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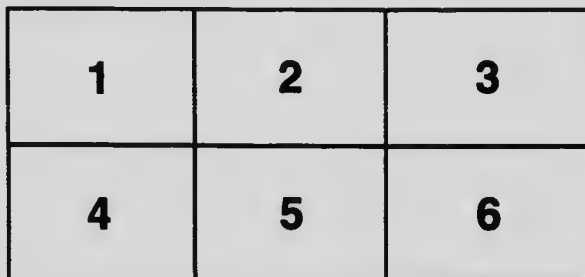
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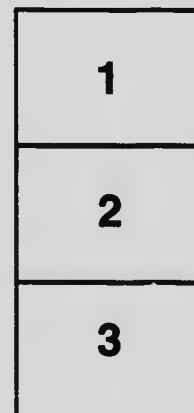
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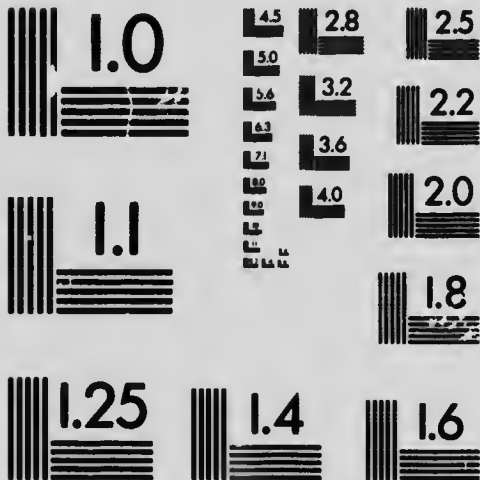
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# OFFICIAL HANDBOOK

of the

Athletic League of the Young Men's  
Christian Associations of Canada

Edited by J. HOWARD CROCKER



THE ATHLETIC LEAGUE

15 Toronto Street, Toronto

1904

Entered according to Act of Parliament of Canada, in the year  
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1904



**Governing Committee, Quebec and Ontario**

**N. J. Stevenson, *Chairmen Section Committee***

**James Malcolm, Hamilton      John W. Ross, Montreal**

***Chairman Governing Committee.***

**C. M. Copeland**

**J. Howard Crocker**

***Provincial Secretary, Y.M.C.A.***

***Secretary-Treasurer***

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## THE GOVERNING COMMITTEE

JOHN W. ROSS, Chairman, Montreal.  
C. M. COPELAND, Provincial Sec'y of the Y.M.C.A.  
of Ontario and Quebec.  
JAMES MALCOLM, Hamilton.  
F. W. McCUTCHEON, London.  
N. J. STEVENSON, West End Y.M.C.A., Toronto.  
J. HOWARD CROCKER, Y.M.C.A., Toronto, Secretary-  
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---

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FRED. B. MESSING, West End, Toronto.  
STANLEY BRENT, Central Y.M.C.A., Toronto.  
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J. E. MERRITT ; JOHN W. ROSS, Montreal.  
GEORGE McLAREN, F. W. McCUTCHEON, London.  
FRED WESTRAN ; A. B. NEAL, Stratford.  
F. I. GROBB ; GEO. MCKAY, Brantford.

# YOUNG MEN'S CHRISTIAN ASSOCIATIONS IN THE ATHLETIC LEAGUE

	Association Members	Gymnasium Members
Brantford, Ont.....	310	100
Hamilton, " .....	708	475
London, " .....	501	185
Montreal, P.Q. ....	1950	1100
Ottawa, Ont .....	750	300
Peterborough, Ont .....	689	140
Stratford, Ont .....	298	58
Toronto, Central .....	1762	1100
Toronto, West End.....	519	300
Winnipeg, Man. ....	1062	650

**CONDITIONS OF PENMONT TROPHY.**

To be competed for at an annual meet of the Canadian Association Athletic League.

Trophy to be held for one year, at the end of which time it must be returned to the Secretary of the Governing Committee of the Canadian Association Athletic League.

Trophy will be known as the championship trophy for track athletics.

Greatest number of points made by any Association men to count; boys winning, also to count.

Trophy to be won by the Association Athletic Team making the greatest number of wins at the annual meet, to be appointed by the Governing Committee.

Such meet will be a closed meet, that is, for amateurs only, and to members of the Young Men's Christian Association.

The trophy is to be competed for only by members of the Young Men's Christian Association who are in good standing and registered in the Canadian Association Athletic League.

## CONDITIONS OF DUNLOP TROPHY.



The distance to be run for trophy is 5 miles on the road.  
Six men to constitute a team.

Four men to win, and highest number of points made by first four men of any team to count, *e.g.*, if five teams enter, the first man to cross the line will get 20 points, the second man 19, the third man 18, and so on according to their different positions.

Trophy is to be held for one year, at the end of which time it must be returned to the secretary of the Governing Committee of the Canadian Association Athletic League.

Trophy won three times then becomes the property of the winners.  
Men competing for trophy must be regular registered amateurs; also must be amateurs according to the definition of the Canadian Association Athletic League.



Leaders Corps, Y.M.C.A. Hamilton, Ont.

## HISTORICAL SKETCH.

The object of this Athletic League is to raise a higher standard of conduct in athletic sports, to unify the physical work of the Associations, and to emphasize the regular legitimate class work. In the by-laws will be seen a plan for allowing specialization and records in athletics. The aim of these is to throw emphasis upon the regular class work of the Associations, as men may not be allowed in these competitions until they have spent the equivalent of a year's solid practice in regular gymnasium class work. On this plan it is believed that they will be far more faithful in their regular work, and will attain the all-round development of their bodies more quickly than they otherwise would; and after they have secured this all-round training they will be in a condition to specialize in some branch of athletics with advantage to themselves, thus gaining for the Association an increased *esprit de corps* through the maintenance of an athletic team.

At the Physical Directors Conference held during the convention at Kingston, February, 1901, the discussion took the form of how we could better promote clean sport in our Canadian Associations, and it was decided, that some form of organization should be adopted. As we had

no organization of the kind in Canada, and such organization there was in the form of the Athletic League of North America, it was decided that we should form a Northern Section in Canada and have our competitions controlled by the governing committee of the Athletic League of North America. But during the following year it was not found satisfactory, as several of our associations did not feel inclined to have themselves governed by an Athletic Organization, with head quarters at New York.

At the Berlin Convention, Mr. George T. Hepbron, Secretary of the A. L. N. A. was present, and explained to us the modes and the workings of the League. But during the winter of 1902-3 some special influence was brought to bear, and several of the Canadian Associations expressed themselves as desiring to have an organization of their own to govern all the Associations in Canada, and to be affiliated with the other Amateur Associations.

May 11, 1903. A representative meeting of all the Canadian Associations met at Lake Wood, New York, and at a session held in the Sun Parlor of Lake View Hotel, the matter of organizing a Canadian Association Athletic League was fully discussed. Members were present from the associations in New Glasgow, Sydney, C.B., Halifax, St. John, N.B., Montreal, Quebec, Ottawa, Peterboro, Kingston, Toronto, Hamilton, Brantford, Winnipeg, and these representatives thought that while the Provincial

Committee of Ontario and Quebec were organizing a league for their own purposes, that it would be better to organize it as a Canadian League, so that at any time in the future the other Provinces might form sections and become members of the same league.

Conferences were held with Mr. Hepbron, Mr. Copeland and others, and it was finally decided that it would be better for the Canadian Associations to organize under the name of the Athletic League of the Young Men's Christian Associations of Canada. At the Convention in Peterboro, February, 1904, the Physical Department men held another conference and a large majority of the associations were in favor of their own organization. The matter was taken before the Provincial Committee for their sanction, and was referred back to the Provincial Physical Department Committee. A special meeting of the Provincial Physical Department Committee was called in Montreal, January 24th, 1904, at which Mr. D. A. Budge, John W. Ross, of Montreal, George T. Hepbron, of New York, J. E. Merritt and J. Howard Crocker were present. The matter of organizing our own Athletic Society and asking for affiliation with the other Athletic Leagues was finally and fully discussed, with the result that the following recommendation was sent to the Provincial Committee.

Recommendations adopted by the Sub-Committee on Physical Work, of the Provincial Committee of the Young Men's Christian



Associations of Ontario and Quebec, at a meeting held at the office of Mr. John W. Ross, Montreal, January 24th, 1904, all the members of the Committee being present.

Presented to the Advisory Committee of the Provincial Committee at a meeting held at the Committee's office, Toronto, January 28th, 1904.

I. That the Provincial Committee name a Governing Committee that will have charge of Association Athletic League work in Ontario and Quebec.

II. That the Provincial Committee take steps towards forming an organization to be known as the Canadian Association Athletic League to have charge of all the Athletics of the Young Men's Christian Associations of Canada.

III. That the Provincial Committees of the Maritime Provinces and Manitoba be asked to appoint Governing Committees to take control of league matters in their districts, and that they be invited to unite with Ontario and Quebec in the organization mentioned in clause II. of these recommendations.

IV. That the Constitution and By-laws adopted by the Athletic League of North America be used as a basis for our league with such changes as shall be necessary to aid the Governing Committee in their work.

V. That the Secretary of the Governing Committee of the Ontario and Quebec League, who

shall be appointed by the Provincial Committee of Ontario and Québec, be instructed to apply to the Athletic League of North America, the Canadian Amateur Athletic Union, the Maritime Provinces Athletic Association, and the Amateur Athletic Union of the United States, for affiliation.

VI. That your Committee are unanimous in their recommendations, and urge that such steps be taken at once that the Athletics of the Young Men's Christian Associations of Canada shall be governed by an organization appointed by the Provincial Committees of the Young Men's Christian Associations in the Dominion.

That your Committee recommend that this change be made in place of recommendation made at Peterboro Convention as the change seems wise now in place of former organization with Athletic League of North America oversight.

D. A. BUDGE, Chairman.

J. E. MERRITT, Secretary.

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All Saints' Lacrosse Club  
Champions Inter-Association Lacrosse League, Toronto, 1903 and 1904

At a meeting of the Provincial Committee, held in Toronto, January, 1904, the committee ratified the work of the Physical Department Committee meeting held at Montreal, and appointed a Governing Committee of four members, namely ; C. M. Copeland, Provincial Secretary, John W. Ross, Montreal, as Chairman of the Committee, James Malcolm, Hamilton, J. Howard, Crocker, Toronto, Secretary-Treasurer,

Steps were immediately taken to organize, with the result that affiliation has been granted by the Canadian Amateur Athletic Union, the Athletic League of North America, and the Amateur Union of U. S. Thus the four great organizations are banded together in North America for mutual benefit, and for the advancement of clean sport. A large majority of the Associations in Canada are members of the Athletic League

The Basket Ball games played after January 1, 1904, were played under sanction of the C. A. A. L. and all the members playing were registered. The committee feel assured that this organization has been promoted for the best interests of our work, and by such an organization, great opportunities and great influences will be ours in the Athletic Work of Canada.

## CONSTITUTION

of the  
Athletic League of the Young  
Men's Christian Associations  
of Canada.

### ARTICLE I.—NAME.

This organization shall be known as the Athletic League of the Young Men's Christian Associations of Canada.

### ARTICLE II.—OBJECTS.

The objects of the League shall be :

SECTION 1. The maintenance of a high standard of Christian morality, honesty, courtesy and manliness in athletic sport.

SECTION 2. The furtherance of Association physical department work.

SECTION 3. The institution, regulation, and government of inter-association gymnastic and athletic meets of all kinds.

SECTION 4. The securing and maintenance of a genuine amateur basis in Association sport.

### ARTICLE III.—MEMBERSHIP.

Membership in the League shall consist of such Young Men's Christian Associations or branches in Canada entitled to representation in the Inter-

national Convention as shall join this League as provided in the by-laws.

#### ARTICLE IV.

The direction and control of the League shall be placed in the charge of a Governing Committee appointed annually by the Provincial Committees of the Young Men's Christian Associations of Canada. All the acts of the said Governing Committee shall be subject to the approval of the Provincial Committees.

#### ARTICLE V.—AMENDMENTS.

No amendments to this Constitution may be made without the approval of the Association Provincial Committees.

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### BY-LAWS

#### SECTION I.—SPIRIT OF THE LEAGUE.

The league endeavors to foster clean sport between gentlemen. The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committee and person connected with the League to embody these principles in his own actions and to earnestly advocate them before others.

(1) The rules of the games are to be regarded as mutual agreements the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of advantage in sport is to be



West End Y.M.C.A., Toronto, Ont. Leaders Corps, 1903-4.

regarded in the same way as stealing of any other kind.

(2) Visiting teams are the honored guests of the home team and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No action is to be done nor course of conduct pursued which would seem ungentlemanly or dishonorable if known to one's opponents or the public.

(4) No advantages are to be sought over others except those in which the game is understood to show superiority.

(5) Advantage should not be taken of the laxity of officials in interpreting and enforcing rules.

(6) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen and officers manifestly dishonest or incompetent future relationship with them may be avoided.

(7) Decisions of officials are to be abided by even when they seem unfair.

(8) Ungentlemanly or unfair means are not to be used even when they are used by opponents.

(9) Good points in others should be appreciated and suitable recognition given.

## SECTION 2.—SECTIONS.

The following divisions of the territory of this League shall be made. These divisions shall be



known as sections. The Eastern Section shall include New Brunswick, Nova Scotia, and Prince Edward Island; the Central Section Quebec and Ontario; the Western Section Manitoba and the Northwest Territories; Pacific Section British Columbia.

### SECTION 3.—PROVINCIAL DIVISIONS.

Each Section shall be subdivided following the lines of the divisions made by the Provincial Committees of the Associations when practicable. These divisions shall be known as districts.

### SECTION 4.—DISTRICTS.

Each Provincial District may be divided according to a convenient basis for the operation of small leagues.

### SECTION 5.—COMMITTEES.

(1) SECTION COMMITTEES. The direction and control of League matters in each section shall be placed in charge of a League Provincial Committee, appointed annually by the Governing Committee. All the acts of the Section Committee shall be subject to the approval of the Governing Committee.

(2) PROVINCIAL COMMITTEES. The direction and control of League matters in each Province may be placed in charge of a League Provincial Committee, appointed annually by the Section Committee, subject to the approval of the general

**Provincial Committee of the Associations.** All the acts of the League Provincial Committee shall be subject to the approval of the Section Committee.

(3) **DISTRICT COMMITTEES.** The direction and control of League matters in each district within the Province may be placed in charge of a League District Committee, appointed annually by the League Provincial Committee or Section Committee. All the acts of the League District Committee shall be subject to the approval of the League Provincial Committee or Section Committee.

(4) Every Committee shall send to the Committee which appointed it a complete copy of the minutes of its meetings within ten days after such meeting. No action is authoritative until it is so reported.

(5) It shall be the aim of every Committee to conserve as far as possible the autonomy, authority and responsibility of the Committee which it appoints.

(6) The chairman and secretary of each Committee shall be members of the committee which appoints it. They shall have collectively one vote. This shall be cast by the chairman when he is present; otherwise by the Secretary.

(7) At least two-thirds, and, whenever practicable, the total membership of every Committee shall be active members of local Associations in its territory that are members of the League.

(8) All committees shall be appointed for one year or until their successors are appointed.

(9) Any committee refusing to act, or acting perversely may upon the approval of the Governing Committee be discharged by the appointing committee and a new one appointed to fill out the unexpired term.

(10) No Committee shall be held responsible for the financial obligations of any other committee.

(11) No committee shall incur any expense except it has sufficient resources in cash or personal guarantees to cover such expense.

## SECTION 6.—ADMISSION TO MEMBERSHIP.

(1) Any Association eligible to membership will be admitted upon written application (on form provided) to the Secretary of the Governing Committee accompanied by the membership fee.

(See Article 3 of the Constitution).

(2) Membership of Associations in cities having a metropolitan plan of organization.

(a) Those Associations having a metropolitan plan of organization desiring to do so may join the League as a single association with fee equal to the combined fees of the branches doing physical work.

(b) The League's relation shall be to the general office of such organization and not to the in-

dividual branches except when such branch enters into competitive relations with Associations or organizations not included in the said metropolitan organization.

(c) In competitive relations with other Associations or organizations not included in the metropolitan plan each branch shall act as an individual association and shall be subject to the rules governing individual associations.

#### SECTION 7.—FEES.

(1) The membership fee shall be five dollars payable in advance and shall constitute the first year's dues.

(2) The annual dues shall be five dollars payable at the beginning of each year of membership.

(3) The membership fee shall accompany the application for membership.

(4) Failure to pay the annual fee on or before one year and one month from the entrance of any association into the League shall be considered a withdrawal from the League and a renewal of membership shall be given only on the basis of new membership.

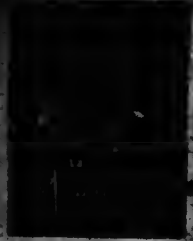
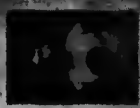
#### SECTION 8.—EXPULSIONS, etc.

(1) Any member of this league violating the constitution or by-laws of the league shall be expelled or suspended from membership by the

LEADERS CORPS  
DALLAS JUNIOR MEN

Central Building  
CHRISTIAN ASSOCIATION

1903-1904



Governing Committee and if expelled shall not be eligible for renewal of the same for one year.

(2) Any member that may withdraw, be suspended or expelled from the league shall return to the proper committee any emblems or trophies that may be in his possession but have not become its permanent property.

(3) Associations or branches or individuals may be suspended from participation in all or any games, basket-ball, football, bowling, etc., for periods not to exceed one year for ungentlemanly, unsportsmanlike, or discourteous conduct or playing.

(4) Individuals competing in unsanctioned games disqualify themselves for further competition until reinstated.

(5) Individuals competing with or against unregistered men disqualify themselves from further competition until reinstated.

#### SECTION 9.—REINSTATEMENT, ETC.

(1) No individual who at any time since the organization of either the Canadian Amateur Athletic Union or the Association Athletic League has knowingly become a professional shall be reinstated as an amateur.

(2) No application for full amateur status shall be entertained unless the applicant shall have abstained from all professional conduct for at least two years.

## SECTION 10.—CONDITIONS OF COMPETITION.

(1) Associations must have been members of the League for not less than thirty days to make entry for championship or record events.

(2) Individuals representing Associations in competition or for record must be registered amateurs. They must be bona fide members of Associations which they represent and have been such for not less than thirty days preceding the event entered.

(3) No individual will be permitted to represent any Association in which his membership is in arrears.

(4) No member of an Association in the League shall be allowed to represent that Association if he has within one year represented any other affiliated organization excepting educational institutions unless the consent of the organization be secured in writing in which case ninety days must have elapsed since he represented the Association or organization from which he has been released.

Any person receiving compensation for services performed in any capacity in an Association will be ineligible to represent that Association under the rules of the Canadian Association Athletic League until he shall have permanently abandoned such employment.

(5) **SANCTIONS.** All competitive meets held by Associations in the League where members from more than one Association or organization compete must be sanctioned by the Governing Committee of the Athletic League.

(a) Sanctions are granted without charge to Associations that are members.

(b) Associations not members of the League may secure sanctions for basket ball by paying 25 cents for each home game played.

(c) Sanctions for meets other than basket ball will only be issued to League members.

(d) When a sanction has been granted for a meet which it becomes necessary to postpone, another sanction will be necessary for a new date.

**NOTE.**—When meets being planned in cities where organizations other than Associations may hold such meets, some agreement should be entered into with the officials of the Canadian Amateur Athletic Union regarding the selection of dates.

**NOTE.**—In applying for sanctions conflicting dates with other organizations should be avoided, because two or more meets on the same date in the same territory usually results in diminished interest and financial loss to one or both.

**NOTE.**—The Governing Committee will use its discretion in granting sanctions for dates conflicting with games to be held by an organization



which has been granted a Canadian Amateur Athletic Union sanction.

(6) **REGISTRATION.** Individuals representing Associations in competition and for record must have been registered before the performance. Novices shall be required to register. This may be done by the games registration plan.

(a) **GAMES REGISTRATION.** The candidate must be recommended by the General Secretary or the Physical Director of his Association as being in suitable physical condition.

(b) In all cases the proper blank must be filled out by the applicant, properly endorsed by either the Secretary or Physical Director, and forwarded to the Secretary of the League, accompanied by the fee of 25 cents. He will register the man and give him a number and ticket, good for one year from date punched in ticket.

(c) Associations not in the League may register their men as do the Associations in the League.

Canadian Athletic League registration cards will be honored in Canadian Amateur Athletic Union games and vice versa.

(7) **OFFICIAL PROGRAMME.** Both the registration and competitor's number must be printed on the official programme. If for any reason it is impossible to print the registration number on the official programme the prize or prizes shall be withheld until the competitor shall prove to the satisfaction of the proper authorities that he

was registered before he competed. In such case the words "registration applied for" must appear on the official programme opposite the competitor's name, provided such statement was made on the entry blank. The absence of such statement or number on the entry blank is sufficient reason for refusing said entry. Marked programmes must be sent to the Secretary of the League immediately after the game. Further sanctions will depend upon the compliance with this rule.

