

2023 Term 3 IGSA Sport Basketball Rules & Guidelines

Player registrations

1. Players must be enrolled in years 7 - 12 at the school they represent and be registered with the IGSA Sport office by the Monday prior to the start of the competition.
2. Players are considered registered after they play their second match (and signed on as required).
3. Players may play in a higher grade than the one in which they are registered. Once they have played 3 matches in the higher grade they are then registered in the higher grade.
4. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that students are in the correct grade.
5. Where schools have teams in the same grade they must nominate the higher or lower team and rules relating to playing up or down will apply.
6. A player unavailable for a round match, semi or final may be replaced by a floater or a player from another team (in accordance with the playing up rules). However, you cannot exceed the number of players originally registered for that team. This does not permit students to play in two semis or finals although they can play a maximum of two round matches each week.
7. Byes & matches washed out will count towards matches played.
8. A player must have signed on for 3 round matches in any team for this sport, in accordance with the playing up rules to be eligible for semis and finals. Details of player eligibility will be forwarded to school staff in advance of the final round. If this is not received before the final round, school staff should contact the IGSA Sport office.
9. A player, who has signed on for 3 matches but not played in the semi-final, is still eligible for the final.
10. A player may only play for 1 team in the semi-finals and finals.
11. Where play offs exist, semis and finals rules do NOT apply to these matches.
12. Injured or ill players who have not signed on for 3 matches are not eligible for semis or finals.
13. A team playing an illegal player may be required to forfeit the match.
14. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
Softball	9	13
Tennis	4	6
Basketball	5	12
Football	11	16
Hockey	11	16
Netball	7	12
Touch	6	14
Water Polo	7	13

With an allowance for 2 extra players maximum. Permission is required from the IGSA Sport staff to register more than the maximum. Please note - you may only field the maximum number of registrations in each round match, semi or final. Failure to do so may incur a forfeit result.

15. Each school may use up to **5** floating registrations during the season. Where a student is used for one match only, no fee will be charged.

Legal Playing Up Rules

Some examples of legal and illegal plays-

- ✓ student plays 2 matches in one day – LEGAL.
- ✗ student from J01 plays in grade S13 - ILLEGAL & FORFEIT.
- ✗ student plays less than 3 round matches OR plays 3 but fails to sign on, NOT ELIGIBLE FOR SEMIS OR FINALS.
- ✓ student in S13 plays down in S14 in Week 2 LEGAL provided she then remains in S14 for remainder of season OR if she plays up she is automatically re registered in the higher Grade.
- ✓ student from J01 plays up - Week 1 – S01, Week 3 – S03, Week 5 – S02 AUTOMATICALLY RE-REGISTERED IN S03 - the lowest she may now play.
- ✓ a school has 2 teams in grade J01 Team 11 & 12 - Players in both teams may not move between teams, regardless of which team is numbered lower.

Legal grades for playing in round matches, semi-finals & finals

Where necessary, players may play in another team that is in a higher grade than the team they were originally registered in. Exceptions include:

Senior Grades

S01 Can only play in this grade (schools with multiple teams in S01 may not move players between teams).

All other senior grades can only play in a grade higher than their own team.

Junior Grades

J01 Can only play in S01 –S04 (schools with multiple teams in J01 may not move players between J01 teams).

J02 Can only play in S01 – S06 and J01.

J03 Can only play in S01 – S12 & J01 – J02.

J04 Can only play in S01 – S12 & J01 – J03.

Year 7 players playing in J01 – J02 may play down into Y701 grade.

Year 7 players playing in J03 – J20 may play down into any year 7 grade.

Please note that a year 7 player in a junior grade may only play down twice per term.

Year 7 Grades

Y701 Can only play in S01 – S04 & J01 – J04.

Y702 Can only play in S01 – S06, J01 – J12 & Y701.

Discipline - For Breaches of Code of Behaviour

Please read the Code of Conduct available on the IGSA Sport website. A summary is contained in the Conveners handbook. Please make sure all players, coaches and umpires are aware of the Code of Conduct. An IGSA Sport Incident Report must be completed for any breaches of this code.

