

EAC HANDBOOK



Official League Handbook For Schools, Athletic Directors and Coaches

**Emirates Athletics Conference
Edition 2025-2026**

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Philosophy

We believe in the development of each student through academic and athletic endeavors. The Emirates Athletic Conference (EAC) seeks to create, promote and foster cooperation among its member schools in the UAE (Dubai and Abu Dhabi) region by providing a forum for communication and discussion, promoting and/or sponsoring athletic events, and seeking to serve as an extension of each member schools' program.

EAC Statement of Sportsmanship

The purpose of the Emirates Athletic Conference is to provide a venue for students from the member schools to participate in athletic, fine arts, and academic events in an environment that is safe, challenging, professional, and educational. Each participant is given the opportunity to demonstrate her/his best ability while maintaining a spirit of respect and cooperation with fellow students from various international backgrounds.

Each event involves students and adults in their different roles as athletes, competitors, participants, coaches, sports officials and spectators. All those involved in the event are expected to uphold the same spirit of respect and cooperation. This spirit is demonstrated by fair play among competitors, positive encouragement from participants and coaches, cooperation among participants, impartial judgments from officials and respectful enthusiasm from spectators.

The behavior of the adults is crucial to the successful educational aspect of the event. The adults act as models for our students. Therefore profanity, the condemnation of coaches or officials, or any behavior that is disrespectful or degrading to the EAC standard of sportsmanship, jeopardizes the purposes of the EAC organization and, most of all, jeopardizes the quality of the experience for the participants.

As the event ensues, we ask that all of our parents, coaches, officials and participants keep this vision of our purpose in mind.

Athlete Code of Conduct

A school shall have a code of conduct for its athletes, and it is strongly recommended that the code designates clear expectations and consequences. The member school will determine the minimum and maximum penalties for any unacceptable conduct contrary to the ideals, principles, and standards of the school and the organization (EAC).

In cases where an EAC member school is not meeting the standards expected by the organization, the school's membership may be revoked contingent on a vote of full members.

By-Laws

Article I: Name and Purpose

Section 1.01

The name of this voluntary, unincorporated, and non-profit organization shall be the Emirates Athletics Conference (EAC).

Section 1.02

The EAC is the governing body that manages and administers the interscholastic regular season leagues and the end of season tournaments amongst its member schools. EAC substantiates the interscholastic athletics as an integral component of the total educational process and promotes high ideals of good citizenship and sportsmanship. EAC formulates and maintains policies and enforces uniformity of standards in the organization.

Article II: Membership

Section 2.01

Full Membership of the EAC consists of philosophically – aligned American and International schools within the Dubai and Abu Dhabi regions of the UAE.

Section 2.02

Membership will be divided into two categories: Full and Associate, valid for the academic school year. All membership issues will be determined by a majority vote of the Full members in closed session.

Section 2.03

Members are expected to attend all meetings and the EAC reserves the right to sanction any school (up to expulsion), which does not fulfill this obligation. Each member school must send and support a school representative whose responsibility is to receive and distribute information regarding leagues, tournaments, and meetings. It is recommended that this individual be an Athletic Director, Activity Director, or Head of Physical Education.

Section 2.04

Member schools must pay annual membership dues of AED 2,000 per school. Dues must be paid to the EAC chairing school before or shortly after the Fall Meeting.

Article III: Officers

Section 3.01

The EAC Executive Committee shall consist of the Athletic Directors of the Full Member Schools with one school designated as the Chair of EAC on a two-year rotational basis. Please see the rotation below:

2023-2025	ACS
2025-2027	DAS
2027-2029	AISA
2029-2031	GAA
2031-2033	ASD
2033-2035	DAA

Section 3.02

The Chairperson shall be an Athletics Director from the member schools based on the rotation. The term of office shall be two (2) years commencing at the beginning of the following academic year.

Article IV: Duties and Responsibilities

Section 4.01 The function of the EAC Executive Committee shall be:

- To ensure that EAC member schools operate under the rules and regulations contained in the EAC Handbook.
- To review the EAC Handbook on an annual basis and ensure that its contents are accurate.
- To identify and be responsible for proposing a rotation of host sites for tournaments and to ensure that each member school fulfills its hosting and financial obligations on an annual basis.
- To ensure that member schools meet the required league and tournament organization standards contained in the EAC Handbook and hold member schools accountable for these standards.
- To act as an accrediting body for the Member schools and evaluate all schools on a regular basis. Assess if schools applying for membership meet requirements. In addition, formally assess the quality of each tournament including the level of sportsmanship displayed by the school, its student-athletes and its coaches, and hold member schools accountable for upholding these standards.
- To act as mediators in the event of a dispute between schools and to act as a “Grievance Committee” when required.
- To act as a recommending body to the membership.
- To facilitate two annual in-person meetings (September and May), as well as one virtual meeting (November).
- To present end-of-year accounts to the membership.

Section 4.02

The duties and responsibilities of the Chairperson shall include, but not limited to: serving as the administrative head of the EAC, chair Executive Committee meetings, decide all questions of order and develop meeting agendas. In addition, he/she will act as Secretary and Treasurer.