(8) SUNDAY GAMES. No individual who, while a member of an Association in this League, shall participate in public athletic events on Sunday, shall be eligible to compete in games held under League sanctions for one year. If he is not a member of an Association in the League and is registered, his card shall be declared void.

(9) DISTRICT MEETS. District groups of Associations in the League may invite teams representing bodies not eligible to membership in the League to join them in competition. Such teams may win the competition but cannot win the Association district championship or trophy. They do not become members of the League.

## SECTION II.—AMATEUR DEFINITION.

(1) An amateur is a person who has never competed in an open competition (that is open to all irrespective of their standing), or for money,

or under a false name, or knowingly with a professional for a prize, or with a professional where gate money is charged; nor has at any time taught, pursued as a means of livelihood or assisted at athletic exercises for money, or for any valuable consideration. But nothing in this definition shall be construed to prohibit the competition between amateurs for medals, etc. (*See Prizes.*)

To prevent any misunderstanding in reading the above the League draws attention to the following explanations and adjudications:

(A.) An athlete has forfeited his right to compete as an amateur and has thereby become a professional, by—

(a) Ever having competed in an open competition; that is, a competition the entries to which are open to all, irrespective as to whether the competitors are amateurs or professionals, and whether such competition be for a prize or not, in any athletic exercises, namely, baseball, rowing, cricket, etc.

(b) Ever having competed for money in any athletic exercise.

(c) Ever having competed under a false name in any athletic or gymnastic exercise.

(d) Ever having knowingly competed with a professional for a prize, or with a professional where gate money is charged, in any athletic exercise.

(e) Ever having taught or pursued as a means of livelihood any athletic or gymnastic exercise.

(f) Ever having directly or indirectly sold a prize.

(B.) An athlete shall forfeit his right to compete as an amateur, and shall thereby become a professional, if he shall—

(a) Directly or indirectly receive payment for training or coaching any other person in any athletic or gymnastic exercise.

(b) Directly or indirectly receive payment for services personally rendered in teaching any athletic or gymnastic exercise.

(c) Directly or indirectly receive payment for services rendered as referee, judge, umpire, scorer, manager, director, or in any other capacity at any professional exhibition or contest of any athletic or gymnastic exhibition whatsoever.

NOTE.—Nothing herein shall be construed to prohibit the acceptance by any amateur of his necessary travelling expenses incurred as referee, judge, umpire, scorer or starter in going to and from the place of any amateur contest.

(d) Directly or indirectly run, manage, or direct for prospective personal profit, any exhibition or contest.

(C.) An amateur shall not forfeit his right to compete as an amateur and shall not become a professional, by—

(a) Receiving compensation for services rendered as ticket taker or ticket seller at any contest or exhibition of amateur athletics.

(b) Receiving compensation as editor, correspondent, or reporter of or contributor to any sporting, athletic, or other paper or periodical.

(c) Running, managing, or directing for prospective profit, any sporting athletic, or other paper or periodical.

(d) Receiving compensation for services personally rendered as official handicapper, under the direction and authority of any amateur athletic association.

(e) Receiving from a club of which he is a member the amount of his expenses necessarily incurred in travelling to and from the place of any amateur contest.

(f) Nothing in this rule shall be so construed as to make a man a professional who has played in a college or Association team against a professional team, except in basket ball.

(2) Reinstatements, expulsions and suspensions may be made by the Governing Committee only.

(3) Permanent handicappers may be appointed by the Section Committees, subject to approval by the Governing Committee.

(4) It shall be the duty of official handicappers to keep books containing the names and performances of all registered athletes in their sections, and to handicap all handicap games or



**Hamilton Y.M.C.A. Basket Ball Team.**

Champions of Canada, 1903-4. Third in World's Y.M.C.A. Championship, St. Louis.

events. These books shall be the property of the Governing Committee. No entry shall be handicapped on the day of the games. Five cents for each separate entry shall be charged. The total number of entries in all handicap events added together shall determine the number of entries, each name in each event counting separately. All fees for handicapping must be paid to the handicapper before he delivers the handicaps.

#### SECTION 12.—PRIZES.

(1) No money prize shall be given. No prizes shall be given by any individual, committee, or association, or competed for or accepted by any athlete, except suitably inscribed wreaths, diplomas, banners, badges, medals, time pieces, mantel ornaments, or articles of jewelery, silverware, table or toilet services, unless authorized by the Governing Committee.

(2) No individual prize shall be given representing over fifteen dollars in value.

(3) Team championship emblems shall be the property of the Association, not of the men winning them.

#### SECTION 13.—ATHLETIC RECORDS.

(1) Records of the best performances in the following list of events will be accepted under the conditions specified at the end of list.

(A.)—OUTDOOR EVENTS,  
*Runs.*

1. 50 yard run.
2. 75 yard run.
3. 100 yard run.
4. 150 yard run.
5. 200 yard run.
6. 220 yard run.
7. 300 yard run.
8. 440 yard run.
9. 880 yard run.
10. 1 mile run.
11. 2 mile run.
12. 3 mile run.
13. 5 mile run.
14. 5 mile road race.
15. 5 mile cross country.
16. 120 yard hurdle, 10 flights, 3 ft. 6 in. hurdles.
17. 220 yard hurdle, 10 flights, 3 ft. 6 in. hurdles.

*Jumps.*

18. Standing broad jump.
19. Two standing broad jumps.
20. Three standing broad jumps.
21. Standing high jump.
22. Standing hop, step and jump.
23. Running broad jump.
24. Running high jump.
25. Running hop, step and jump.
26. Pole vault for height.
27. Pole vault for distance.



*Weights.*

28. Twelve pound hammer without turn.
29. Twelve pound hammer with turn.
30. Sixteen pound hammer with turn.
31. Putting the 12 pound shot.
32. Putting the 16 pound shot.

*Swimming.*

33. 25 yard race.
34. 50 yard race.
35. 75 yard race.
36. 100 yard race.
37.  $\frac{1}{4}$  mile race.
38.  $\frac{1}{2}$  mile race.
39.  $\frac{3}{4}$  mile race.
40. 1 mile race.

## (B.) INDOOR EVENTS.

*Jumps.*

1. Standing broad jump.
2. Standing high jump.
3. Two standing broad jumps.
4. Three standing broad jumps.
5. Standing hop, step and jump.
6. Running high jump.
7. Running high dive.
8. Running high jump from springboard.
9. Running high dive from springboard.
10. Running long dive.
11. Fence vault.

12. Running high kick.
13. Running hitch and kick.
14. Double kick.
15. Pole vault for height.

#### *Runs*

16.  $\frac{1}{4}$ -mile run.
17.  $\frac{1}{2}$ -mile run.
18.  $\frac{3}{4}$ -mile run.
19. 1 mile run.
20. Potato race.

#### *General*

21. 18 foot rope climb.
  22. Putting 12 pound shot.
  23. Putting 16 pound shot.
- (2) All records must be made at games held by Associations within this League, and under the rules of the League. Certified score must be sent to the Secretary of the Governing Committee, c/o Provincial Y. M. C. A., Toronto. Blanks will be furnished by the Governing Committee. These records will then be filled and published as the records of that Association.

The best in each district shall be the District records ; the best in each Province the Provincial records ; the best in each section, the Section records ; the best on record shall be the Canadian record. Indoor running records must specify the number of laps to the mile of the track on which the record was made. No performance which record is of time shall be accepted as the Canadian record or as the Section record unless

timed by at least three official timekeepers ; and no performance which record is of distance or height shall be accepted unless measured by at least three field judges. The Governing Committee shall investigate every performance to which their attention is called, and which is claimed as either the Canadian or Section record, and shall be empowered at their discretion to reject any record which shall not be supported by the affidavits of at least six witnesses, including the officials, certifying to the place, time of day, state of the weather, condition of path or field or floor, force and direction of wind, level or grade of grounds, weight, measurement and material of implement, and correctness of announced time or distance.

Hereafter records will only be accepted when they are made in competition either open or closed. This eliminates the individual trial for record.

(3) Each applicant for the League record must be registered before the event in question is performed.

(4) The conditions of competition must have been complied with both by the individual and the Association of which the individual is a member. These are : He must be an amateur ; must have been a fully paid up member of that branch not less than thirty days ; must not have represented any other affiliated organization, excepting educational institution, (See Section

re registration and sanction) within ninety days ; must not have represented any other affiliated organization except educational institution, within one year unless that organization shall have given him written release.

The Association must have been a member of this League not less than thirty days. (See by-laws, section 10.)

(5) INDIVIDUAL CHAMPIONSHIPS. Committees shall make arrangements for championships in their territory in such events and at such times and places as they may deem wise.

(6) ATHLETIC TEAM CHAMPIONSHIPS. In competitions between Associations in outdoor events, the League recognizes that Association as champion whose team scores the greatest number of total points in the following five events, 5 being given to the first in each event, 3 to the second, and 1 to third :

1. 100 yard dash.
2. 12 pound hammer throw.
3. Running high jump.
4. Pole vault.
5. Mile run.

District, Provincial, or Section certified score must be sent by the Secretary of the committee under whose auspices the games were held to the Secretary of the Governing Committee. Athletes



**Leaders Corps, London Y.M.C.A.**

**Jepson**

**Dale**

**Cameron**

**Geo. A. McLaren,**

*Phy. Dir.*

**F. Pierce**

**H. Pierce**

must all have qualified. Conditions outlined in Section 10 of these by-laws shall have been complied with.

(7) **ALL-ROUND CHAMPIONS.** The League will recognize District, Provincial, Section, and Canadian championships in the Pentathlon. The score must have been made at duly sanctioned games held according to the Pentathlon rules of the Governing Committee. Duly certified score will be sent, with twenty-five cents, to the Secretary of the Governing Committee, on special blanks which he will furnish. He will issue a suitable certificate, officially signed, to the athlete.

#### **SECTION 14.—AMENDMENTS.**

Amendments to these by-laws may be made by the Governing Committee only.

#### **ARTICLES OF ALLIANCE.**

**Between the Athletic League of Young Men's Christian Associations of Canada and the Canadian Amateur Athletic Union.**

I. At all meetings of the Canadian Amateur Athletic Union the Athletic League of Young Men's Christian Associations shall be entitled to representation by not more than three delegates, or duly elected alternates of such delegates, having, collectively, one vote.

II. From among these delegates one shall be chosen to be a member of the Board of Governors of the Canadian Amateur Athletic Union, who shall have voice, vote and privilege equal to the other members of the said Board upon matters coming before it.

III. All members of Canadian Amateur Athletic Union clubs entering Young Men's Christian Association League games shall be governed by the rules of the Athletic League of Young Men's Christian Association but members of Young Men's Christian Associations entering any games given under the rules of the Canadian Amateur Athletic Union shall be governed by the rules of the Canadian Amateur Athletic Union.

IV. No member of any Young Men's Christian Association which is enrolled as a member of the Athletic League Young Men's Christian Associations of Canada shall be allowed to compete for any club in the Canadian Amateur Athletic Union, provided he has within one year competed for such Young Men's Christian Association, except the consent of the governing body of such Young Men's Christian Association be obtained.

V. No member of any Canadian Amateur Athletic Union club shall be allowed to represent any Young Men's Christian Association in games of any local branch of the Young Men's Christian Association Athletic League provided he has within one year competed for any Canadian

Amateur Athletic Union club, excepting with the consent of the Board of Governors of the Canadian Amateur Athletic Union.

VI. Each party of this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

VII. Only those local Young Men's Christian Associations or branches which are enrolled as *bona fide* members of the Athletic League of the Young Men's Christian Associations shall be entitled to the privileges and protection of this affiliation.

VIII. These Articles of Alliance may be terminated by either party upon thirty days' written notice to the other.

For the Canadian Amateur Athletic Union.

W. G. AYLING, *President*.

For the Athletic League of the Young Men's Christian Associations of Canada.

JOHN W. ROSS.

## ARTICLES OF ALLIANCE

Between the Athletic League of Young Men's Christian Associations of North America and the Athletic League of the Young Men's Christian Associations of Canada.

### ARTICLE I.

At all meetings of the Governing Committee of the Young Men's Christian Association Athletic League of North America the Young



Men's Christian Association Athletic League of Canada shall be entitled to representation by one delegate or alternate duly elected by the Governing Committee of the Canadian Athletic League who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

#### ARTICLE II.

At all meetings of the Governing Committee of the Young Men's Christian Association Athletic League of Canada the Young Men's Christian Association Athletic League of North America shall be entitled to representation by one delegate or alternate, duly elected by the Governing Committee of the North American Athletic League, who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

#### ARTICLE III.

All members of Canadian Athletic League Associations entering games held under sanction of the North American Association Athletic League shall be governed by the rules of the North American Association Athletic League, but members of North American Athletic League Associations entering any games held under sanction of the Canadian Association Athletic League shall be governed by the rules of the Canadian Association Athletic League.

## ARTICLE IV.

No member of any Young Men's Christian Association which is enrolled as a member of the Canadian Association Athletic League shall be allowed to compete in open games for any association in the North American Association Athletic League provided he has within one year competed in open games for an association enrolled as a member of the Canadian Association Athletic League except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained he shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

## ARTICLE V.

No member of any Young Men's Christian Association which is enrolled as a member of the North American Association Athletic League shall be allowed to compete in open games for any association in the Canadian Association Athletic League provided he has within one year competed in open games for an association enrolled as a member of the North American Association Athletic League except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained he

shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

#### ARTICLE VI.

Each party to this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

#### ARTICLE VII.

Only those local Young Men's Christian Associations or branches which are enrolled as *bona fide* members of either Association Athletic League shall be entitled to the privileges and protection of this affiliation.

#### ARTICLE VIII.

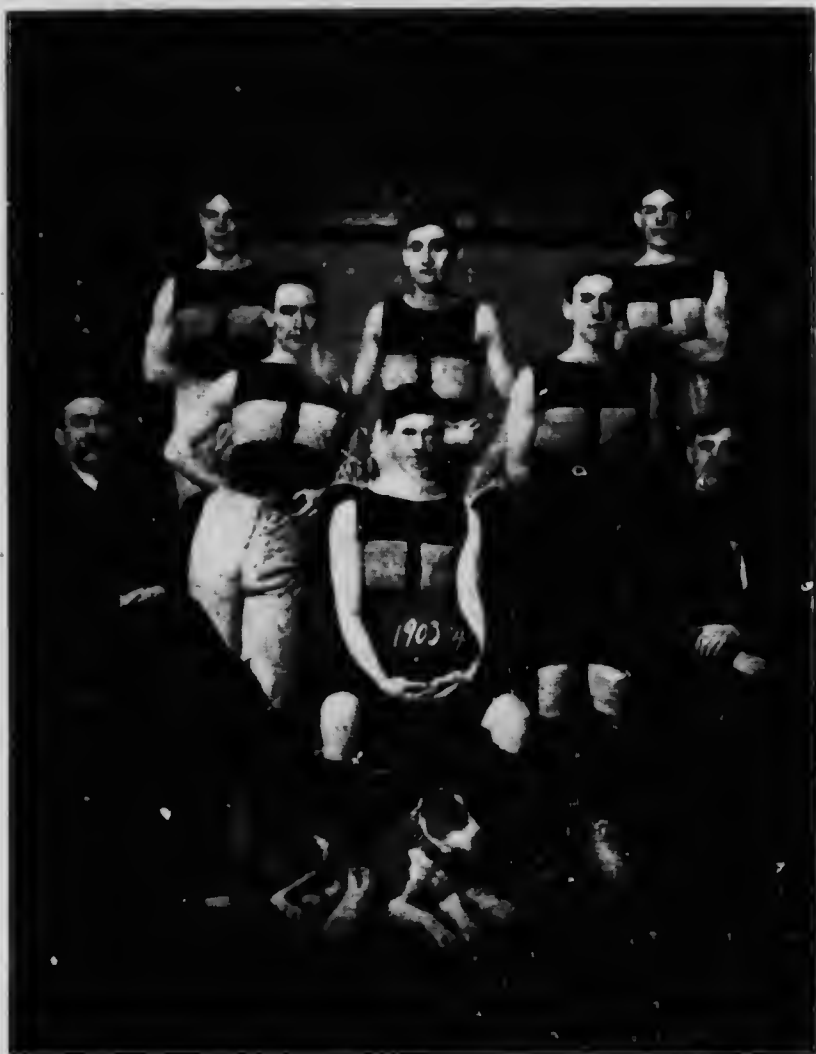
These Article of Alliance may be terminated by either party upon thirty days written notice to the other.

For the Athletic League of the Young Men's Christian Associations of North America.

FREDERICK B. PRATT.

For the Athletic League of the Young Men's Christian Associations of Canada.

JOHN W. ROSS.



**Toronto Central Y.M.C.A. Basket Ball Team, 1903-4.**

Henderson	H. Taylor	
J. Howard Crocker	Harding	Harvey
Jardine	Woodland, Capt.	J. M. McLeod

# ATHLETIC RULES

OF THE  
ATHLETIC LEAGUE OF THE YOUNG MEN'S  
CHRISTIAN ASSOCIATION  
OF CANADA.

## RULE I. OFFICIALS.

All athletic meets, excepting those under Pentathlon rules, shall be under the direction of a—

Committee,  
One Referee,  
One or more Inspectors,  
Three Judges at Finish,  
Three or more Timekeepers,  
One Starter,  
One Clerk of the Course,  
One Scorer,  
One Marshal,  
One Official Announcer.

If deemed necessary, assistants may be provided for the Scorer, Marshal, and Clerk of the Course.

## RULE II. THE GAMES COMMITTEE.

All athletic games must be under the immediate direction of a committee of this League, or of one of the Associations in this League.

This committee shall have jurisdiction over all matters not assigned by these rules to the officials or the Governing Committee.

They shall make arrangements for the games, grounds, officials, expenses, advertising, etc.

## RULE III. THE REFEREE.

The referee shall decide all questions relating to the actual conduct of the meeting whose final settlement is not otherwise covered by these rules.

He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A Referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest, a competitor conducts himself in a manner unbecoming a gentleman, or offensive to the officials, spectators, or competitors, the Referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offence worthy of additional punishment, shall promptly make a detailed statement of the facts to the Governing Committee within 48 hours.

#### RULE IV. THE INSPECTORS.

It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are assistants to the Referee, to whom they shall report, and have no power to make any decisions.

#### RULE V. THE JUDGES AT FINISH

shall determine the order of finishing of contestant and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

#### RULE VI. THE FIELD JUDGES

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, and the weight competitions.

They shall act as judges of these events, and their decision shall likewise be without appeal. In case of disagreement a majority shall govern.

#### RULE VII. THE TIMEKEEPERS

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The *flash* of the pistol shall denote the actual time of starting. If, for any reason, only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted.

NOTE.—For record, however, the event must be timed by three watches. See by-laws, section 13, paragraph 2.

### RULES VIII. THE STARTER

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" shall be used.

An actual start shall not be effected until the pistol has been *purposely* discharged after the competitors have been warned to get ready.

In case the pistol was not purposely discharged the competitors shall be called back by the Starter by pistol fire. (Note.—the Starter must have at least two good cartridges in his pistol before starting a heat or a race.)

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given it shall be considered a false start.

Penalties for false starting shall be inflicted by the Starter as follows :

In all races up to and including 125 yards, the competitor shall be put back one yard for the first and another yard for the second attempt ; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt ; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt : in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt ; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt ; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The Starter shall also rule out of that event any competitor who attempts to advance himself from



his mark, as prescribed in the official programme after the Clerk of the Course has assigned him his place.

#### **RULE IX. THE CLERK OF THE COURSE**

shall be provided with the names and the numbers of all entered competitors, and shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after Starter has warned them to "get ready;" and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor.

He shall control his assistants, and assign to them their duties.

#### **RULE XI. THE SCORER**

shall record the order in which each competitor finishes his event, together with the time furnished by the Timekeepers.

He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

He shall control his assistants, and assign to them their duties.

#### **RULE XII. THE MARSHAL**

shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein.

He shall control his assistants, and assign to them their duties.

#### **RULE XIII. THE OFFICIAL ANNOUNCER**

shall receive from the Scorer and Field Judges the result of each event, and announce the same by voice or by means of a bulletin board.

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London Y.M.C.A. First Basket Ball Team.

McBride	Skinner	Nelles	Williams	Tambling
		Geo. A. McLaren,	<i>Phys. Dir.</i>	

**RULE XIV. TRAINERS AND HANDLERS**

shall not be allowed within the centre field or inner circle, or on the track immediately prior to or during competitions except in distances exceeding one mile.

**RULE XV. COMPETITORS**

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races where special agreement may be made.

**RULE XVI. PROTESTS.**

All protests against any entered competitor must be made in writing to the Games Committee or any member thereof before the meeting, or verbally to the Referee during the meeting. If possible, the committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which case the Games Committee must report such protest within forty-eight hours to the Secretary of the Governing Committee.

(2) All protests, except in regard to interpretation of rules and amateur standing, shall be decided by the committee or Referee to whom they are made as provided.

(3) All protests concerning the interpretation of rules or amateur standing shall be referred to and decided by the Governing Committee.

#### **RULE XVII. TRACK MEASUREMENT.**

All distances run or walked shall be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line. Indoor padded tracks shall be measured upon a line following the centre of the padding. The committee reserve the right to require in case a record is claimed the sworn statement of a civil engineer regarding the measurement of the course.

