and other publications; and
- t. Liaise with Provincial and National Sports Governing Bodies on behalf of all units in the region.

2. The RSD's appointment term is normally for five (5) years. At the end of five years the position will be put out for interested, experienced, and qualified Fitness and Sports Directors/ PSP Manager/Deputy PSP Manager on any of the bases in that region. In the case where there are no interested new applicants and the outgoing RSD has submitted his/her application, the outgoing RSD can be considered to hold the position for subsequent terms. Nominations are usually accepted in early February, and the newly appointed RSD will begin his/her position on the 1st April of that year. If an RSD is not able to finish his/her term, he/she must provide a letter of resignation a minimum of forty (40) days prior to the National RSD Meeting Scheduled for that year.

3. The RSD position rotates on a regular basis to ensure that there are no more than one new RSD at each year's National Regional Sports Director meeting in the May/June timeframe.

HOST BASE

1. The host base's responsibilities in hosting a CAF National Sports Championship are:
 - a. Providing facilities and equipment other than team equipment;
 - b. Providing rations and quarters for visiting teams, Officials, Athletic Trainers and Jury of Appeal for the time required;
 - c. Publishing and issuing joining instructions (including the draw and schedule of play) to CFMWS/CFSM, the RSDs, and participating bases/wings/units at least thirty (30) days prior to the commencement of the championship;
 - d. Receiving and dispatching visiting teams, athletic trainers, and officials;
 - e. Providing local transport as required;
 - f. Select local Jury of Appeal members and scorekeepers;
 - g. Providing the necessary medical support for all competitions (keeping in mind the availability and role of the athletic trainer);
 - h. Briefing the chief official, athletic trainers, Jury of Appeal, and team captains before commencement of each CAF National Sports Championship;
 - i. Providing minor officials to assist in the conduct of CAF National Sports Championships;
 - j. Providing a hosting booklet to each participant;
 - k. Issuing official invitations;
 - l. Arranging for spectators viewing;
 - m. Forwarding the results for each CAF National Sports Championship to:
 - i. CFMWS/CFSM;
 - ii. CFMWS/Communications Advisor;
 - iii. RSDs;
 - iv. Home unit of the competing teams; and
 - v. Sports Patron;
 - n. Arranging local publicity, news coverage and photographers; and

- o. Preparing and forwarding a final report on all aspects of each CAF National Sports Championship, within thirty (30) days after completion of the competition, to CFMWS/CFSM, and RSDs.

JURY OF APPEAL

1. The Jury of Appeal appointed for a CAF National Sports Championship shall:
 - a. Ensure that the Championship is conducted in accordance with the CAF National Sports Rulebook (rules are not to be amended or changed at CAF National Sports Championships. Any proposed changes will be actioned by CFMWS/CFSM and the RSDs at their annual meeting and put into effect at the following CAF National Sports Championship);
 - b. Handle all disputes involving player eligibility or rule interpretation;
 - c. Report and make recommendations to the CFMWS regarding suspensions;
 - d. Act as a sports disciplinary body during the CAF National Sports Championship;
 - e. Make adjustments to the schedule of play or type of competition if dictated by unforeseen circumstances;
 - f. Assist as a scorekeeper;
 - g. Select award recipients (Game MVP, Tournament MVP, All-Star Team, Royal Canadian Legion Sportsmanship, and Fairplay award); and
 - h. Rule on matters not covered in the rules.

Composition

2. The Jury of Appeal will be appointed by CFMWS/CFSM and be composed of the following:
 - a. Chairperson: CFMWS/Canadian Forces Sports Manager or delegated representative;
 - b. Members: Two members approved or appointed by CFMWS/CFSM (the host unit may recommend the appointment of local personnel). Note: Coaches and veterans of the CAF National Sports Championship Program may be asked to attend as a member of the Jury of Appeal;
 - c. Technical Advisor: The F&S Director from host site or delegated representative; and

- d. Chief Official: The Chief Official of the competition appointed by CFMWS/CFSM.

Duties

- 3. Chairperson: The Chairperson of the Jury of Appeal shall:
 - a. Preside over all meetings of the Jury of Appeal;
 - b. Review with the members of the Jury of Appeal the applicable regulations detailed in CAF orders and in the rules of the game being played;
 - c. Detail a member of the Jury of Appeal to observe each contest; and
 - d. Act as president of the sports disciplinary body as required.
- 4. Members. The members of the Jury of Appeal shall:
 - a. Review with the Chairperson the applicable regulations detailed in CAF orders and in the rules of the game being played;
 - b. Attend such contest(s) as detailed by the Chairperson; and
 - c. When called by the Chairperson, attend hearings and adjudicate disputes brought before the Jury of Appeal.
- 5. Technical Advisor. The technical adviser shall:
 - a. Attend all meetings, as technical advisor to the Chairperson;
 - b. Render assistance as may be required by the Chairperson relative to the conduct of the games; and
 - c. Have no voting privileges.
- 6. Chief Official. The Chief Official shall:
 - a. Attend all meetings, as adviser to the Chairperson;
 - b. Render assistance as may be required by the Chairperson relative to the conduct of the games; and
 - c. Have no voting privileges.

Disputes

- 7. The Jury of Appeal shall hear and rule on disputes presented by team coach/captain and game officials only.

8. Decisions on disputes shall be confined to:
 - a. Competitor or team eligibility, that is not in accordance with CAF orders; and
 - b. Interpretation or application of the rules.
9. Official's judgement calls are non-disputable.
10. Disputes must be presented to the Jury of Appeal in the form shown in Chapter 4, page 10/15.
11. When a competitor or team coach or captain wishes to register a dispute, play shall be stopped and the dispute shall be lodged in accordance with the rules of the game being played. Play shall not resume until all details of the dispute have been recorded. The Jury of Appeal shall (if possible) render a judgement on the dispute prior to the resumption of play.
12. Failing the above, the Jury of Appeal shall meet as soon as possible after the registering of the dispute and render a decision.
13. The Chairperson of the Jury of Appeal shall notify only the parties concerned of the decision when disputes are registered between games or matches. In the situation where an appeal has been made in the middle of a game or match, the Chairperson will inform that game's officials of the final decision. These officials will then inform the parties concerned of the decision.

Sports Disciplinary Body

14. The Jury of Appeal shall act as a sports disciplinary body during the duration of the championship, to rule on any dispute, appeal, or incident occurring at the Championship. It is empowered to prescribe the imposition of suspensions IAW the minimum suspension guidelines contained in the appropriate chapter of the CAF National Sports Rulebook, which may include suspension for the remainder of the championship. The Jury of Appeal shall have the power to increase any suspension above the minimum guidelines, and where it is appropriate to impose a suspension for a period of time after the championship, in which a detailed report shall be referred to CFMWS/DFIT with an appropriate recommendation regarding further action.

Final Authority

15. The decision of the Jury of Appeal is final.

REGISTRATION OF DISPUTE

PART 1 -DISPUTE

DATE:

TIME:

NAME OF CHAMPIONSHIP:

GAME NUMBER:

LOCATION:

DESCRIPTION OF BASIS FOR DISPUTE: (To include rule or rules allegedly violated or misinterpreted).

.....
(Signature of Coach/Official)

PART 2 - DECISION OF JURY OF APPEAL (Insert either "Allowed" or "Disallowed")

.....
Signature of Chairperson

CHIEF OFFICIAL

1. The Chief Official is appointed by CFMWS/CFSM and is responsible for:
 - a. Advising CFMWS/CFSM, the jury of appeal, the host base, teams and competitors regarding the rules of play;
 - b. Advising CFMWS/CFSM concerning the selection criteria for officials attending CAF National Sports Championships;
 - c. Maintaining a database of all officials - military and full-time staff of NPF officials (level of certification); and
 - d. Acting as the Chief Official at the designated CAF National Sport Championship to include:
 - i. Arranging for the training and/or upgrading of officials immediately prior to/or during the competition;
 - ii. Coordinating vehicle requirements for officials while at the CAF National Sport Championships based on the official's flight schedules. Authorization for vehicle rentals will be made by the CFSM.
 - iii. Briefing the team captains, jury of appeal, technical organizer and officials of rules specific to the conduct of the competition;
 - iv. Scheduling officials for the conduct of matches. The Chief Official shall not schedule himself/herself as an active official at the National Championships. The Chief Official is, however, expected to be in attendance at all games/matches. In those instances when there are not enough internal officials (military or full-time staff of NPF) available for a given championship, the Chief Official is to inform the CFSM for authorization to book external officials (civilian or DND employees). In the rare case where, due to unforeseen circumstances (i.e. injury, etc.), extra officials are required in the middle of a championship, the Chief Official is to inform the tournament organizer, and arrangements will be made to bring in extra officials.
 1. Civilians must be on a NPF contract created by the NSO; and

2. DND employees must be on “leave” for the duration of the championship and on a NPF contract created by the NSO.
 - v. Supervising officials during the tournament and brief each official on his/her performance during the game or match. Maintain the appropriate standards of officials dress. (Chief Officials are not to officiate or interfere during a match or game);
 - vi. Attending all jury of appeal hearings on dispute or tournament conduct and provide technical advice on rule interpretations. (Chief Officials do not have voting powers on ruling or disputes);
 - vii. Attending (if requested) post tournament meeting with team captains and the organizing committee;
 - viii. Preparing a post tournament report for CFMWS/CFSM no later than fourteen (14) days after completion of CAF National Sports Championships;
 - ix. Providing CFMWS/CFSM with a final list of selected officials thirty (30) days prior to the commencement of CAF National Sports Championships. Only officials that have participated at the regional level which have been recommended by the regional chief official (unless for operational reasons) will be considered for Nationals; and
 - x. Liaising directly with the CFMWS/CFSM on all matters regarding transportation for officials to and from the Championship site.

2. The Chief Official appointment term is normally four (4) years (4 championships). At the end of four years the position will be put out for interested and qualified officials. If at that time there are no other suitably qualified officials who have applied, and the outgoing Chief Official has submitted his/her application, the outgoing Chief Official can be considered to hold the position for another term. If a Chief Official wishes to step down from the position prior to the end of their fourth National Championship, they must provide a letter of resignation no later than forty (40) days prior to the National Championship.

ATHLETIC TRAINERS

1. The Head Athletic Trainer is appointed by CFMWS/CFSM or CFATP Coordinator and is responsible for:
 - a. The Head Athletic Trainer at CAF National Sport Championships to include:
 - i. Ensuring that training supplies are fully stocked for the beginning of each championship;
 - ii. Briefing the tournament organizers (including CFSM) the services that will be available at each competition;
 - iii. Attend the pre-championship briefing and advise the team captains and coaches of the services offered;
 - iv. Scheduling athletic trainers for the duration of the National Championship;
 - v. Supervising the athletic trainers during the tournament and brief each athletic trainer on his/her performance at the event and maintain the appropriate standards of dress;
 - vi. Attending (if requested) post tournament meeting with team captains and the organizing committee;
 - vii. Preparing a post tournament report for CFMWS/CFSM no later than fourteen (14) days after completion of CAF National Sports Championships;
 - viii. Developing an emergency action plan (EAP); and
 - ix. Maintaining a log of hours worked during the event.
2. The Athletic Trainers are responsible for:
 - a. Providing immediate skilled care to the injured player, employing first aid technique, training techniques, and recommending proper follow-up care;
 - b. Promoting injury prevention of all participants at CAF National Sports Championships by:
 - i. Proper use and maintenance of protective equipment;

- ii. Identifying potential disabilities, or health problems restricting play when health will suffer or injury will result;
 - iii. Establishing and maintaining open communication with players and team officials;
 - iv. Ensuring proper and conscientious injury rehabilitation;
 - v. Providing additional protective support when required;
 - vi. Maintaining efficient control in an emergency; and
 - vii. Recognizing serious underlying injuries and directing the individual to appropriate medical care.
- c. Maintaining proper and sufficient emergency care and first aid supplies;
- d. Working at all times with the players, coaches and medical authorities to ensure the safety and health of the players, during the competition and beyond;
- e. Implementing rehabilitative techniques (depending upon qualifications) and/or keeping up-to-date on the progress of the player's condition so as to ensure timely return to play and when full recovery has been achieved;
- f. Keeping qualified on procedures, techniques and first aid (including CPR) by attendance at seminars, courses and programs as they are available;
- g. Liaising with local medical authorities to provide a good professional working relationship at the game sites. Ascertain what assistance can/will be provided. Provide for the interface between the team officials and the medical authorities;
- h. Preparing a post championship report no later than 30 days after completion of CAF National Sports Championships;
- i. To be familiar with emergency medical services that are available at the sports venue and to know where they are located;
- j. Log all injuries in forms provided in the Athletic Trainers kit; and
- k. Submit Athletic Trainers Final Report to the CAF National Sports Office – HQ within fourteen (14) days of the championship's completion.

TEAMS

1. The responsibilities of teams attending CAF National Sports Championships are as follows:
 - a. All personnel participating in a CAF National Sports Championship are on **duty**. Therefore, dress, appearance and deportment shall be of a high standard. Dress instructions shall be detailed in the CAF National Sports Championship Joining Instructions; and
 - b. Demonstrate good sportsmanship and ethical play.

CHAPTER 5 - REGULATIONS

ENTRY INTO COMPETITION

1. Normally, each base/wing/unit and the East and West Coast fleets may enter one team in CAF Regional Sports Championships. However, major bases composed of distinctly different elements or geographically separate units may, subject to the capabilities of the host base and with the concurrence of the RSD, enter more than one team.
2. Where a base enters more than one team in a CAF Regional Sports Championship, the players are eligible to play only for the team with which they commenced play in said Championship.
3. To enter a CAF Regional Sports Championship, a base must notify the RSD and host base on or before the closing date set for entries.
4. To enter a CAF National Sports Championship, a region should have held a CAF Regional Sports Championship at least 30 days before the commencement date of the CAF National Sports Championship. If unable to comply with the 30-day provision, a request for extension may be submitted to CFMWS/CFSM.
5. Competitors in individual sports who are eligible to compete at the CAF National level, but due to duty requirements are unable to qualify through normal channels, may be authorized by CFMWS/DFIT to compete. Such extraordinary cases must be staffed through and recommended by the military unit's Fitness and Sports Director and appropriate RSD.
6. In CAF Regional sports leading to a CAF National Sports Championship, augmentation of team rosters with players from other bases/wings/units is permitted in accordance with the augmentation rules for each respective sport as outlined in Chapters 7 to 21.
7. To be eligible to enter into extramural competition (as a player, official, athletic trainer or coach), a CAF member must have successfully met the minimum physical fitness requirements of DAOD 5023-2.