Section 4.03

The Chair of EAC duties and responsibilities shall include, but not limited to: take minutes of the meetings, be responsible for tournament draws, develop meeting agendas in consultation with the membership, receive all proposals and applications and distribute all written correspondence to the membership. He/she shall maintain accurate records and archive hosting participation, tournament reports, league results and standings, tournament results and standings. He/she will collate and distribute contact information for the membership.

Section 4.04

The Treasurer's duties shall include, but not limited to: maintain EAC accounts and provide the membership with statements at all meetings, invoice members for dues and any approved expenses such as banners. Liaise with resource companies for the purchases of banners and any special awards and arrange distribution.

Article V: Meetings

Section 5.01

There shall be three meetings each academic year – two in-person meetings (September and May), as well as one virtual meeting (November). The meeting sites for the subsequent year shall be set each year at the Spring meeting.

Section 5.02

Meetings shall begin at 10:00am with a maximum time of six hours unless extenuating circumstances exist which must be established prior to the meeting. The Spring meeting agenda will include a period of time devoted to establishing the following year's tournament and league game schedules.

Section 5.03

The EAC Chairperson shall have the discretion to call special meetings at any time for important matters, but prior notice must be provided to the membership at the earliest convenience.

Section 5.04

A quorum shall exist at any meeting with the presence of full member schools. To reach a quorum at least 3 schools must be present.

Section 5.05

In the absence of a quorum, business may still be discussed, but no items requiring a vote of the membership may be finalized.

Section 5.06

The Robert's Rules of Order shall be used and govern all proceedings.

Article VI: Voting

Section 6.01

The right to vote on any and all issues is reserved for Full Members only. Each school shall receive one vote on any issue within its voting purview.

Section 6.02

Associate Members have the right to make formal proposals to the EAC, however the right to vote on any and all issues is reserved for Full Members only.

Section 6.03

A simple majority of the votes cast (excluding abstentions) shall be required for the passage of any business item.

Section 6.04

As their school's sole representative, members of the Executive Committee are entitled to vote on any issue within the purview of their respective school.

Section 6.05

There shall be no provision for proxy votes and/or votes submitted in advance of a meeting in writing by non-attendees.

Article VII: Proposals

Section 7.01

For a proposal to be considered by the organization, the written proposal must be received by the Chairperson and Full Member schools at least 5 business days prior to the Spring Meeting.

Article VIII: Non-Discrimination Statement

Section 8.01

The policy of the EAC is that discrimination against any school and/or individual for reasons of race, creed, religion, sexual orientation, national origin, sex and/or handicap is specifically prohibited.

Section 8.02

Non-adherence to this policy may result in censure of the offending school and/or individual and include sanctions against the school and a written statement by the Chairperson to the respective Head of School.

Article IX: Dissolution

Section 9.01

This organization may be dissolved by a three-fourths vote (including abstentions) of the entire membership whether present or absent at the meeting at which dissolution is voted upon. There shall be no provision for proxy votes and/or votes submitted in advance of a meeting in writing by non-attendees.

Section 9.02

A dissolution vote may only be held at one of the three regularly scheduled business meetings.

Section 9.03

The exact nature of the disposition of any funds in the organization's bank account(s) must be resolved prior to any dissolution vote.

Article X: Amendments

Section 10.01

The EAC By-Laws may be amended by a majority vote of the full member schools.

Section 10.2

Proposed amendments must be presented in writing to the membership either in advance or at the actual meeting itself.

EAC Membership 2025-2026

Full Members of EAC (6)

- American Community School of Abu Dhabi (ACS)
- American School of Dubai (ASD)
- Dubai American Academy (DAA)
- GEMS American Academy of Abu Dhabi (GAA)
- American International School of Abu Dhabi (AISA)
- Dunecrest American School (DAS)

Full Membership Criteria

A school will retain its Full Membership Status if it has fulfilled the following criteria on an annual basis:

- Pay the annual dues of 2,000 AED before or shortly after the Fall Meeting.
- Are willing and able to host the EAC AD Meetings on a rotational basis.
- Participate in 100% of the EAC League games, events and tournaments of the preceding year.
- Send a minimum of one representative to the EAC AD meetings.
- Must host EAC events as allocated on the host site rotation determined at the Spring meeting.
- Abide by the rules and regulations of the EAC Handbook
- Is willing to host or find an alternate location from which to host games/matches/events.

Associate Membership Criteria

A school will retain its Associate Membership Status if it has fulfilled the following criteria on an annual basis:

- Pay the annual dues of 2,000 AED before or shortly after the Fall Meeting.
- Are willing and able to host the EAC AD Meetings on a rotational basis.
- Participate in at least four full sports with boys and girls teams at the Middle School level, during the preceding school year.
- Send a minimum of one representative to the EAC AD meetings.
- Associate Membership is only applicable for a one-year basis and status reviewed at the Spring AD Meeting.
- Abide by the rules and regulations of the EAC Handbook.

