

2026 HANDBOOK



South Eastern
Independent Schools
Association



WWW.SEISA.COM.AU
EO@SEISA.COM.AU



NEWHAVEN
COLLEGE



Gippsland



Beaconhills College

St Paul's
ANGLICAN GRAMMAR SCHOOL

Table of Contents

Introduction & polices	4
Competition Uniforms.....	23
Participating Schools	30
Schedule of Events	31
Leadership Weekend.....	35
Swimming Carnival.....	39
VSAC.....	42
Badminton Carnival.....	43
Table Tennis Carnival	45
Athletics Carnival	46
Surf Carnival	51
Golf	54
Cross Country Carnival	56
Spring Carnival	59
Weekly Sport	65
SEISA Cultural Program Schedule	83
Visual Arts	84
Music Festival	86
Chess, Debating & Public Speaking	87
Theatresports	91
Dance	92
Accident & Injury Report Form	95
Incident Report Form.....	96
SEISA Hall of Fame	97



CHAIR'S WELCOME

Dear Students, Parents, Staff, and Members of the wider SEISA Community,

It is my great pleasure to welcome you to the SEISA for the 2026 school year.

As Chair of this association, I am incredibly proud of the vibrant community we have built together one that celebrates both sporting excellence and cultural achievement. Our association exists to provide every student with opportunities to discover their passions, develop their talents, and forge lifelong friendships through participation in sports and cultural activities.

Whether you excel on the playing field, shine on stage, create beautiful art, or express yourself through music and performance, there is a place for you here. We believe that education extends far beyond the classroom, and through our diverse range of programs, we aim to nurture well-rounded individuals who are confident, resilient, and equipped with the skills they need to thrive.

This year, we have an exciting calendar of events planned, including inter-school competitions, cultural festivals, showcases, and leadership seminars. These events would not be possible without the dedication of our teachers, coaches, chaplains, principals, and parent supporters to all of you, thank you for your unwavering commitment to our young people.

To our students: embrace every opportunity that comes your way. Turn up, challenge yourself, support your teammates, celebrate your achievements, and learn from setbacks. The memories and skills you gain through your involvement will stay with you long after your school years end.

I encourage all families to get involved whether through attending events, cheering from the sidelines or simply helping with the early morning drop off or late pick up. Your support is greatly appreciated and makes all the difference.

Here's to a year filled with teamwork, creativity, personal growth, and memorable moments.

Warm regards,

Sam Watson

Beaconhills College – Berwick Campus Principal
SEISA Chair



INTRODUCTION, AIMS AND HISTORICAL SUMMARY

The South Eastern Independent Schools Association was officially formed in 2012, featuring five independent Schools in the South East of Melbourne, and Gippsland. These Schools consisted of Beacons Hills College (Berwick Campus), Beacons Hills College (Pakenham Campus), Gippsland Grammar, Newhaven College, and St Paul's Anglican Grammar School.

Competition officially commenced in 2013, with other Schools in the South Eastern 'growth corridor' invited to participate alongside the five established schools. In 2024 we welcomed St Paul's Traralgon who began competing and participating as an independent school across many events.

The aim of the South Eastern Independent Schools Association is to provide competition in a number of activities, across both Sporting and Cultural fields, to the students of Independent Schools in the South East of Melbourne and Gippsland. These activities are arranged to cultivate friendship, goodwill, co-operation, courtesy, and healthy competition amongst the participating schools. Good sportsmanship and respectful competition are encouraged at all times.

ACKNOWLEDGEMENT OF COUNTRY

In the spirit of reconciliation, SEISA acknowledges that its member schools learn, gather and engage on the lands of the Gunaikurnai, Wurundjeri and Bunurong-Boon Wurrung peoples of the Kulin Nation who are the traditional Custodians of country where our schools are located. They have strong connections to the land, the rivers, the sky, the sea, our communities and our wildlife.

We pay our respects to Elders past, present and emerging, for they hold with them the memories, traditions and hopes of all First Nations peoples. It is through stories and literacy that our cultures can be shared.

We would especially like to acknowledge and First Nations peoples who are members of our school communities. We acknowledge the past and stand together for our future.



EXECUTIVE POSITIONS ROSTER

The Chair position for 2026 has been rotated to Beacons Hills College, Berwick with Sam Watson appointed the SEISA Chair. The Deputy Chair position is held by Paul Walton from Gippsland Grammar School.

The following table indicates the roster for member Schools to provide the Chairman and Deputy Chairman of SEISA. These appointments are made to cover a 2-year span.

Year	SEISA Chairman	SEISA Deputy Chairman
2013 - 2014	Newhaven College	St Paul's AGS
2015 - 2016	St Paul's AGS	Beacons Hills Berwick
2017 - 2018	Beacons Hills Berwick	Gippsland Grammar
2019 - 2019	Gippsland Grammar	Beacons Hills Pakenham
2020 - 2021	Beacons Hills Pakenham	St Paul's AGS
2022 - 2023	St Paul's AGS	Newhaven College
2024 - 2025	Newhaven College	Beacons Hills Berwick
2026 - 2027	Beacons Hills Berwick	Gippsland Grammar
2028 - 2029	Gippsland Grammar	Beacons Hills Pakenham
2030 - 2031	Beacons Hills Pakenham	St Paul's AGS Traralgon
2032 - 2033	St Paul's AGS Traralgon	Newhaven College
2034 - 2035	Newhaven College	St. Paul's AGS Warragul
2036 - 2037	St. Paul's AGS Warragul	Beacons Hills Berwick
2038 - 2039	Beacons Hills Berwick	Gippsland Grammar
2040 - 2041	Gippsland Grammar	Beacons Hills Pakenham

GENERAL REGULATIONS

The South Eastern Independent Schools Association gratefully acknowledges the assistance of the Gippsland Independent Schools, in conjunction with the Association of Public Schools in the creation of these regulations. Competitions will be conducted in sports under the rules of the governing body in Victoria in each sport:

Athletics Victoria	Badminton Australia	Basketball Victoria
Cricket Victoria	Hockey Victoria	AFL Victoria
Netball Victoria	Football Federation Victoria	Tennis Victoria
Victorian Softball Association	Swimming Victoria	Volleyball Australia
Lawn Bowls Victoria	Golf Australia	

Unofficial competitions may be held in other sports under the Rules of the governing body in Victoria in each sport if they do not conflict with anything hereafter.

The following regulations shall be absolutely binding on all the SEISA Member Schools:

1. The SEISA handbook can be updated on an as needs basis, in consultation with SEISA stakeholders (principals, sports coordinators, cultural coordinators). After any changes, **all** stakeholders must be emailed with a link to the new version of the handbook.
2. A committee of one Sport Coordinator and one Cultural Coordinator from each School, appointed by the Principal of that School, shall control all inter-school contests. The SEISA Executive Officer, who is appointed by the Executive, shall act as Chairperson, with meetings of each group to be held at least once during each term (sport) and as needed for cultural events.
3. No student shall be eligible to take part in any inter-school competition unless they are a bona fide pupil. A bona fide pupil is one who is enrolled at a SEISA member school. Exchange and visiting pupils are available to participate in SEISA competitions only if they are available for the entire competition and enrolled within the school for their length of stay at the school. If any student takes part in any inter-school contests in contravention of this rule, the school they represent shall forfeit all matches in which the student took part.
4. Students may participate in **one** summer and **one** winter sport only. Students should be selected to play in a team corresponding to their correct year level or age group but must only participate in one game on each match day. If a school is short on numbers, coaches can agree to vary these rules; however, the school who is forced to play students in more than one match will forfeit the game(s) and will not be eligible to receive winners' points for that game.

The exception to this rule is for senior teams, who may be comprised of students from lower year levels if the student is deemed capable of participating at senior level and has not competed in a junior summer/winter team in that year. Senior teams will be deemed 'open' to the best and most capable students across all secondary year levels. U/12 age divisions at major carnivals will be restricted to year 5 and 6 students only, as well as eligible year 7 and year 8 students.

In the event of a team about to forfeit a season, special consideration may be requested (in writing to the EO who will forward the request to schools) to allow junior students to play a second season of SEISA Sport. **This is not to be at the expense of older students missing out.

5. All disputes or claims arising out of any contravention of any regulations governing sporting or cultural contests between South Eastern Independent Schools, or charges against individual competitors, shall follow the [SEISA Dispute Resolution Policy](#). If the matter cannot be resolved at the event, the issue must be referred to the Sport or Cultural Coordinators of the school lodging the dispute or claim who shall complete an **Incident Report Form**. This is to be done immediately following the completion of the competition.
6. This **Incident Report Form** is then to be emailed to the Executive Officer who will then forward on to the two principals of the schools involved for action. This incident report form must be submitted not later than 3pm on the day after the incident occurred. The allegedly offending school shall complete a written explanation of the action taken on the Incident report form and shall return it as soon as possible to the school lodging the complaint and to the SEISA Executive Officer.

7. In all SEISA finals matches, the host school is the school who finishes in top ladder position. They shall be responsible for supplying match balls/equipment and for any other duties which may arise at a particular venue. Venues for finals are determined by the final ladder position with the team finishing first having the option of hosting the final for that sport. Agreed neutral venues are to be used when schools do not have the 'best' venues for finals available to them. Host schools are responsible for arranging first aid, equipment, and umpires for the final match/es. Final matches resulting in a drawn result will play extra time, per the match guidelines.
8. **Blood Rule:** In the event of a 'blood injury' the game shall stop, and the injured player removed from the field of play and be replaced before play resumes. The injured player may return at any time once the bleeding has ceased.
9. The SEISA Executive Officer shall ensure that copies of these regulations are issued annually to all schools. These regulations shall be checked and, if necessary, amended by the sport and cultural coordinators committees. Any changes made throughout the year shall be circulated to all SEISA stakeholders.
10. No school may make any concession to any other school in the contravention of any of these regulations unless with consent of the sport and cultural coordinators committees.
11. Overtime is not played during the fixture competition should game scores be drawn. Overtime will be played in final matches to ensure a result is reached, or in the case of soccer and hockey a penalty shootout will be played.
12. The following score will be recorded in the event of a team forfeiting a game. If a team forfeits the entire season, no results or scores are recorded against that team:

Sport	Forfeit Results
Hockey	5:0
Soccer	5:0
Netball	20:0
Basketball	20:0
Football	60:0
Cricket	Team A (loser) Runs Scored: 0 from 20 overs. Runs Conceded: 0 from 0 overs. Team B (winner) Runs Scored: 0 from 0 overs. Runs Conceded: 0 from 0 overs.
Tennis	8:0
Softball	20:0

13. If a game or round is cancelled due to weather or other exceptional circumstances the result will be deemed a draw. Only games that are directly impacted may be cancelled. All other games scheduled for that round must go ahead.
14. Weekly sport matches will not be rescheduled if they are unable to be played. Where possible, rescheduling finals matches is supported. If games cannot be rescheduled, the winners will be allocated by the ladder position.
15. If a calendar clash is identified, a school may request to change the date games are played for any given round. A change must be requested no less than 14 days before the scheduled match. Once a proposed change is agreed on by the Heads of Sport, written approval must be received by both school principals. If agreement between both schools cannot be found, the team unable to play will forfeit the game.

SEISA Code of Conduct

Purpose

The South Eastern Independent Schools Association (SEISA) is a child safe organisation that aligns its practices with the 11 Child Safe Standards. The SEISA Code of Conduct sets out the expected behaviour of adults with children and young people in our association.

All SEISA staff, volunteers, contractors, service providers, and any other adult involved in child-connected work must follow the SEISA Code of Conduct.

The SEISA Code of Conduct applies to all physical and online environments used by students. It also applies during or outside of school hours and in other locations provided by the school for student use (for example, a SEISA camp).

Acceptable behaviours

As SEISA staff, volunteers, contractors, and any other member of our school community involved in child-connected work, we are responsible for supporting and promoting the safety of children by:

- upholding our SEISA commitment to child safety at all times and adhering to our Child Safe Policy.
- treating students and families in our community with respect in our member school environments and outside our member school environments as part of normal social and community activities.
- listening and responding to the views and concerns of students, particularly if they disclose that they or another child or student has been abused or are worried about their safety or the safety of another child or student.
- promoting the cultural safety, participation and empowerment of Aboriginal students, students with culturally and/or linguistically diverse backgrounds, students with a disability, international students, students who are unable to live at home and lesbian, gay, bisexual, transgender, and intersex (LGBTQIA+) students.
- ensuring, as far as practicable, that adults are not alone with a student – one-to-one interactions between an adult and a student are to be in an open space or in line of sight of another adult.
- reporting any allegations of child abuse or other child safety concerns to the designated Child Safety Officer.
- understanding and complying with all reporting and disclosure obligations (including mandatory reporting) in line with our child safety responding and reporting policy and procedures.
- if child abuse is suspected, ensuring as quickly as possible that the student(s) are safe and protected from harm.

Unacceptable behaviours

Unacceptable behaviours are behaviours that cause or have the potential to cause harm to students in our care. As SEISA staff, volunteers, contractors, and members of our school community involved in child-connected work we must not:

- ignore or disregard any concerns, suspicions or disclosures of child abuse or harm.
- develop a relationship with any student that could be seen as favouritism or amount to 'grooming' behaviour (for example, by offering gifts).
- display behaviours or engage with students in ways that are not justified by the educational or professional context.
- ignore an adult's overly familiar or inappropriate behaviour towards a student.
- discuss intimate topics or use sexualised language, except when needed to deliver the school curriculum or professional guidance.
- treat a child or student unfavourably because of their disability, age, gender, race, culture, vulnerability, sexuality, or ethnicity.
- communicate directly with a student through personal or private contact channels (including by social media, email, instant messaging, texting etc.) except where that communication is reasonable in all the circumstances, related to schoolwork or extra-curricular activities or where there is a safety concern or other urgent matter.



- photograph or video a child or student in a school environment except in accordance with the social media and photography policy or where required for duty of care purposes.
- consume alcohol against school policy or take illicit drugs in the school environment or at SEISA events where students are present.
- have contact with any student outside of school hours except when needed to deliver the school curriculum or professional guidance and parental permission has been sought.

Breaches to the SEISA Code of Conduct

All SEISA staff, volunteers, contractors, and any other member of the school community involved in child-connected work who breach the SEISA Code of Conduct may be subject to disciplinary procedures in accordance with their employment agreement or relevant industrial instrument, professional code, or terms of engagement of their member school.

In instances where a reportable allegation has been made, the matter will be managed in accordance with the Department of Education and Training Reportable Conduct Scheme Policy and may be subject to referral to Victoria Police or Commission for Child Youth Protection (CCYP).

All breaches and suspected breaches of the SEISA Code of Conduct must be reported to the SEISA Chair.

If the breach or suspected breach relates to the SEISA Chair, breaches or suspected breaches must be reported to the SEISA Deputy Chair.

The SEISA Chair and Deputy Chair can be found in on the SEISA Website: About SEISA – SEISA



BEHAVIOURAL STANDARDS – OFFICIAL CODES OF BEHAVIOUR/CONDUCT

Behavioural standards are very important in the structure and functioning of the South Eastern Independent Schools Association. A set of **Official Codes of Behaviour** for Administrators, Players, Teachers, Officials, Coaches and Parents will be the set of rules under which all SEISA competitions will be played. In addition to these Codes of Behaviour, some specific behavioural standards are listed within the regulations of each sport.

Ultimately, we want SEISA to be a highly competitive, positive sporting experience.

Players are responsible for conforming to the spirit as well as the letter of the rules. Most of us can clearly distinguish between fair play and gamesmanship or taking advantage of loopholes in the rules. The following comments are intended to assist other key stakeholders to avoid thoughtless and unintentional breaches of sportsmanship.

Team Captains. The home Captain should extend normal courtesies of a host of visiting teams.

Spectators:

1. Whatever interferes with the orderly conduct of an event, or the comfort and freedom of others to watch and enjoy the event is not acceptable.
2. Spectators are encouraged to applaud good play by both sides.
3. There should be no streamers, either in rolls or bunches, banners, bugles, car horns or other noisy instruments.
4. There should be no cheerleaders or other exhibitions.
5. Areas used by spectators should be left litter free.

Coaches are always expected to set an example to others and ensure that the spirit of the game and essence of the regulations are upheld.

Host Schools

Wherever competitions are conducted at school venues, it is recommended that the host School provides a staff to monitor and deal with spectator conduct.

Pre and Post Game

- Host schools are also expected to “Meet & Greet” visiting schools and escort them to Change rooms, competition venues etc.
- Both team coaches, players and officials should meet prior to the game to discuss expectations and any SEISA specific rules.
- A polite acknowledgement of both teams and officials should take post-game. For students, this should include shaking hands and 3 cheers. For officials, only 3 cheers is required.
- Both teams should verify and sign the scoresheet & record results.

CODE OF BEHAVIOUR | PLAYERS

- Play by the rules.
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting, or provoking an opponent are not acceptable or permitted behaviours in any SEISA sport.
- Work equally hard for yourself and/or your team. Your team’s performance will benefit, so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport, as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates, and opponents. Without them there would no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, and religion.



CODE OF BEHAVIOUR | **PARENTS**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning and losing.
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials, and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their agenda, ability, cultural background, or religion.
- Parents should remember to bring their Working With Children Card and sign in at school receptions of any schools that they visit.

CODE OF BEHAVIOUR | **COACHES**

- Introduce yourself to opposition coach & officials.
- Remember that young people participate for pleasure and winning is only part of the fun.
- Never ridicule or yell at a young player for making a mistake or not coming first.
- Be reasonable in your demands on player's time, energy, and enthusiasm.
- Operate within the rules and spirit of your sport and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect, and professionalism to all involved with the sport, including opponent's coaches, officials, administrators, the media, parents, and spectators. Encourage players to do the same.
- Show concern and caution toward the sick and injured players. Follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principals of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.

CODE OF BEHAVIOUR | **TEACHERS**

- Encourage young people to develop basic skill in a variety of sports and discourage overspecialisation in one event, sport or playing positions.
- Create opportunities to teach appropriate sports behaviour as well as basic skills.
- Prepare young people for intra and inter school competition by teaching them basic sport skills.
- Make young people aware of the positive benefits of participation in sporting activities.
- Keep up to date with coaching practices and the principals of physical growth and development.
- Help young people understand that playing by the rules is their responsibility.
- Give all young people opportunities to participate in administration, coaching, refereeing, and playing.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion.



CODE OF BEHAVIOUR | **OFFICIALS**

- Officials should remember to bring their Working With Children Card and sign in at school receptions of any schools that they visit. Officials may be required to complete additional Child Safety declarations before officiating games.
- Should familiarise themselves with SEISA specific rules.
- Should introduce themselves to both coaches & co-officials.
- Compliment and encourage all participants.
- Be consistent, objective, and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background, or religion.



SEISA FIRST AID POLICY

Introduction:

Our aim with this procedure is to provide accessible and professional first aid treatment to all students and staff attending SEISA events.

School expectations:

- All teams and participating groups are to carry a basic first aid kit that would allow staff to address any immediate incidents. These would include bleeds, sprains, asthma, anaphylaxis, or other allergic reactions that require immediate attention.
- All staff would be aware of the medical needs of the students in their care and any action plans that have been developed.
- Students who may require the use of an EpiPen are to be identified before departure to any venue and the location of their EpiPen should be verified.
- All staff to identify the location of first aid upon arrival at any venue.
- If an injured/unwell student requires transport to a hospital, the home First Aid Officer will ring an ambulance ASAP. A staff member from the injured student's school will accompany the student until a parent or guardian arrives. The host school staff members will assist with supervision of visiting teams until arrangements can be made with their school. This applies to events both at school and at external venues.
- At no stage are injured students to be transported in private vehicles.

Carnival events

SEISA will provide external first aid for the following carnival events held at non-school venues:

- Swimming
- Athletics
- Cross Country
- Spring carnival (netball and volleyball)
- Surfing
- MTB

Provision of first aid (school venues):

For any event that takes place on site at one of the SEISA schools, there is no requirement for a designated first aid officer to be present, however, supervising staff are required to be Level 2 first aid trained at a minimum. Visiting schools should be informed of the location of the school nurse/first aid officer. If first aid is required, the host school is responsible for assisting the visiting staff/students in obtaining care.

Provision of first aid (non-school venues):

For any event not held at a SEISA school venue, the host school is to provide a basic first aid kit (as described above) and provide support to visiting teams if first aid is required.

If the following sports are played at a non-school venue, the host team is required to provide a **designated** First Aid Officer:

- AFL/ALFW
- Hockey
- Basketball
- Soccer

The designated First Aid Officer must hold current first aid qualifications to a minimum Level 2. They must also hold current anaphylaxis, asthma, and CPR qualifications. The First Aid Officer must be easily identifiable and work from a designated First Aid area with access to all equipment and supplies consistent with a Level 2 qualified officer. The host school may use its discretion when supplying either a first aid officer from an external provider, or a designated staff member who holds these qualifications.



Procedure for Illness/Injury

1. Reassure and aid the injured person at the event.
2. Send for qualified first aid personnel/back up.
3. Provide first aid to your level of qualification.

Refer to your school's First Aid Policy for advice on:

- a. Sports Injury Assessment
- b. Managing Students with Medical Conditions
 - Asthma
 - Allergies
 - Diabetes
 - Epilepsy
 - Heart Conditions

4. Call an ambulance if required - **do not transport the injured/unwell individual.**
5. Notify schools, parents/guardians.
6. As soon as reasonably possible fill out the SEISA Incident Form & email to eo@seisa.com.au

Finals

If an external provider is required for finals matches, SEISA will reimburse the host school for this expense.

The Full SEISA First Aid Policy can be viewed on the [SEISA Website](#)



SEISA CONCUSSION POLICY

Introduction

Concussion is a growing health concern in Australia which has stimulated an increased focus on the importance of diagnosing and managing the condition safely and appropriately. Children and adolescents may have greater susceptibility to concussion, take longer to recover, and can be at risk of severe consequences such as second impact syndrome. Complications can occur if a player continues playing before they have fully recovered from a concussion. As such, managing concussion in children and adolescents requires a more conservative approach.

Purpose

SEISA seeks to manage concussions of students in a manner that does not pose further risk to the student. The SEISA Concussion policy exists to ensure that there is consistent care across member schools for concussions and suspected concussions sustained in SEISA training and competitions, as well as for injuries sustained outside SEISA sport by those who participate in our programs.

What is concussion?

A concussion occurs through a collision with another person or object where biomechanical forces to the head, or anywhere on the body transmit an impulsive force to the head/brain. In most cases, this results in transient neurological impairment. It should be noted that concussion can also occur with relatively minor knocks.

Australian Institute of sport – Australian Concussion Guidelines for Youth and Community Sport

In February 2024 the AIS released their Concussion Guidelines for Youth and Community Sport. These guidelines can be viewed in full here: <https://www.concussioninsport.gov.au/>

SEISA are committed to implementing the guidelines and recommendations prescribed in the above document in full.

Graded Return to sport framework for community and youth:

Students suffering from a concussion will not be permitted to participate in SEISA programs. The risk of complications from concussion is increased if a player is permitted to return to sport before they have fully recovered. It is therefore important that students do not return to contact activities or competition, until they have fully recovered.

SEISA will follow the graded return to sport framework (GRTSF) set out by the AIS. This framework provides information for athletes/ coaches/parents/teachers on how to manage concussion through the recovery process and provides time frames for a safe return to sport/learn.

SEISA Concussion Policy - 2024

The AIS return to sport protocol for community and youth sport includes:

- Introduction of light exercise after an initial 24-48 hours of relative rest.
- Several checkpoints to be cleared prior to progression.
- Gradual reintroduction of school learning activities. As with physical activity, cognitive stimulation such as using screens, reading, and undertaking learning activities should be gradually introduced after 48 hours.
- At least 14 days symptom free (at rest) before return to contact/collision training. The temporary exacerbation of mild symptoms with exercise is acceptable, as long as the symptoms quickly resolve at the completion of exercise, and as long as the exercise-related symptoms have completely resolved before resumption of contact training.
- A minimum period of 21 days until the resumption of competitive contact/collision sport.
- Consideration of all symptom domains (physical, cognitive, emotional, fatigue, sleep) throughout the recovery process.

Return to school learning activities take priority over return to sport. That is, while graduated return to school learning activities and sport activities can occur simultaneously, the student will not return to full contact sport activities until they have successfully completed a fully return to school activities.



What to do if concussion is suspected?

