



BC WHEELCHAIR
S P O R T S
RUGBY

TEAM BC – SELECTION CRITERIA

WHEELCHAIR RUGBY PROVINCIAL TEAM TRYOUTS

Contacts:

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Provincial Team Program 2023/2024 Season

The British Columbia Wheelchair Rugby Team will consist of a pool of no more than 16 athletes. These athletes will have the opportunity to compete for Team BC at a variety of competitions at the appropriate level throughout the season.

If you wish to be considered for a spot in the program you must demonstrate, through the evidence-based selection process, that you are able to meet performance standards that will enable the Team to reach its goals.

Athletes selected into the provincial team pool will be expected to be available for the following dates (*note that the dates are subject to change and any change will be communicated in advance*):

1. **Team Selection (tryouts):** November 3rd, 2023 - Friday 9:00am – 4:00pm @ Richmond Olympic Oval
2. **Training Camp:** January - TBC
3. **Training Camp:** February - TBC
4. **Vancouver Invitational:** March 22-24, 2024 @ Richmond Olympic Oval
5. **Training Camp:** April - TBC
6. **National Championships:** May 16-19, 2024 – Calgary, Alberta
7. **Other competitions:** Athletes will be notified when competition dates and locations are confirmed.

Requirements

- Athletes selected into the provincial pool **must** adhere to the **CCES anti-doping guidelines** and participate in a Wheelchair Rugby Canada mandatory anti-doping education seminar to be eligible to compete at National Championships. For more information please visit: www.cces.ca/en/requirements.
- Provincial pool athletes **may qualify** to apply to the **Athletes Assistance Program (AAP)** for financial assistance with their training and travel to competitions. Only athletes with a result at nationals and listed on the most current CSI Targeted Athlete List qualify for assistance.

- Athletes selected into the provincial team pool **must be members in good standing** with the BCWSA and adhere to the BCWSA **athlete code of conduct**, which must be read and acknowledged prior to the beginning of the season.
- Athletes selected **must register** with the CSI or Pacific Sport Center in their region as soon as they receive the confirmation letter and attend one workshop provided through this benefit.
- Athletes selected into the provincial team pool **must complete mandatory online training** upon request as a requirement of BCWSA and viaSport Contribution Agreement and the BC Safe Sport Program.

Selection Criteria and Procedures

Eligibility

In order to compete for selection to the Provincial Team, at a minimum, athletes must:

- Be a current member, in good standing, with BCWSA.
- Be a Canadian citizen, landed immigrant, or have met all of the required elements of WRC's Player Eligibility criteria.
- Hold a Canadian and/or WWR classification (0.5 – 3.5) or meet minimum eligibility standards as outlined in the WWR Classification Manual.
 - Note: current members of the Canadian National Team will receive an automatic selection to the Provincial Team pool as they meet or exceed the selection requirements laid out in this manual.
 - Athletes selected to the program for the 2022-2023 season may use their testing times for the 2023-2024 season if they are unable to attend selections upon justification presented to the HP Coach and Program Manager 3 weeks prior to tryouts. Case by case will be analyzed and spots are not guaranteed.

Selection Testing: Procedures and Scoring

SPEED: 20m SPRINT (with 5m times)

Equipment Needed:

- a. Brower Timing Systems (4 sets)
- b. Pylons
- c. Tape or marker

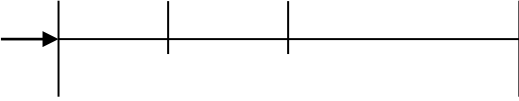
Time per Test: 15 minutes

Protocol:

1. Regular warm-up consisting of varied speeds.
2. Two Brower Timing Systems are set up with gates at: 0m 5m 10m 20m
3. Athlete will position themselves with foot plate just behind the start line.
4. When ready the athlete starts from a dead stop and pushes through all the gates.
5. 3 trials are completed with at least 3 min between tests.