New Associate Membership Application

A school seeking initial membership in EAC must complete the formal EAC application and submit to the EAC Chairperson no later than one month prior to the Spring Meeting. Schools will be considered for EAC membership if they:

- Operate as a school whose program promotes the types of activities sponsored by the EAC and are philosophically aligned.
- Have on-campus facilities necessary or access to suitable facilities to host major EAC activities and be willing and able to financially support EAC events and programs.

- New member schools must be located in the greater Dubai/Abu Dhabi area i.e. new membership application from outside the UAE will not be considered.
- Make an application to participate in at least four EAC activities and pay a 2,000 AED start up fee.

Participation requirements for Membership

For the purpose of attaining and maintaining membership, the following are the minimum number of participants required (for boys and girls), in order to qualify as having officially participated in an EAC event/tournament. These are the EAC Core Sports.

Event/Activity	Minimum Roster Size	Maximum Roster Size
Basketball	6	20
Cross Country	5	10
8-a-side Soccer	9	20
Swimming	5	No max
Track & Field	8	No max
Volleyball	7	20
Badminton	4	6

Schools that compete in the events with less than the minimum participants indicated above will have their membership status reviewed.

All Members must participate in all EAC Core Sport events.

In addition, EAC member schools are strongly encouraged to participate in the following **invitational sports:**

- Tennis
- Golf
- Baseball / softball
- Dance

Force Majeure on Membership Status

If a situation arises, which is considered to be beyond the control of the school involved, which causes the school to not meet the minimum criteria established for their membership status, the Full Membership may vote to uphold their membership status or not. Each situation will be reviewed on an individual basis at the Spring AD meeting.

Membership Hosting Responsibilities

Schools currently involved in EAC events are expected to host EAC games, events and tournaments on a rotational basis as outlined by the Hosting Rotation. A minimum of four participating schools is considered necessary to constitute an EAC event.

Membership Attendance Responsibilities

Teams participating in EAC finals must arrive in good time (at least 30 minutes prior to game time) and stay for the duration of the event, including the awards ceremony, in order to receive full participation credit.

League Organization

EAC Sports for 2025-2026

Core Sports	Invitational Sports
Basketball	Baseball/Softball
Badminton	Dance
Cross Country	Golf
Soccer	Tennis
Swimming	
Track and Field	
Volleyball	

EAC League and Tournament Organization

EAC is a six team league at the Middle School level. Each school will play five league matches and the top four schools will advance to the one-day EAC finals. The fifth and sixth place teams will not compete in the Development Emirates Athletics Conference (DEAC), unless there are three teams or less participating in DEAC in that sport. In this case, the fifth and sixth place teams will be invited to participate in the DEAC event. (05/25)

DEAC teams will play friendly games throughout the season, with the goal being to play as many games as EAC teams. All teams compete in an end-of-season DEAC tournament (format depends on how many teams are in the division each season). It is highly encouraged for EAC members to enter teams in the DEAC league, but it is not mandatory. (05/24)

Students may not play on an EAC and DEAC team during the same season. If a school has a team at both levels, separate rosters must be maintained. If a school only has one Middle School team, this team must compete in the EAC league. The EAC league is for more advanced and experienced student-athletes, while the DEAC league is for students with less experience in the sport. (05/24)

Schools that compete with Junior Varsity and Varsity teams are encouraged to schedule games where applicable as this is not part of the EAC organization.

EAC Sports Calendar

The EAC is divided into three sports seasons as following:

Season One	September to November	Volleyball, Swimming
Season Two	November to February	Basketball, Cross Country, Soccer
Season Three	February to April	Badminton, Track & Field

The EAC Calendar spans the entire school year. A final calendar of events will be established at the Spring AD meeting for the upcoming school year.

Game / Tournament / Event Finances

All costs of hosting EAC or DEAC games / tournaments / events are the responsibility of the host school. The exception to this is hosting MS EAC scheduled cross country and track & field events, due to large costs and not every school being able to host these events. For these events, hosts can request up to 5,000 AED in reimbursements from the EAC organization. Receipts must be submitted (05/25) This applies to the final EAC track & field meet, and the two cross country events on the EAC calendar. This can include timing systems, officials and facility rentals.

Eligibility for Competition

The EAC Conference recommends that each EAC member school establish academic and ethical standards for participation eligibility, which are consistent with the school's educational philosophy.

Middle School Teams

- All students must be enrolled as full-time students at the school they represent.
- Competitors must be in Grades 6,7, and 8 on September 1st of the academic year.
- A student may participate on only one team and in one sport during any given weekend or tournament series of games.
- It is recommended that no student be eligible to compete unless a physician's statement is filed at the respective school.

Tournament / Event Organization

Host School's Responsibilities

- Distribute all tournament information to participating schools at least one week prior to the event.
- Designate a site manager to be present throughout the tournament or meet.
- All EAC / DEAC athletic events will have a nurse on site at the host school's expense.
- Arrange all officiating and necessary volunteers.

- Arrange a coaches' room where food and refreshments are available.
- Arrange food for tournament participants (this will be at the expense of all visiting schools).

Visiting Schools' Responsibilities

- Arrive at the host school no later than 30 minutes prior to the start of the game/meet.
- Know and observe the host school campus guidelines.
- Visiting coaches are responsible for their student athletes at all times.
- Observe the organization guidelines for maximum and minimum participants per team.

