

Association of China and Mongolia International Schools

## ACAMIS Sports Charter 2025-2026

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Elected on April 2023 to three-year term, Re-election due Apr 2026.

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## **Section 1: General Information**

### **Name & Parent Organisation**

The name of this association shall be Association of China and Mongolia International Schools Sports League hereinafter referred to as the ACAMIS Sports League. The ACAMIS Sports League is an organisation under the Association of China and Mongolia International Schools and is in all matters subject to their constitution, by-laws, rules, regulations, and governance by the ACAMIS Board of Directors.

### **Purpose of the ACAMIS Sports League**

The ACAMIS Sports League is designed to provide a forum for ACAMIS member school Athletic Directors, coaches, and other interested parties to better meet the aims and purposes of ACAMIS in regard to sport education. The aims of the ACAMIS Sports League shall be to:

- Give students the opportunity to experience collective endeavours as scholar-athletes.
- Allow students to participate in sports.
- Allow students a safe environment in which to experience winning and losing.
- Allow students to experience the thrill of being a part of a team.
- Give students the opportunity to travel.
- Foster interaction with students from other schools, and to develop bonds of friendship.

### **ACAMIS Sports Philosophy**

All members of ACAMIS are required to abide by this ACAMIS Sports League Statement of Philosophy. The ACAMIS Sports League is focused on learning, sportsmanship and fair play both in preparation for, and during, sports competitions. The growth of our student-athletes is paramount.

Each ACAMIS member school, including the Head of School, the Athletic Director, the coaches and the wider school community recognise and agree that:

- Sports participation is first and foremost for the physical, social and emotional benefits that it can bring.
- The satisfaction at the end of the competition comes from knowing you've done your best and that important learning experiences can come from participating, losing or winning.
- Success comes in different ways for different teams and winning is not the only success factor.
- An ethic of fair play should be a cultural norm in ACAMIS competitions. A 'Winning at all costs' approach is not appropriate in an ACAMIS tournament.
- Rules should be viewed as an important part of maintaining fairness in a competition. Coaches and players should not look to exploit rules, but rather always play within the spirit of the rule.
- The opponent is not the enemy. They offer us an opportunity to learn and to demonstrate our ability, determination and class.
- We treat everyone with respect. This includes our own team members, the opponents, officials, and spectators.
- Coaches and spectators should remain positive and supportive of the athletes. Criticising a referee or celebrating a mistake of the opposition does not contribute to the growth of our athletes. We celebrate our successes and learn from our mistakes.
- Athletes should be encouraged to understand that it is a privilege to represent their school and to do so in the best manner possible both in and out of competition
- Coaches have a responsibility towards the welfare of the student-athletes in their care. In particular, coaches should:
  - be a positive role model for the players with regard to their behaviour towards their athletes, the opposition athletes, parents, coaches and officials
  - be an ambassador for their school through their behaviour and actions as a coach
  - be responsible for, and maintain, the health and safety of their athletes whilst in their care
  - find an appropriate balance between the desire to win and the need to ensure that all athletes gain a positive learning experience.

- Athletic Directors have an overall responsibility for supporting and developing this philosophy across their school.
- Athletic Directors, as representatives of ACAMIS, should place the importance of supporting this philosophy above any interest of their own school's desire to win.

The Head of School should enable and encourage this philosophy within the school's Athletics Department.

### **Inclusiveness**

ACAMIS is a membership organization that is inclusive in all of its operations, regardless of race, color, religion, ethnicity, ancestry, marital status, gender or sexual orientation.

### **Sexual Harassment**

ACAMIS is committed to maintaining a professional and collegial work environment in which all individuals are treated with dignity and respect. Each individual has the right to work in a professional atmosphere which prohibits discriminatory practices, including sexual harassment. Sexual harassment, whether verbal, physical or arising from work assignments out of the office, at ACAMIS sponsored functions and events, or elsewhere, is unacceptable and will not be tolerated.

### **Inclusion**

The Association of China and Mongolia International Schools (ACAMIS) actively promotes diversity, equity, and inclusion throughout its programs, events, relationships and member schools. Aligned with the ACAMIS Constitution ACAMIS fosters an inclusive and equitable environment that values and respects the unique backgrounds, perspectives, ethnic and gender differences and contributions of all its members.

### **ACAMIS Gender Affirmation and Inclusion of Transgender Students**

ACAMIS supports the opportunity for transgender students to participate and compete in athletics and all other activities. Our values are grounded in a concern for each student's unique needs and an appreciation of the importance of feeling that one belongs. Our Association therefore prioritises the active inclusion of all students at all levels of sport and activities, including transgender students. ACAMIS acknowledges that transgender and nonbinary students face unique challenges with respect to feelings of belonging and identity that are different to those of their cisgender peers. We believe that restricting their participation in inter-school events only exacerbates a sense of isolation and affects self-image. Our clear expectation is that all students are treated equally and with dignity and respect. Transgender athletes cannot be excluded from participating in any ACAMIS sports tournament unless they do not meet the age criteria.

### **Child Protection**

ACAMIS is committed to the safety and protection of children. This statement applies to all adults who are present as part of the tournament and who interact with students in both a direct and/or unsupervised capacity. This policy should be read and followed alongside other sections of the Charter including the Philosophy Statement, Inclusiveness statement, sexual harassment statement (sports rules & rules infractions) and the Student Participation Agreement.

It is an expectation that all ACAMIS schools will have a thorough and robust Child Protection Policy which will include guidelines on child protection and student safety whilst on field trips, including sports trips.

Whilst own school guidelines take precedence for chaperones it is also a requirement that adult chaperones follow these guidelines as a minimum;

1. There must always be adequate supervision of students by the chaperoning adults at all times, based on ratios as agreed by their own school.
2. Trip chaperone ratios must be (as stated in the guest school expectations), as a minimum, one coach per team and at least one other adult chaperone. This should include chaperones of both genders where both gender athletes are present. At least one of the adult chaperones must be a member of staff from the visiting school.
3. Adults in a supervisory role should clearly understand their responsibilities towards the safety and protection of the children in their care and should not participate in any activity that might jeopardise the safety of students from their own school or from other participating schools

4. ACAMIS Chaperone policy is an extension of and in support of member school field trip guidelines. Violations will be referred to the participating school for appropriate action.
5. For the duration of the tournament, adult chaperones must, at all times, be able to perform their supervisory responsibilities with unimpaired judgement and they should be aware that consumption of alcohol or drugs can significantly impair their judgement
6. Adult chaperones should be aware that consumption of alcohol or drugs before or during supervisory times compromises their role and their credibility in ways that can result in personal liability
7. Adult chaperones should be aware of their own vulnerability, and be particularly aware that they are responsible for maintaining clear boundaries in all interactions with students
8. All adults must intervene when there is evidence of, or there is reasonable cause to suspect, that any student is at risk of harm in any way. Suspected risk to student welfare must be reported to the Tournament Director as soon as possible
9. Any incident related to Child Protection will be reported by the Tournament Director through the Incident Report procedures as outlined in the Charter
10. The ACAMIS Sports League Committee will continue to build a culture of student safety and well-being through communication and guidance, with this Child Protection Statement and the Philosophy Statement being reviewed annually.

### **Spectator Guideline**

Host school students, staff and parents should be encouraged to attend ACAMIS Sports Events to enliven spirits of participation for everyone. In this age of social media, schools should take special steps to remind students of responsibilities when using social media and what they post. Derogatory statements of any kind about teams, players, coaches, referees and schools are not acceptable. Anyone found posting offensive messages or video clips will be removed from the tournament and referred to the appropriate school representatives as soon as possible. We also cannot allow spectator behaviour to control the tournament. To avoid a tournament being controlled by the audience and allow participating athletes to enjoy the event, despite any upset caused by a negative posting, the tournament should proceed to conclusion. The incident will be recorded and the appropriate school will be informed of the details for their action with the offender.

### **Membership**

Schools that are currently comprehensive members of ACAMIS are considered members of the ACAMIS Sports League. Members shall be encouraged to:

- Support each school's Athletic Director (or designee) attendance at the ACAMIS Annual General Meeting.

Divisionally Aligned members are required to:

- Host at least one core tournament within a two-year rotation.
- Send a boys and a girls team to all three core sport tournaments within the school's division.

When an Aligned Divisional Member School fails to send a required boys or girls team to a core sport tournament, having committed to do so, each such missing team constitutes a separate offense. The following escalation process applies (within a rolling 2-year window):

#### **1st Offense**

1. The Division Representative notifies the school's Athletic Director via email, documenting the breach of the Charter agreement and requesting an explanation for the absence.
2. The Sports Chair is copied for record-keeping.

#### **2nd Offense**

1. The Sports Chair sends a formal warning email to the Athletic Director (cc'ing the ACAMIS Executive Director and the school's Head of School), reiterating the breach and requesting justification.
2. The email must state that a 3rd offense within the 2-year period will trigger a recommendation to revoke the school's aligned divisional status.

#### **3rd Offense**

1. The Sports Chair notifies the Executive Director, who emails the Head of School to reiterate the breach, request justification, and discuss the removal of the school from its Division.

2. The Executive Director, in consultation with the Sports Committee, will review the justification provided and make a final determination on whether the absence constitutes an offense warranting removal from the division.
3. If removal is confirmed, the school will transition to unaligned status for a minimum of one year, effective at the end of the current school year.
4. Reinstatement requires an application process the following year, pending divisional availability or ACAMIS-wide realignment.

**Clarification:**

- a. Each unsent team (boys or girls) in a given tournament is counted as one offense. For example, missing both a boys and girls team in the same tournament constitutes two offenses.
- b. The Executive Director and Sports Committee retain final authority in determining whether a school's justification for absence is acceptable and whether it constitutes an offense under this policy.

Unaligned Schools are not required to host or send teams to core sports tournaments. Unaligned schools will be invited to attend a core sport tournament if a space becomes available due to the withdrawal of an aligned school or by special arrangement of an additional one sport tournament.

Unaligned Schools who wish to apply to be aligned in a division must complete questionnaire (Appendix) and submit to Chair by January 1 of a Divisional realignment year to apply for divisional membership in the following school year. Divisional realignment happens on a two year rotation with the 2026 Sports League AGM being the next realignment. If a divisional spot becomes open in a non-realignment year, unaligned schools will be notified of the application deadline. Unaligned Schools who wish to apply to be aligned in a division must:

- have had at least one year of full core sports seasons (meaning boys & girls HS teams playing volleyball, basketball, and football),
- have on campus (or off campus access to) adequate facilities for hosting multiple Core Sports,
- have support from Head of School and other administration,
- be willing to fulfill all duties of an Aligned Member as written in the Charter.

**Athletics Officers Elected and Appointed**

**Sports Chair.** At the end of a term or an announced vacancy, the member Athletic Directors (or designated representatives) will vote at the AGM to recommend a new Sports Chair to the ACAMIS Board for confirmation. He/she must be an Athletic Director (or equivalent title) from a member school who has been at a member school for at least two full years. The Chair position will be re-elected every three years with nominations accepted from any of the current committee members. The expectation for a new Chair is to serve for a minimum of 3 years. Maximum term for Chair is 6 years. The Chair is responsible for monthly communication with ACAMIS Athletic Directors during the school year which will include timely updates regarding Sports events, the AGM, and other pertinent information. The Chair should facilitate the AGM and the Sports Committee meeting which happens one day prior to the AGM. The Chair is responsible for reporting back to the ACAMIS Executive Director and Board any information necessary. The Chair should actively promote ACAMIS Sports at all times. The Chair is responsible for drafting updates to the Charter to be sent to the Board for approval.

**Athletics Co-Chair.** At the end of a term or an announced vacancy, the member Athletic Directors/ designated representatives will vote at the AGM to recommend a new Co-Chair to the ACAMIS Board for confirmation. He/she must be an Athletic Director (or equivalent title) from a member school. The Co-Chair position will be re-elected every two years with nominations accepted from any of the current Athletic Directors. The expectation for a new Co-Chair is to serve for a minimum of 2 years. Maximum term for Co-chair is 6 years. The Co-Chair is responsible for creating the agenda for the AGM. The Co-Chair should keep a record of attendees for each event as accurately as possible including schools in attendance and number of students. The Co-Chair should follow up with Invitational Event hosts when their event concludes to collect event follow-up information. The Co-Chair should take minutes at the AGM and the Sports Committee meeting which happens one day prior to the AGM. The Co-Chair should actively promote ACAMIS Sports at all times.

Sports Committee. The Sports Committee is comprised of one representative from each of the Core Sport Divisions, one representative from the Unaligned Schools, the Co-Chair and Chair. The representatives will be appointed by the members of the relevant Division/Unaligned group and reviewed on a bi-annual basis. He/she will be an Athletic Director from a member school. See Sports League Divisions & Athletic Directors page for Committee members (highlighted in table). Each member of the Sports Committee, named Division Representatives, should share information sent by the Chair or Co-Chair to their Divisions and be the point person for any questions from division members. The Division Representatives must report any schools not in attendance at Core Sports events to the Chair and Co-Chair. The Division Representatives should follow up with Core Sport Event hosts when their event concludes to collect event follow-up information. The Division Representatives should consult with the Chair and Co-Chair when issues arise within the division. The Division Representatives must attend the Sports Committee meeting which happens one day prior to the AGM. Division Representatives should actively promote ACAMIS Sports at all times.

\*The Executive Director of ACAMIS, may, in special circumstances, request that the Sports Chair or Co-Chair extend their tenure beyond the maximum term.

## Meetings

An Annual General Meeting (AGM) of the Athletic Directors (or their representative) of all member schools of the ACAMIS Sports League shall be held during the spring conference. The Divisional Committee shall meet prior to the full meeting at the same conference. Special meetings may be called at the discretion of the ACAMIS Board of Directors provided Member Schools are notified of such a meeting not less than fifteen (15) days prior to the meeting date.

## Communication and Procedure for Changes to Sports League Charter

Athletic Directors are responsible for clear communication channels in relation to all aspects of the ACAMIS Sports League. This includes communication across all schools, within divisions and within their own schools. All Athletic Directors should routinely update their Head of School with regard to ACAMIS sports developments.

Agenda items for the ACAMIS Sports AGM can be submitted to the ACAMIS Sports Chair anytime during the school year up to one week before the AGM begins. All proposed agenda items will be discussed by the ACAMIS Sports Committee (Chair, Co-Chair, and Division Representatives) on the day before the ACAMIS Sports AGM. During this time, the ACAMIS Sports Committee will refine language of all proposals to align with the Committee's collective understanding of the proposal's effect on the spirit of ACAMIS. This will be shared the evening before the ACAMIS Sports AGM to all Athletic Directors. Final alterations to agenda item submissions can be recommended during the division breakout time. The ACAMIS Sports Committee will meet at lunch to deliberate the final wording to be voted on. The Chair should notify all present of the updated language before requesting a motion for a vote.

The Sports League Charter can only be changed with the approval of the ACAMIS Board following recommendations made by the Athletic Directors at the AGM. Any proposed changes approved by the Board will be implemented at the start of the following school year.

## Process for Change

Timeframe	Action
3 months before AGM and at least two other times in the lead up to AGM	Chair or Co-Chair calls for agenda items for AGM. Athletic Directors asked to communicate with the Head of School and coaches as part of this process. All agenda items should be communicated from Athletic Directors to the Division Chair. Items are listed on the Committee agenda.
1 week before AGM	Chair send all Athletic Directors a copy of the Committee agenda, with all agenda items listed, ready for discussion. Any specific proposals are stated. Athletic Directors are asked to share this with, and to discuss, all items with their Heads of School.

1 day before AGM	Committee meeting. All items are discussed and voted on as recommendations to go to the AGM. Outcomes of discussion, votes and proposals are stated in the minutes.
As soon as possible after Committee meeting – latest within 2 hours after the completion of the meeting	Co-chair emails all Athletic Directors with the updated agenda with the outcomes of all discussions, proposals and outcomes from the Committee meeting. Athletic Directors are encouraged to share this with the Head of School in order to be prepared to represent their school at the AGM.
AGM meeting	All items are discussed in the Divisional meetings. The Division Chair explains the background and the rationale for the recommendation being made. Discussion and questions are answered. Following these discussions each item is voted on. One school, one vote. Votes are counted and recommendation is passed with a simple majority.
After AGM meeting	Full minutes of both the Committee meeting and the AGM are sent to the Board with the votes and proposals clearly communicated. Board meets and decides on whether to accept, reject or seek further clarification, time or modification on each proposal

### **Voting**

All votes concerning the ACAMIS Sports League will be limited to the member schools of the ACAMIS Sports League and passed by a majority vote. Each member school will have one vote. To limit liability, all votes shall be designed to provide the ACAMIS Board with recommendations of an advisory, non-binding nature for the Board's confirmation.

Over half of Sports League Member School representatives must be in attendance at a meeting for a vote to take place. In order for a vote to pass on to be recommended for the Board's confirmation, a majority of votes must be in favor of the decision.

### **Sports**

There will be 3 core sport seasons over the school in the following order: Volleyball, Basketball and Football. There will be additional invitational sports as interest dictates. These may include, but will not be limited to:

Tennis	Table Tennis	Rugby
Badminton	Netball	Touch Rugby
Cross Country	Squash	Track and Field
Swimming	Golf	Ultimate Frisbee

### **Divisions for Core Sports**

There will be a maximum of 8 teams per division for core sports except in the most recent division to be formed, which may have up to 9 teams. With more than 9 teams the following pattern should be followed:

- Two five team divisions
- One five team and one six team division
- Two six team divisions
- The most recent division to form will take in new schools

See the Sports League Divisions & Athletic Directors for a list of the current divisions.

### **Tournament Teams**

Core Sports - each participating school will be limited to 1 boys' team and 1 girls' team per sport per tournament, however, if a school cannot provide a team for a tournament or if a growing division needs an extra team for a tournament, teams may be added.

Invitational Sports - the number of teams allowed per school is at the discretion of the tournament organiser.



## **Squad Membership and Sizes**

A student who represents a school in an ACAMIS event must be a full-time enrolled member of that school.

The expected squad size for each team in the core sports are as follows:

- Volleyball: 10 (Minimum 7. Maximum 12)
- Basketball: 10 (Minimum 7. Maximum 12)
- Football: 12 (Minimum 9. Maximum 14)
- Invitational Sports – the squad size is based on the Invitational Tournament Guidelines in the Appendices with flexibility at the discretion of the host school.

## **Athlete's Age Limit**

To be eligible for any ACAMIS sports competition, the student-athlete may not have turned 19 years of age on or before August 1 of the current school year.

### Core Sports

Participation in ACAMIS core sports events is limited to high school students and/or those who are 14 and above as of 1st August and below the maximum age limit. Any minimum age requirement exceptions require a majority endorsement of members involved in that division as coordinated by the tournament director. (see Application for Athlete Participation template at Appendix 5).

Underage players cannot displace a correct age player.

The ACAMIS Chair will cast any tie-breaking vote if needed. If the ACAMIS Chair is representing a member school in that division then the ACAMIS Co-chair will cast the tie-breaking vote.

Applications for the use of underage players (Appendix 5) would need to be put forward on or before the due date for rosters unless there are extraordinary circumstances.