Notes:

- **Rolling back prior to the start to gain momentum is NOT permitted.**
- **If dartfish or another encoding system is available, acceleration data will also be collected.**
- **Athletes are encouraged to change techniques or chair ergonomics to improve results.**

| Test | Test Description |
|-------------------|--|
| 20m SPRINT | <p data-bbox="578 338 1315 422"><i>Wheel on the distance of 20 meters in the shortest time. 2 trials.</i></p> <div data-bbox="578 457 1315 598" style="text-align: center;"> <p data-bbox="578 457 1315 499">(Start) 0m 5m 10m 20m (finish)</p>  </div> |
| | |

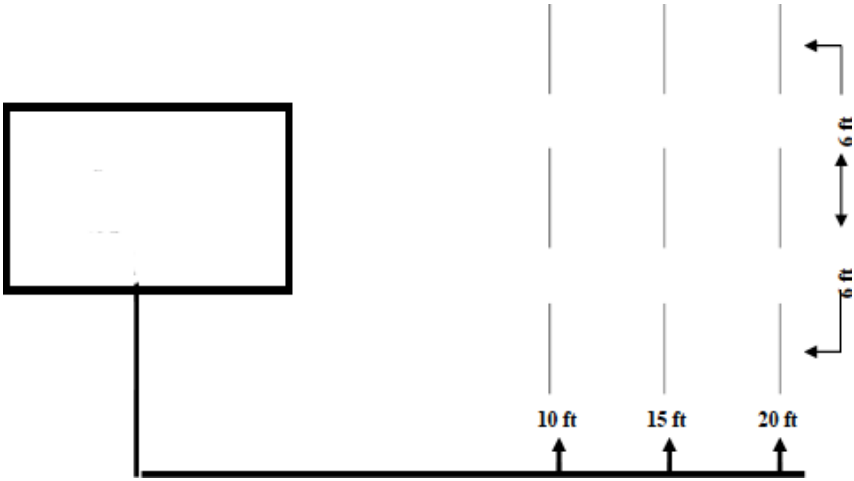
5 m 10 points maximum
20 m 10 points maximum

Note: Rolling back prior to the start to gain momentum is NOT permitted.

Accuracy Pass (Left / Right Hand)

Directions: Athletes will throw the ball at a target from three different positions (left, straight, and right). Low pointers (0.5-1.5) will throw or bump from 10 and 15 feet. High pointers (2.0-3.5) will throw or bump from 15 and 20 feet. The right and left passes will be six feet from the center and athletes will be expected to throw or bump the ball with the hand on that respective side. Each athlete will get 5 passes from each of the spots and score 1 point for each pass on target. Missing the target or miss-firing the ball will score 0 points.

Final Score Barometer: 15 points maximum (Total of completed passes divided by 2)



Repeated 20x 20m Sprint Test:

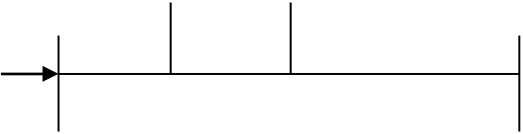
Equipment Needed:

- d. Brower Timing Systems (4 sets)
- e. Pylons
- f. Tape or chalk marker
- g. Stop Watch

Time per Test: 15 minutes

Protocol:

1. Regular warm-up consisting of varied speeds.
2. Two Brower Timing Systems are set up with gates at: 0m 5m 10m 15m 20m
3. Athlete will position themselves with foot plate just behind the start line.
4. When ready the athlete starts from a dead stop and pushes through all the gates giving their maximum effort to 20m.
5. The athlete will perform 20 X 20m sprints giving their maximum efforts during every sprint.
6. Athletes complete the sprints in alternating directions such that the start line for a sprint is the finish line of the previous sprint. They are given a five-second countdown before beginning the next sprint.
7. The recovery time between each sprint is based on a ratio of their best 20m sprint test. The ratio is set to 1:2. *For example: (fastest 20m= 6.61seconds, rest interval= 13seconds between each sprint).*
8. The recovery time begins immediately once they cross the 20m line.
9. Record the 5m, 10m and 20m time for each sprint.

| Test | Test Description |
|-------------------|--|
| 20m SPRINT | <p><i>Wheel on the distance of 20 meters in the shortest time. 2 trials.</i></p> <p>(Start) 0m 5m 10m 20m (finish)</p>  |

10 points maximum

Gold Medal Profile – Scoring Elements

- | | | |
|-------------------------------|-----------------------------------|-------------------|
| 1. Speed and Power | - See description in matrix below | Maximum 10 points |
| 2. Physical Attributes | - See description in matrix below | Maximum 10 points |
| 3. Transition | - See description in matrix below | Maximum 10 points |
| 4. Court Awareness | - See description in matrix below | Maximum 10 points |
| 5. Offense | - See description in matrix below | Maximum 10 points |
| 6. Defense | - See description in matrix below | Maximum 10 points |
| 7. Health and Recovery | - See description in matrix below | Maximum 10 points |
| 8. Sport Life Balance | - See description in matrix below | Maximum 10 points |
| 9. Coachability | - See description in matrix below | Maximum 10 points |
| 10. Mental Toughness | - See description in matrix below | Maximum 10 points |
| 11. Motivation | - See description in matrix below | Maximum 10 points |
| 12. Chair Skills | - See description in matrix below | Maximum 10 points |