IGSA Sport Summary Code of Conduct for Inter-School Sport

Why: The Summary Code of Conduct is designed to provide a brief outline of the rules, guidelines and principles governing inter-school sport. It is a quick reference document only and does not replace the IGSA Sport Code of Conduct. In the event of a perceived conflict between the two, the latter will prevail.

Who: The Summary Code of Conduct applies to anyone participating in IGSA Sport including students, staff, coaches, umpires, officials, parents, spectators and volunteers.

What: The Summary Code of Conduct covers four areas: principles, expectations, authority and rules.

Principles:

- Participation in inter-school sport is important for all students: it fosters social, emotional, personal and physical development.
- Winning is less important than co-operation, team spirit and good sportsmanship.

Expectations:

- All participants, regardless of their role, will be expected to treat others with respect, courtesy and encouragement. Disparaging comments will not be tolerated nor will aggressive, abusive or offensive language or behaviour.
- Should disputes arise, resolve them in a calm and constructive manner.
- There will be no argument with or criticism of, the referee. If you disagree with a decision, refer to the IGSA Complaints Policy available on the website.
- Harassment will not be tolerated in any form.

Authority:

- The match officials have complete control of the match. In matters regarding play and the rules of the match, their decision is final.
- The venue convener has responsibility for all other aspects of the match such as safety at the venue.
- The referee and venue convener will work together to achieve a fair outcome. They may also consult staff members present.
- In the event of misconduct, the match officials may caution, suspend or send off the offender. In extreme circumstances they may stop play or terminate the match.

Rules:

- Unacceptable conduct is outlined in the Code of Conduct and includes any behaviour that might reasonably be expected to damage the self esteem of another or the reputation of an individual, school or the independent school sector generally. This includes derogatory remarks, dangerous behaviour, property damage, inciting violence, verbal or physical abuse or harassment.
- Players engaging in unacceptable conduct may be cautioned, suspended or sent off. Anyone else engaging in unacceptable conduct will be cautioned and if this fails, asked to leave.

Protests

A coach or team captain is entitled to lodge a protest should she/he be dissatisfied with any aspect of the match. The following procedure will apply:

The coach or team captain must lodge the protest in writing with the Convener at the venue as soon as possible or notify the IGSA Sport staff by 12 noon on the Monday following the match.

The opposing team must be notified of the intent to protest and the reason for it. The protest will be addressed as soon as possible by the IGSA Sport staff.

Forfeits

A team which finds it necessary to forfeit a match and is aware prior to Friday afternoon must notify: -

- A) their opponents
- B) the IGSA Sport office

Teams more than 5 minutes late or less than the specified minimum number of players will forfeit their match. However, opponents may choose to play the match for points or play a “friendly” match, provided this decision is made prior to the start of the match. This decision cannot be reversed once play has started. If a decision to play for points is made, the forfeit no longer applies. No extra time will apply in such a case.

In the case of a team failing to have the necessary equipment available, the non-offending team may choose to lend their gear and play for points or request a forfeit. This decision must be made prior to the start of the match.

Venue Closure (i.e. Wet Weather, Extreme Heat)

The Convener must make a decision concerning commencement of play and any stoppages or cancellation due to inclement weather. Any such decisions should be made after consultation with coaches, managers and any school staff present. Where it is necessary to call off matches, the Convener is requested to notify the IGSA Sport staff so a message may be put on the IGSA Sport venue closure pages for players and parents to check.

The open or closed status of a venue can be checked by accessing the:

IGSA Sport mobile app: <https://igsasport.spawtz.com/Leagues/VenueStatus>

Point Scores & What Happens with Matches Cancelled Due to Venue Closure

In the case of venue being closed during a match, any match that has completed one half will be considered played, and the score taken from when the match was stopped.

Matches that do not play, or are cancelled before reaching half time are considered cancelled.

The total point score at the end of the season for each team (before semis and finals if they exist), will be divided by the number of matches played. This result is then used to determine which teams play in semis and/or finals.

There are no points awarded for matches cancelled due to the venue being closed.