ELIGIBILITY

8. To be eligible to participate in CAF Regional and National Sports Championships, a participant must be:
 - a. A member of the CAF Regular Force, on strength of or on an attached posting to the competing base, wing or unit; and in the case of the latter, the member must be on strength prior to the CAF Regional Sports Championship;

- b. A member of the CAF Reserve Force currently on Class B or C Reserve Service who has served one day of the Class B or C contract;
- c. A member of a foreign force who is attached to or on exchange duty with the CAF Regular Force Unit (See para 9 below);
- d. A member of a foreign force who is serving with his or her unit at a CAF base; or
- e. Full-time staff of NPF, CAF or contractors on an NPF service contract. Personnel under this category are eligible to participate as coaches, officials, and athletic trainers only; and
- f. Military members must have successfully met the minimum physical fitness requirements of the DAOD 5023-2.

9. The National Sports Program augmentee system is set up to give a base team that is representing a region at a National Championship, the opportunity to pick up other players from other bases within their region.

10. Where base/wing/unit entry is comprised of members of a foreign force, the following conditions apply:

a. Team Sports

- i. Participation is in accordance with CAF Regional regulations; and
- ii. To be eligible to participate in CAF National Sports Championships, a team is restricted to the following maximum number of members of a foreign force:
 - 1. Teams over twelve (12) players – three (3) per team, and
 - 2. Teams of twelve (12) players or less – two (2) per team.
 - 3. The National Sports Office has pre-approved the Pacific region one (1) additional augmentee to the above para 10a ii 1-2).

b. Individual Sports. To be eligible to participate in CAF National Sports Championships, a CAF Regional team is restricted to a maximum of twenty (20) percent (rounded off to the next lowest whole number) of members from a foreign force.

11. In the case of OUTCAN units (i.e. CFSU (CS), CFSU (E), CDLS (W) outlined in the table below), the following eligibility rules will apply:

- a. CAF military personnel posted to an OUTCAN unit are eligible to participate in the CAF Regional and National Sports Programs.
- b. U.S. or foreign force military personnel working with Canadians, but not posted to OUTCAN units, are not eligible to participate in the CAF Regional and National Sports programs. If the member is officially posted to the unit, as a foreign active-duty military member, they are eligible and the eligibility rules for these members apply as per para 8c and 9.
- c. An OUTCAN unit may participate as a single large entity, or as an individual geographical unit within the Regional and National Sports Programs. Their respective region should determine the structure of their OUTCAN unit for competition and annotate the decision in their constitution. Use of the regional floater system is encouraged to augment teams IAW the appropriate ratios.

OUTCAN unit	Region	Consists of
CFSU(Colorado Springs)	Pacific Region	CFSU(CS) Colorado Springs (Colorado) Elmendorf AFB (Alaska) McChord AFB (Alaska) Clear AFB (Alaska) Tinker AFB (Oklahoma) Tyndall AFB (Florida) Rome AFB (New York)
CFSU(Europe)	Atlantic Region	CFSU(E) Selfkant (Germany) Brunssum (Netherlands) Brussels (Belgium) Casteau (Belgium) Daws Hill (Great Britain) NATO Airbase Geilenkirchen (Germany) Heidelberg (Germany) Naples (Italy) Ramstein (Germany)
CDLS (Washington)	Ontario Region	Canadian Embassy, Washington D.C. approximately 350 DND military/civilian personnel posted to non-NORAD related positions in the United States and Iceland.

Note: an OUTCAN unit is a Canadian Armed Forces Unit existing outside of Canada.

12. Members on retirement leave or Regular Officer Training Plan (ROTP) students attending military colleges are not eligible to participate in CAF National Sports Championships unless invited to participate for the purpose of making a CAF CISM team. The results of these individuals will not be part of the CAF

National Sports Championship and will be used only for selection for the CAF CISM team. Students on subsidized university training plans may be eligible if their application for exceptional status is approved by the DFIT prior to the beginning of the competition. UTP NCM are eligible to participate upon approval from their chain of command.

13. ROTP students attending military college who are ineligible to represent their college in intercollegiate competitions, because they have used up their eligibility, can apply to participate in CAF Regional and National competitions to the RSD through the Athletic Director at the college. The number of RMC Cadets shall not exceed twenty-five (25) percent of any base team.

14. Where a member lives and works on or near a base other than the one of which the member is on strength, the member may forward an application to the appropriate RSD for authority to compete for that base.

15. A member being posted from one region to another who wishes to qualify for a CAF National Sports Championship may forward an application to CFMWS/DFIT, through the appropriate RSD, for authority to compete in a CAF Regional Sports Championship. The application must reach CFMWS/DFIT six (6) weeks before the date of the CAF National Sports Championships. If a member is posted after the playoffs have commenced, the member is eligible to play for the new base effective on the member's change of strength date.

16. Where a member who has competed at a CAF Regional (Championship/ Selection Camp) is posted prior to the CAF National Sports Championship, the losing region, after obtaining concurrence from the individual and the gaining region, may request approval from the appropriate RSD's to have the member participate in the CAF National Championship with the region the member was posted from. If approved, the member will be considered as part of the original region's roster. Should a member wish to participate in his/her gaining region's Regional Competition, he/she must first decide; and advise both the losing and gaining RSDs which region he/she will compete with during a National Championship.

17. Where a question of eligibility is not specifically covered in the rules, it is the responsibility of the participating team or individual to submit the circumstances of the case to the appropriate RSD through the local Fitness and Sports Director. The RSD shall decide the case or, if appropriate, request a decision from CFMWS/DFIT.

18. The rules regarding team eligibility and composition apply only to those sports progressing to CAF National Sports Championships. For those sports in which there is no CAF National Sports Championship, RSDs may, in consultation with the bases within their region, establish rules to meet their special circumstances and which contribute to meeting the objectives as outlined in paragraphs 5 and 6.

19. Eligibility in accordance with the format in Chapter 5, page 7/7 is required before entering a CAF National Sports Championship. Completed certificates shall be handed to the Chairperson of the Jury of Appeal or Technical Advisor at the pre-championship briefing.

20. In reference to participation of members while on Maternity or Parental Leave, as outlined in DAOD 5001-2 (Maternity and Parental Benefits), participation in the CAF Sports Program is not authorized. Such a member is neither “on duty”, nor authorized to “return to duty” when on Maternity or Parental Leave.

21. Concerning participation of members while on Leave; in accordance with CANFORGEN 169/07 CMP 074/07 161941Z NOV 07, it is critical that CAF members are on duty while playing in the CAF sports program at all levels.

SPORT SUSPENSIONS

22. Members involved in a rules infraction while participating in CAF National Sports Championships may be subject to suspension from participation in CAF sports for varying lengths of time or number of games. In some instances, suspension from participation in all CAF sports may be appropriate. In accordance with the applicable rules of play, suspension action will be reviewed and actioned by the Jury of Appeal and CFSM/DFIT.

23. In the cases where infractions occur at the Intersection and/or Regional levels, suspension decisions and recommendations are to be determined at the Regional level, according to the established process. This information must then be forwarded immediately to CFSM/DFIT.

24. CFMWS/DFIT will publish annually, a list of individuals in all regions that are serving a sport suspension.

SPORTS EQUIPMENT

25. The CAF Sports Program enables military personnel to participate in a wide variety of sports. While each sport is unique, each sport shares a common problem of risk of injury to participants. Sports injuries cannot be eliminated, but can be reduced through strategies that include the proper use of protective equipment. Thus, the CAF has adopted a policy of mandatory and recommended protective sports equipment to help reduce the risk of sports injuries. The mandatory equipment for each sport that is part of the National Sports Program can be found in the chapters to follow. Chapter 22 contains a list of equipment for many other sports that are played at the base and regional levels, which may not be part of the National Sports Program.

26. The equipment listed is the minimum requirement for personnel to be eligible to participate in the respective sport. It is the coach’s and official’s responsibility to ensure that participants are wearing the mandatory equipment

for their sport. It is the participant's responsibility to ensure that the mandatory equipment is properly worn during the competition.

27. CFMWS/DFIT works in collaboration with the Directorate Force Health Protection in assessing mandatory and recommended protecting sports equipment. CFMWS/DFIT is the final authority for mandatory protective sports equipment.

INJURY PREVENTION

28. Injury prevention is an important responsibility shared by everyone involved in CAF Sports – this includes administrators, facility managers, equipment managers, officials, coaches, athletic trainers and athletes.

29. As outlined in the CAF Health and Physical Fitness Strategy, CFMWS/DFIT and the Directorate Force Health Protection (DFHP) are responsible for promoting health and physical fitness in the CAF. Part of this responsibility includes ensuring that injury prevention strategies are incorporated into the CAF Sports Program.

30. In addition to the mandatory sports equipment that is required to play certain CAF sports, other strategies for injury prevention and performance enhancement are provided for each CAF sport in Chapter 23. For each sport, specific catastrophic injuries and common injuries are presented and, depending on the sport, a variety of information can be found addressing one of the following: specific physical training and technique preparation, additional equipment tips, first aid approaches to injuries common to the sport, and competitive strategies to avoid player fatigue and decrease the risk of injury. These injury prevention sections are aimed at supporting players and coaches who are utilizing all possible measures to assure the optimum benefit of their sport through planned physical fitness preparation, safe practice and fair play.

CANADIAN ARMED FORCES NATIONAL SPORTS ELIGIBILITY CERTIFICATE

In accordance with CFAO 50-3, the following personnel are eligible to represent

the _____ Region at the _____ CAF National
(Region) (year)
 _____ Championship(s), being held at _____
(Gender & Sport) (Host Base)
 during the period _____ to _____.
(Start Date) (End Date)
 Jersey colour (home/light) _____ Jersey colour (away/dark) _____

Service Number/ NPF	Rank	Surname Name	First Name	Age	DOB dd/mm/yy	Home Base/Wing	Gender	Jersey # Handicap	Coach (C) Trainer (T) Augmentee (A)
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

Team Name: _____ Date: _____

Submitted By: _____ Date: _____

Approved By: _____ Date: _____

 Fitness, Sports (& Recreation) Director (*Print Name & Signature*)

Note:
 Age and DOB are to be identified for only members in the following sports;
 Badminton and Squash (as 01 Jan of competition year). Old Timers' Hockey (as of first day of competition).

Jersey numbers are to be identified by the pre-championship briefing for the following sports:
 Ball Hockey, Basketball, Men's Hockey, Old Timers' Hockey, Women's Hockey, Slo-Pitch, Soccer and Volleyball.

Handicap is to be identified for members participating at the National Golf Championship.

CHAPTER 6 – RULES

RULES OF PLAY

1. CAF sports competitions and championships shall be conducted in accordance with the accepted Canadian amateur sport principles and current rules of play of the appropriate sports governing body. As required, CFMWS/DFIT will negotiate agreements with appropriate Canadian amateur sports governing bodies.
2. In general the tournament format for all sports is a round-robin consisting of five (5) teams, one (1) per region (Atlantic, Ontario, Pacific, Prairie and Quebec). In the case of a four (4) team draw, if a team goes undefeated in a round robin they automatically get a bye to the finals and the two (2) vs. three (3) position play in one (1) semi-final. If the first place team loses one (1) or more games, there will be two (2) semi final games (one vs. four, two vs. three).
3. The following chapters outline the rules specific to each sport played at CAF National Sports Championships.

CHAPTER 7 - BADMINTON

TEAM COMPOSITION

1. Regional teams shall be composed of ten (10) players who **qualified** at their respective CAF Regional Championships. **Only after exhausting all possible alternates**, may a player, who **had not qualified due to operational reasons**, be chosen to fill a vacant position on the team. Should this occur, the player being selected, upon approval from the respective RSD to augment a regional team, he/she is to be seeded as a 'singles' player, based on his/her skill level in comparison to other singles players in that category.
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.
3. The age category of a player will be based on his/her age prior to the first (1st) of January of the competition year of the CAF Regional/National Championships. Certificates of eligibility must include player's birth date. Age categories are as follows:
 - a. Open: Open age
 - b. Senior: Men 35 years of age and over
 - c. Masters: Men 45 years of age and over
 - d. Women: Open age
4. The team composition shall be as follows:
 - a. **Men's Categories:**
 1. **Open:** There shall be a maximum of four competitors in the Men's Open Categories consisting of the top four (4) players from your Regional singles event.
 - i. Men's Open Singles - players shall be seeded #1 to #4 based on their results from singles play.
 - ii. Men's Open Doubles - two doubles teams shall be formed from the four (4) singles players; and seeded #1 & #2.
 2. **Seniors:** There shall be a maximum of two competitors (35 year of age and over) consisting of the winner and runner-up from the Regional singles event.
 - i. Men's Senior Singles - Players shall be seeded #1 and #2 respectively

- ii. Men's Senior Doubles – The players competing in the Men's Senior Singles Competition will also compete as the Men's Senior Doubles Team.
- 3. **Masters:** There shall be a maximum of two competitors (45 years of age and over) consisting of the winner and runner-up from the Regional singles event.
 - i. Men's Master Singles - Players shall be seeded #1 and #2 respectively.
 - ii. Men's Master Doubles - The players competing in the Men's Master Singles Competition will also compete as the Men's Master Doubles Team.
- b. **Women's Categories:**
 - 1. **Open:** There shall be a maximum of two competitors in the Women's Open Competitions, consisting of the winner and runner-up from the Regional singles event.
 - i. Women's Open Singles - Players shall be seeded #1 and #2 respectively.
 - ii. Women's Open Doubles - The players competing in the Women's Open Singles Competition will also compete as the Women's Open Doubles Team.
- c. **Mixed Category:**
 - 1. **Open Mixed Doubles** - There shall be a maximum of four players (two female and two male players) participating in this category. These teams shall be seeded #1 and #2.

Note: Male players can be selected from any of the age categories.

RULES

- 5. Play shall be in accordance with the current rules of Badminton Canada. Attached, as Appendix A are inserts from the "**Rally Point Scoring System**" as adopted at the 2006 Annual General Meeting of Badminton Canada.

CHAMPIONSHIP FORMAT

- 6. The CAF National Badminton Championship shall consist of first, a single round-robin Team Tournament followed by an Individual Single Elimination Tournament.

TEAM CHAMPIONSHIP

7. The Team Championship consists of a single round-robin tournament where each player/team shall compete within his/her designated category and seeded position in the following categories:

- a. Open Singles first, second, third and fourth seeds;
- b. Open Doubles first and second seeds;
- c. Senior Singles first and second seeds;
- d. Senior Doubles first seeds;
- e. Master Singles first and second seeds;
- f. Master Doubles first seeds;
- g. Women's Singles first and second seeds;
- h. Women's Doubles first seeds; and
- i. Mixed Doubles first and second seeds.

8. **Draw** - The competition draw shall be established by the National Sports Centre Borden and the Chief Official, prior to the start of the CAF National Championship.