Name:

Class:

Club:

5 meter:

20 meter:

Passing accuracy:

20 x 20 meter:

Total:

/16

55 Meter Matrix

| | 0 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 |
|----|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 | 3.383151314 | 2.9195544 16 | 2.7585613 68 | 2.7349508 86 | 2.5665543 69 | 2.6658525 54 | 2.3948065 56 | 2.5701071 27 |
| 2 | 3.265261282 | 2.8305369 12 | 2.6752943 73 | 2.6464798 28 | 2.4924407 26 | 2.5603936 1 | 2.3255143 52 | 2.4644359 92 |
| 3 | 3.151479272 | 2.7442335 59 | 2.5945407 87 | 2.5608706 6 | 2.4204672 41 | 2.4591065 36 | 2.2582270 73 | 2.3631095 75 |
| 4 | 3.041662135 | 2.6605616 05 | 2.5162247 43 | 2.4780308 04 | 2.3505721 13 | 2.3618262 96 | 2.1928867 09 | 2.2659492 4 |
| 5 | 2.93567171 | 2.5794408 17 | 2.4402726 64 | 2.3978706 78 | 2.2826953 27 | 2.2683943 83 | 2.1294369 27 | 2.1727836 97 |
| 6 | 2.833374651 | 2.5007934 09 | 2.3666131 93 | 2.3203035 98 | 2.2167785 99 | 2.1786585 59 | 2.0678230 24 | 2.0834486 98 |
| 7 | 2.734642257 | 2.4245439 69 | 2.2951771 28 | 2.2452456 81 | 2.1527653 29 | 2.0924726 11 | 2.0079918 8 | 1.9977867 48 |
| 8 | 2.639350314 | 2.3506193 82 | 2.2258973 57 | 2.1726157 63 | 2.0906005 52 | 2.0096961 09 | 1.9498919 12 | 1.9156468 29 |
| 9 | 2.547378935 | 2.2789487 63 | 2.1587087 9 | 2.1023352 99 | 2.0302308 89 | 1.9301941 77 | 1.8934730 3 | 1.8368841 3 |
| 10 | 2.45861241 | 2.2094633 88 | 2.0935483 06 | 2.0343282 91 | 1.9716045 03 | 1.8538372 77 | 1.8386865 92 | 1.7613597 96 |

20 Meter Matrix

| | 0 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 |
|---|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1 | 9.332017755 | 8.2359119 87 | 7.7489465 42 | 7.1873167 92 | 6.6272421 74 | 6.7359117 5 | 6.4467336 68 | 6.6367331 95 |
| 2 | 9.141542198 | 8.0977525 95 | 7.5052337 77 | 7.0328153 18 | 6.5223593 09 | 6.5895008 77 | 6.2917362 6 | 6.4266357 03 |
| 3 | 8.954954432 | 7.9619108 59 | 7.2691860 42 | 6.8816350 71 | 6.4191363 22 | 6.4462723 71 | 6.1404654 22 | 6.2231892 18 |
| 4 | 8.772175103 | 7.8283479 02 | 7.0405622 64 | 6.7337046 56 | 6.3175469 44 | 6.3061570 61 | 5.9928315 56 | 6.0261831 89 |
| 5 | 8.593126479 | 7.6970254 | 6.8191289 | 6.5889542 | 6.2175653 | 6.1690872 | 5.8487472 | 5.8354137 |