Point score

Win:	5 Points
Draw:	3 Points
Loss:	1 Point
Forfeit:	-1 Point
Forfeit Score For / Against:	20 – 0
Washed out matches	0 points

For and Against: We will continue the ‘Capped Points’ system to encourage coaches to adopt the ‘mercy rule’ and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the ‘capped score’ will only be in place when the IGSA Sport office records the official score. The points differential will be capped at **30** points.

Match sheets

All students are to sign the sheets at the Convener's table **before** play. The sheets should not leave this area. At the completion of the match, team captains and umpires must report to the Convener to complete details of the match on the sheets.

The match sheets are to be sent in to the IGSA Office each round.

No student is to sign for another.

If possible, each team must make sure they have a **scorer to sit with the opposition scorer.**

Team Captains must sign the match sheet at the conclusion of the match to verify the score. Once both captains have signed the match sheet, no changes to the score will be made. If the result is in doubt, the convener is responsible for determining the final score.

Referees

Referees to wear appropriate uniform which is NOT affiliated with any school.

Students should be reminded that the referee is in full control of the match.

Do not argue with the referee at any time. This also applies to coaches and spectators, who are reminded that they are expected to behave in a manner which at all times reflects the ethos of the members' school of IGSA. **Spectators are not to approach referees concerning any decision.**

Where referees are not available at a venue, teams are responsible for starting their own matches and **sharing the refereeing of that match.** Extra time will not be allowed.

All teams will go on and off with the siren or bell, however the referee has full control of the match and her / his call will indicate the start and finish of a match.

Payment Information - Conveners

IGSA Sport will determine the payment for conveners based on prior IGSA Sport convening experience.

Completed Terms of Service		1 – 3	4 – 6	7 – 19	20+
Sport	Max No of match slots	Payment per match slot			
Badminton	3	\$30	\$32	\$35	\$42
Tennis	2	\$50	\$54	\$60	\$72
Basketball	4	\$25	\$27	\$30	\$36
Football	4	\$25	\$27	\$30	\$36
Hockey	4	\$25	\$27	\$30	\$36
Netball	4	\$25	\$27	\$30	\$36
Touch	4	\$25	\$27	\$30	\$36
Water polo	5	\$20	\$22	\$24	\$28
Set Up / Pack Away Fee for all sports		\$30	\$30	\$30	\$30

- The number of match slots and fields / courts / pools used at a venue may vary each week. Conveners are only required if matches are scheduled at their venue.
- It is recommended that conveners allow enough time prior to the first match to set up and after the last match to pack away the venue.
- IGSA Sport will pay up to the maximum number of match slots at the venue plus a set up / pack away fee based on the draw and matches completed or partially completed.
- Conveners may, where required, referee in addition to convening providing that convening at all times takes priority over refereeing. In this case, no more than \$25 per match may be claimed for refereeing.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

Venue Closure Payments

	Convener
Closure during day of play.	Set up / pack away fee plus completed and / or partially completed match slots

Payment Information - Umpires & Referees

	\$18	\$25	\$30	\$32	\$35
Basketball	Bench Duty (only where approved by IGSA)	Unqualified but competent	Y3, Y4 or 1C	1B or new Y5	1A or above
Football	\$20 Assistant Ref	Unqualified but competent	Level 4	\$35 Level 3	\$45 Level 2/1
Hockey		Unqualified but competent	Community or Junior	Level 1 or NSW C	Level 2 or NSW B and above
Netball		Unqualified but competent	Nat C or District / Assoc. Badge	Nat B	Nat A
Touch		Unqualified but competent = \$20	Level 1 -2 = \$22	Level 3 - 4 = \$25	Level 5 -6
Water polo	Bench Duty (only where approved by IGSA)	Unqualified but competent	Level 1 / NSW C or Junior Badge	Level 2 / NSW B Level	Level 3 / NSW A or Senior Badge

IGSA Sport will determine payment per match based on the umpire / referee's level of qualifications. The number of completed terms of umpiring the same IGSA Sport will also be taken into consideration in determining the pay rate.