### Invitational Sports

Participation in Tennis, Netball, Table Tennis, Touch Rugby, & Badminton is intended for high school (U19) students.

Cross Country, Ultimate Frisbee, & Track & Field have specific divisions for middle school (U14) and high school (U19) students.

Participation in Golf is open to students aged 9-19.

Participation in Senior Swim is open to students aged 13-19.

Participation in Junior Swim is open to students aged 9-12.

Hosts should provide an acceptable age range for the event and underage player application must be submitted to the host if applicable. Underage players cannot displace a correct age player and can only be included to supplement teams who would otherwise be unable to participate.

\*It is highly encouraged for attending schools to request parent attendance for any event where students under age 12 are attending.

For Invitational Sports, to be eligible for the following age categories, students must meet the below age criteria:

U19 – student-athlete may not have turned 19 years of age on or before August 1 of the current school year and be 14 and above as of 1<sup>st</sup> August.

U14 - student-athlete may not have turned 14 years of age on or before August 1 of the current school year and be 11 and above as of 1<sup>st</sup> August.

## **Tournament Fees**

Tournament fees for participant teams should, as much as is possible, be based on the expected actual costs for fees collected before the event or actual costs for fees collected after the event. The expectation for the core sports is for the fee to be in the region of ¥850 per student, with the understanding that some regions and cities are more expensive than others and that hosting Basketball in particular can be more expensive, so fees may rise above this figure. The fee should not exceed ¥900 per student unless there are justified reasons. The fee is multiplied by the full squad size (10 for Volleyball and Basketball and 14 for Football).

For Basketball and Volleyball, if the guest school chooses to bring one or two extra players above the recommended squad size of 10, the tournament fee will increase pro-rata.

For Invitational tournaments, at the date designated by the host school, the numbers entered by the guest schools will be those used for budgeting purposes and, at the discretion of the host school, the numbers entered by each guest school on that date will be used for guest school total fees. The fee for invitational tournaments should not exceed ¥900 per student when hosted on campus or ¥1100 per student when hosted off campus, with the exception of golf. The average fee for an invitational event in 2023-2024 was approximately 600rmb.

Hosts of Divisional Core Sports events will assume the responsibility of facility costs associated with hosting. Host of invitational events can charge an additional fee (up to the maximum previously mentioned) for facility rental if the event is unable to be hosted on campus. Hosts of all ACAMIS Sports events will not charge for any administrative (personnel) costs.

Payment arrangements for fees are at the discretion of the host school. The invoice may be sent one week after the tournament invite has been sent which is at the point where all intentions to participate should be confirmed. Guest schools must be given at least 3 weeks to pay the tournament fee.

Finance principles for Hosting ACAMIS Sports Activities:

- The principle for activities is to break even or have a small surplus, up to 1500 RMB. All monies up to 1500 RMB will remain in the host school.
- Any monetary surplus in excess of 1500 RMB should be remitted to ACAMIS.
- All host schools are required to complete a financial report and remit any surplus within 2 months of the event. (see Appendix 3)
- Losses for activities are typically not covered by ACAMIS budget funds however losses may be considered in extraordinary circumstances upon a written request to the ACAMIS Board.
- Host schools will assume the responsibility and will not charge for all administrative (personnel) costs nor facility costs associated with hosting events.
- The tournament fee should be calculated on total number of participants including the host school athletes

### **Air Quality Index (AQI)**

ACAMIS tournament times/formats will be modified in response to an AQI reading of over 175, with tournament stoppage or delay to occur at over 250 (based on best available data as determined by the host AD—indoor or outdoor). The host Head of School is designated to officially cancel a tournament based on ACAMIS guidelines.

### **Sports Rules & Rules Infractions**

The sports will be played according to the rules as written in the appendices below.

Rules for the Invitational sports can be adjusted by the host school to fit local circumstances, with participating schools informed of said rules no less than 4 weeks prior to the tournament date. All rules must be adhered to once agreed. Once an additional sport becomes established, appropriate rules will be determined.

Any school found playing ineligible players and/or engaging in gross misconduct in an ACAMIS event may be disqualified from the immediate tournament. If this information is forthcoming after the event, then this team may be deemed disqualified and trophies and rankings will be adjusted accordingly. A student's eligibility to attend future ACAMIS events will be reviewed by the Sports Committee.

All ACAMIS participants are expected to officially agree to the ACAMIS 'Student Participation Agreement' (see Appendix 1) which may be done on paper or electronically. Any rule infringements according to the Participation Agreement shall be reported to the Sports League Chair and the ACAMIS Executive Office through a completed 'Incident Report Form' (see Appendix 7) where it will be kept on record for four years.

All accompanying adults should assume the same level of duty of care for players from ALL teams (not just their own). Any incident or action taken should be reported immediately to the team lead chaperone of that team. Those adults are also expected to enforce the expectations in the "Student Participation Agreement" and put in place suitable supervision arrangements to allow for this. Any incident must be reported to the

Tournament Director as soon as is reasonably possible after the incident and an Incident Report Form completed as per outlined below.

The Tournament Director is the person in charge of the event and any decisions taken should be respected and followed by all players, coaches and spectators.

If a player, coach or spectator is displaying behaviour that does not align with the ACAMIS philosophy, the Tournament Director should, in the first instance, make a request in a straightforward, but unaggressive, fashion (to or through the coach) for the behaviour to stop, with a verbal warning that, should the behaviour continue, the school Athletic Director will be contacted and that, ultimately, the offending person can be removed from the tournament.

If needed, the Tournament Director should seek support from the following (in this order):

- The Athletic Director of the offending school
- the Division Chair
- the Sports Chair

After consultation, the Head of the host school has final responsibility for any decisions made and may be called upon should any coach, player or spectator continue to refuse to follow the decision made by the Tournament Director.

Any incident of this nature should be followed by a completed Incident Report Form sent immediately to the Division Chair and the Sports Chair who, after verifying details, will inform the ACAMIS Executive office.

## **Section 2: Sports Tournament Guidelines**

The following guidelines are written for the Core Sports. Invitational Sports tournaments should try to follow similar guidelines where possible but with the understanding that local conditions and different sports may require adaptations to be made. Any adaptations should be clearly communicated to the participant schools.

### **Format and Facilities**

For core sports tournaments, each division should follow recommended guidelines for tournament format and facilities where possible, but with majority divisional agreement, may have tournament format/facility changes due to local or divisional needs.

### **Tournament Format for Core Sports**

For tournaments with 6 teams:

- Single round robin followed by elimination games with the following format:
  - Game 16/17/18                      B/G    1 v 4, 2 v 3 & 5 v 6
  - Game 19                              B/G    3<sup>rd</sup>/4<sup>th</sup> Play-off
  - Game 20                              B/G    Championship Game

For tournaments with 8 teams:

- Two groups of 4, 3 game single round robin. Followed by:

GAME		GAME	
13	1 <sup>st</sup> A v 4 <sup>th</sup> B	14	1 <sup>st</sup> B v 4 <sup>th</sup> A
15	2 <sup>nd</sup> A v 3 <sup>rd</sup> B	16	3 <sup>rd</sup> A v 2 <sup>nd</sup> B
17	Loser 13 v Loser 16	18	Loser 14 v Loser 15
19	Winner 13 v Winner 16	20	Winner 14 v Winner 15
21	Loser 17 v Loser 18 (7 <sup>th</sup> /8 <sup>th</sup> place)	22	Winner 17 v Winner 18 (5 <sup>th</sup> /6 <sup>th</sup> place)
23	Loser 19 v Loser 20 (3 <sup>rd</sup> /4 <sup>th</sup> Place)		
24	Winner 19 v Winner 20 (1 <sup>st</sup> /2 <sup>nd</sup> place)		

For tournaments that do not have 6 or 8 teams the tournament format will be decided by the tournament coordinator. This format must be sent out to participating schools at least one week prior to the tournament. Each year girls and boys play-offs will be reversed. Year 1 – Girls championship game is the final game. Year 2 – Boys championship game is the final game. As a guide, in 2010-2011 the Boys Championship was played first. In the current year 2025-26, the girls championship game will be played first and the boys is the final game.

In an effort to ensure safety and equity in event schedules, the following priorities will be followed:

- No team should play back-to-back on any day in the round robin stage. Game-Rest-Game should not occur more than once in a tournament for any team.
- If possible, the school traveling the farthest distance should not be scheduled to play first on the first day.
- Last game one day and first game the next day should not occur more than once in a tournament for any team.
- The boys and girls teams from the same school should not be scheduled to play at the same time more than once in a tournament.
- Rotate courts and fields for boys and girls competitions. It is expected that host schools of sports tournaments will fairly rotate all tournament courts and fields with the boys and girls divisions for all teams involved, whenever possible.

The following is the recommended structure of all sports tournaments.

- Sports tournaments should be held over a minimum of two days.
- Tournaments can be adapted as needed after consultation with all participating schools.
- Day One (Wednesday):
  - Teams travel to host city.
- Day Two (Thursday):
  - Round Robin games. Ideally two or three games will be played by each team.
- Day Three (Friday):

- Round Robin games. Ideally two or three games will be played by each team.
- Social Dinner arranged by host school. (first or second day of games)
- Day Four (Saturday):
  - Elimination games. All teams should have at least one game.
  - Awards Presentation
  - Teams travel home

For all tie-breakers from the round robin stage - 'If any stage of the tie-breaker separates all of the tied teams, then the tie-break is complete. If, at any stage of the tie-breaker, only two teams remain tied, the head to head result will determine the placing.'

### **Host School Expectations**

Communication with schools is essential for the smooth running and preparation of ACAMIS Sports Tournaments. Communication should be conducted via email or by phone when necessary.

For core sports, tournament directors will send out information to participating schools two months prior to scheduled date, and participating schools will respond within 1 week of the invite if they are unable to fulfil their commitment to the tournament.

For core sports, if a school in the division is unable to fulfil their commitment to the tournament, the following procedure shall take place to replace the team/school based on best fit:

- Host to report the issue to the Division Representative.
- Division Representative record the absence with the Sports Committee (using a Core Sports Attendance Tracker).
- Host & Division Representative to contact Unaligned Division Representative with the following information/request:
  - Team(s) needed
  - Deadline for responses to host from Unaligned Schools
- Unaligned Division Representative to forward email to all Unaligned schools
- If no responses from Unaligned schools by deadline, Host has option to find replacement by non-ACAMIS member school or to a second team from the host school from host city or neighboring city.

\*If a best-fit school is not found, Host has the right to run the tournament with the participating teams.

The communication from the Tournament Director should include:

- Tournament Roster return sheet (Appendix 8)
- Tournament itinerary
- Tournament format
- Tournament rules / Agreement Forms
- Coach / chaperone accommodation information
- Transport arrangements
- Earliest departure time from the airport/train station on the final day
- Invoice (where appropriate)
- Other relevant information

All Athletic Directors are responsible for ensuring student athletes have agreed to the Student Participation Agreement as required by ACAMIS and that coaches have access to, and have alerted the host school, to all necessary medical information

All Athletic Directors are responsible for ensuring coaches, athletes and spectators are aware of the ACAMIS Philosophy Statement

### **T-Shirts**

Participants should be provided with a tournament T-shirt with information including but not exclusive to:

- Host City name
- Tournament date
- Participating schools
- Design of T-shirts is at the discretion of the host school

\*Host school name and/or logo should not be emphasized over those of other participating schools

### **Trophies/ Awards**

In core sports, trophies will be awarded for first, second and third placed teams. Further awards in core sports will be as follows:

A trophy will be awarded for the 'Spirit of ACAMIS Award'. Voting for this trophy will be done by all teams based on the template at Appendix 6.

Trophies are to feature only the following wording, with ACAMIS the only logo to be used: ACAMIS color Division (for core sports), Recipient Place/Award, Age Category/Gender/Sport, Year of Event, Host City Name (optional). Example:

ACAMIS Blue Division  
U19 Girls Football  
Champions  
Suzhou 2023

#### All ACAMIS Awards

Awards will be given to two individual athletes from each team – one selected by players of each team & one by the team coach. All-ACAMIS athletes should receive a medal only.

Medals are to feature only the following wording, with ACAMIS the only logo to be used: ACAMIS color Division (for core sports) or Event Name, Recipient Award, Age Category/Gender /Sport, Year of Event, Host City Name (optional). Example:

ACAMIS Blue Division  
U19 Girls Football  
All ACAMIS Team  
Suzhou 2023

See Appendix 9 for recommended guidelines on All ACAMIS Award recipients.

#### Officials

Where possible, qualified, impartial officials should be hired for officiating duties throughout the tournament. There should be more officials than the minimum number, which allows for a rotation and suitable breaks for the officials. There is an expectation that an adult translator is always available court/pitch side

#### Transport

Transport should be provided to and from airport / train / ferry station for all visiting teams. Transport should also be provided to and from tournament venue and hotel.

#### Program

Host school to develop a tournament schedule which ensures that all students are participating on every day of the tournament.

A program of the tournament should be provided. Host schools have the option of producing either a hard copy or electronic version of this program. Schools are also encouraged to create websites for their individual events. The program should include but not be exclusive to:

- Welcome address
- ACAMIS rules
- Tournament Itinerary
- Tournament format
- schedule
- Team photos
- Emergency contact details
- Food / Beverages

#### Meals

Breakfast: There is no requirement for the host school to provide breakfast. This would normally be provided by the hotel.

Lunch should be provided by the host school on each day of the tournament for athletes and coaches.

There is no requirement for the host school to provide evening meals with the exception of day three when a presentation dinner must be provided by the host school. If tournament play extends into dinner time, the host school should provide the dinner.

Drinks should be made available at all times during the tournament.

Hosts should ensure that vegetarian options are available for each meal they provide.

#### Accommodation

Host schools will secure a special rate at a “tournament hotel” and all expenses will be the responsibility of the individual visiting school.

Each evening, visiting coaches/chaperones shall make contact with each student at the curfew time to establish that they are in their hotel room. At least one chaperone will be on duty at all times when students are in accommodations and the name, room number and contact information of that person shall be shared with all participants.

#### Coaches’ Meeting

A coaches’ meeting should be scheduled for day one of the tournament to discuss any relevant matters with all visiting coaches. Coaches meeting may include but is not exclusive to:

- Tournament rules
- Tournament format
- Philosophy and conduct
- Emergency contact procedures and chaperones duty roster in accommodations

#### Coaches’ Dinner

A coach’s dinner should be provided for all visiting coaches on day one or two of the tournament. Coaches are expected to attend this dinner except those coaches required to chaperone students.

The host school is expected to provide a free or self-paid activity for students while the Coaches Dinner is happening. This should be clarified in the initial information that is sent to incoming schools.

#### Coaches’ Lounge

Where possible an area for coaches to relax (away from the tournament playing area) and get a snack/beverage should be provided for the duration of the tournament.

#### Athlete Information Package

All athletes should be provided with an information package, in hard or soft copy, which includes:

- Host school address (in English and Chinese)
- Program
- Teams Hotel information (in English and Chinese)
- ACAMIS T-Shirt

#### Coach Information Package

All coaches/chaperones should be provided with an information package, in hard or soft copy, which includes:

- Host school address (in English and Chinese)
- Program
- Teams Hotel information (in English and Chinese)
- Teams Transport information
- ACAMIS T-Shirt
- Catering information including coach dinner information

#### Medical Support

A First Aid station with basic medical supplies such as ice and bandages must be provided by fully qualified first aid staff at all times during the tournament.

#### Public Information Display

Host schools are encouraged to livestream events. Any material shared to the public (livestream, live photos, websites, etc.) should prominently feature the ACAMIS logo over the logo of the host school. If participating school logos are displayed, they should be done so equitably.

#### School Banners

School banners (in appropriate school colours) should be displayed for the duration of the tournament.

#### Tournament Feedback

Host school will email the Tournament Evaluation Form (Appendix 2), to all participating schools, inviting feedback for the tournament. Participating schools should email a summary of the responses from the visiting coaches to the host school and the Divisional Representative within 2 weeks of the tournament. Any major issues should be communicated by the Committee Divisional Rep to the Sports Chair.

#### Results & Photos

ACAMIS Event Follow-Up Form – Host school should refer to Appendix 4 and submit all required information within two weeks after the tournament concluding.

## **Guest School Expectations**

For Core Sports, a school traveling with a boys & girls team is recommended to take 4 chaperones. Schools are required to send a minimum of three adults, with a minimum of one female and one male. One of these adults must be a member of the school faculty/staff. If a school is only sending one team (either boys or girls), a minimum of 2 adults must accompany the team where at least one is of the same gender as the team. For Invitational Sports, 2 adult chaperones are required for the initial 12 students. For each additional 12 or part thereof, 1 additional chaperone is required. One of these adults must be a member of the school faculty/staff, and nominated as the leader on that trip. If a school is only sending one gender of students, at least one adult must be of the same gender as the team.

For core sports, invited schools must respond within 1 week of the tournament invite if they are unable to fulfil their commitment to the tournament. It will be assumed that the school is able to provide a boys and girls team for the tournament if no notice is given within 1 week. Schools withdrawing 1 month or less before the event will be expected to pay full fees unless the withdrawal is under extraordinary circumstances. Extraordinary circumstances should be discussed between Athletic Directors. If this cannot be resolved at this point, then resolution will be through division Heads of Schools or ultimately the ACAMIS Executive Director.

For Invitational tournaments, at the date designated by the host school, the numbers entered by the guest schools will be those used for budgeting purposes and, at the discretion of the host school, the numbers entered by each guest school on that date will be used for guest school total fees.

Travelling schools should check, at the point of invitation acceptance, any visa requirements for travel to the host country and when the team is selected, check carefully visa needs of the individuals travelling and their passport expiration dates.

Having received the end time of the awards presentation from the host school, all participating teams are expected to attend the awards presentation. Guest schools ADs must plan travel arrangements to ensure their teams can attend the awards presentation, and still allow adequate time to connect with departure transport arrangements.

In the event of a cancellation of a tournament due to events outside the host school's control, the school will tally up all non-refundable expenses (such as trophies, t-shirt printing etc.) and provide an account to ACAMIS and to all schools who would have competed. If the total cost is less than 5000RMB it will be covered by the host school, if over 5000RMB the host school will share the cost equally among all competing schools.