Officials

Every effort must be made to obtain bona fide officials for all EAC competitions. The conference recognizes that this is not always possible and that interpretations and applications of rules and judgements of officials are subjective. The orderly conduct of an activity dictates that decisions of officials be honored as final. Good sportsmanship is expected of all participants, including coaches. Officials are not required for Badminton and Tennis, however an adult presence monitoring or overseeing the games/event is recommended.

All EAC league games and final tournaments will be required to have officials sanctioned by the Athletic Director at these events.

It is the prerogative of the host school to determine the source of officials to be used.

Payment of Officials

It is the host school's responsibility to ensure the payment of the officials.

Minimum Requirements per Sport for Officials

All EAC League Games and Finals must have officials sanctioned by the host school Athletic Director. The below chart provides the minimum requirements.

Sporting Event	Officials Requirement
Basketball	2 court referees, 1 table official (book, scoreboard)
Cross Country	1 starter, 1 timer, Place judges
Soccer	1 center referee
Swimming	1 Head Official, 1 marshal, 6 timers, 2 stroke/turn judges
Track & Field	1 Head Official, 1 marshal, 1 starter, 6 timers, Field judges, Place judges
Volleyball	2 court referees, 1 table official (book, scoreboard)

* Badminton, and Tennis do not need officials, but scorekeepers are recommended.

Awards

A presentation banner will be kept by each school and will be presented to the winning school at each tournament for presentation and photograph purposes only. The presentation banner

remains with each school. Each school will manage its own method of displaying banners or plaques of EAC winning teams.

Coaches & Sponsors Meetings

The EAC Conference recommends that the Athletic Director of an EAC event conduct a meeting of coaches/sponsors and officials before the start of the event to discuss rules and procedures. All coaches are required to attend the coaches meeting, which will take place prior to the start of each tournament and event. Tournaments and events cannot start before 9:30am to accommodate travel time between Abu Dhabi and Dubai.

Protest & Grievance Procedure

Differences in opinion or interpretation of rules and regulations that may arise during an EAC event will be handled by the host school Athletic Director. They will consult rule books, EAC By-Laws, and all parties involved, including officials, to resolve the matter as soon as possible while all parties are in attendance at the host site. The event director of a school may submit a letter to the EAC chairperson if questions concerning EAC By-Laws /rules still remain at the conclusion of the event. Any questions so submitted will be discussed at the next conference meeting.

The event director of any EAC event is requested to inform the EAC chairperson as soon as possible should any major problems and/or incidents arise during the event.

Following an EAC event, in the case of a complaint being submitted to the EAC chairperson, the chairperson has the authority to investigate the incident as necessary and to take action deemed appropriate, including suspension of the tournament, and/or the tournament results and awards, until the matter can be addressed at the next EAC AD meeting. At that meeting, the schools involved in the disciplinary matter will be required to submit a report and/or present an explanation to EAC members. The Full Membership has the authority to decide on appropriate action.

Sports Guidelines

Tournament Formats

Please find below the prescribed format for all EAC Finals for the following sports: Basketball, Soccer and Volleyball.

- Tournament host schools are pre-established on the annual hosting rotation.
- Schools involved play one league match with every other school during the competitive season.
- League games can be played at either the competing schools or a designated site(s) if facilities are not available on site.
- League games are to be designated as such prior to the competition. Athletic Directors must agree on the designated league games prior to the start of the respective season.
- League games can be played at Exchanges and can count as the league games. This must be decided upon in advance by the respective Athletic Directors. This needs to be clearly stated to the EAC chairperson before the Exchange.
- League results are to be recorded on the shared EAC Results document within two working days.
- After the completion of the league games, the top four EAC teams will compete in a 4 team final tournament at a host school. The following schedules will be used on EAC finals days.

Basketball and Soccer

09:30	1 v 4
11:00	2 v 3
12:30	3 rd /4 th Playoff
2:00	Championship Final

Volleyball

09:30	1 v 4
10:45	2 v 3
12:00	3 rd /4 th Playoff
13:15	Championship Final

* Final results and standings should be mailed within three working days to the EAC Chairperson.

For midweek EAC league game doubleheaders, the following schedule must be followed :

Basketball / Volleyball

16:00

17:15

18:30

Soccer

16:00

17:00

18:00

DEAC friendly games are scheduled between schools who are entering DEAC teams in a season. It is recommended to bring together multiple DEAC schools for friendly games on the same dates as the midweek EAC league game doubleheaders. The format of the final tournament will depend on how many teams are participating. (05/24)

Below are recommended formats for **DEAC final tournaments** (basketball, soccer and volleyball):

- **6 teams** - two pools of three, followed by 1 vs. 1 / 2 vs. 2 / 3 vs. 3; pools will be built as a result of conversation amongst athletic directors, and overall team performances during the season. The strongest two teams will be split in separate pools.
- **5 team** - round robin format, using league standings to determine final placings.
- **4 team** - round robin format, followed by 1 vs. 2 / 3 vs. 4 to determine final placings.
- **3 teams or less** - 5th and 6th place teams from the EAC league will join, and one of the formats above will be followed.