The individual with suspected concussion should be reviewed by a Health Care Practitioner (HCP) at the earliest opportunity. Concussion is an evolving condition. Therefore, signs and symptoms can change or be delayed, reflecting the changing underlying physiological injury status of the brain. In some instances, it will be obvious that there has been a significant injury where the athlete immediately suffers a loss of consciousness, has a seizure, or has significant balance difficulties. However, signs and symptoms of concussion can be variable, non-specific, subtle, and may be difficult to detect. Symptoms that are initially subtle can become more significant in the hours and days following the injury and require repeat/serial evaluations. Owing to delays in presentation, it may take up to 48 hours following a head contact to exclude a diagnosis of concussion. Parents/caregivers, teachers, coaches and attending healthcare practitioners need to be alert to behaviour that is unusual or out of character.

Next Steps

- If the injury/suspected injury occurs at a SEISA event, coaches must follow their school procedures for injury and obtain medical care as soon as possible for the injured person.
- Additionally, the Head of Sport must be notified, and an incident report form be completed and sent to the SEISA Executive Officer for recording purposes.
- If the injury occurs outside of SEISA sport, the student and/or their parents/guardian will be responsible for notifying their school of the concussion/suspected concussion.
- The Head of Sport from the injured students' school is responsible for liaising with the student and their parents/guardians to ensure that minimum symptom-free timeframes have been met for a return to sport. Parental consent must be obtained in **writing** before a student can return to sport (training or competition).
- When the student returns to training/competition, coaches should monitor the player closely. If they show any signs of concussion they should be removed from the session/game immediately and should follow the processes outlined above by the AIS.



SEISA ADVERSE WEATHER POLICY

Overview

- a. SEISA run competitions and carnivals in a range of sports at a range of venues. Each organisation has in place a considered management structure for overseeing inter-school sporting competition.
- b. As part of their governance responsibilities the Heads of the SEISA schools have identified the need to provide guidelines for those acting on their behalf in the management of inter-school sporting competitions.
- c. These guidelines have been developed in consultation with the Heads of Sport and SEISA Executive.
- d. This is a general policy designed to provide guidance around inclement weather & triggers that can mean changes to scheduled games.
- e. This policy also draws attention to the general risks of heat-related illness or injury in sport and provide precise guidelines for conduct of sporting activities in hot weather, poor air quality and in instances of lightning strikes or hail.
- f. This document should be read in conjunction with the policy provided within Appendix 1.
- g. Any games that are modified will need to meet the minimum requirements set out in the SEISA Handbook Rules if a result is to be obtained. In the event a game is called off, or it does not meet these requirements, the result will be a draw, and points will be allocated in line with the rules set out in the SEISA Handbook.

Rain

- i. Decisions to modify or cancel games due to rain will be made on the day of the competition. Schools should aim to play games, wherever possible.
- ii. In the event of rain, SEISA sports that are ordinarily played in wet weather should continue to be played (e.g. AFL, Soccer), unless it is not safe to do so.
- iii. For sports that are ordinarily postponed/called off due to rain (e.g. Cricket, Tennis), coaches, in consultation with umpires will determine if there is to be a delay, modification or cancellation of the game. Where two coaches are not in agreement to delay/cancel games due to rain, the umpire shall have the deciding vote. Student safety is the top priority.
- iv. Only games that are directly affected by rain/flooding may be delayed or called off.
- v. The SEISA Executive Officer, in conjunction with the Heads of Sport will determine any modifications/cancellations to outdoor carnival events. Changes may be made 24 hours prior to the event.

Heat

Prior to the Competition

- i. If at 9.00 a.m. on the day prior to the competition the predicted temperature in the playing location as provided by the Bureau of Meteorology (BoM) is 36°C or above, then the SEISA Executive Officer in conjunction with the Heads of Sport will by 10.00 a.m. on the day prior cancel all sport between those competing teams at the location where temperature limits have been reached (for the sake of clarity this includes indoor and outdoor sport). All games between schools at venues where the temperature limits have not been reached will proceed as planned.
- ii. Prior to the competition the monitoring of the predicted temperature will be the responsibility of the Executive Officer and the respective Heads of Sport.

On the day of the competition

- iii. At 31°C ambient temperature (actual temperature of the air, as measured by the BoM) Directors of Sport, Sport Coordinators and Coaches must consider and implement where appropriate management procedures consistent with the advice provided in Appendix 1 which will attempt to ensure that environmental and risk factors relevant to heat stress are minimised.
- iv. Once the ambient temperature is 36°C or above, then the competition or training must be suspended (pool venues excluded). If the temperature does not fall below 36°C during the subsequent 30-minute period, then the competition or training must be cancelled.
- v. On the day of the competition or training, the responsibility for monitoring temperatures is as described below:

Outdoors:

- It is the responsibility of the Home School Sports Coordinator or their delegated representative to monitor the BoM Website to determine **local** temperatures.

Indoors:

- It is the responsibility of the Home School Sports Coordinator or their delegated representative to use a thermometer to gauge the temperature.

Carnival Venue:

- It is the responsibility of the SEISA Executive Officer, in conjunction with the Heads of Sport to determine the temperature.

Air Quality

- (i) When the PM 2.5 Air Quality Index (AQI) reading reaches **51+**, Heads of Sport, Sport Coordinators and Coaches, where appropriate, must consider and implement management procedures consistent with the advice provided in Appendix 2 which will attempt to ensure that environmental and risk factors relevant for respiratory issues/stress are minimised.
- (ii) Once the PM 2.5 AQI reading reaches **101** or above, then the game/training must be suspended. If the PM 2.5 AQI reading does not fall below 101 during the subsequent 60-minute period, then the game/training must be cancelled.
- (iii) On the day of the Competition and or Training, the responsibility for monitoring air quality is as described below:

Outdoors:

- It is the responsibility of the Home School Head of Sport/ Sports Coordinator or their delegated representative to monitor the aqicn (or similar) website to determine local air quality.

Indoors:

- It is the responsibility of the Home School Head of Sport/ Sports Coordinator or their delegated representative to use an air quality detector to measure the air quality. If a school does not have access to an air quality detector, the outdoor air quality measurement will be used for indoor sport.

Carnival Venue:

- Is the responsibility of the SEISA Executive Officer, in conjunction with the Heads of Sport to determine the air quality. If no access to an air quality detector is available, the outdoor air quality measurement will be used.

Electrical storms/ Lightning

- (i) In the event of electrical/ thunderstorms, (especially if the time delay between thunder and the flash is less than 30 seconds) players, coaches and officials should seek urgent safe shelter. Play should only restart if at least 30 minutes has passed since the last sound of thunder/sight of lightning and coaches and officials are confident of player safety.
- (ii) **Severe Hail**
When safety is compromised by severe hail, coaches and officials should agree to abandon play and seek immediate shelter until the hail stops and it is safe to restart play.

Major Events:

In the event of an imposed delay or cancellation due to adverse weather for the Athletics, Swimming, Cross Country, or Spring Carnival, these events may continue when it is safe to proceed in whole or part, at the discretion of the SEISA Executive Officer in conjunction with the Heads of sport.



SEISA Sport Adverse Weather Policy Appendix 1 – Heat Policy

1. Context

- (a) Heat related illness and injury consequent upon exercise can be severe and, in some cases, fatal. The danger of heat related illness and injury must never be underestimated. Heat stress during exercise needs to be carefully managed.
- (b) The management of exercise during extreme heat is particularly important in the case of children and young adults (referred to as “children” throughout the policy and supporting documentation)
- (c) The management of elderly personnel who may be acting as officials is also particularly important.

2. Detail

Environments to which competitors are exposed will vary as will Individual responses to heat stress on the individual. It should be noted that there is a risk of heat related illness or injury at all temperatures, however, the risk is much greater at 30°C or above.

It is important to understand the factors that may contribute to heat stress. What constitutes extreme conditions will vary depending upon:

(a) Environmental Factors

- (i) The type of sport e.g. fitness based vs. skill based.
- (ii) The venue utilised by the sport e.g. water based vs. field based or indoor vs. outdoor.
- (iii) The duration and intensity of the activity.
- (iv) The time of day during which the activity takes place.
- (v) Humidity of the immediate environment.
- (vi) Exposure to Solar Radiation.

(b) Individual Risk Factors

- (i) Fitness levels of the athlete / official.
- (ii) Age of the athlete / official.
- (iii) Acclimatisation.
- (iv) Hydration levels.
- (v) History of heat stress (genetic factors).

It is difficult to predict precisely how an individual will respond to heat stress and how likely heat stress is to cause illness or injury in a particular sport. Where there is any doubt, based on medical information provided by parents/carers in relation to a particular individual, specialised medical advice should be sought.

(c) Management of Environmental and Individual Risk Factors

Where possible, the factors contributing to heat stress should be managed by attending to:

- (i) Event timing – altering the time of the event to take in the cooler part of the day (e.g. early morning).
- (ii) Reduce the length of the game.
- (iii) Ensure all players are well hydrated, prior to and during the event.
- (iv) Player rest and rotation.
- (v) Pre-cooling.
- (vi) Appropriate clothing.



- (vii) Use of shade, fans, ice, water etc.
- (viii) Acclimatisation to heat through appropriate training.

(d) Signs of Heat-Related Illness or Injury

- Common symptoms of heat-related illness or injury include (but are not limited to): fatigue, nausea, headache, confusion, light headedness, high heart rate, collapse, dry skin and/or pale skin colour (pale skin colour may occur with or without dry skin).
- If a child complains of feeling unwell during exercise or experiences any of the above symptoms, he or she should **immediately** cease activity and steps should be taken to assist the child to cool down (removal of unnecessary clothing, provision of drinks, move to a cool area with air-conditioning or a fan, spray with water, application of wrapped ice packs to the child's armpits and/or groin area). **Under no circumstances** should a child be permitted or encouraged to continue exercise.
- Medical advice should be sought promptly if the symptoms do not improve rapidly.
- Medical advice should **always** be sought **immediately** if a child collapses.
- If a child suffers heart-related illness or injury, a record should be maintained to assist in treatment and immediate and future management of the condition.

(e) Guidelines for Avoiding Dehydration (Sports Medicine Australia)

Dehydration can occur in the winter months, however, the importance of addressing hydration is underlined in extreme heat.

General

- Children should not wait to feel thirsty as thirst may not be a reliable indication of fluid needs.
- Cool fluids may be absorbed more rapidly than warmer fluids.
- Children must avoid starting exercise when dehydrated – they should drink plenty of fluids prior to exercise.
- If children do not like the taste of water, they may well favour flavoured drinks such as “sports drinks” and low concentration cordial.
- If children are well hydrated, they should be able to pass a good volume of clear urine in the hour before exercise.

Specific

- Encourage children to have their own water bottle that they can regularly refill to remind them of the need to drink regularly.
- A reasonable guideline is the intake of 500ml an hour before exercise.
- A reasonable guideline is the intake of 150ml every 15 minutes during exercise.
- Children must be actively encouraged to take advantage of all breaks in play to take in fluids.
- Students should be encouraged to drink liberally after exercise to ensure full rehydration.

SEISA REPRESENTATIVE SPORTING TEAM POLICY

The aim of the South Eastern Independent Schools Association is to provide competition in a number of activities, across both Sporting and Cultural fields, to the students of Independent Schools in the South East of Melbourne and Gippsland. These activities are arranged to cultivate friendship, goodwill, co-operation, courtesy, and healthy competition amongst the participating schools. Good sportsmanship and respectful competition are encouraged at all times.

Certain representative pathways exist for SEISA students in both team and individual sports. SEISA Representative Teams are designed to recognise students with a high level of sporting performance enrolled at SEISA member schools and provide opportunities for competition at a higher level against students from other school sports associations. Selection in a SEISA Representative Team represents a significant achievement for students & is a team that we hope all SEISA students aspire towards.

Individual Selection

The SEISA Representative Teams will be selected based on results from the SEISA Carnival held in that calendar year. Entries will be determined by the results that best meets the criteria as determined by the program organisers.

If a position on the SEISA team is declined, the opportunity to participate is given to the next highest qualifying SEISA student.

Students that do not participate in the relevant SEISA carnival (regardless of whether this is by choice, illness or injury) are ineligible for selection in the SEISA Representative team.

If there is a direct link to an elite (National/State) team, an exemption may be sought in writing to eo@seisa.com.au. This request will be forwarded on to the SEISA principals who may authorise student participation at the event.

Premier competitions

The Schools Sporting Associations of Victoria (SSAV) or State Sporting Associations (e.g. AFL Victoria) run premier competitions for certain sports each year (including but not limited to: AFL, AFLW, Cricket, Softball, Tennis, Futsal and Soccer).

The premiership school in the SEISA Weekly Sport program may have the opportunity to participate in a premier sporting competition. Should the winning school decline to participate, the runner up school may be given the opportunity to partake.

The winning schools' team can be made up of any student currently enrolled at that school. Any prerequisites for students to compete in this competition will be left to the discretion of the winning school. There is no SEISA minimum requirements.

The cost of attending SEISA Premiers Team competitions (e.g. AFL, Netball) will remain with the school & students will wear their school team uniforms.

SEISA representative teams (e.g. VSAC, athletics team, Golf) will be paid for by SEISA & students will be supplied with the suitable SEISA Uniform (Polo/Athletics singlet etc.)



SEISA MEMBER SCHOOLS | OFFICIAL COMPETITION COLOURS

The following are the official colours of the sports uniforms worn by member schools when competing in all SEISA Inter-school competitions. Should it become evident that a clash of colours will occur when some member schools are matched against each other, the two competing schools shall agree on colour changes that will result in each team being easily identifiable.

ATHLETICS/CROSS COUNTRY

SCHOOL	UNIFORM COLOURS		
Beaconhills College (Berwick)	Yellow Singlet, Blue & White side panels, Navy Shorts		
Beaconhills College (Pakenham)	Navy Singlet, Gold & White side panels, Navy Shorts		
Gippsland Grammar	White with Green and Black stripe. Black Shorts.		
Newhaven College	Navy Blue Singlet		
St Paul's AGS (Warragul)	Blue Singlet, Maroon & Gold stripes, Navy Shorts		
St Paul's AGS (Traralgon)	Maroon, yellow and blue singlet, Maroon and yellow shorts		

BASKETBALL

SCHOOL	UNIFORM COLOURS		
Beaconhills College (Berwick)	Yellow Singlet, White side panel, blue trim, Yellow Shorts		
Beaconhills College (Pakenham)	Navy Singlet, Gold & White side panels, Navy Shorts		
Gippsland Grammar	Green and Black with White wave. Black Shorts.		
Newhaven College	Navy/Maroon Reversible Singlet, Navy Shorts		



St Paul's AGS (Warragul)	Home: Maroon Singlet, Blue/Gold stripes, white numbers, maroon shorts Away: White singlet with Maroon sides, black numbers.		
St Paul's AGS (Traralgon)	Home: Maroon and Yellow singlet, white numbers. Maroon & Yellow shorts. Away singlet White with yellow sides, black numbers.		

CRICKET

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Navy Shirt, White pants, Yellow Cap	
Beaconhills College (Pakenham)	Cricket Whites (seniors) Navy PE Top, White Pants	
Gippsland Grammar	Cricket Whites	
Newhaven College	Navy/Maroon Polo, Whites	
St Paul's AGS (Warragul)	Cricket Whites & Blue Polo	
St Paul's AGS (Traralgon)	Cricket Whites	

FOOTBALL

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Yellow Jumper, Blue and White Emblem, Navy Shorts, Yellow Socks	
Beaconhills College (Pakenham)	Navy Jumper, Gold & White panels, Navy Shorts	
Gippsland Grammar AFLW	Black with Green and White stripe. Black Shorts	
Gippsland Grammar AFL	Green with White and Black stripe. Black Shorts.	



Newhaven College	Sky Blue Jumper, White Shorts		
St Paul's AGS (Warragul)	Navy/Gold/Maroon Jumper, Gold/Maroon stripes, Gold collar, Navy Shorts, Navy Socks w/ Maroon & Gold stripes		
St Paul's AGS (Traralgon)	Maroon and Yellow singlet, white numbers. Maroon & Yellow shorts.		

HOCKEY

SCHOOL	UNIFORM COLOURS		
Beaconhills College (Berwick)	Yellow Shirt, Blue and White Emblem, Navy Shorts, Yellow Socks		
Beaconhills College (Pakenham)	Navy Shirt, Gold & White panels		
Gippsland Grammar	Green with White and Black stripe. Black Shorts		
Newhaven College	Maroon top, Navy Shorts		
St Paul's AGS (Warragul)	Maroon w/ Gold & Navy stripes, Navy Shorts, Burgundy socks w/ gold and maroon stripes		
St Paul's AGS (Traralgon)	Maroon with Yellow, Maroon and yellow shorts.		



NETBALL

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Yellow Dress, Blue side panel, Blue and White star design	
Beaconhills College (Pakenham)	Navy top, Gold Bibs, Navy & Gold Skirt	
Gippsland Grammar	White with Green and Black stripe. Black Shorts.	
Newhaven College	Sky Blue Dress, Bibs	
St Paul's AGS (Warragul)	Maroon & Blue Body Suit, Maroon Bibs	
St Paul's AGS (Traralgon)	Maroon, Blue & Yellow body suit.	

SOCCER

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Yellow Shirt, Blue and White Emblem, Navy Shorts, yellow socks	
Beaconhills College (Pakenham)	Navy Shirt, Gold & White panels	



Gippsland Grammar	White with Green and Black stripe. Black Shorts.		
Newhaven College	Sky Blue Shirt (boys), Maroon Shirt (girls), Navy Shorts		
St Paul's AGS (Warragul)	Maroon w/ Gold & Navy stripes, Navy Shorts, Burgundy socks w/gold and maroon stripes		
St Paul's AGS (Traralgon)	Maroon with Yellow, Maroon and yellow shorts		

SOFTBALL

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Yellow Shirt, Blue and White Emblem, Navy Shorts	
Beaconhills College (Pakenham)	Navy Polo Shirt, Navy Shorts	
Gippsland Grammar	Bottle Green Polo Shirt, Black Shorts	 
Newhaven College	Maroon Polo Shirt, Navy Shorts	
St Paul's AGS (Warragul)	Blue Polo, Navy Shorts	 
St Paul's AGS (Traralgon)	Maroon with Yellow, Maroon and yellow shorts	 



SWIMMING

SCHOOL	UNIFORM COLOURS
Beaconhills College (Berwick)	Yellow Swim Cap
Beaconhills College (Pakenham)	Gold Cap, Blue lettering
Gippsland Grammar	Black Cap, Black Swimsuit
Newhaven College	Maroon Cap, Black/Navy Swimsuit
St Paul's AGS (Warragul)	White Cap, Swimsuit of choice
St Paul's AGS (Traralgon)	White Cap, Swimsuit of choice

TENNIS

SCHOOL	UNIFORM COLOURS	
Beaconhills College (Berwick)	Navy Shirt, Navy Shorts	
Beaconhills College (Pakenham)	Navy PE Shirt, Navy Shorts	
Gippsland Grammar	Green polo, Black Shorts	 
Newhaven College	Sky Blue Shirt, Navy Shorts	
St Paul's AGS (Warragul)	Blue Shirt, Navy Shorts	   
St Paul's AGS (Traralgon)	Maroon and yellow shorts	 

SURFING

SCHOOL	UNIFORM COLOURS (RASH VEST)
Beaconhills College (Berwick)	Black
Beaconhills College (Pakenham)	Orange
Gippsland Grammar	Yellow
Newhaven College	Blue
St Paul's AGS (Warragul)	Red
St Paul's AGS (Traralgon)	White



LAWN BOWLS

SCHOOL	UNIFORM COLOURS
Beaconnhills College (Berwick)	PE Uniform
Beaconnhills College (Pakenham)	PE Uniform
Gippsland Grammar	PE Uniform
Newhaven College	PE Uniform
St Paul's AGS (Warragul)	PE Uniform
St Paul's AGS (Traralgon)	PE Uniform

GOLF

SCHOOL	UNIFORM COLOURS
Beaconnhills College (Berwick)	PE Uniform
Beaconnhills College (Pakenham)	PE Uniform
Gippsland Grammar	PE Uniform
Newhaven College	PE Uniform
St Paul's AGS (Warragul)	PE Uniform
St Paul's AGS (Traralgon)	PE Uniform

MTB

SCHOOL	UNIFORM COLOURS
Beaconnhills College (Berwick)	PE Uniform
Beaconnhills College (Pakenham)	PE Uniform
Gippsland Grammar	PE Uniform
Newhaven College	PE Uniform
St Paul's AGS (Warragul)	PE Uniform
St Paul's AGS (Traralgon)	PE Uniform

PARTICIPATING SCHOOLS

Beaconhills College Berwick			
Address	92 Kangan Drive, Berwick, VIC, 3806		1300 002 225 (Main Line)
Headmaster	Stephen McGinley		
Campus Principal	Sam Watson		
Sports Coordinator	Chris Johnson	christopher.johnson@beaconhills.vic.edu.au	5945 3090 (ext. 3511)
Cultural Coordinator	Chris McGillen	chris.mcgillen@beaconhills.vic.edu.au	
Beaconhills College Pakenham			
Address	30-34 Toomuc Valley Rd, Pakenham, Vic, 3810		1300 002 225 (Main Line)
Headmaster	Stephen McGinley		
Campus Principal	Sarah Rudiger		
Sports Coordinator	Jan Pucovski	jan.pucovski@beaconhills.vic.edu.au	5945 3019
Cultural Coordinator	Chris McGillen	chris.mcgillen@beaconhills.vic.edu.au	
Gippsland Grammar			
Address	Princes Hwy, PO Box 465, Sale, Vic, 3850		5143 6388
Principal	Paul Walton		
Sports Coordinator	Bianca Kloppe	bianca.kloppe@gippslandgs.vic.edu.au	
SEISA Coordinator	Rohan Jayatilake		
Music Director	Kevin Cameron	kevin.cameron@gippslandgs.vic.edu.au	
Art & Design	Zoe Hilliar	zoe.hilliar@gippslandgs.vic.edu.au	
Newhaven College			
Address	1770 Phillip Island Road, Phillip Island, VIC, 3923		5956 7505
Principal	Tony Corr		
Sports Coordinator	Stewart Bathgate	stewart.bathgate@newhavencol.vic.edu.au	
Cultural Coordinator	Rebecca Power	rebecca.power@newhavencol.vic.edu.au	
Music Director	Matthew Goss	matthew.goss@newhavencol.vic.edu.au	
St Paul's Anglican Grammar School (Traralgon)			
Address	46 Cross's Road, Traralgon, Vic, 3844		5175 9222
Principal	Cameron Herbert		
Head of Secondary	Leonie Clark		
Sports Coordinator	Sandra Timmer-Arends	sgtimmer-arends@stpaulsags.vic.edu.au	
Cultural Coordinator	Heather Mason	hjmason@stpaulsags.vic.edu.au	
St Paul's Anglican Grammar School (Warragul)			
Address	150 Bowen Street, Warragul, Vic, 3820		5623 5833
Principal	Cameron Herbert		
Sports Coordinator	Sarah Moerke	smoerke@stpaulsags.vic.edu.au	
Cultural Coordinator	Heather Mason	hjmason@stpaulsags.vic.edu.au	
SEISA			
Executive Officer	Pam Sellings	eo@seisa.com.au	0423 916 186

SCHEDULE OF ACTIVITIES – 2026

Term 1

Week	Event	Date	Venue
Week 1		Thursday 29 January	
Week 2	SEISA Leadership Retreat	Friday February 6 – Saturday February 7	Newhaven College
Week 3	Round 1 - Senior/Inter Sport	Thursday 12 February	
Week 4	SEISA Middle Leaders Day	Wednesday 18 February	St. Paul's AGS Traralgon
Week 4	Round 2 - Senior/Inter Sport	Thursday 19 February	
Week 5	Round 3 - Senior/Inter Sport	Thursday 26 February	
Week 6	Round 4 - Senior/Inter Sport	Thursday 5 March	
Week 7		Thursday 12 March	
Week 8	Round 5 - Senior/Inter Sport	Thursday 19 March	
Week 9	SEISA Visual Arts	Monday 23 March	Gippsland Grammar
Week 9	Finals - Senior/Inter Sport	Thursday 26 March	
Week 10	SEISA Swimming Carnival	Thursday 3 April	Melbourne Sports & Aquatic Centre (MSAC)
	SEISA Badminton Carnival	Thursday 3 April	Gippsland Regional Indoor Sports Stadium (GRISS) - Traralgon
	SEISA Table Tennis Carnival	Thursday 3 April	Traralgon Table Tennis Association

