

# 2026 Term 4 IGSA Sport Badminton 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. Students playing in year 7 grades can only be year 7 students, "J" grades are students in years 7, 8 and 9 only and "S" grades are open teams so any student in years 7 – 12 are eligible.
3. Players are considered registered after they play their second match (and signed on as required).
4. 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.
5. Team registrations have some flexibility in the first 2 weeks of the competition to ensure that students are in the correct grade.
6. 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.
7. 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.
8. Byes & matches cancelled due to a venue closure will count towards matches played.
9. 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.
10. A player, who has signed on for 3 matches but not played in the semi final, is still eligible for the final.
11. A player may only play for 1 team in the semi-finals and finals.
12. Where play offs exist, semis and finals rules do NOT apply to these matches.
13. Injured or ill players who have not signed on for 3 matches are not eligible for semis or finals.
14. A team playing an illegal player may be required to forfeit the match.
15. The minimum and maximum number of registrations per team for each sport is:

Sport	Minimum	Maximum
<b>Badminton</b>	<b>3</b>	<b>5</b>
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.

16. 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 they then remains in S14 for remainder of season OR if they play up, they are 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 they may now play.
- ✓ a school has 2 teams in grade J01 being 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 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 Code of Conduct 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 they 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.

## 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 their **school's sport staff** so the IGSA Sport venue closure page can be updated for players and parents to check.

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

**IGSA Sport SPAWTZ link:** <https://igsasport.spawtz.com/Leagues/VenueStatus>

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

In the case of a venue closure, a game that has completed three games (i.e. 2 doubles game and one singles game) will be considered played and the score taken from when the game was stopped.

Games that do not play, or are cancelled before completing three games are considered cancelled.

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

There are no points awarded for a match cancelled due to venue closures.

## Point score

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

Please note: a draw will be awarded only in the case where games and points are equal (in the event of an unfinished 5<sup>th</sup> game). If games are drawn, but one team has won more points, they will be awarded the win points.

## Result sheets

All players are to sign the match sheets at the convener's table **before** play. The sheets **MUST** not leave the venue. At the completion of the match, team captains must report to the Convener to hand in the completed match result sheet.

Please note that the printed names are not in playing order. **Names & playing order must be filled in before play commences & may not be changed after play starts.** Conveners are to ensure that every player "signs on" in the appropriate place after arrival at the venue.

**The result sheets are to be sent promptly in to the IGSA Sport office each week.**

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

## 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	\$37	\$39	\$42	\$46
Tennis	2	\$60	\$64	\$69	\$77
Basketball	4	\$30	\$32	\$35	\$39
Football	4	\$30	\$32	\$35	\$39
Hockey	4	\$30	\$32	\$35	\$39
Netball	4	\$30	\$32	\$35	\$39
Touch	4	\$30	\$32	\$35	\$39
Water polo	5	\$24	\$26	\$28	\$31
Set Up / Pack Away Fee for all sports		\$35 / round	\$35 / round	\$35 / round	\$35 / round

- 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.
- Special exceptions can be approved by the IGSA Sport Staff and in consultation with the IGSA Accountant where possible.

## Venue Closure Payments

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

# IGSA Sport Term 1 2026 Badminton Match Rules

## Term 1 (Championship)

February 7, 14, 21, 28

March 7, 14, 21

March 28 - 1 v 2, 3 v 4 playoffs

## Match Times

All matches will be held at **8:00am, 9:15am and 10:30am** and will run for 60 minutes of playing time. Matches should commence at the stated starting time. Two players from each school must be ready to commence the match with doubles. Where a team is still missing players and unable to commence after the 5 minute grace period, will lose the affected doubles and win points for that game will be awarded to the team who had all their players and was able to play. Where both teams are missing players and cannot commence the doubles game, ½ points are awarded to each team.

Unless there is a clear reason for not doing so, **all matches must be completed within the allocated time frame**. The Convener must encourage players to keep matches progressing.

Teams will contest a series of 5 games; 3 doubles fixtures and two singles fixtures. In the one-hour timeslot, the following games need to be completed in the following order;

- Doubles 1
- Singles 1
- Doubles 2
- Singles 2
- Doubles 3

Each game will be decided by the first team to reach 21 points with a lead of 2 or more. If a team reaches 21 points without a lead of 2 or more, the game will continue until one team has a lead of 2 points or a team reaches 23 points.

If a shuttlecock makes contact with a permanent fixture within the playing space (e.g. overhanging fixtures such as basketball backboards), the point will finish and will be awarded to the player who did not hit the shot.

Each game is worth a total of 1 overall point and the match will be awarded to the team with the greater number of overall points at the culmination of the 5 games or after 60 minutes, whichever comes first.