(5/25)

Cross Country, Swimming and Track & Field

The EAC Championships will consist of one meet at the conclusion of the season at the host school designated by the host rotation. Final results and standings should be emailed within three working days to the EAC Chairperson.

Badminton

The host school will design a singles, doubles and mixed doubles one-day tournament. The number of entries allowed and tournament format will be determined by how many courts are available in order to complete a one-day event.

Sport Rules

BASKETBALL

[FIBA Rules](#) with the following EAC Provisions:

Playing Time:

All league and tournament games are 4 x 8 minute quarters with a 5 minute halftime break. In case of a tie at the end of regulation the overtime period will be 4 minutes. Host schools must provide table personnel - scorebook, and clock operator. There will be **no shot clock** for Middle School games. Once a team is up 20 points, all defense must be half court.

Equipment:

1. A good quality leather or composite leather ball (NFHS or FIBA approved) must be used for all games.
2. A 28.5 women's ball is used for all girl's games.

Classification of Teams - League Standings:

Teams shall be classified according to their win-loss record, namely two points for each game won, one point for each game lost, and zero points for a game lost by forfeit. The procedure is to be applied for each team having played only 1 game against each opponent in the league.

FIBA Tie-breaking Procedures Basketball:

If 2 or more teams have the same win-loss record of all games in the group, the game(s) between these two or more teams shall decide the classification. If the two or more teams have the same win-loss record of the games between them, further criteria will be applied in the following order:

- Higher goal difference of the games between them.
- Higher number of goals scored in the games between them
- Higher goal difference of all games in the group
- Higher number of goals scored in all games in the group

If these criteria still cannot decide, a draw shall decide on the classification. If at any level of these criteria one or more teams can be classified, the procedure of tie-breaker shall be repeated from the beginning for all remaining teams not classified yet.

CROSS COUNTRY

1. All Middle School participants will run a 3km course.
2. JV and Varsity races should also be organized on the same day (not an EAC event), following the same format, with a 5km race.
3. Watches with GPS are permitted. (5/19)

Facilities

A three-kilometer course is required, however it is not necessary that this course be a single loop.

Special Equipment/Facilities/Personnel

1. Controlled and safe starting line and finishing chute.
2. Toilet facilities.
3. Qualified medical personnel.
4. Water available, most importantly at the finish line.
5. Course marshals and finishing chute marshalls.
6. Chip timing is recommended.

Uniforms

Each runner should wear the team uniform with a designated number on the front and back of their jersey.

Tournament Scoring

1. Team's score consists of the places secured by its first four runners (i.e. 1st, 4th, 7th, 9th = 21 points). Although all runners do not necessarily score, displacement does occur.
2. The team with the lowest score gains 1st place.
3. Incomplete Teams (less than four runners) are not eligible for team standings. The runners are eligible for individual places (awards), but do not displace runners from full teams.
4. When breaking a team event tie, the 5th place runner's place will determine the winning team. The highest placed team's 5th runner shall win the tie.

Race Formats

1. Two 3km races will be conducted: MSG, MSB.
2. Team scores are combined to determine the final teams' placing.

SOCCER

[FIFA Rules](#) with the following EAC Provisions:

Playing Time: All league and tournament games are 2 x 25 minute halves with a 5-minute halftime break.

Format: 8-a-side on a field that is around 45 x 60m. Goal size is 2 x 5m.

Offside: Offsides will be called.

Substitutions: Unlimited substitution. Either team may substitute on any dead ball, but must go through the referee. Players must enter the field from the halfway line.

Equipment: Size 5 ball, and all players must wear shin guards.

Yellow Cards

All yellow card infractions in league home/away matches must be documented accurately on the EAC results page. Any player accumulating a total of 3 yellow cards will be automatically suspended for one game.

Red Cards

In all league and tournament matches any player shown a Red Card will be ejected from the game (no replacement permitted) and suspended from participating in the next game.

All card infractions in league matches must be sent through to the League Chairperson. Student's full name, school and uniform number must be included. The League Chairperson must notify the relevant Athletic Director as any player begins to accumulate cards. Match officials are responsible for recording the name and number of the player.

League standings will be based on the total points using the following scale:

- Win = 3 points
- Draw = 1 point
- Loss = 0 points

The host school must update results on a shared results sheet within 24 hours after each game.

Tiebreaker: If teams are tied on points after league play, the following procedure is implemented -

- 1) Goal difference (goals scored minus goals conceded; +5 is the highest possible goal differential in a game)
- 2) Total goals conceded
- 3) Head-to-head result
 - a) If more than two teams are tied, higher number of points obtained in matches played among the teams in question)

4) Coin toss

Championship tournament play (Final Four): If a tournament game (semifinal, 3rd place game or final) is tied after 50 minutes, a 2 x 5 minute extra time will be played. Teams change sides at half. If no scoring takes place, penalty kicks will be played. See below.

Penalty Kicks: Only players on the field at the end of extra time may take a penalty. Teams alternate turns and take five penalties each. After five penalties the score is tied, the shootout proceeds to sudden death.