Serious Incidents and Rule Infringements by a visiting athlete or Coach – The Incident Report Form should be completed by the Coach or Athletic Director of the Athlete/Coach concerned and copied immediately to the Sports Chair and the Executive Office



### CORE SPORTS 2025-2026

	Red	Yellow	Green	Orange	Gold	Blue	Purple	Silver
<b>Volleyball</b>	Oct 29 – Nov 1 SSIS	Oct 15-18 UISG	Oct 22-25 SCIS HQ	Oct 29 – Nov 1 NIS	Oct 22-25 XIS	Oct 29 – Nov 1 CISB	Oct 29 – Nov 1 YCIS CQ	Oct 29 – Nov 1 SWIS
<b>Basketball</b>	Jan 28-31 CIS	Jan 21-24 BCIS	Jan 28-31 KEY	Feb 4-7 HBJ	Jan 28-31 AISHK	Jan 28-31 QISS	Jan 28-31 UISZ	Jan 21-24 CAIS
<b>Football</b>	Mar 18-21 DCSPD	Apr 15-18 NCPA	Mar 18-21 YCIS PX	Mar 18-21 TIS	Mar 18-21 BSB	Apr 15-18 YCIS PD	Mar 18-21 DCSPX	Mar 18-21 SCIS
<b>Div. Rep</b>	Nick Sherriff-Smith	Ryan Matopodzi	Justin Corvers	Ben Silvis	Nate Talamahina	Robert Clarke	Matt Uffindal	Brendan Markey

### INVITATIONAL SPORTS 2025-2026

Invitational Events	Host (City)	Date	Host Contact
<b>HS Tennis</b>	HBJ (Beijing)	October 23-25	Mhylton@harrowbeijing.cn
<b>HS Netball</b>	ISFHK (Hong Kong)	January 8-10	Aywong@isf.edu.hk
<b>HS Squash</b>	ISFHK (Hong Kong)	January 8-10	Aywong@isf.edu.hk
<b>HS Touch Rugby</b>	ISB (Beijing)	November 13-15	Sparker@isb.bj.edu.cn
<b>MS/HS Cross Country</b>	LIS (Chengdu)	November 13-15	Nirmala.iyer@lis.chengdu.com
<b>HS Table Tennis</b>	CISS (Shanghai)	Nov 26-30	Matt.macinnnes@concordiashanghai.org
<b>Senior Swimming (Ages 13-19)</b>	WCIS (Shanghai)	December 5-7	Daniel.tuitt@wellingtoncollege.cn
<b>Golf (Ages 9-19)</b>	SIS/PGA(Mission Hills Haikou)	March 10-13	Tmathews@sis.org.cn
<b>Junior Swimming (Ages 9-12)</b>	XLIS (Xian)	March 12-14	Zach.dwyer@xalis.com
<b>HS Badminton</b>	Event 1: KEY (Beijing) Event 2: IST (Tianjin) Event 3: ISU (Ulaanbaatar)	April 15-18	Yuan.yuan@keystoneacademy.cn Ben_silvis@istianjin.org.cn athleticdirector@isumongolia.edu.mn
<b>MS/HS Ultimate Frisbee</b>	SSIS (Shanghai)	May 7-9	daniel_inns@ssis.asia
<b>MS/HS Track and Field</b>	ISB (Beijing)	May 7-9	Sparker@isb.bj.edu.cn
<b>Invitational Pickleball</b>	NIS (Nanjing)	Late May	Bendutton@nanjing-school.com
<b>Unaligned HS Volleyball</b>	ISU (Ulaanbaatar)	Oct 31 – Nov 2	athleticdirector@isumongolia.edu.mn
<b>Unaligned HS Basketball</b>			
<b>Unaligned HS Football</b>	HIS (Shenzhen)	Mar 25-28	Dmckay@harrowshenzhen.cn

The ACAMIS Sports AGM will be hosted at the Spring Leadership Conference at AISG on March 20-21, 2026. However, the viability of this will be reviewed in August.

## SPORTS LEAGUE DIVISIONS & ATHLETIC DIRECTORS

	Division	School	Initials	Athletic Director	Email
1.	Red	Suzhou Singapore International School	SSIS-SZ	Simon Greaves	simongreaves@mail.ssis-suzhou.net
2.		Dulwich College Beijing	DCB	Hannah Marshall	hannah.marshall@dulwich.org
3.		Dulwich College Shanghai, Pudong	DCS	David Dutch	David.dutch@dulwich.org
4.		Renaissance College, Hong Kong	RCHK	Nick Sherriff-Smith	Smithn2@rchk.edu.hk
5.		Chinese International School, Hong Kong	CISHK	Allan Fraser	afraser@cis.edu.hk
6.		The British International School Shanghai Puxi	BISS PX	Wayne Grant	Wayne.grant@bisspuxi.com
7.	Yellow	Yew Chung International School of Hong Kong	YCIS HK	Gordon Quan	gordonq@hk.ycef.com
8.		Shanghai Singapore International School	SSIS-SH	Daniel Inns	daniel_inns@sis.asia
9.		Nansha College Preparatory Academy, Guangzhou	NCPA	Romeo Pabayo	rpabayo@ncpachina.org
10.		Canadian International School, Hefei	CISH	Albert vander Gugten	albertus.vandergugten@cishefei.com
11.		Utahloy International School Guangzhou	UISG	Ryan Matopodzi	tmatopodzi@uisgz.org
12.		Beijing City International School	BCIS	Aldo Gutierrez	Aldo.gutierrez@bcis.cn
13.	Green	Hangzhou International School	HIS	Filipe Nogueira	Filipenogueira@hisdragons.org.cn
14.		Yew Chung International School, Shanghai, Puxi	YCIS PX	Vanessa Fung	Vanessa.fung@ycis.com
15.		Discovery College, Hong Kong	DCHK	Lydia Clohesy	lydia.clohesy@dc.edu.hk
16.		Shanghai Community International School, Hongqiao	SCIS HQ	Justin Corvers	jcorvers@scis-china.org
17.		Xi'an Liangjiatan International School	XLIS	Zach Dwyer	zach.dwyer@xalis.com
18.		Keystone Academy Beijing	KEY	Yuan Yuan	Yuan.yuan@keystoneacademy.cn
19.	Orange	International School of Tianjin	IST	Ben Silvis	Ben_silvis@istianjin.org.cn
20.		Nanjing International School	NIS	Ben Dutton	bendutton@nanjing-school.com
21.		Hong Kong Academy	HKA	Cindy Ng	cindy.ng@hkacademy.edu.hk
22.		Shekou International School	SIS	Thomas Mathews	tmathews@sis.org.cn
23.		Harrow International School Beijing	HISB	Martin Hylton Ben Dumpleton	mhylton@harrowbeijing.cn bdumpleton@harrowbeijing.cn
24.		The International School of Macao	TIS	Merrill Ross	merrill.ross@tis.edu.mo
25.	Gold	Australian International School Hong Kong	AISHK	Tim Tait	timothy_tait@aishk.edu.hk
26.		The British School of Beijing, Shunyi	BSB Sh	Conor Kelly	conor.kelly@britishschool.org.cn
27.		Dalian American International School	DAIS	Paul Robinson	paul.robinson@daischina.net
28.		International School of Nanshan Shenzhen	ISNS	Nate Talamahina	nate.talamahina@isnsz.com
29.		Xiamen International School	XIS	Cal Stuart	calstuart@xischina.com.cn
30.		Wellington College International, Shanghai	WCIS	Dan Tuitt	Daniel.tuitt@wellingtoncollege.cn
31.	Blue	Canadian International School of Beijing	CISB	Brett Mitchell	Brett.mitchell@cisbeijing.com
32.		Yew Chung International School, Qingdao	YCISQD	Robert Clarke	Robert.clarke@ycis.com
33.		Qingdao No. 1 International School of Shandong	QISS	Riki Buckrell	Rbuckrell@qiss.org.cn
34.		QSI International School of Shenzhen	QSI SZ	Richard Howard	richard-howard@shenzhen.qsi.org
35.		Dulwich College Suzhou	DCSZ	Benjamin Cantrill	Benjamin.cantrill@dulwich.org
36.		Yew Chung International School Shanghai Pudong	YCIS PD	Michael Henderson	Michael.henderson@ycis.com
37.	Silver	Leman International School, Chengdu	LIS	Nirmala Iyer	Nirmala.iyer@lis.chengdu.com
38.		Beijing International Bilingual Academy	BIBA	Dwayne Britton	dbritton@bibachina.org
39.		Boston International School, Wuxi	BIS	Sarah Biddle	Sarah.biddle@bostonis.org

40.		International School of Dongguan	ISD	Nemanja Stanosevic	nemanjastanosevic@i-s-d.org
41.		Shen Wai International School of Shenzhen	SWIS	Allan Moore	allan.moore@swis.cn
42.		Yew Chung International School of Beijing	YCIS BJ	Brendan Markey	Brendan.markey@ycis.com
43.		Changchun American International School	CAIS	Dan Popescu	Dan.popescu@caisschool.com
44.		Shanghai Community International School, Pudong	SCIS PD	Harry Brooks	hbrookfield@scis-china.org
45.	Purple	Dulwich College Shanghai Puxi	DCSPX	Matt Uffindal	Matt.uffindall@dulwich.org
46.		TEDA Global Academy, Tianjin	TGA	Jackie Leng	jleng@tedais.org
47.		Utahloy International School Zengcheng	UISZ	Alexandru Marinescu	Sam@uiszc.org
48.		Yew Chung International School of Chongqing	YCISCQ	Erick Enriquez	Erick.enriquez@ycis.com
49.		QSI International School of Chengdu	QSI CD	Patrice Moukete	Patrice-moukete@chengdu.qsi.org
50.		Kunming International Academy	KIA	Neil Campbell	Neil.campbell@kia-china.org
51.	unaligned	Western Academy of Beijing	WAB	Kirby Boychuk	Kirby_boychuk@wab.edu
52.	unaligned	Beijing World Youth Academy	BWYA	Mirko Mirkovic	mmirkovic@ibwya.net
53.	unaligned	International School of Beijing	ISB	Simon Parker	sparker@isb.bj.edu.cn
54.	unaligned	Tianjin International School	TIS	Leandro Dos Santos	Leandro.dossantos@tiseagles.com
55.	unaligned	Qingdao Amerasian International School	QAIS	Victor Lopez	vlopez@qingdaoamerasia.org
56.	unaligned	International School of Qingdao	ISQ	Adrian Thompson	adrian.thompson@isqchina.com
57.	unaligned	Yantai Huasheng International School	YHIS	Mike Moss	mike.moss@yhischina.com
58.	unaligned	QSI International School of Shenyang	QSI S	Daniel Moxham	daniel-moxham@shenyang.qsi.org
59.	unaligned	Concordia International School Shanghai	CIS-SH	Matthew Macinnes	matt.macinnes@concordiashanghai.org
60.	unaligned	Shanghai Livingston American School	SLAS	Charmaine Collins	charmaine@laschina.org
61.	unaligned	Harrow International School Shanghai Pudong	HISS	Kip Wapshott	kwapshott@harrowshanghai.cn
62.	unaligned	Britannica International School, Shanghai	BIS	Jaco Olivier	jolivier@educator.orbital.education
63.	unaligned	Shanghai American School Pudong Campus	SAS PD	Scott Hossack	scott.hossack@saschina.org
64.	unaligned	Shanghai American School Puxi Campus	SAS PX	Kate Mouton	Kate.mouton@saschina.org
65.	unaligned	Western International School, Shanghai	WISS	Tony Anderson	tanderson@wiss.cn
66.	unaligned	Shanghai United International School, Wanyuan	SUIS-WY	Eric Shen	erics.wy@suis.com.cn
67.	unaligned	Access International Academy Ningbo	AIAN	Leon Dong Lynn Lin	leon.dong@aian.org.cn lynn.lin@aian.org.cn
68.	unaligned	Georgia School of Ningbo	GSN	Leonardo Lima	Leonardo.lima@georgiaschool.cn
69.	unaligned	Xian Hanova International School	XHIS	Julian Barnsley	Julian.barnsley@his-xian.com
70.	unaligned	Sais International School, Zhengzhou	SISZ	Matt Inwood	mattinwood@siasinternationalschool.org
71.	unaligned	Changsha WES International School	CWIS	Jolina Guo	jolinaguo.cwa@wes-group.org
72.	unaligned	Chengdu International School	CDIS	Drew Smith	Andrew.smith@cdischina.com
73.	Unaligned	Achieve Xiamen International School	AXIS	Chad Eppley	Chad.eppley@axissschool.org.cn
74.	unaligned	The American International School of Guangzhou	AISG	Corey Kydd	ckydd@aisgz.org
75.	unaligned	Canadian International School of Guangzhou	CISGZ	Cai Roberts	Cai.roberts@cisgz.com
76.	unaligned	Zhuhai International School	ZIS	Sego Mogotuu	segom@zischina.com
77.	unaligned	QSI International School of Zhuhai	QSI Z		
78.	unaligned	Harrow International School Qianhai Shenzhen	HISQSZ	David Mckay	dmckay@harrowshenzhen.cn
79.	unaligned	Christian Alliance International School, Hong Kong	CAISHK	Kelvin Ho	hokk@caisbv.edu.hk
80.	unaligned	Stamford American School	SAIS	Liliana Martins Edward Styles	Liliana.martins@sais.edu.hk Edward.styles@sais.edu.hk
81.	unaligned	DSC International School, Hong Kong	DSCHK	Dove Noel	d.noel@dsc.edu.hk

82.	unaligned	Victoria Shanghai Academy, Hong Kong	VSAHK	Carrie Liu	kliu@vsa.edu.hk
83.	unaligned	The Independent Schools Foundation Academy	ISFA	Connie Wong	aywong@isf.edu.hk
84.	unaligned	Nord Anglia International Hong Kong	NAISHK	Alex Wiltshire	Alex.wiltshire@nais.hk
85.	unaligned	American School in Hong Kong	ASHK	Jake Carey	jakecarey@ashk.edu.hk
86.	unaligned	International College Hong Lok Yuen, Hong Kong	ICHK	Matthew Ho	Mho1@ichk.edu.hk
87.	unaligned	I-Shou International School, Taiwan	IIS	David Rashliegh	David.rashliegh@iis.kh.edu.tw
88.	unaligned	International School of Ulaanbaatar	ISU	Jeffrey Koops	j.koops@isumongolia.edu.mn
89.	unaligned	United World College Changshu	UWCC	Ciaran Doyle	cdoyl@uwcchina.org
90.	unaligned	Soong Ling Ching School International Division	SCLS	Kevin Jackson	kevin.jackson@scls-sh.org
91.	unaligned	British School of Guangzhou	BSG	Thomas Magson James Mitchell	Thomas.magson@bsg.org.cn james.mitchell@bsg.org.cn
92.	unaligned	Wuhan Yangtze International School	WYIS	Rochelle Cayetano	rochelle.cayetano@wyischina.com
93.	unaligned	ISA Wuhan	ISAW	Jozef Macak	jozef.macak@isawuhan.com
94.	unaligned	Hong Kong International School	HKIS	Todd Parham	tparham@hkis.edu.hk

Highlight indicates Division Representative.

Highlight indicates ACAMIS Sports Chair & Co-Chair.

## **CORE SPORTS TOURNAMENT RULES**

### U19 ACAMIS Volleyball Rules and Regulations

Accepted by ACAMIS Athletic Directors on March 2007; Revised/Edited January 2010

The FIVB rules <http://www.fivb.org/> (latest edition) shall be implemented for ACAMIS tournaments with the following notes.

- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

#### Game Length

- Games will be played best of 3 sets.
- The first 2 sets will be played to 25 points (win by 2 points). In case of a 1-1 tie, a deciding third set is played to 15 points with a minimum lead of 2 points.

#### Timeouts & Time Between Sets

- There shall be 2 time-outs allowed per set for each team.
- The length of each time-out is 30 seconds.
- The length of time between sets is 1 minute.

#### Net Height

- The net height for women shall be 2.24m.
- The net height for men shall be 2.43m.

#### Warmup

- All teams receive a five-minute warm-up period, 3 minutes at the net and 2 minutes for serving. (10-minute total)
- If the schedule is tight and at the discretion of the Tournament Director, each team will have 3 minutes at the net then 2 minutes serving together. (8-minute total)

#### Squad Size and Substitution of Players

- A team will have a minimum squad of 7 players and a maximum of 12 players.
- A player may re-enter the game an unlimited number of times but must switch with the same player for the entire set.

#### Officials

- The source of the officials shall be determined by the host school whilst meeting the requirement in the Host School Guidelines above. A minimum of two court officials are required for each game
- When possible, the host school shall use host country officiating organizations to officiate the tournament.

#### Tournament Scoring for Round Robin Standings

Volleyball Round Robin scoring: 1 point for a win, 0 points for a loss

#### Tie Breaker for Round Robin Tournament Standings

If any stage of the tie-breaker separates all of the tied teams, then the tie-break is complete. If, at any stage of the tie-breaker, only two teams remain tied, the head to head result will determine the placing.

- Sequence (in order)
- Head to Head
- Set Difference
- The difference between total sets won and lost between tied teams.
- The difference between total sets won and lost in all matches played.
- Point Difference
  - The difference between the total points scored and lost between tied teams.
  - The difference between total points scored and lost in all matches played.
- Coin toss

## U19 ACAMIS Basketball Rules and Regulations

Accepted by ACAMIS Athletic Directors on March 18, 2006; Revised/Edited January 2010; Revised/Edited at March 2018 AGM

The FIBA rules <http://www.fiba.com/> (latest edition) shall be implemented for ACAMIS tournaments with the following notes.

### Game Length

- Games will be play 4 quarters of 7 minutes each with Stop Clock
- A 30 second shot clock must be used and where possible placed above the backboard.
- Overtime Periods will be 3 minutes and begins with a jump ball.
- New games may be scheduled every 75 or 90 minutes.

### Timeouts

- First Half – Two (2) time-outs for each team.
- Second Half – Three (3) time-outs for each team.
- Overtime Periods - One (1) time-out is granted per overtime period for each team.
- Timeouts do not carry over from half to half or into overtime
- The length of each time-out is 1 minute.
- The length of time between quarters is 2 minutes.
- The maximum length of halftime is 8 minutes.
- Coaches may request a timeout by approaching the scorers' table. The scorer notifies the referee of the timeout at an appropriate time, which includes: a dead ball, free throw, immediately after a scored basket by the opposing team. (Current FIBA Rule)

### Equipment and Court Markings

- Girls' games shall use a size 6 ball (28.5" / 72cm).
- Boys' games shall use a size 7 ball (29.5" / 75cm).
- Boys use regular FIBA court dimensions
- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

### Warmup

- All teams will receive up to a ten-minute warm-up period prior to the start of the game, on the side of the court away from their bench. Any second half warm-up will be in front of own bench. This corresponds to direction of play in each half.
- If the games fall behind schedule, each team will have 5 - 8 minutes to warm-up at their own end of the court.

### Squad Size and Substitution of Players

- A team will have a minimum squad of 7 players and a maximum of 12 players.
- Unlimited amount of substitutions. Substitutes are to approach the scorer's table and be directed onto the court during a dead ball situation.

### Officials / Referees

- 2 referees are required for all basketball games.
- ACAMIS Tournament games should use personnel from local recognized officiating organizations, if possible.

### Fouls – Personal and Technical Fouls

- A player is disqualified from a game when they commit their fifth personal foul.
- Technical fouls against a player also count as a personal foul against the same player and count as a team foul. A player is disqualified if they receive two (2) technical fouls.
- Technical fouls against the coach, bench or fans is charged to the coach, but is not counted as a team foul. A coach is disqualified if they receive three (3) technical fouls.
- Team Fouls - a team is in a team foul penalty situation when it has committed five (5) team fouls in a period. Two (2) bonus free throws are awarded to the opposing team once the fifth (5) team foul is committed. Team fouls reset to zero (0) at the start of the next quarter. Team fouls and bonus penalties from the 4<sup>th</sup> quarter continue into all overtime periods.

### Mercy Rule

- If a game gets to a 20 pts differential – teams must not press and coaches are encouraged to use their bench to balance the game – if the game gets to 30 points differential it switches to running clock and remains running clock for the remainder of the game.