9. **Team Scoring** - One (1) point shall be awarded for each match won during the round-robin competition. A match shall consist of the best two out of three games. A defaulted game shall be scored **21- 0**, against the player/team defaulting. The scores of each game played within a match during the round-robin event shall be recorded on the Round-Robin Match Results sheet.

10. **Tie-Breaking** - Ties in Team Standings, at the end of the round-robin competition, shall be broken as follows:

- a. If two teams are tied, the teams with the higher number of match wins between the two teams shall be declared the team champion;
or
- b. If more than two teams are tied, the champion shall be decided by applying the won/loss record of the teams concerned in the games played against each other in the following manner:
 - 1. The team with the least number of losses shall be declared the champion; or

2. If the tie still remains, each team's total number of points scored for all games played in the complete round-robin are divided by the total points scored against. The team with the highest quotient shall be declared the champion.

INDIVIDUAL CHAMPIONSHIP

11. Separate Championships shall be conducted in the following categories:

- a. Men's Open Singles;
- b. Men's Open Doubles;
- c. Men's Senior Singles;
- d. Men's Senior Doubles;
- e. Men's Master Singles;
- f. Men's Master Doubles;
- g. Women's Singles;
- h. Women's Doubles; and
- i. Mixed Doubles.

12. **Draw** - The Chief Official is responsible for the single elimination draws of Individual Championships. All participants shall participate in the elimination round. Each competitor at the CAF National Championship will be placed into the elimination draw based on his/her performance from the Team Championship as follows:

- a. Men's Open Singles - All competitors shall move forward into the elimination draw where a total of four (4) players shall be seeded.
- b. Men's Open Doubles, Men's Senior Singles, Men's Senior Doubles, Men's Master Singles, Men's Master Doubles, Women's Singles, Women's Doubles, and Mixed Doubles – All competitors/teams shall move forward into the elimination draw where a total of two (2) competitors/teams shall be seeded.

13. **Placing of Seeds** - Seeded players will be placed into the elimination draw as follows:

- a. First and second seeds are placed at the top and bottom of the draws respectively;

- b. In the Men's Open Singles Draw, the third and fourth seeds are drawn in either position #9 or #24; and
- c. All other competitors/teams are placed into the draws based on their performance during the round-robin event.

EQUIPMENT

- 14. The official shuttlecock shall be the Black Knight SH 6800 High-Performance "A" Feather.
- 15. As per the CAF National Sports Rulebook (Chapter 22), CSA approved protective eyewear is HIGHLY RECOMMENDED.

INJURY PREVENTION

- 16. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

- 17. The winner of the Team Championship shall be awarded a Canadian Armed Forces National Badminton Championship Banner. Members of the winning team and runner-up team shall be presented with individual medals.
- 18. Individual medals shall be awarded to both winners and runners-up from each of the Individual Championship categories.
- 19. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female player that have exhibited the highest level of sportsmanship including ethical & responsible behavior, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

- 20. Duty and travel authority shall be granted to a maximum of ten (10) participants representing each Region.

RALLY POINT SCORING SYSTEM (from Badminton Canada)

- 7.1 A match shall consist of the best of three games, unless otherwise arranged (Appendix 2 and 3)
- 7.2 A game shall be won by the side which first scores **21 points**, except as provided in Law 7.4 and 7.5.
- 7.3 **The side winning a rally shall add a point to its score**. A side shall win a rally, if the opposing side commits a 'fault' or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
- 7.4 If the score becomes **20-all**, the side which gains a **two-point lead first**, shall win that game.
- 7.5 If the score becomes **29-all**, the side scoring the **30th point** shall win that game.
- 7.6 The side winning a game shall serve first in the next game.

8. CHANGE OF ENDS

- 8.1 Players shall change ends:
- 8.1.1 At the end of the first game;
- 8.1.2 At the end of the second game, if there is to be a third game; and
- 8.1.3 In the third game when a side first scores **11 points**.

10. SINGLES

10.1 Serving and receiving courts:

- 10.1.1 The players shall serve from, and receive in, their respective right service courts when the server has not scored or has scored an even number of points in that game.
- 10.1.2 The players shall serve from, and receive in, their respective left service courts when the server has scored an odd number of points in that game.

10.2 **Order of play and position on court:**

In a rally, the shuttle may be hit by the server and the receiver alternately, from any position on that player's side of the net, until the shuttle ceases to be in play (Law 15).

10.3 **Scoring and serving:**

10.3.1 If the server wins a rally (Law 7.3), the server shall score a point. The server shall then serve again from the alternate service court.

10.3.2 If the receiver wins a rally (Law 7.3), the receiver shall score a point. The receiver shall then become the new server.

11. DOUBLES

11.1 **Serving and receiving courts:**

11.1.1 A player of the serving side shall serve from the right service court when the serving side has not scored or has scored an even number of points in that game.

11.1.2 A player of the serving side shall serve from the left service court when the serving side has scored an odd number of points in that game.

11.1.3 The player of the receiving side who served last shall stay in the same service court from where he served last. The reverse pattern shall apply to the receiver's partner.

11.1.4 The player of the receiving side standing in the diagonally opposite service court to the server shall be the receiver.

11.1.5 The players shall not change their respective service courts until they win a point when their side is serving.

11.1.6 Service in any turn of serving shall be delivered from the service court corresponding to the serving side's score, except as provided in Laws 12.

11.3 **Scoring and serving:**

11.3.1 If the serving side wins a rally (Law 7.3), the serving side shall score a point. The server shall then serve again from the alternate service court.

11.3.2 If the receiving side wins a rally (Law 7.3), the receiving side shall score a point. The receiving side shall then become the new serving side.

11.4 **Sequence of serving:**

In any game, the right to serve shall pass consecutively:

11.4.1 From the initial server who started the game from the right service court.

11.4.2 To the partner of the initial receiver. The service shall be delivered from the left service court.

11.4.3 To the partner of the initial server.

11.4.4 To the initial receiver.

11.4.5 To the initial server and so on.

16.2 **Intervals:**

16.2.1 Not exceeding **60 seconds** during each game when the leading score reaches **11 points**; and

16.2.2 Not exceeding **120 seconds** between the first and second game, and between the second and third game shall be allowed in all matches.

16.5 **Advice and leaving the court:**

16.5.1 Only when the shuttle is not in play, shall a player be permitted to receive advice during a match.

16.5.2 No player shall leave the court during a match without the umpire's permission, except during the intervals as described in Law 16.2.

In a Doubles match between A & B against C & D. A & B won the toss and decided to serve. A to serve to C. A shall be the initial server while C shall be the initial receiver.

Course of action / Explanation	Score	Service from Service Court	Server & Receiver	Winner of the rally		
	Love All	Right Service Court. Being the score of the serving side is even.	A serves to C A and C are the initial server and receiver.	A & B.	C	D
					B	A
A & B win a point. A & B will change service courts. A serves again from Left service court. C & D will stay in the same service courts.	1-0	Left Service Court. Being the score of the serving side is odd.	A serves to D	C & D.	C	D
					A	B
C & D win a point and also right to serve. Nobody will change their respective service courts.	1-1	Left Service Court. Being the score of the serving side is odd.	D serves to A.	A & B.	C	D
					A	B
A & B win a point and also right to serve. Nobody will change their respective service courts.	2-1	Right Service Court. Being the score of the serving side is even.	B serves to C	C & D	C	D
					A	B
C & D win a point and also right to serve. Nobody will change their respective service courts.	2-2	Right Service Court. Being the score of the serving side is even.	C serves to B	C & D	C	D
					A	B
C & D win a point. C & D will change service courts. C serves from Left service court. A & B will stay in the same service courts.	3-2	Left Service Court. Being the score of the serving side is odd.	C serves to A	A & B	D	C
					A	B
A & B win a point and also right to serve. Nobody will change their respective service courts.	3-3	Left Service Court. Being the score of the serving side is odd.	A serves to C	A & B	D	C
					A	B
A & B win a point. A & B will change service courts. A serves again from Right service court. C & D will stay in the same service courts.	4-3	Right Service Court. Being the score of the serving side is even.	A serves to D	C & D	D	C
					B	A

Note that this means

- The order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.

CHAPTER 8 – BALL HOCKEY

TEAM COMPOSITION

1. The regional team shall be declared champions at the CAF Regional Championship. A team shall be composed of a maximum of 20 competitors.
2. The regional team may augment three (3) players from another base/wing/unit within the region who have the approval of their Commanding Officer
3. Two (2) goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.
4. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

5. Play shall be in accordance with the Canadian Ball Hockey Association (CBHA) Rulebook with the exception of para 2 (a – e ii).
6. Para 5 (c – e ii) relates to “straight time” format and will be in place for the CAF National Ball Hockey.
 - a. There will be a ten (10) minute warm-up prior to each game.
 - b. 2 x 20 minute stop time periods will be played.
 - c. Should the goal differential between teams be of seven (7) goals or more in the second period in any tournament game the remainder of that game shall be played as “straight time.” Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - d. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of seven (7) goals or more.
 - e. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the floor until play resumes.

- i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of seven (7) goals or more shall not have any additional time added to the penalty time.
 - ii. In the event a player is servicing a double minor at the time the 7 goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty
7. After a total of three (3) penalties a player will be ejected from the game.
8. The “no touch icing” rule is in effect for all games.

SUSPENSIONS

9. The following minimum suspensions will be applied, when the following infractions occur during the Championships;
 - a. When a Match Penalty is assessed:
 - i. Butt End – Two (2) games;
 - ii. Check From Behind – Two (2) games;
 - iii. Deliberate Attempt to Injure – Indefinite suspension;
 - iv. Deliberate Injury – Indefinite suspension;
 - v. Grabbing Face Mask – Two (2) games;
 - vi. Hair Pulling – Two (2) games;
 - vii. Head Butting – Two (2) games;
 - viii. Deliberate Attempt to Injure or Deliberate Injury of an Official – Indefinite suspension;
 - ix. Spearing – Two (2) games;
 - x. Spitting – Two (2) games;
 - xi. Kicking – Two (2) games; and
 - xii. Checking to the Head/Head Contact – Two (2) games.
 - b. Gross Misconduct – One (1) game

- c. Game Misconduct – Verbal abuse of an official (Rule 9.2)
- d. Checking from Behind – When a major penalty and game misconduct is assessed – One (1) game
- e. Checking to Head/Head Contact – When a major penalty and game misconduct is assessed – One (1) game
- f. Fighting:
 - i. Any player assessed a game misconduct for fighting – One (1) game;
 - ii. Third and subsequent player into a fight – One (1) game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – Two (2) games;
 - iv. Any player identified as the first to leave the player's bench during a fight – Two (2) games;
 - v. Any player identified first to leave the penalty bench during a fight – Three (3) games;
 - vi. Coach of a team whose player is penalized under para 8f(iii) or 8f(iv) – Two (2) games;
 - vii. Coach whose player leaves the player's/penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-rink altercation – One (1) game; and
 - viii. Instigator/Aggressor:
 - 1. First offence – game misconduct – One (1) game (current game +1);
 - 2. Second offence – Two (2) games; and
 - 3. Third offence – Three (3) games.
- g. Pre/Post Game Altercations:
 - i. Any player where a major and a game misconduct penalties are assessed (maximum five (5) players per team) – One (1) game;
 - ii. Coach of a team whose players are so penalized – Three (3) games; and

- iii. Any team involved in pre/post game brawl – penalty to be determined.

DRAW

10. The criteria for the competition draw shall be established by CFMWS/DFIT, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

11. The CAF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two (2) points will be awarded for a win, one (1) point for a tie. Each team shall be permitted 1 x 30 second time-out per period.

12. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a Tie and each team shall be awarded one (1) point towards their round robin standings.

13. The shootout shall be conducted as follows;

- a. The teams to enter the shootout shall select five (5) players in full game uniform;
- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
- c. If a tie still remains after the five (5) shots have been taken, the same players selected in Para 13 (a) shall continue the shootout in the same rotation until the tie is broken after an equal number of shots.

TIE-BREAKING PROCEDURES

14. Ties in the final round robin standings that affect advancement to the playoffs shall be broken as follows:

- a. If two teams are tied, the winner of the game played between those two teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;

- b. If three or more teams are tied, the team(s) with the best win/loss record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.
 - d. If a tie still remains, the team with the greater total goals scored in the first period of play between the teams tied shall be rewarded the higher position; and
 - e. If a tie still remains, the team with the greater total of goals scored in the second period of play between the teams tied shall be awarded the higher.
15. Ties in the playoff round will be broken as follows:
- a. Teams will play a ten (10) minute sudden death overtime period;
 - b. If a tie remains, teams will change ends and a twenty (20) minute sudden death overtime period will be played; and
 - c. If a tie still remains, Para 15 (b) format will continue until a goal is scored.

EQUIPMENT

16. The official ball for the CAF National Ball Hockey Championship shall be the D-Gel Ball.
17. All players must wear the following protective equipment:
- a. CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in anyway;
 - b. Elbow pads;
 - c. CSA approved hockey gloves are to be worn by all players. The only D-Gel or Mylec Gloves certified to be used by the CBHA and the CAF are the following: (All others are not permitted to be worn by any player).
 - i. D-Gel- Zebra Gloves #820;

- ii. Mylec-Ultra Pro II Air Flo Gloves; and
 - iii. Mylec Air Flo #790.
 - d. One piece ball hockey shin pads that cover both knees and shins must be worn by all players. The only shin pads authorized to be worn by the CBHA and CAF are the following (All others are not permitted to be worn).
 - i. D-Gel- Protek #540
 - ii. D-Gel- Deluxe #555
 - iii. Mylec- Street Hockey Shin Pads
 - e. Shoulder pads of any kind are not permitted;
 - f. Only running shoe type footwear with a non-slip sole is permitted. Steel-toed shoes are not permitted.
- 18. All goalkeepers must wear the following protective equipment:
 - a. CSA approved mask with drop down plastic throat guard. Face protector must be securely fastened. Goalkeeper 'cat's eye' type masks are not authorized;
 - b. Chest & arm protectors; must be completely covered by the jersey;
 - c. Blocker (maximum 8 inches wide and 16 inches long);
 - d. Catching glove (maximum 9 inches wide and 16 inches long);
 - e. Goalie pads (maximum 14 inches wide);
 - f. Protective athletic cup;
 - g. Goalie pants; and
 - h. Goalkeeper's footwear is not restricted to running shoes; other types of shoes may be worn by goalkeepers (i.e. steel-toed).
- 19. Sticks: The following rules must be applied when examining ball hockey sticks:
 - a. All sticks (including goal keepers) may be made of wood, fibreglass, or aluminum. Attached plastic blades are not permitted;

- b. The blade of the stick shall not be less than two (2) inches or more than three (3) inches in width, and
- c. The stick blades may be of any curvature.