#### **RULE XVIII. THE COURSE.**

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races, at any distance under and including 300 yards, each competitor shall have a separate course, properly roped, staked and measured, whether the race be run on a straight path or around one or more curves.

The Referee shall have power to disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with, another competitor.

The Referee shall have power to disqualify from further participation in the games any contestant competing in order to lose, to coach, or to in any way impede chances of another competitor either in a trial or final contest.

#### RULE XIX. THE FINISH

of the course shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and four feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winners body, except his hands or arms, shall touch the tape at the finish line. The tape is to be considered the finishing line for the winner, but the order of finishing across the track line shall determine positions of the other competitors.

#### RULE XX. HURDLES.

In the 120 yards hurdle race ten hurdles shall be used, each hurdle being three feet six inches high. They shall be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position.

In all championship hurdle races each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

### RULE XXI. TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows :

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

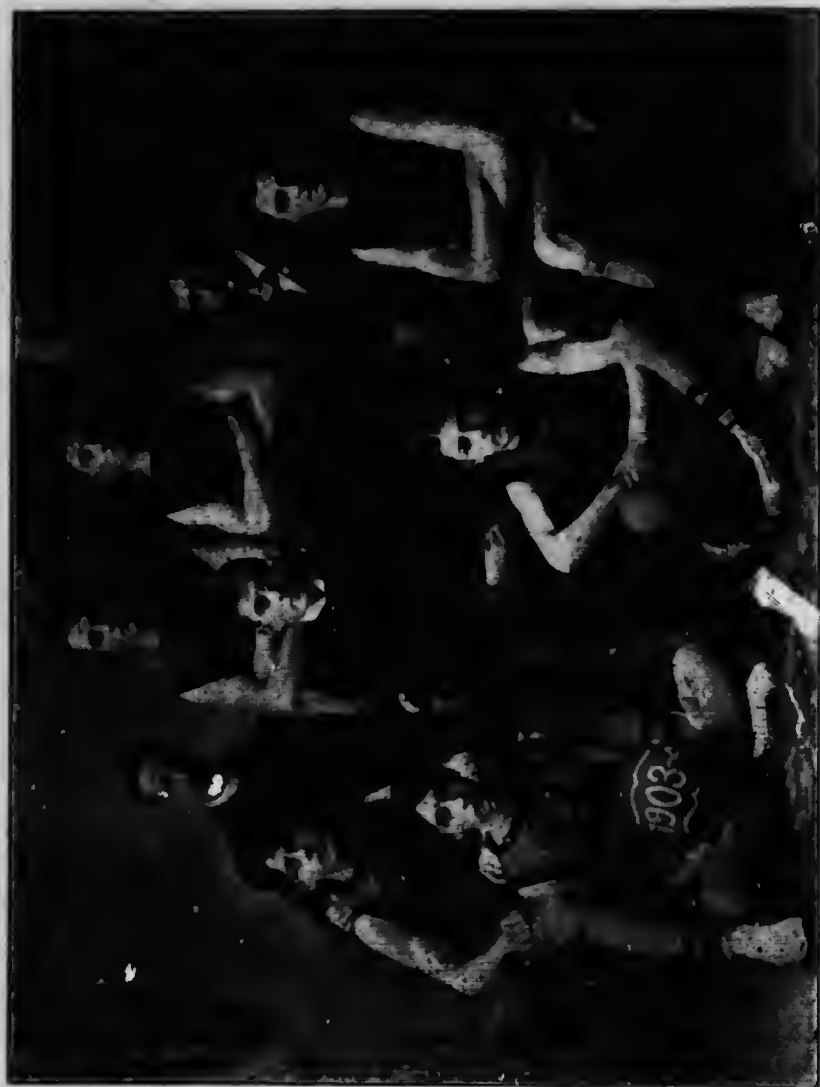
In case of a tie in a scratch contest at high jumping or vaulting, the tying competitors shall have three additional trials at the height last tried, and, if still undecided, the bar shall be lowered two inches in the high jump and four inches in the pole vault, and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest at any game decided by distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distance cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

### ORDER OF COMPETITION IN FIELD EVENTS.

In all scratch events the competitors shall take their trials in the order of their names as printed in the programme.

In all handicap events the competitors having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.



Boys' Basket Ball Team, West End Y.M.C.A., Toronto.

S. Vogan

F. B. Misaing, *Phy. Dir.*

J. Leacheran

W. Tait

H. Montgomery

H. Bickle

E. Woon

Fred Porter, *Capt.*

W. Flemming



## RULE XXII. JUMPING.

**SECTION 1.** A fair jump shall be one that is made without the assistance of weights, diving, somersaults or hand springs of any kind.

### THE RUNNING HIGH JUMP.

**SEC. 2.** The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn, then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a square bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be counted as a "balk," and three successive "baulks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

The bar shall be raised two inches each time.

A competitor may decline to jump at any height in his turn, and, by so doing, forfeits his right to again jump at the height declined. Having attempted to jump any height it must be cleared before another height can be attempted.

**SEC. 3.** *The Standing High Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the

J. Leachman  
E. Woon  
F. B. Mising, *Phy. Dir.*  
H. Bickle  
W. Flemming  
S. Vogan  
F. B. Montgomery  
Fred Porter, *Capt.*  
W. Tait



ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction. With these exceptions the rules governing the Running High Jump shall also govern the Standing High Jump.

**SEC. 4. *The Running Broad Jump.*** When jumped on earth a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line makes a mark on the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the best three shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competition.

The distance of the run before the scratch line shall be unlimited.

**SEC. 5. *The Pole Vault.*** Poles shall be furnished by the organization giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of its owner. The poles shall be unlimited as to size and weight, but shall have no assisting devices, except that they may be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one prong at the lower end.

No competitor shall during his vault raise the hand which was uppermost when he left the ground to a higher point of the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Any competitor who uses a pole without a spike shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole

The bar shall be raised four inches each time.

Having attempted to jump any height it must be cleared before another height is attempted.

With these additions, the rules governing the Running High Jump shall also govern the pole vault for height, and the rules governing the Running Broad Jump shall also govern the Pole Vault for distance, except that when a man leaves the ground in an attempt it shall be counted a trial.

**SEC. 6. *The Standing Broad Jump.*** The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction. In all other respects the rule governing the Running Broad Jump shall also govern the Standing Broad Jump.

**SEC. 7. *The Three Standing Broad Jumps.*** The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the Standing Broad Jump shall also govern the Three Standing Broad Jumps.

**SEC. 8. *Running Hop, Step and Jump.*** The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing. In all other respects the rules governing the Running Broad Jump shall also govern the Running Hop, Step and Jump.

**SEC. 9. *The Two Standing Broad Jumps.*** The rules as outlined for three jumps shall govern, except that the individual shall take but two jumps.

**SEC. 10. *Standing Hop, Step and Jump.*** The contestant shall stand upon one foot; shall spring therefrom, alighting upon the same. He shall then take a step and then a jump. With this exception the rule for the Three Broad Jumps shall apply.

**SEC. 11. *Running High Dive.*** The contestant shall spring from the floor, pass head foremost over the stick. He may land on the floor or mat, or be caught by an assistant.

**SEC. 12. *Running High Jump from Springboard.*** The highest point of the springboard shall not be more than twenty inches from the floor. In all other respects the rules governing the Running High Jump shall count.

**SEC. 13. *Running High Dive from Springboard.*** With the springboard as specified under Running High Jump from springboard. In other respects the rules for the Running High Dive shall apply.

**SEC. 14. *Running Long Dive.*** The contestant, in alighting, shall strike his hands first, and shall then do a forward roll. In all other respects the rules for the Running Broad Jump shall apply.

#### **RULE XXIII. PUTTING THE SHOT.**

The shot shall be a solid sphere, made of metal. For indoor purposes the ordinary "indoor shot" may be used.

It shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder.

All puts shall be made from a circle seven feet in diameter. The circle to be a metal or wooden ring, painted or whitewashed, and sunk almost flush with the turf, and it shall be divided into two halves by a line drawn through the centre. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board or the ground outside the circle, and the competitor leaves the circle by its rear half. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the inside circumference of the circle on a line from the mark made by the shot to the centre of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle. Shots must be weighed on the grounds by the judges of the event immediately prior to the contest.

The number of trials and methods of decision shall be the same as for the Running Broad Jump. Shots shall be furnished by the games committee. Any contestant may use his private shot, if correct in weight and shape, in which case the other contestants may use it only with the owner's permission.

#### **RULE XXV. THROWING THE HAMMER.**

**SECTION 1. *With Turn.*** The head and handle may be of any size, shape and material, provided tha

the length of the complete implement shall not be more than four feet and its weight not less than twelve or sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, and this circle shall be divided into two halves by a line drawn through its centre.

A fair throw shall be one in which no part of the person of the competitor touches the ground outside the circle, and the competitor leaves the circle by its rear half. A throw shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the throw is measured.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark made by the head of the hammer to the centre of the circle.

The number of trials and methods of decision shall be the same as in the Running Broad Jump.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length, in which case the other contestants may use it only with the owner's permission.

**SEC. 2. *Throwing the Hammer Without Turn.*** The throw shall be made under all the conditions outlined in Throwing the Hammer with Turn, except that: The body of the contestant shall not make more than half a turn during the preliminary swings or the throw itself.

**SEC. 3.** Hammers must be weighed and measured on the ground by the judges of that event; immediately prior to the contest.

### RULE XXVI. THROWING THE DISCUS.

The discus shall be of smooth, hard-wood body, without finger holes, weighted in centre with lead discs and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half ( $4\frac{1}{2}$ ) pounds; outside diameter, eight (8) inches; thickness in center, two (2) inches.

The circle for throwing the discus shall be similar in all respects to that of throwing the 16-pound hammer.

In making his throws the competitor may assume any position he pleases, and the rules governing a "fair throw" to be the same as the hammer.

A discus shall be furnished by the Games Committee. Any competitor may use his private discus, if correct in weight and shape, in which case the other contestants shall be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from the mark made by the discus to the centre of the circle.

### RULE XXVIII. SWIMMING

SECTION 1. Officials shall consist of one Referee, three Judges at the finish, three Timekeepers, one Starter, one Clerk of the Course, with assistants if necessary.

SEC. 2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing Rules.

SEC. 3. In the 100 Yards Swimming Race each competitor shall stand with one or both feet on the starting line, and, when the signal is given, shall plunge. Stepping back, either before or after the signal, will not be allowed.



SEC. 4. The start for longer races shall be the same as the 100 yards, except that competitors may start in the water (treading water start) from an imaginary line.

SEC. 5. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from his starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water, ten feet wide, from start to finish. Any contestant who, when out of his own water, shall touch another competitor; is liable to disqualification from that event, subject to the discretion of the Referee.

SEC. 6. Each competitor shall have finished the race when any part of his person reaches the finish line.

SEC. 7. In swimming in a tank, all records shall specify the number of turns in covering the distance.

#### RULE XXIX. ROPE CLIMBING.

SECTION 1. The rope, measured from the floor to a tambourine or bell fastened above, shall be eighteen feet.

SEC. 2. The start shall be by a pistol shot, and the time taken when the contestant strikes the bell or tambourine.

SEC. 3. Each contestant shall sit on the floor, with thighs flexed (legs extended in front), and shall not touch the floor with any part of his person after the pistol shot.

SEC. 4. Each contestant shall be allowed but one trial.

SEC. 5. The rope must not have any assisting devices such as knots, balls, etc.

#### RULE XXX. VAULTING.

*Fence Vault.* A mattress shall be suspended from the bar. The contestant shall stand on the floor.

His hands must be on the bar when the spring is made. In making the spring, his feet shall leave the floor but once. There must be no stop in the motion of the trunk until the floor is reached. No part of the person may touch the suspended mattress. No part of the person, except the hands, shall touch the bar.

### RULE XXXI. KICKING.

SECTION 1. *Running High Kick.* The contestant must spring from the floor, and his foot must kick the tambourine.

SEC. 2. *Running Hitch and Kick.* The contestant must spring from the floor and kick the tambourine with the same foot from which the spring is made. He must alight upon the same foot, and make at least two complete hops before touching anything with any other part of his person.

SEC. 3. *Double Kick.* Should be done the same as the High Kick, excepting that both feet must touch the tambourine at the same time. There shall be no assistance in alighting.

### RULE XXXII. RELAY RACING.

SECTION 1. *Relay Races.* The general rules for running events apply to relay racing.

SEC. 2. No articles shall be carried for exchange.

SEC. 3. The incoming runner must touch or overlap the hand of the outgoing runner.

SEC. 4. The outgoing runner shall not leave his mark until the incoming runner reaches him.

SEC. 5. Each runner must wear some distinguishing color or mark.

SEC. 6. No competitor shall run more than one relay.

SEC. 7. Positions shall be drawn for, and during the race no team shall be allowed to change its start or finish position.





Brantford Y.M.C.A. Basket Ball Team.

# PENTATHLON RULES

*Luther Gulick, M.D.*

## I. EVENTS.

The events shall be the 100 yard run, throwing a 12-pound hammer, running high jump, pole vaulting for height, and 1 mile run.

## II. OFFICERS.

The meeting shall be under the direction of a referee, clerk of the course, judge of jumping, judge of pole vaulting, judge of hammer throwing, judge of 100 yard run, judge of mile run, not less than three timers, one starter, one scorer, a marshal, and an official reporter.

There shall be as many assistants to these officers as the referee may determine and appoint.

## III. DUTIES OF OFFICERS.

SECTION 1. *The Referee* shall have general direction of the games, and shall have final authority in all questions of dispute. He shall also appoint as many assistants to any officer as in his judgment are required. Ordinarily there should be one assistant to each of the judges of jumping, vaulting, and hammer throwing for every ten contestants, and as many assistants in the dash as there are men to be run in a heat.

SEC. 2. *The Clerk of the Course* shall furnish a number to each competitor by which he shall be known. He shall form the contestants into groups of not more than ten, and shall place in charge of each group an assistant. It shall be the duty of the assistant to see that the men under his care go through all the work without undue delay between events. He shall keep each contestant absolutely within his group.

**SEC. 3.** *The Judge for each event* shall have, under the referee, full charge in his department. He shall be responsible to see that all men put in his care are carried through the event fairly and as expeditiously as possible. Upon the completion of any event by a contestant the judge shall at once give his number to the assistant clerk in whose charge he is, and also give his number and score to the scorer.

**SEC. 4.** *The Starter* shall control the competitors at the mark. No appeal shall be made from his decisions as to whether a start was made before the pistol flash or not. In the 100 yard dash a false start shall put the runner back one yard, a second false start an additional yard, and a third false start shall disqualify the runner for that event,

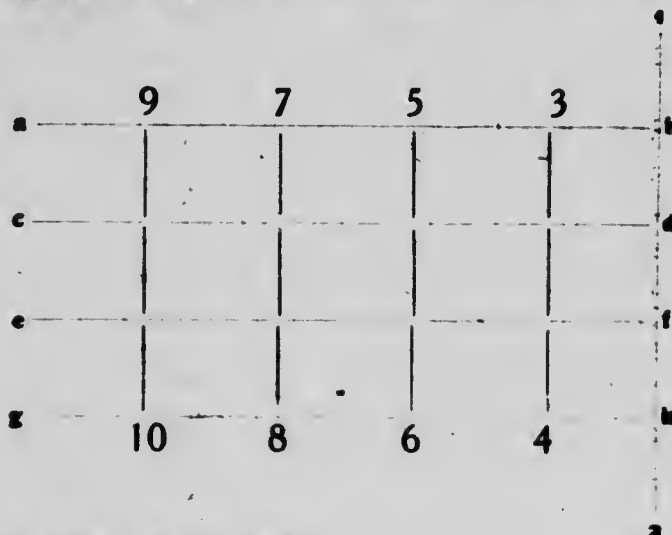
**SEC. 5.** *The Judge in Hammer Throwing* shall measure each throw and record the same with the number of the competitor who made it. He shall be judge as to whether the hammer was thrown in accord with the rules, and shall report to the scorer the best record made by each contestant as soon as possible after the close of the event.

**SEC. 6.** *The Judge of Running High Jumps* shall measure the best jump of each contestant, shall judge as to the fairness of any jump, shall keep record of and report to the scorer the best fair jump of each contestant promptly at the close of the event.

**SEC. 7.** *The Judge of Pole Vaulting* for height shall have the same duties for this event as the judge for running high jump, See Section 6,

**SEC. 8.** *Judge of Run* The timers shall give to the judge the time made by the leading man of each heat. As the leading man of each heat breasts the tape the judge shall fire a pistol. In cases where it is of great importance that there be no mis-fire, it is recommended that the judge use two pistols, one with each hand, and fire them simultaneously. There shall be an assistant for each man in the heat. It shall be his duty to mark, as

accurately as possible, the exact location of the chest of his man when the pistol is fired. He shall hold this mark till it has been taken by the judge. The track shall be marked as follows :



The line 1-2 is the finish.

The lines a-b, c-d, e-f, g-h form the lanes in which the contestants are to run.

The line 3-4 is drawn three feet from the line 1-2; the lines 5-6, 7-8, 9-10 are drawn at regular intervals of six feet.

Each contestant shall have as many fifths of a second added to his score of the leading man as there are transverse lines between them when the finish pistol is fired. When a man is on a line it is to count as one half a fifth, equivalent to five points. If a man were on the line 5-6 when the pistol was fired, and the time given was eleven seconds, there is one line between the two men; this adds one-fifth second; being on the line adds one-tenth more, making eleven and three tenths seconds. If he had been just behind this line the score would have been eleven and two-fifths seconds, or if just in front, eleven and one-fifth seconds.

SEC. 9. *Timers.* Not less than three watches shall be held on the leading man in each heat.

SEC. 10. *The Scorer* shall keep a complete list of competitors and credit each man with his performance, as reported to him by the judges or timers of that event. He shall also reduce the records of the performance in the different events by each individual to the standard table, and shall record the number of points made in each event by each man. A man passing the upper limit in any event shall be credited proportionately. No mark less than zero shall be given, even in case the record falls below the measure indicated for zero.

SEC. 11. *The Reporter* shall keep upon a blackboard, suitably prepared, the number of points made by each man; shall make announcements to the spectators, and, as far as possible, keep them intelligently informed of the contest and its progress.

SEC. 12. *The Marshal* shall have full police charge, and see that spectators are kept in the place assigned to them.

#### IV. RECORDS.

Records shall be accepted only for the five stated events. Any may be omitted, however, the contestant receiving zero in each such event.

#### V. NUMBERS.

Each competitor shall receive from the clerk of the course, and shall fasten upon his person in a conspicuous place, a number by which he shall be known in that competition.

#### VI. RUNNING.

In races on straight tracks competitors shall keep their own positions on the track from start to finish.

#### VII. RUNNING HIGH JUMP AND POLE VAULTING.

The stick shall be started as nearly as possible to three feet and six inches from the ground in the high jump and

five feet and ten inches in the pole vault. It shall be raised thereafter two inches at a time in the high jump and four inches in the pole vault. Displacing the bar is a failure. Each contestant shall be allowed but ten jumps, and not more than three jumps at any one height. Every height attempted must be cleared before another can be tried. The best one shall be counted. Contestants shall jump in regular order, as called for by the judge. A contestant may omit his jump at any height, but he cannot in any case try a height after once having "passed" it. The jump shall be made over a square bar. Three successive balks shall count as one failure, and thus be one of the ten jumps called for. It is a trial if the contestant leaves the ground in an attempt in the pole vault. It is a balk if the contestant runs under the bar in the high jump or pole vault. The "dive" is not allowed. There shall be one set of jump standards for every ten contestants. The pole vault standards may have any support in which to stick the pole. It must, however, be no higher than the surface of the ground. Private poles may be used, but only by owners or with their permission.

#### VIII. THROWING THE HAMMER.

The hammer shall not be more than four feet in length, and shall weigh not less than twelve pounds. Fulfilling these conditions, it may be of any size, shape or material. The hammer shall be thrown from a circle having a radius of three and one-half feet. But three attempts shall be allowed. An attempt is as follows: When the competitor takes his place inside the circle with the hammer, then lets go of the hammer and the head strikes outside of this circle, it is a try. The distance shall be measured from the nearest break in the ground caused by the hammer head to the nearest point in the circumference of the circle. A foul shall count as an attempt, but shall not be measured. A foul is as follows: When a contestant has thrown the hammer, and any portion of his person touches the ground outside the line of the half circle in the direction of the throw before the distance has been measured. No "turn" is allowed. Private hammers may be used, but

only by the owners or with their permission. Judges must weigh and measure all hammers.

#### IX. RANK.

Every contestant scoring a total of two hundred points or over shall be entitled to bronze or third grade, with medal having bronze bars and silver pendant. Three hundred points constitute the lower limit of the silver or second grade, with medal having silver bar and pendant and also official certificate. Four hundred points entitle contestant to gold, or first grade.

#### X. ORDER.

The events shall begin with the dash and end with the mile run. The high jump and hammer throw shall precede the pole vault.