Term 2

Week	Event	Date	Venue
Week 1		Thursday 23 April	
Week 2	SEISA Athletics Carnival	Thursday 30 April	Casey Fields
Week 3	SEISA Networking Dinner	Tuesday 5 May	Warragul Country Club
	SEISA Golf Tournament	Thursday 7 May	Warragul Golf Club
	SEISA Surfing Carnival	Friday 8 May (tbc)	TBC
Week 4	VSAC	Monday 11 May	Melbourne Sports & Aquatic Centre (MSAC)
Week 4	Round 1 – Junior Sport	Thursday 14 May	
Week 5	Round 2 – Junior Sport	Thursday 21 May	
Week 6	SSAV Golf Championship	Monday 25 May (tbc)	Lonsdale Links Golf Course
	SEISA Music Festival	Wednesday 26 May	Beaconhills College Berwick
	Round 3 – Junior Sport	Thursday 28 May	
Week 7	Round 4 – Junior Sport	Thursday 4 June	
Week 8	Round 5 – Junior Sport	Thursday 11 June	
Week 9	Finals – Junior Sport	Thursday 18 June	
Week 10			

Term 3

Week	Event	Date	Venue
Week 1		Thursday 23 July	
Week 2	Round 1 – Senior/Inter Sport	Thursday 30 July	
Week 3	Round 2 – Senior/Inter Sport	Thursday 6 August	
Week 4	Round 3 – Senior/Inter Sport	Tuesday 13 August	
Week 5	SEISA Chess, Debating and Public Speaking	Thursday 18 August	Gippsland Grammar
	Round 4 – Senior/Inter Sport	Thursday 20 August	
Week 6	SEISA Dance & Theatresports	Wednesday 26 August	Beaconhills College, Pakenham
	Round 5 – Senior/Inter Sport	Thursday 27 August	
Week 7	Finals - Senior/Inter Sport	Thursday 3 September	
Week 8	SEISA Cross Country	Thursday 10 September	Newhaven College
Week 9	SEISA Spring Carnival	Thursday 17 September	Pakenham (various)

Term 4

Week	Event	Date	Venue
Week 1		Thursday 8 October	
Week 2	SEISA MTB	Tuesday 13 October	Newhaven College
	SSAV Athletics	Thursday 15 October	State Sport Centre - Lakeside Stadium
Week 3	Round 1 – Junior Sport	Thursday 22 October	
Week 4	Round 2 – Junior Sport	Thursday 29 October	
Week 5	Round 3 – Junior Sport	Thursday 5 November	
Week 6	Round 4 – Junior Sport	Thursday 12 November	
Week 7	Round 5 – Junior Sport	Thursday 19 November	
Week 8	Finals – Junior Sport	Thursday 26 November	
Week 9		Thursday 3 December	

PRINCIPAL AND COORDINATOR MEETING DATES – 2026

EXECUTIVE			
	Date	Meeting/ Venue	
	Friday 6 February	Newhaven College Boardroom (During Leadership Retreat)	
	Tuesday March 17	Teams	
	Tuesday May 5	Strategic Planning Meeting – St. Paul's AGS Warragul	
	Tuesday May 5	Networking Dinner	
	Tuesday June 2	Teams	
	Tuesday August 4	Teams	
	Thursday September 10	Cross Country	
	Wednesday October 14	Teams	
	TBC	RACV Inverloch – End of Year Dinner	
SPORT			
	Term 1, Week 1	Term 1 Sport Planning Meeting	
	Term 1, Week 6	Term 1 Finals Meeting	
	Term 2, Week 1	Term 2 Sport Planning Meeting	
	Tuesday May 5	Networking Dinner - Warragul Country Club	
	Term 2, Week 8	Term 2 Finals Meeting	
	Term 3, Week 1	Term 3 Planning Meeting	
	Term 3, Week 6	Term 3 Finals Meeting	
	Term 4, Week 1	Term 4 Planning Meeting	
	Term 4, Week 7	Term 4 Finals Meeting	
	TBC	End of Year 'lunch' meeting	
CULTURAL			
	Term 1, Week 1	Heads of Secondary School – Leadership Weekend	
	Term 1, Week 2	Teachers in charge of Visual Arts	
	Term 1, Week 3	Heads of Secondary School – Leadership debrief & pre-planning 2026	
	Term 1, Week 5	Heads of Middle School – Leadership debrief & pre-planning 2026	
	Term1, Week 8	Heads of Music	
	Term 2, Week 7	Heads of Music – debrief session	
	Term 2, Week 8	Teachers in charge of Chess, Debating & Public Speaking	
	Term 2, Week 9	Teachers in charge of Dance and Theatresports	
<i>Event coordinators/staff may be required for additional meetings prior to events.</i>			

EQUIPMENT SPECIFICATIONS

Winter SEISA	Size/ Specifications
Football <i>(Leather –L Synthetic –S)</i>	
Junior Boys (L)	4
Inter Boys (L)	5
Senior Boys (L)	5
Junior Girls (S)	4
Senior Girls (S)	4
Soccer	
Junior Girls/Boys	5
Inter Girls/Boys	5
Senior Girls/Boys	5
Netball	
Junior Girls	5
Inter Girls	5
Senior Girls	5
Junior Boys	5
Senior Boys	5
Hockey	
Junior Mixed	Standard
Senior Boys	
Senior Girls	

Summer SEISA	Size/ Specifications
Cricket	
Junior Boys	156
Inter Boys	156
Senior Boys	156
Basketball	
Junior Girls	6
Inter Girls	6
Senior Girls	6
Junior Boys	7
Inter Boys	7
Senior Boys	7
Tennis	
Junior Girls/Boys	new hard court balls
Inter Girls/Boys	
Senior Girls/Boys	
Softball	
Junior Girls	12" ball
Inter Girls	
Senior Girls	

Other Sports	Size/ Specifications
SEISA Table Tennis	40mm 3 star
Junior Girls/Boys	
Inter Girls/Boys	
Senior Girls/Boys	
SEISA Golf	
A Grade	
B Grade	
SEISA Volleyball	Size 5
Junior Girls/Boys	
Senior Girls/Boys	
SEISA Badminton	
Junior Girls/Boys	
Inter Girls/Boys	
Senior Girls/Boys	
<i>Goose/duck feather competition/championship grade</i>	

SEISA LEADERSHIP WEEKEND

DATE:	Friday 6 – Saturday 7 February 2026
VENUE:	Newhaven College
ARRIVAL:	12:00 noon (Friday)
DEPARTURE:	12:15pm (Saturday)
HOST SCHOOL:	Newhaven College

Background

SEISA programs officially commenced in 2013, and in 2014, the first SEISA Leadership Retreat was held at Raymond Island. Senior student leaders from our SEISA Schools gathered for 2-nights of learning and self-reflection with their peers. In 2016, the Retreat moved to Newhaven College, where it has been held in the first weeks of term 1 ever since.

Purpose

The SEISA Leadership Retreat aims to inspire and enable our young leaders at the commencement of their year 12 journey. The event is a mixture of teamwork, new ideas, and self-reflection. The retreat gives students leaders the change to engage and network with peers from across the SEISA community.

Outcomes of the day:

1. Develop an understanding of the concept of servant leadership, and how it applies to students in their day to day lives.
2. Develop an understanding of the student's ability to lead and create positive impact and lasting change in their personal lives and their communities.
3. Empower students to recognise and harness their strengths in the service of others to lay the foundations of leadership for life.



2026 LEADERSHIP WEEKEND SCHEDULE

Friday 6 February

Time	Activity	Venue	Minutes
12 Noon	Arrival & tent set up	Year 9 Centre	45
	BYO Lunch	Year 9 Centre	
12:45 pm	Welcome & get to know you/ Icebreaker (Tony & Brett – NC)	Year 9 Centre	30
1:15 pm	Lego Challenge	Year 9 Centre	90
3:00 pm	Afternoon Tea	Year 9 Centre	30
3:30 pm	Rotation 1	Senior School	45
4:15 pm	Changeover	Senior School	10
4:25 pm	Rotation 2	Senior School	45
5:10 pm	Break	Senior School	10
5:20 pm	Ecumenical Service 'Know yourself to lead others'	Senior Learning Centre	55
6:15 pm	Dinner (Pizza)	Pavilion	45
7:00 pm	Guest Speaker – Matt Bowtell	Senior Learning Centre	60
8:00 pm	Planning for morning activities		60
8:30 pm	Supper/Debrief/Music		30
9:30 pm	Lights Out	Year 9 Centre	

Saturday 7 February

Time	Activity	Venue	Minutes
7:00 am	Breakfast & pack up	Year 9 Centre	75
8:15am	Morning Reflection (Tim Morrison)	Senior School	15
8:30 am	Myers Briggs Testing	Senior School	90
10:00 am	Morning Tea	Senior School	15
10:15 am	Rotation 3	Senior School	45
11:00 am	Break	Senior School	15
11:15 am	Rotation 4	Senior School	45
12:00 pm	Feedback Session & Farewell	Senior School	30
12:15 pm	Lunch (to go)	Senior School	

SEISA MIDDLE LEADERS DAY

DATE: Wednesday February 18, 2026
VENUE: St. Paul's AGS Traralgon
ARRIVAL: 10:00 am
DEPARTURE: 4:00 pm
HOST SCHOOL: St. Paul's AGS Traralgon

Background:

SEISA school leaders have identified a gap in the leadership opportunities available to students in the middle years (years 5-8). This leadership event will bring together student leaders from across the six schools for a day of connection and learning. Students will spend the day learning from ex- elite athletes, school leaders and the SEISA Chaplains.

Purpose:

The SEISA Middle Leaders Day aims to inspire and enable young leaders in our schools and grow the capacity of leadership in year 8 and beyond.

Outcomes of the day:

1. Develop an understanding of the concept of servant leadership, and how it applies to students in their day-to-day lives.
2. Develop an understanding of the student's ability to lead and create positive impact and lasting change in their personal lives and their communities.
3. Empower students to recognise and harness their strengths in the service of others to lay the foundations of leadership for life.

All students will receive a certificate of participation.

Workshops

All students will participate in 2 x 1-hour workshops facilitated by [Athletes for Hope](#), an Australian not-for-profit organisation, led by ex- elite sportspeople. They aim to ensure that every athlete has a sense of purpose and connection through community contribution.

Additionally, the SEISA schools will each run a leadership workshop designed to complement the purpose of the day. Students will be mixed up with other schools and each participate in 2 x 30-minute workshops.

Age limits and student numbers

The SEISA Middle Leaders Day is aimed at year 8 student leaders. Students do not need to hold a school leadership title to attend. Student selection will be at school discretion.

There is no limit to the number of students that may attend from each school. A nominated student participation fee will apply. The per student fee for 2026 is \$30 per head. Schools will be invoiced by SEISA in early term 1.



2026 MIDDLE LEADERS DAY SCHEDULE:

Time	Activity/Lead	Time allocated
10:00	Arrival & welcome (Heads of Middle school/chaplains)	45
10:45	Athletes for Hope - session 1	60
11:45	Morning tea	20
12:05	Athletes for Hope - session 2	60
1:05	Lunch	30
1:35	Leadership Rotation 1	35
2:10	Leadership Rotation 2	30
2:40	Afternoon tea	20
3:00	School teachers to meet with their students to debrief	15
3:15	Presentation of learning (5 minutes per school)	30
3:45	Chaplains - final words	15
4:00	busses depart	



SWIMMING CARNIVAL

DATE: Tuesday March 31, 2026
VENUE: Melbourne Sports & Aquatic Centre (MSAC)
POOL ENTRY: 10:45am
EVENT TIME: 11:30 - 4:00pm
HOST SCHOOL: St Paul's Anglican Grammar School

- Age Groups will be U/12, U/13, U/14, U/15, U/16, U/17, U/21
- Ages to be taken from the January 1, 2026
- Only one student to compete in each individual 50m event from any school.
- Up to two students may compete in each individual 100m event from each school.
- Students may only compete in one age group for each event.
Example – a student may compete in U/13 Freestyle and U/14 Breaststroke but CANNOT compete in U/13 Freestyle and U/14 Freestyle
- Students can only compete in their own age group or a higher age group (never a lower age group)

2025 WINNERS TO BRING WINNERS SHIELD ON THE DAY

JOB ALLOCATIONS

Job allocations are to be rotated and assigned, depending on the requirements of the host School.

Example 2024 Job allocation:

Host School:	St Paul's Anglican Grammar School
Organiser/Event Manager:	Mrs. Sandra Timmer-Arends/ Ms. Sarah Moerke
Announcer:	Gippsland Grammar
Starter:	Swimming Victoria Official
Event Marshalls	St Paul's AGS
	Beaconnhills College Pakenham
Starter's Marshalls	Beaconnhills College Berwick
	Newhaven College
End of Pool Marshalls	St Paul's AGS
	Beaconnhills College Pakenham
Stroke Judge:	Swimming Victoria Official
Time Keepers:	1. St Paul's
	2. St Paul's
	3. Gippsland Grammar
	4. Gippsland Grammar
	5. Newhaven College
	6. Newhaven College
	7. Beaconnhills College Berwick
	8. Beaconnhills College Berwick
	9. Beaconnhills College Pakenham
	10. Beaconnhills College Pakenham
Schools to supply 2 timekeepers at all times. Timekeepers can be rotated throughout the day. If event held at MSAC and Hawkeye is used, timekeepers may not be needed.	
Computer Recorder and Results:	Swimming Victoria Official St Paul's AGS
Relay Judges:	1. Newhaven College
	2. Gippsland Grammar
	3. Beaconnhills College Pakenham
	4. Beaconnhills College Berwick
Ribbon Presenter:	1. Newhaven College
	2. Gippsland Grammar
First Aid	External Provider

JOB DESCRIPTIONS

Announcers	Make announcements for upcoming events.
Starter	Starter must start all races and activate the false start rope when necessary.
Event Marshals	2 marshals will be responsible for registering competitors for their events and seating them in race order in correct lanes. Marshals will update marshalling slips with any changes then pass the marshalling slip to the recorders.
Timekeepers	Timekeepers sit at the end of the pool and act as a backup time if the touch pads do not work. They push a button as the person in their lane touches the end of the race.
Recorders/Data Entry:	At the end of each race the recorder will receive a printout providing the places and times for each race. They will enter these results into Meet Manager and/or SportsTrak along with any update of names from the marshalling slip.
Relay Judges	Indicate whether relay changeovers are illegal, i.e., competitors must touch the wall BEFORE the next swimmer has left the wall.
First Aid	Stay at the first aid room during the carnival and assist students and staff when required.
Start Area Marshal	From the marshalling room they walk competitors up to the starting area of the pool and stand them behind the correct lane.
End of Pool Marshal	Marshal on each side of the pool at the finish point asks competitors to leave the pool and direct them to the ribbon table where they get told their place and receive ribbons.
Ribbon Presenters	Get results sheet from recording room window, provide competitors with information on their times and places and present 1 ST , 2 ND & 3 RD place ribbons.

RULES FOR SWIMMING CARNIVAL

The rules for swimming will be as per Swimming Victoria regulations unless otherwise stated.

STARTING

After one false start, on the second start, any competitor who breaks will be disqualified.

Starters Instructions:

- i. Whistle to Mount Block
- ii. 'Take Your Marks'- Move to front of block in Start position.
- iii. Starting signal to 'Go'

GENERAL SWIMMING RULES

- Freestyle - Front Crawl or any other Stroke
- Backstroke - Swimmers must finish on their back (do not turn over) and start in the water.
- Breaststroke - On starting, swimmer can complete one full stroke under water and on the second stroke must break the water. On finish, the swimmer must touch the wall with both hands at the same level.
- Butterfly - Swimmer must have simultaneous arm recovery and kick action. On finish, the swimmer must touch the wall with both hands at the same level.
- Order for Medley Relay is:
 - Backstroke
 - Breaststroke
 - Butterfly
 - Freestyle.
- Final competitors must stay in the water until directed to leave the water by an official.
- Any competitor using the bottom of the pool to gain an advantage will be disqualified.
- Competitors may compete in four individual races and two relays, only 1 freestyle replay event.
- Competitors must swim in School Swim caps.
- Students should not be in shorts with buttons or zips. All schools should encourage their swimmers to wear "race style" bathers and discourage ALL board shorts options.
- Students must be in the marshalling area at least 10 minutes before their event.
- Lanes will be rotated throughout the day, ensuring all Schools contest events in each lane. Lanes used will be lanes 3-7.



POINTS

Individual events (A)	1 st = 10 points	2 nd = 8 points	3 rd = 6 points	4 th = 4 points	5 th = 2 points
Individual events (B)	1 st = 5 points	2 nd = 4 points	3 rd = 3 points	4 th = 2 points	5 th = 1 point
Relay Events	1 st = 20 points	2 nd = 16 points	3 rd = 12 points	4 th = 8 points	5 th = 4 points

EVENTS

- Freestyle – A through to D
- Backstroke – A only
- Breaststroke – A only
- 100m Freestyle – E only (for VSAC Entry purposes - no points are allocated for this event)
- Butterfly – A only

WARM UP SWIMMING – LANE ALLOCATION

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
BCB	BCB	BCP	BCP	STP	STP	NC	NC	GG	GG

Note: No students should be in the pool after 11:15am * subject to change



VICTORIAN SCHOOLS (SWIMMING) ASSOCIATION COMPETITION 2026

DATE: Monday 11 May 2026 (tbc)
VENUE: Melbourne Sports and Aquatic Centre
HOST SCHOOL: St Paul's Anglican Grammar School
EVENT TIME: tbc

Entries are taken from our SEISA Swimming Carnival, selecting from the top 3 for individual events and top 6 for relay events.

The Competition Information Booklet and other relevant documentation will be made available at this link:
<https://vic.swimming.org.au/events/victorian-school-associations-competition>

A bus option may be available, depending on demand. One staff member to accompany students from each of the nominated schools. SEISA will be allocated event rolls – these roles will be rotated through the schools.

Roster of Helpers:

2025	St. Paul's AGS
2025	Gippsland
2026	Beaconhills Pakenham
2026	Newhaven
2026	Beaconhills Berwick
	St. Paul's AGS

Event draft guide below:

Warm Up: 3.00pm Competition Start Time: 4.00pm			
Event #	Event Name	Event #	Event Name
1	Girls 4x50 Freestyle Relay	27	Boys 12-13 50 Backstroke
2	Boys 4x50 Freestyle Relay	28	Girls 12-13 50 Backstroke
3	Girls 12-13 50 Butterfly	29	Boys 14-15 50 Backstroke
4	Boys 12-13 50 Butterfly	30	Girls 14-15 50 Backstroke
5	Girls 14-15 50 Butterfly	31	Boys 16 & Over 50 Backstroke
6	Boys 14-15 50 Butterfly	32	Girls 16 & Over 50 Backstroke
7	Girls 16 & Over 50 Butterfly	33	Mixed 12-18 50 Backstroke MC
8	Boys 16 & Over 50 Butterfly	34	Boys 12-13 4x50 Medley Relay
9	Mixed 12-18 50 Butterfly MC	35	Girls 12-13 4x50 Medley Relay
10	Girls 4x50 Backstroke Relay	36	Boys 14-15 4x50 Medley Relay
11	Boys 4x50 Backstroke Relay	37	Girls 14-15 4x50 Medley Relay
12	Girls 12-13 50 Freestyle	38	Boys 16 & Over 4x50 Medley Relay
13	Boys 12-13 50 Freestyle	39	Girls 16 & Over 4x50 Medley Relay
14	Boys 14-15 50 Freestyle	40	Boys 12-13 50 Breaststroke
15	Girls 14-15 50 Freestyle	41	Girls 12-13 50 Breaststroke
16	Boys 16 & Over 50 Freestyle	42	Boys 14-15 50 Breaststroke
17	Girls 16 & Over 50 Freestyle	43	Girls 14-15 50 Breaststroke
18	Mixed 12-18 50 Freestyle MC	44	Boys 16 & Over 50 Breaststroke
19	Boys 12-13 100 Freestyle	45	Girls 16 & Over 50 Breaststroke
20	Girls 12-13 100 Freestyle	46	Mixed 12-18 50 Breaststroke MC
21	Boys 14-15 100 Freestyle	47	Boys 12-13 4x50 Freestyle Relay
22	Girls 14-15 100 Freestyle	48	Girls 12-13 4x50 Freestyle Relay
23	Boys 16 & Over 100 Freestyle	49	Boys 14-15 4x50 Freestyle Relay
24	Girls 16 & Over 100 Freestyle	50	Girls 14-15 4x50 Freestyle Relay
25	Boys 4x50 Breaststroke Relay	51	Boys 16 & Over 4x50 Freestyle Relay
26	Girls 4x50 Breaststroke Relay	52	Girls 16 & Over 4x50 Freestyle Relay



BADMINTON

DATE: Tuesday March 31, 2026
VENUE: Gippsland Regional Sports Stadium (GRISS – Traralgon)
HOST SCHOOL: St Paul's Anglican Grammar School
TIME: 11:00am- 3:00 pm

NATURE OF THE COMPETITION

The competition will be a doubles competition using a round robin format. Each School can field one team in each/any of the following categories:

- Year 7/8 Boys
- Year 9/10 Boys
- Year 11/12 Boys
- Year 7/8 Girls
- Year 9/10 Girls
- Year 11/12 Girls

A team can consist of 2 or 3 players. If the latter, a substitution can occur between matches or games but not during a game. Only one substitution can occur in each match. A younger player may compete above his/her level but can only compete in that one level.

COURTS AVAILABLE FOR PLAY:

- 9 Badminton courts will be available for the duration of the day.

SCORING SYSTEM

- Each match will be contested as best of three games, with a set determined by the first team that reaches 21 points, with an advantage of two points (i.e., 22-20, 23-21).
- At 29-all, the team scoring the 30th point wins that game.
- A point is scored on EVERY serve.
- The team that wins a game serves first in the next game.
- When the leading score reaches 11 points, players have a 60-second interval.
- A 2-minute interval between games is permitted.
- Rounds are timed to 12 minutes maximum.
- In the third and deciding game, players change ends when the leading score reaches 11 points.
- Matches are recorded with 2pt – Win, 1pt – Draw, 0 pts – Loss.

RULES

- A side has only one 'service'
- The service passes consecutively to the players as shown in the diagram below.
- At the beginning of the game and when the score is even, the server serves from the right service court. When the score is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point, and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point, and the receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.
- If players commit an error in the service court, the error is corrected when the mistake is discovered.

SCORING/SERVICE EXAMPLE:

In a doubles match between A & B against C & D, A & B won the toss and elected to serve. To start the match, A serves to C, with A the initial server, and C the initial receiver.



COURSE OF ACTION	SCORE	SERVICE FROM SERVICE COURT	SERVER & RECEIVER	WINNER OF THE RALLY	
	0-0	Right Service Court, as the score of the serving side is even	A serves to C	A & B	
A & B win point, A & B change service courts, A serves from left service court. C & D remain in same service courts	1-0	Left Service Court, as the score of the serving side is odd	A serves to D	C & D	
C & D win point and right to serve. Nobody changes their respective service courts	1-1	Left Service Court, as the score of the serving side is odd	D serves to A	A & B	
A & B win point and right to serve. Nobody changes their respective service courts	2-1	Right Service Court, as the score of the serving side is even	B serves to C	C & D	
C & D win point and right to serve. Nobody changes their respective service courts	2-2	Right Service Court, as the score of the serving side is even	C serves to B	C & D	
C & D win point, and change service courts. C serves from left service court, A & B stay in same service courts	3-2	Left Service Court, as the score of the serving side is odd	C serves to A	A & B	
A & B win point and right to serve. Nobody changes their respective service courts	3-3	Left Service Court, as the score of the serving side is odd	A serves to C	A & B	
A & B win point, and change service courts. A serves again from right service court, C & D stay in same service courts	4-3	Right Service Court, as the score of the serving side is even	A serves to D	C & D	

Note, this means:

- The order of server depends on the score odd or even.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from there they played the previous rally. This guarantees alternate servers.



