

The Nordic Capitals' School Games

Rules and regulations as decreed at the Stockholm Conference in November 2018 by the Heads of the Delegations.

In English: The Nordic Capitals' School Games, in Swedish: Nordiska Skolspelen, in Norwegian: Nordisk Skoleidrettsstevne, in Finnish: Pohjoismaiset Koululaiskisat, in Danish: Nordisk Skoleidrætsstævne and in Icelandic: Grunnskólamót höfuðborga Norðurlanda.

The logo type for the games in the native languages are shown below. The English logo type does not include the year.



Purpose: §1

The purpose of the games is to promote Nordic relations through sports by bringing school children from all the Nordic capitals together.

Time and Place: §2

The games should alternate regularly between the Nordic capitals, and if possible be held at the end of May for five days, or six days if necessary, travel days included.

Participants: §3

Pupils from the Nordic capital schools must be no older than 14 years of age during the calendar year of the games to participate. The number of participants is stated in § 10. One female and one male head of delegation leaders and four event leaders from each capital will be invited.

Travel expenses: §4

Each Nordic city is responsible for its own travel expenses as well as for insuring its participants (pupils and leaders) both during the trip and during the games.

Accommodations: §5

The hosting capital is responsible for arranging and financing accommodation, catering and pertaining services for the participants and their leaders.

Expenses: §6

The host city is responsible for the planning and execution of the games, as well as for all costs connected with the official program of the games. This also includes subsequent costs for competitions, excursions, banquets, gatherings etc.

Organization: §7

Besides the beneficial sports experience of the games, the host city should also organize a cultural program with excursions and visits to local natural and cultural attractions. This will give the host city an opportunity to offer the visitors insights into the country's natural as well as cultural landscape. The program should end with a farewell party for all participants.

Invitations and registration: §8

The host city is to send out invitations for the Games in January.

The response should include the names of the leaders, and be sent to the host city no later than the 1st of March.

Two weeks prior to the Games, a list of names of all the participating pupils with information of their year of birth has to be sent to the host city. The list should contain the ball players' shirt numbers and the athletes' starting numbers 1 to 8 (1 being the slowest runner on 100 meters and 8 being the fastest).

The Heads of Delegations' Conference: §9

The Heads of Delegations' Conference is held every year in November/December. The next host city also hosts the conference. A conference must be held in advance of every Nordic Capitals' School Games. Heads of Delegations can be represented by a substitute if needed.

Subjects concerning the Games and other issues of common interest will be discussed at the conference. If needed the host city can arrange an additional conference during the year. The host city appoints a secretary and a chairperson, and sends its agenda no later than two weeks prior to the conference. The minutes have to be sent out no later than one month after the conference.

Should anyone wish for a subject to be added to the agenda, it must be sent to all the Heads of Delegations two weeks prior to the conference. During the Heads of Delegations' Conference, subjects not included in the agenda may also be discussed in accordance with the regulation (§ 9) if all ten head leaders agree.

Matters at the Heads of Delegations' Conference are ratified by use of majority agreement.

Before the Games are held, all the participating leaders should attend an information meeting about the Games. During the week of the Games a meeting for the team leaders should also be held. Changes to the rules and regulations of the Games can only be made by the Heads of Delegations at their conference. New rules will come into effect when the next Games begin. It is also desirable that the participating cities have evaluation meetings as soon as possible after the Games. The evaluations are to be shared with the participating cities.

Gender representation in the Heads of Delegation: §9b

Each city should send one female and one male Head of Delegation.

1 The competitions for boys and girls include:

a/ **Athletics**

Teams of **8 girls and 8 boys** participate in all events:

Girls: 100 meters, shot-put (3 kg), high jump, long jump, 800 meters

Boys: 100 meters, shot-put (4 kg), high jump, long jump, 800 meters

The seven best results in each event are given points in accordance with the Nordic Capitals' School Games Point System (see appendix) The Point System applies until further notice and is evaluated every year for possible modifications.

b/ **Ball games**

The ball playing teams consist of:

Handball – 10 girls

Football – 15 boys

2 Competition rules

a/ **Athletics**

1. International rules apply with the following exceptions:

- a. In the long jump event, the jump zone is one meter. If the take-off board is within reasonable distance of the pit it must be placed within the zone.
- b. Each participant in the shot-put and long jump events is allowed four tries.
- c. In 100 m and 800 m, the starter can allow three false starts per heat, fourth time the participant who makes the false start, is disqualified from that heat.