#### XI. REGISTRATION AND SANCTION.

In the official Pentathlon, where men from one or more Young Men's Christian Associations compete, registration is not required. If open to other organizations registration is required. Sanction in both instances is necessary.

#### XII. FURTHER ARRANGEMENTS.

Further arrangements shall be made by the referee.

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Basket Ball. Class Teams. Young Women's Christian Guild, Toronto.



# SCORING TABLE.

Rank	100-yd. Run	12-lb. Hammer	Running High Jump	Pole Vault	1-mile Run	Rank
	sec. 12 2-5	ft. in.	ft. in.	ft. in.	min. sec.	
0		50	3 6	5 10	6 40	0
1		50 6	3 6 1-4	5 10 1-2	6 39	1
2		51	3 6 1-2	5 11	6 38	2
3		51 6	3 6 3-4	5 11 1-2	6 37	3
4		52	3 7	6	6 36	4
5		52 6	3 7 1-4	6 0 1-2	6 35	5
6		53	3 7 1-2	6 1	6 34	6
7		53 6	3 7 3-4	6 1 1-2	6 33	7
8		54	3 8	6 2	6 32	8
9		54 6	3 8 1-4	6 2 1-2	6 31	9
10	12 1-5	55	3 8 1-2	6 3	6 30	10
11		55 6	3 8 3-4	6 3 1-2	6 29	11
12		56	3 9	6 4	6 28	12
13		56 6	3 9 1-4	6 4 1-2	6 27	13
14		57	3 9 1-2	6 5	6 26	14
15		57 6	3 9 3-4	6 5 1-2	6 25	15
16		58	3 10	6 6	6 24	16
17		58 6	3 10 1-4	6 6 1-2	6 23	17
18		59	3 10 1-2	6 7	6 22	18
19		59 6	2 10 3-4	6 7 1-2	6 21	19
20	12	60	3 11	6 8	6 20	20
21		60 6	3 11 1-4	6 8 1-2	6 19	21
22		61	3 11 1-2	6 9	6 18	22
23		61 6	3 11 3-4	6 9 1-2	6 17	23
24		62	4	6 10	6 16	24
25		62 6	4 0 1-4	6 10 1-2	6 15	25
26		63	4 0 1-2	6 11	6 14	26
27		63 6	4 0 3-4	6 11 1-2	6 13	27
28		64	4 1	7	6 12	28
29		64 6	4 1 1-4	7 0 1-2	6 11	29
30	H 4-5	65	4 1 1-2	7 1	6 10	30
31		65 6	4 1 3-4	7 1 1-2	6 9	31
32		66	4 2	7 2	6 8	32
33		66 6	4 2 1-4	7 2 1-2	6 7	33
34		67	4 2 1-2	7 3	6 6	34
35		67 6	4 2 3-4	7 3 1-2	6 5	35
36		68	4 3	7 4	6 4	36
37		68 6	4 3 1-4	7 4 1-2	6 3	37
38		69	4 3 1-2	7 5	6 2	38
39		69 6	4 3 3-4	7 5 1-2	6 1	39
40	11 3-5	70	4 4	7 6	6	40
41		70 6	4 4 1-4	7 6 1-2	5 59	41
42		71	4 4 1-2	7 7	5 58	42
43		71 6	4 4 3-4	7 7 1-2	5 57	43
44		72	4 5	7 8	5 56	44
45		72 6	4 5 1-4	7 8 1-2	5 55	45
46		73	4 5 1-2	7 9	5 54	46
47		73 6	4 5 3-4	7 9 1-2	5 53	47
48		74	4 6	7 10	5 52	48
49		74 6	4 6 1-4	7 10 1-2	5 51	49

# SCORING TABLE.—Continued.

Rank	Rank	Rank	100-yd. Run	12-lb Hammer		Running High Jump		Pole Vault		1-mile Run		Rank
				ft.	in.	ft.	in.	ft.	in.	min.	sec.	
	0	50	11 2-5	75		4 6 1-2		7 11		5	50	50
	1	51		75	6	4 6 3-4		7 11 1-2		5	49	51
	2	52		76		4 7		8		5	48	52
	3	53		76	6	4 7 1-4		8 0 1-2		5	47	53
	4	54		77		4 7 1-2		8 1		5	46	54
	5	55		77	6	4 7 3-4		8 1 1-2		5	45	55
	6	56		78		4 8		8 2		5	44	56
	7	57		78	6	4 8 1-4		8 2 1-2		5	43	57
	8	58		79		4 8 1-2		8 3		5	42	58
	9	59		79	6	4 8 3-4		8 3 1-2		5	41	59
	10	60	11 1-5	80		4 9		8 4		5	40	60
	11	61		80	6	4 9 1-4		8 1 1-2		5	39	61
	12	62		81		4 9 1-2		8 5		5	38	62
	13	63		81	6	4 9 3-4		8 5 1-2		5	37	63
	14	64		82		4 10		8 6		5	36	64
	15	65		82	6	4 10 1-4		8 6 1-2		5	35	65
	16	66		83		4 10 1-2		8 7		5	34	66
	17	67		83	6	4 10 3-4		8 7 1-2		5	33	67
	18	68		84		4 11		8 8		5	32	68
	19	69		84	6	4 11 1-4		8 8 1-2		5	31	69
	20	70	11	85		4 11 1-2		8 9		5	30	70
	21	71		85	6	4 11 3-4		8 9 1-2		5	29	71
	22	72		86		5		8 10		5	28	72
	23	73		86	6	5 0 1-4		8 10 1-2		5	27	73
	24	74		87		5 0 1-2		8 11		5	26	74
	25	75		87	6	5 0 3-4		8 11 1-2		5	25	75
	26	76		88		5 1		9		5	24	76
	27	77		88	6	5 1 1-4		9 0 1-2		5	23	77
	28	78		89		5 1 1-2		9 1		5	22	78
	29	79		89	6	5 1 3-4		9 1 1-2		5	21	79
	30	80	10 4-5	90		5 2		9 2		5	20	80
	31	81		90	6	5 2 1-4		9 2 1-2		5	19	81
	32	82		91		5 2 1-2		9 3		5	18	82
	33	83		91	6	5 2 3-4		9 3 1-2		5	17	83
	34	84		92		5 3		9 4		5	16	84
	35	85		92	6	5 3 1-4		9 4 1-2		5	15	85
	36	86		93		5 3 1-2		9 5		5	14	86
	37	87		93	6	5 3 3-4		9 5 1-2		5	13	87
	38	88		94		5 4		9 6		5	12	88
	39	89		94	6	5 4 1-4		9 6 1-2		5	11	89
	40	90	10 3-5	95		5 4 1-2		9 7		5	10	90
	41	91		95	6	5 4 3-4		9 7 1-2		5	9	91
	42	92		96		5 5		9 8		5	8	92
	43	93		96	6	5 5 1-4		9 8 1-2		5	7	93
	44	94		97		5 5 1-2		9 9		5	6	94
	45	95		97	6	5 5 3-4		9 9 1-2		5	5	95
	46	96		98		5 6		9 10		5	4	96
	47	97		98	6	5 6 1-4		9 10 1-2		5	3	97
	48	98		99		5 6 1-2		9 11		5	2	98
	49	99		99	6	5 6 3-4		9 11 1-2		5	1	99
	50	100	10 2-5	100		5 7		10		5		100



**Wellesley School Basket Ball Team, 1904.**

Junior Champions, Public Schools, Major League, Toronto.  
 Gale, Capt. Lorimer East Spears A. F. McDonald

Dow

## HAND BALL RULES.\*



**Court.**—The service wall should be approximately in the proportion of four (4) for height to five (5) for width. The side lines of the court should run at right angles to the service wall. The court should be approximately two and one-half times as long as the service wall is high, divided into two equal parts by a line running parallel with the service wall, which line is the service line. A space three feet square shall be marked in the outer court in both corners, formed by the service line and the side lines; these spaces shall be termed the "partners' boxes."

**Ball.**—For the majority of Association courts the regular tennis ball is best.

**Game.**—The game shall consist of twenty-one points, and may be played by two, three or four persons.

**RULE 1.** The choice for the right to serve shall be decided by toss.

**RULE 2.** The player serving the ball shall be termed the server, and the player to whom the ball is served the receiver.

**RULE 3.** At the end of the first service the server shall become the receiver and the receiver the server, and so on alternately in all subsequent services of the game.

**RULE 4.** The ball must be served from behind the service line within the court. The server may stand with one foot in front of the service line. On the service the ball must be struck from a bounce behind the service line, hit the service wall and then land in the outer court (beyond the service line).

**RULE 5.** A *fault* consists of a ball not served over the service line, or a ball served over the back or side lines.

\* Suggested changes by the Physical Directors' Conference, at Thousand Island Park, June, 1900. Adopted by the Governing Committee.

Two consecutive faults shall retire the server. A fault cannot be returned.

**RULE 6.** The server shall not serve until the receiver is ready. After a server has been retired he shall be given sufficient time to get into position before play is resumed. If the latter attempts to return the service shall be deemed ready.

**RULE 7.** A service or fault delivered when the receiver is not ready counts for nothing.

**RULE 8.** The ball is in play on leaving the server's hand, except as provided for in rule 5.

**RULE 9.** The server wins a point if the receiver fails to return the service or ball in play so that it drops outside the court ; or if the receiver loses as provided by Rule 16. Only the side serving scores.

**RULE 10.** The server loses his service if he serves two consecutive faults ; or if he fails to return the ball in play ; or if he returns the ball in play so that it falls outside of the court ; or, if in attempting to serve, he fails to strike the ball ; or if the ball, when served, fails to strike the service wall first ; or if he otherwise loses as provided by Rule 16.

**RULE 11.** A ball falling on the line is regarded as falling inside the court.

**RULE 12.** In a four-handed game, the side serving first is allowed but one service at the commencement of the game. After the first service each side is allowed two consecutive services, the two partners alternating in turn. The server's partner must stand in one of the "partners' boxes" until the ball strikes the service wall on each service. In a three-handed game the single player shall have every alternate service.

**RULE 13.** If the ball, when served, strikes the server or his partner, it retires the server. If it strikes the receiver or receiver's partner, before or after bouncing, it becomes non-playable and counts a point for the server. If the ball in play strikes a player, it shall count against such player.

RULE 14. A *hinder* is—

(a) When the player is prevented by the proximity of a spectator from properly returning the ball.

(b) When a player interferes with another in such a manner as to prevent him from properly returning the ball.

(c) When the ball strikes any apparatus within the court lines and such apparatus is not higher than the service wall. A *hinder* shall count nothing.

RULE 15. The use of the foot is debarred. Only one hand may be used in striking the ball, and it may be struck but once on the return. Violation of this rule shall count against the player so doing.

RULE 16. The officials shall be a referee, scorer, and linesman.

(a) The *Referee* shall decide all questions pertaining to the serving of the ball and its return and shall be judge of hinders and faults, and shall decide all questions not covering these rules. His decision shall be final on all questions.

(b) The *Scorer* shall keep a correct record of the points made, and shall keep the contestants informed as to the progress of the game.

(c) The *Linesman* shall decide when the ball is in or out of court, and report to the referee.

Revised by a Committee of the Physical Directors' Conference at Thousand Island Park, June, 1900.

Committee, { W. E. DAY,  
H. H. WICKEL.  
W. V. DENMAN.

SERVICE WALL-12 FEET HIGH

15 FEET

SIDE LINES-30 FEET

SIDE LINES-30 FEET

SERVICE LINE

PARTNER'S  
BOX

PARTNER'S  
BOX

3 FEET

3 FEET

BACK LINE

## VOLLEY BALL RULES\*



Volley Ball is a game which is well fitted for the gymnasium, but which may also be played out of doors. Any number of persons may play that is convenient to the place. It consists of keeping the ball in motion over a high net from one side to the other, thus partaking of the character of two games—tennis and hand ball.

Play is started by a player on one side serving the ball over the net into the opponent's court. The opponents, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it, or it strikes out of bounds. If the serving side fails to return the ball in the opponents' courts, it counts as an out. If the receiving side fails to return the ball in the opponents' court, the serving side scores one point.

### RULES

**RULE 1. Game.** The game shall consist of twenty-one points.

**RULE 2. Court.** A court or floor space shall be 25 feet wide 50 feet long, to be divided into two square courts 25x25 feet by the net. The boundary lines must be plainly marked so as to be visible from all parts of the courts; these lines shall be at least three feet from the wall.  
**NOTE.**—The exact size of the court may be changed to suit the convenience of the place.

**RULE 3. Net.** The net shall be at least two feet wide and 27 feet long, and shall be suspended from the walls on uprights placed at least 1 foot outside of the side lines. The top line of the net at the centre must be 7 feet 6 inches from the floor.

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\* Suggested changes presented to the Physical Directors' Conference, June, 1900, by W. E. Day, and adapted by Governing Committee.



**RULE 4. *Ball.*** The ball shall be round ; it shall be made of a rubber bladder covered with leather. It shall measure not less than 25 inches nor more than 27 inches in circumference, and shall weigh not less than 9 ounces nor more than 12 ounces.

**RULE 5. *Server and Service.*** The server shall stand with one foot on the back line. The ball must be batted with the open hand not struck with the fist. The ball may be served over the net into any part of the opponents' court. A service which strikes the net or anything within the playing space and falls good in the opponents' court shall be called a fault. A server shall lose his service if he serves two consecutive faults. A service which strikes the net, or any object within the playing space and falls without the opponents' court, shall retire the server. In a service the ball must be batted at least ten feet, no dribbling allowed. A service which would strike the net, but is struck by a player of the same side before striking the net, if it goes over into the opponents' court is good. The man serving continues to do so, until out, either by the ball being knocked out of bounds by his side or their failure to return it. Each man shall serve in turn.

**RULE 6. *Scoring.*** Each good service unreturned or ball in play unreturned, or ball knocked out of bounds by the side receiving, counts one point to the side serving. A side scores only when serving as a failure to return the ball on their part or knocking the ball out of bounds results in the server being put out.

**RULE 7. *Net Ball.*** A play which is returned, but strikes the net aside from the first service, is equivalent to a return.

**RULE 8. *Line Ball.*** Is a ball striking the boundary line, and is equivalent to one in court.

**RULE 9. *Play and Players.*** Should any player during the game touch the net, it puts the ball out of play and counts against his side ; if the said player is on the serving side the ball goes to the opponents ; if on the receiving side, one point is scored for the server. Should two

opponents touch the net simultaneously, the ball shall be declared out of play and shall be served again by the serving side. Should any player catch or hold the ball for an instant, it is out of play and counts for the opposite side. Should the ball strike any object within the playing space other than the floor and ceiling and bound (back) into the court, it is still in play. If the ball strikes any object outside of the court and bounds back again, it shall count against the side which struck it last. To dribble is to strike the ball quickly and repeatedly into the air; dribbling is not allowed. Any player except the captain addressing the umpire, or making remarks to or about him or any of the players on the opposite side, may be disqualified and his side be compelled to play the game without him, or get a substitute, or forfeit the game. Any player kicking the ball may be disqualified and his side be compelled to play the game without him or get a substitute or forfeit the game.

**RULE 10.** No player shall be allowed to strike the ball while supported by any player or object, but must strike it while on the floor or while jumping up unassisted.

**RULE 11.** A ball knocked under the net shall be declared out of play and count against the side which struck it last.

### *Helps in Playing the Game.*

1. Strike the ball with both hands.
2. Look for uncovered space in opponents' court.
3. Play together; cover your own space.
4. Pass from one to another when possible.
4. Watch the play constantly, especially the opponents.
6. A player should be able to cover about 10 x 10 feet of floor space.
7. Keep your eye on the ball.



**Queen's Basket Ball Team, 1903-4.**

Kidd	King	Corsitt	Aikins	Sully
	Dunlop	Warren, <i>Capt.</i>	McFadyen	

## WRESTLING RULES

OF THE

CANADIAN ASSOCIATION ATHLETIC LEAGUE.

### CATCH-AS-CATCH-CAN.

1. In all competitions the ring shall be roped and of not less than 12 feet or more than 24 feet square.
2. Weights to be: Bantam, 105 lbs. and under; Feather, 115 lbs. and under; Light, 135 lbs. and under; Welter, 145 lbs. and under, and Middle, 158 lbs. and under.
3. Any hold, grip, lock or trip allowed, except the hammer lock, strangling and full Nelson holds.
4. Nothing heavier than light slippers or rubbers without heels allowed on feet.
5. Both shoulders shall be on the floor at the same time to constitute a fall.
6. A rest of not less than five or more than ten minutes shall be allowed between each fall.
7. No striking, kicking, gouging, hair pulling, butting, strangling, or anything that endangers life or limb, will be allowed.
8. Each contestant shall be entitled to the assistance of two seconds only, and no advice or coaching shall be given to any competitor by his seconds or either of them, or by any other person, during the progress of any bout. Any violation of this rule, or of Rule 7. by any contestant, or the refusal of any contestant to break any hold when so ordered by the Referee, may be punished by the

Referee by the loss of the bout to the offender and his exclusion from further competition.

9. Immediately before the competition each competitor who has weighed in shall draw in person his number and compete as follows: Have a preliminary round of as many contests as the total number of contestants can be divided by two. In case any contestant does not compete in the preliminary series he shall be allotted a number in the next series of bouts, so as to avoid the possibility of again drawing a bye. This leaves 2, 4, 8 or 16 contestants, and the bouts then proceed regularly with no byes or uneven contests.

10. The contestant who has last been defeated by the winner shall receive second prize; and all who have been defeated by the winners of either first or second place shall be entitled to compete for third place.

11. Duration of bouts shall be six minutes.

12. The Referee shall have full control of the competition, and his decisions shall be final and without appeal.

13. A Timekeeper shall be appointed.

14. If, in the preliminary bouts, no fall has been obtained by either contestant after the expiration of six minutes, the Referee may award the bout to the contestant having shown the best qualities, or who evidently has acted mostly upon the offensive; or the Referee may, after allowing three minutes' rest, order a supplementary bout of three minutes. If, in the final bouts, a fall has not been obtained at the expiration of six minutes, another bout of six minutes shall be ordered. If, at the expiration of the second bout, a fall has not resulted, an additional bout of three minutes shall be ordered; if no fall, Referee shall award.

15. Contestants shall be weighed within one hour of the beginning of the contests, and any contestant being overweight shall be rejected.

16. Any athlete who weighs-in and then fails to compete without an excuse satisfactory to the Games Committee, shall be suspended for six months. All weighing in shall cease as soon as the first bout of the tournament on each night has commenced.

#### TUGS-OF-WAR.

Tugs-of-War shall be pulled on cleats made of wood, same to be at least four inches thick, six inches high and twenty-two inches long, and at least six feet six inches apart. The distance from the clamp in the centre to the first cleat on either side shall be not less than six feet.

The cleats shall be set on edge and bolted to the board.

The rope shall be a manilla, three-stranded rope, not less than four-and-a-half nor more than five inches in circumference. Their shall be a clamp equidistant from the first cleat on either side, which shall be sufficient to hold the rope in position until released.

The clamp shall not make an appreciable kink in the rope. Any position may be assumed before the pistol is fired. No mechanical device shall be used for holding the rope. No belt other than one to protect the body shall be used. The flanges to hold the rope in place shall not be constructed so as to bind on the rope in any position that the anchor may assume. Leather shields and gloves may be used, and adhesive substances may be put on the same. The belt shall not weigh more than twenty pounds. Competitors shall not use weights in unlimited pulls, but in pulls limited to specified weights, competitors may use weights, providing the total weight of the team, including weights, does not exceed the limit.

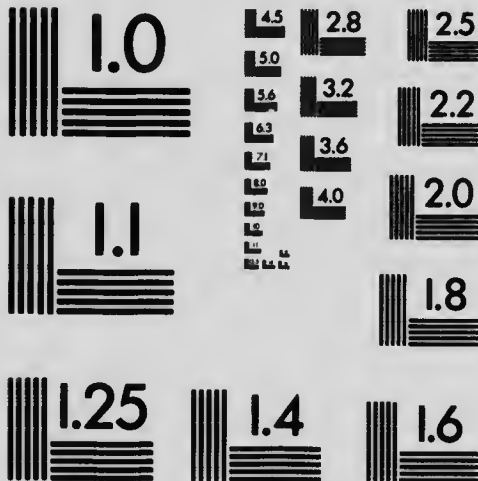
The standard time limit for each pull shall be five minutes, and a rest of not less than ten minutes shall be allowed each competitor between trial pulls. A shorter or longer time limit may be agreed upon for other than championship contests.

When tugs-of-war are limited to teams of a given weight, competitors shall be weighed before competing.



# MICROCOPY RESOLUTION TEST CHART

(ANSI and ISO TEST CHART No. 2)



**APPLIED IMAGE Inc**

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They shall be weighed as they pull ; i. e., including clothing, shoes, belt, etc.

The weighing-in shall be done immediately before the pull.

No knot of any kind shall be tied in the rope, and the rope shall not be passed more than once around the body of the anchor.

In no case shall any man pull on more than one team in a contest, and no substitute shall be allowed to pull on any team that has pulled a trial.

In case a team gains three feet from its opponents, it shall be awarded the pull.