| | | | | | | | | | |
|----|-------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|----|
| | | | 95 | 52 | 12 | 22 | 78 | 18 | 34 |
| 6 | 8.417732411 | 7.5679060 | 6.6046599 | 6.4473153 | 6.1191660 | 6.0349968 | 5.7081270 | 5.6506834 | |
| | | | 52 | 58 | 83 | 11 | 26 | 68 | 23 |
| 7 | 8.245918307 | 7.4409526 | 6.3969362 | 6.3087212 | 6.0223239 | 5.9038209 | 5.5708878 | 5.4718010 | |
| | | | 2 | 45 | 8 | 69 | 45 | 18 | 75 |
| 8 | 8.077611095 | 7.3161288 | 6.1957456 | 6.1731064 | 5.9270145 | 5.7754962 | 5.4369481 | 5.2985815 | |
| | | | 61 | 69 | 51 | 52 | 86 | 81 | 63 |
| 9 | 7.912739197 | 7.1933990 | 6.0008827 | 6.0404068 | 5.8332135 | 5.6499608 | 5.3062288 | 5.1308456 | |
| | | | 51 | 54 | 54 | 03 | 75 | 25 | 21 |
| 10 | 7.751232496 | 7.0727280 | 5.8121484 | 5.9105598 | 5.7408969 | 5.5271540 | 5.1786523 | 4.9684196 | |
| | | | 63 | 89 | 21 | 51 | 84 | 27 | 55 |

20 x 20 Matrix

| level | 0 | 0.5 | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 |
|-------|-------------|-----|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 195.3890251 | | 149.26139 | 137.69465 | 144.80125 | 152.90696 | 132.98448 | 135.66608 |
| | 173.1261977 | | 41 | 42 | 12 | 02 | 82 | 17 |
| 2 | 191.7329374 | | 147.63316 | 136.52109 | 142.28575 | 149.34466 | 130.96255 | 131.50583 |
| | 170.8052603 | | 72 | 9 | 01 | 47 | 34 | 71 |
| 3 | 188.1452618 | | 146.02270 | 135.35754 | 139.81394 | 145.86536 | 128.97136 | 127.47316 |
| | 168.5154374 | | 19 | 58 | 86 | 04 | 07 | 79 |
| 4 | 184.6247182 | | 144.42980 | 134.20390 | 137.38508 | 142.46711 | 127.01044 | 123.56416 |
| | 166.256312 | | 44 | 94 | 74 | 41 | 26 | 17 |
| 5 | 181.1700504 | | 142.85428 | 133.06010 | 134.99842 | 139.14803 | 125.07933 | 119.77502 |
| | 164.0274725 | | 32 | 54 | 06 | 71 | 9 | 65 |
| 6 | 177.7800258 | | 141.29594 | 131.92604 | 132.65321 | 135.90628 | 123.17759 | 116.10208 |
| | 161.828513 | | 86 | 98 | 52 | 52 | 63 | 64 |
| 7 | 174.4534348 | | 139.75461 | 130.80165 | 130.34875 | 132.74005 | 121.30476 | 112.54177 |
| | 159.6590328 | | 32 | 97 | 1 | 69 | 84 | 81 |
| 8 | 171.1890905 | | 138.23009 | 129.68685 | 128.08432 | 129.64759 | 119.46041 | 109.09064 |
| | 157.5186367 | | 16 | 26 | 01 | 26 | 54 | 79 |
| 9 | 167.985828 | | 136.72220 | 128.58154 | 125.85922 | 126.62717 | 117.64410 | 105.74534 |
| | 155.4069349 | | 03 | 69 | 71 | 39 | 46 | 77 |
| 10 | 164.8425044 | | 135.23075 | 127.48566 | 123.67278 | 123.67712 | 115.85540 | 102.50263 |
| | 153.3235427 | | 79 | 16 | 87 | 23 | 94 | 22 |

• **Speed and Power**

| Score | Description |
|-----------------|---|
| 2 | Not able to beat lower or equal class players one on one, becomes fatigued and coasts or gives up frequently |
| 4 | Able to beat lower-class players or less able players of the same class |
| 6 | Able to beat lower and equal class players one on one uses speed either on offense or defense, tries to conserve energy on one end of the court |
| 8 | Able to beat higher-level players when fresh, good acceleration, and top-end speed when fresh. |
| 10 | Able to consistently beat his/her class and higher, can win one on one, has great acceleration, and can close the gap late in the game when fatigue is high. Optimal speed and power for performance. |
| Evidence | 5m test |

• **Physical Attributes**

| Score | Description |
|-----------------|--|
| 2 | Poor body composition, poor skills or function |
| 4 | Average body composition who physically shows signs of undertraining or lack of adaptation. One-dimensional in skill execution (turn to the dominant side, throw only with the dominant side) |
| 6 | Average size player with no strong or weak attributes. Typically, one pass is a strength (two-handed or one dominant side). Able to turn and throw to either side, but has a noted preference. |
| 8 | Good bilateral skills in throwing and pushing have average attributes and good body composition for sport. |
| 10 | Bilateral skill execution: Turning in both directions; Passing & throwing, Upper body girth: Optimal Height, weight, and wingspan for performance, Individual optimal composition for skill execution and power generation |
| Evidence | Anthropometric measurements; passing test; 40m test comparison |