TABLE TENNIS

DATE: Tuesday March 31, 2026
VENUE: Traralgon Table Tennis Association (Harold Preston Reserve, Davidson Street, Traralgon)
HOST SCHOOL: Newhaven College
TIME: 11:30 am to 4:00 pm

NATURE OF THE COMPETITION

The competition will be a doubles competition using a round robin format. Each School can field one team in each/any of the following categories:

- Year 7/8 Boys
- Year 9/10 Boys
- Year 11/12 Boys
- Year 7/8 Girls
- Year 9/10 Girls
- Year 11/12 Girls

A team can consist of 2 or 3 players. If the latter, a substitution can occur between matches or games but not during a game. Only one substitution can occur in each match.

A younger player may compete above his/her level but can only compete in that one level.

The match is won when a team wins three games. Each game is up to 11. Each server has two serves at a time to the same player. If the score is 10-10 then the normal rotation of service continues but with only one serve per player, until one team is two points clear.

After each game the teams change ends and the team that served first in the previous game will receive. The match-up of server and receiver alternates for each game. If a fifth game is needed the teams will again switch after one team scores 5 points.

14 tables are available for play for the duration of the day.

RULES

Normal table tennis rules apply:

- The server must serve from the right-hand quarter to the diagonally opposite quarter. From then the ball can be played to any part of the opposing half. Doubles partners must alternate hits regardless of where the ball lands. A player will lose the point if he/she is hit by, hits, or catches the ball over the surface of the table.
- If a serve touches the net and lands 'in' a 'let' is called and the serve recommences. A ball touching the net in a rally is still in play.
- On a serve the middle white line is 'in'.

ETIQUETTE

- Wear appropriate clothing that is not too busy. Polo tops, shorts (or skirts for girls) or track pants are most suitable. Non-marking sports shoes are essential.
- Good sportsmanship is essential: No bad language. Treat all equipment with respect. Endeavour to return the ball accurately to the server. Do not disturb another game chasing a ball. Shake hands with your partner and opponents at the end of a match.
- Students should be ready for their matches, and be prepared to umpire and assist for matches that they are not participating in.



ATHLETICS CARNIVAL

DATE: Thursday April 30, 2026
VENUE: Casey Fields Athletics Centre, Cranbourne
HOST SCHOOL: Beaconhills College, Berwick
EVENT TIME: 11:00am – 3:00pm

2025 WINNERS TO BRING WINNERS SHIELD ON THE DAY

GENERAL INFORMATION

1. Students are to compete in their own age groups or in older age groups. Students may only compete in one age for any event.
2. Students are able to compete in a maximum of 5 individual events and one 4 x 100m Relay. Students may only compete in one age group for each event, including Relays.
3. All competitors must compete in their school sports uniform. Track events competitors must wear shorts and their school running singlet/shirt.
4. Track events will be marshalled in advance – students are encouraged to listen carefully to announcements.
5. Track events take precedence over field events, but students must report in to field events or risk losing their spot in the event. Students have a 30-minute grace from their field event after that time the event will be finished.
6. One competitor per event except for 800m and 1500m where 2 competitors can be entered. One relay team per school for each age group.
7. Each school is asked to provide 5 officials. Officials can be responsible students or preferably staff members or parents. The field events will run by various schools.

Warm up:

- Students may compete warmups on the track between 10.15 and 10.50am.
- All field event areas will be strictly out of bounds during the warm up.
- Students must not cut across the centre of the field event area.

Individual events (A)	1 st = 10 points	2 nd = 8 points	3 rd = 6 points	4 th = 4 points	5 th = 2 points
Individual events (B)	1 st = 5 points	2 nd = 4 points	3 rd = 3 points	4 th = 2 points	5 th = 1 point
Relay Events	1 st = 20 points	2 nd = 16 points	3 rd = 12 points	4 th = 8 points	5 th = 4 points

RULES FOR ATHLETICS

1. All events will be conducted in accordance with the competition rules of Athletics Victoria.
2. Each competitor is to wear his or her full school Sports Uniform.
3. Students must remain in their lanes for 100m, 200m, 400m and 4 x 100m relay.
4. Spikes may be no longer than 6mm.
5. For field events, competitors are permitted three attempts and in High Jump three misses at a height will eliminate a competitor.
6. High Jump - In the event of wet conditions only competitors with spikes will be permitted to participate.
7. For relays events, competitors must remain in their lanes until all changes have been completed. If the baton is dropped, the incoming runner must pick it up and hand it on again.
8. Start - "On Your Marks", "Set", Gun.
9. An Athletics Victoria throw judge must be provided to oversee the Javelin competition.
10. One false start will result in a warning for the field and a second false start by a competitor will result in disqualification.



FIELD EVENTS WEIGHTS

Under 12 Girls	Shot Put - 2kg	Discus – 750g	Javelin - 400g
Under 13 Girls	Shot Put - 3kg	Discus - 750g	Javelin - 400g
Under 14 Girls	Shot Put - 3kg	Discus - 1kg	Javelin - 400g
Under 15 Girls	Shot Put - 3kg	Discus - 1kg	Javelin - 500g
Under 16 Girls	Shot Put - 3kg	Discus - 1kg	Javelin - 500g
Under 17 Girls	Shot Put - 3kg	Discus - 1kg	Javelin - 500g
Under 21 Girls	Shot Put - 4kg	Discus - 1kg	Javelin - 600g
Under 12 Boys	Shot Put - 3kg	Discus - 750g	Javelin - 400g
Under 13 Boys	Shot Put - 3kg	Discus - 1kg	Javelin - 600g
Under 14 Boys	Shot Put - 3kg	Discus - 1kg	Javelin - 600g
Under 15 Boys	Shot Put - 4kg	Discus - 1kg	Javelin - 700g
Under 16 Boys	Shot Put - 4kg	Discus - 1kg	Javelin - 700g
Under 17 Boys	Shot Put - 5kg	Discus - 1.5kg	Javelin - 700g
Under 21 Boys	Shot Put - 6kg	Discus - 1.75kg	Javelin - 800g

- i. **Shot Put** - The shot put shall be put from the shoulder and with one hand only.
 - The Shot Put must be held close to the neck during the putting action.
 - The Shot Put must be commenced from a stationary position.
 - A competitor may not leave the throwing circle until the Shot Put has touched the ground and must leave by the rear of the circle.
 - The Shot Put must land between the sector lines.
 - The measurement of each throw is made from the nearest mark made by the Shot Put to the inside edge of the stop board.
- ii. **Discus** - The discus shall be thrown with one hand only.
 - The discus throw must commence from a stationary position.
 - A competitor may not leave that throwing circle until the discus has touched the ground and must leave via the rear of the circle.
 - The discus must land between sector lines.
 - The measurement of each throw is made from the nearest mark made by the discus to the inside front edge of the throwing circle.
- iii. **Javelin** - The javelin must be held in one hand and at the grip.
 - The tip of the javelin must touch the ground first and make a mark.
 - A competitor may not step over the throwing line.
 - An Athletics Victoria Throw Judge will oversee the Javelin competition.
 - The measurement of each throw is made from the nearest mark made by the javelin to the throwing line.
- iv. **Long Jump**- If a competitor touches the ground in the front of the take-off line it shall be a foul jump.
 - All jumps will be measured from the nearest mark in the sand to the front of the take-off line.
- v. **Triple Jump**
 - If a competitor touches the ground in the front of the take-off line it shall be a foul jump.
 - All jumps will be measured from the nearest mark in the sand to the front of the take-off line.



High Jump- Competitors must take off on one foot.

- Three misses at any height eliminates the competitor.
- Three refusals at any height counts as one miss.
- If the bar falls at any time following the jump, it counts as a miss.
- In the case of a tie, the competitor with the lowest total number of misses will be awarded the higher place.

Starting Heights

- Under 12 Girls 1.05m	- Under 12 Boys 1.15m
- Under 13 Girls 1.10m	- Under 13 Boys 1.15m
- Under 14 Girls 1.15m	- Under 14 Boys 1.20m
- Under 15 Girls 1.20m	- Under 15 Boys 1.30m
- Under 16 Girls 1.20m	- Under 16 Boys 1.40m
- Under 17 Girls 1.25m	- Under 17 Boys 1.50m
- Under 21 Girls 1.25m	- Under 21 Boys 1.50m

SCHOOLS RESPONSIBILITY FOR FIELD EVENTS

The Host School will be responsible for the management of the Track Events, while all Schools will be responsible for a Field Event.

Schools responsible for a Field Event must ensure that their representative is familiar with the rules and regulations of their event, with particular attention to correct techniques and consistency of application of rules.

FIELD EVENT MASHALLING RULES:

1. Athletes will have 30 minutes from the beginning of an event to personally register their place in the event.
2. If the Athlete is involved in a track event during the time of their field event, they must personally excuse themselves from the field event and complete the track event as a priority.
3. After completing the track event students must return and complete their field event commitments.
4. If an athlete has registered for an event and has not returned within the allocated amount of time a 5-minute warning will be announced over the PA system.
5. A 5-minute warning slip will need to be completed by the field event Marshall and handed to the carnival announcer.
6. After the 5-minute warning has timed out the event will be closed, and the student will be recorded as DNF.
7. **Field events must not start before its allocated time.**



JOB DESCRIPTIONS

The host school will be responsible for the management of the Track Events, while all Schools will be responsible for a Field Event.

Announcer (1): Make announcements for upcoming events.

Starter (1): To begin all races with a starting gun.

After one false start, any competitor who breaks for a second time will be disqualified.

Starters Instructions:

- i. 'Take your marks' – move to the starting line.
- ii. 'Set' - move into set position.
- iii. Starting signal to 'Go'.

Marshals (2): To ensure that the events are lines up in the correct order and that schools are running in the correct lanes. For relays, a Marshal will be required at each changeover.

Timekeepers (6): Duties are to time each race accurately. If the Multi split watches are being used, both watches should time each race and the time recorded for the winner should be averaged. Print outs should be stapled to result sheets. If 8 separate timers are being used, a timer should be on each lane and another timer on the winner of each race. The times will need to be written on result sheet. The winner's time should be averaged for Records.

Place Judges (6): To judge the finishing order of each event and to hand each competitor a place card. Competitors should then be escorted to the ribbons table in the correct finishing order.

Computer Recorder (1): To keep the scores and other information in storage to be used for final results. The final scores need to be available within ten minutes of the final event and each school should be sent a hard copy of the results within one week of the carnival.

Manual Recorder (1): To assist the computer recorder and keep a manual tally of point scores in case of power problems.

Relay Judges (3): One required at each changeover to ensure that teams pass the batons in the 20-metre changeover zone indicated by the yellow 'ticked' lines. Changeover judges will require a white and red flag. The white flag is raised for a clear race and the red flag is raised for an illegal changeover. The offending school is to be reported to the organizing school. If the baton is dropped, the incoming runner must pick up the baton and pass it on. Any interference with other teams or running out of lanes will also result in disqualification.

Ribbon Table (1): To check competitors' names on results sheets and to award the 1st, 2nd and 3rd place ribbons to the top three individuals or teams in each event.



ATHLETICS CARNIVAL – PROGRAM OF EVENTS *(Subject to change)*

1	F	U/13	1500m	11:00AM	73	F	U/16	800m	1:54PM
2	M	U/13	1500m	11:08AM	74	M	U/16	800m	1:57PM
3	F	U/15	1500m	11:16AM	75	F	U/17	800m	2:00PM
4	M	U/15	1500m	11:23AM	76	M	U/17	800m	2:03PM
5	F	U/17	1500m	11:30AM	77	F	U/21	800m	2:06PM
6	M	U/17	1500m	11:37AM	78	M	U/21	800m	2:09PM
7	F	U/21	1500m	11:44AM	79	F	U/12	4x100m Relay	2:20PM
8	M	U/21	1500m	11:51AM	80	M	U/12	4x100m Relay	2:23PM
9	F	U/12	100m	11:58AM	81	F	U/13	4x100m Relay	2:26PM
10	F	U/12	B 100m	11:59AM	82	M	U/13	4x100m Relay	2:29PM
11	M	U/12	100m	12:00PM	83	F	U/14	4x100m Relay	2:32PM
12	M	U/12	B 100m	12:01PM	84	M	U/14	4x100m Relay	2:35PM
13	F	U/13	100m	12:02PM	85	F	U/15	4x100m Relay	2:38PM
14	F	U/13	B 100m	12:03PM	86	M	U/15	4x100m Relay	2:41PM
15	M	U/13	100m	12:04PM	87	F	U/16	4x100m Relay	2:44PM
16	M	U/13	B 100m	12:05PM	88	M	U/16	4x100m Relay	2:47PM
17	F	U/14	100m	12:06PM	89	F	U/17	4x100m Relay	2:49PM
18	F	U/14	B 100m	12:07PM	90	M	U/17	4x100m Relay	2:51PM
19	M	U/14	100m	12:08PM	91	F	U/21	4x100m Relay	2:53PM
20	M	U/14	B 100m	12:09PM	92	M	U/21	4x100m Relay	2:55PM
21	F	U/15	100m	12:10PM	93	F	U/14	Discus	11:00AM
22	F	U/15	B 100m	12:11PM	94	M	U/14	Discus	11:15AM
23	M	U/15	100m	12:12PM	95	F	U/15	Discus	11:30AM
24	M	U/15	B 100m	12:13PM	96	M	U/15	Discus	11:45AM
25	F	U/16	100m	12:14PM	97	F	U/16	Discus	12:00PM
26	F	U/16	B 100m	12:15PM	98	M	U/16	Discus	12:15PM
27	M	U/16	100m	12:16PM	99	F	U/17	Discus	12:30PM
28	M	U/16	B 100m	12:17PM	100	M	U/17	Discus	12:45PM
29	F	U/17	100m	12:18PM	101	F	U/21	Discus	1:00PM
30	F	U/17	B 100m	12:19PM	102	M	U/21	Discus	1:15PM
31	M	U/17	100m	12:20PM	103	F	U/12	Discus	1:30PM
32	M	U/17	B 100m	12:21PM	104	M	U/12	Discus	1:45PM
33	F	U/21	100m	12:22PM	105	F	U/13	Discus	2:00PM
34	F	U/21	B 100m	12:23PM	106	M	U/13	Discus	2:15PM
35	M	U/21	100m	12:24PM	107	F	U/16	Shot Put	11:00AM
36	M	U/21	B 100m	12:25PM	108	M	U/16	Shot Put	11:15AM
37	F	U/12	400m	12:30PM	109	F	U/17	Shot Put	11:30AM
38	M	U/12	400m	12:32PM	110	M	U/17	Shot Put	11:45AM
39	F	U/13	400m	12:34PM	111	F	U/21	Shot Put	12:00PM
40	M	U/13	400m	12:36PM	112	M	U/21	Shot Put	12:15PM
41	F	U/14	400m	12:38PM	113	F	U/12	Shot Put	12:30PM
42	M	U/14	400m	12:40PM	114	M	U/12	Shot Put	12:45PM
43	F	U/15	400m	12:42PM	115	F	U/13	Shot Put	1:00PM
44	M	U/15	400m	12:44PM	116	M	U/13	Shot Put	1:15PM
45	F	U/16	400m	12:46PM	117	F	U/14	Shot Put	1:30PM
46	M	U/16	400m	12:48PM	118	M	U/14	Shot Put	1:45PM
47	F	U/17	400m	12:50PM	119	F	U/15	Shot Put	2:00PM
48	M	U/17	400m	12:52PM	120	M	U/15	Shot Put	2:15PM
49	F	U/21	400m	12:54PM	121	F	U/21	Javelin	11:00AM
50	M	U/21	400m	12:56PM	122	M	U/21	Javelin	11:15AM
51	F	U/12	200m	1:00PM	123	F	U/12	Javelin	11:30AM
52	M	U/12	200m	1:02PM	124	M	U/12	Javelin	11:45AM
53	F	U/13	200m	1:04PM	125	F	U/13	Javelin	12:00PM
54	M	U/13	200m	1:06PM	126	M	U/13	Javelin	12:15PM
55	F	U/14	200m	1:08PM	127	F	U/14	Javelin	12:30PM
56	M	U/14	200m	1:10PM	128	M	U/14	Javelin	12:45PM
57	F	U/15	200m	1:12PM	129	F	U/15	Javelin	1:00PM
58	M	U/15	200m	1:14PM	130	M	U/15	Javelin	1:15PM
59	F	U/16	200m	1:16PM	131	F	U/16	Javelin	1:30PM
60	M	U/16	200m	1:18PM	132	M	U/16	Javelin	1:45PM
61	F	U/17	200m	1:20PM	133	F	U/17	Javelin	2:00PM
62	M	U/17	200m	1:22PM	134	M	U/17	Javelin	2:15PM
63	F	U/21	200m	1:24PM	135	F	U/12	Long Jump	11:00AM
64	M	U/21	200m	1:26PM	136	M	U/12	Long Jump	11:15AM
65	F	U/12	800m	1:30PM	137	F	U/13	Long Jump	11:30AM
66	M	U/12	800m	1:33PM	138	M	U/13	Long Jump	11:45AM
67	F	U/13	800m	1:36PM	139	F	U/14	Long Jump	12:00PM
68	M	U/13	800m	1:39PM	140	M	U/14	Long Jump	12:15PM
69	F	U/14	800m	1:42PM	141	F	U/15	Long Jump	12:30PM
70	M	U/14	800m	1:45PM	142	M	U/15	Long Jump	12:45PM
71	F	U/15	800m	1:48PM	143	F	U/16	Long Jump	1:00PM
72	M	U/15	800m	1:51PM	144	M	U/16	Long Jump	1:15PM

SURF CARNIVAL

DATE: Friday May 8 (day may change depending on weather conditions)
VENUE: TBC (based on best conditions)
HOST SCHOOL: Newhaven College
EVENT TIME: 10:00am for 10:15am start

- Schools are to meet at the venue.
- Contest location for the competition will be communicated to all schools prior to the event. Back-up venues will be advised in the event of unsafe or unsuitable conditions. The event is scheduled to run on the Thursday, but the final decision on the event day will be at the discretion of the contest director based on weather conditions.

2025 WINNERS TO BRING THE WINNERS SHIELD ON THE DAY

1. Competition Details

- 1.1 The Host School Sports Coordinator will decide on the contest location.
- 1.2 Start Time: Schools will be expected to arrive at venue at least half an hour before the start of the competition.
- 1.3 Signing In: Supervising teachers will be expected to report to the competition desk located on the beach at the designated site.
- 1.4 Newhaven College will be responsible for the setting up of the competition tent.
- 1.5 Newhaven College will provide competition rash vests, score sheets, pens, and clipboards.
- 1.6 There will be a minimum of three judges per heat and final, who will mark each competitor's waves. Newhaven College will provide experienced, independent judges.
- 1.7 At the start of competition, the Contest Director and Head Judge will address all students and will explain the rules to all competitors. It is expected that the first teams will commence the competition at 10.30am.
- 1.8 The Contest Director will decide on, and announce, the schedule for divisions on the day.
- 1.9 No free surfing allowed.

2. Teams

- 2.1 Divisions to be contested:
Stand Up Board – Junior, Inter and Senior Boys, Junior, Inter, Senior Girls.
- 2.2 Tag team' format in pairs.
- 2.3 Each school is permitted a maximum of two (2) pairs in each division. (Max. team size = 12 surfers) Each pair must consist of 1 junior surfer (year 7 – year 9) and 1 senior surfer (Year 10 – Year 12).
- 2.4 Surfer pairs in each division are designated and **MUST NOT BE CHANGED** during the contest.
- 2.5 A surfer may compete in more than one division.
- 2.6 Each school will be designated a colour on the day and is responsible for returning contest vests at the end of the competition. Missing vests will be charged to the school responsible.

3. COMPETITION RULES AND FORMAT

- 3.1 Each division will contest two heats (Round 1), two semis (Round 2) and a final (Round 3) Heats and finals will be twenty minutes in total.
- 3.2 A maximum of ten (10) waves per surfer per heat is permitted. Catching a wave is given as the surfer taking both hands off the rails of his/her board. (i.e., take off)
- 3.3 Pairs will divide their twenty (20) minutes at their discretion.
- 3.4 Tags' must be made inside the team area.
- 3.5 Surfers must not 'take-off' after heat finish.
- 3.6 Next heat must be ready to go immediately.
- 3.7 Surfers must not interfere with another surfer's wave:
 - By obstructing a rider while paddling.
 - By taking off on the unbroken section on which a surfer is riding (first up has right of



way).

- By “dropping in” (taking off on a wave at the same time as a surfer closer to the breaking section.

3.8 Format as follows:

HEAT ONE	HEAT TWO
• 8 Schools Maximum • Top 4 progress	• 8 Schools Maximum • Top 4 progress
SEMI ONE	SEMI TWO
• 1st and 3rd from heat one • 2nd and 4th from heat two	• 1ST and 3rd from heat two • 2nd and 4th from heat one
FINAL	
• 1st and 2nd from Semi one and 1st and 2nd from Semi two	

4. JUDGING CRITERIA AND SCORING

- 4.1 Each surfer will be scored /10 for each wave.
- 4.2 The top two (2) wave scores for each surfer will count (team total possible = 40 points per heat).
- 4.3 No ‘double whammy’.
- 4.4 Two bonus points will be awarded for finishing within the time. (Both surfers inside team area).
- 4.5 No less than 50% of teams from each heat will progress through to the next round.
- 4.6 School's aggregate points will be awarded for places in finals as such: 1ST, 4 points, 2ND, 3 points, 3RD, 2 points and 4th, 1 point.
- 4.7 Judges will follow criteria set down by Surfing Australia.
- 4.8 Penalties: Interference: In the case of the head judge calling an interference the offending school will have their top wave score deleted for the heat.
- 4.9 Count backs: Heats/finals: Placing default to pair with the highest individual wave score in that heat/final. Schools aggregate: Placing's default to the school with the highest aggregate wave score in finals.

Points scale				
0.0-2.0	2.1-4.0	4.1-6.0	6.1-8.0	8.1-10.0
poor wave	fair wave	avg wave	good wave	excellent wave

A surfer must perform radical controlled manoeuvres in the critical section of the wave with speed, power, and flow to maximize scoring potential. Innovative and progressive surfing as well as variety of repertoire (manoeuvres) will be taken into consideration when rewarding points for waves ridden. The surfer who executes this criterion with the maximum degree of difficulty and commitment on the waves shall be rewarded with the highest scores.

5. SAFETY

- 5.1 Newhaven College will provide two qualified surf rescue staff and rescue boards. Level 3 First Aid Staff will be on the beach for the duration of the contest.
- 5.2 External First Aid (St Johns Ambulance or similar) will be in attendance.
- 5.3 Each school's public liability will cover any injuries sustained by any competitor.
- 5.4 Each competitor must wear a full-length wet suit and have a leg or wrist rope attached to their board before entering the water.
- 5.5 Students and staff are reminded to protect themselves from exposure to the sun.

6. FOOD AND DRINK

- 6.1 Newhaven College will try to provide limited food and drink for contest organizers/judges, but all competing students and teachers must supply their own food and drink.

7. PRIZES

7.1 SEISA Champion Shield will be awarded to the school with the highest aggregate finals placings.

RASH VEST COLOURS	
Beaconhills College (Berwick)	BLACK
Beaconhills College (Pakenham)	ORANGE
Gippsland Grammar	YELLOW
Newhaven College	BLUE
St Paul's Anglican Grammar School (Traralgon)	RED
St Paul's Anglican Grammar School (Warragul)	WHITE



SEISA GOLF TOURNAMENT

DATE: Thursday 7 May 2026
VENUE: Warragul Golf Club
HOST SCHOOL: Beaconhills College, Berwick
SUPPORT SCHOOL: Newhaven College, Gippsland Grammar
EVENT TIME: 10:00am – 3:00pm

GENERAL INFORMATION

The 2026 SEISA Golf Tournament will take place at Warragul Golf Club on Thursday, May 8, 2026. The event will commence with a shotgun start at 10:00 am.

The SEISA Golf Tournament will include the following competition categories for both male and female participants:

- **SEISA Golf Champion (Male & Female):** Awarded to the player with the lowest gross score of the day.
- **SEISA Schools Golf Champion (Open & Female):** Recognizing the premier golf school in the association, determined by the lowest aggregate gross score from a team of three players.

Eligibility and Entries

The competition is open to all students of a SEISA member school. Male players must have an official Australian handicap and a Golf Link number. Suitable females may participate without a handicap, provided they can play 18 holes of golf at a decent standard (no air swings). Only players that can complete the course without damaging the course will be permitted to play.