20. Officials: All officials shall wear a CSA approved helmet with a minimum of a half visor.

21. Any physical alteration to protective equipment is prohibited and subject to penalty in accordance with the CBHA Rulebook.

INJURY PREVENTION

22. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

23. The winning team shall be awarded the CAF National Ball Hockey Championship Banner and the CAF National Ball Hockey Championship Trophy. Individual medals shall be presented to the members of the winning and runner-up team.

24. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

25. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.

CHAPTER 9 – BASKETBALL

TEAM COMPOSITION

1. The regional team shall be the team declared champion at the CAF Regional Championship. A team shall be composed of a maximum of twelve (12) participants.
2. The regional team may augment two (2) players from another base/wing/unit within the region who have the approval of their Commanding Officer.
3. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

4. Play shall be in accordance with the current International Basketball Federation (FIBA) Rulebook.

DRAW

5. The criteria for the competition draw shall be established by CFMWS/DFIT, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

6. The CAF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. A winning team will be determined in all games, in accordance with FIBA rules. Two points will be awarded for a win. The final team standings from the round-robin will determine play in the single elimination playoff. Round robin games will be conducted in four (4) x ten (10) minute quarters with one (1) minute between quarters and ten (10) minutes at half time.
7. Upon completion of the round-robin, the first place team will play the fourth place team and the second place team will play the third place team. The fifth place team does not advance to the elimination play. The winner of each semi-final game will advance to the final. The final will be one game only. Playoff rounds will be conducted in four (4) x ten (10) minute quarters with one (1) minute between quarters and fifteen (15) minutes at half time.

TIE-BREAKING PROCEDURES

8. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:

- a. If two teams are tied, the winner of the game played between those two teams in round-robin play shall advance.
- b. If three (3) or more teams are tied, the team(s) with the best win/loss record against the other teams in games played against each other shall advance to and/or be awarded the higher position in the playoff round.
- c. If a tie still remains, each team's total points scored in the round-robin tournament shall be divided by the total points against. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoffs. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.

EQUIPMENT

9. The official ball for the CAF National Basketball Championship shall be the Baden Lexum Elite (BX7E Men's).

INJURY PREVENTION

10. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

11. The winning team shall be awarded the Canadian Armed Forces National Basketball Championship Banner and the CAF National Basketball Championship trophy. Individual medals shall be presented to the members of the winning and runner-up team.
12. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

13. Duty and travel authority shall be granted to a maximum of twelve (12) participants representing each competing region.

CHAPTER 10 - GOLF

TEAM COMPOSITION

1. Regional teams shall be comprised of seven (7) golfers, five (5) men and two (2) women who should have qualified at their respective regional championship. A golfer, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Director (RSD).
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

INDEPENDENT GOLFERS

3. Personnel who miss their respective Regional championships for "Duty" reasons may apply through their FS(&R) Dir/RSD for consideration to participate at the CAF National Golf Championship as an independent and are eligible for medals in the individual category only. They will not be considered part of the regional team. Male independent golfers must have a handicap of 10 and under. Female independent golfers must have a handicap of 16 and under. Only handicaps within 14 months of the Championship will be accepted. Individuals who chose to skip their base play-downs/regional championships for personal reasons will not be considered for independent eligibility. Each region will be permitted one (1) independent position. If a region does not require this position, it can be made available for distribution to other regions with the final approval coming from the National Sports Office

RULES

4. Play shall be Stroke play in accordance with the current Royal Canadian Golf Association (RCGA) Rulebook, and the CAF National Sports Rulebook.

DRAW

5. The criteria for the competition draw shall be established by CFMWS/DFIT and the Chief Official, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

6. The CAF National Golf Championship shall be conducted as a fifty-four (54) stroke tournament. Within the tournament there will be a Men's Championship, Women's Championship and a Team Championship. The host base will draw names at the meet & greet to determine the grouping for the first day of the tournament. Groups of three (3) or four (4) will be utilized depending on the number of participants. The women will tee-off first each day of the championship followed by men groupings. The second day groupings will be

determined by the player standings from the first day scores. Final day pairings will be determined by their first two (2) days accumulated stroke score. The highest accumulated scores from day one(1) and two (2) will tee off first, then the second, third, fourth, etc, until the lowest scores tee off last. On the final day, the lowest women's group will tee off prior to men's lowest group. Men will play from Blue markers and women from Red markers.

7. Team Championship:

- a. Scoring will be the total combined stroke score of the lowest five (5) scores, each of the three (3) days of the tournament. The lowest combined team stroke score will be declared the National Champions;
- b. If two (2) or more teams are tied, the team with the lowest aggregate score on the last day will be declared the winner;
- c. If a tie still remains, the lowest four (4) aggregate scores on the last day will be declared the winner;
- d. If a tie still remains, the lowest three (3) aggregate scores on the last day will be declared the winner;
- e. If a tie still remains, the lowest two (2) aggregate scores on the last day will be declared the winner;
- f. If a tie still remains, the lowest score on the last day will be declared the winner;
- g. If a tie still remains, the tie will be broken by the last place person on the final day score. The team with the last place person with the lowest score will be declared the winner; and
- h. If two (2) or more teams are tied for second place, the tie breaking procedure will be the same as above for declaring the winner.

8. Men/Women Championships:

- a. Scoring will be the total combined stroke score of the three (3) days of the tournament;
- b. If two (2) golfers are tied for first place, the two (2) golfers will play a sudden death one-hole play-off with the lowest score being declared the champion and the other golfer being the runner-up. If the golfers remain tied after the one (1) hole sudden death play-off, another sudden death one-hole play-off will be played and continued to be played until one (1) golfer scores lower than the other;

- c. If more than two (2) golfers are tied for first place, all golfers will play a one-hole sudden death play-off, with the lowest score being declared the champion. The second lowest score will be declared the runner-up;
- d. If ties remain after one-hole sudden-death play-off, golfers will be removed from the play-off if other golfers beat their scores until we have crowned the Champion and Runner-up; and
- e. If two (2) or more golfers are tied for second; the golfers will play a one-hole sudden death play-off with the lowest score being declared second and the other golfer(s) being tied for third. If a tie remains after one-hole sudden death play-off, another sudden death one-hole play-off will be played and continued to be played until one (1) golfers score is lower than the others until we have determined second place.

EQUIPMENT

9. Golfers will be responsible for their own equipment and must conform to the RCGA (National) and CAF National Sports Rulebooks. The use of motorized golf carts or caddies are not permitted. The use of manual push/pull carts are permitted, however battery-operated push/pull carts are not permitted. Any considerations beyond what is listed in the rulebooks will need to be approved by the National Sports Office. The use of distance finding devices (only distance finding and not other capabilities) is permitted. It is the golfers responsibility to provide their own device.

INJURY PREVENTION

10. It is important that injury prevention strategies are reviewed by all golfers, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

11. The winner of the Team Championship shall be awarded the Canadian Armed Forces Golf Championship Banner. Members of the winning team and runner-up team shall be awarded medals.

12. Individual medals shall be awarded to both winners and runner-ups from each of the individual categories.

13. The Royal Canadian Legion Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female golfer that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

14. Duty and travel authority shall be granted to a maximum of eight (8) participants, five (5) male and two (2) females representing each Region, and one (1) independent golfer per region.

CHAPTER 11 - MEN'S HOCKEY

TEAM COMPOSITION

1. The regional team shall be the team declared champion at the CAF Regional Championship. A team shall be composed of a maximum of twenty (20) participants.
2. The regional team may augment three (3) players from another base/wing/unit within the region who have the approval of their Commanding Officer.
3. Two (2) goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.
4. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

5. Play shall be in accordance with the current Hockey Canada Rulebook, with the exception of para 6 (a – e ii).
6. Para 6 (c – e ii) relates to “straight time” format and will be in place for the CAF National Men’s Hockey.
 - a. There will be a ten (10) minute warm-up prior to each game, followed by an ice clean, period one (1), ice clean, period two (2), ice clean, and period three (3).
 - b. 3 x 20 minutes stop time periods will be played.
 - c. Should the goal difference between teams be of seven (7) goals or more in the third period in any tournament game, the remainder of that game shall be played as “straight time”. Play will not return to “stop time” should the score differential again become six (6) goals or less.
 - d. “Straight time” will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of seven (7) goals or more.
 - e. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes.

- i. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of seven (7) goals or more shall not have any additional time added to the penalty time.
- ii. In the event a player is servicing a double minor at the time the seven (7) goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty

SUSPENSIONS

7. The following minimum suspensions will be applied, when the following infractions occur during the Championship:

- a. When a Match Penalty is assessed:
 - i. Butt End – Two (2) games;
 - ii. Check From Behind – Two (2) games;
 - iii. Deliberate Attempt to Injure – Indefinite suspension;
 - iv. Deliberate Injury – Indefinite suspension;
 - v. Grabbing Face Mask – Two (2) games;
 - vi. Hair Pulling – Two (2) games;
 - vii. Head Butting – Two (2) games;
 - viii. Deliberate Attempt to Injure, or Deliberate Injury of an Official – Indefinite suspension;
 - ix. Spearing – Two (2) games;
 - x. Spitting – Two (2) games;
 - xi. Kicking – Two (2) games; and
 - xii. Checking to the Head/Head Contact – Two (2) games.
- b. Gross Misconduct – One (1) game;
- c. Game Misconduct – Verbal abuse of an official (Rule 9.2) – One (1) game;

- d. Checking from Behind (when a major penalty and game misconduct is assessed) – One (1) game;
- e. Checking to the Head/Head Contact (when a major penalty and game misconduct is assessed) – One (1) game; and
- f. Fighting:
 - i. Any player assessed a game misconduct for fighting – One (1) game;
 - ii. Third and subsequent player into a fight – One (1) game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – Two (2) games;
 - iv. Any player identified as the first to leave the player's bench during a fight – Two (2) games;
 - v. Any player identified as the first to leave the penalty bench during a fight – Three (3) games;
 - vi. Coach of a team whose player is penalized under para 16e(iii) or 16e(iv) – Two (2) games;
 - vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – One (1) game; and
 - viii. Instigator/Aggressor:
 - 1. First offence – game misconduct – One (1) game (current game + One (1));
 - 2. Second offence – Two (2) games; and
 - 3. Third offence – Three (3) games.
- g. Pre/Post Game Altercations;
- h. Any player involved where a major and a game misconduct penalties are assessed (maximum five (5) player per team) – One (1) game;
 - i. Coach of a team whose players are so penalized – Three (3) games; and

Any team involved in a pre/post game brawl – Penalty to be determined.

DRAW

8. The criteria for the competition draw shall be established by CFMWS/DFIT, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

9. The CAF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two (2) points will be awarded for a win, one (1) point for a tie. Each team shall be permitted 1 x 30 second time-out per game.

10. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a tie and each team shall be awarded one (1) point towards their round robin standings.

11. The shootout shall be conducted as follows;

- a. The teams to enter the shootout shall select five (5) players in full game uniform;
- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
- c. If a tie still remains after the five (5) shots have been taken, the same players selected in Para 10(a) shall continue the shootout in the same rotation until the tie is broken after an equal number of shots.

TIE-BREAKING PROCEDURES

12. Ties in the final round robin standings that affect advancement to the playoffs shall be broken as follows:

- a. If two (2) teams are tied, the winner of the game played between those two (2) teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;

- b. If three (3) or more teams are tied, the team(s) with the best win/loss record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient
 - d. If a tie still remains, the team with the greater total goals scored in the first period of play between the teams tied shall be rewarded the higher position;
 - e. If a tie still remains, the team with the greater total of goals scored in the second period of play between the teams tied shall be awarded the higher; and
 - f. If a tie still remains, the team with the greater total of goals scored in the third period of play between the teams tied shall be awarded the higher position.
13. Ties in the playoff round will be broken as follows:
- a. Teams will play a ten (10) minute sudden death overtime period;
 - b. If a tie remains, the ice will be cleaned, teams will change ends and a twenty (20) minute sudden death overtime period will be played; and
 - c. If a tie still remains, Para 13(b) format will continue until a goal is scored.

EQUIPMENT

14. The official puck for the CAF National Men's Hockey Championship shall be the Viceroy Puck.
15. All players must wear the following protective equipment:
- a. CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in anyway;
 - b. Elbow pads;
 - c. Shin guards;

- d. Padded hockey pants;
 - e. Hockey gloves;
 - f. Shoulder pads;
 - g. Protective athletic cup;
 - h. BNQ throat guard (mandatory as of September 2012); and
16. All goalkeeper must wear the following protective equipment;
- a. CSA approved mask with drop down plastic throat guard;
 - b. Chest, shoulder, arm & elbow protectors;
 - c. Protective athletic cup;
 - d. Goalie leg pads & pants; and
 - e. Goalie gloves.
17. Any physical alteration to protective equipment is prohibited.

INJURY PREVENTION

18. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

19. The winning team shall be awarded the CAF National Men's Hockey Championship Banner and CAF National Men's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up team.

20. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

21. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.

CHAPTER 12 - OLD TIMERS' HOCKEY

TEAM COMPOSITION

1. A player must be thirty-five (35) years of age or older as of the first scheduled game of the CAF National Championship, regardless of whether the member is playing or not. The coach or manager may be under thirty-five (35) years of age but may not play.
2. The regional team shall be declared champion at the CAF Regional Championship. A team shall be composed of a maximum of twenty (20) participants all of whom may be players, and who may dress for each game.
3. The regional team may augment three (3) players from another base/wing/unit within the region who have the approval of their Commanding Officer.
4. Two (2) goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.
5. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

6. Play shall be in accordance with the current Hockey Canada Rulebook, with the exception of para 7 & 8 below.
7. Para 7 (a – e iii) relates to the game duration which will be in place for the CAF National Old Timer's Hockey.
 - a. There will be a ten (10) minute warm-up prior to each game, followed by period one (1), ice clean, period two (2), ice clean, and period three (3).
 - b. 3 x 15 minute stop time periods will be played.
 - c. Should the goal difference between teams be of seven (7) goals or more in the third period in any tournament game, the remainder of that game shall be played as "straight time." Play will not return to "stop time" should the score differential again become six (6) goals or less.
 - d. "Straight time" will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of seven (7) goals or more.