SWIMMING

The meet will be under [FINA swimming rules](#).

Scoring:

Points will be scored as per the table below:

Individual Events		Relay Events	
Place	Points	Place	Points
1st	18	1st	6
2nd	17	2nd	5
3rd	16	3rd	4
4th	15	4th	3
5th	14	5th	2
6th	13	6th	1
7th	12		
8th	11		
9th	10		
10th	9		
11th	8		
12th	7		

13th	6		
14th	5		
15th	4		
16th	3		
17th	2		
18th	1		

Entries:

- Each swimmer may enter a maximum of 4 individual events and 2 relays
- Each school is allowed a maximum of 4 swimmers in each event
- The top three swimmers from each school will score points
- Only one relay team per school
- If time permits, additional relay teams may be added but will not be scored
- Team entries must be submitted using Hy-Tek Team Manager

MEET PROGRAM

MORNING SESSION
4 X 50 Freestyle relay
100 Freestyle
50 Backstroke
100 Breaststroke
50 Butterfly
100 Individual Medley
LUNCH BREAK
AFTERNOON SESSION
200 Freestyle
50 Breaststroke
100 Backstroke
50 Freestyle
100 Butterfly
4 x 50 Medley relays

Awards (5/25)

Team awards will be announced for the boys, girls and overall division. For the gender divisions, total points from Hytek Meet Manager will determine final standings. The overall team standing (boys and girls combined), will be determined using the table below:

	Points
First Place	6
Second Place	5
Third Place	4
Fourth Place	3
Fifth Place	2
Sixth Place	1

- Example: If a school's boys team finished 2nd, and the girls team 3rd, this school will be awarded 9 points.
- The team with the most points will finish in 1st place overall.
- The tiebreaker will be cumulative Hytek gender points.

TRACK AND FIELD

[World Athletics Rules](#)

Length of Meet

The event will run over one afternoon. It is recommended that the meet is run on a weekday from approximately 4:00 - 8:00 p.m. (due to heat).

Entries

All schools are required to use the Hy-Tek Team Manager system for entries which interfaces with the Meet Manager program.

General Meet Rules and Guidelines

1. Each school is allowed to enter only 3 athletes per event.
2. If there are a low number of entries in the 1,500 we will run girls together and then boys.
3. Field events must be allocated a minimum of 45 minutes.
4. Long Jump, Shot Put and Discus will receive a maximum of 5 attempts.
5. All track events will be run as timed finals.

6. All heats in track events up to and including 800m in distance will be run as seeded heats with the fastest heat running last. Schools will submit times for each athlete and relay or athletes will run in the slower heats.
7. An athlete can be in a maximum of 5 events.
8. Exhibition events will only be run time permitting.

Rule Exception

A. **False Start Rule:** The first false start will be charged to the entire field and any subsequent false starts charged to the offending athlete and resulting in disqualification from the race.

B. Shot Put Weights:

MS Girls	2 KG
MS Boys	3 KG

C. Discus Weights:

MS Girls	1 KG
MS Boys	1 KG

D. High Jump

The starting heights for the high jump will be 1.00m.

- Order of jump will be drawn by the computer
- Warm up jumps can be made with the bar on the starting height
- The bar will be raised by 5cm in every round. At 4 participants remaining it will go to 3cm each time
- A competitor who wishes to “pass” in any round must signal his/her intention to “pass” at the time the officials call his/her name
- A maximum of three approaches without an attempt will be allowed before the “field attempt” will be imposed at the set height
- A competitor is eliminated from the High Jump event when three successive “failed attempts” have been recorded regardless of the height at which the third successive “failed attempt” is recorded
- In the event of a tie, the following procedure will be used to determine the final placement in this order:
 - The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place
 - The athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place
 - For the first place, if a tie still remains, athletes will have one jump more at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not (2cm). They shall then attempt one jump at each height until the tie is resolved. Athletes tying must jump on each occasion when resolving the tie.

- If it concerns any other place than first, the athletes shall be awarded the same place in the competition

Meet Format

Below is a suggested format for EAC Track and Field Tournaments. Field event orders and times may vary depending on host school facilities. Track events must be run in the order stated but the times of events may vary.