#### Tie Breaker & Scoring for Round Robin Tournament Standings

If any stage of the tie-breaker separates all of the tied teams, then the tie-break is complete. If, at any stage of the tie-breaker, only two teams remain tied, the head to head result will determine the placing.

A maximum point differential of 20 points will be used for calculations. This is to minimize “running up” the score in order to improve a team’s seeding.

Overtime points do not count in points differential.

#### Sequence

- Head-to-Head Result (if 2 teams)
- Best point differential in games between tied teams.
- Best point differential in all games.
- Most points scored in games between tied teams:
- Least team fouls made in games between tied teams.
- Least team fouls made in all games.
- Free Throws - 3 throws each then sudden death free throws (even number of throws for each team) - no player can shoot twice until full bench has had a throw

#### Notes of FIBA Rules

- A team has 8 seconds to advance the ball into the front court from the backcourt.
- Alternating Possession is used for all jump ball situations including the start of the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> quarters.



## U19 ACAMIS Football Rules and Regulations

Accepted by ACAMIS Athletic Directors on March 18 2006; Revised/Edited January 2010; Revised/Edited at March 2018 AGM

FIFA rules <http://www.fifa.com/> will be applied at all times, except for the following amendments:

### Match Length

- Matches shall be 2 x 20 minute halves with a 5 minute interval for half time.
- In matches where ties are not permitted (post Round Robin), 2 x 5 minutes halves of extra-time shall be played. No Break between halves. Neither the “golden goal” nor the “silver goal” rule shall apply during the extra-time. If at the end of extra time the score is still tied then it goes to penalty kicks.

### Team Size

- Maximum roster size shall be 14 players. Minimum roster size is 9 players.
- Matches shall be played 7 vs. 7 players (1 goalkeeper + 6 outfield players) and teams must have a player designated as goalkeeper at all times.

### Ball Size

- Girls and boys shall both use a size 5 ball.

### The Field of Play

- The overall size shall be reduced to approximately half of the regulation size (60 x 40 m).
- The following changes should be made to the field markings if possible:
- The goal area and the penalty area are combined into one area. This size of this new “goal/penalty area” shall be somewhere between that of the proper goal area and that of the proper penalty area. All rules which normally pertain to these 2 areas are still in affect.
- Goals shall be regulation size (24’W x 8’H.) or 7 a side goals (21’W x 7’H). This information must be conveyed to all participating teams at least 1 month in advance of the tournament.
- The penalty spot shall remain 11 meters from the goal line for regulation sized goals. (If seven aside goals are used the Penalty spot is 9 meters from the goal line)
- The Centre Circle shall be reduced to 8 meters in diameter.

### Substitutions

- An unlimited number of substitutions are permitted in each match.
- Substitutions shall be allowed at all stoppages of the game.

### Officials

- Each match shall be officiated by one referee.
- Assistant referees are not required.

### Offside

- The offside rule shall NOT be applied.

### Yellow & Red Cards

- A player who receives 2 yellow cards in the same match will receive a red card and will not be permitted to play in the next match.
- A player who receives a red card will not be permitted to play in the next match.
- A player who receives a red card for the use of foul/abusive language, serious foul play or violent conduct will not be permitted to participate in the remainder of the event. The Tournament Director and the Head Official must meet to discuss this decision.
- Penalty Kicks (for deciding the result of the game)
- Shall only be used in post Round Robin matches where the result is still undecided following the completion of extra-time.
- Shall initially only involve 3 players from each team (otherwise FIFA regulations apply).
- Only players on the field at the end of extra time are eligible for taking penalty kicks.
- A player who is already on the field at the conclusion of play can take over the goalkeeping duties.
- Other players should not enter the field of play after the final whistle. Players who are on the field should not leave.

### Mercy Rule

- If a game gets to a 5 goal differential, coaches are encouraged to use their bench to balance the game while the 5 goal differential exists.



- Official tournament results boards should display team scores that show a maximum 4 goal differential.

#### Notes on Player Equipment

- Metal cleats should not be used.
- All players must wear shin pads.
- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

#### Tie Breaker & Scoring for Round Robin Tournament Standings

Football Round Robin scoring is 3 points for a win, 1 point for a draw and 0 points for a loss

If any stage of the tie-breaker separates all of the tied teams, then the tie-break is complete. If, at any stage of the tie-breaker, two teams remain tied, the head to head result will determine the placing.

A maximum point differential of 4 goals will be used for calculations. This is to minimize “running up” the score in order to improve a team’s seeding.

Sequence:

- Head-to-Head Result (if 2 tied teams)
- Best goal differential in games between 3 tied teams.
- Best goal differential in all games.
- Most goals scored in games between 3 tied teams.
- Most goals scored in all games.
- Penalty shoot-out (as per rules in knockout game)

## **INVITATIONAL SPORTS TOURNAMENT Rules and Regulations**

The maximum age (of 19 as of 1<sup>st</sup> August of the relevant school year) stated in this document is related to all sports. The Tournament Director in consultation with the ACAMIS Sports Chair states the minimum age for the invitational events.

### U19 ACAMIS Badminton Team Competition Rules and Regulations

BWF rules of badminton are followed unless the information below contradicts the rule

#### Teams

- Teams must consist of 4 boys and 4 girls – each team will have a boy & girl singles player, a boy and girl mixed doubles player, and 2 boys and 2 girls doubles players.
- Schools must register a full complement of 8 players. If a team has a late injury or sickness and cannot bring a full complement, arrangements will be made to allow a player to substitute as per detailed below.
- At registration of a team, coaches will designate which players will be playing in which events (singles, doubles or mixed doubles).  
The designation can be changed at the coaches meeting at the start of the event. From this point this designation will be used throughout the tournament and can only be altered in the case of an injury as per procedure below.
- In the event of an injury or sickness, (either before or during the tournament and where a replacement cannot be found), one of the remaining players will be designated to play all of the remaining matches for the injured player for that day. Should the player not be able to play on subsequent days, the same substitute player must be used for the remainder of the tournament. The selection of the substitute will use the following procedure only:
- If the injured player is the singles player or either of the doubles player, they will be replaced by the mixed doubles player.
- If the injured player is the mixed doubles player, they will be replaced by either of the doubles players.
- The singles player may not be used as a substitute
- If a team has a subsequent injury or sickness that takes their team below 3 boys or 3 girls, that team will forfeit all remaining matches that the second injured player was scheduled to play.

#### Tournament Equipment

- Tournament Shuttles to be used are Mavis 500 Blue Cap
- All players must have their own racquets, wear team uniforms and indoor court shoes with non-marking soles
- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

#### Tournament Play

- A “rubber” between two teams involves a best out of 5 matches of:
  - Girls Singles
  - Boys Singles
  - Mixed Doubles
  - Girls Doubles
  - Boys Doubles
- The winning team is the team that wins 3-2, 4-1, or 5-0
- The winning team will score 1 point, the losing team will score 0 points
- All 5 matches must be played out to complete a rubber between each team, as each individual event result as well as the overall team result will be recorded. These results will be used in the event of a tie-breaker.
- For Round Robin 1 Stage, please use the order above for all matches. For all other stages, the two teams may agree a change in the order of games. If both teams do not agree, it remains in the order above.
- Individual events will be recorded separately so that the top two players/doubles teams will be determined
- Matches are the best out of 3 games using the Rally Point scoring system

- The first two games are scored up to 21 points. No need to win by 2 points, no tie-break. In the 3rd game the score goes to 15. Tie break is at 14-14 where you have to win by 2 points. At 17-17, the next point (18) wins the match.
- Players change ends at the end of each game, and when one side reaches 8 points in the deciding (3<sup>rd</sup>) game
- The team winning a game is entitled to serve first in following game.
- Players may take a maximum 30 second rest between 1st and 2nd games of a match and 1-minute rest between the 2nd and 3rd games; players may receive coaching in these times but may not leave the court. No coaching is allowed during the match except at these times. ('coaching' is defined as any form of advice being given to the player)

#### Tournament Structure

- This will depend on number of entries. The following structure was used in the 2018 competition. The principle should always be to maximise playing time and to create groups that provide relatively equal competition.
- 24 teams have been divided into 3 groups of 8 teams. Groups A, B & C.
- In Round Robin Stage 1, on Thursday and Friday morning, each team will play all other teams in their group.
- Positions 1-2 from each group will compete in the Cup competition, positions 3&4 in the Shield Competition, positions 5&6 in the Bowl competition and positions 7&8 in the Plate competition. Each of these competitions will consist of a round-robin format (Round Robin Stage 2) followed by play-offs for final placings.

#### Tie Breakers

- The following procedure will be followed if there is a tie in position between 2 or more teams at the end of the Round Robin Stage 1.
- If any stage of the tie-breaker separates all of the tied teams, then the tie-break is complete. If, at any stage of the tie-breaker, only two teams remain tied, the head to head result will determine the placing.
  - Result of head to head game (if two teams are tied)
  - Sets won between tied teams' rubbers (if this brings it to 2 teams then the head to head result applies for the remaining teams)
  - Total sets won (as above)
  - Points won between tied teams (as above)
  - Total points won (as above)
  - Coin toss

#### Trophies and Awards

- For the main team competition there should be a trophy for ACAMIS Badminton Team Cup 1st - 3rd Place. If other sections of team competitions are created based on the format above, then just a 1<sup>st</sup> place trophy is awarded.
- ACAMIS Badminton Individual Event Champion will be awarded to boys' singles, girls' singles, boys' doubles, girls' doubles & mixed doubles. This will be based on a final game between the top two individuals/pairings from the results from the two round robin stages of the tournament (seedings based on win/loss percentage. Head to head and set and point difference as in tie-breaker rules above apply as needed).

#### Starting and Finishing a Match

- Players get the match Score Sheet from the Scoring Table
- Players collect the shuttles from the base of the badminton posts.
- Warm up for a maximum of 2 minutes only before a match
- Toss/hit the shuttle straight up in the air and let it land; the side of the court that it points towards has "won the toss" and can choose to serve first or select the side of the court that they want to start on; the side that loses the toss may then choose from the remaining option (i.e. if the player chooses the side they want, then the other player can elect to serve first or not)
- At the conclusion of a match, shake hands with your opponent
- Players complete the score together on the scoresheet and call the next match

- Use any spare courts to start the next match whenever possible, even if it is not your assigned court
- When all 5 matches for the rubber are complete, players should return the match shuttles to the base of the court posts and the completed Score Sheet to the scoring table. Coaches can/should assist with this process.
- Coaches should also verify the official recorded results of their matches at the end of each playing session (i.e. at lunch break or at the end of the day)

#### On-Court Behaviour

- International Badminton rules will be followed throughout the tournament unless listed in this Information Sheet
- All players are expected to conduct themselves properly on and off the court
- If the shuttle is damaged during a point, then it may be replaced between points (you must finish the point first)
- Call out the score after every point to avoid disputes
- Players are to call the lines on their side of the court only; if you do not see the shuttle hit the court, then you may consult your opponent to make the call, otherwise you must consider the shuttle to be “in”
- If a player feels that the opponent is not making fair calls, speak to your coach, who will observe and then, if needed, will speak to the opponent’s coach
- In extreme cases, an impartial coach can be assigned to referee a match.

#### Off-Court Behaviour

- All players and spectators stay off the courts when matches are being played
- Players not playing are permitted to watch matches from the sidelines, but do not call out to the players, talk to the players during a match, coach players on-court, disrupt points, or make line calls
- Players waiting for matches to be called should stay in the area close to the assigned courts for the rubber; players will only have two minutes to get on court and to warm up once a match has been called
- Teams may not practice between matches and can only go on court when they are scheduled or at the very end of a round when all matches are using the remaining courts.
- Please respect the other matches that are ongoing at all times – players may cheer for their own team or others but do not disrupt the play.

## U14/U19 ACAMIS Cross Country Rules and Regulations

A risk assessment of the course should be undertaken to determine the maximum capacity of runners in any one race, this is to be used to determine the team composition. Courses are to be between 3-5km in length, measured by the shortest possible route a runner may take.

A minimum clear start of 150m should prelude any narrowing or sharp turn in the course. A clear distance of 140m ending in a rope funnel should indicate the end of the course. The finish line is at the mouth of the funnel, the funnel should be 4.5-5m and followed by a chute (ideally roped) 75cm wide. The stakes should be solid enough to allow for taught rope and padded where possible.

A double chute system should be employed to allow correct allocation of placings and ensure runner safety at the finish for events that have substantial numbers of runners.

### Eligibility

As per ACAMIS guidelines, the competition, is to be held at U19 and U14 level (High school/Middle school). Athletes are to run in the correct category according to their age, not based on their current grade/year.

5km U19 age group (boys/girls): Athletes must be under 19 as of 1 August (the new academic year).

3km U14 age group (boys/girls): Athletes must be under 14 as of 1 August (the new academic year).

Depending on birthdates and when the competition takes place there may be runners that will be 14 and 3 months.

**Exceptions:** Any U14 may compete in the U19 age group but an U19 must not move down. No runner must ever compete in both the U14 and U19 competition. The minimum requirement for U14 age group is that athletes are secondary school students.

### Awards

There will be the following awards for each of the 4 categories (U14 B&G, U19 B&G):

1<sup>st</sup> place, 2<sup>nd</sup> place, 3<sup>rd</sup> place individual

1<sup>st</sup> place, 2<sup>nd</sup> place, 3<sup>rd</sup> place team (Min of 2 runners required)

There will also be overall event 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place school team award for points scored over all 4 categories (min of 1 runner required in each of the 4 categories to be eligible)

### Rules

The competition will follow The National Federation of State High School Associations' (NFHS Track and Field and Cross-Country Rules 2018) rules as closely as possible.

**Teams:** The recommended maximum number of runners for each category is 10 (Meet Director's discretion to change this as necessary). The first 4 runners contribute to the team aggregate score for that category, the next 6 displace other teams/runners and are used for tie break (see scoring). To be eligible for the overall and age division team trophy/event, schools must have a minimum of one finishing runner in each of the 4 categories and 8 finishing runners across all 4 categories.

**Scoring:** Scoring will be as follows: First place will receive the same number of points as there are runners in the race, second place will receive total number of runners -1, third place will receive total number of runners -2 etc. (last place will receive 1 pt)

All runners that complete the race will be ranked and tallied according to the above points system. Schools that enter only two runners will affect the outcome of the team competition making them a viable inclusion of the competition (and encouraging schools that might not field a whole team to enter).

The team competition is won (and placed) by the highest aggregate score generated by a team's top 4 finishers (or however many runners they have, up to 4). The next (up to) 6 runners will be given a position and displace other runners (resulting in other teams' runners receiving a lower final position and therefore lower total aggregate). If teams are tied due to identical aggregate scores the following tie break system will be used:

Teams with 4 finishers prevail over any tied team(s) with 3 or fewer finishers.

The fourth placed finisher for any remaining tied team(s) is compared and the best placed fourth finisher breaks the tie.

**Rationale:** It is understood that this is not a traditional way of scoring cross country, however this system will allow for every school to compete for the 'Team' trophies as well as individual honours without placing any strict requirements on them. The points system is also reversed so that schools with 4 runners may outpace a school with two strong runners that finish first and second (emphasising the 'team' element).

**Starts/false starts:** Starter to call all runners to the start area (warm ups and course run outs to end). Any final instructions given to runners (including start/false start signals). Call to line (no touch). If using flag: start pistol and red flag parallel to ground 'on your marks', pistol and flag raised to 'V', when all runners still and steady red flag down on pistol fire (keep up). Flag up and down and second pistol fire if false/illegal start.

**Simple start:** Call to line, 'on your marks', when all runners still and steady whistle (or starter pistol), second whistle or pistol fire if false/illegal start.

**Note:** Runners are to be observed for 100m, during this time the race start may be recalled for any reason that may constitute an unfair start. Common sense to be applied given the level and experience of this type of competition. A warning should be given to the offending runner, no DQ.

**Recommended Officials:** The same person can perform multiple roles where necessary.

Meet Director, Starter, Course Marshals, Course Umpires, Finish Judge (determines order runners enter the chute), Chute Callers (calls the number and position of the runner), Timer.

#### Disqualifications

Interference with another competitor: Intentional action that unfairly changes the natural running rhythm of another competitor during a race. Eg: bumping, tripping, and running across a competitor's running line.

Unsporting or unacceptable conduct: Unethical or dishonourable conduct. To include (but not limited to): disrespect directed to officials/other coaches, flagrant behaviour, intentional contact, taunting of runners, profanity directed at someone.

**Note:** if these behaviours stated are demonstrated by a runner before the event the runner will be disqualified from taking part. If post even the result is annulled, the race results will be amended accordingly.

Receiving assistance from any other person: To include (but not limited to): pacing by a teammate not in the race (or any other person not participating in that race), runners joining hands to physically enable faster pace (apply common sense and discretion, there is a difference between holding hands and running at slowest pace compared to holding hands to drag slower runner towards finish line), receiving physical aid from anyone outside of the race, receiving physical aid from another runner to complete the race (both runners to be disqualified).

**Note:** receiving water is not considered receiving assistance. If there is no suitable medical professional available to assist an injured or ill runner then only the ill/injured runner will be disqualified if another runner helps them.

Failure to complete the prescribed course: Any runner that is seen to have deviated from the prescribed course, either making their race longer or shorter

## U9/U11/U14/U19 ACAMIS Golf Rules and Regulations

In addition to normal golf expectations and etiquette, for ACAMIS golf we have adopted the following rules:

### Local and Tournament Rules:

- Red stakes indicate lateral hazards, yellow stakes indicate water hazards.
- Relief must be taken from sanded divots on fairways, one club length, no nearer to the hole.
- Staked trees, cart paths, flowerbeds & sprinkler heads. Relief may be taken, one club length no nearer to the hole from the nearest point of relief.
- Use Dropping zones where available.
- Royal & Ancient rules govern all play unless otherwise stated within.
- All staked or unplayable and lost balls will be treated as a red staked lateral hazard. This is in attempt to move on the speed of play and avoid playing provisional balls.
- Note: A red staked lateral hazard is defined as: a ball may be dropped on the line of entry within 2 club lengths of the nearest point of relief.
- In the event that a player or a team scores double the strokes of any hole before holing out, then the player or team must pick up and move to the next tee. E.g. a team or player has taken 6 strokes on a par 3 before reaching the green, the team or a player must pick up and mark 6 strokes on his card.
- Ball hitting Light Post, shot may be replayed from original position without penalty.

### Texas Scramble – Round 1

- Each Team must nominate a team captain. The captain is specifically responsible for ensuring that all the tournament rules are adhered to! And the marking of the Scorecard.
- The handicap of the team is calculated as follows, sum the handicaps of all 4 players and divide by 1/16th. In the event that there are only 3 players, sum the handicaps of all 3 players, divide by 1/16th and then add 1.
- Each team member must use at least 3 tee shots during the course of the round.
- The captain must clearly show on the scorecard on which holes those tee shots were used.
- Once a tee shot been selected, the ball chosen must then be marked. The remaining 3 players must place their ball within 1 club length of the marked ball. If the selected ball is in the rough or a hazard the 1 club length must also be within that hazard or rough.
- On the green, the ball chosen as the playing ball must be marked, a second marker is then placed a putter head away from the original marked ball. This will allow players to putt from the original position.
- If a player has a putt of 1 foot or less, please let player HOLE OUT prior to other players attempting the longer putt. If player does not make putt, then mark it. Remaining players can attempt it after attempting the longer putt if still necessary. This will save time.
- In the event that only 3 players are in a team, the same rules apply except that they may have an extra drive and extra putt on each hole by one person only and that person must be rotated every 3 holes.
- The captain and one other team member must sign the playing card before submitting it to the tournament officials.