Pathway

- The top three male and female individual finishers from the SEISA Tournament and the winning SEISA School team (consisting of 3 golfers) will receive entries (male and female) to the SSAV Golf Championship at Lonsdale Links Golf Course, Port Lonsdale on Monday May 25, 2026, provided they are of a suitable standard.

Note:

- All golfers who wish to progress to the SSAV Golf Championship must hold a handicap.

RULES

Competition Rules:

- The SEISA Golf Tournament will be conducted in accordance with *The Rules of Golf* as prescribed by the Royal and Ancient Golf Club of St. Andrews.

Equipment Requirements:

- Players must supply their own well-maintained golf clubs, balls, tees, and ball markers.

Team Size (Teams Event):

- Three players per team.



SSAV GOLF TOURNAMENT

DATE: Monday May 25, 2026
VENUE: Lonsdale Links Golf Course
HOST SCHOOL: Geelong Independent Schools Association (GISSA)
EVENT TIME: 8am

- The top three male and female individual finishers from the SEISA Tournament and the winning SEISA School team (consisting of 3 golfers) will receive entries (male and female) to the SSAV Golf Championship at Lonsdale Links Golf Course, Port Lonsdale on Monday May 25, 2026, provided they are of a suitable standard.
- The SSAV Golf Tournament will be conducted in accordance with *The Rules of Golf* as prescribed by the Royal and Ancient Golf Club of St. Andrews.

CROSS COUNTRY

DATE: Thursday September 10, 2026
VENUE: Newhaven College (Phillip Island Road)
HOST SCHOOL: Newhaven College
SUPPORT SCHOOL: Gippsland Grammar
EVENT TIME: 10:00am – 1:00pm

- Age Groups will be U/12, U/13, U/14, U/15, U/16, U/17, U/21
- Ages to be taken from January 1, 2026.
- There are 14 events at the SEISA Cross Country.

2025 WINNERS TO BRING WINNERS SHIELD ON THE DAY

RULES FOR CROSS COUNTRY

1. Each competitor is to wear his or her full school sports or cross-country uniform, and unique barcode attached to their uniform.
2. Runners or cross-country spikes may be worn.
3. At the finish line, each competitor will be placed in line, in order of the position they finished. They must wait in this order until it is their turn give their result to the recorder.
4. The starter will start races with 'On Your Marks' and the sound of the starting pistol.
5. Ribbons will be awarded to the first to third place getters at the ribbon table after the race. Age medals winners will be presented at the official presentations after the event.
6. Competitors must complete the course as stated. Competitors are advised to walk the course prior to the commencement of the races.
7. Competitors may only compete in one race for the day.
8. Pacing by non-competitors is not allowed.
9. Disqualified competitors must be reported by the host school to Sports Coordinators.
10. In the case of a dispute, a dispute committee meeting incorporating all available Sports Coordinators, or their proxy not directly involved in the dispute will be convened. The dispute must be lodged in writing on a dispute form by a staff member and presented to the SEISA Executive Officer.
11. A maximum of eight competitors from each school in each event with the first four competitors to count towards the team score. Teams of less than four competitors can still compete and still count towards a team score. Teams with less than 4 competitors will receive maximum points for every competitor they don't have for that team e.g. if a school only has one competitor, they receive maximum points to make up to the 4 competitors needed to make up a team.
12. Points will be accumulated as follows – first place will receive 1 point, second place will receive 2 points, and so forth. The points scored for all 14 age groups are tailed to give the final school total. These scores are used for the awarding for the SEISA Cross Country Shield.



RACE SCHEDULE *(Subject to change)*

Time	Course One 3.5 km	Course Two 5.5 km
11:00am	N/a	U21 boys
11:05am	U21 girls	N/a
11:10am	N/a	U17 boys
11:15am	U17 girls	N/a
11:20am	N/a	U16 boys
11:25am	U16 girls	N/a
11:30am	N/a	U15 boys
11:35am	U12 girls	N/a
11:45am	U12 boys	N/a
11:50am	U13 girls	N/a
11:55am	U13 boys	N/a
12:00pm	U14 girls	N/a
12:05pm	U14 boys	N/a
12.10pm	U15 girls	N/a
12:40pm	Course closed & tidied up	
1:00pm	Presentations	

JOB DESCRIPTIONS

Starter (1):

To begin all races with a starting gun.

Starter's command should be 'Take your marks' 'Gun'.

Marshals (2):

To ensure that the events are lined up in the correct order and that all schools are at the starting line. To check that each school has a maximum of 8 competitors in the team.

Course Marshals:

To ensure that competitors run the course correctly. Course Marshals should be stationed around the course to direct competitors.

Place Judges (3):

To judge the finishing order of each event and to hand each competitor a raffle ticket corresponding to their finishing position.

Recorders (2):

Then 2 of these take the barcode from kids/write down name/school/age/gender for the Chief Recorder.

Line Assistant (2-3):

Helpers that keep the students in one line, in finishing order, after the race until their turn at the recording table.

Chief Recorder (1):

Scans barcodes into SportsTrak, which tally's up points from all 14 age groups for each school.

Assistant Recorder:

To assist the Chief Recorder.



COURSE DESCRIPTION

There are two distinct courses of 3.5km and 5.5km both marked out by bunting tape and marker discs. Depending on building works, the course may change from year to year and the distances may vary slightly. Schools are advised to walk the course to identify potential confusion points where the courses diverge.

Both start and finish are in close proximity as per the map. The course is set out over the grounds of Newhaven College. The run is on well-worn tracks and grassed ground on a consistently even surface. There are a few exceptions at gates and high traffic areas where there could be some mud. The finish will be in front of the main pavilion providing for a Grandstand Finish.



SPRING CARNIVAL | BOYS NETBALL

DATE: Thursday September 17, 2026
VENUE: Cardinia Life, Pakenham
HOST SCHOOL: St Paul's Anglican Grammar School
EVENT TIME: 9:30am

TOURNAMENT STRUCTURE

Each School can field one team in each of the following categories:

- Junior Boys (Year 7/8)
- Intermediate Boys (Year 9/10)
- Senior Boys (Year 11/12)

Player & Team Eligibility:

- Players may play in one team only and all players must be current students at the school represented. A team shall consist of no more than 12 players.
- Students are permitted to play in sections above their current year level but are not permitted to play in sections below.
- Students may only play in one section for the duration of the tournament.
- A minimum of five players are required to take the court for a match to commence.
- Each school is to supply one game quality ball that can be used throughout the day.

Uniform:

- Regular school sports uniform must be worn. The entire team must wear the same uniform.
- Pockets on shorts must be sewn closed.
- Each team must supply their own netball and set of bibs.
- No watches/Jewellery to be worn.
- Nails to be short and smooth.

Centre Pass:

The centre pass will be determined by a coin toss with the winning team to take centre pass, other team to choose goal end.

2024 Rules of Netball

All matches will be played in accordance with the 2024 Rules of Netball, unless otherwise stated in the SEISA Handbook rules for netball (pg. 65).

Timing & Substitutions:

All matches will be centrally timed, there will be a 1-minute break at half time, and however no injury time is provided.

Games	2 x 7-minute halves	1-minute break half time
Change over	3 minutes	
Finals	2 x 7-minute halves	1-minute break half time

Rolling substitutions will be played. Teams can make unlimited substitutions, provided the momentum of the match is not impacted and no player goes offside.

Teams should have two sets of identical bibs to ensure smooth transitions. If one set of bibs are being used, bibs must be swapped **off court** and no player can enter the court without bib affixed fully.

Scoring

- Each team is to provide a scorer; the two scorers must sit together and use the official score sheet provided. The clipboard must not be removed away from the court.
- The scoresheet provided will be considered the official scoresheet and only the information recorded on the official scoresheet will be recognised.

- The winning team is to deliver scoresheet to the convening school.

Match Points & Byes:

- Four points will be awarded to teams for winning a match.
- No points will be awarded for a loss.
- If scores are level at the end of the game, a draw will be declared & teams take two points each.
- In sections which have uneven number (i.e., 7 teams) all teams will have a bye but will receive no points.
- Where points are equal at the end of the day, percentages will decide finalists.

Late Arrivals:

- If any team is not present at the time of the starting siren, a representative from the team present must notify the convening school.
- The official may award the present team 1 goal for every minute or part thereof missed by the offending team.
- A maximum of 5 goals will be awarded, after which the match will be declared a forfeit by the official.
- The team present will be awarded the 4 points and a winning margin of 10-0.
- The scoresheet must be returned to the convening School indicating this.

Drawn Finals Matches:

- If the scores are tied at the end of a final, there is a one-minute break during which time there may be substitutions and/or team changes.
- At the end of that 1 minute, 2 x 4-minute halves are played. At the end of the first 4 minutes teams simply change ends and there are no substitution or team changes allowed unless for injury. Rolling substitutions will continue to be permitted.
- If at the end of the second 4 minutes the scores are still level, then play continues until one team has a two-goal advantage. **Fixture subject to change pending entries.*

Fixture for Boys Netball 2025												
	Crt 5			Crt 6			Crt 7			Crt 8		
	Junior			Junior			Inter			Inter		
10.00	BCB	v	BCP	NC	v	GG	BCB	v	BCP	NC	v	GG
	Junior			Senior			Inter			Senior		
10.20	STPT	v	STPW	BCB	v	BCP	STPT	v	STPW	NC	v	GG
10.40	Junior			Junior			Inter			Inter		
	BCB	v	NC	BCP	v	STPW	BCB	v	NC	BCP	v	STPW
	Junior			Senior			Inter			Senior		
11.00	GG	v	STPT	BCB	v	NC	GG	v	STPT	BCP	v	STPW
11.20	Junior			Junior			Inter			Inter		
	NC	v	STPW	BCP	v	STPT	NC	v	STPW	BCP	v	STPT
	Junior			Inter			Senior			Senior		
11.40	BCB	v	GG	BCB	v	GG	BCB	v	GG	NC	v	STPW
12.00	Junior			Junior			Inter			Inter		
	NC	v	STPT	BCP	v	GG	NC	v	STPT	BCB	v	STPW
	Junior			Inter			Senior			Senior		
12.20	BCB	v	STPW	BCP	v	NC	BCB	v	STPW	BCP	v	GG
12.40	Junior			Junior			Inter			Inter		
	BCB	v	STPT	GG	v	STPW	BCB	v	STPT	GG	v	STPW
	Junior			Inter			Senior			Senior		
1.00	BCP	v	NC	BCP	v	GG	BCP	v	NC	GG	v	STPW
1.30	Inter						Junior			Junior		
	1st	v	2nd	3rd	v	4th	1st	v	2nd	3rd	v	4th
	Senior			Senior								
2.00	1st	v	2nd	3rd	v	4th						
2.30	Presentations											
	JUNIOR			INTER			SENIOR					

SPRING CARNIVAL | VOLLEYBALL

DATE: Thursday September 17, 2026
VENUE: Cardinia Life, Pakenham/ Beaconhills College Pakenham
HOST SCHOOL/S: Beaconhills College Berwick & Beaconhills College Pakenham
EVENT TIME: 9:30am

Volleyball is a popular team sport played indoors with six a side. All games are to be played under the laws recognised by the Victorian Volleyball Association Rule Book, provided that they do not clash with the rules below.

Object of the Game

The object of volleyball is to play the ball over the net and into the opponent's court so that it cannot be returned. Each team has 3 hits to return the ball, and the ideal use of 3 hits is: dig, set and spike.

Tournament Structure

The SEISA Volleyball Tournament will have the following 4 divisions:

Junior Boys (Years 7 – 9)	Junior Girls (Years 7 – 9)
Senior Boys (Years 10 -12)	Senior Girls (Years 10 -12)

- All teams play with 6 players on the court. To play a game, a team must have no less than 5 players on the court. Suggested squad sizes are between 8-10 players. A team not having enough players will be a forfeit.
- All games at the tournament are time games. The length of games is governed by the number of teams in the respective division. For this tournament the following time slots will be given per round:

Senior Girls and Junior Girls = 15-minute rounds
Senior boys & Junior Boys = 15-Minute Rounds

- Each team will play 1 game against all teams within the division. All teams will also perform scoring duties as per the fixture.

Rules

- Scoring.** A team scores a point when they win a rally. Each set will be up to 21 points, with the winning team to be at least 2 points ahead of the other team. A match will be the best of 3 sets, or within the time allowed. A set will be live once 1 team scores at least 11 points and leads by at least 2.
- The ladder will be decided on points.

WIN = 3 Points	DRAW = 2 Points	LOSS = 1 Point	FORFEIT = 0 Points
----------------	-----------------	----------------	--------------------

In the event of two teams finishing on the same number of points, teams will be separated based on their percentage (sets for and against).

If the point differential is still equal, teams will be separated based on their percentage (points for and against).

- Rotation.** Each time a team wins the serve back, all players of that team on the court will rotate one position in a clockwise direction (see figure 1). The server will be the player in the No. 1 position. There are no limits to the number of rotations made.
- Teams must have numbers on the front and back of their team tops.
- Jewellery must not be worn.
- Players names will be written on the score sheets prior to the game commencing.
- The host school will supply approved match volleyballs and score sheets.



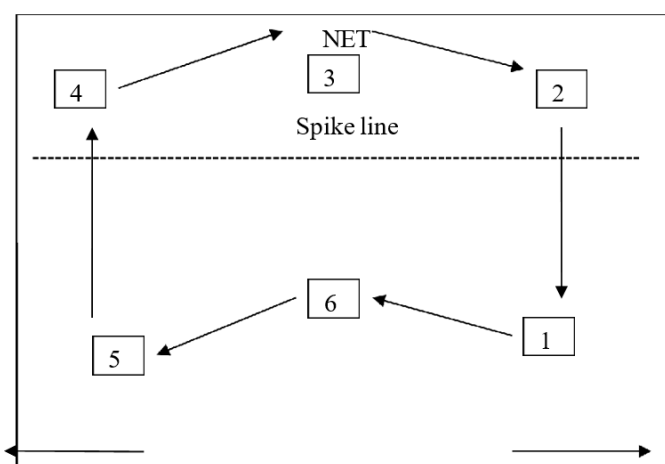
8. Each team is expected to do duty and must supply:
 - a) A second Referee
 - b) 2 scorers
 - c) 2 lines people
9. It is the host school's responsibility to supply the 1st referee for each match.
10. The length of the matches will be determined by the number of teams entered in the competition. There will be a five-minute warm up between matches.

Faults

A team loses a rally if any of the following faults occur:

- The ball touches the ground inside the court.
- The ball touches someone in the team and bounces outside the court, hitting the ground.
- The ball is hit more than 3 times (a block does not count as the first touch.).
- The ball is hit by the same person twice in a row (double hit).
- A player touches the net with any part of their body or clothing in the playing of their shot.
- A player puts their whole foot over the centre line. Hands or any other part of the body is ok provided it does not interfere with the opposition playing the ball.
- A player holds, catches, or throws the ball. This generally happens when a player slaps the ball with an open hand.
- A back court player jumps over the height of the net between the spike line and the net.
- The server hits the ball while it is still in contact with the support hand. I.e., the serve cannot be handballed.
- The serve touches the net and does not go over the net or goes out of court without being touched.

Volleyball playing area and direction of rotation:



SPRING CARNIVAL | LAWN BOWLS

DATE: Thursday September 17, 2026
VENUE: Pakenham Bowls Club - 16 Anderson Street Pakenham VIC 3810
HOST SCHOOL/S: Gippsland Grammar
EVENT TIME: Arrival at 9:30am for 10:00am start.

All matches will be played in accordance with the 2023 Laws of the Sport of Bowls – Crystal Mark 4th Edition and 22/23 Bowls Victoria Competition rules.

All players must have runners or flat soled shoes.

Starting Times:

TIME	DESCRIPTION
10:00am	Arrival/Welcome/Introduction
10:30am	Roll up (2 Ends)
11:00am-11:30am	Round 1
11:40am-12:10pm	Round 2
12:20pm-12:50pm	Round 3
12:50pm-1:20pm	Lunch
1:20pm-1:50pm	Round 4
2:00pm-2:30pm	Round 5
2:30pm	Presentations
3:00pm	Departure

Format:

- **2 Bowl Fours** – Skip responsible for scorecards, teams will consist of Lead, Second, Third & Skip
- **30mins games** – A bell will indicate the start and end of each game. Once the bell rings at the end of the game, that end will be completed. An end will be considered started once the jack has been placed and the first bowl has been bowled.
- **Jack's and Mat's** will be placed on markers, there will be **no rolling of the Jack** throughout the Tournament.
- **Re-spotting the Jack:** If the Jack becomes dead it will be re-spotted on the T. If the T mark spot is partly or completely covered by a bowl, the jack must be placed on the centre line as close as possible and forward of the covered spot without touching a bowl.

Scoring:

WIN	TIE	LOSS
3 POINTS	1 POINT	0 POINTS

In the event of a tie, for first place a 2 bowl, 2 end playoff will be played.



Example Lawn Bowls Draw: Junior/Intermediate/Senior

Draw: Junior/Intermediate/Senior

Junior:

Round 1	Round 2	Round 3	Round 4	Round 5	Rink
GGs V NC	NC V STPW	STPW V BCB	BCB V BCP	BCP V GGS	1
BCP V STPW	GGs V BCB	GGs V STPT	STPW V GGS	STPW V STPT	2
BCB V STPT	BCP V STPT	NC V BCP	NC V STPT	BCB V NC	3

Intermediate:

Round 1	Round 2	Round 3	Round 4	Round 5	Rink
GGs V NC	NC V STPW	STPW V BCB	BCB V BCP	BCP V GGS	5
BCP V STPW	GGs V BCB	GGs V STPT	STPW V GGS	STPW V STPT	6
BCB V STPT	BCP V STPT	NC V BCP	NC V STPT	BCB V NC	7

Senior:

Round 1	Round 2	Round 3	Round 4	Round 5	Rink
GGs V NC	NC V STPW	STPW V BCB	BCB V BCP	BCP V GGS	9
BCP V STPW	GGs V BCB	GGs V STPT	STPW V GGS	STPW V STPT	10
BCB V STPT	BCP V STPT	NC V BCP	NC V STPT	BCB V NC	11

WEEKLY SPORT

The home and away competitions to be played during Summer and Winter are:

Term 1 sports	Term 2 sports	Term 3 Sports	Term 4 Sports
• Inter Cricket • Senior Cricket • Softball • Inter Netball (A&B) • Senior Netball (A&B) • Inter Basketball • Senior Basketball • Girls Tennis • Boys Tennis (A&B)	• Junior AFL • Junior Hockey • Junior Girl Basketball (A&B) • Junior AFLW • Junior Boys Soccer • Junior Girls Soccer	• Inter AFL • Senior AFL • Senior Mixed Hockey • Inter Girls Basketball • Senior Girls Basketball • AFLW (9-12) • Inter Boys soccer • Inter Girls soccer • Senior boys' soccer • Senior Girls soccer	• Junior Cricket (A&B) • Junior Softball • Junior Netball (A&B) • Junior Basketball (A&B) • Junior Boys tennis • Junior girls' tennis

Dates of competitions between Schools in this zone shall be conducted on the dates noted in the official SEISA Calendar of Events, as well as the fixtures contained within this Handbook. Exact teams to be filled and venues are to be worked out between competing schools. Ideally, half the sporting competitions should be played at each school. Between competing schools, a 'home game' will be played every other year.

Finals

The top two teams in each level of each Sport will contest finals, if applicable. Positions are determined by the greatest number of wins – in the event of two or more schools having won an equal number of matches, the teams will be separated by percentage/NRR or by the rules set out under each sport. Perpetual trophies are awarded to winning senior school team, Pennants will be awarded to the winning school teams in Intermediate and Junior competitions.

ORGANISATION

1. The host school is required to book venues, provide score sheets and game balls, tabulate results, organise umpires, provide a First Aid kit and keep time. Fields of play should be clearly marked.
2. All equipment should be labelled clearly.
3. 'First' teams (i.e., Senior Cricket, Softball, Basketball, Tennis, Senior AFL, Hockey, Netball and Soccer) can comprise any student from any year level, allowing Schools to select the best group of players at their disposal.

Intermediate teams may include students from year 7, 8, 9 and 10 students.

Junior teams must be selected using only Year 7 and 8 students only.

Students may only participate in **one** winter and **one** summer term.

In the event of a team about to forfeit a season, special consideration may be requested (in writing to the EO who will forward the request to schools) to allow junior students to play a second season of SEISA Sport. **This is not to be at the expense of older students missing out.

4. Umpires should be experienced and competent. Umpires have the right to send any player off if they see fit. They should be briefed on the timing rules for each sport prior to the start of the game.

No students should umpire senior games.



Inter games can be umpired by a student, but they must not be in the same age group (Exception for AFL/AFLW with a student being able to **boundary** umpire).

When an external umpire cannot be sourced, a staff member should be used before a student wherever possible.

If a student umpire is the only option, coordinators to contact the opposing school's coordinator as a courtesy/ to see if they have a more suitable umpire.

5. At the completion of events, both teams should sign the scoresheet, and results should be collated and emailed to the SEISA Executive Officer using the Official SEISA Result/Report Form (supplied at the start of each season) as soon as possible following the event. In the event of a score discrepancy, if scoresheets are not signed by both teams, the home team score will be taken.
6. Finals to be played at a venue based on ladder position, with the first placed team given the opportunity to host the final. A central venue can be agreed should the logistics of travel be an issue between the two sports coordinators. Umpires, game balls/equipment and first aid are to be organised by the hosting school.
7. Regular season games are to start at 1pm (except cricket which starts at 12:15pm).
8. Finals to start from 11am where possible, to assist with schools meeting end of school bus connections for students.

BASKETBALL RULES AND REGULATIONS

All matches are to be played under the laws recognized by the Basketball Australia, provided that they do not clash with the rules below.

Minimum players on court:	4 players to start a game. Can finish with 3.	Maximum Players on court:	5
---------------------------	---	---------------------------	---

1. The time of the game should be 2 x 20-minute halves. All basketball should be played at indoor venues, where possible. At least five-minute half time break will be allowed for each game.
2. All players must wear school singlets or sports tops with numbers clearly visible on front and back. Numbers can be 0 -100. School singlets and shorts should all be of the one design.
3. Players' names, initials and numbers should be filled out on the score sheet prior to commencement. A team not having at least four players on the court at the commencement of the match will forfeit one point for every minute late, up to ten minutes, at which point the match will be forfeited.
4. Substitutes can only be made when the ball is 'dead'.
5. Two time-outs per half are permitted. The clock will not be stopped at any time during the game, except for the last minute of the final half. NO time-outs are permitted in the last 2 minutes of the game.
6. 10 players' maximum per team, team name lists are to be completed prior to the start of the match.
7. Send off rule applies – 10 minutes for a minor offence, rest of the game for a major offence. Send off offences include bad language, abuse of umpire, wrestling, arguing, and fighting. Each game is under the control of the referee/s, whose authority and decisions must be respected. Any player whose name and number are taken by a referee should be referred to the School Coach and Sports Co-coordinator for further action. The 'blood rule' also applies.
8. Each team must provide a scorer for each game who are to sit together at score bench. Scoresheets must be signed by representatives from both schools.
9. No extra time is played if results are drawn in a normal round.
10. Points – the ladder will be decided on points, where a win is worth 2 points, a draw is worth 1 point, and a loss is worth 0 points. In the event of schools being equal on points and having played each other, results will be awarded on percentage.
11. FINALS - If the score is level at the conclusion of the second half, an extra five-minute period shall be played. Two (2) minutes is placed on the clock at the end of the game, then the extra five-minute period commences. The clock stops on every whistle during this period. One (1) time out is permitted for each team during this period, the clock stops. No end changes. If the scores are level at the end of the extra time period, the result is based on ladder position.
12. Equipment – home schools are to supply an approved basketball, time clock and score sheets for all matches. Senior, Intermediate and Junior boys use size 7 ball, and Senior, Intermediate and Junior girls use a size 6 ball.
13. Referees – it is the responsibility of the host school to supply AT LEAST one qualified referee per match. Where possible, a green shirt should only be employed when accompanied by a fully qualified referee.
14. MERCY RULE – In the event of a team reaching a lead of 30 points, this team will not be permitted to defend outside their own defensive three-point line, in a zone defence. Doing so will result in a technical foul – 2 free throws, plus possession – against the offending team.