- e. Minor penalties assessed during “straight time” will be three (3) minutes in duration, and Major penalties assessed during “straight time” will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes.
 - ii. Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of seven (7) goals or more shall not have any additional time added to the penalty time.
 - iii. In the event a player is servicing a double minor at the time the seven (7) goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty
8. A “no slap shot” rule is in effect for the CAF National Old Timers’ Hockey Championship.
- a. Any player who uses a “slap shot” anywhere on the ice during the game shall be assessed a Minor penalty. If an injury to an opponent results, a Major penalty shall be assessed.
 - b. The use of a “snap shot” has been authorized for CAF Old Timers’ Hockey. The “snap shot” is to bring the stick back behind the puck a maximum of fifteen (15) inches either on or off the ice and to shoot the puck in wrist shot fashion.
 - c. A player who uses the action of a Fake Slap Shot shall be assessed a Minor penalty.

SUSPENSIONS

9. The following minimum suspensions will be applied, when the following infractions occur during the Championship;
- a. When a Match Penalty is assessed:
 - i. Butt End – Two (2) games;
 - ii. Check From Behind – Two (2) games;
 - iii. Deliberate Attempt to Injure – Indefinite suspension;
 - iv. Deliberate Injury – Indefinite suspension;
 - v. Grabbing Face Mask – Two (2) games;

- vi. Hair Pulling – Two (2) games;
 - vii. Head Butting – Two (2) games;
 - viii. Deliberate Attempt to Injure, or Deliberate Injury of an Official – Indefinite suspension;
 - ix. Spearing – Two (2) games;
 - x. Spitting –Two (2) games;
 - xi. Kicking – Two (2) games; and
 - xii. Checking to the Head/Head Contact – Two (2) games.
- b. Gross Misconduct – One (1) game
 - c. Game Misconduct – Verbal abuse of an official (Rule 47) – One (1) game
 - d. Checking from Behind – when a major penalty and game misconduct is assessed - One (1) game
 - e. Checking to the Head/Head Contact – When a major penalty and game misconduct is assessed – One (1) game
 - f. Fighting:
 - i. Any player assessed a game misconduct for fighting – One (1) game;
 - ii. Third and subsequent player into a fight – One (1) game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – Two (2) games;
 - iv. Any player identified as the first to leave the player's bench during a fight – Two (2) games;
 - v. Any player identified as the first to leave the penalty bench during a fight – Three (3) games;
 - vi. Coach of a team whose player is penalized under para 8(iii) or 8f(iv) –Two (2) games;
 - vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – One (1) game; and

- viii. Instigator/Aggressor:
- ix. First offence – game misconduct – One (1) game (current game + 1);
 - 1. Second offence – Two (2) games; and
 - 2. Third offence – Three (3) games.
- f. Pre/Post Game Altercations:
 - i. Any player involved where a major and a game misconduct penalties are assessed (maximum five (5) player per team) – 1 game;
 - ii. Coach of a team whose players are so penalized – Three (3) games; and
 - iii. Any team involved in a pre/post game brawl – penalty to be determined.

DRAW

10. The criteria for the competition draw shall be established by CFMWS/DFIT, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

11. The CAF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two (2) points will be awarded for a win, one (1) point for a tie. Each team shall be permitted 1 x 30 second time-out per game.

12. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a tie and each team shall be awarded one (1) point towards their round robin standings.

13. The shootout shall be conducted as follows;

- a. The teams to enter the shootout shall select five (5) players in full game uniform;

- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
- c. If a tie still remains after the five (5) shots have been taken, the same players selected in Para 13(a) shall continue the shootout in the same rotation until the tie is broken after an equal number of shots.

TIE-BREAKING PROCEDURES

14. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:

- a. If two (2) teams are tied, the winner of the game played between those two (2) teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;
- b. If three (3) or more teams are tied, the team(s) with the best win/loss record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
- c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient;
- d. If a tie still remains, the team with the greater total goals scored in the first period of play between the teams tied shall be rewarded the higher position;
- e. If a tie still remains, the team with the greater total of goals scored in the second period of play between the teams tied shall be awarded the higher; and
- f. If a tie still remains, the team with the greater total of goals scored in the third period of play between the teams tied shall be awarded the higher position.

15. Ties in the playoff round will be broken as follows:

- a. Teams will play a ten (10) minute sudden death overtime period;

- b. If a tie remains, the ice will be cleaned, teams will change ends and a fifteen (15) minute sudden death overtime period will be played; and
- c. If a tie still remains, para 15(b) format will continue until a goal is scored;

EQUIPMENT

16. The official puck for the CAF National Old Timers' Hockey Championship shall be the Viceroy Puck.

17. All players must wear the following protective equipment;

- a. CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in anyway;
- b. Elbow pads;
- c. Shin guards;
- d. Padded hockey pants;
- e. Hockey gloves;
- f. Shoulder pads;
- g. Protective athletic cup;
- h. BNQ throat guard (mandatory as of September 2012); and

18. All goalkeeper must wear the following protective equipment;

- a. CSA approved mask with drop down plastic throat guard;
- b. Chest, shoulder, arm & elbow protectors;
- c. Protective athletic cup;
- d. Goalie leg pads & pants; and
- e. Goalie gloves.

19. Any physical alterations to protective equipment are prohibited.

INJURY PREVENTION

20. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

21. The winning team shall be awarded the CAF National Old Timer's Hockey Championship Banner and CAF National Old Timer's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

22. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

23. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.

CHAPTER 13 - WOMEN'S HOCKEY

TEAM COMPOSITION

1. The regional team shall be declared champion at the CAF Regional Championship. A team shall be composed of a maximum of twenty (20) participants.
2. The regional team may augment five (5) players from another base/wing/unit within the region who have the approval of their Commanding Officer. This applies to all regions and overrides chapter 5 para 10a ii 1-2.
3. Two (2) goalkeepers must be dressed for all games. The reserve goalkeeper must remain on the bench.
4. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

5. Play shall be in accordance with the current Hockey Canada Rulebook with the exception of para 6 (a – e iii).
6. Para 6 (c – e iii) relates to game duration which will be in place for the CAF National Women's Hockey.
 - a. There will be a ten (10) minute warm-up prior to each game, followed by period one (1), ice clean, period two (2), ice clean, and period three (3).
 - b. 3 x 15 minute stop time periods will be played.
 - c. Should the goal difference between teams be of seven (7) goals or more in the third period in any tournament game, the remainder of that game shall be played as "straight time". Play will not return to "stop time" should the score differential again become six (6) goals or less.
 - d. "Straight time" will begin when the official conducts the face-off following the scoring of the goal, which causes the differential of seven (7) goals or more.
 - e. Minor penalties assessed during "straight time" will be three (3) minutes in duration, and Major penalties assessed during "straight time" will be seven (7) minutes in duration. During straight time, time penalties will start when play resumes and if a penalty ends during a stoppage of play, the penalized player cannot return to the ice until play resumes.

- i Any player serving a penalty which was assessed during “stop time” and would continue serving the penalty after the stoppage where the differential of seven (7) goals or more shall not have any additional time added to the penalty time.
- ii In the event a player is servicing a double minor at the time the seven (7) goal differential is reached and the first minor penalty is cancelled by the scoring of the goal, the second minor shall be served as a three (3) minute penalty

SUSPENSIONS

7. The following minimum suspensions will be applied, when the following infractions occur during the Championship;

- a. When a Match Penalty is assessed:
 - i. Butt End – Two (2) games;
 - ii. Check From Behind – Two (2) games;
 - iii. Deliberate Attempt to Injure – Indefinite suspension;
 - iv. Deliberate Injury – Indefinite suspension;
 - v. Grabbing Face Mask – Two (2) games;
 - vi. Hair Pulling – Two (2) games;
 - vii. Head Butting – Two (2) games;
 - viii. Deliberate Attempt to Injure, or Deliberate Injury of an Official – Indefinite suspension;
 - ix. Spearing – Two (2) games;
 - x. Spitting – Two (2) games;
 - xi. Kicking – Two (2) games;
 - xii. Checking to the Head/Head Contact – Two (2) games.
- b. Gross Misconduct – One (1) game
- c. Game Misconduct – Verbal abuse of an official (Rule 47) – One (1) game

- d. Checking from Behind (when a major penalty and game misconduct is assessed) – One (1) game
- e. Checking to the Head/Head Contact (when a major penalty and games misconduct is assessed) – One (1) game
- f. Fighting:
 - i. Any player assessed a game misconduct for fighting – One (1) game;
 - ii. Third and subsequent player into a fight – One (1) game;
 - iii. Any player receiving a second fighting major penalty during the same stoppage of play – Two (2) games;
 - iv. Any player identified as the first to leave the player's bench during a fight – Two (2) games;
 - v. Any player identified as the first to leave the penalty bench during a fight – Three (3) games;
 - vi. Coach of a team whose player is penalized under para 6f(iii) or 6f(iv) – Two (2) games;
 - vii. Coach whose player leaves the player's / penalty bench, but not identified as the first player to leave the player's / penalty bench during an on-ice altercation – One (1) game; and
 - viii. Instigator/Aggressor:
 - 3. First offence – game misconduct – One (1) game (current game + 1);
 - 4. Second offence – Two (2) games; and
 - 5. Third offence – Three (3) games.
- a. Pre/Post Game Altercations:
 - i. Any player involved where a major and a game misconduct penalties are assessed (maximum five (5) player per team) – 1 game;
 - ii. Coach of a team whose players are so penalized –Three (3) games; and
 - iii. Any team involved in a pre/post game brawl – penalty to be determined.

DRAW

8. The criteria for the competition draw shall be established by CFMWS/DFIT, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

9. The CAF National Championship shall be conducted as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time, with tie games standing. Two (2) points will be awarded for a win, one (1) point for a tie. Each team shall be permitted 1 x 30 second time-out per game.

10. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a tie and each team shall be awarded one (1) point towards their round robin standings.

11. The shootout shall be conducted as follows;

- a. The teams to enter the shootout shall select five (5) players in full game uniform;
- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player to a total of five (5) shots for each team;
- c. If a tie still remains after the five (5) shots have been taken, the same players selected in Para 11(a) shall continue the shootout in the same rotation until the tie is broken after an equal number of shots.

TIE-BREAKING PROCEDURES

12. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:

- a. If two (2) teams are tied, the winner of the game played between those two (2) teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;
- b. If three (3) or more teams are tied, the team(s) with the best win/loss record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;

- c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient;
 - d. If a tie still remains, the team with the greater total goals scored in the first period of play between the teams tied shall be rewarded the higher position;
 - e. If a tie still remains, the team with the greater total of goals scored in the second period of play between the teams tied shall be awarded the higher; and
 - f. If a tie still remains, the team with the greater total of goals scored in the third period of play between the teams tied shall be awarded the higher position.
13. Ties in the playoff round will be broken as follows:
- a. Teams will play a ten (10) minute sudden death overtime period;
 - b. If a tie remains, the ice will be cleaned, teams will change ends and a fifteen (15) minute sudden death overtime period will be played; and
 - c. If a tie still remains, Para 13(b) format will continue until a goal is scored;

EQUIPMENT

14. The official puck for the CAF National Women's Hockey Championship shall be the Viceroy Puck.
15. All players must wear the following protective equipment:
- a. CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in any way;
 - b. Elbow pads;
 - b. Shin guards;
 - c. Padded hockey pants;
 - d. Hockey gloves;
 - e. Shoulder pads;

- f. Protective athletic cup; and
 - g. BNQ throat guard,
16. All goalkeeper must wear the following protective equipment;
- a. CSA approved mask with drop down plastic throat guard;
 - b. Chest, shoulder, arm & elbow protectors;
 - c. Protective athletic cup;
 - d. Goalie leg pads & pants; and
 - e. Goalie gloves.
17. Any physical alterations to protective equipment are prohibited.

INJURY PREVENTION

18. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

19. The winning team shall be awarded the CAF National Women's Hockey Championship Banner and CAF National Women's Hockey Championship trophy. Individual medals shall be presented to the members of the winning and runner-up team.

20. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

21. Duty and travel authority shall be granted to a maximum of twenty (20) participants representing each competing region.

CHAPTER 14 - RUNNING

TEAM COMPOSITION

1. Regional teams shall be comprised of twenty (20) runners who have met the qualifying times listed in para 6. A runner, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Director (RSD).
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

3. The competition shall be conducted in accordance with the Athletics Canada Rules and By-Laws, supplemented by the Ottawa Race Weekend administrative guidelines and in accordance with the CAF National Sports Rulebook.

CHAMPIONSHIP FORMAT

4. The Championship shall consist of four separate races as listed in para 5. A runner may only be eligible to enter in one (1) age category in one (1) race. Also, runners will only be permitted to enter the race for which they have entered a qualifying time.

EVENTS

5. The Canadian Armed Forces National Running Championship shall consist of the following races:
 - a. Marathon;
 - b. Half Marathon;
 - c. 10 km; and
 - d. 5 km.

QUALIFYING TIMES

6. The qualifying times listed below are the minimum qualifying times that a CAF runner must have achieved on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times must be forwarded by the RSDs to the host unit FS(&R)D, no later than thirty (30) days prior to competition. Under extenuating circumstances (such as deployments) a member may not have the opportunity to run in a race within the fourteen (14) month time requirement. In these cases a written request can be made to the

CFSM, through the member's RSD at least five (5) weeks prior to running championship date.

Race Distances	Marathon		Half Marathon		10 Km		5 Km	
Age Categories	Male	Female	Male	Female	Male	Female	Male	Female
Under 19	3:15:00	3:30:00	1:25:00	1:35:00	36:00	42:00	17:30	21:00
20-24	3:15:00	3:30:00	1:25:00	1:35:00	36:30	43:00	18:00	22:00
25-29	3:15:00	3:30:00	1:30:00	1:40:00	37:00	43:30	18:00	23:00
30-34	3:15:00	3:30:00	1:30:00	1:40:00	38:00	44:30	18:30	23:30
35-39	3:30:00	3:45:00	1:35:00	1:45:00	39:00	48:00	20:00	25:00
40-44	3:30:00	3:45:00	1:40:00	1:50:00	41:00	50:00	21:30	25:00
45-49	3:45:00	4:00:00	1:42:00	1:52:00	43:00	52:30	23:00	28:00
50-54	3:45:00	4:00:00	1:45:00	1:55:00	45:00	56:00	25:00	31:00
55 & over	4:30:00	4:45:00	1:55:00	2:10:00	50:00	60:00	25:00	40:00

EQUIPMENT

7. It is mandatory that all participants wear the singlet provided for the race by CFMWS.

INJURY PREVENTION

8. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

9. The first and second place finishers, male and female, in the 5km, 10km, half and full marathon events will be presented with medals emblematic of the Canadian Armed Forces National Running Championship. All awards are based on the "chip time". Gold and silver medals will be awarded within each race category for each race distance (male & female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any given race distance (male & female) only a gold medal shall be awarded (as per 2006 National RSD Meeting minutes).

10. The Environmental Shield Award shall be awarded to the winning team of CAF Runners formed to represent the Navy, Army or Air Force environment. This award promotes teamwork in an inherently individual sport exemplifying what it means to be a member of the Canadian Armed Forces.