Immediately before the competition the captains of the opposing teams shall draw their numbers and compete as follows : To have a preliminary round of as many contests as the total number of teams exceeds 2, 4, 8, 16 or 32, and drop the losers. This leaves in 2, 4, 8, 16 and 32 teams, and the competition then proceeds regularly with no byes or uneven contests.

No pull shall be awarded by less than half an inch,

All competitors who have been beaten by the winner shall be entitled to compete for second place, and all who have been beaten by the winners of either first or second place shall be entitled to compete for third place.

The individual tug-of-war shall also be governed by the team rules and the contestants must pull from the first cleat from the clamp.

#### SWIMMING.

SECTION 1. Officials shall consist of one Referee, three Judges at the Finish, three Timekeepers, one Starter, one Clerk of the Course with assistants, if necessary.

SEC. 2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing Rules.

SEC. 3. In the 100 yards Swimming Race each competitor shall stand with one or both feet on the starting line, and when the signal is given, shall plunge. Stepping back either before or after the signal, will not be allowed.

SEC. 4. The start for longer races shall be the same as the 100 yards except that competitors may start in the water (tread-water start) from an imaginary line.

SEC. 5. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from the starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water, ten feet wide, from start to finish. Any contestant who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the Referee.

SEC. 6. Each competitor shall have finished the race when any part of his person reaches the finish line.

## BOWLING.

### TEN PINS.

The Game to be played shall be the Ten Frame Game.

Rule 1.—In all games to be played a line shall be drawn sixty feet from the head or front pin.

Rule 2.—No balls shall be used exceeding twenty-seven inches in circumference, and the dead wood must be removed from the alley after each ball. Should a pin fall in removing the dead wood, it must be respotted.

Rule 3.—A regulation pin must be used in match playing. Each pin, except the King pin, to be not over fifteen inches in circumference at the thickest part, and from fifteen to sixteen inches in length.

Rule 4.—No lofting or throwing of balls upon the alley will be allowed; the balls must be rolled. Such balls will be considered foul at the discretion of the umpire.

Rule 5.—In playing, two alleys shall be used; two players to play at a time, and to change alleys every frame. The game shall consist of ten frames on each side. All strikes and spares made in the ten frames shall be completed before leaving the alley, and on the same alley as made. Should there be a tie at any single game, play shall continue until a majority of points upon an equal number of frames shall be attained, which shall conclude the game.

Rule 6.—Five men shall constitute a full team, and may be either active or honorary members, in good standing in the club they represent, thirty days prior to the beginning of such tournament.

Rule 7.—In all cases of disputes and differences, the decision of the umpire shall be final. He shall, after each game, and before leaving the alley, declare the winning club.

Rule 8.—A player must not step on or over the line in delivering his ball nor after it has been delivered, nor allow any part of his body to touch on or beyond the line. Any ball so delivered shall be deemed a foul, and the pins made on such balls, if any, shall be respotted. Should any ball delivered leave the alley before reaching the pins, or any ball rebound from the back cushion, the pin, if any, made on such balls, shall not count, but must be respotted. All such balls to count as balls rolled.

Rule 9.—Any club that shall be detected in tampering with the person setting up the pins, or by any unfair means seeking to win a victory, shall, on proof of the same, forfeit their rights in all games played by them.

Rule 10.—Each person or club shall play one game with every other person or club in the tournament. The club winning the greatest number of games shall be entitled to the match.

Rule 11.—Should there be a tie between two or more contestants, such tie or ties shall be played off according to these rules on such alley and at such date as may be agreed upon.

#### NINE PINS.—HEAD PIN OUT.

Rule 1.—The pins are placed on all spots, except head spot.

Rule 2.—The player is entitled to three balls of any style in each inning, if requisite.

Rule 3.—One pin of the nine must be left standing—no more or no less, or the inning goes for naught.

Rule 4.—There are no penalties attached, nor is the dead wood removed.

Rule 5.—Ten innings constitute a game.

Rule 6.—Ten points are the maximum.

## COCKED HAT.]

This game is played with only the head and two low corner pins set up on the alley.

Any style of ball within the regulation size (27 inches in circumference) can be bowled, but the smallest balls or what are termed "Pony" balls, are generally used. They must be rolled, not thrown.

The rules in American Ten Pins govern the game. Strikes and spares counting in the same ratio as if the ten pins were set up. If a bowler bowls down the three pins with the first ball, it is a strike, and is marked on the board in the same manner as in the parent game. Whatever the bowler scores with his next two balls is placed to his credit on the inning the strike was made in; for instance, if the bowler bowls down two pins with his next two balls, 2 is added to the 3 made by the strike, making 5 in all. Spares also possess the same value as in the parent game, in fact, the game is played precisely like Ten Pins, excepting poodles, or balls rolled down the gutter, go for naught, and the dead wood is allowed to remain. The maximum is 90.

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## REPORT OF BOWLING COMMITTEE.\*

*Physical Directors' Conference, 1911*

Following is the report of the Bowling Committee :

1. A bowler has forfeited his right to compete as an amateur by bowling for tickets or to see who shall pay for the games, or for any money consideration whatever ; bowling in competition with or against a professional (this does not include ordinary recreation bowling), or bowling under a false name, shall constitute a professional.

2. A professional bowler shall be debarred from all lines of athletic or gymnastic competition in the Association.

Respectfully submitted,

A. E. GARLAND.

H. H. WIKEL.

MAX J. EXNER.

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\* The Physical Directors' Conference at Thousand Island Park voted unanimously to adopt the above as a recommendation to the Governing Committee for favorable action. Since that conference some Associations have stated that the rule is too rigid. It is printed here for thought and consideration.

No official action has been taken by the Governing Committee.

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Senior Basket Ball Team, West End Y.M.C.A., Toronto.

F. Scott   W. McKenzie   H. Maguire   F. B. Missing   Ph. Dir   M. Allen

Senior Basket Ball Team, West End Y.M.C.A., Toronto.  
F. Scott   W. McKenzie   H. Maguire   F. B. Missing, *Phys. Dir.*   M. Allen  
J. Clayson   J. Barnett   Geo. Craig   R. Hanna

OFFICIAL

# *Basket Ball Rules*

Season 1904 1905

As adopted by the Young Men's Christian Association  
Athletic League.



## HISTORY OF BASKET BALL.

By T. J. BROWNE,

Of Y. M. C. A. Training School, Springfield, Mass.

NOTE.—Dr. Naismith is a Canadian by birth, and the game which has been so thoroughly adopted by the Associations of Canada is a production of Canadian talent.

Basket ball was invented in the winter of 1891-92, probably in December, 1891, by Dr. James Naismith, a teacher in the Young Men's Christian Association Training School at Springfield, Mass.

At this time there was a class of men preparing for the General Secretaryship of the Young Men's Christian Association. These men had become tired of the monotony of the regular gymnasium work—vaulting over the horse, straddling the buck, etc. "The question then arose, 'Is our work of the right kind to interest men?'" About this time there was a protest against the introduction of Swedish educational gymnastics to take the place of the children's recess in the public schools. This led to the question of games. At a meeting of the physical department, held in Dr. Gulick's house (I think it was before the Christmas holidays), the question was brought up as to what constituted a good game, and it was agreed that, so far as the development of the right kind of manhood was concerned, lacrosse was the ideal game."

Just previous to this meeting, in a class in psychology, taught by Dr. Luther Gulick, the superintendent of the physical department of the institution, there had been a discussion on invention, and Dr. Gulick had spoken of the conditions he had found necessary to observe in invention. At this meeting of the physical department, Dr. Naismith told Dr. Gulick that he would try to invent a game which would prove satisfactory. The latter turned over the dissatisfied gymnasium class to Dr. Naismith, and, to use his own words, he was left with a white elephant on his hands.

"I tried all the games that seemed to offer any hope, and studied each one, but kept the idea of lacrosse always in mind. Then it occurred to me that the only way was to get one that would fill the requirements as nearly as possible."

These requirements were given him by Dr. Gulick, who had been unsuccessfully trying to get up a game to meet them, and they represented the latter's ideas as to the sort of game needed. The conditions to be met by the game were :

- (1) It should be such as could be played on any kind of ground.
- (2) It should be such as could be played by a large number of men at once.
- (3) It should exercise a man all round

(4) It should be so attractive that men would desire to play it for its own sake.

(5) It should have little or none of the reputed roughness of Rugby or Association foot ball.

(6) It should be easy to learn.

(7) It should be scientific enough to be interesting to old players.

"That there should be a ball of some kind was the first point settled upon, because by this means the game could be made scientific and interesting, bringing in the element of physical judgment, and yet be free from the personal contact which is so often the cause of roughness. A large ball was used in order that it might be handled with the hands, and not be hidden, and, besides, it required no practising with stick or bat. . . . The next question was how to prevent roughness. . . . The foundation of this in Rugby is the tackling, and this is necessary in order to get the ball from the opponent. In order, then, to eliminate this feature, the person holding the ball was not allowed to hug it or hold it with any part of himself except the hands. Furthermore, the person having the ball was not allowed to run with it, but had to throw it from the place in which he caught it; thus, the necessity for tackling was done away with. In Association foot ball, the roughness arises from the danger in kicking the ball, so it was made contrary to the rules to kick it. All checking was

eliminated as being likely to lead to roughness. Again, as in many instances, a person might be hitting at the ball and miss it, striking his opponent. . . . The players were forbidden to use their fists in striking the ball. Furthermore, any personal attack was forbidden, holding, striking, tripping, and such personal attacks on the opponent.

"In all games where the opening of the goal is vertical, as it usually is in games . . . there is . . . a great deal of swift passing and throwing, which in a gymnasium is likely to do damage to the apparatus and even to the players. To obviate this, the goals were placed horizontally and at such a height that a player could not cover it and prevent the entrance of the ball. Then, in order to hold the ball that the referee might be able to assure the players that the ball had really entered the goal, a bottom of some kind was necessary to retain it in place. The first goals were simply a couple of peach baskets hung one at each end of the gymnasium, and from this the game takes its name. Basket ball was thus made in the office and was a direct adaptation of certain means to accomplish certain ends. The rules were formulated before it was ever played by any one; they were typewritten and hung up in the gymnasium before the game was started, that the players might know what to do."

"The first words were not very encouraging, when one of the class made the remark, 'Humph!

a new game.' I asked the boys to try it once as a favor to me. They started, and after the ball was first thrown up there was no need of further coaxing."

From this story of the origin of the game, it can be seen that "Basket Ball was not a game intended merely for amusement, but was the attempted solution of a problem which had been pressing on physical educators. Many of the games played outdoors were unsuitable for indoors, and consequently when the season closed, the game, with all the benefits to be derived therefrom, was dropped."

The first public presentation of the game was made in the "Triangle," the organ of the Training School, January 15, 1892. The original thirteen rules of the game also appeared in this issue.

The students, as they graduated and went to their respective fields of work, carried the game with them, and before long the game had spread in the Young Men's Christian Associations from Nova Scotia to California. All classes in the Association were interested in the game; the junior departments went wild over it, while the classes of business and professional men took hold of it enthusiastically. The women's colleges saw the value of the game, and adapted it to the needs of their students. Indeed, by March, 1893, its future seemed so bright that a writer in "Physical Education" of that month suggested the formation of three national leagues of the

Young Men's Christian Associations, colleges and athletic clubs respectively ; games to be played for the national championship in each class, at the time a rather premature suggestion, for it wasn't until 1895 that the athletic clubs gave the game its due recognition, and even up to the present time comparatively few colleges are interested in the game.

During the winter of 1893-94, L. W. Allen, of the Hartford Association, carried out a successful tournament of games between teams among the members. At the beginning of the season a meeting was called of men desirous of playing the game. It was decided to have teams representing the different occupations of the members—bankers, insurance, etc. The men voted to bear the expense of the uniforms themselves. Five teams were picked, seven men and three substitutes on each. The executive committee was composed of the captains of the five teams. Fifty men were thus interested, players and many others as spectators of the games, two of which were played every Saturday night. This night had been an off-night previously, but few men appearing in the gymnasium, so the utilization of this night was doubly beneficial, as it brought crowds of young men from the streets into the Association gymnasium, besides bringing and interesting the general public in the work of the Association. At the end of the season \$250 had been cleared. Five hundred and fifty had been the average attendance and 10,000 the total,

admission being free, with ten cents charged for reserved seats. Mr. Allen's story of Hartford's experience with the game appeared in "Physical Education" of June, 1894. The month following, Dr. Halstead, in the same magazine, so ably summarized the beneficial results of the game, as shown by Mr. Allen, that I will give his summary rather than quote Mr. Allen verbatim :

" Good points of Hartford's experience :

" (1) Increased interest of general membership in work.

" (2) Large number actively and healthily interested in the work of one evening.

" (3) Greater interest of the community in the work of the Association.

" (4) Increase of membership and general support resulting from the greater publicity of the work of the Association.

" (5) Payment of all expenses and a good balance in the treasury, from the very thing which involved additional expense.

" (6) Vast amount of good necessarily accompanying the relaxation and enjoyment of these healthy games, both to participant and spectator."

At the time Hartford was using the game so successfully other Associations were beginning to experience difficulty in the management of it.



In the "Young Men's Era" of August 16 and 23, 1894, letters appeared from various physical directors on the benefits and dangers of the game. Complaints were made that it was the tendency of the players to neglect the regular body-building work, coming on the floor just in time for basket ball. Other players demanded that certain nights be given up to the game. The con-

"In this we heartily concur, and believe that, except in unusual circumstances, it is wiser to have no championship leagues between Associations. In support of this, attention has been drawn to the following facts :

"(1) We find that the intense competition often develops antagonism between the men and the Association, which is entirely out of accord with the aims of this body.

"(2) We find that such leagues call attention away from the sport and toward the mere winning.

"We believe that friendly games between Associations are useful under the following conditions :

"(1) That registration be a requisite for eligibility on the team.

"(2) That not more than one such game be played each week.

"(3) That the officials be from other organizations than those playing.



"(4) That the sport rather than victory, be put in first place, and that Christain courtesy be made to characterize officials, players and audiences. We counsel the Associations that cannot secure this to give up public games.

"We believe that leagues within the Association are useful when—

"(1) They are made secondary to class work, only class men playing.

"(2) Play and practice be absolutely restricted to definite and limited periods.

"The conference believes that it is desirable, if possible, to associate some requirement of class attendance in connection with registration."

At the Physical Directors' Conference held at Springfield, Mass., immediately following the above one, June 17-25, 1897, the Committee on Basket Ball virtually made the same report as the above, as follows :

"We believe that basket ball is a most excellent game—first, as a recreative exercise ; second, as a constitutional exercise; third, as educating the mind to thoroughly and quickly control the body. But the very nature of the game makes it one which can be the means of much harm, where the opposite result should be desired. It has been clearly shown that the game cannot be left to take care of itself, but that it must be most carefully watched and managed if real benefit is

to be derived from it as an exercise. The committee beg leave to offer the following suggestions :

“(1) Games and teams. It would seem best not to encourage the formation of outside leagues. The intense spirit of rivalry engendered, with the accompanying desire to win at all hazards, should be avoided.

“(2) On the other hand, it would be wise to encourage intra-Association or class leagues, as by this means zest is given to the game and interest is aroused, while excitement and hostile rivalry is greatly minimized on account of the friendly relation of the players. (Little stronger than Chicago resolution applying to same.)

“(3) Representative teams may often be managed with advantage to the work, but emphasis should not be placed upon the winning of games and star playing. The result aimed at should be an increase of friendly and social intercourse.

“(4) Every member of a team should be a regular member of a gymnasium class.

“(5) Play only teams composed of men registered in C. A. A. U or C. A. A. L.

“(6) Special emphasis be given to securing thoroughly competent officials.

“(7) The physical director should keep in close touch with the game, but should encourage

the members to do the work themselves by means of a committee."

**STEPS LEADING TO REGISTRATION RULE.**—By September, 1896, basket ball had become so popular, and had spread among so many organizations outside the Young Men's Christian Association, that the International Committee, feeling the need of a stronger body to look after the game and keep it pure from the professional element already creeping into it, asked the A. A. U. to take charge of the game, make rules, discipline players, and rescue the game from the abuse already felt in it. This body accepted the charge, the rules for 1896-97 were issued by the A. A. U., and have been ever since.

In March, 1897, George T. Hepbron, then Secretary of the Eastern Section Committee of the A. L. N. A., in writing to Dr. Guilick, who was Secretary of the Governing Board of the A. L. N. A., made the following suggestions looking toward the prevention of such an occurrence as had come lately to his attention, viz., an Association had been compelled to dismiss and refund admission fees to an audience because of the failure of a team scheduled to make an appearance :

"(1) All teams should register their team name and the organization they represent.

"(2) All teams should apply to Sanction Committee for permission to change their names if such change is desired.

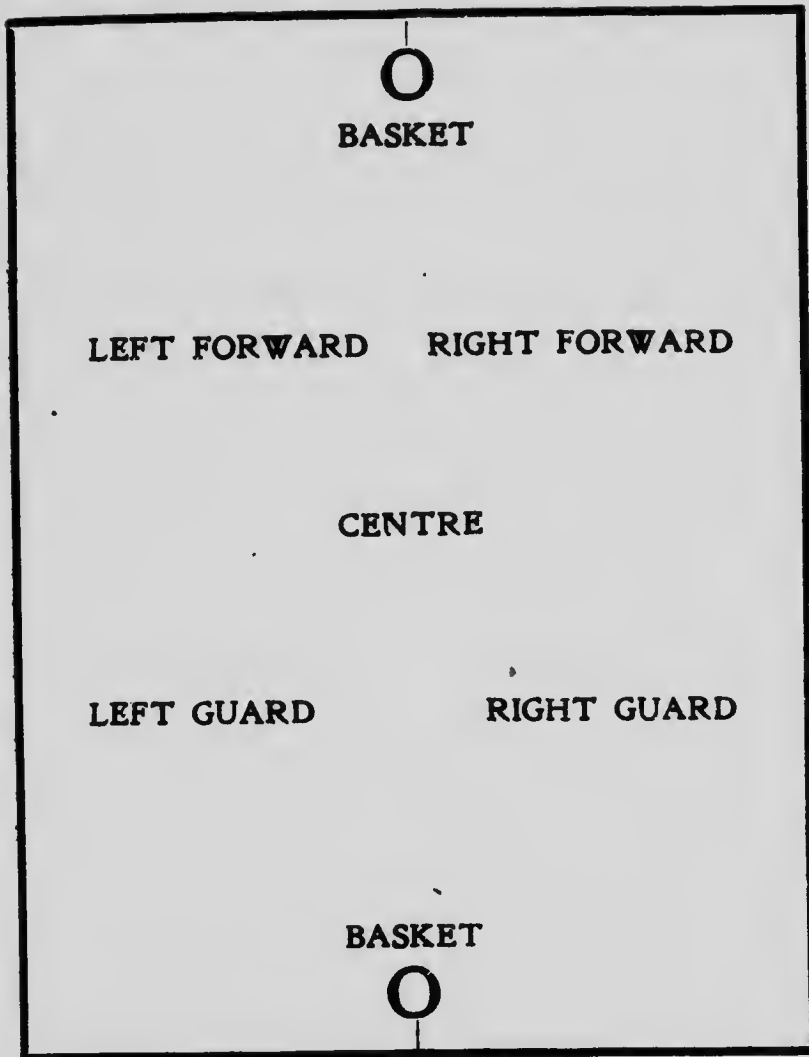


Diagram of Basket Ball Field, showing of five-man team.

**OFFICIAL BASKET BALL RULES****SEASON 1904-05****RULE I.**

**SECTION 1.** Basket Ball may be played on any grounds free from obstruction, said grounds not to exceed 3,500 square feet of actual playing space.

**SEC. 2.** There may be a well defined line marked around the floor or field. When side lines are used they shall be straight and at least 3 feet from the wall or fence. The end boundaries shall be directly below the surface against which the goal is placed. This line shall form the boundary of the field of play. Upon agreement by both teams the boundary lines may be dispensed with.

**SEC. 3.** A circle with a two-foot radius shall be drawn in the centre of the field of play as per diagram on page (Rule XI., sec., 2-c).

**SEC. 4.** A lane 6 feet wide shall be drawn on floor as shown in diagram on page (Rule XI., sec., 6-6).

**RULE II.**

**SECTION 1.** The ball shall be round; it shall be made of a rubber bladder covered with a leather case; it shall be not less than 30 nor more than 32 inches in circumference; the limit of variable-ness shall not be more than one-fourth of an inch in three diameters; it shall weigh not less than eighteen nor more than 20 ounces.

SECTION 2. The ball shall be provided by the home team; except in the finals of the serial championships, when the championship committee shall furnish the ball; shall be tightly inflated and so laced that the ball cannot be held by the lacing, and shall be otherwise in good condition.

SECTION 3. The ball made by Harold A. Wilson Company of Toronto, shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SECTION 4. The official ball must be used in all match games. The referee may in all match games and shall in serial championships declare all games void when this rule is violated.

*Rule II, section 4.*

Q. (1) When for any reason the home team cannot furnish an "official" ball, could a ball the same size, but not "official" be used?