IGSA Sport will pay;

- A maximum of 2 umpires / referees for all completed or partially completed matches including forfeits occurring on the day.
- For football, 1 referee and 2 assistant referees.
- If there is only one umpire during the match, payment stays the same
- For basketball and water polo, a maximum of 2 referees & 1 bench duty per match where considered necessary. Note – bench duty will only be paid at multiple court / pool venues and must be separately identified on the convener's sheet and umpires' cards.
 - 1 court / pool venue – maximum 0 bench duty payment
 - 2 court / pool venue – maximum 2 bench duty payments
 - 3 court / pool venue – maximum 3 bench duty payments
- Special exceptions may be approved by the IGSA Sport Staff.

Venue Closure Payments

	Umpire / Referee
Closure during day of play.	Matches cancelled before completion are paid as completed. No payment for matches cancelled following venue closure

IGSA Sport Term 3 2023 Basketball Match Rules

Playing Saturdays

Round 1	22 July 2023
Round 2	29 July 2023
Round 3	5 August 2023
Round 4	12 August 2023
Round 5	19 August 2023
Round 6	26 August 2023
Round 7	2 September 2023
Semis	9 September 2023 (1 vs 4, 2 vs 3, no playoffs)
Finals	16 September 2023 (winners of semis)

Safety

1. No jewellery and no long or sharp fingernails are allowed. No taping of jewellery is allowed. Nails must be checked before the start of every match. Nails cannot be taped.
2. No casts and/or splints: A student wearing a cast or splint because of an injury may not participate.
3. Players are permitted to wear sports goggles, sports glasses or sports sunglasses as long as, in the opinion of the referee, they pose no danger to the player or other players. The Optometrists Association of Australia has stated that children involved in sport, requiring assisted vision, should wear protective eyewear such as sports goggles or sports glasses with soft or flexible frames fitted with a plastic or polycarbonate lens. IGSA Sport recommends players carry a letter from their optometrist confirming glasses are suitable for playing sport.

Uniform

All students must wear their nominated school basketball uniform.

Shorts **MUST NOT** have pockets. In the case where shorts have pockets then the shorts must be turned inside out and pockets taped. Consistent breaches to be reported to IGSA.

Captains are to be identified by their number – this is to be noted by the scorer and referee at the start of the match.

Each player must have a properly **NUMBERED shirt (front & back)**. Bibs are to be worn, if absolutely necessary, and should be worn to distinguish schools with similar colours.

Within each team any number can be used but they must not be repeated. The preferred numbering system is 4 - 15, 20 - 25, 30 - 35, 40 - 45, 50 - 55.

Match Rules - Unless otherwise stated, matches will be played according to the current Basketball Australia rule book.

Match times

All matches will be held at 8.00 am, 9.00 am, 10.00 am & 11.00 am.

The match consists of 20 minute halves - running time (stop clock for time outs) - 2 minutes half time. There is no additional injury time.

Number of players

A team must have at least four (4) players to start a match.

Substitutions and time outs

1. No substitutions or time outs in the last minute of the first half.
2. In the last minute of the second half the clock will stop on every whistle. (You may still have time-outs in this minute). The clock starts:
 - if possession alternates – when the ball is touched by a player in the court
 - during out of bounds – when the ball is touched by a player in the court
 - during free throws

- if successful, it is the same as out of bounds
- If unsuccessful, when it touches a player on court (E.g. rebounder)

The clock is not stopped when a basket is scored

3. Two time outs per team per match, which can be taken at any time (except the last minute of the first half). The clock stops for time outs. One time out per team allowed in extra time (in the case of finals).
4. Time Outs are 1 minute and should be timed although the team that calls the time out can call “time in” whenever they choose.

Zone Defence

1. Zone Defence is permitted only in senior grades.
2. In year 7 & junior competition - no zone defence is enforced.
 - 1st illegal defence = warning
 - 2nd illegal defence and any subsequent breach = tech foul on coach. The coach is not to be ejected for illegal defence.
 - NB. Double tech foul still exists for misbehaviour.