• **Health and Recovery**

| Score | Description |
|-----------------|--|
| 2 | Very Rarely adherent to recovery/nutrition protocols |
| 4 | Occasionally adherent to recovery/nutrition protocols |
| 6 | Generally, recovery/nutrition protocols |
| 8 | Mostly adherent to recovery/nutrition protocols |
| 10 | Always adherent to recovery/nutrition protocols |
| Evidence | Daily monitoring of training loads, Adequate performance & recovery nutrition/hydration during, Adherence to recovery strategies during camps and competitions |

• Transition

| Score | Description |
|-----------------|--|
| 2 | Rests in-between whistles, out of position the majority of the time, does not set up in position, easily distracted by outside factors |
| 4 | Understands basic transition concepts but does not actively look for an advantage |
| 6 | Actively looks for a transition but is inconsistent at gaining an advantage |
| 8 | Consistently gets an advantage on transition against weaker teams but inconsistent under pressure |
| 10 | Able to anticipate transition and can gain an advantage. Can exploit player tendencies and put the opponent in danger. |
| Evidence | Trained Observation; +/- per min; Efficiency rate, Created Turnovers / min |

• Court Awareness

| Score | Description |
|-----------------|--|
| 2 | Poor understanding of danger zones and spacing on the court. |
| 4 | Stays out of danger zones, but inconsistent at using good space and filling lanes |
| 6 | Effective court spacing fills lanes and balances the court |
| 8 | Good court presence understands spacing and proper lanes, able to use the court to neutralize the opponent |
| 10 | Automatically reacts to movements on the court and adjusts the position to create a threat or advantage, excellent understanding of overall team court spacing |
| Evidence | Trained Observation; +/- per min ; Total-TO/min; CreTO/min |

• Offense

| Score | Description |
|-----------------|---|
| 2 | Does not play or understand offensive role vs classification |
| 4 | Average understanding of his offensive role and has some understanding of other roles on the court. |
| 6 | Can play one role well and has a good understanding of other roles on the court |
| 8 | Can play one role very well but has trouble playing multiple roles |
| 10 | Able to play multiple roles, (a role that is needed by the team) |
| Evidence | Plus/minus per min, Scoring rate, Trained Observation |

• Defense

| Score | Description |
|-----------------|---|
| 2 | Does not play or understand defensive role vs classification |
| 4 | Average understanding of his defensive role and has some understanding of other roles on the court. |
| 6 | Can play one role well and has a good understanding of other roles on the court |
| 8 | Can play one role very well but has trouble playing multiple roles |
| 10 | Understands and plays all defensive roles in multiple types of defense |
| Evidence | Created Turnovers/minute; Plus/minus per minute, Created Time out, Created Jump Ball, Trained Observation |

• Chair Skills

| Score | Description |
|-----------------|---|
| 2 | Demonstrates poor mechanics with inconsistent contact on wheels and release points. Shows signs of muscular imbalance with poor shoulder posture (shoulders rolling in) |
| 4 | Demonstrates inconsistent hand placement on wheels, stroke length, and frequency. |
| 6 | Demonstrates knowledge of proper mechanics but resorts to poor mechanics when under pressure. Shows good pushing in one direction (forward strong, back weak, or vice versa) |
| 8 | Demonstrates knowledge of good mechanics, body and head rock opposite of the force being applied to the wheels. |
| 10 | Demonstrates a full range of functional rugby movement and optimal muscular balance for performance. Evidence of optimal push & chair mechanics through validated testing and scores. |
| Evidence | Push mechanics analysis review, Mobility and functional analysis |

• Ball-Handling Skills

| Score | Description |
|-----------------|--|
| 2 | Fumbles the ball when bouncing it or picking it up from the floor, or successful only on the dominant side |
| 4 | Able to bounce and pick up the ball from the floor in one position, wheels with a stable pocket for the ball |
| 6 | Able to bounce and pick up the ball from both sides in movement, protects the ball under pressure |
| 8 | Able to bounce and pick up the ball under pressure on the appropriate side |
| 10 | Anticipate the play to be able to bounce and pick up the ball under pressure on the appropriate side. Anticipates pressure and can maneuver to protect the ball under pressure |
| Evidence | Trained Observations, Turnover Type |

