

ATHLETICS

All athletic events will be divided by male and female categories except those specified otherwise.

Implementing a sports program can be of tremendous benefit to the Christian school. Godly coaches can use sports to teach character and self-control. Sports can also be used as an instrument to create and promote school spirit.



50 METER DASH **MALE 401** **FEMALE 411**

Two false starts by the same student will cause him or her to be disqualified. No spikes will be permitted.

200 METER RELAY **MALE 406** **FEMALE 416**

Students will form a four person team. Each student will run one fifty meter leg of a two hundred meter race. They will pass a baton at the end of each leg of the relay.

SOCCER KICK **MALE 424** **FEMALE 426**

Refer to the International Student Convention Guidelines for rules and regulations.

Rules

1. A standard #5 soccer ball must be used by all contestants. The Convention Director shall provide a regulation ball and net.
2. The ball must be properly inflated and will be checked by the Event Director.
3. Athletic shoes without hard toes are required.
4. A kicking tee must not be used.
5. A successful kick is one that passes into the net without touching the ground. It must be in flight when it passes over the goal line.
6. Contestants are permitted one "warm-up" kicks.
7. Contestants can take no more than two approach steps.
8. Contact with the ball constitutes a kick.
9. All contestants start at 5 yards.
10. All contestants must report and continue until eliminated..
11. Each contestant is allowed three tries at that distance. They may pass if they so desire.

12. After all contestants have either passed or attempted the kick, the ball is moved back 5 yards. Rule #11 then applies again.
13. Continue the above process until a winner has been determined.
14. A record of failures and successes shall be marked for all contestants. A zero will stand for a miss, an X will stand for a successful attempt, and a P will stand for a pass.
15. The winner shall be the person who has made a successful kick from the longest distance. In the case of a tie, the person with the fewest misses shall be declared the winner. If any contestants still remain tied, a kick-off shall occur and be judged again on fewest misses or longest kick.
16. After all other contestants have failed, the one contestant left has the right to continue kicking until he has three consecutive misses.

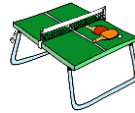


TABLE TENNIS
MALE 428
FEMALE 450

Refer to the International Student Convention Guidelines for rules and regulations. All students must furnish their own paddle and two balls.

Male and Female - Appropriate athletic clothing must be worn for all games.

The Choice of Ends and Service

The choice of ends and the right to be server or receiver in the first game of every match shall go to the younger player, provided that, if he chooses the right to be server or receiver, the other player shall have the choice of ends, and vice versa. Following the first game, the players then switch sides, and the first server of the first game becomes the first receiver of the second game. If a third game is required, the procedure will be the same as the first game.

Warm-Up

Because of a limited time schedule, warm-up may be no longer than two (2) minutes on the game table.

Game and Match

Games will be played to 11. A match is best two-of-three games. After each 2 points have been scored, the receiving player shall become the serving player and so on until the end of the game, unless both players score 10 points. When the score is tied at 10, the serve will alternate after each 1 point until a player wins by 2 points. From quarterfinals on (if time permits), a match may consist of the best three-of-five games.

Rules

During the course of a match, coaching is not permitted during a game but can be done between games, if it does not delay the next game. Because of the time limitations, play should be continuous.

Judge will call score before each serve. A serve made prior to score called will be a let and will be played over again. Contact with the ball must be above the table level and behind the end line (not sides) on a serve. The judge must be able to see the ball at all times. The server must hold ball in OPEN PALM and toss ball up during the serve. If a player fails to strike the ball after it has been tossed up for service, the receiver gets the point. The player shall lose a point IF his free hand or body disrupts playing surface. Instruct the players to check with the head judge before leaving the room after each match.

PHYSICAL FITNESS AWARD

(Male Only)

Pull-Up

1.The contestant will be allowed five minutes to perform as many pull-ups as possible without stopping.

Push-Up

1.The contestant will be allowed five minutes to complete as many push-ups as possible without stopping.

Sit-Up

1.The contestant will be allowed ten minutes to perform as many sit-ups as possible without stopping.

Rules

- 1.The contestant must do the exercises in the following order (1) pull-ups, (2) push-ups, and (3) sit-ups.
- 2.Only 60 seconds will be allowed between exercises.

Scoring

Pull-Ups -1 point each

Push-Ups -1/2 point each

Sit-Ups -1/3 point each



ARCHERY

BARE COMPOUND AND TRADITIONAL CATAGORIES ONLY

(No sights, stabilizers, or releases)

UNLIMITED MALE 436

COMPOUND MALE 438

TRADITIONAL MALE 439

UNLIMITED FEMALE 445

COMPOUND FEMALE 447

TRADITIONAL FEMALE 448

There will be one round of six arrows shot at the distance of twenty yards. A tie will be broken, by calculating the number of tens each student shot. Each contestant will be

given one practice shot at twenty yards. Refer to the International Student Convention Guidelines and rules.

All archery equipment must be turned in at check-in to the Range Supervisor.



COED VOLLEYBALL 451

Team fee: \$30.00

-A team will consist of a maximum of 10 players on the roster. There should be 5-6
players on the court at one time. No all male teams will be
allowed.

-EACH PLAYER MUST WEAR PROTECTIVE KNEE-PADS.

- All games will be played to 15 points or 8 minutes.
- In case of a tie at the end of time the next team to score a point wins.
- Matches will be the best two out of three.
- Servers will serve from a line to be marked 10 feet on the inside of the base-line.
- Net will be set to the official height of women's volleyball.
- General volleyball rules will be followed as per convention guidelines.

Game and Match

Rally scoring is to be used to keep score. Points are awarded on each play regardless of which team serves. The let (net) serve shall be allowed, and play shall continue provided net contact is entirely within the net antennas.

Substitution

The coach may make a request for substitution when the ball is dead. The referee will report the change to the scorer and then signal the substitute to enter the game. The incoming player must take the position in the serving order of the player replaced.



THREE MAN BASKETBALL 427

Team fee: \$30.00

General basketball rules will be followed as per convention guidelines.

Team

A team shall consist of six (6) players maximum. A team will not be permitted to start a game with less than 3 members. Only players, two coaches, and one statistician are allowed on the team bench.

Choice of Ends

The team representing the smaller school shall have the first choice of ends. Teams shall change ends at the half.

A Game

A game shall consist of two, six-minute periods separated by a five-minute half time. A game shall be won by the team having scored the most points by the end of twelve minutes of playing time. Winning teams advance.

Time-Outs

Each team is given two (2) full one minute time-outs and two (2) thirty second time-outs per game.

Overtime

Three (3) minutes duration, each team will be allowed one additional time out.

Fouls

Three personal fouls per game disqualify a player. Bonus (1 and 1) foul shots on 3th through 5th team fouls in each half. Double bonus, shoot 2 foul shots on the 7th and subsequent team fouls in each half.

Technical Fouls

Technical fouls are also counted as personal fouls and team fouls. If a coach or player receives a second technical foul, then he is eliminated for the rest of the game and tournament.