Equipment

All grades are to play with a size 6 ball.

The use of electronic scoreboards and the 24 second shot clock is compulsory at S01 and J01 matches only.

Scoring

Own goals count and are awarded to the captain on the score sheet.

We will be continuing the ‘**Capped Points**’ system to encourage coaches to adopt the ‘mercy rule’ and to adopt the fairest strategy with regard to for and against points for final placings. Please note that the ‘capped score’ will only be in place when the IGSA Sport office records the official score. The points differential will be capped at **30** points.

Mercy Rule and recommended guidelines:

Referees and conveners are asked to encourage:

- The Mercy Rule should be initiated when there is a **30 points** difference in the score. The team ahead by 30 points being required to drop back to half way when defending. To be managed by the referees with support of the venue conveners. (This is a RULE and must be abided by)
- **No Zone:** If the team winning by more than **20 points** is sitting in a zone, this will not be allowed. The winning team should match up with a player.

Mercy guidelines for basketball

These are guidelines and cannot be enforced by any team.

Coaches are encouraged to implement the following strategies:

- If a team is winning by 20 points or more at half time, winning team must refrain from “trapping” and playing full court defence and every player must guard their player from half court.
- Since there are a number of different playing positions in basketball, if the winning team has a large lead, have the students try different playing positions. As a coach, you can also work on your teams’ weaknesses (e.g.: as a team we’re not allowed to score inside the key, or complete X amount of passes before shooting the ball).
- Another option is to substitute the stronger players out of the match and tell them to work on their weaknesses when they’re put back on (dribbling with their weak hand, etc.)

Semis & finals

Term 3 in an invitational competition. In term 3, there will be semis (1 v 4, 2 v 3) and finals for all grades (unless a grade has 6 or less teams). No playoffs for 5th, 6th, 7th or 8th.

Teams to play in the semi-finals / finals will be decided as detailed below.

The following will be used to determine final standings:

1. The position of teams is determined by their final ranking according to the final averaged points score at the end of the rounds.
2. If two teams have the same average points, then it will revert to the winner of the match played between these two teams.
 - If the result of this match was a draw or a washout and therefore they are still equal, the positions for semis or finals will be determined by their goal difference (goals for minus goals against).
 - If the goal difference is the same, then the team that has the highest number of goals will be ranked highest.
3. If everything remains equal and the teams can't be separated, these teams are required to play an extra match at an agreed date and time, to determine which team is the higher ranked team prior to the semis / playoffs / finals.
4. If this extra match cannot be agreed on, then the IGSA sport staff, in consultation with the Directors of Sport from the schools involved, will make the final decision.
5. If three or more teams have the same average points, the positions for semis / straight finals will be determined by the average points from matches played only between those teams, from most to fewest.
 - If the above cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by their 'for and against' scores (e.g. goal difference) taken from matches played only between tied teams and averaged over the number of rounds played, from most to fewest.
 - If the above cannot determine necessary positions, the team that has the highest number of "for" points will be ranked highest.

Teams to play in the finals will be decided on the results of the semis and the winners of each semi will play in the final.

When a draw occurs in all grades in a semi or final extra time will be played.

In the case of a draw at the end of regular time in a semi or final, a 3-minute break will be taken followed by 5 minutes only of extra time. In extra time there is to be a running clock except for the final minute when the match is fully timed. There are no time outs in extra time.

If a draw still exists at the end of extra time in the semi, then the team finishing highest in the rounds will go through to the final. If a draw still exists at the end of the final, the teams will be declared joint premiers.

When a match is affected by a venue closure in a final, both teams will be declared joint premiers.

IGSA Sport Basketball – “Bench Duty”

Please note the following:

** Coaches are to NEATLY identify the shirt number that the students will play in next to their names on the scoresheet. All students are to then sign the sheet in a clear and legible manner. **

At the completion of the match, the completed scoresheet is to be handed into the venue convener. Failure to do so will result in no points being awarded to either team.