MS EAC Track & Field Championships 2023 - Friday, April 14								
Event	Time	Track Event	Age Group		Event	Time	Field Event	Age Group
Event 1	3:00 PM	1500m	MS Boys		Event 20	3:00 PM	Long Jump	MS Boys
Event 2	3:15 PM	1500m	MS Girls		Event 21	3:00 PM	Discus	MS Girls
Event 3	3:30 PM	1500m Exhibition	All		Event 22	3:00 PM	Shot Put Exhibition	Boys
Event 4	3:50 PM	400m	MS Boys		Event 23	3:00 PM	High Jump	MS Girls
Event 5	4:00 PM	400m	MS Girls		Event 24	3:45 PM	Long Jump	MS Girls
Event 6	4:10 PM	400m Exhibition	All		Event 25	3:45 PM	Discus	MS Boys
Event 7	4:25 PM	100m	MS Boys		Event 26	3:45 PM	Shot Put Exhibition	Girls
Event 8	4:35 PM	100m	MS Girls		Event 27	3:45 PM	High Jump	MS Boys
Event 9	4:45 PM	100m Exhibition	All		Event 28	4:30 PM	Long Jump Exhibition	Girls
Event 10	5:00 PM	800m	MS Boys		Event 29	4:30 PM	Discus Exhibition	Boys
Event 11	5:10 PM	800m	MS Girls		Event 30	4:30 PM	Shot Put	MS Girls
Event 12	5:20 PM	800m Exhibition	All		Event 31	4:30 PM	High Jump Exhibition	Boys
Event 13	5:35 AM	200m	MS Boys		Event 32	5:15 PM	Long Jump Exhibition	Boys
Event 14	5:45 PM	200m	MS Girls		Event 33	5:15 PM	Discus Exhibition	Girls
Event 15	5:55 PM	200m Exhibition	All		Event 34	5:15 PM	Shot Put	MS Boys
Event 16	6:10 PM	4x100m Relay	MS Boys		Event 35	5:15 PM	High Jump Exhibition	Girls
Event 17	6:20 PM	4x100m Relay	MS Girls					
Event 18	6:30 PM	4x100m Relay Exhibition	Boys					
Event 19	6:40 PM	4x100m Relay Exhibition	Girls					

Scoring

The scoring system for **individual events** will recognize the first 6 competitors. Points will be awarded as follows:

- First Place 10 pts.
- Second Place 8 pts.

Third Place	6 pts.
Fourth Place	4 pts.
Fifth Place	2 pts.
Sixth Place	1 pt.

The scoring system for **relays** will be as follows:

First Place	15 pts.
Second Place	12 pts.
Third Place	10 pts.
Fourth Place	8 pts.
Fifth Place	4 pts.
Sixth Place	2 pts

Awards (5/25)

Team awards will be announced for the boys, girls and overall division. For the gender divisions, total points from Hytek Meet Manager will determine final standings. The overall team standing (boys and girls combined), will be determined using the table below:

	Points
First Place	6
Second Place	5
Third Place	4
Fourth Place	3
Fifth Place	2
Sixth Place	1

- Example: If a school's boys team finished 2nd, and the girls team 3rd, this school will be awarded 9 points.
- The team with the most points will finish in 1st place overall.
- The tiebreaker will be cumulative Hytek gender points.

VOLLEYBALL

FIVB Rules with EAC Provisions

DEAC teams play Triple Ball, see rules at the end of this section

Rules Exceptions

- A. Maximum of 20 players and 2 coaches per team.
- B. Net height: MS Boys 2.24m / 7'4" 1/8"
 MS Girls 2.18m / 7'2"
- C. Sets: A set is played to 25 points using rally scoring.
 The "best out of three" sets constitutes a match. All three sets are played to 25.
- D. Middle School Exceptions:
 - If serving underhand, servers may take one step in from the back line.
 - A server may serve a maximum of 5 points before the serving team must rotate. No points will be awarded on the rotation, and the ball remains with the serving team.
 - Kicking is prohibited in MS volleyball matches (5/19)
 - Accidental touches of the net by a person's hair will not be deemed a net violation (8/19)

Warm Ups

After the coin toss, the winner (eventual first serving team) gets full use of the court for 4 minutes to practice setting and spiking from all positions while the other team does warm-up on the court sides. The other team then takes the court for hitting practice for 4 minutes while the first uses court-side space for warm-up. Two minutes of warm-up are given to both teams simultaneously to practice serving.

Substitutions

Unlimited substitutions allowed.

Libero

Regular libero rules apply.

Equipment

A good quality game ball must be used. The Mikasa MV200 is recommended. Volleyball posts and officials stand must be protected by padding.

Officials

It is the prerogative of the host school to determine the source of officials to be used. It is recommended that there are two officials for JV and Varsity games – 1 Head Referee in the chair and 1 referee on the floor. MS games can be officiated by 1 referee.

Tie Breaking Procedures Volleyball

If two or more teams are tied at the end of league play, the following criteria will be applied, in order:

- A. The team having the best ratio of won/lost matches, considering matches between the tied teams, will be ranked higher;
- B. The team having the best ratio of won/lost sets; considering matches played between the tied teams, will be ranked higher;
- C. The team having the best ratio of points for/against, considering matches played between the tied teams, will be ranked higher;
- D. The team having the best ratio of won/lost sets, considering all matches of the round, will be ranked higher;
- E. The team having the best ratio of points for/against, considering all matches played during the round, will be ranked higher;
- F. As determined by the Organizing Committee (e.g. extra game, toss of coin, etc.).

When you apply this rule to break a tie you should follow this sequence:

- A. When two teams are tied, the tie-breaking criteria are applied one after the other until the tie has been broken.
- B. When three or more teams are tied, the tie-breaking criteria are applied one after the other until all the tied teams have been ranked.