A. The rules state that the official ball must be used in all match games, and if the game that you played was with a ball that was not official, and the visiting team protests before the game it could not be considered a match game.

### RULE III.

SECTION 1. The goals shall be hammock nets of cord, suspended from metal rings 18 inches in diameter (inside). The rings shall be placed 10 feet above the ground in the centre of the short side of the actual playing field. The inside rim shall extend 6 inches from a rigid supported surface, which must be flat, perpendicular, and of

three-fourths inch wood or ordinary plate glass. In case the supporting surface is not a wall of the building, a special background must be supplied, which shall measure at least 6 feet horizontally and 4 feet vertically, and extend not less than 3 feet above the top of the basket.

SECTION 2. The goals shall be rigidly supported. There must be no projections beyond the sides nor above the upper edge of the goal.

SECTION 3. The goal made by Harold A. Wilson Company, of Toronto, shall be the official goal.

SECTION 4. The official goal must be used in all match games. The referee may in all match games and shall in serial championships declare all games void when this rule is violated.

SECTION 5. No spectators or others shall be permitted nearer than six feet to the goal in any direction. The referee shall see that this rule is enforced and act in accordance with Rule XI., sec., 34, and Rule VI., sec. 35.

#### RULE IV.

SECTION 1. Teams for match games shall consist of five men.

SECTION 2. In Match games all players must be bona fide members of the Association, Branch, Department or organization which they represent.

SECTION 3. In serial championship games no member of one team shall play or act as substitute on any other team in that championship.

SECTION 4. *Official C. A. A. U.*, rules govern the eligibility of all players playing under the sanction of the C. A. A. U. (See C. A. A. U. Official Handbook.)

*Rule IV., section 4.*

Q. (1) If a physical director plays in a practice game (not a match game) of ball are the other players made professional thereby?

A. That depends on your definition of a practice game. The rules recognize a practice game one where only members of one local organization, association, school, college, etc., are playing. A match game is one where members of more than one organization play.

According to the above interpretation, if he played in a practice game, it does not affect the amateur status of the players. If he played in a match game according to the above interpretation it does make them professionals, whether the organization was a member of the C. A. A. U. or C. A. A. L., or whether the men were registered.

SECTION 5. *Official Y. M. C. A. Athletic League* rules govern the eligibility of all players playing under the sanction of the Y. M. C. A., Athletic League. (See Y. M. C. A., Athletic League Handbook.)

SECTION 6. In games played between teams representing educational institutions, the eligibility of players is determined by the rules of the governing body to which such institutions belong.



(1) When teams from educational institutions play teams not representing educational institutions, C. A. A. U., rules govern.

(2) Teams from educational institutions are required to get sanction and have the individual players registered in the C. A. A. U., when they play teams not representing an educational institution.

SECTION 7. Individuals under 17 years of age are not required to register.

#### RULE V.

The officials shall be a **Referee**, one **Umpire**, a **Scorer** and a **Timekeeper**.

#### RULE VI.

SECTION 1. The **Referee** in all cases must be a thoroughly competent and impartial person, and shall not be a member of either of the competing organizations.

SECTION 2. In all but championship games, the visiting team shall choose the **Referee**, but shall notify the home team of such selection not later than four days before the date fixed for the game. Any team neglecting to send such notification within the limit specified shall forfeit the right to appoint the referee.

SECTION 3. In all championship games the **Referee** shall be selected by the Championship Committee.

SECTION 4. Before the game begins the **Referee** shall see that the regulations respecting the ball, goal, grounds and spectators (Rule III., sec. 5) are adhered to. By mutual agreement of the captains, the referee may allow alterations in the rules regarding grounds and time, but not in goal, ball or teams. The referee shall ascertain before the commencement of the game the time for beginning, or any other arrangements that have been made by the captains.

SECTION 5. The **Referee** shall be judge of the ball. He shall decide when the ball is in play, to whom it belongs, when a goal has been made, and have power to call all fouls provided for in the rules.

SECTION 6. The **Referee** shall approve of the timekeeper and scorer before the game begins.

SECTION 7. The **Referee** shall blow a whistle whenever necessary to call "time" or a foul. In case of a foul he shall indicate the offender and announce the nature of the foul, so that both the offender and scorer can hear him.

*Rule, VI., section 7.*

Q. (2) In a game played, a goal was made, after which the referee discovered that one of the opposing players was injured, and upon the injured player claiming that he had called for the referee to blow his whistle and the referee did not hear him, then the injured player and captain of the same side talked the referee into changing his decision and deciding that the goal should not count.

The referee gave his decision on the ground that there is a rule that states "officials are to use their own judgment in accord with the general spirit of the rules."

Should the goal count or not?

The referee did not blow his whistle nor did he notice that a player was injured until after the goal was thrown.

A. The goal should count. First, because the referee must know that the man is sick before he can stop the game, and simply because the man cried "stop the game," is no reason on his part for claiming that a goal made after that cry should not count. If such were the case a team that was tricky could stop every goal that is made by the opposing side by saying that one of their men cried "stop the game." Second, the game is in progress until the referee's whistle is blown. If the referee's whistle was not blown, then the game was not stopped, and if the game was not stopped, the goal counted.

SECTION 8. The **Referee** is the superior officer of the game and shall decide all questions not under jurisdiction of the other officials and all questions not covered by the rules.

SECTION 9. The **Referee's** term of office shall only extend from the time the game begins until it is concluded, and his decision awarding the game must then be given. His jurisdiction shall then end and he shall have no longer any power to act as referee.

SECTION 10. The **Referee** shall notify the secretary of the committee under whose jurisdiction of the game has been played, whenever a player has been disqualified, giving the player's name, date, place, name of team and nature of the offence.

## RULE VII.

SECTION 1. The **Umpire** in all cases must be a thoroughly competent and impartial person, and should not be a member of either of the competing organizations.

*Rule VII., section 1.*

Q. (1) Rule VII., section 1, states that the umpire shall not be a member of either of the competing organizations. We are forming a League, consisting of Y. M. C. A., Business University, Catholic School and Normal School. Say Y. M. C. A., would play Business University. Must we take our officials entirely outside of these four organizations, or could we take the officials from the other two organizations not represented in this particular game; or does the ruling mean just the men playing on the various teams represented?

The interpretation of the rule is as follows: Say, for example, the Y. M. C. A., and the Normal School play together, then the officials should not be members of either the Y. M. C. A., or students at the Normal School. It would be better to get the officials outside of all the organizations in the League, but this is not always possible, so the plan has been followed of selecting the officials from the teams that do not play together on a given night. For instance, the night that the Y. M. C. A., and the Normal School play, you might select the officials from the Business University and the Catholic School, and when they play they would select the officials from two of the other organizations in the League.

*Rule VII., section 1.*

Q. (1) Will you kindly let me know whether in a match game between two Y. M. C. A., teams, the physical director has a right to umpire that game.

A. Would say it largely depends on the circumstances whether it is wise for the physical director of one of the associations to umpire the game. As a rule, however,

I do not think it is wise, as it often raises complications which are sometimes unpleasant.

**SECTION 2.** In all but serial championship games the home team shall choose the **Umpire**, but shall notify the visiting team of such selection not later than four days before the date fixed for the game. A team neglecting to send such notification within the limit specified shall forfeit to the visiting team its right to appoint the

**SECTION 3.** In all serial championship games the **Umpire** shall be selected by the Championship Committee.

**SECTION 4.** The **Umpire** shall make decisions and call fouls for the violation of all rules except those specifically reserved to the **Referee**.

**SECTION 5.** The **Umpire** shall make his decisions independently of the **Referee** and a decision made by either official within his jurisdiction shall not be questioned by the other.

**SECTION 6.** The **Umpire** shall blow a whistle whenever it is necessary to call a foul. He shall then indicate the offender, and announce the nature of the foul so both the offender and the scorer can hear him.

*Rule VII., section 6.*

Has the umpire a right to call time for anything outside of fouls?

A. No.

SECTION 7. When the **Umpire's** whistle sounds simultaneously with either the **Referee's** or time-keeper's the official's whistle calling attention to a foul shall take precedence. The **Umpire** or **Referee** shall have power to call fouls for violation of rules committed either within or without the boundary lines, also at any moment from the beginning of play to the call of time at the end of a half or game. This includes the periods when the game may be momentarily stopped for any reason. Fouls may be called on any number of players at the same time.

*Rule XI., section 27.*

Q. (1) If, during the game the referee blows his whistle and calls held ball before the umpire can blow his whistle for a foul, the foul being made immediately before or at the same time the referee's whistle is blown, which whistle should have the preference? (b) Which decision should be counted? (c) If both, which first?

A. The one which was blown first. (b) The decision of the official whose whistle was blown first. If the referee's whistle and the umpire's whistle are blown at the same time, the referee decides which one takes precedence.

## RULE VIII.

SECTION 1. The **Scorer** shall be appointed by the management of the home team, subject to the approval of the **Referee**, except in serial championship games when he shall be appointed by the Championship Committee

SECTION 2. He shall notify the **Referee** when a player has committed two Class B fouls, according to Rule XI., sec. 4 (b).

SECTION 3. Match games shall be scored in and according to the details in the official score book, and this shall constitute the official record of the game .

SECTION 4. The use of blackboards, cards, etc., to announce the score to spectators, shall be in charge of the **Scorer** or one of his assistants, and only the official score shall be announced thereon. In case of mistake on the board, cards, etc., it shall be corrected according to the record in the official score book.

SECTION 5. The **Scorer**, before the commencement of the game, shall secure from the management of each team a list of their players, with their positions and registration numbers.

## RULE IX.

SECTION 1. A **Timekeeper** shall be appointed by the management of the home team, subject to the approval of the **Referee**, except in serial championship games, when he shall be appointed by the Championship Committee.

SECTION 2. He shall note when the game starts and shall blow his whistle at the expiration of twenty minutes' actual playing time in each half.

SECTION 3. Time consumed by stoppages during the game shall be deducted only on order of the **Referee**. Time involved in making "free throws" or putting the ball in play either by official or players shall not be considered stoppages.

*Rule IX., sections 2 and 3.*

Q. (1) The rule says twenty minutes' actual playing time in each half, and the referee shall order the timekeeper to deduct the time when it is to be taken out, and only then shall it be taken out. The question is this: Does this mean that the referee has the privilege of ordering the timekeeper to take out time when the ball is out of bounds and while it is being brought up to the line to be put in play, while the trial for goal is being made. In case of foul being called by referee or umpires, while the captain asks a question of the referee, in the time it takes referee to get the ball after goal is made, to put the ball up in centre, while referee addresses remarks to the audience on account of misbehavior? You say, "Twenty minutes' actual playing time in each half."

A. The referee has not the privilege of ordering the timekeeper to take out time when the ball is out of bounds or while it is being brought up to the line to be put into play, or while trial for goal is being made, or in case of foul being called by the umpire or referee, or the time it takes the referee to get ball after goal is made, or to put ball in play at the centre.

The referee has a right to order time to be taken out while the captain addresses a remark to the referee, and while the referee addresses remarks to the audience.

Q. Two teams play a game in local league. Timekeeper has no whistle. At end of time in second half, timekeeper calls time, but is not heard, and before referee



can blow whistle, team A makes a basket. Does basket count?

A. Yes. Timekeeper should have had a whistle. Players are not supposed to pay any attention to anything but a whistle.

## RULE X.

SECTION 1. Captains shall be indicated by each side previous to the commencement of the game; they must be players in the game.

SECTION 2. The captains shall be the representatives of their respective teams.

SECTION 3. The captains shall toss for choice of goals and they only shall be entitled to address the officials regarding any matter arising during the game. The **Referee** shall apply Rule XII., sec. 2 (b) and 2 (c) to the captains' conduct when necessary.

## RULE XI.

SECTION 1 (a) For seniors the game shall consist of two halves of twenty minutes each, with a rest of ten minutes between the halves. This is the time of actual play. These times may be changed by mutual agreement of the captains, except in serial championship games, in which case the championship committee shall make the change if necessary.

*Rule XI., section 11.*

Q. (1) If two teams playing a match game of the usual length of halves are compelled to discontinue be-

fore the game is finished (owing to the hall having to be closed), still having nine minutes to play with one team one point in the lead, should the leading team be declared the winner, or be it declared no game?

Both teams knew the hall would be closed at a stated hour, but owing to several delays the game continued over this time, and had to quit with nine minutes to play?

A. The rule says that the game should consist of two twenty minute halves, with a rest of ten minutes between. Unless an agreement was made beforehand that the game should end with the closing of the hall, and the team ahead at that time be considered the winner, I would decide that there was no game and that it would have to be played over.

SECTION 1. (b) The teams shall change goals at the end of the first half.

SECTION 1 (c) Any persistent or intentional delay of the game shall be counted as a foul against the team so delaying. The **Referee** shall call this foul.

Q. (1) Can a player hold the ball in the field of play for an indefinite length of time?

A. Yes.

SECTION 2 (a) At the opening of the game, at the beginning of the second half, after each goal; and at such other times as hereinafter provided, the **Referee** shall put the ball in play in the centre. The centre men shall stand with both feet in the centre circle and the **Referee** shall toss the ball up in a plane at right angles to the side lines to a greater height than either of the centre men can jump, and so it will drop between them.

*Rule XI., section 17.*

**Q.** (1) Shall the referee wait for the two men to get to the centre circle in putting the ball in play, or shall he put the ball up in play whether the two men are there or not? I refer to the beginning of the game and after each goal has been made.

**A.** The referee should blow his whistle, and when a reasonable length of time for both men to present themselves in the centre has elapsed, and if only one man is ready and at the expiration of a reasonable length of time the other man is not there, the ball should be thrown up just as if the other man were present.

**SECTION 2 (b)** When the **Referee** puts the ball in play in the centre, he shall blow his whistle when the ball reaches its highest point, after which it must be first touched by one of the centre men. The **Referee** shall put the ball in play again in the same manner when this rule is violated.

*Rule XI., section 3.*

**Q.** (1) Has one of the centre men a right to jump and catch the ball with both hands and then throw it?

**A.** Yes.

**SECTION 2 (c)** Whenever the ball is put in play other than in the centre, the players who are to first touch the ball must not stand further than two feet from the spot where the ball is to fall and have both feet together until he jump is made.

**SECTION 2 (d)** After time has been called the **Referee** shall stand between the players and the nearer side line and put the ball in play by tossing

it up in such a manner that it will drop near the spot where it was when time was called. The two opponents nearest this spot when time was called shall jump for the ball. They shall be indicated by the **Referee**.

SECTION 2 (e) If the ball is out of bounds when time is called, play shall be resumed at the whistle of the **Referee** the same as if time had not been called.

SECTION 2 (f) When the ball is held by two players for any length of time the **Referee** shall blow his whistle, stop the play, and throw the ball up from where it was held.

Q. Is this length of time at the discretion of the referee.

A. Yes.

SECTION 2 (g) Not more than one player of each team shall tackle the ball at the same time. A foul shall be called on each player violating this rule. Either the **Referee** or **Umpire** shall make decision on this rule.

SECTION 3 (a) The ball may be thrown or batted in any direction with one or both hands.

SECTION 3 (b) The ball shall not be kicked or struck with the fists. The **Umpire** or **Referee** shall call a foul for violation of this rule.

SECTION 3 (c) A player shall not advance with the ball while in bounds, nor across the line to out of bounds. He must play it from the spot on which he catches it. Allowance is to be made

for one who catches it while running, provided he throws it at once or stops as soon as possible. This shall not be interpreted as interfering with a man's turning around without making progress as long as he keeps one foot in place. The **Umpire** or **Referee** shall call a foul for violation of this rule.

Q. (1) Can a player catch the ball with both hands and then stand still in one position and touch the ball to the floor, first on one side of himself, then on the other, and raise the ball in both hands, so as to pass the ball?

A. If the man handled the ball as you state it would not be considered a foul.

Q. (2) How many steps do you allow for the phrase "stops as soon as possible"?

A. Depends on the judgment of the official in each case.

Q. (3) Is it allowable for a man near the basket, holding the ball, to make a long jump towards the basket, and while in the air to throw or try to throw a goal?

A. Yes, providing the ball leaves his hands before he reaches the floor.

Q. Is it allowable for a man to make a long jump and catch the ball in the air.

A. Yes, provided he does not advance after touching the floor.

SECTION 3 (d) A dribble is a play in which the player advances more than two steps while rolling or bouncing the ball against one or both hands one or more times without the assistance of another player. In a dribble both hands shall not be used simultaneously more than once. Violation of this rule is a foul and may be

called by either the Umpire or Referee. A player who has dribbled may not score a goal until the ball has been played by another player. Successive tries for goal by one who has not dribbled shall not be considered a violation of this rule.

*Rule XI, section 3.*

Q. (1) What constitutes a playing of the ball, Rule XI, section 3 (d) 3? Do the players have to take the ball with both hands and play it, or does a mere batting with one hand constitute a playing?

A. Batting with one or both hands comes within the definition of the word "play."

Q. (2) A player takes the ball, releases it from his hand, and it rolls along the floor, say three or four feet. He is running along with the ball, but not touching it. Every three or four feet he bats the ball with his hand, the ball being on the floor. Is this carrying the ball?

A. No; dribbling.

**SECTION 3 (e)** The ball shall be held by the hands only. The using of any other part of the body to hold or assist in holding the ball constitute a foul. Hugging the ball is a foul. The **Umpire or Referee** shall call a foul for violation of this rule.

Q. (1) If a ball passed to a player should go through his hands and strike his body, and he catch it with his hands just as it strikes his body, but does not hold it to the body, should it be called a foul?

A. If he takes the ball away at once, I would not call it a foul.

Q. (2) Is a player allowed to hold the ball longer than five seconds while in the field of play?

A. Yes.

Q. (4) If the ball strikes the body accidentally and is caught on the rebound by the hands, has this rule been violated?

A. No.

Q. (5) If the ball strikes hands and body simultaneously, there being no effort on the part of the catcher to use his body in catching it, and it is instantly removed from the body, has this rule been violated?

A. No.

Q. (6) If the catcher deliberately uses his body to assist in catching the ball, but instantly removes it from his body, is he considered to have held it against his body and violated this rule?

A. No.

Q. (7) If a player falls on the ball on the floor, is it a foul?

A. No, unless he uses his body to assist in holding it.

SECTION 3 (e) (1) The ball is out of bounds only when it has completely crossed the line.

SECTION 3 (e) (2) When the ball is caused to leave the field of play intentionally or unintentionally in any manner (except in violation of sec. 3 (c) and remains there, the **Referee** shall give it to the opposite side.

Q. (4) If a man running catches the ball and takes one complete step, but in doing so crosses the boundary line, would he be carrying the ball out of bounds? (b) Again, if he catches the ball in field of play, steps out with one foot, has he carried the ball from field of play, or must he cross the line with entire body and ball? (c) Is a man out of bounds with one foot outside of line?

A. (a) Yes, and ball goes to opponent. (XI 3 [c]). (b) No, ball must entirely cross line (XI 3 [c] 1). (c) Yes.

Q. Is it a foul if a player moves one foot so that he carries ball out of touch?

A. No.

SECTION 3 (e) (3) In case of a doubt in the mind of the **Referee** as to which player touched it last, it shall be tossed up between two players indicated by the referee.

SECTION 3 (e) (4) When the ball goes out of bounds and immediately returns, play shall continue whether or not it was touched while out of bounds, except if the whistle of the **Referee** is blown, the ball shall then be put in play as though it had not returned to the field of play.

Q. Should the Referee blow his whistle every time the ball leaves the field of play?

A. Not unless he is reasonably certain that the ball will remain out.

SECTION 3 (e) (5) A player is allowed five seconds to hold the ball out of bounds, and if he holds it longer it shall be given to his opponent by the **Referee**.

SECTION 3 (e) (6) The ball shall not be carried from the field of play. The **Umpire** or **Referee** shall call a foul for violation of this rule. (Rule XI., sec. 17.)

SECTION 3 (e) (7) The ball may be thrown in any direction into the field of play, from any



spot (outside of bounds) on a line drawn at right angles to the boundary line at the spot where the ball crossed it. The ball may be thrown or bounced into the field of play, and must be played by some other player before the player who passed it can again play it. When either of these rules are violated the **Referee** shall give the ball to the opponent at the same spot.

*Rule XI., section 3 (e) 6.*

Q. (1) When a person has the ball out of bounds, is that person supposed to come up to the boundary line in order to return the ball to the field of play?

A. No.

Q. (2) When the ball goes out of bounds, can it be returned to the field of play while other than the player tossing the ball remains outside of bounds?

I know of no rule which prohibits any player from going out of bounds while the ball is being thrown in, provided he does not interfere with the thrower in.

Q. (3) A ball out of bounds passed to a player whose feet are inside the line but whose hands may receive the ball outside the line. Is it foul or fair?

A. The ball may not be touched until it has completely crossed the line.

Q. (4) Suppose a player has the ball out of bounds at X. He throws it so it strikes inside and goes out again at Y, without having been touched by any player. To whom does the ball belong and where?

A. Belongs to B at Y.

**SECTION 3 (e) (8)** When the **Referee** is tossing the ball up between two men and one of them bats it to out of bounds, it shall be given to the opposite side where it left the field of play.