1. Match times

20 minutes halves – running time – 2 mins half time break

2. In the last minute of the second half, the clock will stop on every whistle (you may still have time outs in this minute)

The clock starts when:

- Alternate possession – when ball is touched by a player in the court
- Out of bounds – when ball is touched by a player in the court
- During free throws
 - If successful it is the same as out of bounds
 - If unsuccessful when it touches a player on court (E.g. rebounder)
- Clock is not stopped when a basket is scored.

3. No subs or time outs in the last minute of the first half.

4. Two x time outs per team which can be taken in any half.

5. Time outs are 1 minute and the clock shall be stopped. The team that calls time out can call “time in” whenever they choose.

6. A 24 second shot clock operates for Grades S01 and J01 only. The 24 seconds commences/starts in the back court as soon as possession changes.

** If you have any problems please consult with your venue convener. **

24 Second Shot Clock – S01 & J01 Only

The 24 SECOND OPERATOR – is responsible for the operation of the 24 second device. The 24 second operator must be very attentive and have their fingers near the switch / buttons whilst the clock is running.

On an unsuccessful shot the device must be stopped the instant the ball touches the ring and reset once a team gains possession.

Resetting the shot clock

- Whenever a team gains control of a live ball on the playing court

Stopping and resetting the shot clock

- When the referee blows the whistle for a foul, violation or a jump ball resulting in a change of possession
- When an unsuccessful shot for a field goal hits the ring unless the ball lodges on the basket support
- When a shot for goal enters the basket
- When the match is stopped because of the actions of an opponent of the team in control of the ball

Stopping and holding the shot clock (not reset)

- When the same team that previously had control is awarded a throw in
- After the ball goes out of bounds
- When a jump ball is called
- Following a double foul
- After a match stoppage due to the team in control
- A cancellation of equal penalties

2023 Term 3 Basketball Venues

Venue	Address	Suburb	Notes for Parking & Access	Dogs Allowed Yes / No	Map Link
Billbergia Sports Centre	9 Grand Ave	CAMELLIA		No Dogs Allowed	https://goo.gl/maps/m8tV3i3dDrjRdrB8
Five Dock Leisure Centre	Cnr Queens Rd & Williams St	FIVE DOCK	Please note that no entry is allowed until 8am. Teams are to warm up outside and will be given 5 minutes warm up once inside.	No Dogs Allowed	https://goo.gl/maps/235m5
Hoops Capital East (Entertainment Quarter)	1 Driver Ave	MOORE PARK	Entry via Errol Flynn Blvd. Two hours free parking usually available at the Entertainment Quarter.	No Dogs Allowed	https://goo.gl/maps/NQcWNeV8n0gQ66eZA
Kincoppal Rose Bay	Cnr Vaucluse Rd & New South Head Rd	ROSE BAY	Maureen Tudehope Centre, Vaucluse Road, Vaucluse	No Dogs Allowed	https://goo.gl/maps/peCLR
Marie Bashir Mosman Sports Centre	1 Cross Street	MOSMAN		No Dogs Allowed	https://goo.gl/maps/FexwfL892JvtdCy6
Monte Sant Angelo	128 Miller St	NORTH SYDNEY		No Dogs Allowed	https://goo.gl/maps/PV1GH
St Catherine's School	26 Albion Street	WAVERLEY		No Dogs Allowed	https://goo.gl/maps/4eP8m
Sydney University Sports & Aquatic Centre	Darlington Rd	DARLINGTON		No Dogs Allowed	https://goo.gl/maps/1BVIU
Wenona	6 Elliot St	NORTH SYDNEY'	Entrance to the Athenaeum off Elliott Street - end of cul de sac. Limited parking in Elliott Street and Ridge Street.	No Dogs Allowed	https://goo.gl/maps/zWrt4P6rLoLW1hst5

Venue Closure Procedure and Guidelines

Due to the short season for all IGSA Sport competitions, every attempt is made to play the inter-school matches and cancellations of Saturday sport are rarely made before Saturday morning, unless a venue notifies IGSA Sport that the facilities will not be playable prior to this.

Procedure

To find out if a venue is opened or closed go to <https://igsasport.spawtz.com/Leagues/VenueStatus>

You do not have to be registered to use our mobile app so students, coaches and parents can all access them from their smart phones, tablets or computers.