CRICKET RULES AND REGULATIONS

Minimum players on field:	10	Maximum Players on field:	11
---------------------------	----	---------------------------	----

1. All matches will be played in a Twenty20 format and will be played under the ICC T20I rules <https://www.icc-cricket.com/about/cricket/rules-and-regulations/playing-conditions> unless otherwise stated below.
2. The first innings of the match shall commence at 12.15pm and conclude by no later than 1.30pm. The second innings of the match shall commence at 1.40pm and conclude by no later than 2.55pm. If a fielding team is unable to complete their overs in time, they shall be penalised ten runs for every over not completed, unless circumstances dictate otherwise – this will be at the discretion of the umpire.
3. A minimum of 10 overs per team is required to constitute an official match.
4. All players must comply with the umpire's instructions. Any dissent by word, action or behaviour that brings the game into disrepute will not be tolerated.
5. If a coach is umpiring, he/she may only address the players as part of their role as an umpire. Specific coaching instruction is not permitted.
6. Teams to change ends every 5 overs.
7. A "No Ball" shall be called when the bowler oversteps the front bowling crease with their entire foot, or when a ball passes the batsman above shoulder height when delivery pitches and waist height for non-pitching deliveries.
8. A "Wide" shall be called when balls are out of reach on the offside and at the umpire's discretion down the leg side.
9. In Junior and Intermediate games, overs to be capped at six (6) balls. In compensation for not re-bowling deliveries, two (2) runs to be allocated for a wide or a no ball. The last over of the day must be six (6) legitimate deliveries (not wides/no balls). In Senior matches, overs are to be capped at eight (8) balls. 1 run is to be allocated for a wide or a no ball.
10. No 'Free Hits' to be played.
11. No 'power plays' will be played in any SEISA matches.
12. Bowlers may only bowl a maximum of four overs.
13. Only one short-pitched delivery per over will be tolerated. Successive short-pitched deliveries will be called as "no ball".
14. Two players may act as wicketkeeper during the course of the match. They can also bowl or can have already bowled prior to taking on the wicketkeeper role.
15. Batsmen must retire at 30 runs (Junior and Intermediate level) and at 50 runs (Senior level). Batsmen will be required to immediately leave the crease as soon as they have reached the required number of runs to retire (even if mid-over). Batsmen who have retired can also return to the crease if the required number of overs has not been completed, and if all other batsmen have been dismissed.
16. Any fieldsman within 10 metres of the bat in front of the wicket must wear a helmet and protector. Umpires must intervene if a fielding position places a player at risk.
17. An official umpire shall be appointed for each match by the home team. If an external umpire is not available, each competing school must provide an umpire. Each team shall also provide a scorer, both of whom will sit together.
18. Both teams must supply a 156-gram, quality cricket ball.
19. FINALS – if the scores level at the conclusion of the match, a super over format will be played to reach a result. This will commence 5 minutes after the conclusion of the game and the format consist of each team having one over (six balls) and two wickets.

REDUCED TIME or LOST TIME DUE TO LATE ARRIVAL OR SLOW PLAY

1. In the event of adverse conditions, an over per side will be reduced for every five minutes of play lost.
2. If rain forces the start to be delayed, a decision on whether play will go ahead will need to be made by no later than 1.00pm.
3. If a team is late arriving by less than five minutes, they forfeit the right to toss.
4. If a team is late, for every 10 minutes the number of overs will be reduced by two (2) overs per innings.
5. If a team is less than 15 minutes late, they must bowl their 20 overs within the reduced time.
6. If, due to the late arrival of a team, the full number of overs is not achieved, the team that is at the venue on time may nominate to bat or bowl first.
7. In the event of rain or time lost due to conditions, the Duckworth-Lewis Stern system can be referred to. The SEISA Executive Officer will have access to this system if assistance is needed and should be contacted to communicate with the coach/es regarding the conditions to be set.



SOFTBALL RULES AND REGULATIONS

All matches shall be conducted under the laws recognised by Softball Australia that are outlined in the "Official Softball Rules", provided they does not clash with any of the following rules. Softball Australia's Rules can be found here: <https://www.softball.org.au/resources/official-playing-rules/>

Minimum players on field:	7	Maximum Players on field:	9
---------------------------	---	---------------------------	---

1. Player's names and initials are to be shown in batting order on the score sheet. Teams must follow the batting order once set. Substitutes must declare the place in the batting order as they enter to the other team's scorer.
2. Players must wear complete uniforms (i.e., School softball uniform); all playing tops are to be of a similar colour.
3. Jewellery must not be worn. If an article of Jewellery is impossible to remove, it must be securely taped.
4. At "Time", the score is taken at the last completed innings or 7 innings maximum (or 90 minutes maximum). *If the team that bats second has an incomplete final innings, the runs scored in that innings will still count towards the score. If delays due to poor weather, two completed innings would constitute a game. If less than two completed innings played, the match shall be called incomplete, and the result is a draw.
5. FINALS – if results are drawn in a finals match, the overall ladder position determines the result. No extra time is played.
6. There shall be a maximum of 12 players per team. Substitutes can only be made at the end of an innings except in the case of injury. The minimum number of players required to commence a game is seven. In the batting order, the blanks can be anywhere in the lineup. These blanks will be "outs" when the blank position has a turn at bat. Players arriving late can take up the positions of the blanks after notification to the umpire and the scorers. Normal batting order will be instituted.
7. Positional changes can be made on the field at any time. Pitchers and catchers must stand in their prescribed positions. Other players may be stationed anywhere on "fair" ground. The fielding positions are Pitcher, Catcher, first baseman, second baseman, third baseman, shortstop, left fielder, centre fielder, right fielder.
8. 7 Run Rule applies to all senior, intermediate, and junior teams. A team continues to bat until 3 outs or they have scored 7 runs (7 runs must be scored in one innings).
9. For safety reasons, first base must be a DOUBLE BASE, where half the base is secured in fair territory, and half the base, (of a different solid contrasting colour), is secured in foul territory.
10. Batters and Runners, and base coaches under 18 years of age must wear helmets.
11. Senior/Intermediate Softball is comprised of Year 9 – Year 12 students, Junior Softball teams are made up of Year 7 – 8 students.
12. Catchers must wear masks with throat protector, helmet, chest protector, and shin guards.
13. Each team is expected to have a competent scorer. Scorers from each school should sit together.
14. Each team is to provide one leather official **12-inch** softball, bats, gloves, and protective gear (all of which must be of official standards) and a scorebook or score sheets. Each School should supply each of their teams with one new ball at the start of each season, then another new ball for Finals (where applicable). Bats are to be of the specification set down in the Softball Australia Rulebook.



15. Umpires

An external badged umpire should be employed to officiate all matches, which the home team is responsible for providing. In the event of such an official not being available, Coaches may umpire. Ideally, all games should have a plate and one line umpire.

- The plate umpire judges batting and appeals.
- The line umpire may take up different positions on the playing field wherever is the best position to render base decisions.

The umpires share equal authority to:

- Judge illegal pitches.
- Judge base stealing.
- Expel players or team officials.
- Suspend play.

The most difficult games to umpire are those where the skills level is poor. Inevitably in these games the umpire will have many judgment calls, interpretation of rules and may make an error in a call. Coaches must accept this.

Intimidating the Umpire is not in the spirit of the game. If you have an experienced umpire, you have the right to question the decision if you think it is a misinterpretation of the rules but not if it is a judgment call. Do not approach with rancour or a poor attitude. Please adhere to the SEISA Code of Conduct in these matters.

16. End of innings – All players should run from and to their positions, not forgetting warm-up balls for throwing. Coaches should organise the team prior to the game beginning, giving thought as to when the substitutions could take place, minimizing the stoppage time for changes.

17. After the game: It is customary as a last rite to line up and shake all the opposing team players and coaches to shake hands, thanking them for the game. Care should be exercised that this is done expeditiously with pep talks by coach left until after the last rites of the game.

18. Ladder Points: 2 points will be awarded for a win, 1 point for a draw and 0 points for a loss. In the event of schools being equal on points the final position is determined by percentage.

19. Coaches

- a. Coaches are to stay in the coaching box for the batting side and behind the foul/dead ball line when fielding.
- b. Any under 18-year-old coaches at 1st or 3rd base must wear a batting helmet whilst in the coaching box or on the field of play.
- c. Coaches are expected to ensure that all safety equipment is always in good order and in use at all times as their duty of care.
- d. A list is given for guidance:
 - i. Safety base at first bag
 - ii. Batting helmets on all batters, on deck batter, runners, and underage coaches.
 - iii. Catchers are wearing full protective gear (FULL regulation catching equipment) at all times when on the diamond and players taking warm-up pitches are suitably equipped.
 - iv. Umpires are appropriately protected.
 - v. Equipment is tidy and behind the dead/fair ball line.
 - vi. Benches are well behind the dead/fair ball line.
 - vii. One batter swinging for warm up at a time.

20. Blood Rule: In the event of a “blood injury” the game should stop and the injured removed and replaced before the game continues. The injured player may return at any time once bleeding has ceased.

21. Infield Fly Rule does **not** apply to any SEISA competitions.

22. Weather/Field Conditions: SEISA supports the premise that Softball is an all-weather game.

Doubtful weather – the decision to play or stop play is the decision of the two coaches. If the coaches fail to agree, the umpire will decide. Players who do not have suitable footwear are at a disadvantage, but this is not a reason for the game to be abandoned.

The umpire shall be the sole judge regarding whether the field is safe to play on. Each team needs to have completed at least one full innings for a match result to be determined.

23. Key areas in game play that always require urgent attention and teaching to players by coaches are:
- Batters should be instructed to take their position in the batting box by passing behind the umpire when taking up the batting box farthest from their bench.
 - To protect the catcher and umpire from injury, the bat should not be thrown at any time. Umpires will be instructed to take action for dangerous play. After a warning, a repeat throw could result in the umpire putting the batter out.
 - Throwing equipment in general and into the bench area in particular is not to be condoned and the coach or umpire shall take action. Temper tantrums normally associated with the throwing act shall be severely actioned by the coach. Helmets damaged are to be thrown away permanently.
 - The ball should be returned to the pitcher in the 8ft circle. The pitcher stands behind the pitching plate, and then steps forward onto the plate with hands separated. At this point the catcher's signals are received, and then the hands are put together for the pitch. This full stop position must be maintained for a minimum of one second and a maximum of ten seconds before the pitch.
 - The difference between a tag and a force play, when each is applicable.
 - Third Strike Rule: Batters and catchers must be taught when the third strike is dropped by the catcher that the out is given when either a throw is made to first or a tag on the batter/runner. However, in a situation with one or no outs and first base is already occupied by a base runner, the batter is automatically called out and may not advance to first. The base runners may steal on a dropped third strike at their own risk, as the ball is still 'live'.
A run shall not be scored if the third out of the inning is a result of a runner being forced out due to the batter becoming a baserunner.
 - Eight Foot Circle Rule: Base runners must understand how this rule operates when the pitcher is in the 8ft circle. It is a cause of dissatisfaction with the umpiring; therefore, it is better to teach the correct method then the umpiring dissatisfaction ceases.
 - Leaving the Base Early: Teach the runners not to leave early as they will be called out if caught by the umpire.

24. Diamond size and pitching distance for each grade:

	Year Level	Pitching	Distance	Base	Distance
Senior/Intermediate	9, 10, 11 & 12	40ft.	12.20m	60ft.	18.30m
Junior	7 & 8	35ft.	10.67m	55ft.	16.76m

25. Pitchers must have at least one foot on the plate to begin the pitch. They must come to a complete stop. Once the hands come together, the pitcher must pause then deliver the pitch. The pause must be between 2 and 5 seconds in duration.

TENNIS RULES AND REGULATIONS

All matches shall be played under the laws recognized by the Victorian Tennis Association, provided that they do not clash with any of the rules below.

1. Each match is one set with a win being the first team to win 6 games, or to an advantage of two games (i.e., 7-5). At 6-all, a 12-point tiebreaker will be played.
2. Schools' sports uniforms are to be worn with the correctly soled footwear.
3. The overall results will be calculated on the number of sets won by each school. If two schools have won the same number of sets, the total number of games won will determine the winner. If a match is interrupted by rain, all completed sets will count in the final calculation – four complete sets are required to constitute a full result.
4. Senior and intermediate competitions will be replaced by a trial an A and B format. Boys will have an A and B competition; Girls will have a single A competition which will comprise of both intermediate and senior players.

Boys	A Comp - 8 players	B Comp - 8 players (min of 6)
Girls	A Comp - 8 players	

Junior players graded in either competition are permitted to play, however they will be ineligible to play in the JUNIOR Summer competition of Tennis.

5. Previous structure

Teams are to be of 8 players arranged into 4 pairs (A, B, C, D). i.e., 8 boys and 8 girls. Each School is to nominate their students in order of ranking, from 1 through to 8, for the second group of matches to be played. Games to be played are all doubles matches:

- | | | | |
|------------------|-------------------|--------------------|-------------------|
| i. A v A | ii. B v B | iii. C v C | iv. D v D |
| i. 1 & 3 v 1 & 3 | ii. 2 & 4 v 2 & 4 | iii. 5 & 7 v 5 & 7 | iv. 6 & 8 v 6 & 8 |

All players will play two matches of Doubles. Only the results of the above matches will count for the overall results. If a team is unable to field a particular pairing, they will forfeit those matches, incurring a 6-0 loss.

6. Players should at always play within the laws of Tennis and should refrain from reverting to any act of gamesmanship which threatens the true spirit of the sport.
 - i. Behaviour and language must be kept under strict control.
 - ii. Balls must be returned to the server along the ground.
 - iii. It is your obligation to call all balls on your side, to help your opponent make calls when the opponent requests it, and to call against yourself (with the exception of a first service) any ball that you clearly see out on your opponent's side of the net.
 - iv. If you have any doubt as to whether a ball is out or good, you must give your opponent the benefit of the doubt and play the ball as good. You should not play a let.
 - v. Any "out", "let" or "fault" call must be made instantaneously (i.e., Made before either an opponent has hit the return, or the return has gone out of play) otherwise the ball continues in play.
 - vi. If you call a ball "out" and then realize it was good, you should correct your call.
 - vii. If players cannot agree on the score, they may go back to the last score on which there was agreement and resume play from that point.
 - viii. Players are prohibited from checking the mark of the ball on their opponent's side of the court.
 - ix. Wait until a point is over before walking behind a court where a match is in progress.
 - x. To retrieve a ball from another court or to return a ball to another court, wait until the players have completed a point.
 - xi. To avoid controversy over the score, the server should announce the game score before starting a game and the point score prior to serving for each point.
 - xii. Thank your opponent for the match.
 - xiii. In the event of a dispute insoluble by the players, coaches must become involved and reach an agreed solution. Players are be encouraged to work out their own difficulties.

7. Top grade governing body-approved balls should be used for all matches. One pair of new balls shall be supplied to each court for matches by the home team.
8. No coaching or advice shall be given by anybody during a match.
9. Substitutes. When a player is prevented through illness, injury, or other good reason from completing a match, then, with approval of both coaches, a substitute may take their position.
10. However, that pair forfeits the match in progress and the substitute player is able to play in his/her normal matches.
11. Balls straying onto the playing surface during a point will result in the replaying of that point.
12. Players should not leave the court during a match. Drinks and refreshments should be kept courtside and only accessed at a change of ends.
13. It is imperative that sets are completed quickly. Hit-up time is restricted to three minutes for each match.

At least six courts should be made available for the Junior competition. i.e., 6 courts for Year 7/8, 6 courts for Boys A & B and up to 6 courts for Girls A



AFL FOOTBALL RULES AND REGULATIONS

Rules to be followed are those of AFL Victoria, unless otherwise stated.

Minimum players on field:	14	Maximum Players on field:	18
---------------------------	----	---------------------------	----

Teams shall consist of 22 named players, not more than 18 of whom shall take part in a match at any one time.

1. All players must wear school football jumpers with numbers clearly visible on the back.
2. The toss of the coin shall take place on the ground in the presence of the umpires.
3. Conduct – players must observe the rules of AFL Football. Players must accept, without question, umpires' decisions and should never dispute them by word or gesture of disgust.

Send off procedure – the central umpires of all games are instructed that they should send a player from the field for a serious offence. The umpire should at the time of the incident, or as soon as possible afterwards, give details to the teacher-in-charge of that player's team. Serious offences include deliberate kicking, fighting, use of elbow or striking, spitting, abuse of umpire, and charging. (Please refer to attached 'Order of Rule' for more information).

4. Umpires are instructed to penalise breaches of these regulations with a 50-metre penalty where appropriate in the laws of the game.
5. Interchange – players may be interchanged at any time during the match. The players coming onto the ground must wait until the player coming off is over the boundary line. The same rule applies to injured players. For the 'blood rule', play must cease until the replacement player has taken up his position on the ground.
6. Umpires – each game is under the control of the umpire/s, whose authority and decisions must be respected. A minimum of one professional central umpire should be used where possible, supplied by the home team – one would be suitable for Junior matches, while two would be advised for Intermediate and Senior matches. Each school must supply a boundary umpire and a goal umpire for each match. All finals matches are to have two umpires.
7. Runners – one runner may be used at all levels provided that the runner is a student, parent, or staff member of the school, and has a distinguishable jumper and school tracksuit pants.
8. Spectators at football matches are not to partake in means of derision towards the umpires or heckling of any individual player.
9. Game duration – football matches shall consist of four 20-minute quarters, with NO time-on added. There shall be five-minute intervals at the quarter and three-quarter breaks, and 10 minutes at half time.
10. MERCY RULE – In the event of a team achieving a lead of greater than 100 points, the opposing team will receive a free kick at the next centre bounce re-start. This will continue until the difference becomes less than 100 points.
11. The ladder shall be determined using the following points – a win will be worth 2 points, a draw will be worth 1 point, and a loss will be worth 0 points. In the event of schools being equal on points, the school with the higher percentage would qualify for finals. If schools are equal on percentage as well, whoever won between the two Schools concerned would qualify. In the event of a drawn result in the final, 2 extra x 5-minute halves will be played. The extra time will commence 5 minutes after the end of regular time.
12. If a team arrives late to a venue, 1 goal will be added to the other teams score for every 10 minutes they are late in starting (two coaches to discuss and make allowances under exceptional circumstances).
13. Mouthguards are recommended for all football players. Helmets worn at players discretion.



AFLW FOOTBALL RULES AND REGULATIONS

Rules to be followed are those of AFL Victoria, unless otherwise stated.

Minimum players on field:	14	Maximum Players on field:	16
---------------------------	----	---------------------------	----

Teams shall consist of a minimum of 14 players on the field, with up to 22 named players. Per AFLW regulations, a maximum of 16 players should be on the field at any given time.

By mutual agreement between schools, maximum numbers can be increased to 18 to increase student participation.

1. All players must wear school football jumpers with numbers clearly visible on the back.
2. The toss of the coin shall take place on the ground in the presence of the umpires.
3. Conduct – players must observe the rules of AFL Football. Players must accept, without question, umpires' decisions and should never dispute them by word or gesture of disgust.

Send off procedure – the central umpires of all games are instructed that they should send a player from the field for a serious offence. The umpire should at the time of the incident, or as soon as possible afterwards, give details to the teacher-in-charge of that player's team. Serious offences include deliberate kicking, fighting, use of elbow or striking, spitting, abuse of umpire, and charging. (Please refer to attached 'Order of Rule' for more information).

4. Umpires are instructed to penalise breaches of these regulations with a 25m penalty, rather than 50- metre penalty where appropriate in the laws of the game.
5. A mark will be awarded for a ball travelling 10m rather than 15m.
6. A player may only bounce the ball a maximum of two (2) times before disposing of it.
7. A free kick shall be awarded against a player who takes full possession of the football at a bounce or throw by a field Umpire or at a boundary throw in, instead players are required to tap or punch the ball back into play from a bounce or throw by a field Umpire, or boundary throw in.
8. **Junior Girls only:** a free kick shall be awarded against a player who deliberately kicks the ball off the ground while the ball is in play.
9. Interchange – players may be interchanged at any time during the match. The players coming onto the ground must wait until the player coming off is over the boundary line. The same rule applies to injured players. For the 'blood rule', play must cease until the replacement player has taken up his position on the ground.
10. Umpires – each game is under the control of the umpire/s, whose authority and decisions must be respected. A minimum of one professional central umpire should be used where possible, supplied by the home team – one would be suitable for Junior matches, while two would be advised for Intermediate and senior matches. Each school must supply a boundary umpire and a goal umpire for each match. All finals matches are to have two umpires.
11. Runners – one runner may be used at all levels provided that the runner is a student, parent, or staff member of the school, and has a distinguishable jumper and school tracksuit pants.
12. Spectators at football matches are not to partake in means of derision towards the umpires or heckling of any individual player.
13. Game duration – football matches shall consist of four **15-minute quarters**, with NO time-on added. There shall be five-minute intervals at the quarter and three-quarter breaks, and 10 minutes at half time.
14. **MERCY RULE** – In the event of a team achieving a lead of greater than 100 points, the opposing team will receive a free kick at the next centre bounce re-start. This will continue until the difference becomes less than 100 points.



15. The ladder shall be determined using the following points – a win will be worth 2 points, a draw will be worth 1 point, and a loss will be worth 0 points. In the event of schools being equal on points, the school with the higher percentage would qualify for finals. If Schools are equal on percentage as well, whoever won between the two schools concerned would qualify. In the event of a drawn result the final, 2 extra x 5- minute halves to be played. The extra time will commence 5 minutes after the end of regular time.
16. If a team arrives late to a venue, 1 goal will be added to the other teams score for every 10 minutes they are late in starting (two coaches to discuss and make allowances under exceptional circumstances)
17. Mouthguards are recommended for all football players. Helmets worn at players discretion.

ORDER OFF RULE FOR FOOTBALL

1. Any player(s) acting contrary to the laws of the game (AFL Victoria School Football Order Off Procedure) may be sent off the ground by the umpire(s).
2. Card Ruling:
GREEN Card - A player(s) receiving a Green Card will be sent from the ground for 15 minutes and can be replaced.
YELLOW Card - A player(s) receiving a Yellow Card will be sent from the ground for 15 minutes and cannot be replaced.
RED Card - A player(s) receiving a Red Card will be sent from the ground for the remainder of the match, cannot be replaced and requires the minimum suspension and action by the school.
3. Both coaches and umpires are to meet at the conclusion of the game to determine the eligibility for the next game of any player sent off.
4. Any school which has three or more players sent off during a match will forfeit that match.
5. A standard letter on an official Incident Report sheet should be sent to the Sport Coordinator and Principal of the offending students' School, with a copy sent to the SEISA Executive Officer. It is at the discretion of each individual School as to any further punishments that are handed out to the student(s) in question.
6. Schools may use up to four interchange players in any one match.

AFL MATCH MANAGER CHECKLIST

Each Secondary School Australian Football match should be conducted under the guidance of a Match Manager. The Match Manager may be one of the following - Coach, Team Manager, School Sport Manager or AFL Victoria Development Manager. The Match Manager will be responsible for the following:

- Allocation of change rooms.
- Completion of the Secondary School Australian Football match day checklist.
- Players ordered from the field.
- Collecting team sheets.
- Collection of match results from both teams.
- Submission of match results and match day checklist to competition coordinator.

Each school is to provide the following:

- First Aid Kit
- Qualified First Aider



MATCH VENUES INSPECTION POLICIES

Process to ensure all match venues used by the South Eastern Independent Schools Association are in suitable condition for the safe conduct of Secondary School matches.

1. **During week of Secondary School matches**

In the week prior to the match being played the home coach is to inspect the proposed match venue and confirm that the venue is in satisfactory condition for the match to be played next week.

2. **On match day**

Prior to the commencement of a match the competing teams' coach, or competent nominee, are to inspect the match oval and provide the pro forma report to the match umpires indicating that the ground is in a suitable condition for play to begin.

The report is to be provided to the umpires before the commencement of the match with the umpires to advise the home Coach if there are any concerns with the condition of the ground by either the clubs or umpires.

3. **During the Match**

Under the AFL Laws of Australian Football Law 10.6.2 Incomplete Match, the match umpires have the authority to cease the playing of a match if the ground or climatic conditions are such that it is considered unsafe to continue playing the match.



HOCKEY RULES AND REGULATIONS

Minimum players on field:	9	Maximum Players on field:	11
---------------------------	---	---------------------------	----

All matches are to be played under Hockey Victoria Rules unless otherwise stated below.