*Rule XI., section 24, paragraph (h).*

Q. (1) Suppose both centre men hit the ball and it goes outside, what is the ruling?

A. It should be brought back and thrown up in the centre again.

Q. (2) When one of the centre men bats the ball out of bounds, does this mean that the ball must be batted entirely out of bounds, or is it the same if it touches in bounds before going out?

A. If it touches inside before going out and is not touched by any other player before it reaches out of bounds, it is considered to have been knocked out by the centre man.

Q. (3) When the centre man knocks the ball out of bounds, does that apply to any part of the floor or just at the centre of the playing surface? In giving the ball to the other side, does it go to the centre man or to the one nearest that spot?

A. With regard to the interpretation of Rule XI, section 3 (e) 8, would say that it applies to any part of the floor and not to the centre only. The ball goes to the man nearest the spot where it left the field of play.

Q. (12) The ball goes out of bounds. B gets it and tries to throw it in. A bats it out right on the line. B again gets it and throws it in. A again bats it out. B gets it and throws it straight at A and hits him in the face. Umpire calls foul on B. According to Rule XI., section 10. should this foul be called? B claimed he had right to throw ball in where he pleased, according to Rule XI, section 3 (e) 9. A did not touch ball until after it had crossed the line, but knocked it back as soon as it had entered the field.

A. If B. threw the ball into the field of play and A did not touch it until after it had crossed the line, no foul could be called on A. A foul should be called on B for roughness.

Q. (14) Is the Referee supposed to blow his whistle if the ball goes out of bounds and rolls, etc., in again, the ball not having been touched by a player when out of bounds.

A. No.

SECTION 3 (e) (7) There shall be no interfering with the player who is returning the ball: that is, no part of the person of his opponent shall be outside of the field of play; the ball may not be touched until it has crossed the line. If either of these rules is violated the **Referee** shall return the ball to the player who had it and have it again put in play at the original place.

Q. A player has the ball out of bounds, his opponent knocks it out of his hands, what is the penalty?

A. Foul for delaying game (XI.-1 [c]).

SECTION 4 (a) There shall be no tackling or holding or pushing of an opponent. The arms shall not be used in any way to interfere with the progress of a player who has not the ball. Grasping the clothing or person of a player with the hands or putting one or both arms about a player shall be called holding. The **Umpire** or **Referee** shall call a foul for violation of this rule.

*Rule XI, section 4 (a).*

Q. (1) If, during the progress of the game, a player should keep one or both hands in front of his opponent's face or body, not touching him at any time (a) should it be called a foul? (b) If the opponent should rush into the arms of the player, should a foul be called?

A. Rule XI., section 4 (a), answers this question. (b), Yes.

Q. (2) Can a guard, keeping watch of his forward, touch him with his elbow, etc., so as he won't lose him, viz.: keep in touch with him all through the game by personal contact? Would you not call this interference?

A. It is foul to so interfere.

Q. (4) Can a forward who has the ball in his right hand hold his left arm out rigidly so the guard cannot get to the ball, and the forward practically getting a free throw for goal.

A. No.

Q. (5) Can a player in attempting to get the ball from his opponent put one arm across his neck or back at an angle of 45 degrees? Is it a foul?

A. Yes; if it violates Rule XI, section 4 (a).

Q. (6) Can a player use his body, with arms down, to interfere with the progress of a player who has not the ball?

A. Depends on how he used his body. If he violates sections 4 (a) or 4 (b) it is a foul.

Q. (7) Is it not a foul if A throws his body on B, who has the ball? I mean A is rightly raising himself and putting his whole weight on his opponent with his arms out straight.

A. Yes.

SECTION 4 (b) There shall be no striking, kicking, shouldering, tripping, hacking or unnecessary roughness of any kind. Violation of this rule constitutes a foul. The **Referee** may, for the first offence, and shall for the second offence, disqualify the offender, for that game and for such further period as the committee in charge shall determine; except that disqualification for striking, kicking, hacking shall be for one year,

except by alteration of penalty in any special case by the proper Registration Committee of the Amateur Athletic Union or the Governing Committee of the Athletic League of the Young Men's Christian Association.

A foul is a violation of the rules, whether committed unintentionally, ignorantly or otherwise. The fact that a foul is made is the only guide for the officials in calling the same. The **Umpire** or **Referee** shall call a foul for violation of this rule. The **Referee** has power to disqualify for violation of this rule whether foul was called or not.

Q. (1) What is hacking?

A. I would interpret hacking as meaning a chopping movement, which is sometimes indulged in by one opponent against another who is holding the ball; that is, A has the ball in both hands and B makes a chopping movement and strikes A's arms with his arms with the intention of knocking the ball out of A's hands. This he has no right to do. He must not tackle the man. The rules give the privilege of tackling the ball only.

Q. (2) If a man falls down behind another one and this man falls over him, who is the foul on?

A. Depends on the umpire's and referee's judgment who was at fault.

Q. (3) A large man played against a small man. The large man played a rough game, and when the small man got the ball, ran into him with full force. At last the small man got tired of this treatment and the next time the large man charged him, he braced himself low and caught the large man in the stomach with his elbow. The umpire called foul on the small man. Was it a foul?

A. Yes; on both. If the umpire had called fouls on the large man for his former rough tactics, this play would not have occurred.

Q. (4) One of the A players was playing rough and giving his opponents the "hip." He did this several times. The umpire warned him if he did it again he would compel him to leave the game. Shortly afterward he did it again and the umpire said he would have to get out of the game. Was the umpire justified in compelling the referee to disqualify this man?

A. The course for the umpire to have pursued was to call fouls on the man and draw the attention of the scorer to his duties as outlined in Rule 8, section 2. Disqualification is not within the province of the umpire. This duty falls upon the referee and he is not compelled to accept orders from other officials.

SECTION 4 (c) A substitute shall be allowed for a player who has been disqualified, and the foul made by him shall be counted. .

SECTION 4 (d) Whenever, because of sickness or accident to a player, it becomes necessary for the **Referee** to call "time," play must be resumed in five minutes. If the injured player is unable to resume play by that time, a substitute shall take his place, or the game start at once without him. If it become necessary for any other reason than sickness or injury to change men it can be done at any time but only after the **Referee** or **Scorer** have been notified. Any goals made by the team violating this rule shall not be counted, but this shall not affect the score of the other team. A man once removed from the game cannot play again during the game.

SECTION 5 (a) A game must be decided by the winning of the most points in forty minutes playing time; at the end of which time the whistle shall be blown and the score announced.

SECTION 5 (b) In case the score is found to be a tie, the **Referee** shall then order the game to may be made either from field or foul line, the team first scoring 2 points wins, except as provided in (c).

Q. (1) Two teams are A and B. When time was called in the last half the score was A, 13; B, 13. So the game went on. A threw a foul, and then B did likewise. Score: A, 14; B, 14. Then A threw another foul, making score: A, 15; B, 14. Now, is A the winner because it has scored the first two points after time was called, or must the game go on till one side wins by two points? The rules seem rather hard to interpret in this case, because I don't know whether or not it means that the game must be decided by one side having two points more than the other or not.

A. The team that scores two points first, regardless of the score of the other team, wins the game. The rule does not mean that the winning team must secure two points more than the opposing team. It means that the team that secures two points first is the winning team.

SECTION 5 (c) In case of a tie and both teams make the second points simultaneously through both teams scoring on double fouls, the game shall continue until either team secures a lead of at least one point.

SECTION 5 (d) A goal made from the field shall count 2 points; a goal made from a foul shall count 1 point; a goal thrown shall count for the

side into whose goal the ball is thrown, even though it was done by mistake. The ball must enter and remain in the basket until after the **Referee's** decision to constitute a goal.

SECTION 5 (e) If the goal or ball is touched by an opponent when the ball is on the edge of the goal, the **Referee** shall award 1 point to opposing team.

SECTION 5 (f) If a player while trying for goal is fouled by an opponent, the **Referee** shall award 1 point to the team whose player was fouled, and if the player succeeds in making a goal it shall also count.

SECTION 6 (a) When a foul has been made the opposite side shall have a free throw for the goal at a distance of not less than fifteen feet from a point on the floor directly beneath the centre of the goal, measuring towards the opposite goal. The player having a free throw shall not cross the fifteen-foot line until the ball has entered or missed the goal. The **Referee** or **Umpire** may make the decision on this rule. If this rule is violated, a goal, if made, shall not be scored, and, if missed, the ball shall be dead and put in play in the centre. The **Referee** renders this decision.

The ball shall not be thrown to another player; an honest attempt must be made to cage it; if the ball is caromed to another player and he succeeds in throwing a goal it shall not be counted.



Whether the goal is made or missed the ball shall be thrown up in the centre. The Referee makes the decisions on this rule. The blowing of any official's whistle shall not interfere with a free throw.

SECTION 6 (b) No player shall stand nearer than six feet to the thrower, nor in a lane six feet wide from the thrower to the goal, nor interfere with the ball until after it reaches the goal. He shall not be interfered with in any way whatever, either by players or spectators. The **Referee** or **Umpire** may make the decision on this point. If this rule is violated by one of the opposite team, and a goal is not made, he shall have another free throw. If violated by one of his own team, or by players of both teams, and a goal is made, it shall not count, and whether missed or made the ball shall be thrown up in the centre. If the goal is not made and no rules have been violated the ball shall be in play. The players must stay back of the line until the ball has entered or missed the goal. The **Referee** makes the decisions for the violation of this rule.

*Rule XI, section 6 (b.)*

Q. (1) If, while throwing for the basket after a foul two men on opposite teams should enter the six-foot lane before the ball enters or misses the basket, would you give the side throwing another trial? (b), During this trial a basket is made and no one enters the lane. Do you throw the ball up in centre?

A. No. (b) Yes.

Q. (2) Can a player stand back of the 15-foot line and jump up to it as he throws the ball, if he doesn't cross the line?

A. Yes.

Q. (4) When a free throw is being made, is it necessary for both teams to take their original position? If not, what positions must they be in?

A. The men usually line up on each of the six-foot lane. Those not lining up stand where they please, providing they are six or more feet from the thrower.

Q. (1) I believe the referee can allow a player to throw from the foul line until he scores, provided, of course, he, the referee, cannot stop the audience from hissing and disturbing the player's nerve. Am I correct?

A. Yes; if the audience of the home team persists in interfering you could give the game to the other side. (See Rule XII.)

Q. (2) During the progress of the game a whistle was blown by one of the spectators. An A player had the ball in his hand when the whistle was blown. He glanced toward the officials, as did each of the other players, expecting, of course, that there had been a foul committed. At the same time, however, he passed the ball to one of the other players, who tossed it into the basket. Each of the three officials admitted having heard the whistle, and yet each denied having blown it. It was then apparent that the whistle was blown by a spectator. It was a loud, shrill whistle and was heard distinctly all over the hall. The B players had stopped when they heard the whistle and made no effort to prevent A players from throwing the goal, yet the referee said that the goal counted. I protested immediately on the ground that the spectators had interfered. He said that there was no rule which covered this particular case. Did that goal count?

A. (2) The Committee rules that the goal does not count because if a ruling were made allowing the goal,

there might be a collusion between the players on one side and an individual in the audience who is in possession of a whistle and he might use it at a stated time agreed upon prior to the game.

SECTION 6 (c) When two or more fouls are called at the same time on opposite sides, they shall be thrown in succession and the ball shall be put in play in the centre after the last throw. When two or more fouls are called at the same time on one team, they shall be thrown in succession. If a goal is made on the last throw, it shall be put in play at the centre; if missed, the ball is in play.

Q. (1) Will you kindly give me a lucid distinction between Rule XI., sections 3(e) 6, 3(e) 7. characterizing the exact sphere of each? Also, can a player who has been given the ball out of bounds by the referee carry the ball as long as he is out of bounds and does not step into the playing space? Or must he throw it in from the exact spot at which it went out or at which he secured it?

A. I do not know what discussion you have had regarding sections 3(e) 6, 3(e) 7 of Rule XI, so I fear I cannot answer you as clearly as I could if I just what point is under discussion. Section 3 (e) 6 has reference to play where no foul is involved; 3 (e) 7 has reference where foul is made. Side making a foul cannot score a goal on that particular play, but the side fouled may do so, and it shall count and the foul shall be called also. If you will ask direct questions it will be very much easier to give direct answers. In reply to your second question, would say that he has full five seconds to hold it out of bounds after he picks it up, and that he must throw it in the air from a spot any distance from the boundary line, provided that spot is somewhere on a line

drawn at right angles to the boundary line at the point where the ball crossed it.

Q. (2) If a player throws for goal and the whistle blows while the ball is in the air does it count?

A. Yes, if no rules have been violated.

SECTION 6 (d) If a player throws for the goal and the **Referee** decides the ball was in the air when the whistle of the **Referee, Umpire, or Timekeeper** sounded, and the throw results in a goal, it shall count, except as in sections 6 (c) and 6 (f) of this rule.

Q. (3) At a game last night at which I was referee the whistle of the timekeeper was heard by one side only, and I blew mine so that they would stop playing. As my whistle blew a basket was thrown. The question then arose as to whether the points should count. I held that as the timekeeper's whistle had blown before the ball was passed for the throw that resulted in the basket, that they should not count.

A. According to the conditions in your letter your decision was correct. If the ball was not in the air when the timekeeper's whistle blew the goal does not count.  
*Rule XI., section 6 (f).*

SECTION 6 (c) When a player makes a throw for goal and the **Referee** decides that part of his person was out of bounds, if a goal is made it shall be declared no score; if not made, the ball shall continue in play.

SECTION 6 (f) The **Referee** shall decide that a goal thrown before the whistle can be blown for a foul made by the team throwing it shall not count.

SECTION 7 (a) If only one team puts in an appearance at the appointed time, the **Referee** shall announce that the team complying with the terms agreed upon shall be declared the winner of the game by default.

SECTION 7 (b) When it happens, however, that neither team is ready to begin playing at the hour appointed for the game, the team which completes its number first and appears on the field ready for play cannot claim a default from its opponents. The latter shall be entitled to continue (without exchange of goals) until either side has made 2 additional points. The goals shall be the authority on this rule.

SECTION 7 (c) Any team refusing to play within three minutes after receiving instructions to do so from the **Referee** shall forfeit the game.

Q. (1) If the captain of the team orders his men off the court and the referee neglects, in the confusion, to go through the formality of ordering the men on the court, can he give the game to the opposing team? What is done about the awarding of the game?

A. The referee cannot award the game unless the team has refused to play after receiving instructions to do so from the referee. The game cannot be awarded to either team.

SECTION 7 (d) The **Referee** shall announce a team defaulting or forfeiting a game the loser by a score of 2 to 0.

## RULE XII.

SECTION 1 (a) Fouls are classified according to their penalties, as follows:

*General.*—1. Players addressing officials (Rule XII, section 2 b). 2. Kicking or striking ball (Rule XI, section 4 b). 4. Holding ball (Rule XI, section 3 e). 5. Tackling, holding, pushing opponents (Rule XI, section 4 a). 6. Delaying game (Rule XI, section 36).

SECTION 1. (b) *Specific—Fouls for which players may be disqualified.* 1. Striking. 2. Kicking. 3. Shouldering. 4. Unnecessary rough play. 5. Tripping. 6. Hacking.

SECTION 2 (a) Officials are expected to be as strict as possible, both with players and spectators. In all cases not covered in these rules officials are to use their own judgment in accord with the general spirit of the rules.

SECTION 2 (b) Any remarks on the part of a player during the progress of the game derogatory in any way to the officials shall be called a foul by the **Referee**.

Q. (1) If a player makes remarks about the officials, although the remarks are not addressed to them, would you call a foul?

A. If you consider the remarks of a player derogatory of character in any way to the officials, whether the man is talking to the captain or to some one else, you have a right to call a foul on him.

SECTION 2 (c) The **Referee** shall promptly disqualify any player using profane or abusive language.

Q. (2) Kindly let me know if a referee could disqualify a man under the following circumstances: An umpire called a foul on a player, when the captain of the team said to the umpire: "Why don't you read the rules: he did not run with the ball." Later in the game the captain had a foul called on him, when he objected (addressing the umpire) in practically the same language. The referee threatened to disqualify him if the offense was repeated, under the impression that such talk was in effect an abuse of the umpire and that this rule was intended to protect umpires from such things. Could a man be disqualified in such a case?

A. Would say that a great deal depends on the circumstances whether the man could be disqualified or not. The rules allow the captain to address the umpire, but, of course, that means in a gentlemanly manner. Now, if the captain simply took exception to the decision of the umpire and addressed him, so stating without using derogatory remarks, then he could not be disqualified, for this is the captain's right. On the other hand, if the captain used foul language or made derogatory remarks regarding any of the officials, the referee is justified in disqualifying him. It altogether depends on how the language used by the captain is interpreted, and, of course, this interpretation would be based on the words used and the manner in which they were used.

SECTION 3 (a) The home team shall be held responsible for the behaviour of the spectators. Failure to keep them from interfering with the progress of the game or from discourteous conduct shall, after a warning by the **Referee**, make the home team liable to forfeit the game. In

serial championship games the championship committee is responsible.

Q. (1) If the game is not of a championship series and is played on neutral ground who is responsible for the observance of the rules by the spectators?

A. Both teams should see that the rules are observed as in the above circumstances there would be no home team.

SECTION 3 (b) In case of any doubt on any point, *in the mind of the Referee or Umpire*, arising from the presence of the spectators, the visiting team shall have the benefit of the doubt. If the game is played on neutral ground, the ball should be thrown up in the centre.

SECTION 4. There shall be no protests against the decisions of the officials except in regard to interpretation of rules.

Q. (1) Has a player the right to complain to his captain during the progress of a game regarding the failure of officials to enforce the rules?

A. Yes; provided he does so in a way not to violate Rule XII-2 (b).

Q. (2) Is it right for the captain to make protests to officials during the progress of a game?

A. Yes; provided he does not do so in a manner which violates Rule XII, section 2 (b).

Q. (3) When the captain wishes to call the attention of the officials to violations of rules, etc., should the referee blow his whistle and order "time out"?

A. The referee is the judge whether the protest is of sufficient importance to stop game. The less discussion the better.



SECTION 5. All the questions pertaining to the interpretation of the rules may be referred to the Basket Ball Committee of the Canadian Association Athletic League, 15 Toronto Street, Toronto, Ont.

#### REINSTATEMENTS.

Q. (2) Can a basket ball player who has played with or against an unregistered player or team be reinstated?

A. Depends on the circumstances. Application should be made in writing to the local C. A. A. L., representative, stating the offense committed and the purpose of the applicant in the future regarding the violation of established athletic rules.

#### RULES BOOKS GOVERNING ATHLETICS.

Q. (1) Where can I procure the rules of the various athletic governing bodies in Canada, and what are their books called?

A. From the Harold A. Wilson Co., King Street West, Toronto, or from Secretary of the Canadian Association Athletic League, 15 Toronto Street, Toronto, Ontario.

#### SANCTION AND REGISTRATION.

Q. (1) Is a registered amateur athlete forbidden to compete with or against an unregistered amateur?

A. Yes.

Q. (2) Is a registered amateur athlete forbidden to play on the same team with an unregistered amateur?

A. Yes.

Q. (3) Suppose a team plays through the season and is not registered?



Stratford Collegiate Institute Basket Ball Team.

A. Prevents the team from competing in any of the annual C. A. A. L., basket ball championships; prevents the individuals on the team from competing in any athletic games held under sanction of either the C. A. A. U. or the Y. M. C. A., Athletic League of Canada.

Q. (4) Does the C. A. A. L., have jurisdiction over games held between educational institutions?

A. No.

Q. (5) Is sanction and registration in the C. A. A. L., required when educational institutions play together?

A. No.

Q. (6) Is sanction and registration required by the C. A. A. L., when educational institutions play with organizations other than educational institutions?

A. Only when playing with Y.M.C.A's.

Q. (7) I want to be enlightened upon a point. There are several athletic organizations here, but we do not fellowship with them, except the \_\_\_\_\_ University. Thus far we have had no games with any other local teams, neither have we a representative team. But some of our fellows want to have a friendly game now and then with the University (especially some of our business men's class). I have read the handbook carefully and it seems that in any case, whether it be for sport or "blood," the members of the team that goes must be registered and the game must be sanctioned. How about that point? Also, how about the team at the University? They are not Association members. They must be under C. A. A. U., rules. Would not the spirit of the rule prevent the physical directors on both sides from participating in such a "just-for-fun" game? These points have not been mentioned in the Handbook.

A. Would say that registration and sanction are required wherever two sets of men play together unless they are both from the same organization. I think I understand the point you have in mind, and it is all right, but we

cannot always tell what games are for sport and which are for blood, using your own words, and it will be necessary for both teams to be registered, if they abide by the rules of amateur sport, and to have sanction also. The spirit of the rule and also the letter of the law would prevent physical directors from one or both sides from participating in the games, because physical directors are looked upon as professionals, and amateur and professionals have no dealings with each other.

Q. (8) I am manager of our school basket ball team in this city, and Prof. ———, at our Y. M. C. A., told me I would have to sanction my team and referred me to you about it. Please let me hear from you at once, giving a full account of this Union and the reason for having it, and its benefits as well as all information on the subject you can furnish.