- ✓ Check venue closures (Click on the venue closures icon)
- ✓ Find matches for selected teams (including links to maps)
- ✓ Check results and ladders (*full point score tables will still be available on the website*).

If play has not been cancelled by IGSA Sport and there is a concern that the weather may impact on the venue, go to your venue and assess its suitability for play.

Advise the IGSA Sport staff of the outcome by texting a message to the IGSA Sport staff. If required, liaise with school sport staff or coaches to determine suitability for play. **Taking in to consideration that once one match is cancelled; all the remaining matches at that venue will be cancelled.** The venue convener is only required to stay 30 minutes after the match cancellation. If necessary, continue to liaise with IGSA Sport staff throughout the morning.

General Guidelines

- Play should not commence under any circumstance if there is a risk of injury to those involved.
- If conditions deteriorate during the course of the match such that it becomes unsafe to continue, play must cease immediately.
- If an outside venue (non school) is closed by the local council concerned, play must not commence.
- The **lightning safety code** is based on the 30 / 30 rule which calls for all play to be stopped when the lightning / thunder ratio reaches 30 seconds or less, i.e. the time between when the lightning is seen and the last thunder is heard is 30 seconds or less. This means that lightning is seen 10 km away and the next strike has a “significant risk” of hitting the people who have seen the lightning and heard the thunder. All participants must be aware that in the event of lightning, play must not resume until 30 minutes after the last lightning strike and thunder.
- All play must cease immediately if there is **hail**. All students, officials and spectators should seek cover immediately.
- Care should also be taken in the event of **extreme heat**. If there are any concerns or doubt, use refer to the “IGSA Sport Hot Weather Guidelines” or contact the IGSA Sport staff. After consultation with coaches, players and referees, extra drink breaks or cancellation of play should be considered immediately
- Care should also be taken in the event of **poor air quality**. If there are any concerns or doubt, refer to the “IGSA Sport Air Quality Guidelines” or contact the IGSA Sport staff. After consultation with coaches, cancellation of play should be considered immediately

IGSA Sport Hot Weather Guidelines

Each and every school has a responsibility to educate the participants concerning the steps to avoid dehydration and appropriate sun protection.

Procedure

STEP ONE: Altering the conditions of play.

Tennis	Allow additional breaks to drink and sun protect (shade) where possible.
Badminton	Allow additional breaks to drink and sun protect (shade) where possible.
Basketball	Allow additional breaks to drink.
Football	Allow additional breaks to drink and sun protect (shade) where possible.
Netball	Allow additional breaks to drink and sun protect (shade) where possible.
Hockey	Allow additional breaks to drink and sun protect (shade) where possible.
Water Polo	SMA suggests that NO changes to play are needed. Be mindful that indoor facilities for spectators and officials may be an issue with both temperature and humidity.
Touch	Allow additional breaks for drinks and play 4 quarters rather than 2 halves. Limit the number of 11.00am matches or where possible play no matches at 11.00am.

STEP TWO: Cancellation at the venue

Schools and venue conveners will assess the need to close the venue on a case by case basis. Interim measures provided by the SMA guidelines (below) should be considered prior to cancellation.

At an ambient temperature of 36 or above sport must STOP immediately. The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

STEP THREE: Cancellation by the IGSA Sport office

In extreme conditions, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport. It would only be for unusual "heatwave" conditions or variations from the average temperature for the time of the year.

This decision should not be taken lightly. The IGSA Sport office will make this decision in consultation with Heads of Sport and the Standing Committee guided by the Sports Medicine Australia (SMA) Guidelines.

SMA Guidelines

Heat exhaustion

- Characterised by a high heart rate, dizziness, headache, loss of endurance / skill / confusion and nausea.
- The skin may still be cool / sweating, but there will be signs of developing vasoconstriction (e.g., pale colour).

To avoid heat exhaustion, if people feel unwell during exercise they should immediately cease activity and rest. Further benefit comes if the rest is in a shaded area with some passing breeze (from a fan if necessary) and the person takes extra hydration. Misting or spraying with water can also help.