The following table outlines how players must be allocated to singles and doubles fixtures, depending on if a team has 3, 4 or 5 players signed on (player numbers indicated by the order in which they sign in):

Game	Players		
	3 players	4 players	5 players
Doubles 1	1 & 2	1 & 3	1 & 2
Singles 1	1	1	1
Double 2	1 & 3	2 & 4	3 & 4
Singles 2	2	2	2
Doubles 3	2 & 3	3 & 4	3 & 5

**Where a team has 6** registered players, one player must sit out each week.

If a team only has 2 players, **the match may still proceed under the 3 player format** (with doubles 2 and doubles 3 being forfeited).

Each school is responsible for fairly numbering the players in order of playing ability. The playing order can change from week to week depending on player performance but the school is responsible for adjusting the numbering system each week.

## Forfeits, late and injured players

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

All grades	
Player is late	If it is after 5 minutes from the start of play, their team forfeits that set of doubles.
Play with a team member missing	Play whatever doubles and singles you can. The team with all players receives win points for the sets that cannot be played. The order of play MUST be the same as detailed previously.
Entire team more than 15 minutes late	Match declared a forfeit.
Player injured MID match	<p>If a player is injured mid match, the injured player will forfeit the set currently in play. However, if the team has 4-6 players in attendance, a lower ranked player can substitute for them in sets not yet played.</p> <p>If the team only has 3 players in attendance, the injured player will forfeit any further sets still to be played.</p> <p>Any games already won by the injured player will count towards the final set score. E.g. if the score is 12 – 10 when player A is injured, the score would end up being 12 – 21, with the 1 point set win going to player B.</p>

### **If a team only has 2 players, the match may still proceed under the 3 player format (with doubles 2 and doubles 3 being forfeited)**

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.

### **How to score on the score card and determine the result:**

Game win (first to 21 with a 2 point buffer or first to 23 without)	<b>1 point</b>
Drawn game (drawing on points in a game as time expires)	<b>½ point</b>
Matches cancelled due to a venue closure	<b>0 points each</b>

A 'match win' is decided on the team which has won the most games. Where these are even (i.e. 2 each), the team that has won the most points overall will be declared the winner. Should these also be the same, then the match is declared a draw and draw points allocated.

## Equipment

Venues are responsible for the supply of new shuttlecocks for each fixture.

- S01/S02/J01: 4 new shuttlecocks
- All other grades: 2 new shuttlecocks

## Safety

1. All spectators and coaching staff must stand a minimum of 1 metre from the edge of the court at all times. This excludes a maximum of two umpires from each team, standing at the centre pole whilst officiating.
2. Players should wear proper fitting shoes; bare feet are not acceptable.
3. Players should ensure all equipment and personal belongings are stored a safe distance away from the playing area.
4. IGSA Sport does not provide insurance for accidents or injuries sustained by any participant in inter – school sport. Sport is inherently dangerous. Participants are advised to assess their own needs and to take out insurance appropriate to their circumstances.

## Coaching

A player may not receive any type of coaching from any person while a point is in progress. Coaches may speak to players between points however, coaches and players must be mindful that each match is time limited. If a coach's interaction with a player is delaying play unnecessarily, the IGSA venue convener may ask them to refrain from coaching between points.

## Uniforms

Players must play in their nominated school sports uniform or badminton uniform.

## Semi and Finals

The format of these matches will be as in earlier rounds.

**In the event of a grade playing semis and / or finals** the following will apply – semis (i.e. grades with 6 teams or less) will play 1 v 4 and 2 v 3 OR if it is a straight final it will be 1 v 2 and a playoff between 3 v 4. There will be no playoffs for teams finishing in 5<sup>th</sup> – 8<sup>th</sup>.

The format of these matches will be as in earlier rounds.

The following will be used to determine final standings:

1. The position of these teams is determined by their final ranking according to the average of the final points score at the end of the rounds.
2. If two teams have the same average points, it will revert to the winner of the match played between these teams.
3. If two teams have the same average points at the end of the rounds and the match between them was a draw or washout, the positions for semis / straight finals will then be determined by their match points (for / against) difference.
4. If three or more teams have the same average points, the positions for semis / straight finals will be determined by the difference between their for and against scores taken from matches played only between tied teams and averaged over the number of rounds played.
  - i) If item 4 cannot determine necessary positions, teams no longer in contention will be removed from consideration and positions of remaining teams will be determined by the average points from matches played between only teams still in contention.
  - ii) If 4.i. cannot determine necessary positions, the team that has the highest number of “for” points will be ranked highest.
5. If necessary positions still cannot be determined, the final rankings will be decided by a drawing of straws (undertaken by IGSA Sport staff), unless schools involved agree to play a tie-breaker fixture prior to the semis/ finals match weekend.