- a. Each environment is encouraged to submit a team of four (4) runners;
- b. Each team must have a runner representing all four (4) distances; and
- c. Each team must have at least one (1) female runner (regardless of race distance).

11. Categories for men and women are broken down as follows in all events for participation in the civilian awards presentation as established by the sanctioned race:

- a. Under 19;
- b. 20-24 years;
- c. 25-29 years;
- d. 30-34 years;
- e. 35-39 years;
- f. 40-44 years;
- g. 45-49 years;
- h. 50-54 years;
- i. 55 and over.

Ages for the above categories apply as of the first day of the competition.

12. Categories for men and women are broken down as follows in all events for participation in the CAF awards presentation established by the sanctioned race:

- a. "Open" (Age = under 40);
- b. "Masters" (Age = 40 - 47); and
- c. "Senior" (Age = 48+).

13. Any monetary award won by an athlete competing under the CAF National Running Championship is to be handed over to CFMWS in accordance with the Treasury Board guidelines.

DUTY AND TRAVEL

14. Duty and travel authority shall be granted to a maximum of twenty (20) runners who qualify representing each region.

CHAPTER 15 – SLO-PITCH

TEAM COMPOSITION

1. Each region may enter one men's and one women's slo-pitch team in the CAF National Slo-pitch Championship. The regional team shall be declared champion at the CAF Regional Championship. A team shall be composed of a maximum of fifteen (15) participants.
2. The regional team may augment three (3) players from another base/wing/unit within the region who have the approval of their Commanding Officer.
3. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

4. Play shall be in accordance with the current rules of Softball Canada (SBC), including the following supplemental rules:
 - a. Game Length:
 - i. All games will begin with a one (1) and (1) count for the batter;
 - ii. There shall be a three (3) hour time limit for all round-robin games or;
 - iii. Seven (7) innings will constitute a legal game, except if tied after seven (7) innings, it must be played until a winner is declared;
 - iv. The international tie breaking procedure will be applied in all games except for the final championship game;
 - v. The procedure will come into effect after seven (7) innings have been played.
 - b. Mercy Rule:
 - i. Games will end after 2 ½ innings of play if the home team is winning by twenty-five (25) or more runs or three (3) complete innings if the visiting team is winning by twenty-five (25) or more runs.
 - ii. Games will end after 3 ½ innings of play if the home team is winning by twenty (20) or more runs or four (4) complete innings if the visiting team is winning by twenty (20) or more runs.

- iii. Games will end after 4 ½ innings of play if the home team is winning by fifteen (15) or more runs or five (5) complete innings if the visiting team is winning by fifteen (15) or more runs.

c. Home Run Rule Limit:

- i. A limitation shall be applied to the number of over the fence home runs that may be credited to each team in a game. The rule shall be applied as follows:
 - 1. A batter hitting an over the fence home run in excess of the limit shall be ruled out. The ball is dead, no runs will be scored and all runners must return to the base occupied at the time of the pitch.
 - 2. If an over the fence home run is hit but the batter-runner misses a base or fails to score, the home run will be counted in the team total.
 - 3. Any ball that goes over the fence in fair territory after being touched by a defensive player shall be a four (4) base award and not considered a home run.
 - 4. The per team per game limit shall be
 - a. Men – Seven (7)
 - b. Women – Five (5)
 - 5. Commitment Line & Safe Line:
 - a. The Commitment line and Safe line will be used for Regional and National Championships. All rules as written in the current rulebook shall apply. Note: This rule is normally used for co-ed only. The CAF Sports Program will use these lines for all levels, both Men and Women.

DRAW

- 5. The criteria for the competition draw shall be established by CFMWS/CFSM, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

- 6. The Men's and Women's Championship shall consist of a single round-robin tournament followed by a single elimination playoff.

7. Home field status will be given to the team that finished higher in the round-robin tournament.

TIE-BREAKING PROCEDURES

8. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:

- a. If two (2) teams are tied, the winner of the game between those two (2) teams during the round-robin shall advance to the playoff, or be given the higher position;
- b. If more than two (2) teams are tied, the two (2) teams to enter the playoff shall be decided by applying the win/loss record of the teams concerned in games played against each other; and
 - i. The team(s) with the best win/loss record shall enter the playoff;
 - ii. If the tie remains, the difference plus or minus of total runs scored in games played between the teams tied, with a limit of seven (7) plus or minus per game allowed;
 - iii. If the tie still remains, the difference plus or minus of total runs scored in all games played in the round robin, with a limit of seven (7) plus or minus per game allowed;
 - iv. If the tie still remains, the difference plus or minus of total bases touched in games played between the teams tied, with a limit of thirty (30) plus or minus per game allowed; and
 - v. If the tie still remains, the difference plus or minus of total bases touched in all games played in the round robin, with a limit or thirty (30) plus or minus per game allowed.

Note: When using the criteria in paragraph 8b (ii), (iii), (iv) or (v), for six and a half inning games go back to six (6) full innings.

EQUIPMENT

9. The official ball for the CAF National Men's Slo-pitch Championship shall be Hot Dot UHD12SY, Cor .52, 12 inch (yellow PROTAC cover).

10. The official ball for the CAF National Women's Slo-pitch Championship shall be Super Green Dot YSX11RSC3 Cor .44, 11 inch (yellow PROTAC cover).

11. The following equipment is mandatory:
 - a. CSA double ear flapped helmet shall be worn properly, while running the bases, at bat, and on deck to bat;
 - b. Catchers must wear mask, throat protector and helmet. An extended wire protection attached to the mask can be worn in lieu of the throat protector. The ice hockey goalie style face mask is approved for use by catchers, provided the model being used has not been disapproved by Softball Canada because of failure to meet safety standards and/or lack of protection of the throat area; and
 - c. The double base (Safe-base) will be used at first base for all games.
12. Any physical alteration to protective equipment is prohibited.
13. Metal cleats are strictly forbidden.
14. Two piece bats approved by ASA and the National Sports Office will be eligible for use in the CAF National Championships. A list of non-approved bats will be provided by the National Sports Office prior to the start of the CAF National Championships
(http://www.asasoftball.com/about/certified_equipment.asp).

INJURY PREVENTION

15. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

16. The winning team, in each of the competitions, will be awarded the appropriate CAF National Slo-pitch Championship Banner and CAF National Slo-pitch Championship trophy. Individual medals shall be presented to the members of the winning and runner-up teams.

17. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

18. Duty and travel authority shall be granted to a maximum of fifteen (15) participants per team representing each competing region.

CHAPTER 16 – SOCCER

TEAM COMPOSITION

1. Each region may enter one men's and one women's soccer team in the CAF National Soccer Championship. A team shall be composed of a maximum of eighteen (18) participants.
2. The regional men's team may augment three (3) players from another base/wing/unit within the region who have the approval of their Commanding Officer
3. The regional women's team may augment five (5) players from another base/wing/unit within the region who have the approval of their Commanding Officer. This applies to all regions and overrides chapter 5 para (10a ii1-2).
4. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

5. Play shall be in accordance with the current rules of the International Federation of Football Association (FIFA) Laws of the Game and Universal Guide for Referees, with the exception that:
 - a. There shall be a maximum of five (5) substitutions per game with unlimited substitutions at half time; and
 - b. Games in the round-robin play shall be seventy (70) minutes in duration; and
 - c. The semi-final and final games shall each be ninety (90) minutes in duration.

DISCIPLINE

6. Any player who is ejected during a match (red card) shall be automatically suspended for the next match of the competition. In addition, the incident shall be reviewed by the Disciplinary Committee to determine if additional disciplinary action is warranted.
7. Any player who accumulates three cautions (yellow cards) during the championship shall be automatically suspended for the match following that in which the third caution was received.
8. Any player receiving two red cards during the competition shall be suspended for the remainder of the competition.

DRAW

9. The criteria for the competition draw shall be established by CFMWS/CFSM prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

10. The CAF National Soccer Championship shall be conducted first as a single round-robin tournament, followed by a single elimination playoff. Games in the round-robin will be played to the end of regulation time. Three (3) points shall be awarded for a win and one (1) point for a tie.

11. Should a tie exist following regulation time in round robin play a shoot-out shall be conducted immediately following the game. The results of the shootout will be used to determine the higher place finisher in the event that two (2) or more teams are tied following round robin play. No additional points shall be awarded for winning the shootout; the game will be recorded as a tie and each team shall be awarded one (1) point towards their round robin standings. If there is a tie in the semi-final or final, extra time will be played first to break the tie as per Para 13. If a tie still remains penalty shots will be taken as per Para 12.

12. All shoot-outs will occur from the penalty spot and shall be conducted in accordance with the FIFA Laws of the Game as follows:

- a. The teams to enter the shootout shall select five (5) players in full game uniform;
- b. The players will take alternating shots at the opposing goalkeeper, one (1) shot by each player (one of whom may be a goalkeeper) to a total of five (5) shots for each team;
- c. If a tie still remains after the five shots have been taken, the remaining on-field players (one of whom may still be the goalkeeper) shall continue the shootout until the tie is broken after an equal number of shots.

Note: A player may not shoot a second time until all members of the team have taken a kick. If one team has more players on the field due to game ejection they must delete the same amount of players from the list of shooters on their team for the shootout.

EXTRA TIME

13. Competition rules provide for two (2) further equal periods, not exceeding fifteen (15) minutes each in length to determine the winner. The extra time must be played to completion regardless of how many goals are scored or when. If at the end of extra time the score is still tied a shoot out will take place to determine

the winner. If you are short of time you may go directly to the shootout to determine the winner.

TIE-BREAKING PROCEDURES

14. Ties in the final round-robin standings that affect advancement to the playoff shall be broken as follows:
- a. If two teams are tied, the winner of the game played between those two (2) teams in round-robin play, including the results from a shoot-out, shall advance to and/or be awarded the higher position in the playoff round;
 - b. If three or more teams are tied, the team(s) with the best won/lost record against the other teams in games played against each other including the results from a shootout, shall advance to and/or be awarded the higher position in the playoff round;
 - c. If a tie still remains, each team's total goals scored in the round-robin tournament shall be divided by total goals against excluding goals scored or surrendered during shootouts. The team(s) with the highest quotient shall be awarded the higher position or advance to the playoff. Where multiple ties exist the team's playoff positions are ranked from highest to lowest quotient.

EQUIPMENT

15. The official ball for the CAF National Soccer Championship shall be 2014 Adidas FIFA World Cup Ball "Brazuca" Official Match Ball.
- a. The following equipment is mandatory:
 - b. Shin guards covered by socks;
 - c. Two (2) pairs of socks of different colours; and
 - d. Undergarments (to match the uniform as closely as possible).
16. Any physical alteration to protective equipment is prohibited.

INJURY PREVENTION

17. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

18. The winning team shall be awarded the CAF National Soccer Championship Banner and CAF National Soccer Championship trophy. Individual awards will be presented to the members of the winning and runner-up team.

19. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

20. The Fair Play Trophy shall be determined by the Chief Official and awarded to a male and female team with the cleanest disciplinary record during Championship. Where more than one team is tied for the cleanest disciplinary record the selection shall be made by the Jury of Appeal.

DUTY AND TRAVEL

21. Duty and travel authority shall be granted to a maximum of eighteen (18) participants representing each competing region.

CHAPTER 17 - SQUASH

TEAM COMPOSITION

1. Regional teams shall be comprised of nine (9) players who **qualified** at their respective CAF Regional Championship. **Only after exhausting all possible alternates**, may a player, who **had not qualified do to operational reasons**, be chosen to fill a vacant position on the team. Should this occur, the player being selected, upon approval from the respective RSD to augment a regional team, he/she is to be seeded as a 'singles' player, based on his/her skill level in comparison to other singles players in that category. Should vacancies still remain on a regional team, players from any other region who have shown a proven history in the sport of squash shall be given the opportunity to fill vacancies. This situation would be unusual but would be critical in filling empty team positions and thus balancing the fatigue factor created during the team portion of play.
2. The age category of a player for both team and individual play will be based on a player's age prior to the first day of January of the year of the CAF National Squash Championships.
3. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.
4. Certificates of eligibility must include player's birth date. The team composition shall be as follows:
 - a. Two (2) Women's Open; (women only);
 - b. One (1) Junior player (under 30 years of age);
 - c. One (1) Senior player (40 years of age and over);
 - d. One (1) Master player (45 years of age and over); and
 - e. Four (4) Open players.

RULES

5. Play shall be conducted in accordance with the current rules of singles squash as published by the World Squash Federation.

CHAMPIONSHIP FORMAT

6. The CAF National Squash Championship shall consist of a single round robin Team Tournament followed by an Individual Tournament. All matches in both the team and individual events shall be the best of three (3) out of five (5) games. Individual games will use point a rally (PAR) scoring to eleven (11)

points, for both the team and individual portions of the championships.

TEAM CHAMPIONSHIP

7. The intent of the team portion of the championships is to crown a national team champion from one of the participating regional teams. The following are specific guidelines for the team portion of the championships.

- a. Round Robin – The draw will be conducted using a single round-robin format;
- b. Scheduling – The scheduling of matches will normally be in the following sequences;
 - i. Under 30 (Juniors);
 - ii. Women’s Open; (2,1);
 - iii. 40 years and over (Seniors);
 - iii. 45 years and over (Masters); and
 - iv. Open. (4,3,2,1)
- c. Gender Eligibility - The only gender restriction to the categories is that only females may participate in the Women’s Open category;
- d. Scoring - The scoring is based on the maximum contribution of each and every team member. The team with the most points at the end of the round robin will be declared the Team Champion regardless of the head-to-head standings. Scoring will be based on a 1-2-6 point system, with one point awarded for each game won, two points awarded for winning a match, and six (6) points awarded to the team that wins the most matches, each time one team plays another team. Defaulted matches will be scored as if the match was played 11-0, 11-0, 11-0 with a total of five (5) points scored for the winning player; and
- e. Tie-breaking procedures - Ties in the round-robin tournament shall be broken as follows:
 - i. If a tie still exists, the total number of matches won between the tied teams applies;
 - ii. If a tie still exists, the total number of games won between the tied teams applies; and
 - iii. If a tie still exists, the total number of points scored in all games played between the tied teams applies.

Note: If a team is eliminated using the above procedures, the tie-breaking procedures will continue between the remaining teams until only one team remains.

INDIVIDUAL CHAMPIONSHIP

8. The intent of the individual portion of the championships is to crown a champion and runner up in all categories. In all categories a third-fourth place match shall be played. Draws are to be developed with the intent of making the road to the championship finals, fair for all players. In addition, a significant amount of play for all competitors should be a secondary goal. The following are specific guidelines for the individual portion of the championships.