TIMES

- Matches must be a minimum of 25-minute halves, with a 7-minute half time break.
- Games must start on time or be shortened to allow time for the following matches.
- If a team arrives late to a venue, 1 goal will be added to the other teams score for every 10 minutes they are late in starting (two coaches to discuss and make allowances under exceptional circumstances).
- If a match is tied at the end of the second half, penalty strokes will NOT be played, the only exception is the final match.
- In the event of penalty strokes, first 5 penalties are played out. If it is still a draw, penalties continue under sudden death rules until there is a winner.

NUMBER OF PLAYERS

- Teams can consist of up to 16 players. There are two boys Hockey teams in the SEISA Competition:
 - Boys Hockey – Year 7-8
 - Boys Hockey – Year 9-12
- Girls Hockey (years 7-12) will be played in the SEISA Spring Carnival.
- No more than 11 players can be on the field at any one time, minimum of 9 players per side.
- Eligible junior players are permitted to participate in the senior competition to fill the teams up to 11 players (minimum of 9 players).
- Boys Hockey will be played during the SEISA term. Girls are permitted to play in the boys weekly sporting competition, but there are no minimum/maximum numbers on field at any time for boys or girls.

UNIFORM

- All players must wear school sports shorts.
- All players must wear school sports tops or matching hockey shirts (with numbers on shirts, where possible).
- The goalkeeper must wear a shirt of a different colour to the rest of the team.

SAFETY

- Playing fields must be kept free of dangerous obstacles.
- Players in all competitions must wear shin guards.
- Players in all competitions are strongly recommended to wear mouth guards.
- Schools must provide all their own equipment.
- Goalkeepers must wear kickers, leg pads, body protection, gloves, and helmet with full-face protection.
- Face masks are to be worn when defending a penalty corner or penalty strokes when they are inside the circle they are defending as per the Hockey Victoria guidelines.
- Spectators should be at least 2m from the sidelines.
- For safety reasons, Tomahawk shots are **not permitted** in any SEISA hockey games.

UMPIRES

- Two umpires should be provided for each match.
- Umpires should be of an appropriate skill level and experience level. They are encouraged to discuss with coaches' interpretations of the rules to provide overall consistency.

BEHAVIOUR

Players, coaches, officials, and spectators should all uphold and encourage the SEISA Code of Conduct in regard to behaviour on and off the field. It is customary for competing teams to clap each other onto the ground and to shake hands before the captains toss for the choice of ends or pass. At the conclusion of the game the captain should call for three cheers for the other team and the umpires and team members should shake hands with the opposition.



PERSONAL PENALTIES

For rough or dangerous play, misconduct, or any intentional offence, the umpire may award the appropriate penalty and may:

- Caution the offending player.
- Warn the offending player (green card).
- Temporarily suspend the offending player, for a minimum of five minutes playing time (yellow card). The player cannot be replaced during this time.
- Permanently suspend the player (red card). The player cannot be replaced for that match and cannot play in any subsequent matches on that day.
- Umpires report and incident report must be filled out for any carded incident.

OBSTRUCTION

A player should not obstruct an opponent from attempting to play the ball by:

- Moving or interposing themselves or their stick.
- Shielding the ball with their sticks or any part of their bodies.
- Physically interfering with the sticks or bodies of opponents.

FREE HIT

When a free hit is taken:

- The ball must be stationary.
- The ball must move at least 1m before another player of the same team is allowed to play the ball.
- The ball shall not be raised intentionally or in such a way as to be dangerous or likely to lead to dangerous play.
- After playing the ball, the striker may not play the ball again or approach within playing distance of it until it has been played by another player.

ADVANTAGE

A penalty shall be awarded only when a player or team has been clearly disadvantaged by an opponent's offence.

OFFSIDE

There is no offside rule in hockey.

SUBSTITUTIONS

- Substitutions are permitted at any time except after the awarding of a penalty corner and during the taking of a penalty corner. (The exception is the substitution of a defending goalkeeper due to injury).
- No limit to the number of players that can be substituted.
- Substitution of a player may only be made after a player from the same team has left the field.
- Time shall not be stopped for any substitution, except the goalkeeper.
- In the event of a tied game and extra time played, the goalkeeper may not be substituted for the extra period of play.

CONDUCT OF PLAY – Use of Equipment

A player shall not:

- Play the ball intentionally with the back of their stick.
- Take part in or interfere with the game unless they have their stick in their hand.
- Play the ball above shoulder height with any part of the stick.
- Lift their stick over the heads of players.
- Raise their stick in a manner that is dangerous, intimidating or hampering to other players when approaching, attempting to play, or playing the ball.

USE OF BODY, HAND FEET

A players shall not:

- Stop or catch the ball with their hand.
- Intentionally stop, kick, propel, pick up, throw, or carry the ball with any part of their bodies.



NETBALL RULES AND REGULATIONS

All matches are to be played under the [2024 Rules of Netball](#) provided that they do not clash with any of the laws below.

Minimum players on court:	5	Maximum Players on court:	7
---------------------------	---	---------------------------	---

1. Player's names, initials and positions are to appear on the score sheet before the game commences. The playing squad is to be a maximum of 12.
2. Players must wear complete school netball uniforms. Position bibs must be clearly visible on front and back.
3. Only pullovers in team colours can be worn under positional bibs.
4. All netball uniforms must be in accordance with Netball Victoria's Uniform Guidelines.
5. Hair is to be worn so as position top lettering can be clearly seen.
6. Fingernails shall be cut short and smooth.
7. Black, navy, or matching sports briefs only may be worn.
8. Each team shall provide its own ball which must comply with the regulations in the Netball Victoria rule book.
9. Scorers from each school should sit together and confirm the score at the end of each quarter.
10. Should the scores be incorrectly recorded on the score sheet, only by the consent of the TWO CAPTAINS OR TWO COACHES OF UNDERAGE TEAMS can the score be rectified.
11. All games will be played with **12-minute quarters** with a two-minute break for quarter and three-quarter time, and five minutes for half-time, unless modified times apply. In the event of a draw, no extra overtime is to be played unless it is a final match. **FINAL** drawn match - Two (2) minutes is placed on the clock at the end of the game, then 2 x 5-minute halves of extra time is to be played (swap of ends between halves). If the results are still drawn after extra time, winner is determined by ladder position.
12. Rolling substitutions will be played. Teams can make unlimited substitutions, provided the momentum of the match is not impacted and no player goes offside. Teams should have two sets of identical bibs to ensure smooth transitions. If one set of bibs are being used, bibs must be swapped **off court** and no player can enter the court without bib affixed fully.
13. In the event of blood injuries, normal injury rules apply.
14. Misconduct of players during the game shall be dealt with in accordance with the Rules of Netball guidelines. Any players sent off shall be recorded on an incident report sheet and sent to the SEISA Executive Officer.
15. **Jewellery** – No jewellery to be worn. Medi-alert bangles must be taped.
16. It is customary at the end of each game for the team captain to call for three cheers, for the opposition team and the umpires.
17. Where possible, matches shall be played on indoor courts. If matches are required to be played outdoors, the court should be safe for all players and officials.
18. A toss of a coin will determine which team takes the centre pass and the other team will have the choice of ends.
19. The home team is responsible for the employment of two badged Netball umpires per match.
20. **MERCY RULE** – in the event of a team attaining a 20-goal lead against their opponent, the opposition will receive all centre passes, until this deficit is under 20 goals.



SOCCER RULES AND REGULATIONS

Minimum players on field:	7	Maximum Players on field:	11
---------------------------	---	---------------------------	----

1. The rules at all matches will be governed by the Football Federation Victoria, Football Federation Australia, and FIFA.
2. All players must wear school sports uniforms or soccer tops with numbers clearly visible on the back. The goalkeeper must wear a different coloured top to the rest of the team. Teams may use up to four substitute players. Substitutions can be made at any time during the game.
3. Referees: the home team must supply a competent referee and each school must supply a linesman. Players should not dispute decisions of referees. A referee may order a player off the field for ten minutes for misbehaviour and the team cannot replace the offending player until the ten minutes suspension time is completed. A player who is ordered off for the match will not be replaced.
4. Duration of games: Games will be **2 x 25-minute halves** for all matches. Coaches may mutually alter these times.
5. The size of the ball should be size FIVE for all competitions.
6. If a team arrives late to a venue, 1 goal will be added to the other teams score for every 10 minutes they are late in starting (two coaches to discuss and make allowances under exceptional circumstances).
7. Minimum of 7 players per team.
8. Conduct:

a. Players

The game should be played in the right spirit. All umpires are fallible, but their decisions must be accepted without the least suggestion of disagreement (their critics often overlook the “advantage” rule which means that the umpires have discretion to allow the game to flow on rather than halt it for minor breaches and thereby given an advantage to the offending team). Coaches are to set the example to both players and spectators.

b. Spectators

Spectators must view rationally, not emotionally, apparent mistakes and accept all decisions in a sensible manner appropriate to a “game”. Spectators should realise the general inconvenience caused by their encroaching on playing areas and should be asked to view the play from at least two metres for the side lines. Roping off may be of assistance.

9. The ladder shall be determined using the following points:

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

In the event of schools being equal on points after all have played against each other, the team with the highest percentage qualify for the final. If a match is cancelled due to weather or venue compliance, each team will receive one point.

10. In both Girls and Boys Soccer, the off-side rule will be played.
11. It is compulsory in all Soccer matches for players to wear shin pads.
12. In the event that a match is drawn, a penalty shootout will NOT be used, except in the finals match where a penalty shootout will be played.
13. Mercy Rule: In the event of a team reaching a lead greater than 10 goals, the opposing team cannot defend past the halfway mark from any goal kick.



FIXTURES

All fixtures are available on the SEISA website <https://www.seisa.com.au/sporting-events/winter-and-summer-competitions/fixtures/>

RESULTS

All results are available on the SEISA website <https://www.seisa.com.au/sporting-events/winter-and-summer-competitions/results/>



SEISA CULTURAL ACTIVITIES

The cultural program includes Music, Drama, Visual Arts, Chess, Debating, Public Speaking, Dance and Theatresports.

Where possible, each discipline has a collaborative element, allowing students from each School to engage and learn from each other. Chess, Debating, Public Speaking and Theatre Sports may have a competitive element.

EVENTS

VISUAL ARTS

DATE: Monday March 23, 2026
VENUE: Gippsland Grammar School
HOST SCHOOL: Gippsland Grammar School
EVENT TIME: 10:00 am - 3:30pm

MUSIC FESTIVAL

DATE: Tuesday May 26, 2026
VENUE: Beacons Hills College, Berwick
HOST SCHOOL: Beacons Hills College
EVENT TIME: 10:00 am – 5:00 pm

CHESS, DEBATING AND PUBLIC SPEAKING

DATE: Tuesday August 18, 2026
VENUE: Gippsland Grammar School
HOST SCHOOL: Gippsland Grammar School
EVENT TIME: 12:00 noon – 4pm

DANCE

DATE: Wednesday 26 August, 2026
VENUE: Beacons Hills College, Pakenham
HOST SCHOOL: Beacons Hills College
EVENT TIME: 9:45am – 3:45pm

THEATRESPORTS

DATE: Wednesday 26 August, 2026
VENUE: Beacons Hills College, Pakenham
HOST SCHOOL: Beacons Hills College
EVENT TIME: 9:45am – 3:45pm

General Details

Schools will be informed of all details concerning each event and the overall organizational details by the host school in advance. Any programs or final details will be distributed no less than a fortnight before.

Schools should advise students to bring all meals, snacks and drinks as required. These must be consumed outside venues as food and drink are not permitted inside venues.

Drama will be reviewed each year for inclusion in the Cultural events program as determined by the SEISA Cultural coordinators.

VISUAL ARTS | COLLABORART

DATE: Monday March 23, 2026
VENUE: Gippsland Grammar – Garnsey Campus (Princes Hwy, Sale)
EVENT ORGANISERS: Gippsland Grammar
WORKSHOPS: 10:00 am – 3:40 pm

SEISA 'Collaborart' is solely collaborative in nature, aiming to expose students to a wide variety of different theoretical concepts and practical skills. Each workshop is designed for students to learn a new skill, technique or concept and intends to give students the opportunity to collect new insights and reinvigorate their work.

Collaborart will be offering students masterclass workshops. These will be offered to Year 11 Studio Arts/Art students. These students will be divided up into 2-3 students maximum for each of the workshops that are run on the day (total of 12-18 students per school). Please note that there is capacity limit for ALL of the workshops.

The workshops will allow students to explore a medium of interest that can then be linked directly to their theme and studio process using subject matter which they have researched and currently exploring. Workshops will also be offered on visual diary structure and content, annotating, developing ideas and the secrets to a successful folio. This will be followed by an exhibition at the end of the day to display student artwork created on the day.

Each school participating in the 'Collaborart' event will nominate a teacher to assist with a masterclass workshop on the day. Guest professional artists will be involved in running the master classes.

The areas of interest may include (to be confirmed):

- Painting
- Sculpture/Ceramics
- Monoprinting (Printmaking)
- Wood block (Printmaking)
- Drawing

Workshop Hosts

- Llawella Lewis <https://www.instagram.com/llawella/>
- Dominic Kavanagh <https://www.dominickavanagh.com/>
- Louise Hulls
- Linda Studena <https://www.instagram.com/lindastudena/>
- Carla Edgerton <https://www.instagram.com/carlaedgertonart/?hl=en>

Materials and equipment:

- Each student is required to **bring their own visual diary** currently being used for studio arts/art with sources of inspiration and subject matter identified.
- Art materials and equipment will be supplied on the day.

Example Schedule:

10:00 Arrival & welcome
10:15 Workshop 1 commences
11:45 Lunch (BYO) - No canteen
12:15 Workshop -Session 2
1:45 Afternoon tea
2:00 Workshop - Session 3
3:20 Day concludes/pack up
3:40 SEISA Busses Depart





MUSIC FESTIVAL

DATE: Tuesday 26 May 2026
VENUE: Beaconhills College Berwick
EVENT ORGANISERS: All schools
EVENT TIME: TBC

- The event is a 'festival/showcase' celebrating and showcasing the musical excellence that is present in all schools.
- The central focus of the event to be a combined SEISA choir and Orchestra, directed by an 'invitational guest conductor', with collaborative workshops throughout the day.
- This festival/showcase event could be marketed to the broader public, showcasing the excellence within the schools.
- Timing of the event to be scheduled for late Term 1, early Term 2.
- Each school may have a soloist perform in the concert, pending format of the event.
- Dress code formal school uniform with Blazer.
- Each school to provide school music stand banners for 6 stands.

Schools should advise students to bring drinks, snacks and lunch as required. Catering – dinner packages to be put together by venue caterer, Cost per student to be collected by each school. Up to 3 options in lunch box.

This section will include a collaborative choral ensemble and performance ensembles. Performance choral and orchestral pieces will feature music pieces workshopped with invitational guest conductor through the day, resulting in a SEISA choir.

Three – four music pieces will be available to schools to prepare for the festival. These pieces can then become part of the schools selected music for the calendar year. Workshops will feature these pieces are with a guest conductor and performed as the final part of the performance concert.

- Schools are to invite guest soloists, one from each school to perform.
- Choral students 15 maximum per school.
- Orchestra between 10 – 15 maximum per school.
- Staff to organise music copies (booklets) for students.

Equipment needs:

The host School will ensure the following list of equipment is available:

- Piano
- Bass and Guitar amps and associated power cables (please bring your own leads).
- 20 Music Stands.
- Vocal P.A. and 3 Vocal microphones.
- Facility for C.D accompaniment.

Any other specialist equipment or extra music stands are to be provided by each School, or through negotiation with the Host School prior to the event. Any extra electronic equipment must be checked by the technicians at the venue prior to use.

NB: Schools are to ensure their list of the groups they intend to bring (with instrumentation and numbers), numbers of vocal students, stage setup guide diagram, and special requests for additional instruments and/or equipment at least **three weeks** prior to the event is submitted on the google document.

- The Host School is to provide a stage manager.
- Each school is required to supply 1 stage crew.
- Each school is encouraged to supply a tech support (student) to assist with the day.
- Each school is required to send at least 2 staff members to assist with supervision throughout the day.



CHESS, DEBATING, AND PUBLIC SPEAKING

DATE: Tuesday August 18, 2026
VENUE: Gippsland Grammar
HOST SCHOOL: Gippsland Grammar
EVENT TIME: 12:00pm – 3:45pm

CHESS

Each school may field a junior team of 4 - 8 students and a senior team of 4 - 8 students. Where schools cannot fill the senior team with year 10—12 students, it is permitted to include junior (year 7-9) students in this team. Students may only compete in one section (junior or senior) on the day.

Team lists with year level and team ranking should be added to the SEISA drive document 2 days prior to the event.

All efforts will be made to ensure no player will play a student from the same school. Schools will nominate a Captain for each team.

Play will be upon the basis of an Individual Swiss tournament. The winners of round 1 play off in round 2 and so on. This ensures each student will play other players at a similar score in the tournament. The goal will be to complete seven rounds of play, depending on the time available.

Team scores will be calculated as a sum of the top 4 players scores from each team.

Each game will run for 20 minutes maximum, allowing 10 minutes per player with zero increment.

ADJUDICATION AND DECLARING A RESULT

There will be an experienced chess arbiter to run the day. They will manage the event, resolve any queries about rules during games, determine the rankings, and settle any tiebreaks.



DEBATING

Debating will be split into three rounds. Junior students are students up to Year 9. Senior students are students up to Year 12.

Each school has the opportunity to bring four debating teams. Two junior teams, and two senior teams. Please note that senior teams will be debating at the same time.

Junior Round One Debates
commence preparation Junior Round Two Debates
Juniors watch Seniors

Senior topics released (on the day) and
Senior Rounds Commence

Junior debates:

Junior teams should consist of Years 7-9 students.

Junior speeches are 3-4 minutes. There will be one warning bell at three (3) minutes and two bells at four (4) minutes. The speech should finish within 15 seconds of the second warning to avoid method (and perhaps matter) penalties.

Junior teams will debate known topics and will be adjudicated by trained students in accordance with the principles established by the Debaters Association of Victoria. The draw and topics will be announced no later than 10 working days prior to the event.

Senior debates:

Senior speeches are 5-6 minutes. There will be one warning bell at five (5) minutes and two bells at six (6) minutes. The speech should finish within 15 seconds of the second warning to avoid method (and perhaps matter) penalties.

Senior teams will debate secret topics and will follow the rules for secret topics established by the Debaters Association of Victoria for secret topic debates. This includes a prohibition on teacher/coach/parent assistance and on the use of e-communication devices (mobile phones, lap top computers, etc.) in the preparation room.

Considerations for the organising school

- If providing two teams in each division, the junior and senior teams of all schools should be affirmative in one round and negative in the next.
- If providing only one team in each division, one team should be negative and one affirmative.
- Schools should not debate the same school more than once.
- No school adjudicate its own team.

Adjudication

The debates will be adjudicated by the Debaters Association of Victoria.

Teams will be adjudged in accordance with the established criteria governing the matter, manner and method of individuals and the team as a whole. A full statement of these principles can be found at www.dav.com.au. Coaches and students not familiar with them are strongly advised to review this website.

Declaring a result

The results will be determined by the greatest number of wins, with the greatest points differential being considered where there is a tie.



PUBLIC SPEAKING

The competition will take place in two divisions: Senior and Junior.

Each school should be represented by up to two students: senior (Year 10, 11 or 12) speaker/s, and junior (Year 7, 8 or 9) speaker/s.

- Each junior speaker will deliver a prepared persuasive speech (3mins) and an impromptu speech (2 mins).
- Each senior speaker will deliver a prepared speech (4 mins) and an impromptu speech (3mins).

SENIOR DIVISION

Prepared Speech

Senior speakers will prepare and deliver a four (4) minute persuasive speech in accordance with the topic guidelines. There will be one warning bell at three (3) minutes and two bells at four (4) minutes. The speech should finish within 15 seconds of the second warning to avoid time penalties.

All senior prepared speeches will be assessed according to the following criteria. They will be assessed according to the extent to which the:

- *Introduction was engaging and clearly stated the topic.*
- *Subject matter was suitable and substantial.*
- *Argument was developed logically and effectively.*
- *Speech was original and intelligent in its exploration of the subject.*
- *Conclusion was effective and left the audience with a clear message.*
- *Choice of language was appropriate – expressive, suitable, conveying meaning clearly and effectively.*
- *Delivery was effective – appropriate use of notes, gestures, and emphasis.*
- *Voice was clear, with tone, pace and pauses used effectively.*
- *Timing was within allowable limits.*
- *Audience was engaged.*

Impromptu Speech

Senior speakers will speak for three (3) minutes on the same topic, which will be announced separately to each candidate three minutes before they speak.

Candidates will therefore have three minutes to prepare the impromptu speech.

There will be one warning bell at 2½ minutes and two bells at three (3) minutes. The speech should finish within 15 seconds of the second warning to avoid time penalties.

All senior and junior impromptu speeches will be assessed according to the following criteria. They will be assessed according to the extent to which the impromptu speech demonstrated:

- *A broad general knowledge.*
- *The ability to think clearly and creatively under pressure.*
- *The ability to structure an oral text logically in a short time.*
- *Relevance to the topic.*
- *Communicated a clear and engaging message that was worth listening to.*
- *And was presented with effective use of tone, pace, pauses, and gestures.*
- *A style that was confident, fluent, and natural.*
- *Presentation in a voice that was clearly audible.*



JUNIOR DIVISION

Prepared Speech

Junior speakers will prepare and deliver a three (3) minute speech on a current issue in the media of importance to them. There will be one warning bell at 2½ minutes and two bells at three (3) minutes. The speech should finish within 15 seconds of the second warning to avoid time penalties.

All junior prepared speeches will be assessed according to the criteria below, which is a modified version of the following criteria.

The speech will be assessed according to the extent to which the speech exhibited:

- *A clear introduction and statement of purpose.*
- *Logical organisation of content.*
- *Development of key ideas.*
- *Complex ideas.*
- *Preparation and rehearsal.*
- *Clarity and expression.*
- *Expressive language.*
- *Appropriate stance, gestures, and eye contact.*
- *Varied and suitable volume, articulation, pitch, tone, and emphasis in voice.*
- *An ability to successfully engage audience.*
- *An ability to stay within the time limits set for the task.*

Impromptu Speech

Junior speakers will speak for two (2) minutes on the same topic, which will be announced separately to each candidate three minutes before they speak.

Candidates will therefore have two minutes to prepare the impromptu speech.

There will be one warning bell at 1½ minutes and two bells at two (2) minutes. The speech should finish within 15 seconds of the second warning to avoid time penalties.

The speech will be assessed according to the extent to which the speech demonstrated:

- *A broad general knowledge.*
- *The ability to think clearly and creatively under pressure.*
- *The ability to structure an oral text logically in a short time.*
- *Relevance to the topic.*
- *Communication of a clear and engaging message that was worth listening to.*
- *A presentation style with effective use of tone, pace, pauses and gestures.*
- *A style that was confident, fluent, and natural.*
- *In a voice that was clearly audible.*

Declaring a result

Placing's will be awarded based on the total points gained by each speaker for the impromptu and prepared speeches in both the junior and senior section. If there is a tie based on points, the student with the highest scoring speech will be the winner.

THEATRESPORTS

DATE: Wednesday August 26, 2026
VENUE: Beaconhills College, Pakenham
HOST SCHOOL: Beaconhills College
EVENT TIME: 9:45 am – 3:45 pm

Teams will be participating in a workshop from 10:00 am – 12:30 pm run by either Impro Melbourne, or a staff member appointed by the SEISA Cultural Coordinators. After a short break, an inter-school theatre sports competition will commence.

Rounds

- Junior teams will perform in two rounds. The first round will consist of a 1-minute game per team and the second round will have a 2-minute game per team. From these two rounds a winning junior team will be decided.
- Intermediate teams will perform in two rounds. The first round will consist of a 2-minute game per team and the second round will have a 3-minute (or longer) game per team. From these two rounds a winning intermediate team will be decided.
- The senior teams will perform in two rounds. The first round will consist of a 2-minute game per team and the second round will have a 3-minute (or longer) game per team. From these two rounds a winning senior team will be decided.

The winning Junior, Intermediate and Senior team may each perform one final round on stage for the Dance showcase, if held at the same venue and time permits.

- Each school will provide 3 teams, each comprising of four students.
- Junior teams will consist of Year 7 – 8 students
- Intermediate teams will consist of Year 9 -10 students.
- Senior teams will consist of Year 11 – 12 students.
- A mix of males and females is preferable.