Please note that should the season be played as **first past the post**, the premiership in each grade will be decided as detailed below:

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 teams have the same averaged points at the end of the rounds, the premiership will be declared “joint premiers”.

In the event of a draw in the finals, the teams will be declared Joint Premiers.

### **No injury time will apply in semis or finals for all grades**

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, teams to progress will be as follows.

**If the score is a draw at the end of regular time in SEMIS for all grades** - the team that finished highest on the table will progress to the finals.

**If the score is a draw at the end of regular time in FINALS for all grades** - 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 Term 1 Badminton Venues (may be subject to change)

### NO DOGS ALLOWED AT ANY INDOOR VENUES

Venue	Address	Suburb	Notes For Parking & Access	Map Link
<b>Abbotsleigh MP Sports Hall</b>	Ada Ave, Gate 1A	WAHROONGA		<a href="http://goo.gl/maps/rc17w">http://goo.gl/maps/rc17w</a>
<b>Abbotsleigh Sports Hall</b>	Ada Ave, Gate 1A	WAHROONGA		<a href="http://goo.gl/maps/rc17w">http://goo.gl/maps/rc17w</a>
<b>Alpha Egerton</b>	46 Egerton St	SILVERWATER		<a href="https://maps.app.goo.gl/7SqgiQmz2q6pgp5KA">https://maps.app.goo.gl/7SqgiQmz2q6pgp5KA</a>
<b>Badminton Worx</b>	2/30 Sir Joseph Banks St	BOTANY		<a href="https://maps.app.goo.gl/dJNXPqKs4ErjzgEU9">https://maps.app.goo.gl/dJNXPqKs4ErjzgEU9</a>
<b>Danebank Indoor</b>	105 The Avenue	HURSTVILLE		<a href="https://goo.gl/maps/UMVb9EvAoaKXrqLL7">https://goo.gl/maps/UMVb9EvAoaKXrqLL7</a>
<b>Five Dock Leisure Centre</b>	Cnr Queens Rd & Williams St	FIVE DOCK	NB – venue only opens at 7:55am. Please warm-up outside the venue.	<a href="https://maps.app.goo.gl/C32NxpPUPXa87hJZ7">https://maps.app.goo.gl/C32NxpPUPXa87hJZ7</a>
<b>Kincoppal Rose Bay</b>	Cnr Vacluse Rd & New South Head Rd	ROSE BAY	Maureen Tudehope Centre, Vacluse Road, Vacluse	<a href="https://goo.gl/maps/peCLR">https://goo.gl/maps/peCLR</a>
<b>Loreto Normanhurst</b>	Osborn Rd	NORMANHURST	INDOOR - Enter via 4th driveway on left in Osborn Rd	<a href="https://goo.gl/maps/QbWSg">https://goo.gl/maps/QbWSg</a>
<b>Monte School</b>	128 Miller St	NORTH SYDNEY		<a href="https://goo.gl/maps/PV1GH">https://goo.gl/maps/PV1GH</a>
<b>PLC Sydney</b>	Boundary St	CROYDON	Enter via Young Street carpark for Gymnasium	<a href="https://goo.gl/maps/c9kyc">https://goo.gl/maps/c9kyc</a>
<b>Pymble Ladies' College</b>	Avon Road	PYMBLE	Enter via gate 3 at the end of Avon Rd	<a href="https://goo.gl/maps/iZqXnsXtennevypU7">https://goo.gl/maps/iZqXnsXtennevypU7</a>
<b>Ravenswood School</b>	Gate 1, Henry St	GORDON		<a href="https://goo.gl/maps/3JiWk">https://goo.gl/maps/3JiWk</a>
<b>Tara Anglican School</b>	Masons Drive	PARRAMATTA NORTH	Parking available in school carpark	<a href="https://goo.gl/maps/ZOHvW">https://goo.gl/maps/ZOHvW</a>

## 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

If required, venue conveners should liaise with school sport staff or coaches to determine suitability for play. Where it is necessary to call off matches, the Convener is requested to notify their school's sport staff so the IGSA Sport venue closure page can be updated for players and parents to check.

**Noting that once a venue is closed, the venue does not reopen, except in the case of tennis where a venue may be closed for the first matches and reopen for the second.**

The venue convener is only required to stay 30 minutes after the venue closure. If necessary, continue to liaise with your school's sport staff or the IGSA Sport staff throughout the morning.

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 SPAWTZ 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

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.

### 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 game / 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.
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](http://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.