- a. Individual Categories are as follows:
 - i. Under 30 years of age (Juniors);
 - ii. 45 years of age and over (Masters);
 - iii. Women's Open; and
 - iv. Open.
- b. Players may elect to play in any category for which they meet the age requirements regardless of which category they played in during the Team Tournament. The following restrictions however do apply:
 - i. Only females may play in the Women's Open Category; and
 - ii. Players are only permitted to participate in one individual category.
- c. Within one half (1/2) hour of the end of the Team Tournament, each CAF Regional Team Captain is to submit a confidential list to the Chief Official indicating the player's name and chosen category for individual tournament play.
- d. Following the completion of the Team Tournament, the Chief Official, with the help of other appointed officials, shall draw up the schedule of play for the Individual Tournament. Results from the Team Tournament will be the **only** source of info for the placement/seeding of competitors into the individual play schedule. The individual play schedules will be posted in a prominent location as soon as possible in order for players to note their match times and opponents.

- e. Seeded players should be spread throughout the draw. Seeded players will be in accordance with established WSF seeding guidelines.
- f. Another consideration for draw make-up should be the region from where players come. Attempts should be made not to have members of the same region play each other in first or second round play.
- g. In cases, where there are only a small number of participants in a category (3, 4 or 6 participants), a round robin format followed by a final elimination should be used. Where only three (3) or four (4) players register for a category, a round robin should be played with the top two (2) players in the round robin play advancing to a final championship match. When there are six (6) players in a category, two round robin pools should be run with the top two (2) players from each pool advancing to a knockout round (first vs. second in opposing pools). In individual round robin play, (one) 1 point per game won is to be awarded towards individual standings. In the event of a tie, the first tiebreaker will be the head to head match record between players. The second tiebreaker will be the most points scored.
- h. Consolation rounds should be played.

EQUIPMENT

- 9. The Black Knight Tru-Bounce Double Yellow squash ball will be the official ball for the CAF National Squash Championship.
- 10. All competitors must wear CSA approved protective squash eyewear.

INJURY PREVENTION

- 11. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

- 12. The winner of the Team Championship will be awarded a Canadian Forces Squash National Championship Banner and the CAF National Squash Championship trophy. Members of the winning team will be recognised.
- 13. Winner and runner-up finishers will be recognized in all categories.
- 14. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female player that have exhibited the highest

level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

15. Duty and travel authority shall be granted to a maximum of nine (9) participants representing each region.

CHAPTER 18 - SWIMMING

TEAM COMPOSITION

1. Regional teams shall be comprised of sixteen (16) swimmers (8 men and 8 women) who have met the qualifying times listed in para 6. A swimmer, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Director (RSD).
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

3. The competition shall be conducted in accordance with Swim Canada Rules and By-Laws following FINA guidelines and in accordance with the CAF National Sports Rulebook.

CHAMPIONSHIP FORMAT

4. The CAF National Swimming Championship shall normally consist of all seven events as listed in para 5. Military personnel must meet the qualifying time in **one** (1) of the events listed in para 6 and must register to compete in a minimum of **two** (2) other events. The two (2) other events that military personnel are to register in do not necessarily have to be an event listed in para 5 and do not require a qualifying time. Swimmers are encouraged to enter as many events as possible as long as the entries do not exceed the swim meet registration limit. Priority in event selection should be in the events where CAF awards will be presented.

EVENTS

5. The Canadian Armed Forces National Swimming Championship shall normally consist of seven (7) individual events. Competition distances may vary depending on the selected host venue and swim meet format. The seven (7) events are:
 - a. Freestyle - 100m, 400m, and 1500m;
 - b. Backstroke - 100m;
 - c. Breaststroke - 100m;
 - d. Butterfly - 100m; and
 - e. Individual Medley (IM) - 200m.

QUALIFYING TIMES

6. The qualifying times listed below are the minimum time standards that a CAF swimmer must have achieved during a sanctioned swim meet within fourteen (14) months prior to the start of the CAF National Championship. Proof of times must be forwarded through the member's local PSP Sports staff to the Regional Sports Director (RSD), no later than forty-five (45) days prior to competition. Under extenuating circumstances (such as deployments) a member may not have the opportunity to compete in a swim meet within the fourteen (14) month time requirement. In these cases, approval to attend may be sought from the CFMS. A supervised swim time trial may be conducted either during a Regional Development Camp or under the supervision of Base PSP Staff.

Men's Age Categories	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Freestyle	1:07	1:09	1:11	1:13	1:15	1:19	1:23	1:27
400m Freestyle	5:20	5:25	5:30	5:35	5:40	5:56	6:10	6:35
1500m Freestyle	22:45	23:00	23:20	23:30	23:50	25:00	26:40	28:20
100m Back	1:15	1:18	1:22	1:27	1:30	1:35	1:39	1:47
100m Breast	1:23	1:26	1:29	1:33	1:36	1:40	1:46	1:54
100m Butterfly	1:11	1:13	1:16	1:19	1:23	1:27	1:32	1:44
200m IM	2:44	2:48	2:52	2:58	3:08	3:19	3:25	3:35

Women's Age Categories	18-24	25-29	30-34	35-39	40-44	45-49	50-54	Over 55
100m Freestyle	1:15	1:19	1:23	1:25	1:28	1:36	1:43	1:49
400m Freestyle	5:45	5:52	6:05	6:20	6:40	7:15	7:45	8:10
1500m Freestyle	25:20	25:40	26:00	27:00	28:40	31:00	33:00	34:40
100m Back	1:28	1:32	1:36	1:42	1:48	1:54	2:02	2:11
100m Breast	1:41	1:43	1:45	1:49	1:55	2:02	2:08	2:17
100m Butterfly	1:25	1:28	1:32	1:37	1:44	1:53	2:07	2:17
200m IM	3:08	3:11	3:19	3:29	3:37	3:50	4:10	4:20

EQUIPMENT

7. It is mandatory that all participants wear the swim caps provided for the race by CFMWS.

SWIMWEAR

MATERIAL – The material of swimwear will definitively be constituted only by textile fabric(s). The FINA definition of "textile"

currently is: "Material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding."

SHAPE – MEN: swimwear shall not extend above the navel or below the knee. WOMEN: swimwear shall not cover the neck, extend past the shoulder, nor extend below knee. No zippers or other fastening system is allowed.

USE – Swimmers shall wear only one swimsuit, taping is not permitted.

CONSISTENCY – Swimwear effectively manufactured and used shall correspond to and be fully consistent with FINA approved samples. Any modification before use (including impregnation) is prohibited. Moreover, there shall be no variation/modification for individual swimmers.

SWIM CAPS – Swim caps provided by CFMWS must be worn when competing for the CAF.

INJURY PREVENTION

8. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

9. The first place finisher, male and female, in each of the 7 events will be presented with a Gold medal emblematic of the Canadian Armed Forces National Swimming Championship.

10. CAF Categories for men and women are broken down as follows in all events for participation in the CAF awards presentation:

- a. "Open" (18-29 years);
- b. "Masters" (30-44 years); and
- c. "Senior" (45+).

11. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female athlete that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

12. Duty and travel authority shall be granted to a maximum of sixteen (16) qualified participants per region as outlined in Chapter 2 of the CAF National Sports Rulebook.

CHAPTER 19 – TAEKWONDO

TEAM COMPOSITION

1. The maximum number of competitors authorized to compete per region will be 16 (8 men and 8 women).
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

3. Matches shall be in accordance with the World Taekwondo Federation (WTF) sparring competition rules and the CAF National Sports Rulebook. Where rules discrepancies occur, WTF competition rules shall take precedence and the Chief Official should be consulted to confirm.
4. Competition rules may vary depending on the selected host venue.

DRAW

5. The criteria for the competition draw shall be established by CFMWS/CFSM and Chief Official prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

6. The CAF National Championship shall be conducted as a double elimination format. In cases where there are three participants or less in a category, then a round robin format will be used.
7. All black belt matches will be a maximum of three (3) rounds of two (2) minutes in duration with one (1) minute rest periods between rounds

EVENTS

8. Military personnel who wish to compete in the CAF National Taekwondo Championships must submit their information to the PSP Sports Coordinator at their base/wing/unit by the appropriate deadline. The Canadian Armed Forces National Taekwondo Championship shall consist of Black Belt Olympic Sparring.
9. In addition members may choose to register in the following civilian events;
 - a. Colour/black belt Patterns/Poomse;
 - b. Colour/black belt recreational (no head contact) Sparring; and

- c. Black belt Olympic Sparring.

EQUIPMENT

10. It is mandatory that all competitors have full equipment in good working order, including;

- a. White Dobok;
- b. Chest protector (red and blue);
- c. WTF Canada approved head gear (red & blue);
- d. WTF approved gloves (white);
- e. Forearm guards;
- f. Shin guards;
- g. Protective athletic cup (men);
- h. Mouth guards (white or clear);
- i. Foot protection; and
- j. Daedo® Sensor Socks (black belt only).

INJURY PREVENTION

11. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

12. The first and second place finisher, male and female, in each division will be presented with a gold and silver medal emblematic of the Canadian Armed Forces National Taekwondo Championship. If there are less than three (3) participants in a particular division for any given event (male & female) only a gold medal shall be awarded.

13. When a round robin format is used first and second place shall be determined by;

- a. Number of matches won; and
- b. Total number of points accumulated throughout all matches.

14. The men's and women's Olympic CAF Sparring divisions as follows;

Men's Division		Women's Division	
Under 58kg	Not exceeding 58kg	Under 49kg	Not exceeding 49kg
Under 68 kg	Over 58kg & not exceeding 68kg	Under 57kg	Over 49kg & not exceeding 57kg
Under 80kg	Over 68kg & not exceeding 80kg	Under 67kg	Over 57kg & not exceeding 67kg
Over 80kg	Over 80kg	Over 67kg	Over 67kg

15. The men's and women's civilian weight divisions are as follows;

Weight (kg) Divisions	Male	Female
Fin	< 54	< 46
Fly	< 58	< 49
Bantam	< 63	< 53
Feather	< 68	< 57
Light	< 74	< 62
Welter	< 80	< 67
Middle	< 87	< 73
Heavy	> 87	> 73

16. The Sportsmanship Award shall be selected by the Jury of Appeal/Chief Official and awarded to a male and female competitor that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

17. Duty and travel authority shall be granted to a maximum of sixteen (16) participants representing each competing region.

CHAPTER 20 - TRIATHLON

TEAM COMPOSITION

1. Regional teams shall be comprised of sixteen (16) triathletes (8 men and 8 women) who have met the qualifying times listed in para 6. A triathlete, who was not able to qualify due to operational reasons, may be considered upon approval of the respective Regional Sports Director (RSD).
2. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

3. The competition shall be conducted in accordance with the International Triathlon Union (ITU) rules supplemented by Triathlon Canada rules and in accordance with the CAF National Sports Rulebook.

CHAMPIONSHIP FORMAT

4. The Championship shall consist of two (2) separate races as listed in para 5.
5. A triathlete may only be eligible to enter in one (1) category in one (1) race. Also, triathletes will only be permitted to enter the race for which they have entered a qualifying time.

EVENTS

5. The Canadian Armed Forces National Triathlon Championship shall consist of the following races:
 - a. Olympic - 1.5km swim, 40km bike, 10km run; and
 - b. Sprint - 750m swim, 20km bike, 5km run.

QUALIFYING TIMES

6. The qualifying times listed below are the minimum qualifying times that a CAF triathlete must achieve on a certified course, at a sanctioned race no more than fourteen (14) months prior to race day. Proof of times must be forwarded by the RSD's to the host unit FSD, no later than thirty (30) days prior to competition. Under extenuating circumstances (such as deployments) a member may not have the opportunity to compete in a race within the fourteen (14) month time requirement. In these cases, a written request can be made to the CFMSM through the member's RSD at least six (6) weeks prior to the CAF National Triathlon Championship date.

Race Distances	<u>Olympic</u>		<u>Sprint</u>	
Age Categories	Male	Female	Male	Female
Under 19	2:50:00	2:59:00	1:25:00	1:30:00
20-24	2:50:00	2:59:00	1:25:00	1:30:00
25-29	2:50:00	2:59:00	1:25:00	1:30:00
30-34	2:50:00	2:59:00	1:25:00	1:30:00
35-39	2:50:00	2:59:00	1:25:00	1:30:00
40-44	3:00:00	3:10:00	1:25:00	1:30:00
45-49	3:00:00	3:10:00	1:30:00	1:35:00
50-54	3:10:00	3:20:00	1:40:00	1:45:00
55 & over	3:20:00	3:40:00	1:50:00	1:55:00

EQUIPMENT

7. It is mandatory that all participants wear the CSA certified helmet during the bike portion of the race and swim caps provided by the NSO for the open water swim portion. The wetsuit and other equipment may be permitted as per Federation rules/Triathlon Canada.

INJURY PREVENTION

8. It is important that injury prevention strategies are reviewed by all athletes, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

9. The first and second place finishers, male and female, in the Olympic and Sprint distance events will be presented with medals emblematic of the Canadian Armed Forces National Triathlon Championship. All awards are based on the “chip time”. Gold and Silver medals will be awarded within each race category for each race distance (Male & Female) so long as there is a minimum of five (5) participants in that race category. If there are less than five (5) participants in a particular race category for any given race distance (Male & Female) only a gold medal shall be awarded (as per 2006 National RSD Meeting Minutes).

10. Categories for men and women are broken down as follows in all events for participation in the CAF awards presentation established by the sanctioned race:

- a. “Open” (Age = under 40);
- b. “Masters” (Age = 40 – 47); and
- c. “Senior” (Age = 48+).

DUTY AND TRAVEL

11. Duty and travel authority shall be granted to a maximum of sixteen (16) triathletes who qualify representing each region.

CHAPTER 21 - VOLLEYBALL

TEAM COMPOSITION

1. Each region may enter one men's and one women's volleyball team in the CAF National Volleyball Championship. The regional team shall be the team declared champion at the CAF Regional Championship. A team shall be composed of a maximum of eleven (11) participants.
2. The regional team may augment two (2) players from another base/wing/unit within the region who have the approval of their Commanding Officer.
3. Full-time staff of NPF or contractors on a NPF service contract are eligible to participate as coaches, officials, and athletic trainers only.

RULES

4. Play shall be conducted in accordance with the current rules of the Volleyball Canada Rulebook.
5. The libero player shall be used in accordance with the current rules of the Volleyball Canada Rulebook.

DRAW

6. The criteria for the competition draw shall be established by CFMWS/CFSM, prior to the start of the CAF National Championship.