## U19 ACAMIS Netball Rules and Regulations

Where local laws are not listed, or are unclear, IFNA rules will apply. Umpires are charged with the responsibility of applying the rules at all times, their decisions final.

- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

<http://www.netball.org/>

### Squads

A team will have a minimum squad of 10 players and a maximum of 12 players.

### Starting or Restarting the Game

Players are responsible for starting and restarting play.

Centre passes are alternately taken by the Centre after a goal is scored. All players must remain in the goal thirds except the two Centre players.

When play starts, the Centre with the ball may step outside the centre circle but must follow the footwork rule. If one foot is wholly inside, it's the landing foot; if both are inside, the foot not moved first is the landing foot. The opposing Centre can move freely within the Centre Third. The Centre pass must be caught or touched by a player in or jumping from the Centre Third

### Playing the Ball

A player who has caught the ball shall play it or shoot for goal ***within three seconds***

A player may bounce or bat the ball once to gain control

Once released, the ball must next be touched by another player

There must be room for a third player between hands of thrower and catcher

A player on the ground must stand up before playing ball

### Footwork

Having caught the ball, a player may land or stand on:

One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above.

Hopping or dragging the landing foot is not allowed.

### Scoring a Goal

Only GS or GA can score – they must be completely within the circle when the ball is received in order to shoot for goal.

The ball cannot be caught by the same player if the ball does not touch the rim, or any other part of the post. This is called 'repossession'.

A goal is scored when the ball passes completely through the ring after a shot by the Goal Shooter or Goal Attack from within the goal circle. If the whistle to end a period is blown after the shot leaves their hands and is successful, it counts. If unsuccessful and there's an infringement caused by defenders, play extends for a penalty pass at the end of a period, or restarts with a penalty pass at other times.

### Sanctions and Actions

Sanction: A free pass is awarded for minor infringements at the location of the infringement. A penalty pass is awarded for major infringements at the infringer's position.

Action: A throw-in is awarded when the ball is out of court. Possession is awarded for simultaneous infringements at the location where play stopped.

A **PENALTY PASS** (or **PENALTY PASS/ PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred.

### Over a third rule

The ball must not be passed over an entire third without having been touched by a player. The sanction will be awarded just inside the third which was passed over.

### Ball out of hands

Player without the ball cannot grab / slap / take the ball out of the hands of the player with possession.

**PENALTY PASS** (or **PENALTY PASS/ PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred.

### Tactical Change



Tactical changes can be made immediately after a goal if requested clearly by an on-court player and substitutions happen without delay. Team officials must remain at the bench, and play should restart quickly. Teams will be penalized for delaying substitutions. Substitutions are unlimited, but umpires may refuse frivolous requests or penalize delays.

#### Off side/out of court rule

A ball/foot is considered out when any part of it touches the line on the perimeter of the court.

A foot is NOT considered off-side when it touches any internal line of the court (it must cross the line).

#### Obstruction

Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player

#### Contact

Interference: A player must not make physical contact that unfairly interferes with an opponent, including pushing, tripping, grabbing, or hitting. Such contact will be penalized if it causes the opponent to lose possession, interferes with their play, or restricts their movement. However, incidental contact that does not cause interference is considered a fair contest and is not penalized.

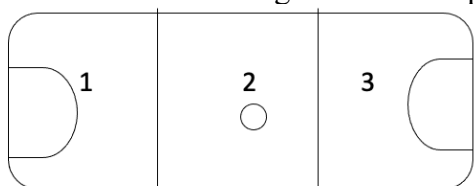
Causing contact: A player jumping to catch the ball must be allowed to land in their spot or elsewhere, without moving into a stationary opponent. The player who gains possession has priority and must be allowed to land. Opponents must yield that space and not encroach on the landing area. Additionally, players should not position themselves too closely or quickly in the path of a moving opponent, ensuring enough time and distance for them to stop or change direction.

A **PENALTY PASS** (or **PENALTY PASS/ PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

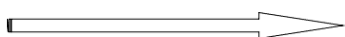
At the end of the Round Robin tournaments, if there are teams tied on points, teams will be ranked accordingly: Head to head results; Points Scored; Points differential; Least points conceded; Coin Toss

This is a summary of the rules. For a more comprehensive copy, please refer to the World Netball. The 2024 updated rules can be downloaded on : <https://netball.sport/game/the-rules-of-netball/>

Please see below for a diagram to where positions can and cannot go.



Shooting this way



<b>GS = Goal Shooter:</b>	<b>3 only + D</b>
<b>GA = Goal Attack:</b>	<b>2 + 3 + D</b>
<b>WA = Wing Attack:</b>	<b>2 + 3</b>
<b>C = Centre:</b>	<b>1, 2, 3</b>

## U19 ACAMIS Rugby 7's Contact Rules and Regulations

Seven-a-side variations: <http://www.irblaws.com/EN/laws/8/24/variatiions/variatiions-sevenaside/>

Size five ball

Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

Each team must have no more than seven players on the field at any time. The team can have up to 5 substitutes and make substitutes once you have informed the referee. Players who have been substituted may return to the game.

The time for the games is 7 minutes each way with a maximum 2- minute half time. Both teams change ends after half time.

When there is a drawn match in the knock out rounds, we will have 4 minutes extra time after a 1-minute break and in extra time the time the team who scores the first points will be declared winner without any further play.

The Referee is the sole judge of fact and of law during the match. The Referee must keep scores and must keep time. A central timer will go off at 7 minutes and the game ends when the ball is dead.

**Scoring a try is 5 points.** The conversion kick must be a drop kick. The kick must be taken within 30 seconds of a try been scored results in 2 extra points

**Foul play** is anything a player does within the playing enclosure that is against the letter and spirit of the Laws of the Game. It includes obstruction, unfair play, repeated infringements, dangerous play and misconduct which are prejudicial to the Game.

**Penalties and infractions**<sup>[SEP]</sup> 1. A player sent off for breach of the rules will not be allowed to play the next game. 2. Dangerous play. Jumping into the tackle, high tackles and spear tackles will all be considered dangerous play.

**Note:** Temporary Suspension: When a player has been temporarily suspended, the player's period of suspension will be two minutes.

**Who takes the Kick Off and restart kick;** after a score, the team that has scored kicks off with a drop kick which must be taken at, or behind, the centre of the half-way line. **Sanction:** Free Kick at the centre of the half-way line.

**All of the kicker's team must be behind the ball when it is kicked.** If they are not, a free kick is awarded to the non-offending team at the centre of the half-way line. **Sanction:** Free Kick at the centre of the half-way line.

**The ball must land in the field of play.** If it is kicked directly into touch, a free kick is awarded to the non-offending team at the centre of the half-way line. **Sanction:** Free Kick at the centre of the half-way line.

If the opposing team grounds the ball, or if they make it dead, or if the ball becomes dead by going into touch-in-goal, or on or over the dead ball line, a free kick is awarded to the non-offending team at the centre of the half-way line. **Sanction:** Free Kick at the centre of the half-way line.

**Scrums; Number of players: three.** A scrum must have three players from each team. All three players must stay bound to the scrum until it ends. **Sanction:** Penalty kick

**Kicking out.** A front-row player must not intentionally kick the ball out of the tunnel or out of the scrum in the direction of the opponent's goal line. **Sanction:** Penalty kick

Penalty and free kick options and requirements; any player may take a penalty or free kick awarded for an infringement with any kind of kick: punt, drop kick but not a place kick. The ball may be kicked with any part of the leg from below the knee to the toe but not with the heel.

**No delay.** If a kicker indicates to the referee the intention to kick at goal, the kick must be taken within thirty seconds of the penalty having been awarded. If the 30 seconds is exceeded the kick is disallowed, a scrum is ordered at the place of the mark and the opponents throw in the ball.

At the end of the round robin stage, if there are teams tied on points, teams will be ranked accordingly:

Head to head results; Points Scored; Points differential; Least points conceded; Coin Toss

## U19 ACAMIS Squash Rules and Regulations

PSA rules of squash will be followed unless contradicted by the information below.

- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

### **Teams**

- Each team must consist of 2 boys and 1 girls, with designated positions: 1, and 2 for boys and 1 for girls in singles play.
- Schools can register a maximum of 3 boys and 2 girls (totaling 5 players). Players should be arranged in order of strength. If a starting player is unable to compete due to injury or an incident, the next player will take their place. For example, if the first boy is absent, the second boy will move to position one, and the third will take position two, and so on.
- If a school does not have enough players to substitute, that position will be considered forfeited, resulting in a score of 11-0, 11-0.

### **Tournament Equipment**

- The Dunlop double yellow squash ball will be used.
- All players must have their own racquets, wear team uniforms with school logo, and use non-marking indoor court shoes.

### **Tournament Play**

- Each matchup consists of a best-of-5 matches format and play in the following order:
  - Boys Singles 2 vs. Boys Singles 2
  - Girls Singles 1 vs. Girls Singles 1
  - Boys Singles 1 vs. Boys Singles 1
- The winning team is the one that wins 3-0 or 2-1
- Each winner earns 1 point, and the winning team receives an additional point. For example, if a team wins 4-1, they will earn a total of 5 points.
- All 3 matches must be played to complete a rubber between teams, as both individual and team results will be recorded for tie-breakers.
- In Round Robin Stage 1, use the order above for all matches. For other stages, teams may agree to change the order; if not, the original order stands.
- Matches will be played as the best of 3 games using the Rally Point scoring system, with games scored up to 11 points and tie-breaks in place. Players must win by two clear points to win a tie-break
- Players may take a maximum 90-second rest between games and can receive coaching during this time.

### **Tournament Structure**

- The structure will depend on the number of entries, aiming to maximize playtime and create balanced competition.
- For 10 teams, there will be 2 groups of 5 teams (Groups A & B).
- In Round Robin Stage 1, each team will play all others in their group on Friday and Saturday morning.
- The top 2 teams from each group will compete in the Cup competition, positions 3 and 4 in the Shield competition, and position 5 in the Bowl competition. All these competitions will consist of a round-robin format followed by playoffs for final placements.

### **Tie Breakers**

- In the event of a tie between 2 or more teams at the end of Round Robin Stage 1, the following procedure will apply:
  - If any stage of the tie-breaker separates all tied teams, the tie-break is complete.
  - If only two teams remain tied, the head-to-head result will determine the placing.

- Tie-breaker criteria, in order, include:
  - Result of the head-to-head game (if two teams are tied)
  - Sets won between tied teams' rubbers
  - Total sets won
  - Points won between tied teams
  - Total points won

### **Trophies and Awards**

Trophies will be awarded for the top 3 places in the ACAMIS Squash Team Cup competition.

Players must collect the match Score Sheet from the registration desk.

Each match will have a 5-minute warm-up, with 2.5 minutes for half-size courts before switching.

A spin will determine who serves first (one player guesses up or down, then the other spins the racket).

At the end of a match, players must shake hands with their opponent.

Players must complete the score together on the scoresheet and call the next match.

Once all matches on one court are completed, schools playing on other courts may use any available courts to start their next match as soon as possible.

After all 5 matches for a rubber are completed, players should return the match ball and submit the completed Score Sheet to the registration desk. Coaches should assist with this process.

Coaches must verify the official recorded results of their matches at the end of each playing session (i.e., at lunch break or at the end of the day).

### **On-Court Behaviour**

- International Squash rules will be followed throughout the tournament, unless otherwise specified in this document.
- All players are expected to conduct themselves appropriately on and off the court.
- Players not participating in a match must referee.
- In extreme cases, an impartial coach may be assigned to referee a match.

### **Off-Court Behaviour**

- Players not playing are allowed to watch but must not call out to or talk to players during a match, coach players on-court, or disrupt points.
- Players waiting for their matches should remain near their assigned courts.
- Teams may not practice between matches and can only enter the court when scheduled or at the very end of a round when all matches are using the remaining courts.
- Respect for ongoing matches is essential; players may cheer for their team but must not disrupt play.

## U9/U11/U14/U19 ACAMIS Swimming Rules and Regulations

### Entries regulations:

- All entries MUST be via Hytek Team Manager
- If you don't have Team Manager version 6/7 you can download for free the Hy-Tech Team Manager Lite version 7. Link: <http://www.hy-tek ltd.com/downloads.html>
- 4 Age Groups (9-10, 11-12, 13-14, 15-18).
- Age-of date should be used for both events (meaning the swimmer's age on day 1 of the event dictates which age group they swim in). In the case that the Junior event is scheduled in the Spring and Senior is in the Fall, any swimmer who will turn 13 before the date of the Junior Swim event should swim up in the Senior event. Swimmers should not, in any situation, swim in both events.
- Maximum number of 8 swimmers per age group and gender.
- Five (5) individual events, and two (2) relays maximum per swimmer.
- Swimmers can swim up for individual events but must then swim up for all to score.
- If swimming up - event organiser must be notified when entries are sent for it to be scored.
- 8 year old and under swimmers not allowed - i.e can not swim up in the 9/10 age groups.
- Prelims will not be used for the 9-10 age group. These swimmers will only swim timed finals.
- The 11-12 age group will swim prelims and finals for 50m events. Only timed finals will be used for 100m+ events.
- Schools are to only enter A relays, meaning only one relay team per school per event.
- Swimmers can swim up for relays to form a team if a team has less than 4 swimmers in that age group (1 team per age group max) / gender but no repeats at another age group
- Mixed gender relay teams can swim but not score, but only one team per event.
- Any combined events are scored according to the age group & gender.
- Additional swims are not allowed on the day of the meet. Scratches only. Scratches are to be done during warm up. Warm up lanes and times will be assigned once entries have been received (two or three days before start of meet).
- Qualifying times apply - QT - 200 free 4:30 mins & 400 free 8:00 mins.
- For the Junior Swim event, swimmers entering 100m or longer races must submit accurate times with Hytek entry.
- If a swimmer doesn't swim the Qualifying time 10 team points will be deducted from team scores.
- Please only enter swimmers in events where they have successfully achieved the qualifying times.
- No time (NT) entries will not be accepted, please provide a time for all swimmers in all events (hand times accepted for this purpose if an official time is not available)
- Swimmers are strongly encouraged to wear swim caps that clearly indicate their school. Swim club caps are not allowed.

### Awards and Scoring

- Scoring: A maximum of 18 points should be scored per event as determined by the Host School. In the situation where 18 points are scored, 1<sup>st</sup> place should receive 18 points down to 1 point for 18<sup>th</sup> place. Relays are scored double points.
- Relay points will be awarded to team tallies but not to individual point tallies.
- Top 6 swimmers in each event (Male & Female) will receive 1st – 2nd – 3rd Medals and 4th, 5th & 6th ribbons.
- High Point trophies for top 3 in age group and gender
- Top 3 teams receive trophies. 1st, 2nd. 3rd.
- Best Small team award trophy (qualification to be communicated following entries)

### Swimming Rules

Result or Race Disputes: the ruling for this is 30min after results have been posted, if there are any disputes, please direct these disputes through a coach to be communicated to the information desk. Disputes will not be entertained if this is going through parents, swimmers or spectators. We will then look to correct (if a computer or error on our side) and/ or give an explanation as soon as we can.

We are having stroke, turn and referees for the event. Rules related to strokes and turns will be enforced so remind your swimmers that this will occur. FINA disqualification rules apply, as well as the one start rule. Anyone who starts early will be disqualified even if race not recalled.

Common DQ's to be aware of:

- Moving forward on the block after the swimmers are set.
- Incorrect touches i.e. one hand touch in fly or breast.
- Incorrect starts & turns i.e. IM turns, also swimming freestyle in backstroke turns, breast stroke turns & starts.
- Getting out of the pool before the race is finished. Please explain this to your team especially relay teams.
- DQ sheets will be placed in team trays for the coaches to collect.
- Camera footage and or iPad footage will not be accepted as evidence to base DQ decisions on.

Start / Finish Protocol

The race starts will be as follows:

- One “long whistle” from the starter - this signals the swimmers to get on the block (swimmers should not get on the block before this).
- Starter will say “Take your marks” - At this point the swimmer should be ready to go.
- The “Buzzer” will sound - this will signal the start of the race.

Note: Please be sure they know to have their cap and goggles on before they are called to the blocks ie: while the next race is in progress or about to finish.

We will be doing “fly over starts” so please explain to your swimmers at the end of their race to go to the lane-rope in their lane and move 1 meter out from the touch pads and wait for the next heat to start before exiting the pool. (Please ensure they know to be quiet for the start of the next race).

After the next race starts they must stay away from the touch pads and exit at the side of the pool closest to them i.e. lanes 1, 2 & 3 exit at lane 1 and lanes 4, 5, & 6 exit at lane 6.

Please remind swimmers not to climb out over the touch pads - this includes during warm-ups.

**STANDARD PROGRAM**

Host should follow the standard list of events unless an issue is raised more than two months in advance of the event with the Sports Chair (and in advance of the initial information being shared to incoming schools).