In 2026, SEISA Theatresports is an invitational event open to all independent schools in Victoria's South East. Schools may enter one team of four students per section.

Games

Will be workshopped with students.

Rules

Standard Theatre Sports rules apply, as per <http://improaustralia.com.au/wp-content/uploads/2018/03/2018-TSC-Colour-Handbook-websize-view-AS.pdf>

Additional SEISA rule:

A gong will be employed by the judges to ward off inappropriate behaviour on stage. 1st gong – team will leave the stage immediately. 2nd gong – team will leave the stage immediately and are eliminated from the competition.

Performance criteria

Improv Melbourne will adjudicate the performances.



DANCE

DATE: Wednesday August 26, 2026
VENUE: Beaconhills College, Pakenham
HOST SCHOOL: Beaconhills College
EVENT TIME: 9:30 am – 3:45 pm

This event is showcase of dance amongst the SEISA school, with collaborative dance workshops and a concert performance of each school's dance in six sections.

Details of performance teams

- Items are not to exceed 3 minutes in length. Any items exceeding 3 minutes will be stopped.
- Schools may only enter ONE team per section; Students may enter up to TWO sections only.

Troupes must have 4-12 members (inclusive). However, schools finding it difficult to field a troupe may enter one group smaller than 4 members to encourage student participation. Troupes must not exceed 12 members.

Junior Sections are restricted to Years 7, 8 and 9 students only.

Senior Sections may include junior students, but a majority of the group (75%) must be Years 10, 11 and 12 students.

The Novice Section is for non-dancers; that is students who do not attend regular dance classes. However, to assist schools, each group is allowed a MAXIMUM of 25% of their dancers to have had dance school experience. The Novice Section may include the following number of participants with dancing experience:

Group Size	Number of non- dancers
Groups of 4-7	1
Groups of 8-11	2
Groups of 12	3

Schools' integrity will be trusted when it comes to the number of experienced dancers in groups.

All music must be supplied by upload prior to the event, labelled with school name and section/division. Date and upload directions to be supplied close to event date.

Costuming is optional, but dancers must be outfitted for safe dance practices. Costumes must be appropriate and monitored by the school. Tights or leggings must be worn, footless acceptable.

Students and schools should ensure that music, choreography, costuming, and subject matter are appropriate and are not of an offensive nature. Any complaints will be passed onto the school/s concerned.

It is the responsibility of the host school to film the competition for further reference.



DANCE SECTIONS

- Junior Contemporary/Lyrical
- Junior Modern/Jazz
- Open Hip Hop
- Senior Contemporary/Lyrical
- Senior Modern/Jazz
- Open Novice

Contemporary/Lyrical – a modern abstract style, including Lyrical and Neo-Classical. Shows emotion through movement and must demonstrate balance, flexibility, and control. May be abstract or contain a narrative.

Modern/Jazz – includes Up Tempo Jazz and Musical Comedy styles. A routine using jazz technique, with such moves as kicks, splits, isolations.

Hip Hop – includes various moves such as breaking, popping, locking and krumping.

Novice – May be either or a combination of Contemporary/Lyrical, Modern/Jazz or Hip hop.

The concert order will be mixed and allocated prior to the event.

No costumes will be permitted in 2026, due to a lack of dressing rooms. All students to wear their school PE uniform.



RISK ANALYSIS REPORTS

Risk reports for the following sporting events are available on the SEISA OneDrive.

- Swim Carnival
- VSAC Carnival
- Athletics Carnival
- Cross Country Carnival
- Surf Carnival
- Spring Sport
- Term sport competitions

Risk reports for the following cultural events are available on the SIESA OneDrive:

- Leadership Weekend
- Visual Arts
- Music Festival
- Chess, Debating & Public Speaking
- Dance
- Theatresports

The following documents can be found on the SEISA google drive:

- Accident & Injury Report Forms
- Incident Report Forms



Accident & Injury Report Form

Name of person involved: _____

School: _____

Date of Incident: / /

Time of Incident: _____

NATURE OF MOST SEVERE INJURY (or potential injury)

- | | | | |
|-------------------|------------------|----------------|-----------------|
| 1. Fracture | 6. Crushing | 11. Bite/Sting | 16. Head Injury |
| 2. Dislocation | 7. Amputation | 12. Stress | 17. Other |
| 3. Strain/Sprain | 8. Bruising | 13. Shock | |
| 4. Laceration/Cut | 9. Dental Injury | 14. Concussion | _____ |
| 5. Burns/Scald | 10. Overuse | 15. Eye Injury | _____ |

☐

PART OF BODY MOST SEVERE INJURED (or potential injury)

- | | | | |
|---------|---------------|------------|-----------|
| 1. Head | 6. Eyes | 11. Arm | 16. Other |
| 2. Face | 7. Neck | 12. Hand | |
| 3. Jaws | 8. Back | 13. Pelvis | _____ |
| 4. Ears | 9. Collarbone | 14. Leg | _____ |
| 5. Nose | 10. Trunk | 15. Foot | _____ |

☐

CAUSE OF ACCIDENT (Please detail)

☐

PLACE OF INCIDENT (Please detail)

☐

TREATMENT OF INJURY – (Please detail)

1. First Aid
2. Ambulance called
3. Admitted to hospital
4. None required

Signed: _____

Date: _____

School: _____

INCIDENT REPORT FORM

Date : Round :
Sport : Event :

Reporting School : ☐ Beaconhills Berwick ☐ Beaconhills Pakenham
☐ Gippsland Grammar ☐ Newhaven College
☐ St Paul's Warragul ☐ St Paul's Traralgon

REPORT OF INCIDENT:

Did you raise the issue with the opposition coach? Y/N
Did you raise the issue with the officials of the game? Y/N

Please detail the incident:

Written By: Position:
Signature:

This form should be completed by the Team Coach of the School lodging the complaint.
All Incident Reports must be lodged with the SEISA Executive Officer by 3pm the day after the incident occurred. Incidents cannot be investigated retrospectively. The EO will then forward the form to the Principals of the Schools involved. The issue is dealt with by the schools, with confirmation of outcome sent to the SEISA EO.
Outcome is noted and filed with reports

Signed

Date



SEISA WEEKLY SPORT COMPETITION WINNERS

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Basketball													
Junior Boys A	BCB	BCP	BCP	BCP	BCP	BCP	BCB	COVID	COVID	BCP	BCP	STPW	BCP
Junior Boys B	~	~	~	~	~	~	BCP	COVID	COVID	BCP	STP	BCP	BCP
Junior Girls A	NC	BCP	STP	GG	STP	BCP	NC	COVID	COVID	STP	BCB	BCB	STPW
Junior Girls B	~	~	~	~	~	~	~	COVID	COVID	STP	BCB	BCB	BCB
Intermediate Boys	NC	NC	BCB	STP	BCP	NC	BCP	NC	COVID	STP	NC	BCP	BCP
Intermediate Girls	STP	STP	STP	BCP	STP	GG	GG	COVID	COVID	BCB	STP	BCP	NC
Senior Boys	GG	STP	BCB	BCP	BCP	BCP	BCP	STP	COVID	GG	BCB	NC	BCP
Senior Girls	GG	BCP	STP	STP	STP	STP	STP	COVID	COVID	BCP	BCB	BCB	NC
Cricket													
Junior A	BCP	BCB	BCB	BCB	BCB	~	GG	COVID	COVID	BCB	BCP	BCB	BCP
Junior B	~	~	~	~	~	~	~	~	~	~	BCB	BCB	BCP
Intermediate	GG	GG	BCB	BCB	BCB	GG	STP	BCP	COVID	NC	BCB	BCP	BCP
Senior	GG	GG	GG	NC	BCP	BCB	BCB	STP	BCB	BCB	BCB	NC	BCB
Softball													
Junior	NC	STP	BCP	BCP	STP	NC	NC	COVID	COVID	NC	STP	BCB	STPW
Intermediate	GG	STP	STP	NC	NC	GG	STP	COVID	COVID	~	~	~	~
Senior	NC	BCP	BCP	GG	NC	NC	STP	GG	COVID	NC	NC	BCB	NC
Tennis													
Junior Boys	STP	BCB	NC	BCP	GG	GG	GG	COVID	COVID	BCB	GG	GG	GG
Junior Girls	GG	GG	GG	BCB	GG	GG	GG	COVID	COVID	STP	NC	NC	STPW
Intermediate Boys	NC	STP	BCB	NC	NC	BCB	NC	COVID	COVID	~	~	~	~
Intermediate Girls	NC	GG	GG	GG	GG	GG	GG	COVID	COVID	~	~	~	~
Senior Boys A	STP	STP	STP	BCB	BCP	BCP	NC	GG	COVID	NC	GG	GG	GG
Senior Boys B	~	~	~	~	~	~	~	NC	COVID	STP	NC	BCP	BCB
Senior Girls	GG	GG	GG	GG	GG	GG	GG	GG	COVID	GG	GG	GG	NC
AFL													
Junior Boys	BCB	GG	STP	GG	BCP	NC	BCP	COVID	COVID	BCP	BCP	BCP	GG
Intermediate Boys	BCB	NC	BCB	GG	BCP	BCP	STP	COVID	COVID	NC	NC	BCP	BCP
Senior Boys	GG	STP	BCB	BCB	NC	GG	BCP	COVID	COVID	NC	BCP	NC	NC
AFLW													
Junior Girls	~	~	~	~	~	~	BCP	COVID	COVID	NC	NC	STPW	BCP
Senior Girls (9-12)	~	~	~	~	~	~	GG	COVID	COVID	BCP	BCP	STP	STP
Hockey													
Senior Boys	BCP	GG	GG	BCP	GG	BP	GG	COVID	COVID	GG	~	~	~
Senior Girls	STP	BCP	BCP	BCB	GG	GG	GG	COVID	COVID	~	~	~	~
Junior Boys	~	~	~	~	~	~	~	~	~	~	~	~	GG
Junior Mixed	~	NC	STP	STP	STP	GG	BCP	COVID	COVID	GG	GG	STPW	~
Senior Mixed	~	~	~	~	~	~	~	~	~	~	GG	BCP	STP
Netball													
Junior A	BCB	BCP	NC	NC	GG	BCP	BCP	COVID	COVID	GG	NC	STPW	BCP
Junior B	BCP	BCB	NC	NC	GG	NC	BCP	COVID	COVID	BCP	BCP	BCP	NC
Intermediate A	BCB	GG	STP	BCP	NC	NC	GG	GG	COVID	NC	STP	BCB	BCP
Intermediate B	BCP	GG	STP	BCB	GG	GG	GG	NC	COVID	STP	STP	BCP	STP
Senior A	STP	BCB	BCB	GG	BCP	BCB	BCB	GG	BCB	GG	BCB	NC	NC
Senior B	STP	STP	STP	GG	NC	STP	NC	GG	COVID	BCP	BCP	STP	NC
Soccer													
Junior Boys	STP	STP	BCB	BCP	STPT	BCB	BCB	COVID	COVID	BCP	GG	BCB	STPW
Junior Girls	BCP	BCP	GG	BCP	BCP	NC	BCP	COVID	COVID	STP	GG	STPW	STPW
Intermediate Boys	BCB	BCB	STP	STP	BCB	BCB	~	COVID	COVID	BCB	BCB	STP	STP
Intermediate Girls	STP	NC	BCB	STP	GG	GG	BCP	COVID	COVID	STP	STP	STP	BCP
Senior Boys	BCP	BCP	BCP	GG	STPT	BCP	STP	COVID	COVID	NC	STP	BCB	BCB
Senior Girls	GG	STP	STP	NC	BCP	BCP	GG	COVID	COVID	GG	STP	NC	NC



SEISA MAJOR CARNIVAL COMPETITION WINNERS

	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025
Swimming	STP	STP	STP	STP	STP	STP	STP	STP	STP	STP	STP	STP	STP
Athletics	GG	GG	GG	GG	GG	GG	GG	GG	GG	GG	NC	NC	STP
Cross Country	GG	GG	GG	GG	GG	GG	GG	Covid	Covid	GG	BCP	BCP	BCP
Badminton	STP (W)	STW (W)	STP (W)	GG	GG	GG	GG	GG	GG/STP	GG	STP	GG	BCB
Table Tennis	NC	STP (W)	NC	GG	GG	GG	GG	GG	GG	STP	GG	STPW	GG
Surfing	WASHOUT	NC	NC	WASHOUT	NC	NC	NC	Covid	NC	NC	NC	NC	NC
Volleyball	BCB	STP (W)	BCB/NC	STP (W)/BCP	BCB	STP (W)	BCB	Covid	Covid	GG	~	~	~
Junior Girls	~	~	~	~	~	~	~	~	~	~	STPW	NC	NC
Senior Girls	~	~	~	~	~	~	~	~	~	~	STPW	STPW	BCB
Overall Girls	~	~	~	~	~	~	~	~	~	~	~	~	~
Junior Boys	~	~	~	~	~	~	~	~	~	~	BCB	BCP	BCP
Senior Boys	~	~	~	~	~	~	~	~	~	~	GG	BCB	BCB
Overall Boys	~	~	~	~	~	~	~	~	~	~	~	~	~
AFLW	STP (W)	BCP	BCP/NC	NC/BCP	BCP	NC	~	~	~	~	~	~	~
Chess (J/S/Overall)	GG	GG	GG	BCP	STP (W)	GG	BCP	Covid	BCP	GG	STP (W)	BCP/GG	BCP/GG/BCP
Debating (J/S)	GG	STP (W)	GG	BCP	STP (W)/GG	NC/GG	GG/STP (W)	Covid	BCB & GG/GG	STP(T)/ GG	BCP/GG	BCB/STPT	STPW/STPW
Public Speaking (J/S)	BCB	BCP	BCB/NC	NC/BCP	NC	BCP/BCB	BCB/NC	Covid	NC/BCP	GG/BCP	BCP/BCP	GG/BCB	GG/BCP
Boys Netball	~	~	~	BCP	STP (W)	NC	STP (W)	Covid	Covid	NC	STP	BCP	NC
Dance	GG	GG	BCB	~	~	~	~	~	~	~	~	~	~
Theatre Sports	~	NC	BCB/BCP	NC	GG	GG	~	Covid	Covid	GG/BCB	GG	GG	GG
Junior Lawn Bowls	~	~	~	~	~	~	~	~	~	~	NC	NC	NC
Inter Lawn Bowls	~	~	~	~	~	~	~	~	~	~	GG	GG	BCB
Senior Lawn Bowls	~	~	~	~	~	~	~	~	~	~	STP	BCP	NC
Overall Lawn Bowls	~	~	~	~	~	~	~	~	~	~	~	~	NC
Girls Hockey	~	~	~	~	~	~	~	Covid	Covid	GG	GG	GG	GG
Golf	~	~	~	~	~	~	~	~	~	~	~	~	BCP



	SEISA Age Champions Athletics													
	Boys													
	Under 12		Under 13		Under 14		Under 15		Under 16		Under 17		Under 21	
	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School
2013	C Weightman	BCP	F Hamilton	GG	E Beisher	NC	S Whelan	GG	A Lawson	GG	B Urwin	BCB	T Deller	GG
2014	W Mwagiru (joint)	GG	C Debruin	BCP	D Morrison	STP	J Holland	GG	S Whelan	GG	B Ciddor	BCP	M Debruin	BCP
	P Ryan (joint)	GG												
2015	B Lang	GG	W Mwagiru	GG	T Finlay	GG	D Morrison	STP	J Holland	GG	B Underwood	STP	A Christy	STP
2016	B Morrell	BCP	B Lang	GG	A Chandrasena	BCB	C Debruin	BCP	I Mosquito	GG	J Holland	GG	J Buck	GG
2017	J Liatos	NC	B Brearley	BCB	B Lang	GG	A Chandrasena	BCB	C Debruin	BCP	D Morrison	STP	J Holland	GG
2018	R Rutter	STP	S Williamson	STP	M Wrigley	NC	B Lang	GG	J Lancaster (joint)	GG	C Debruin	BCP	D Morrison	STP
									A Chandrasena (joint)	BCB				
2019	A Rodriguez	GG	A Nicholes	STP	T Kevin	BCP	J Binns	BCB	B Crozier	GG	A Chandrasena (joint)	BCB	C Debruin	BCP
2020											S Dunnett (joint)	GG		
Covid														
2021	J Koppen	STP	H Rajapakse	GG	K Hinchliffe	GG	R Rutter	STP	D Ng	GG	W Bromage	GG	T Reument (joint)	BCP
													S Treasure (joint)	STP
2022	L Rosato	STP	J Denton	STP	H Rajapakse	GG	L Allen	NC	R Rutter	STP	C Bigly	BCB	R Galvin	STP
2023	J Jackson	BCP	L Rosato	STP	J Denton	STP	H Rajapakse	GG	A Rodriguez	GG	X Davis	BCP	J Esler	BCP
2024	F Tilotson	NC	E Imhagwe	NC	L Ball	BCB	J Denton	STP	H Rajapakse	GG	L Allen	NC	S McMillan	NC
2025	A Jacob	STP	T Coldora	NC	E Honeyford	BCP	S Akarasu	STP	J Denton	STP	F Anderson	NC	L Allen	NC
											H Rajapakse	GG		

SEISA	Girls													
	Girls													
	Under 12		Under 13		Under 14		Under 15		Under 16		Under 17		Under 21	
	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School
2013	T Morrell	BCP	B Fraser	STP	J Allison	BCP	G Durrand	STP	M Davis	BCP	E Fraser	STP	K Frawley	BCB
2014	E O'Brien	GG	E Wong	STP	M Galvin (joint)	STP	J Thompson	GG	G Durrand	STP	E Anderson	GG	E Fraser	STP
					M Dunnett (joint)	GG								
2015	C Brewis	NC	E Cyldesdale	GG	T Morrell	BCP	L Deller	GG	J Thompson	GG	G Durrand	STP	S Scott	NC
2016	J Peiris	BCP	R Clemow	BCP	S Incha	STP	C Todd	GG	M Gordyn	GG	J Thompson	GG	C Tiplady	BCB
2017	G Shell	GG	M McCrohan	STP	R Clemow	BCP	G Finch (joint)	GG	M Lazzari	BCP	M Gordyn	GG	A Lamb	GG
							S Coughlin (joint)	BCP						
2018	T Paku	STP	G Shell (joint)	GG	S Privitera	GG	R Luckie	GG	T Incha	STP	M Lazzari	BCP	E Radford	STP
	E Gerand (joint)	GG	I Ormond (joint)	NC										
2019	S Hungerford (joint)	NC	S Wilson	GG	G Shell	GG	S Privitera	GG	R Luckie	GG	G Finch	GG	M Lazzari	BCP
2020	Covid													
2021	O Holmes	NC	S O'Keefe	NC	M Wilkinson	BCP	G Ng	GG	E McGovern	GG	M McCrohan	STP	R Lckie	GG
2022	M Kelly	NC	O Holmes	NC	S O'Keefe	NC	M Wilkinson	BCP	S Carroll	BCP	T O'Toole	GG	S Husodo	GG
2023	A Martindale	NC	E Pike	BCP	O Holmes	NC	S O'Keefe	NC	L Symth	NC	S Carroll	BCP	R Ferguson (joint)	STP
2024	A Martindale	NC	L Rozite	GG	E Pike	BCP	E Grave	BCP	S O'Keefe	NC	L Smyth	NC	D Husodo (joint)	GG
2025	S Stubbs	STP	A Shine	STP	S Everaert-Knaggs	STP	E Pike	BCP	Z Birks	STP	S O'Keefe	NC	L Smyth	NC
									C Farley	GG				



	SEISA Age Champions Swimming													
	Boys													
	Under 12		Under 13		Under 14		Under 15		Under 16		Under 17		Under 21	
	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School
2013	O Harry	NC	A Tsebelis	STP	T Fleming	STP	B Gough	NC	S May	GG	W Lee	GG	J Vandersteen	GG
2014	C Doultree	STP	O Harry	NC	A Tsebelis	STP	J Dibblin	BCB	W Butler	STP	S May	GG	B Haney	GG
2015	A Car	NC	C Doultree	GG	O Harry	NC	A Tsebelis	STP	J Dibbin	BCB	B Gough	NC	B Haney	GG
2016	L Buttner	BCB	P Vohs	BCP	J Macgregor	BCP	J Gallagher (joint)	STP	A Tsebelis	STP	K Cumsden	NC	B Gough	NC
							O Harry (joint)	NC						
2017	C Frith	GG	J Cargill	STP	F McKenna	BCP	J MacGregor	BCP	O Harry	NC	L DeGaris (joint)	NC	K Lumsden	NC
											A Seys (joint)	GG		
2018	A Vardi	GG	C Frith	GG	C Halloran-Lavelle	STP	F McKenna	BCP	J MacGregor	BCP	J Edgar	GG	L DeGaris (joint)	NC
													A Seys (joint)	GG
2019	T Lambert	BCP	A Nicholes	STP	C Frith	GG	J Cargill	STP	F McKenna	BCP	J MacGregor	BCP	H Cook	GG
													J Hunter	BCB
2020	B Cargill	STP	W Pettit	BCB	A Nicholes	BCB	C Lambert	BCP	C Halloran-Lavell	STP	J Cargill	STP	T Dowler	STP
2021	B Cargill	STP	B Corbin	STP	M Lumsden	NC	A Nicholes	STP	C Lambert	BCP	C Halloran-Lavell	STP	C McAuliffe	GG
2022	A Smyth	NC	B Cargill	STP	C Blake	STP	M Lumsden	NC	A Nicholes	STP	J Dwyer	STP	J Cargill	STP
2023	A Smyth	NC	A Smyth	NC	K Said	GG	B Cargill	STP	T Lambert (joint)	BCP	T Norton	BCP	J Dwyer	STP
									T Ripper (joint)	GG				
2024	A Smyth	NC	J Tran	STP	N Warner	STP	K Said	GG	B Cargill	STP	T Lambert	BCP	T Norton	BCP
2025	S Riedy	STP	E Lynch	NC	A Smyth	NC	C Sampson	GG	A Smyth	NC	Z Burton	GG	T Lambert	BCP

	Girls													
	Under 12		Under 13		Under 14		Under 15		Under 16		Under 17		Under 21	
	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School	Name	School
2013	M Hamley (joint)	STP	I Nunn	NC	J Kiley	NC	T Whiteside	STP	S Poland	GG	H Matchett	STP	B Turner	NC
	T Morrell (joint)	BCP												
2014	E Goode	NC	T Morrell	BCP	M De Cort	STP	T Tobias	NC	A Pepper	STP	G Tsebelis	STP	T Bayly	STP
2015	A Richards	STP	E Goode (joint)	STP	T Morrell	BCP	M De Cort	STP	J Rowand	GG	A Pepper	STP	A Dean	BCP
			S Hughes (joint)	NC										
2016	M Cannon	STP	S Walker	STP	S Anderson	GG	N Ablet	STP	M De Cort	STP	J Rowand	GG	M Shepherd	GG
2017	Z Dowler	STP	K Reynolds	BCP	S Waller	STP	S Anderson	GG	N Abblet	STP	N Van Berkle	GG	M De Cort	STP
2018	J Kiley	NC	M Cargill	STP	A Warner	STP	S Waller	STP	N Abblet	STP	C Bezzina	STP	N Van Berkle	GG
									N Abblet (joint)	STP				
2019	E Warner	STP	B Baird	NC	M Cargill	STP	K Reynolds	BCP	H Ng (joint)	GG	S Anderson	GG	J Emmett	STP
2020	C Joiner	STP	S Hammond	STP	B Baird	NC	M Cargill	STP	K Reynolds	BCP	J Emmett	STP	N Ablett	STP
2021	O Holmes	NC	T Dihood	GG	C Price-Wigg	GG	M Dennis	STP	M Cargill	STP	K Reynolds	BCP	J Emmett	STP
2022	T Baker	BCB	O Holmes	NC	C Joiner	STP	A Charles-Smith	NC	M Dennis	STP	M Cargill	STP	A Warner	STP
2023	I Lynch	NC	P Balcombe	STP	O Holmes	NC	T Dihood	GG	K Pratt	GG	M Dennis	STP	M Cargill	STP
2024	W Rogers	BCP	I Lynch	NC	P Balcombe	STP	E Grave	BCP	J Ruffin	NC	L Smyth	NC	S Hogg	BCB
2025	K Pathirangage	BCB	S Arnup	GG	S Pathirangage	BCB	P Balcombe	STP	E Grave	BCP	R Paulet	GG	L Smyth	NC