CHAMPIONSHIP FORMAT

7. The Men's and Women's CAF National Championship shall consist of a single round-robin tournament, followed by a single elimination playoff. All matches will be rally point play. Round robin matches will consist of the best two (2) out of three (3) sets. Two (2) points will be awarded for each match won. All matches in the semi-finals and finals will consist of the best three (3) of five (5) sets.

TIE-BREAKING PROCEDURES

8. Ties in the final round-robin standings that affect advancement to the playoffs shall be broken as follows:
 - a. The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
 - b. The team having the best ratio of won/lost games, considering matches played between the tied teams, will be ranked higher;

- c. The team having the best ratio of won/lost games, considering all matches of the round-robin, will be ranked higher;
- d. The team having the best ratio of points for/against, considering games played between the tied teams, will be ranked higher;
- e. The team having the best ratio of points for/against, considering all games played during the round-robin, will be ranked higher; and
- f. If a tie still remains, the jury of appeal in consultation with the chief official shall determine the most appropriate method of breaking the tie (i.e. extra game, etc)

Note: When applying the tie-breaking procedure, the organizing committee shall employ the following;

- i. When two(2) teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken; and
- ii. When more than two (2) teams are tied, the tie-breaking criteria are applied one after the other until all the tied teams have been ranked.

EQUIPMENT

9. The official ball for the CAF National Volleyball Championship shall be the Mikasa MVA 200.

INJURY PREVENTION

10. It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials, athletic trainers, and organizers. Please refer to Chapter 23 for further injury prevention information pertaining to this sport.

AWARDS

11. Each winning team in the Men's and Women's competition will be awarded a CAF National Volleyball Championship Banner and CAF National Volleyball Championship trophy. Individual awards will be presented to the members of the winning and runner-up team.

12. The Sportsmanship Award shall be selected by the Jury of Appeal and awarded to a male and female player that have exhibited the highest level of sportsmanship including ethical & responsible behaviour, fair play, integrity and respect combined with a high standard of playing ability.

DUTY AND TRAVEL

13. Duty and travel authority shall be granted to a maximum of eleven (11) participants per team representing each competing region.

CHAPTER 22 – PROTECTIVE SPORTS EQUIPMENT

The equipment listed is the minimum requirement for personnel to be eligible to participate in their respective sport. Sports included in this list are those sports played at the CAF National Championships, along with other sports that may be played on the bases across the country. It is the participant's responsibility to ensure that the mandatory equipment is worn during competition. A list of recommended protective equipment is also included for the information of participants. It is important to note that any physical alteration to protective equipment is prohibited.

SPORT	MANDATORY	RECOMMENDED
Badminton	<ul style="list-style-type: none"> • Nil 	<ul style="list-style-type: none"> • CSA Approved Protective Eyewear is HIGHLY RECOMMENDED
Ball Hockey	<p><u>Player</u></p> <ul style="list-style-type: none"> • CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in anyway; • Elbow pads; • CSA approved hockey gloves (D-Gel Zebra #820, Mylec Ultra Pro II Air Flow and Mylec Air Flo 790 gloves approved for ball hockey only (all others are not permitted); • One piece ball hockey shin pads that cover both shins and knees. D-Gel Proteck #540, D-Gel Delux #555, or Mylec – Street Hockey shin pads; • Shoulder pads of any kind are not permitted; and • Only running shoe type footwear with a non-slip sole is permitted. (Steel-toed shoes are not permitted). <p><u>Sticks</u></p> <ul style="list-style-type: none"> • All sticks (including goal keepers) may be made of wood, fiberglass, or aluminum. Attached plastic blades are not permitted; • The blade of the stick shall not be less than two (2) inches or more than three (3) inches in width; and • The stick blades may be of any curvature. <p><u>Goaltender</u></p> <ul style="list-style-type: none"> • CSA approved mask with drop down plastic throat guard. Face protector must be securely fastened. Goalkeeper 'cat's eye' type masks are not authorized; • Chest & arm protectors; must be completely covered by the jersey; • Blocker (maximum 8 inches wide and 16 inches long); • Catching glove (maximum 9 inches wide and 16 inches long); • Goalie pads (maximum 14 inches wide); • Protective athletic cup/goalie pants; and • Goalkeeper's footwear is not restricted to running shoes; other types of shoes may be worn by goalkeepers. <p><u>Officials</u></p> <p>All officials shall wear a CSA approved helmet with a minimum of a half visor.</p>	<ul style="list-style-type: none"> • Mouth Guard; • Semi-rigid ankle brace; • Steel-toed shoes (goal tender only); and • Protective athletic cup.
Basketball	<ul style="list-style-type: none"> • Nil 	<ul style="list-style-type: none"> • Mouth guard; • Semi-rigid ankle brace; and • CSA approved eyewear.
Broomball (Regional)	<p><u>Players</u></p> <ul style="list-style-type: none"> • CSA certified hockey helmet, to which a CSA approved full face protector must be attached and not altered in anyway; • Elbow pads; • Hockey gloves; • Shin guards; • Broomball gloves; • Protective athletic cup; and • Soft shoulder pads. <p><u>Goalkeeper</u></p> <ul style="list-style-type: none"> • All of the above plus chest protector and padded broomball pants; and • CSA approved mask with drop down plastic throat guard. <p>All protective equipment must be CSA approved</p>	<ul style="list-style-type: none"> • Semi-rigid ankle brace; and • Mouth guard

Floor Hockey (Regional)	<u>Players</u> <ul style="list-style-type: none"> CSA approved protective eyewear <u>Goal keeper</u> <ul style="list-style-type: none"> CSA approved mask with drop down plastic throat guard. 	<ul style="list-style-type: none"> Semi-rigid ankle brace; Mouth guard; Protective athletic cup; Gloves; and Shin guards.
Golf	<ul style="list-style-type: none"> Equipment must conform to RCGA and CAF National rules 	<ul style="list-style-type: none"> Nil
Men's Women's and Old Timers Hockey	<u>Players</u> <ul style="list-style-type: none"> CSA approved helmet, to which a CSA approved and full face protector must be attached and not altered in anyway; Elbow pads; Shin guards; Padded hockey pants; Hockey gloves; Shoulder pads; Protective athletic cup; BNQ throat guard; Protective athletic cup; and Goalie gloves. <u>Goalkeeper</u> <ul style="list-style-type: none"> CSA approved mask with drop down plastic throat guard; Chest protector; Arm protector; Elbow protector; Goalie leg pads; Goalie pants; Protective athletic cup; and Goalie gloves <u>Officials</u> All officials shall wear a CSA approved helmet with a minimum of a half visor. <p>All hockey equipment must be CSA approved for hockey.</p>	<ul style="list-style-type: none"> Mouth guard
Running	<ul style="list-style-type: none"> Proper running shoes; and CAF National running singlet and race bib. 	<ul style="list-style-type: none"> Bright and reflective clothing
Slo-pitch	<ul style="list-style-type: none"> CSA double ear flapped helmet shall be worn properly, while running the bases, at bat, and on deck to bat; and Breakaway base will be used in addition to the double base (Safe-base) will be used at first base for all games; Catchers must wear mask, throat protector & helmet. An extended wire protection attached to the mask can be worn in lieu of the throat protector. The ice hockey goalie style face mask is approved for use by catchers, provided the model being used has not been disapproved by Softball Canada because of failure to meet safety standards and/or lack of protection of the throat area; and Catchers are permitted to wear shin guards on the outside of their uniform but only while on defense. 	<ul style="list-style-type: none"> For men, protective cup
Soccer	<u>Players</u> <ul style="list-style-type: none"> Shin guards covering large area of the lower leg covered by socks. <u>Goalkeeper</u> <ul style="list-style-type: none"> Shin guards covered by socks. 	<ul style="list-style-type: none"> Mouth guard; Protective Eyewear; Semi-rigid ankle brace; Shoes with molded cleats or ribbed soles (on Wet field with high grass, shoes with screw-in cleats); and For goal keepers; Padded shorts/pants.
Squash	<ul style="list-style-type: none"> CSA Approved Protective Squash Eyewear. 	<ul style="list-style-type: none"> Nil
Swimming	<ul style="list-style-type: none"> Nil 	<ul style="list-style-type: none"> Nil

Taekwondo	<ul style="list-style-type: none"> • WTF Canada approved head gear (one red and one blue); • Chest protector (one red and one blue); • WTF approved gloves (white); • Forearm guards; • Shin guards; • Foot protection; • Protective athletic cup (men); • Mouth guard (white or clear); and • Foot protection. 	<ul style="list-style-type: none"> • Nil
Triathlon	<ul style="list-style-type: none"> • CSA certified helmets; • Other equipment IAW ITU/Triathlon Canada; and • Bright coloured swim caps provided by the NSO. 	<ul style="list-style-type: none"> • Bright and reflective clothing; and • If eyewear, choose polycarbonate material
Volleyball	<ul style="list-style-type: none"> • Nil 	<ul style="list-style-type: none"> • Semi-rigid ankle brace; and • Knee pads

CHAPTER 23 – INJURY PREVENTION AND ACTIVE LIVING

It is important that injury prevention strategies are reviewed by all members of the team, coaches, officials and organizers.

BADMINTON

1. **Organizer and official responsibilities:** venue preparation, proper safety precautions and enforcement of the rules are all important in maximizing game performance and preventing injuries.
2. **Individual and official responsibilities:** Catastrophic injuries are rare in badminton but the ones that do occur involve the eye and often result in permanent loss of vision. CSA approved protective eyewear with polycarbonate lenses are strongly recommended. Eyes injuries occur more often during competition because of the greater intensity and faster pace of the game. In the doubles category, there is also a higher incidence of eye injuries from the shuttle-cocks and the partner's racquet.
3. Lower extremities sustain the majority of injuries involving musculoskeletal structures. Proper warming up is crucial to gradually preparing the musculoskeletal system to handle the physical demands of competition. As most of the injuries that result from playing badminton are overuse related, planned rest days, proper stroke technique and strength training programs can also make an important difference. Adequate racquet mass and hand-grip can also improve performance while decreasing the incidence of overuse injuries. As usual, appropriate and properly fitting footwear play an important role in protecting the ankles from the stresses that occur from a sport that demands constant sudden changes in speed and direction.

BALL HOCKEY

4. **Organizer and official responsibilities:** venue preparation, proper safety precautions and enforcement of the rules are all important in maximizing game performance and preventing injuries.
5. **Coaches, officials and individual responsibilities:** Almost all ball hockey injuries occur as a result of collisions with opponents, the walls/boards or the floor. Players should avoid playing aggressively, body checking or raising their hockey stick above waist height. No real benefits are gained from playing aggressively as researchers find that players that seek frequent body contact experience more injuries.
6. In ball hockey, the most common injuries occur to the head, face, and neck. Being checked from behind into the boards is illegal and can cause serious injuries such as concussion, skull fractures, neck fractures and permanent disability. While body checking is not allowed in the CAF Ball Hockey leagues, all players should learn to take a body check safely and in particular should learn techniques to avoid being hit into the boards or walls head first. Coaches play an important role in helping to set the tone for fair team play.

7. After an initial concussion, the chance of a second concussion is four times greater. Coaches and players should be taught the following signs and symptoms of concussion: confusion, amnesia, loss of consciousness, headache, flashing lights, dizziness, double vision and sleepiness. (Tator, 2008). Useful information about the management of concussions can be found at www.thinkfirst.ca.

8. Other body parts that can be injured from the stick, ball, collisions and falls include: the hands, forearms, shoulders, lower back, ankles, feet and knees. Overuse injuries are frequently observed in the lower back because of the flexed forward posture that players maintain while playing ball hockey. Core strengthening exercises and education on back care could help to reduce the incidence of these injuries.

9. All mandatory protective equipment plays an important role in preventing injuries and so should always be worn. In addition, wearing a semi-rigid ankle brace can decrease ankle injuries by 2-3 folds while wearing a mouth guard has shown possible benefit in decreasing the severity of concussion. Make sure that your player's equipment fits properly and that it is replaced when damaged or worn-out. A softer ball is being used more often for practices and games and this may also reduce the incidence of ball hockey related injuries. .

10. Research shows that the greater amount of time that a player is on the floor, the more fatigued they get and the greater their risk of sustaining an injury. Regular planned rotation of players that play and rest is a strategy that will not only reduce injury rates but will also improve team performance.

BASKETBALL

In progress

GOLF

In progress

MEN' HOCKEY

In progress

OLDTIMERS' HOCKEY

In progress

WOMEN'S HOCKEY

In progress

RUNNING

In progress

SLO-PITCH

In progress

SOCCER

In progress

SQUASH

In progress

SWIMMING

In progress

TAEKWONDO

In progress

TRIATHLON

In progress

VOLLEYBALL

In progress

CHAPTER 24 – GLOSSARY OF TERMS

AFB: Air Force Base
ASA: Amateur Softball Association
BNQ: Bureau de Normalisations du Québec
CAF: Canadian Armed Forces
CANFORGEN: Canadian Forces General Order
CBHA: Canadian Ball Hockey Association
CDLS (W): Canadian Defence Liaison Staff (Washington)
CFAO: Canadian Forces Administrative Order
CFMWS: Canadian Forces Morale and Welfare Services
CFS: Canadian Forces Station
CFSM: Canadian Forces Sports Manager
CFSU (CS): Canadian Forces Support Unit (Colorado Springs)
CFSU (E): Canadian Forces Support Unit (Europe)
CISM: International Military Sports Council
CMC: Canadian Military College
CO: Commanding Officer
CPR: Cardiopulmonary Resuscitation
CSA: Canadian Standards Association
DAOD: Defence Administrative Orders and Directives
DFIT: Director of Fitness
DFHP: Directorate Force Health Protection
DND: Department of National Defence
DOB: Date of Birth
DFIT: Director of Fitness
EAP: Emergency Action Plan
FSD: Fitness & Sports Director
FIBA: International Basketball Federation
FIFA: International Federation of Association Football
FINA: International Swimming Federation
FSR D: Fitness, Sports and Recreation Director
HQ: Head Quarters
IAW: In Accordance With
IM: Individual Medley
ITU: International Triathlon Union
Kg: Kilograms
Km: Kilometres
NORAD: North American Aerospace Defence Command
NPF: Non-Public Funds
OPI: Office of Primary Interest
Ops: Operations
OUTCAN: Outside Canada
PAR: Point a Rally
PSP: Personnel Support Programs
QR&O: Queen's Regulations and Orders

R&Q: Rations & Quarters
RCGA: Royal Canadian Golf Association
RMC: Royal Military College
ROTP: Regular Officer Training Program
RSD: Regional Sports Director
SBC: Softball Canada
SN: Service Number
TAN: Travel Authority Number
TD: Temporary Duty
UTP NCM: University Training Plan - Non-Commissioned Members
USA: United States of America
WTF: World Taekwondo Federation