Jr. Swim Standard Long Course Program					
Friday (March 15)			Saturday (March 16)		
Age	Distance	Stroke	Age	Distance	Stroke
11-12	200	Free*	11-12	200	IM*
9-10	200	Free*	9-10	100	Free
11-12	100	Back	11-12	100	Free
9-10	50	Back	9-10	50	Breast
11-12	50	Free	11-12	100	Breast
9-10	50	Free			FINALS
11-12	50	Fly	9-10	200	Free Relay*
9-10	50	Fly	11-12	200	Free Relay*
		FINALS			
11-12	200	Medley Relay*			
9-10	200	Medley Relay*			
*Timed Finals. All other events prelim / final					

Jr. Swim Standard Short Course Program					
Friday (March 15)			Saturday (March 16)		
Age	Distance	Stroke	Age	Distance	Stroke
11-12	200	Free*	11-12	200	IM*
9-10	200	Free*	9-10	100	IM*
11-12	100	Back	9-10	100	Free
9-10	50	Back	11-12	100	Free
11-12	50	Free	9-10	50	Breast
9-10	50	Free	11-12	100	Breast
11-12	50	Fly			FINALS
9-10	50	Fly	9-10	200	Free Relay*
		FINALS	11-12	200	Free Relay*
11-12	200	Medley Relay*			
9-10	200	Medley Relay*			
*Timed Finals. All other events prelim / final					

## Sr. Swim Standard Program

101A	Girls 13-14 400 Freestyle
101B	Girls 15 & Over 400 Freestyle
102A	Boys 13-14 400 Freestyle
102B	Boys 15 & Over 400 Freestyle
103	Girls 13-14 100 Backstroke
104	Boys 13-14 100 Backstroke
105	Girls 15 & Over 100 Backstroke
106	Boys 15 & Over 100 Backstroke
107	Girls 13-14 50 Freestyle
107B	Girls 13-14 50 Freestyle Swim-off
108	Boys 13-14 50 Freestyle
109	Girls 15 & Over 50 Freestyle
110	Boys 15 & Over 50 Freestyle
111	Girls 13-14 100 Butterfly
112	Boys 13-14 100 Butterfly
113	Girls 15 & Over 100 Butterfly
114	Boys 15 & Over 100 Butterfly
115	Girls 13-14 200 Medley Relay
116	Boys 13-14 200 Medley Relay
117	Girls 15 & Over 200 Medley Relay
118	Boys 15 & Over 200 Medley Relay
200A	Girls 13-14 200 IM
200B	Girls 15 & Over 200 IM
201A	Boys 13-14 200 IM
201B	Boys 15 & Over 200 IM
202	Girls 13-14 100 Freestyle
203	Boys 13-14 100 Freestyle
204	Girls 15 & Over 100 Freestyle
205	Boys 15 & Over 100 Freestyle
206	Girls 13-14 100 Breaststroke
207	Boys 13-14 100 Breaststroke
208	Girls 15 & Over 100 Breaststroke
209	Boys 15 & Over 100 Breaststroke
210	Girls 13-14 200 Freestyle
211	Boys 13-14 200 Freestyle
212	Girls 15 & Over 200 Freestyle
213	Boys 15 & Over 200 Freestyle
214	Girls 13-14 200 Freestyle Relay
215	Boys 13-14 200 Freestyle Relay
216	Girls 15 & Over 200 Freestyle Relay
217	Boys 15 & Over 200 Freestyle Relay

Timed finals, all other events prelim / final with the top 4 heats seeded (mix up fastest swimmers in these four heats)



# ACAMIS Swim Records (updated 2024)



## ACAMIS SWIM MEET RECORDS

Based on results of 2013-2023 ACAMIS Swim Meets

9-10 BOYS					9-10 GIRLS				11-12 BOYS				11-12 GIRLS			
DISTANCE	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR
50 Free	30.96	Duoduo Shao	BCIS	2023	30.33	Sophia Lee	DCSPD	2023	27.26	Benjamin He	ISB	2023	27.95	Cindy Liu	WAB	2017
100 Free	1:07.73	Andy Wu	DCS	2018	1:03.27	Rapunzel Li	KEY	2023	1:00.90	Ray Liu	BCIS	2023	1:01.56	Cindy Liu	WAB	2017
200 Free	2:28.29	Andy Wu	DCS	2018	2:19.87	Rapunzel Li	KEY	2023	2:25.14	Justin Shi	SCISQ	2023	2:20.45	Tina Wan	ISB	2023
400 Free									4:42.70	Taka Leong	DC	2019	4:43.97	Cindy Liu	WAB	2017
50 Breast	39.87	Duoduo Shao	BCIS	2023	39.79	Winnie Zhang	KEY	2023								
100 Breast									1:09.54	Peter Yu	UISG	2019	1:14.70	Susan Guan	SSIS	2023
50 Fly	34.30	Lingtong Xu	SSIS Suzhou	2018	31.92	Rapunzel Li	KEY	2023	30.23	Benjamin He	ISB	2023	29.85	Katie Zhong	ISB	2023
100 Fly																
50 Back	34.91	Duoduo Shao	BCIS	2023	34.42	Jessica Cheng	RCHK	2016								
100 Back									1:08.37	Ray Lyu	BCIS	2023	1:08.82	Katie Zhong	ISB	2023
100 IM	1:16.95	Andy Wu	DCS	2018	1:13.84	Rapunzel Li	KEY	2023								
200 IM									2:25.61	Taka Leong	DC	2019	2:29.78	Cindy Liu	WAB	2017
RELAYS																
200 Medley	2:28.12		DSC	2019	2:30.68	Keystone Academy	2023		2:14.05		ISB	2023	2:19.00		ISB	2023
200 Free	2:10.00		DCS	2019	2:15.67	Keystone Academy	2019		1:57.97		ISB	2023	2:04.26		ISB	2023

13-14 BOYS					13-14 GIRLS				15 & Over BOYS				15 & Over GIRLS			
DISTANCE	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR	TIME	NAME	SCHOOL	YEAR
50 Free	25.08	Temana Short	AISHK	2016	27.42	Elaine Chen	BCIS	2019	24.72	Brandon Huang	DCS	2019	27.32	Wai Lui Valerie Yue	VSA	2018
100 Free	54.19	Temana Short	AISHK	2016	1:00.13	Elaine Chen	BCIS	2019	54.39	Jason Chang	BISS	2017	58.03	Tsoi Lam Katil Tang	VSA	2017
400 Free	4:16.02	Temana Short	AISHK	2016	4:41.65	Cindy Liu	WAB	2018	4:19.13	Yi Jun Tey	DCSZ	2019	4:26.03	Tsoi Lam Katil Tang	VSA	2017
100 Breast	1:08.93	Tommaso Colombo	Wellington	2019	1:16.47	Phoebe Mak	RCHK	2017	1:07.70	Sasha Tyoschin	NIS	2018	1:18.77	Bethan Chadwick	DCSZ	2017
100 Fly	1:01.95	Ernie Tham	DCSZ	2015	1:07.40	Cindy Liu	WAB	2019	58.00	Alex Crook	NIS	2018	1:04.61	Wai Lui Valerie Yue	VSA	2018
100 Back	1:02.60	Miles Huang	ISB	2019	1:08.30	Lorraine Tang	AISHK	2019	1:01.01	Jason Chang	BISS	2017	1:05.14	Wai Lui Valerie Yue	VSA	2018
200 IM	2:19.16	Temana Short	AISHK	2016	2:28.59	Cindy Liu	WAB	2019	2:15.89	Jack Xiang	VSA	2019	2:25.35	Wai Lui Valerie Yue	VSA	2018
RELAYS																
200 Medley	2:00.71		ISB	2019	2:16.34		CDNIS	2016	1:57.12	anjing International Scho	2018		2:09.03		The ISF Academy	2018
200 Free	1:48.37		ISB	2019	1:59.14		CDNIS	2015	1:44.68	Dulwich College Suzhou	2017		1:57.81		The ISF Academy	2018

### 2024 ACAMIS Junior Swim Xi'an - 15/03/2024 to 16/03/2024

#### ACAMIS Jr LC - Records

1	Girls 11-12 200 Free	2:15.84	15/03/2024	Rapunzel Li - Keystone
2	Boys 11-12 200 Free	2:14.97	15/03/2024	Kane Ng - Dcsd
3	Girls 9-10 200 Free	2:43.11	15/03/2024	Sarah Margaret Courtney - Isf Qilin
4	Boys 9-10 200 Free	2:29.72	15/03/2024	Shawn Wang - Biba
5	Girls 11-12 100 Back	1:15.22	15/03/2024	Jenny Zheng - Isb-D-Zz
6	Boys 11-12 100 Back	1:13.22	15/03/2024	Benjamin Wang - Ycixx
7	Girls 9-10 50 Back	36.83	15/03/2024	Grace Zong - Dcsd
8	Boys 9-10 50 Back	35.97	15/03/2024	Shawn Wang - Biba
9	Girls 11-12 50 Free	28.66	15/03/2024	Rapunzel Li - Keystone
10	Boys 11-12 50 Free	26.52	15/03/2024	Jean Mao - His Dragons
11	Girls 9-10 50 Free	31.65	15/03/2024	Carol Zhong - His Dragons
12	Boys 9-10 50 Free	32.00	15/03/2024	Max Chui - Isb-D-Zz
13	Girls 11-12 50 Fly	30.35	15/03/2024	Rapunzel Li - Keystone
14	Boys 11-12 50 Fly	29.55	15/03/2024	Randy Li - Dcsd
15	Girls 9-10 50 Fly	35.94	15/03/2024	Alison Sun - His Dragons
16	Boys 9-10 50 Fly	34.25	15/03/2024	Shawn Wang - Biba
17	Girls 11-12 200 Medley Relay	2:19.84	15/03/2024	Keystone Academy - Keystone A Li, W Zhang, R Li, R Yuan
18	Boys 11-12 200 Medley Relay	2:11.95	15/03/2024	Dcsdpd AquaPanthers - Dcsd H Ng, A Huang, R Li, M Wei
19	Girls 9-10 200 Medley Relay	2:33.90	15/03/2024	Keystone Academy - Keystone J Hu, H Hai, S Liu, X Chai
20	Boys 9-10 200 Medley Relay	2:37.72	15/03/2024	Beijing International Biligual - Biba A Wang, S Wang, F Fu, H Li
21	Girls 11-12 200 IM	2:36.95	16/03/2024	Rapunzel Li - Keystone
22	Boys 11-12 200 IM	2:30.30	16/03/2024	Kane Ng - Dcsd
23	Girls 9-10 100 Free	1:09.74	16/03/2024	Kexin Guan - Scorpion Team
24	Boys 9-10 100 Free	1:07.42	16/03/2024	Shawn Wang - Biba
25	Girls 11-12 100 Free	1:02.46	16/03/2024	Rapunzel Li - Keystone
26	Boys 11-12 100 Free	59.32	16/03/2024	Jean Mao - His Dragons
27	Girls 9-10 50 Breast	42.19	16/03/2024	Hannah Hai - Keystone
28	Boys 9-10 50 Breast	39.42	16/03/2024	Ernes Colombo - Wellington
29	Girls 11-12 100 Breast	1:22.81	16/03/2024	Winnie Zhang - Keystone
30	Boys 11-12 100 Breast	1:18.05	16/03/2024	Kane Ng - Dcsd
31	Girls 9-10 200 Free Relay	2:16.92	16/03/2024	Keystone Academy - Keystone S Liu, H Hai, J Hu, X Chai
32	Boys 9-10 200 Free Relay	2:15.70	16/03/2024	Beijing International Biligual - Biba A Wang, F Fu, H Li, S Wang
33	Girls 11-12 200 Free Relay	2:05.39	16/03/2024	Keystone Academy - Keystone R Yuan, A Li, W Zhang, R Li
34	Boys 11-12 200 Free Relay	1:57.68	16/03/2024	Dcsdpd AquaPanthers - Dcsd H Ng, J Zhang, M Wei, R Li



# 2023-24 ISB ACAMIS SWIM CHAMPIONSHIPS 13&O - 12/8/2023 to 12/9/2023

## International School of Beijing

### ACAMIS - Records

101A	Girls 13-14 400 Free	4:31.98	12/8/2023	Qianlin Liu - HIS Dragons
101B	Girls 15&O 400 Free	4:26.03	2017	Tsoi Lam Katii Tang - VSA
102A	Boys 13-14 400 Free	4:10.30	12/8/2023	James g Zhu - Keystone
102B	Boys 15&O 400 Free	4:11.21	12/8/2023	David H Zhang - Keystone
103	Girls 13-14 100 Back	1:04.96	12/8/2023	Qianlin Liu - HIS Dragons
104	Boys 13-14 100 Back	59.54	6/4/2021	Wan Hin Liu - ISB-D-ZZ
105	Girls 15&O 100 Back	1:05.14	2018	Wai Lui Valerie Yue - VSA
106	Boys 15&O 100 Back	57.29	12/8/2023	Wan Hin Liu - ISB-D-ZZ
107	Girls 13-14 50 Free	27.30	12/8/2023	Katie Zhong - ISB-D-ZZ
107S	Girls 13-14 50 Free	27.83	12/9/2023	Katie Zhong - ISB-D-ZZ
108	Boys 13-14 50 Free	24.00	12/8/2023	James g Zhu - Keystone
109	Girls 15&O 50 Free	27.28	12/8/2023	Mia Lin - ISB-D-ZZ
110	Boys 15&O 50 Free	23.79	12/9/2023	Terry Wang - Keystone
110S	Boys 15&O 50 Free	23.79	12/9/2023	Eric Zhang - NIS
111	Girls 13-14 100 Fly	1:04.13	12/8/2023	Qianlin Liu - HIS Dragons
112	Boys 13-14 100 Fly	1:00.58	12/8/2023	Alexandre Louvel - WAB TigerSharks
113	Girls 15&O 100 Fly	1:02.81	3/17/2023	Evelyn Chin - ISB-D-ZZ
114	Boys 15&O 100 Fly	58.00	2018	Alex Crook - NIS
115	Girls 13-14 200 Medley Relay	2:05.68	12/8/2023	ISB-Dragons - ISB-D-ZZ S Zhang, A Xia, K Zhong, Z Wan
116	Boys 13-14 200 Medley Relay	1:56.81	12/8/2023	Keystone Academy - Keystone V Yu, L Jiang, J Qiao, J Zhu
117	Girls 15&O 200 Medley Relay	2:05.12	3/17/2023	ISB-Dragons - ISB-D-ZZ C Chiu, M Lin, E Chin, R Yuan
118	Boys 15&O 200 Medley Relay	1:53.98	12/8/2023	ISB-Dragons - ISB-D-ZZ W Liu, R Yao, G Park, Y Sakai
200A	Girls 13-14 200 IM	2:23.73	12/9/2023	Qianlin Liu - HIS Dragons
200B	Girls 15&O 200 IM	2:21.10	12/9/2023	Zoe Xiao - BCIS
201A	Boys 13-14 200 IM	2:15.16	12/9/2023	James g Zhu - Keystone
201B	Boys 15&O 200 IM	2:11.86	12/9/2023	David H Zhang - Keystone
202	Girls 13-14 100 Free	57.82	12/9/2023	Qianlin Liu - HIS Dragons
203	Boys 13-14 100 Free	52.10	12/9/2023	James g Zhu - Keystone
204	Girls 15&O 100 Free	58.03	2017	Tsoi Lam Katii Tang - VSA
205	Boys 15&O 100 Free	51.90	12/9/2023	Terry Wang - Keystone
206	Girls 13-14 100 Breast	1:12.76	12/9/2023	Susan Guan - SSIS-Suzhou
207	Boys 13-14 100 Breast	1:05.91	12/9/2023	Fu Yan Dai - SSIS-Suzhou
208	Girls 15&O 100 Breast	1:15.43	12/9/2023	Shutong Guan - SSIS-Suzhou
209	Boys 15&O 100 Breast	1:05.27	3/18/2023	Tommaso Colombo - Wellington
210	Girls 13-14 200 Free	2:13.65	12/9/2023	Katie Zhong - ISB-D-ZZ
211	Boys 13-14 200 Free	1:55.86	12/9/2023	James g Zhu - Keystone
212	Girls 15&O 200 Free	2:06.66	12/9/2023	Zoe Xiao - BCIS
213	Boys 15&O 200 Free	1:59.50	3/18/2023	David H Zhang - Keystone
214	Girls 13-14 200 Free Relay	1:51.33	12/9/2023	ISB-Dragons - ISB-D-ZZ K Zhong, A Xia, Z Wan, S Zhang
215	Boys 13-14 200 Free Relay	1:42.65	12/9/2023	Western Academy of Beijing Tig - WAB TigerSharks B Li, A Wie, K Eskelund, A Louvel
216	Girls 15&O 200 Free Relay	1:53.50	3/18/2023	ISB-Dragons - ISB-D-ZZ M Lin, K Choi, C Chiu, E Chin
217	Boys 15&O 200 Free Relay	1:40.02	12/9/2023	Wellington College Int Shangha - Wellington A Lu, A Villemonteix, N Godin, J Chen

### U19 ACAMIS Table Tennis Rules and Regulations

The International Table Tennis Federation has decided the format for the team events at the Olympic Games 2008, according to the ITTF website.

<http://www.ittf.com/>

The principles followed by the Olympic Commission when making their decision were that a maximum of five matches should comprise a fixture, three players must compete with all players having the opportunity to play in two matches in each contest.

No player will play more than two matches in each fixture.

The contest will start with two singles matches.

The third match will be doubles and must include the player who has not been selected in either of the preceding singles matches.

Following the doubles, there will be two further singles matches; those involved being the player who competed only in the doubles and the player who did not participate in the doubles.

Separate singles and doubles tournaments follow the team competition.

## U19 ACAMIS Tennis Rules and Regulations (to be updated in 2025)

### Team Information

Teams will comprise of either 2 boys or 2 girls. The competition will be conducted in both a Boys Division and a Girls Division.

### Match Format

A match consists of 2 singles sets and one doubles set. The winning team is the team that scores a 2-1 or 3-0 set win.

Should the entry numbers, and in consideration of court availability dictate, the match would be decided by the Doubles set only. (No singles involved in deciding the ACAMIS Team Championship.) In such cases, then some sort of a singles knock-out tournament is considered desirable time permitting.

### Match Scoring

- All matches are pro-sets to 6 games with a tiebreaker at 5-5.
- No Ad-points (Short Deuce)
- If the score in a game is “Deuce”, a single game deciding point shall be played. The receiver(s) shall choose whether to receive the service from the right half or the left half of the court. In doubles, the players of the receiving team cannot change positions to receive this deciding point. The team who wins the deciding point wins the “Game”

### Tie breaker between teams in pool play

The ranking within each pool is based on matches won. If there is a two-way tie then ranking is decided by the team who that tie. If there is a three way tie the ranking is based on sets won then games won.

### Eligibility

To be eligible for ACAMIS sports competition, the student-athlete may not have turned 19 years of age on or before August 1 of the current school year. Participation in ACAMIS high school sports events is limited to high school students and those who are 14 and above as of 1st August and below the maximum age limit.

### Tournament Rules

- Match results sheets must be signed by all participating athletes at the conclusion of each match for result accuracy verification.
- No official umpires or scores shall be used. Players will be responsible for their own line calls and scoring.
- Players must agree on the score before each point is played. The score is to be announced by the server.
- Where players require assistance, the Tournament Director can appoint an adult presence to assist (e.g. non-playing coaches).
- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

### Play conduct

#### Off-Court Behavior and Good Sportsmanship

- All players and spectators are to remain off the courts when matches are being played; please wait until points are finished before walking between courts and never cross through a court – always go around the outside of the court
- Players not playing are permitted to watch matches from the sidelines, but do not call out to the players, talk to the players during a match, coach players on-court, disrupt points, or make line calls.
- Players waiting for matches to be called should stay in the area close to the administration table; players will only have a few minutes to get on court and to warm up once their court has become available.
- Only water can be brought into the dome.
- In the round-robin phase of the tournament, if a tie is completed before the scheduled time, then players next on that court may use these free courts to commence warm up provided that they do not disturb any matches in the area that are not finished.
- Please respect the other matches that are ongoing at all times – players may cheer for their own team or others but please refrain from any behaviors that disrupt the play on court.

### General Rules of Play and Etiquette on the court

- All players on-court must be “set” before a serve is played.
- Follow the rules for correct serving: avoid foot faults.
- If one side was not ready when the service was made, then a let can be played and the point replayed (provided the ball was not played).
- If a major dispute occurs during a match which cannot be resolved by the players on-court, then the match can be halted and the players can bring the matter to the attention of the tournament organizers; in extreme conditions an impartial coach can be assigned to referee a match
- Players may not leave the court during a match for coaching, once the first serve has been made. Coaches will be allowed to consult with their players at change of ends between games for up to one minute each time. Coaches will not be allowed on the courts for consultation.
- Delays and interruptions to play should be avoided in all cases except health concerns. Visit the bathroom before your match. Bring your spare racquet, water bottle, towel etc. and place them beside the court for when you change ends
- Equipment or verbal abuse of any kind will not be tolerated – players can be suspended from play due to violations
- Line calls should be made clearly and immediately – only call the lines on your own side of the court and do not ask spectators to help make line calls. You are to call the lines on your side of the court only; if you do not see the ball hit the court, then you may consult your opponent to make the call, otherwise you must consider the ball to be “in”; give the benefit of the doubt to your opponent when making a line call – if you are unsure then call the shot “in”.
- Balls that fall on the line are considered to be “in”
- Make it your personal duty to call out the score after every point to avoid disputes
- Please return the game balls to the court storage box at the end of your match.
- Have fun! Enjoy the challenges of playing against new opponents, representing your school, and being part of a team. If you are not having fun, then you are in the wrong place!