If possible, the high jump and long jump events are to take place on separate days. It is preferable to use electronic time equipment for 100 and 800 m.

b/ **Handball**

1. International rules apply with the following exceptions:

- a. It is not allowed to make a man-to-man marking outside the nine meters zone.
- b. A team consists of 10 players.
- c. Playing time is 2 x 20 minutes
- d. Ball size is IHF size number 1
- e. No resin is allowed
- f. 2 points for a win, 1 point for a draw, 0 point for a loss
- g. Both teams are allowed to use one timeout in each game. Timeout lasts for 60 seconds and has to be asked from the officials table with a green timeout card
- h. Winners in the tournament are:

- I. most points in the tournament
- II. internal results between the teams at the same point
- III. goal difference
- IV. number of goals scored

If a player is cautioned with three times two minutes suspension during a match, the player gets a red card and has to leave the pitch immediately for the rest of the game. If the same player receives a red card directly the player is suspended for the rest of the game and might also be suspended the next game. If a Head of Delegation convenes a committee of officials, then the committee is due to meet to decide the extend of the suspension. The latter is decided by a committee of officials (§ 10, 5).

c/ **Football**

1. International rules apply with the following exceptions:

- a. 15 players. Unlimited number of substitutions, but only when the referee allows it.
- b. a match is 2 x 30 minutes.
- c. the ball # 5 is to be used
- d. shin guards are obligatory.
- e. 3 points for a win, 1 point for a draw, 0 points for a loss
- f. winners in the tournament are:
 - I. most points in the tournament
 - II. internal results between the teams
 - III. goal difference
 - IV. number of goals scored

If a player is cautioned with a yellow card during a match, the player is to leave the pitch immediately for a period of five minutes. If the same player receives another yellow card (i.e.: a red card) in the same match, the player will be sent off for the remainder of the match and suspended from the next match. A caution (the yellow card) is only valid during the match in which it has been given. A red card, however, means that the player, who has been sent off, will be prohibited from participating in the next match. If a Head of Delegation convenes a committee of officials, then the committee is due to meet to decide the extend of the suspension. The latter is decided by a committee of officials (§ 10, 5).

3 Uniforms

The colors of the uniforms during the Games are:

Helsinki:	blue jersey, blue shorts
Copenhagen:	red jersey, red shorts
Oslo:	white jersey, white shorts
Stockholm:	yellow jersey, blue shorts
Reykjavik:	green jersey, black shorts

Numbers are to be placed on the back of the football and handball jerseys.

4 Organization of the competitions

Each city decides how the Games are to be carried out, local conditions and rules and regulations taken into consideration.

If possible all participants should have the opportunity to watch each other's contests. All the participants of an event or game should be given the same conditions. The host city is in charge of the schedule for the competitions.

In athletics, the participants are to be seeded in the following events:
100 m run, 800 m run, high jump, long jump. The seeding list must be sent to the organizing city at the latest one week prior the games. If possible, changes in seeding might be corrected as soon as the night before the opening ceremony.

The athletes' starting numbers, 1 to 8, are given in accordance with the following:
The fastest 100 m runner is given number 8 and the slowest is given number 1. The participants are to keep their starting numbers in every discipline.

100 m sprint is executed in heats of five boys or girls. The boys and the girl's heats alternate. The slowest runners compete first and so forth.

800 m run is executed in heats of two runners from each city; 10 runners per heat. The boys and the girl's heats alternate. The slowest runners compete first and so forth.

5 The officials' committees

Disputes concerning rulings made during the events are settled by a committee of officials. This consists of the person from the host city who is responsible for the specific event and of five head leaders (one from each participating city).

6 Ceremonies

The host city is responsible for everything concerning the opening and closing ceremonies of the Games.

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Athletics Point System

Boys:

100 m	7 contestants	91.7 sec = 700 points	1/10 s = 2.0 points
High jump	7 contestants	10.22 m = 700 points	1 cm = 1.5 points
Long jump	7 contestants	34.65 m = 700 points	1 cm = 0.3 points
Shot-put 4 kg	7 contestants	63.49 m = 700 points	1 cm = 0.3 points
800 m	7 contestants	18.33 min = 700 points	1 sec = 1.4 points

Girls:

100 m	7 contestants	96.6 sec = 700 points	1/10 s = 2.0 points
High jump	7 contestants	09.38 m = 700 points	1 cm = 1.5 points
Long jump	7 contestants	31.64 m = 700 points	1 cm = 0.3 points
Shot-put 3 kg	7 contestants	51.80 m = 700 points	1 cm = 0.3 points
800 m	7 contestants	19.43 min = 700 points	1 sec = 1.4 points

The Nordic Point System gives 700 points for the Nordic result which is the average of former years' competition results. This average is arrived at before the onset of the Games by calculating the average of prior years' Nordic results. Differences concerning the Nordic result are calculated using special point numbers for each event.

The number of points given a non-competing team member is 0 for all events except running, where he or she is given the same amount of points as the slowest runner in the contest. This applies in cases of injuries, illness or disqualification. The Nordic Point System applies until further notice and is evaluated every year for possible amendments.

The hosting country commits to using the common excel-template for calculating athletics points. The excel-template is evaluated at every fall meeting and after the evaluation, corrections are made and last year's hosts are obligated to make the changes and forward the newest revised copy.

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