A. When your team plays other school or college teams neither sanction nor registration is required. When you play Young Men's Christian Associations, athletic clubs, Turners' societies, or any organization not educational, both sanction of the game and registration of the individual player is required.

The sanction rule was put into operation so that the games could be controlled. It has the advantage of keeping dishonest teams in line. For example: One team may arrange for a game with another team, and then on the morning of the game send notice that they cannot come. Of course, if this is a game where admission is charged and it has been advertised to any extent, it embarrasses the home team. In this case if it was a registered team, sanction would be withheld, and they would be thereby punished for such ungentlemanly and unsportsmanlike conduct.

The registration scheme is for the individual, and is nothing more than athletic bookkeeping. Honest men need not fear the registration rule, but men who are in athletics for what they can get out of it, and who jump around from one team to another, and accept money con-

siderations for their services, these are the men that are checked by the registration rule.

The way to get your team registered and your game sanctioned would be to write to the C. A. A. L., representative in your locality, stating just what you wish to do. He will send you some registration blanks that you may fill out. Then you return same to him with 25 cents for each man you wish registered. This registration is good for one year, and can be used not only in basket ball, but in athletic events as well.

I trust you may see your way clear to get your men registered, and thereby add to the teams throughout the country that are standing for clean sport.

### DISQUALIFICATIONS.

Q. (1) How is a team to know all the teams that are disqualified?

A. By following the press notices; by making inquiries when arranging games, and communicating with the C. A. A. L., representative in your locality, or the Editor of this Guide.

Q. (2) What disqualifies a registered team?

A. Playing with or against unregistered or professional teams; playing unsanctioned games; playing a team that is suspended or disqualified.

### PROFESSIONALS.

Q. (1) Is a registered amateur athlete forbidden - to compete with or against a professional?

A. Yes; this is in force whether the athlete is registered or not.

Q. (2) May registered amateur teams play against professional teams?

A. No; not in basket ball.

Q. (3) What constitutes a professional?

A. See Official Handbook of the Y. M. C. A., Athletic League of Canada, published by the Harold A. Wilson Company, King Street West, Toronto, Ontario.

Q. (4) If an amateur basket ball team plays a professional team, is the former made professional by so doing?

A. Yes.

Q. (5) Can an all-amateur base ball or foot ball team play an all-professional base ball or foot ball team.

A. Yes.

Q. (7) Does the C. A. A. U., govern all branches of athletics? If so, what constitutes a professional in foot ball, basket ball, indoor and outdoor base ball, races, athletics, etc?

A. A professional in one branch of the sports, over which the C. A. A. U., has jurisdiction, is professional in all. The list of these sports is printed in the Official C. A. A. U., Handbook, and can be had by applying to E. Herbert Brown, Sec'y., C. A. A. U., Mansfield Street, Montreal.

Q. (8) May a professional wrestler register as an amateur basket ball player?

A. A professional in any sport over which the C. A. A. U., has jurisdiction cannot register under any circumstances for any other sport.

I notice in the clipping that you sent me the writer of the article says amateur teams and professional teams may play "exhibition games" without jeopardizing the standing of the amateur team. This is incorrect. Amateur and professional basket ball teams could not play together without affecting the status of the amateur team.

I would suggest that your league get together and adopt stringent rules, and allow no boy to play on these professional teams and still retain his amateur status. Basket ball, from past experience, needs to be dealt with

at once and to the point, and dilly-dallying tactics must not be countenanced for a moment.

I am much pleased to receive this letter from you, and hold myself ready to assist you in every way possible.

### REDRESS FOR WRONGS COMMITTED.

Q. I write you in regard to some unfair treatment we received last January. The score in the first half was 8 to 1 in favor of us. Before the game started our captain warned Mr. ———, who was a player on the opposite side, that if he refereed the first half he could not play in the second half, but he did not heed this warning, and came out to play in the second half and we refused to play, and the game was forfeited to our opponents by a man who was only a spectator during the first half. Mr. ——— is also physical director for this club, thus violating Rule IV., section 4, and Rule VII., section 1. If there is any possible chance for us to show the public that we are in the right, you will be doing me a great favor by doing so, or let me know so I can do so.

A. I take pleasure in replying to you, but cannot see how the C. A. A. U., can be of any service to you in this particular case. The C. A. A. U., cannot deal with any class of men who do not voluntarily agree to abide by the rules of the C. A. A. U. The game you played was not sanctioned by the C. A. A. U., and I do not think the individual men were registered. Therefore, the game was not under the jurisdiction of any athletic body; hence, no athletic body can act on anything that occurred during the game. If Mr. ——— has taught gymnastics for money he is a professional, and while he has a perfect right to act as an official in a basket ball game, the very fact of his playing in a game makes every man that played with him who knew he was a professional, a professional also.



**Montreal Y.M.C.A. Baseball Champions**  
**City Champions for 4 years.**



## SUGGESTIONS FOR OFFICIALS

By GEORGE T. HEPBRON.

There was a decided improvement in the efficiency of the officials last season. This is to be expected as the rules became better known and the object of the game better understood; still, there is room for improvement.

The fact that a man is a good player is not sufficient reason for selecting him to be an official. In addition, he must have character and backbone.

If, among others, the following characters are exhibited by the officials, the games this season will be better officered, and less friction will be manifested :

1. Instant recognition of a violated rule and the penalty for same.
2. Backbone enough to make a decision and stick to it.
3. Abstinence from fault finding. (The duty of officials is to make decisions—not to lecture the players.)
4. Readiness to explain in the fewest possible words why that particular ruling was made.
5. Willingness to produce the rule as authority for action.
6. Never, under any circumstances, allowing the prolonged discussion of a rule during the progress of the game.

7. Willingness to allow the players the privilege of appeal from his interpretation of the rules to the proper committee.

8. Kindness and courtesy to all and the maintenance of a level head under trying circumstances.

9. A strong purpose to follow the rules in letter and spirit, and a determination not to be susceptible to outside influences.

10. Will not overstep his authority, appreciating at the same time his full duty.

11. Knows the rules so well that a reversal of decision is not necessary.

12. Impartial in all his dealings.

---

### SUGGESTIONS FOR TEAMS.

1. Select a coach that is interested in the well-being of the game and is not blinded with the god of victory.

2. Select a manager that will not lead the team into professional games.

3. Select only competent, impartial officials. If there are none in your locality develop some.

4. Select teams to play that use only the official rules.

5. Select teams that play with the official ball and save your team from losing a game already won by having the game forfeited because another ball was used.

6. Select teams to play that use the official basket ball and have a background in accordance with the rules, presenting a rigid surface, whether it be constructed of boards or wire.

7. Select only those teams that abide by the recognized rules, having their games sanctioned and men registered.

8. Select teams to play that have suitable floor space so the spectators do not interfere.

9. Select teams to play that do not allow rowdies in to see the game, to insult your players and create disorder.

10. In short, abide by the rules yourself and insist on others doing likewise or refuse to play them.

A letter addressed to the secretary of the Basket Ball Committee, 15 Toronto Street, Toronto, will be courteously treated and information given on interpretation of rules, the names of the persons to whom you may apply for registration and sanction, etc. Please enclose stamp for reply.

---

## INSTRUCTIONS IN SCORING BASKET-BALL GAMES.

In the two columns headed "Points," the goals scored are to be inserted; if for a throw from the field, a "2," if for a goal from a free throw on a foul by an opponent, "1" to be

used. Figures should be used in preference to other marks as they are more readily summed up. These marks are, of course, to be inserted in the period in which points are scored, and at the end of the game, the total points scored by each player are to be inserted in the column headed "Total Points." No points are to be marked beyond this column.

The column headed "Fou's" are to be used for recording offences of the players. If a foul is called by the Referee, an "X" may be used; if by the Umpire, an "O." If the opponent succeeds in scoring on either free throw, if desired, it may be shown by drawing a short line through the "X," and inserting a dot in the "O."

It will be noticed in the lower diagram the positions are reversed. This is done so that the opponent of each player may be seen at a glance, the first in the upper and the first in the lower, being opposed to each other (R. F. and L. G.)

---

**BASKETBALL RECORD.**

Place ..... vs. .... Date .....

Date _____															
POS.	POINTS.										Total Pts.	FOULS.			
	1st Period.					2d Period.						1st Per.		2d Per.	
R. F.															
L. F.															
C.															
R. G.															
L. G.															
Sub.															
Total															

POS.	POINTS.								Total Pts.	FOULS.			
	1st Period.				2d Period.					1st Per.		2d Per.	
L. G.													
R. G.													
C.													
L. F.													
R. F.													
Sub.													
Total													

Score :

Score : ..... Pts. .... Pts.  
 Referee ..... Scorer .....  
 Umpires ..... Timer .....

## APPLICATION FOR MEMBERSHIP.

in the

**Athletic League of the Young Men's Christian Association  
of Canada.**

..... 190.....

Secretary of Athletic League,

SIR :—Enclosed please, find \$5.00, being  
initiation fee and one annual fee for membership  
in the

**Athletic League of the Young Men's Christian Association  
of Canada, for the..... Association.**

Yours truly,

.....  
General Secretary.

## APPLICATION FOR GAME REGISTRATION

**In the Athletic League of Young Men's Christian Associa-  
tions of Canada.**

**SECRETARY OF C.A.A.L. :**

DEAR SIR :—Enclosed please find registration  
fee of 25 cents.

*To be filled out by the official representative of the  
Association to the League.*

DATE.....

Is this application from a paid-up member in  
good standing of your Association?.....Do you believe that his amateur claims and pro-  
fessions are honest?.....Is he in suitable condition for vigorous games as  
to heart?..... lungs?.....muscular  
system?.....nervous system?.....

Signature.....

Address.....  
.....*Must be filled out by applicant.*

I certify that I am an amateur and intend  
to abide by the letter and spirit of clean  
amateur sport and to uphold the rule of the  
C.A.A.L.

Signed.....  
PRINT YOUR NAME, DO NOT WRITE IT.

City.....Province .....

Is this your first application for registration?....

Members of what Association?.....

All Y.M.C.A. athletes who desire to remain in good standing with the C.A.A.L., when competing in games where members of more than one Association or branch participate, must be registered. This may be either by General Registration or by Games Registration.

Athletes who are members of clubs other than Y.M.C.A. must be registered as members of their clubs, in order to compete in games sanctioned by Canadian Association Athletic League. Such registration will cost each individual 25 cents. Terms of registration one year.

Games Registration.— The conditions are : amateur standing and certification by Physical Director of conditions of heart, lungs, muscular and nervous systems.

Object of registration is to bind together those who are disposed to stand for clean amateur sport in a refusal to have relations with those who do not care for such standards. The cordial co-operation of all athletes and gymnasts is asked for in support of this, the first and chief object of our league. Definite information as to violation of the amateur rule on the part of registered men, or of unsanctioned games of any kind, will be gladly received and carefully attended to. We can uphold a high standard of sport. Will you help us? For clean sport,

Address :

Secretary Canadian Association Athletic League,  
15 Toronto St., Toronto, Ont.



## OUT-DOOR RECORDS OF CANADIAN ASSOCIATION ATHLETIC LEAGUE.

100-yard Dash—10  $\frac{1}{5}$  sec., Robert Kerr, Hamilton.

220     "     —23  $\frac{1}{5}$  sec.,     "     "

440-yard Run—54 sec., F. McGrath, Peterboro.

880     "     —2 min. 6  $\frac{1}{5}$  sec., I. S. Fairty, Toronto.

1-mile Run—4 min. 50  $\frac{3}{5}$  sec., Peter Deer, Montreal  
A. C.,

2-mile Run—10 min. 44  $\frac{2}{5}$  sec., Peter Deer, Montreal  
A. C.

3-mile Walk—25 min. 28  $\frac{2}{5}$  sec., D. Linden, Toronto.

120-yard Hurdle—17 sec., W. R. Worthington, Toronto.

5-mile Team Race on Road—26 min. 12  $\frac{3}{5}$  sec., Central  
Y.M.C.A., Toronto.

Running High Jump—5 ft. 5 in., E. Harding, Toronto.

Rnning Broad Jump—21 ft. 7 in., W. R. Worthington,  
Toronto.

Pole Vault—9 ft. 8  $\frac{1}{2}$  in., John A. Knox, Orillia.

Discus—107 ft. 11 in., H. Giddings, Toronto.

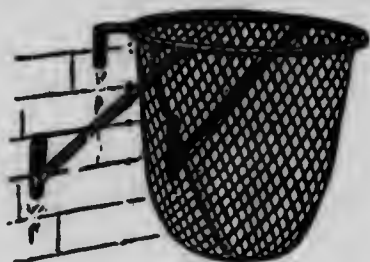
16-pound Shot—40 ft. 1 in., A. Smith, Montreal.

16-pound Hammer—120 ft. 1 in., J. McArthur, Toronto.

Boys' 100-yard Dash — 11  $\frac{1}{5}$  sec., B. Henderson,  
Toronto.

Boys' 440-yard Run—59  $\frac{3}{5}$  sec., C. Marter, Toronto.

## WILSON'S "OFFICIAL" BASKET BALL GOALS



Officially adopted and must be used in all match games. We are equipping our basket ball goals now with nets constructed so that the bottom may be left open in practice games to permit the ball to drop through. The opening is closed readily by a draw string for match games. Price, per pair, **\$4.00**

Wilson's  
Public School  
Basket Ball  
Goals



Price,  
per pair,  
**\$2.50**

**The Harold A. Wilson Co., Toronto.**

Send for complete catalogue.

# BASKET BALL PANTS

**Fly Front.**



White or Black Sateen.

No. 1. **\$1.00.**

White or Black Sergette, or  
any color to order.

**75c.**

White Sergette. **60c.**

Stripes down sides, 25 cents  
per pair extra.

## PADDED KNICKER

Padded Basket Ball Knicker,  
extra quality, lace front,  
made of special white duck,  
padded on hips only. Price,  
**\$1.00** per pair. Or any color  
to order.



**The Harold A. Wilson Co., Toronto, Ont.**

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# Quarter Sleeve Shirts



Best Worsted, Navy Black  
Maroon.

Each, \$1.50

English Cashmere. Navy,  
White, Cardinal, Green,  
Orange, Purple.

Price, \$1.00 each.

Sanitary Cotton. White, Navy,  
Black, Maroon.

Each, 50c.

# Sleeveless Shirts



Best Worsted. Navy, Black,  
Maroon.

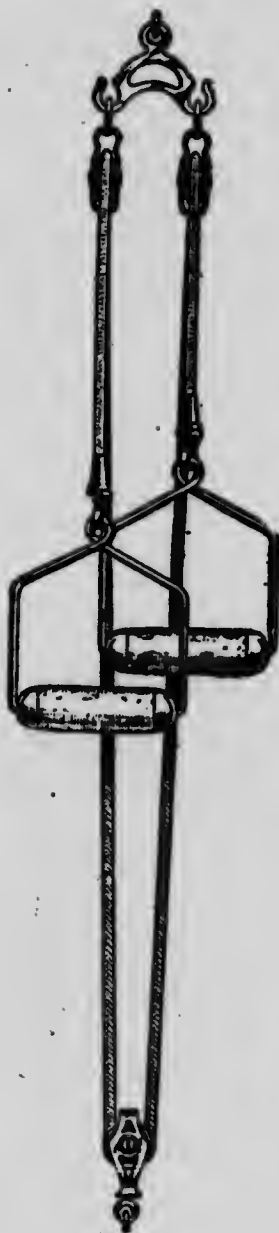
Each, \$1.50

Sanitary Cotton. White, Navy,  
Black, Maroon.

Each, 50c.

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**Send for Complete Catalogue**



## THE Whitely Exerciser

It is a complete Home Gymnasium, composed of elastic chord running over fine pulleys.

It requires no floor space.

It is absolutely noiseless.

There are no weights to change and no straps to buckle.

No tools of any kind are required.

Its weight is a trifle over one pound.

It will last several years.

It takes the place of all other forms of exercising apparatus, besides giving a great many movements requiring quick action, such as throwing, bowling, etc.; these can only be had with the "Whitely."

The Exerciser is suspended from two small steel hooks in a moment of time, or from the hinges of a door. It can be carried without inconvenience by travelers. The Whitely Exerciser is equally suitable for the strongest man and for the smallest child.

It is especially adapted to the use of ladies.

It is impossible to overdo with the "Whitely."

### Price List

VIM, complete with chart .....	\$2.00
*STANDARD.....	3.00
*OLYMPIAN.....	4.00
*ATHLETE.....	4.50
*SPECIAL.....	5.00
*JEWEL.....	10.00
*With Anderson Physical Education.	

Extra Cables complete with Swivel Ends

For "STANDARD," postpaid, net,	\$1.00
For "OLYMPIAN," " "	1 25
For "ATHLETE," " "	1.50

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Toronto, Ont.

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## Wilson Footballs

**Absolutely the highest grade  
Football in the world.**

Made of specially selected imported English Football leather, thoroughly stretched by our patent process, and sewed entirely by hand. We have spared no expense in making our Premier Ball perfect in every detail. Price \$3.50; postage, 15c. Cover only, \$2.75; postage, 12c.

### **The Wilson Premier 1904 Rugby Football.**

**Price, \$3.50**

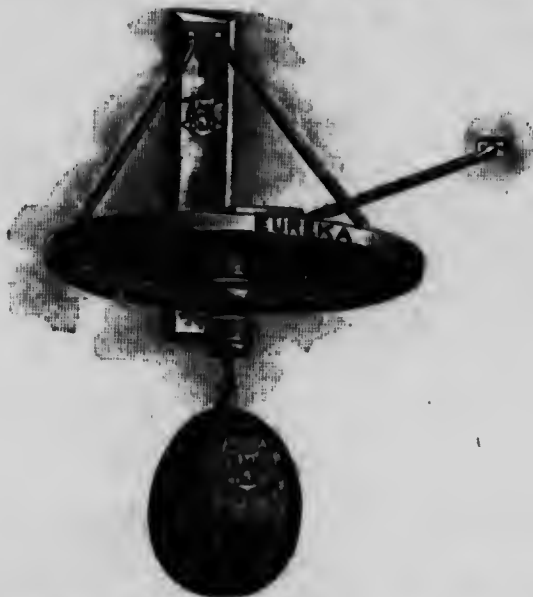
Sanctioned by O.R.  
F.U. and Inter-Col-  
legiate Union.

'Absolutely the finest Football that money and long years of experience can produce; made from the finest English football leather and sewed entirely by hand. Size, shape and weight exactly in accordance with the specifications adopted by the Ontario Rugby Football and Inter-Collegiate Unions.



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**Toronto, Ont.**

# **The D. & M. Eureka Striking Bag Platform**



Lightest, fastest and strongest Punching Bag Platform in the world. We do not claim it noiseless, as a noiseless platform is like a piano without strings (we want the music), but with the small disc and light bag most of the jar of the old style platform is avoided.

The Eureka takes up but little space, can be put on the casing of a door or on the wall, is very rigid and strong and can be put up in ten minutes; is made of birch and highly polished, brace rods of steel tubing, very strong and durable, is fitted with the best nickel plated bell swivel and our best Napa green kid thribble seamed bag with puregum guaranteed bladder, bag and bladder complete not weighing over eight ounces. Our extension drop in centre of platform enables us to make the platform disc only 24 inches across, giving the bag full swing, and is the quickest bag ever put on the market. Price, complete \$7.50.

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**JERSEYS**—Our Jerseys are made of the finest quality Worsted yarn, knit to shape of body and arms, being elastic and strong, gives free use to the limbs without impeding them in any way. They are made with full sleeve and collar, quarter sleeve or sleeveless, as desired in the following colors—Black, navy, maroon, garnet, white and royal blue, or any special color to order, and in two weights. The heavier is best suited for use in winter months.

Style 1—Light-Weight Jersey, any color .....	\$1.50	each
Heavy-Weight Jersey, any color.....	2.00	"
Sweater, any color.....	2.00	"
Style 2—Light-Weight Jersey, any combination of colors ..	1.75	"
Heavy-Weight Jersey, ..	2.25	"
Sweater, any combination of colors .....	2.25	"
Style 3—Light-Weight Jersey, striped any color.....	1.75	"
Heavy-Weight Jersey, striped any color.....	2.25	"
Sweater, striped any color .....	2.25	"

**The HAROLD A. WILSON CO., Limited**  
**Toronto, Ont.**



## WILSON'S BASKETBALL SUSPENSORY



For athletes, baseball, football, tennis players, etc. All elastic, no buckles, clean, comfortable and porous. Three sizes: small, to fit waist 22 to 28 in.; medium, 30 to 38 in.; large, 40 to 48 in. Price, \$1.00.

### SOFT ELASTIC STRAP

No. 303. Made of elastic all over except front, where elastic is considered injurious. Front piece is made of soft cotton flannel. Each, 75c.

## RUNNING SHOES

No. 1. Running Shoe, finest kangaroo leather, chamois lined; an extremely light glove-fitting shoe; best English steel spikes, firmly rivetted on. Per pair, \$5.00.

No. 2. Finest Calfskin Running Shoe, light weight, hand made, six spikes. Per pair, \$4.00.

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