#### Interval and Change of Ends

A 1-minute interval when changing ends between games is allowed.

#### Starting and Finishing a Match

- Warm up for 4 minutes only before a match
- At the conclusion of a match, shake hands with your opponent;
- Both players should record the score and the winner on the score sheet that will be located at the administration table. Players must also sign the match score sheet.
- All players should stay close to their courts and should be aware of how close their next match is.
- A 15-minute delay in starting a match once a court has become available will result in a forfeit.
- No matches will start more than 30 minutes before the advertised time.

## U19 ACAMIS Touch Rugby Rules and Regulations

FIT Rules are followed

- Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

Players must be Under 19 years of age on 1 August of the school year.

Maximum squad size of 14

Mixed Gender 6-a-side. There must be a minimum of 4 players on the field otherwise there is a forfeit.

The maximum number of males or females allowed on the field of play is three and the minimum male or female requirement on the field of play is one.

Substitutions: unlimited but the game should not be stopped for substitution.

Game times to be decided by host school. Something in the region of: 2 x 15 minutes halves with a 5-minute half time. 15 minutes between games (1 hour cycles)

Field area ideally will be 65m x 48m (approximately)

### Results - Round Robin Phase

3 points for a win, 1 point for a draw and 0 points for a loss.

In the case of a tie in points at the end of the round robin phase:

- Head to head result.
- If a draw in head-to-head game or a multi-way tie, the following shall be applied to break a tie:
- Total tries differential between the tied teams
- Total tries scored against tied teams
- Total tries **conceded** against all teams
- Total tries **differential** against all teams
- If still tied, there will be a toss of the coin to determine the placings

### Final Phase

If the game is tied, the game will continue as per FIT Rules for Drop Off. This essentially means that every 2 minutes, one player will be removed for each team until there is a score or there are 3 players left per team. The game finishes on the first score.

## U14/U19 ACAMIS Ultimate Frisbee Rules and Regulations

### Match Length

U19 teams will play 25min games with no half. U14 teams will play 20min games with no half. Games should not be ended mid-point. Unless there are serious time constraints, games should not be ended until one of the teams has scored to finish the current point.

### Field Dimensions

Dependent on the size of the venue. An Ultimate pitch is divided into three parts, with two endzones and a playing field. Each endzone should be about a quarter the length of the playing field. So, for example, if the field space being used is 50m total in length, the playing field should be 34m long, and each endzone 8m deep (a rough approximation is fine). The field's width should be 2/3 the length of the playing field proper. So on a 50m field that would be about 30m. The field should be clearly marked out with cones.

### Equipment

Ultimate games should be played with a 175g Frisbee.

Students requiring glasses should be wearing contact lenses or glasses/goggles rated for use in sporting events.

### Player Equipment

Players may wear football cleats with plastic studs, or other athletic shoes. No cleats with metal studs are allowed. No jewelry is to be worn during games.

### Players

7 a side is the default for our games. If possible, the gender ratio should be 4/3 (either 4 boys / 3 girls, or 3 girls / 4 boys). Other ratios may be used if both coaches agree. The maximum roster size is 14.

### Substitutions

Players may only substitute between points, unless a player is injured on the field and needs to come off. In this case, play is stopped and the injured player is allowed to leave the field, with another player coming on to replace. The other team is allowed a single substitution at the same time, if they wish.

### Observers

All players are encouraged to resolve disputes on the field between themselves (see 'Spirit of the Game'). In the case where two players cannot reach an agreement, coaches acting as 'Observers' should decide the outcome of the play.

### The Rules of Ultimate

**The Flip:** Before the start of the game a representative from each team comes together with the coaches and a Frisbee. One team's player flips the Frisbee in the air, and the other team's player calls either 'up' (the image on the Frisbee lands facing towards the sky) or 'down' while the Frisbee is in the air. The winner of the flip can choose an endzone to start in, or choose to receive the pull at the start of the game. If there is a halftime, after half the team that pulled to start the game now receives the disc in the opposite endzone in which they started.

**The Pull:** A game of Ultimate begins with both teams standing on their respective endzone lines. One team throws the Frisbee to the other team, and this starts the game. This is called the pull. If the pull lands in bounds the game starts immediately. If the pull lands out of bounds the player brings the Frisbee to the middle of the field closest to where the Frisbee went out of bounds. A player from the other team then 'taps' the Frisbee (a light touch to signify the start of play) and calls out 'disc in', and play begins.

**In bounds and out of bounds:** A Frisbee is in bounds when a player catches the Frisbee inside the field. If he or she catches it outside the field, it is a turnover. If the Frisbee lands outside the field, it is a turnover for whichever team threw it last, no matter which team last touched the Frisbee. If a Frisbee lands out of bounds the team that did not throw it brings the Frisbee to the sideline closest to where the Frisbee went out of bounds and begins play by allowing a player on the other team to 'tap' the Frisbee. The field lines are considered out of bounds. If there is a dispute over whether a player caught the Frisbee in bounds or out of bounds, the Frisbee is returned to the thrower.

**No running with the disc:** Players are not allowed to run when they have possession of the disc. If they catch the disc while running, they are given a reasonable number of steps to slow down and stop. Once a player stops they must keep a foot planted, though the other foot may still move. This is called the pivot. A pivot cannot be changed once it is established. If a player moves his pivot foot or runs with the disc the other team may call 'travel'. This stops play and the Frisbee must be 'tapped' back into play by the other team. If a

throw occurs during a travel call the Frisbee returns to the thrower, unless the result of the throw was a turnover. In that case the result of the throw stands.

The 10-second rule: After catching the Frisbee a player has ten seconds to throw it again. A defender within 3m of the player with the disc counts to 10 loudly and clearly. This is called the stall. If 10 is reached before the player throws the Frisbee the result is a turnover. A player must throw the disc before the 't' in 'ten' is called out. If there is no defender within 3m a stall cannot be started or continued. If there is a disagreement over whether the player released the disc before the 't' in 'ten' is called, the Frisbee returns to the thrower and after tapping the disc and calling 'disc in' the defender resumes the stall at 8.

Turnovers: The defending team takes possession of the Frisbee when one of the following occurs:

- If the offense fails to catch a pass.
- If the offense catches the pass out of bounds.
- If the defending team catches or knocks down the pass.
- If the thrower catches his own throw without it being touched by anyone else.
- The offensive team tries to catch the pull, but drops it.
- The defending player says 'ten' when stalling before the Frisbee is thrown.
- The disc is handed from one player to another.

Fouls, Violations and Infractions:

- Ultimate is a non-contact sport. All physical contact should be avoided.
- Contact that is dangerous or affects the outcome of the play is a foul (a player should say 'foul' if they feel a foul has occurred)
- A player may not be defended by more than one player at a time (should say 'double team' if this occurs.)
- A defender may not come within one disc diameter to the thrower. (Player should say 'disc space' if they feel their defender is too close.)
- The defender may not hit the disc while it is still in the hands of the thrower. The thrower should say 'foul' if they feel they had not released the Frisbee, and the Frisbee is returned to them.
- If players from opposing teams catch the Frisbee at the same time, the Frisbee is given to the player on offense.
- Players are not allowed to create 'picks', intentionally or unintentionally. If a player feels like he has been picked (he cannot follow the player he was running after because another player from either team obstructed his way) then he loudly says 'pick' and play stops. If the Frisbee was thrown after pick has been called the Frisbee returns to the thrower.
- If the Frisbee is returned to the thrower after a foul call, the defender taps the Frisbee and calls 'disc in' when both teams are ready. If the stall was under 6 it continues from the last number called before the throw; if over 6 the stall resumes at 6.
- If a foul is called, players from both teams return to the positions they were in when the foul was called.

Making a Call: If a player feels that they have been fouled by another player they should call 'foul'. If the Frisbee is in the air play continues until possession is established (a catch or a turnover). Once possession is established play stops.

After play stops the players making the call should explain what the foul was and discuss this with the other players involved. If the opposing player disagrees that there was a foul, he or she may call 'contest' and the disc is returned to the previous thrower. If the opposing player agrees that a foul has occurred, they say 'uncontested' and the fouled player takes possession of the disc. In the endzone this is a score. If outside the endzone, play is resumed with a 'tap' and the defending player calling 'disc in'.

Scoring: A goal is scored when the team on offense catches the Frisbee inside the endzone they are attacking. If a player is in the air, their first point of contact must be in the endzone. If the first point of contact is on the line, it is not a goal. After a goal, play stops and teams swap which endzone they are defending. The team that scored then pulls the Frisbee to the other team.

Spirit of the Game: One of the fundamental tenets of Ultimate Frisbee is the concept of 'Spirit of the Game'. From the website of American Ultimate: 'Ultimate stresses sportsmanship/fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy' Ultimate Frisbee is a self-refereed sport, and players are responsible for making calls during the game. They must strive to act with goodwill towards the other team. Coaches should be prepared to act as 'observers' and intervene to help resolve disputes.

## U14/U19 ACAMIS Track & Field Rules and Regulations

Whilst the host school has flexibility to adapt to local conditions, the following format should be used as much as possible.

The Hy-Tek Track & Field Team Manager (lite version) is used where possible. <http://www.hy-teklt.com/downloads.html>

The event will normally run from Friday 9am – 5pm and Saturday 9am – 3pm. Teams should aim to arrive in the host city on Thursday evening and plan to leave Saturday evening or Sunday morning.

There is no team event for the ACAMIS Track Championships. Instead, individual athletes are able to and encouraged to enter as many events as they wish.

There will be a Pentathlon event as part of the overall event. To complete the Pentathlon, a competitor must compete in 1 sprint (i.e. 100m, 200m, or 400m), 1 middle distance run (i.e. 800m, 1500m, or 3000m), 1 throw (i.e. shot put, discus, or javelin), 1 jump (long jump, triple jump or high jump), and 1 other event. The best performance from each event will count towards the final points total, this includes their qualifying performance for any finals. The placings will be awarded based on the highest points total.

The following is a list of event records for the ACAMIS Track and Field Championships, all these events will normally run at the ACAMIS Championships.

### ACAMIS Track & Field Rules

- Competitors must check in with the officials at least 5mins before the event is scheduled to start.
- If a competitor is scheduled with a track event and a field event at the same time, the track event will take precedence. The competitor must check in with their field event, state their clash of track event, and return to their field event immediately after their track event\*.
- Any throwing or jumping attempts missed due to the participation in the track event may be made up before the end of the qualifying round. The final of a field event should be completed before the start of the next scheduled field event or the end of the session, therefore a competitor returning from a track event who has attempts remaining must complete them before this time\*\*.
  - \*If the field event is High Jump, the competitor must state their starting height. Their attempts will be recorded as “P” for pass until their starting height.
  - \*\*In the case of the high jump the bar will continue to rise while you are absent. When you return you will have only the attempts remaining that you left with, and any heights missed while gone will be marked as passes not clears.
- Competitors must wear a competitor number on the front of their uniform when they compete.
- Competitors are encouraged to wear their uniform when receiving their medal.
- Lanes will be used for 100m, 200m, and 400m sprints. Waterfall starts will be used for 800m, 1500m and 3000m races. A lane order for the waterfall start will indicate the order from the competitor closest to lane 1.
- The starters commands for a sprint, i.e. 100m, 200m, and 400m; will be “On your marks”, “Set”, and then the gun will be blown to start the race. If a competitor advances past the set position before the gun, the starter will blow the gun twice. This is a false start. The false start is assigned to all competitors. The competitor who false starts on the subsequent start will be disqualified (DQ). This process will continue until a fair start is made.
- The starters commands for a middle-distance race, i.e. 800m, 1500m, and 3000m; will be “On your marks”, and then the gun will be blown when all competitors are in a ready position behind the waterfall start line. The same false start rules above apply to the middle-distance races.
- Each HS field event, except the High Jump, each competitor will receive 3 attempts to qualify for the final. The top 6 competitors will qualify for the final. The final will start immediately after qualifying. The finalist will receive 3 attempts. The competitors will start in reverse order to their qualifying performance, i.e. the 6<sup>th</sup> qualifier will start first, 5<sup>th</sup> qualifier will start second, and so on.
- In the field events, a competitor’s best performance made in qualifying will count towards their best performance overall for placings. Competitors who have the same best performance will be placed based on their second-best performance, and so on until a competitor’s performance is higher than the other competitor(s).
- If a high jump competitor does not want to start at the starting height, they may nominate their starting height when they check in. All heights before their nominated starting height will be recorded as “P” for pass.



- Each high jump competitor will have 3 attempts to clear each height. Any 3 consecutive failures will result in a competitor being out of the competition. A competitor may pass at any height.
- Any two or more high jump competitors who finish with the same height will be placed based on the count back rules (IAAF rule 181.8). Rule A) The competitor with the lowest number of the attempts at the height last cleared shall be awarded the higher place. B) If competitors are equal after rule A, the competitor with the lowest total failures throughout the competition will be awarded the higher place. C) If competitors are still equal after rule B, the athletes will be awarded the same place, unless it concerns first place. D) If competitors are equal in first place after rule C, the competitors will complete a jump off in which the bar is lowered by 3cm and each competitor has a maximum of 3 attempts\*\*. This procedure will continue until one competitor has cleared at an attempted the other competitor(s) have not, at which point that competitor who cleared has won the competition.
  - \*\* In this case, officials must bring in the Track Meet Organiser.
- Long jump competitors will jump from a board no longer than 3m from the pit. A foul jump will be given to a competitor who has any part of their foot over the front of the jump board. The jump will be measured at the mark where the jumper cuts the sand closest to the jump board.
- Triple jump competitors must nominate which jump board they wish to jump from when they check in. Competitors may choose from: 5m, 7m, 9m, and 11m boards. A competitor may change which board they want to jump from only if they their 2<sup>nd</sup> phase is landing dangerously near the pit or the 3<sup>rd</sup> phases is failing to reach the pit. A foul jump will be given to a competitor who does not perform a hop, followed by a step, and then lands in the pit.
- A javelin throw may only be legal if the tip of the metal head strikes the ground before any other part of the javelin (IAAF rule 193.1b). The throw will be measured from where the metal head strikes the ground. A foul throw will be given to a competitor who steps on or over the throwing line during a throw.
- A shot putter or discus thrower may enter the throwing circle from any position to complete their put or throw. A foul put or foul throw will be given to a competitor who exits the front of the circle after a put or throw. A foul put or throw will be given to a competitor who steps on top of the circle rail during a put or throw.

#### ACAMIS Track & Field Standards

	U14 Boys	U14 Girls	U19 Boys	U19 Girls
Discus	1kg	1kg	1.5kg	1kg
Shot	4kg	3kg	5kg	4kg
Javelin	x	x	700g	600g
Sprint hurdles	100m, 0.84m	100m, 0.762m	110m, 1m	110m, 0.84m
200 hurdles	0.762m	0.762m	x	x
400 hurdles	x	x	0.914m	0.762m

## ACAMIS Track & Field Records (updated May 2024)

ACAMIS TRACK AND FIELD RECORDS								
U14								
BOYS RECORD	School	YEAR	SET	EVENT	SET	GIRLS RECORD	School	YEAR
Bailey Grimwood	WAB	2024	11:76	100m	13:33	Laila Angela Oppong	WAB	2024
Bailey Grimwood	WAB	2024	23:92	200m	27.82	Laila Angela Oppong	WAB	2023
Bailey Grimwood	WAB	2024	57:73	400m	1:06.93	Meghna Ancha	NIS	2016
James Brady Johnson	SSIS Sz	2024	2:15:77	800m	02:39:01	Amanda Sandberg	SSIS	2017
James Brady Johnson	SSIS Sz	2024	4:48:03	1500m	5:45.48	Nele Schlesinger	NIS	2018
Leonardo Martinez Tomalino	SSIS Sz	2024	16:01	100m Hurdles	18.77	Josephine Allison	ISB	18.77
Brian Cheung	SSIS Sz	2017	27:93	200m Hurdles	32:76	Emilia Sullstorm	WAB	2017
Suzhou Singapore International School	SSIS Sz	2017	49:59	4x100m	56:32	Western Academy Beijing	WAB	2019
Nanjing International School	NIS	2019	1:47.39	4x200m	02:00.02	Suzhou Singapore International School	SSIS	2021
Janhao Zeng	NIS	2019	1.75	High Jump	1.45	Amanda Sandberg	SSIS	2017
Thomas Szymanek	SSIS Sz	2024	5.51	Long Jump	4.20	Meghna Ancha	NIS	2016
Janhao Zeng	NIS	2019	11.34	Triple Jump	9:00	Michaela Gattringerova	SSIS	2018
Marcus Karlsson	NIS	2013	12.41 4kg	Shot Put (3/4kg)	8.85 3kg	MacKenzie Gontes	WAB	2019
Ben Turner	SSIS Sz	2019	28.08	Discus Throw 1kg	24.80	Lonneke Van der Akker	WAB	2017
ACAMIS TRACK AND FIELD RECORDS								
U19								
BOYS RECORD	School	YEAR	SET	EVENT	SET	GIRLS RECORD	School	YEAR
Tony Li	NCPA	2024	11:38	100m	13.26	Emilia Sullstrom	WAB	2019
Bryan Chen	CISS	2024	23.48	200m	27.45	Emilia Sullstrom	WAB	2019
Eric Liu	ISB	2018	23.60	400m	1:02.49	Audrey Chiu	ISB	2018
Luke Shr	ISB	2019	2:00.78	800m	2.38.19	Hyoree Kim	ISB	2019
Luke Shr	ISB	2018	4:13.37	1500m	5:21.19	Nozomi Masugata	DCS	2013
Luke Shr	ISB	2018	9:10.56	3000m	11:22.00	Nozomi Masugata	DCS	2013
Josh Toh	ISB	2023	16.89	110m / 100m Hurdles	16.33	Emilia Sullstrom	WAB	2019
Cameron Young	NIS	2017	1:01.77	400m Hurdles	1:08.45	Emilia Sullstrom	WAB	2019
Hangzhou International School	HIS	2024	46.27	4x100m	53.65	Western Academy Beijing	WAB	2018
Ivy Collegiate Academay	ICA	2019	1:38.35	4x200m	1:56.81	Western Academy Beijing	WAB	2018
Ivy Collegiate Academay	ICA	2019	3:46.26	4x400m	4:32.73	International School Beijing	ISB	2019
Kangmin Lee	NIS	2019	1.90	High Jump	1:52	Mika Nagao	SSIS	2024
Kangmin Lee	NIS	2021	5.84	Long Jump	4.89	Jamie Marais	ISB	2016
Kangmin Lee	NIS	2019	12.64	Triple Jump	9.95	Jazzlyn Jansen	WAB	2017
Max Im	ICA	2019	12.79 5kg	Shot Put	9.70 4kg	Jamie Marais	ISB	2016
Brandon Smith	ISB	2014	37.73 1.5kg	Discus Throw	26.39 1kg	Helen Che	ISB	2014
Max Im	ICA	2019	42.59 700gm	Javelin Throw	32.37	Kara Rakamnuaykit	ISB	2018