Note: This means that if there is a tie among teams X, Y and Z and criteria “b” is able to determine X as first, Y as second and Z as third, then no further criteria are to be used. The tie is broken. However, if criteria “b” determines X as first and there is still a tie between Y and Z, then the ranking of the remaining teams will be determined by proceeding to criteria “c” and so on, if necessary. Do not start at “a” again. Continue through the sequence of criteria.

DEAC teams play Triple Ball - Rules:

1. Three officials will oversee the game. An up official, a table official and a tosser. The tosser may be another adult or faculty member sourced by the school hosting the games. It is possible to play Triple Ball with only an up official and a tosser.
2. Officials will whistle each ball into play and announce "Service", "Ball 2" and "Ball 3" to stay consistent and keep track of the play.
3. The tosser will immediately move off the court after the toss. Free balls are tossed underhand, with two hands and little to no spin, above the height of the antennae to allow athletes time to play the ball. The free ball will always be tossed directly to the athlete in

position six (6), otherwise a replay will occur. Athletes can only play tossed free balls from behind the attack line, otherwise a replay will occur. The free ball will be tossed once the front row players are at the net (ready to transition) and all athletes have been verbally told that the ball is being introduced, whistle and "Ball Two!". Athletes can take "free balls" introduced by the tosser with an overhead pass (volley). The ball can be sent over the net, however the intent of having a tosser is to make pass, volley, spike rallies easier to achieve.

4. All substitutions and timeouts must be called/made after or before a set of 3 balls. There are unlimited substitutions.
5. Reception of a served ball or free ball may be played in any legal manner.
6. Each team rotates when it is their turn to serve (after a three-ball sequence).
7. Any change of position that happens after the service can be kept for the entire three ball set.
8. The underhand service line will be marked across the entire court one meter from the endline. Athletes may take one step over the line when serving. Contact must be made before the other foot crosses the line.
9. The overhand service line remains as the endline. Athletes may take one step over the line when serving. Contact must be made before the other foot crosses the line.
10. Teams may still use a libero in the back row if they so choose.
11. Athletes may have two tries on the service. A bad toss may be caught or dropped and retried a second time if necessary.
12. Every ball introduced is worth one (1) point; a set can be won in the middle of a three-ball sequence.
13. Requests for time-outs during the three-ball sequence will be considered improper requests; time-outs must be made before the introduction of a serve.

Game Sequence:

The game follows a sequence of three rallies (service, free ball 1, and free ball 2).

1st rally – introduced by the server ·

2nd rally – introduced by a free ball tossed to the receiving team ·

3rd rally – introduced by a free ball tossed to the serving team

The service alternates between teams after each three-ball sequence. After each rally is complete, the ball must quickly be removed from the court so the next sequence can be started. Both teams must allow enough time for the ball to be removed from the court before starting the next sequence.

GOLF

Royal and Ancient Golf [Rules](#) with the following EAC provisions.

Golf is an invitational sport for the EAC member schools, and there is no league structure.

Rosters:

The maximum number of players will be six (6) and can include either boys or girls or both. Every effort must be made to field a full team of six (6) players in order to ensure that pairings and tee times are maintained. If schools do not bring full teams, other schools can bring more players to fill out the pairings.

Golf course rules and etiquette:

Players and coaches should be knowledgeable about the rules of golf. All golfers and coaches should carry a rulebook with them during the competition. Players are responsible for correctly applying the rules. Golf etiquette and dress are also necessary for events and tournaments.

Play:

Play will be in foursomes wherever possible, and golfers are strongly encouraged to play without delay and to pick up as soon as it is clear they will not score any Stableford points.

All female golfers will play from the women's tees and male golfers will play from the men's tees. If more than one set of tees are available the Tournament Director will announce the color of the tees to be used.

When the coach enters the players for competition, the golfer's official handicap or estimated handicap must be provided. This will be used in forming the four ball flight

Scoring:

A modified Stableford scoring system will be used for all competitions. Points will be awarded as follows:

2 strokes over par on a given hole	1 point
1 stroke over par on a given hole	2 points
Par on a given hole	3 points
1 stroke under par on a given hole	4 points
2 strokes under par on a given hole	5 points
3 strokes under par on a given hole	6 points

TENNIS

Regular rules of tennis will be used. The host school will design a format based on how many schools and players are entered into the competition.

This is an individual competition only.

There will be a 5-minute warm-up before each match.

Players will call their own lines and keep score. A player can request an adult to assist with calling the lines if he/she believes that there is a need. Players make that request to their coach who will then confer with the Site Director.

Players must report to the main desk before and immediately after the match to report the score.

A player reporting more than fifteen (15) minutes after the scheduled match time will be declared a walk over.

Coaches will be allowed to coach on court with their players during side-change.

BADMINTON

The host school will design a singles, doubles and mixed doubles one-day tournament. The number of entries allowed and tournament format will be determined by how many courts are available in order to complete a one-day event.

There will be a 5-minute warm-up before each match.

Players will call their own lines and keep score. A player can request an adult to assist with calling the lines if he/she believes that there is a need. Players make that request to their coach who will then confer with the Site Director.

Players must report to the main desk before and immediately after the match to report the score.

A player reporting more than fifteen (15) minutes after the scheduled match time will be declared a walk over.