Heat stroke

- Characteristics are similar to heat exhaustion but with a dry skin, confusion and collapse.
- Heat stroke may arise in an athlete who has not been identified as suffering from heat exhaustion and has persisted in further activity.

Any collapsed athlete must be treated immediately. It should be assumed that any collapsed athlete is at danger of heat stroke. The best first aid measures are “Strip / Soak / Fan”:

- strip off any excess clothing;
- soak with water;
- fan;
- ice placed in groin and armpits is also helpful.

The aim is to reduce body temperature as quickly as possible. The athlete should immediately be referred for treatment by a medical professional. Important: heat exhaustion/stroke can still occur even in the presence of good hydration.

Dehydration

Dehydration is fluid loss which occurs during exercise, mainly due to perspiration and respiration. It makes an athlete more susceptible to fatigue and muscle cramps. Inadequate fluid replacement before, during and after exercise will lead to excessive dehydration and may lead to heat exhaustion and heat stroke.

Outside temperature

Ambient temperature is the most easily understood guide available, and is most useful on hot, dry days

- 15 - 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 - 25 Exceeds 70% Low – moderate: increase vigilance. Caution over-motivation.
- 26 – 30 Exceeds 60% Moderate: reduce intensity and duration of play / training. Take more breaks.
- 31 – 35 Exceeds 50% High – very high: uncomfortable for most people. Limit intensity, take more breaks. Limit duration to less than 60 minutes per session.
- 36 and above Exceeds 30%: very stressful for most people. Postpone and wait for cooler conditions (or a cooler part of the day) or cancellation.

OR

WBGT Temperature (WBGT) index. The WBGT is useful when humidity is high.

- < 20 Low: heat illness can occur in distance running. Caution over-motivation.
- 21 – 25: moderate to high Increase vigilance. Caution over-motivation. Moderate early pre-season training intensity and duration. Take more breaks.
- 26 - 29 High - very high Limit intensity. Limit duration to less than 60 minutes per session.
- 30 and above: extreme. Consider postponement to a cooler part of the day or cancellation (allow swimming).

The Bureau of Meteorology (BOM) produces ambient and WBGT readings for many locations in Australia. You can check these readings and a guide for the relative risk for your location at www.bom.gov.au/info/thermal_stress/index.shtml

IGSA Sport Air Quality Guidelines

Each and every school has a responsibility to educate themselves about the Air Quality Index (AQI) and its effect on sporting activities.

Procedure

Cancellation at the venue

Using the AQI available, all matches should be monitored on a regular basis by the venue convener or the host school's Head of Sport. If the AQI is "poor", warnings will be issued by the venue convener and the host school's Head of Sport to parents and athletes, that the conditions may pose a health hazard, particularly to those with respiratory or cardiovascular conditions. Venue conveners, in conjunction with the host school's Head of Sport, will decide to close the venue if the air quality is at a "hazardous" level. For this to happen, the AQI should be at 200 or greater.

The normal rules concerning venue closure will apply. There will be no further sport at that venue for the rest of the day.

Cancellation by the IGSA Sport office

In extreme conditions and using all available information, the IGSA Sport office will decide in the interest of the players, spectators and official's welfare that sport be cancelled prior to the day of sport.

This decision should not be taken lightly.

Guidelines

When pollution exposure is at low levels, the respiratory tracts usual defence mechanisms trap, transport and clear pollutants effectively. With elevated exposure, short-term accumulation can occur resulting in inflammation and this can exacerbate a number of health conditions with asthma being the most common in athletes.

When threatening or dangerous air quality levels are present, the AQI increases. The AQI is an accepted means of quantifying air quality by public health authorities encompassing:

- Air pollution levels at the nearest monitoring site or region
- The common contributing pollutants
- The overall health risk associated with a given rating.

The AQI is updated hourly and provides an easy-to-understand index. [Current Air Quality](#)

Attentive monitoring of the local AQI and associated air quality alerts, especially during times of extreme environmental conditions, is recommended.