## Additional Records

Girls 10-14 Outdoor Pentathlon	1162	5/10/2019	Kijana Jaeger - NIS
Pent: #1 Girls 10-14 100 Meter Dash	15.14	5/10/2019	Nele Schlesinger - NIS
Pent: #2 Girls 10-14 400 Meter Dash	01:15.6	5/10/2019	Kijana Jaeger - NIS
Pent: #3 Girls 10-14 1500 Meter Run	05:53.9	5/10/2019	Nele Schlesinger - NIS
Girls 10-14 80 Meter Hurdles .762m (30")	16.35	5/8/2021	Carolina Aron - Suzhou
Pent: #5 Girls 10-14 Long Jump	3.46m	5/10/2019	Kijana Jaeger - NIS
Pent: #4 Girls 10-14 Shot Put	5.51m	5/10/2019	Kijana Jaeger - NIS
Girls 15-19 Outdoor Pentathlon	1380	5/8/2021	Sarah Liu - Qingdao #1
Pent: #1 Girls 15-19 100 Meter Dash	15.74	5/11/2019	Aiko Uehara - Qingdao #1
Pent: #2 Girls 15-19 400 Meter Dash	01:12.9	5/8/2021	Sarah Liu - Qingdao #1
Pent: #3 Girls 15-19 1500 Meter Run	06:13.3	5/8/2021	Sarah Liu - Qingdao #1
Pent: #5 Girls 15-19 Long Jump	3.56m	5/11/2019	Aiko Uehara - Qingdao #1
Pent: #4 Girls 15-19 Shot Put	5.49m	5/11/2019	Kate Jang - ICA
Boys 10-14 Outdoor Pentathlon	1114	5/10/2019	Kexi Liu - NIS
Pent: #1 Boys 10-14 100 Meter Dash	13.82	5/10/2019	Michael Atsuya - ISB
Pent: #2 Boys 10-14 400 Meter Dash	59.62	5/10/2019	Michael Atsuya - ISB
Pent: #3 Boys 10-14 1500 Meter Run	04:59.1	5/10/2019	Michael Atsuya - ISB
Boys 10-14 80 Meter Hurdles .762m (30*)	15.18	5/8/2021	Algot Larsson - Suzhou
Pent: #5 Boys 10-14 Long Jump	4.05m	5/10/2019	Kexi Liu - NIS
Pent: #4 Boys 10-14 Shot Put	6.21m	5/10/2019	Kexi Liu - NIS
Boys 15-19 Outdoor Pentathlon	1844	5/8/2021	Argus Merrylees - NIS
Pent: #1 Boys 15-19 100 Meter Dash	13.33	5/8/2021	Jackie Leng - Qingdao #1
Pent: #2 Boys 15-19 400 Meter Dash	58.9	5/8/2021	Jackie Leng - Qingdao #1
Pent: #3 Boys 15-19 1500 Meter Run	05:12.6	5/8/2021	Argus Merrylees - NIS
Pent: #5 Boys 15-19 Long Jump	4.65m	5/8/2021	Jackie Leng - Qingdao #1
Pent: #4 Boys 15-19 Shot Put	10.73m	5/8/2021	Frank Jiang - Qingdao #1

[Certificate of Achievement ACAMIS.pptx](#)

\*Can be given at the event or sent to school AD to give to athlete(s).

## **APPENDIX 1: Student Participation Agreement**

Student's Name \_\_\_\_\_ Student's Age \_\_\_\_\_

Student' Date of Birth \_\_\_\_\_ (m/d/yr) Student's Mobile # \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_ Mobile Phone# \_\_\_\_\_

Allergies \_\_\_\_\_

Medications \_\_\_\_\_

Special Dietary Needs \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_

If yes then please specify \_\_\_\_\_

Special requests or instructions you would like the chaperone to follow during your child's' stay.

During the field trip, while in the care of chaperones from your school, your child must follow ACAMIS rules and those of your school to ensure his/her overall safety and well-being. ACAMIS events are undertaken as a voluntary field trip from the student's school whose field trip guidelines require that each participant has appropriate medical insurance as a condition of enrolment. Thus, neither ACAMIS nor the host school is responsible for medical care for any accident or injury during the event. In signing this release form the above-mentioned parties acknowledge that their family medical insurance applies to these sports and they have no basis to claim for medical care or legal recourse for any physical accidents that may take place during the course of the sports events.

Student Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent's/Guardian's Name \_\_\_\_\_ Signature \_\_\_\_\_

### **Photograph Release:**

I agree to allow the school and ACAMIS to reproduce an image of my child (photo, video, etc) in public relations materials or publications (brochures, web pages, etc) for non-commercial purposes.

Parent's/Guardian's Name \_\_\_\_\_ Signature \_\_\_\_\_

Date \_\_\_\_\_

To participate in an ACAMIS event, each participant must complete this participation form and give it before departure to their coach who will have the forms available while at the host school. Coaches do not need to carry the physical copy, but are responsible for reporting to the host if a student does not sign the Photograph Release.

1. The use of tobacco, drinking of alcohol, vaping, use of illegal drugs, or any other substance illegal to minors and/or not permitted by host school will not be allowed during travel or while in the host city during the period of time covered by the ACAMIS activity. (*Consequence: suspension from immediate and further participation for the student and student's principal notified. A second offense in the same school year will result in exclusion in all ACAMIS events for one school year including the same event the following year.*)
2. When students are in the hotel, they may not leave the hotel without permission of their own coach/lead chaperone. (*Consequence: disciplinary action at the discretion of the lead chaperone*)
3. Students are expected to be in areas designated by the tournament chaperones at all times. Students are not permitted to enter hotel rooms other than the one to which they were assigned by their home school. Students wishing to meet and mix with students assigned to other rooms may do so only in public areas as designated by chaperones. (*Consequence: disciplinary action at the discretion of the activity organizer and lead chaperone*)
4. Students are required to return to their assigned rooms no later than 10pm; no guests from other rooms are permitted. Curfew ends in the morning at the time hotel breakfast begins or when the tournament director indicates. (*Consequence: suspension from immediate and further participation and student's Principal notified. A second offense in the same school year will result in exclusion from all ACAMIS events for one school year including the same event the following year.*)
5. As with any field trip, participating schools assume full responsibility to oversee the appropriate allocation of students to hotel rooms, taking into consideration factors such as relative ages, gender orientation, and friendships, including possible romantic relationships. Any unusual circumstances or problems that occur during the stay in the host city will be reported as soon as is possible to the host school and lead chaperone.
6. In the event of any accident or injury the lead chaperone/coach has permission to deal with the situation. Should they be unable to contact the parents or guardians, they may make emergency decisions on the recommendation of medical practitioners. Parent signature below grants permission to the lead chaperone/coach to make such emergency decisions.
7. ACAMIS events take place under the ACAMIS Air Quality Index statement in the Sports League Charter. (see page 10 above). If parents see a need to withdraw their student from participation due to the AQI rating they should communicate directly with their school Athletic Director / Coach.

We have read, understand, and agree to abide by the rules that are stated above.

\_\_\_\_\_  
Signature of student's parent/guardian

\_\_\_\_\_  
Signature of student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

To participate in an ACAMIS event, each participant must complete this participation form and give it before departure to their coach who will have the forms available while at the host school. Coaches do not need to carry the physical copy, but are responsible for reporting to the host if a student does not sign the Photograph Release.

## **APPENDIX 2: ACAMIS Visiting Schools Evaluation Sheet**

Date: \_\_\_\_\_ Host: \_\_\_\_\_ Category: \_\_\_\_\_ Volleyball/Basketball/Football

Your evaluations will help to further improve the quality of such events.

### **Information:**

The information provided by the host school, both prior to and at the event	Worked Well	Possible Improvement

### **Hotel:**

The hotel arrangement in terms of suitability for visiting teams	Worked Well	Possible Improvement

### **Transport:**

The transport provided by the host school, both to & from airport & to and from event facilities	Worked Well	Possible Improvement

### **Facilities:**

The facilities used for the Games	Worked Well	Possible Improvement

### **Meals, water etc:**

The quality of meals, snacks etc provided for competitors/coaches	Worked Well	Possible Improvement

### **Events / officiating:**

The quality of events and the respective quality of officiating	Worked Well	Possible Improvement

### **General Comments:**

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Name and School:	
------------------	--



Association of China and Mongolia International Schools

### APPENDIX 3: ACAMIS Event Budget Synopsis

Event Name:	
Event Organizer(s):	
Person submitting report:	
Event Date:	
Event Venue(s):	
Registration Fee charged:	
Event Receipts (including donations):	
Item:	Amount:
Item:	Amount:
Event Expenses:	
Item:	Amount:
Item:	Amount:
Item:	Amount:
Item:	Amount:
Item:	Amount:
Item:	Amount:
Item:	Amount:
Total Receipts:	
Comments:	
Total Expenses:	
Comments:	
Event Balance:	
If income was generated, where is it on deposit?	
<p>**All monies up to 1500 RMB will remain in the host school.</p> <p>**Any monetary surplus in excess of 1500 RMB should be remitted to ACAMIS.</p>	
What changes or comments (regarding the budget) would you suggest for next year?	
Other Comments:	

Please complete and forward this form to [eo@acamis.org](mailto:eo@acamis.org)

## **APPENDIX 4: ACAMIS Event Follow-up Form**

Name of the Event:	
Host School:	
Organiser/Coordinator:	
Name of Sports Event:	
Structure of the Event (Individual, team, core sport):	

Date	Activities
------	------------

### Participants:

ACAMIS Member School Name	Number of Student Participants
EVENT FEEDBACK:	

Please complete above and attach the following and send to the Sports Chair,  
[operations@acamis.org](mailto:operations@acamis.org), & [eo@acamis.org](mailto:eo@acamis.org) within two weeks after the tournament concluding:

- Copy of all Evaluation Sheets (Appendix 2 or similar substitute)
- Copy of Event Budget Synopsis (Appendix 3 or similar substitute)
- (for Core Sports) Full Results for Girls & Boys including Spirit of ACAMIS & All ACAMIS Team
- (for Invitational Sports) Full Results of Award Winners
- A selected 25 student photos (without student names)
- (optional) A 2-3 minute video of the event

## **APPENDIX 5: Application for Athlete Participation**

Participation in ACAMIS high school core sports events is limited to high school students and/or those who are 14 and above and below the maximum age limit of 19 as of 1st August. Any exceptions to the age require a majority endorsement of members involved in that division as coordinated by the Tournament Director– The ACAMIS Sports Chair would cast any tie-breaking vote if needed.

If the ACAMIS Sports Chair is representing a member school in that division then the ACAMIS Athletics Co-Chair will cast the tie-breaking vote.

Applications for the use of underage/overage players need to be put forward on or before the due date for rosters unless there are extraordinary circumstances.

Underage players cannot displace a correct age player. Underage athletes must be at least 13 years on 1 August of the school year in order to apply.

For volleyball and basketball, schools can apply to add a maximum of 3 underage players on their roster. For football, schools can apply to add a maximum of 4 underage players on their roster.

Name of School: \_\_\_\_\_ Sport: \_\_\_\_\_

	Name of Athlete	Date of Birth	Reason for application
1			

Process:

- Applicant school notify tournament director of age exception request.
- Tournament director supply applicant school with application form (if request not originally in form format) – cc Division chair.
- Applicant School return form to tournament director – cc Division chair.
- Tournament director open application up to discussion by forwarding application to division members – cc'ing Division chair.
- Division members e-mail discussion items to all divisional members.
- Tournament director call for vote (after appropriate discussion - ensure input/acknowledgement by all) - by e-mailing all divisional members cc'ing Division chair.
- Divisional members transparently cast votes via all member divisional e-mails – cc'ing Division Chair (or alternatively e-mailing tournament director directly who collates and reports results verbatim cc'ing Division Chair).

**Tournament Director announces the result of the vote  
(cc'ing ACAMIS Sports Chair)**



## **Appendix 6: SPIRIT OF ACAMIS AWARD**

Nominating School \_\_\_\_\_ BOYS / GIRLS

You can nominate up to 3 schools. Your top team will receive 3 votes, 2<sup>nd</sup> team 2 votes and your 3<sup>rd</sup> team, one vote. All votes will be counted and the team with the most votes will win. We encourage you to nominate all 3 if possible. Please write your reasons for nomination, which will be shared when announcing the award.

Indicators for awarding this award include but are not limited to teams that have:

- displayed an obvious love of the game/sport
- competed to win to the best of their ability, but do so fairly and within the rules of the sport
- shown respect for all involved; teammates, coaches, opposition, officials and spectators
- presented themselves as role models and excellent ambassadors of their school
- have used the event as a connection or as a way to assist others within their team or the hosting school.
- displayed courage to overcome adversity or challenging circumstances.
- performed an act/acts that typify the ACAMIS philosophy and the Spirit of ACAMIS Competition.

1<sup>st</sup> Choice school: \_\_\_\_\_

REASON FOR NOMINATION

2<sup>nd</sup> choice school: \_\_\_\_\_

REASON FOR NOMINATION

3<sup>rd</sup> choice school: \_\_\_\_\_

REASON FOR NOMINATION

## **Appendix 7: ACAMIS Incident Report**

In the event of a disciplinary matter or student accident or injury, it is important that a report detailing the circumstances be recorded and a copy sent to Sports Chair and the ACAMIS Executive Office. This will help to protect all parties should the incident be contended afterward.

Host School	Name of Event
Date of Event	Date and Time of Incident
Description of the Incident	

Action Taken

Who was contacted

Printed Name of Person Filing Report	Signature of Person Filing Report
Date	

Send to ACAMIS Sports Chair and [eo@acamis.org](mailto:eo@acamis.org)

## **APPENDIX 8: Tournament Roster Form Template**

ACAMIS Tournament Roster Sheet					
Please complete the white sections and return via email by _____ with team pictures so that the program can be printed. Thank you.					
School Name					
Team Name (Mascot)					
Head of School					
Principal					
Athletic Director		Email			
Coach		Coach's gender		Shirt size	
Assistant Coach		Assistant coach's gender		Shirt size	
Color of Uniform Shirt		Color of Uniform Shorts			
Student Name	Grade / Age	Allergies / Medications	T-shirt size	Special food requests (ex: vegetarian)	
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
Additional Information:					
1. Arrival time, flight / train number					
2. Departure time, flight / train number					
3. Hotel Name					
4. Additional questions and concerns					

## **Appendix 9 – ACAMIS Awards Criteria**

### **Spirit of ACAMIS Award Criteria**

The Spirit of ACAMIS Award honors a boys team and a girls team, along with their coaches and supporters, that exemplify the core values of the ACAMIS Sports League. Recipients of this award should demonstrate the following qualities:

Teamwork: Foster a positive and collaborative environment among all athletes and supporters.

Respect: Promote respect for opponents, officials, and fellow team members, regardless of the outcome of competitions.

Commitment: Show unwavering dedication to athletics through active participation and support of all events.

Community Engagement: Encourage connections with other schools, fostering friendships and camaraderie among students.

Leadership: Inspire others through positive actions and a commitment to uplifting the entire school community.

#### **Selection Process**

For the Spirit of ACAMIS Award, each team can nominate up to 3 teams in their gender category. The top team will receive 3 votes, 2nd team 2 votes and the 3rd team, one vote. All votes will be counted and the team with the most votes will win. We encourage teams to nominate all 3 if possible. Please write the reasons for nomination, which will be shared when announcing the award.

### **All ACAMIS Award Criteria**

The All ACAMIS Award recognizes an outstanding student-athlete who embodies the core values of the ACAMIS Sports League. Candidates for this award should demonstrate the following qualities:

Teamwork: Contribute to team success through collaboration, communication, and support.

Respect: Show respect for opponents, officials, and teammates, demonstrating integrity in all situations.

Commitment: Display dedication through consistent attendance and hard work, positively impacting team performance.

Performance: Achieve outstanding results that showcase skill and drive team success.

Leadership: Inspire teammates with positivity and encouragement, fostering a motivating environment.

Determination: Overcome challenges with grit and perseverance, enhancing both personal and team performance.

Community: Build connections with peers from other schools, promoting friendship and goodwill in athletics.

Impact: Leave a lasting impression through moments of excellence and behaviours that reflect ACAMIS values.

#### **Selection Process**

For the All ACAMIS Award, each team will have one awardee selected by the coach and one awardee selected by the players of that team.

Coaches may choose the voting method for the player-selected awardee, but a 3-2-1 scoring system, where players assign three points to their top choice, two points to their second choice, and one point to their third choice is suggested. In case of a tie, the number of '3' votes will determine the winner.

One medal will be awarded per winning player.

## **Appendix 10 – Unaligned Member Application for Divisional Alignment** **For Unaligned Schools Applying to Join ACAMIS Core Sports Division**

### **School Information:**

1. School Name:
2. Athletic Director Name:
3. Email:
4. Phone:
5. Years at Current School:

### **Commitment to Core Sports Participation**

6. Does your school currently offer boys and girls teams in all three core sports (volleyball, basketball, football)?

☐ Yes ☐ No

If no, please explain:

7. For each core sport below, confirm your school's ability to send both boys and girls teams to divisional tournaments:

<b>Sport</b>	<b>Boys Team Commitment</b>	<b>Girls Team Commitment</b>	<b>If unable to commit, please explain</b>
Volleyball	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Basketball	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Football	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No	

8. What is your school's policy for handling situations where a team cannot attend a tournament (e.g., staffing issues, low participation)?

### **Competitive Readiness**

9. Describe your school's competitive level in each core sport (e.g., varsity/JV programs, recent tournament experience):

10. What facilities and resources are available to support tournament hosting?

### **Administrative Commitment**

11. How will your school ensure compliance with the Charter's participation requirements?

12. Please provide the Head of School's signed statement acknowledging:

- a. The requirement to send teams to all core sport tournaments
- b. Understanding of the 3-tier violation consequences
- c. Commitment to divisional membership obligations

### **Additional Information**

13. Any other factors the Sports Committee should consider regarding your application?

### **Certification:**

I understand that divisional membership requires consistent participation in all core sport tournaments, and that failure to comply may result in consequences up to and including removal from the division.

Head of School Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Further Inquiries**

**For questions related to this document, please contact:**

**Sports Chair: Thomas Mathews** [tmathews@sis.org.cn](mailto:tmathews@sis.org.cn)

**Athletics Co-Chair: Filipe Nogueira** [filipenogueira@hisdragons.org.cn](mailto:filipenogueira@hisdragons.org.cn)

**ACAMIS Executive Director: Larry Hodbell** [ed@acamis.org](mailto:ed@acamis.org)

**For a high-definition copy of the ACAMIS Logo, please email the ACAMIS Executive Office at:** [operations@acamis.org](mailto:operations@acamis.org)