• Passing

| Score | Description |
|-----------------|---|
| 2 | Able to use one passing style with dominant hand only but inconsistent |
| 4 | Able to use one passing style to make consistent passes |
| 6 | Able to use multiple passing styles but favors dominant style or side, makes eye contact with the receiver |
| 8 | Makes decisive passes with multiple passing styles, generally accurate under pressure, understanding the receiver's ability |
| 10 | Able to survey the court to consistently throw low-risk passes, always accurate under pressure |
| Evidence | Trained Observation, Turnover Type |

• Receiving

| Score | Description |
|-----------------|---|
| 2 | Catches when stationary and/or facing the passer |
| 4 | Catches the ball in movement when it's accurate |
| 6 | Makes eye contact with the passer, creates a good passing window and passing lane, catches the ball at full speed |
| 8 | Able to create separation from a defender to receive the ball, generally catches the ball under pressure |
| 10 | Able to post in the key, receive the ball and score under pressure Always catches the ball under pressure |
| Evidence | Trained Observation, Turnover Type |

• **Coachability**

| Score | Description |
|-----------------|--|
| 2 | Does not follow the game plan, poor retention of new information, |
| 4 | Limited ability to follow coach instruction, takes multiple formats to learn new skills/concepts |
| 6 | Listens to coaches but doesn't provide any feedback, adapts to new information after an extended learning period |
| 8 | Able to learn new concepts, willing to convey new information to others |
| 10 | Follow coaches' instructions, and gives constructive feedback to the coaches to allow the coaches to interpret what is taking place on the court, active leader serves as an extension of the coaching staff on the court. |
| | Follows multi-step instructions and is able to adhere to game plan while limiting errors |
| Evidence | Trained Observation, +/- per min; +/- per game |

• **Motivation**

| Score | Description |
|-----------------|--|
| 2 | Good desire to win but lacks a strong work ethic to achieve results. |
| 4 | Wishes to win but is inconsistent with training throughout the season. |
| 6 | Good work ethic throughout the season but lacks direction in training and setting appropriate goals. |
| 8 | Very strong desire to win and a strong work ethic off-court, but some inconsistency in training direction. |
| 10 | direction |
| Evidence | Trained Observation, Training logs |

• **Mental Toughness**

| Score | Description |
|-----------------|---|
| 2 | Good competitive instinct but unable to control emotions in challenging situations. Variable energy. |
| 4 | Good determination but unable to maintain emotional control. Plays with confidence and energy. |
| 6 | Strong determination and competitive spirit to deal with adversity. Loss of confidence with team adversity. |
| 8 | Strong competitiveness and ability to deal with adversity. Looks to lead the team in challenging situations but is often frustrated with themselves. |
| 10 | Competes with heart and determination consistently. Is able to control emotions and energy appropriately in different situations and refocus after an error or poor call. Plays with confidence in self and team's abilities. |
| Evidence | Trained Observation, +/- per min; +/- per game |

• **Life-Sport Balance**

| Score | Description |
|-----------------|--|
| 2 | Committed to life-sport balance but unable to determine goals and actions to accomplish it. |
| 4 | Undertakes sporadic attempts and actions at school, employment, and/or volunteer work. |
| 6 | Achieves volunteer role in the community and/or attends school. |
| 8 | Strong goals and action plan to achieve schooling and/or employment. Role model in the community. |
| 10 | Attending school and/or engaging in volunteering and/or employment. Provides goal-setting plan and outcome actions demonstrated consistently. Demonstrates lifestyle and decision-making consistent with high performance. |
| Evidence | Contact with Game Plan career transition specialists, Goal-setting documentation |

Appeal Procedures

Athletes' Appeals will be addressed in accordance with the BCWSA Appeal Policies and Procedures.

BC WHEELCHAIR SPORTS ASSOCIATION APPEAL POLICY

Note: In this policy "member" refers to any director, employee (including contract personnel), coach, athlete, official, manager, committee member, volunteer, or any affiliate association of BC Wheelchair Sports Association; "appellant" refers to the member appealing a decision; and "respondent" refers to the body whose decision is being appealed.

1. Any member of BC Wheelchair Sports Association (the Association) who is affected by a decision of the Board, of any Committee of the Board, or of anybody or individual who has been delegated authority to make decisions on behalf of the Board shall have the right to appeal that decision.
2. This policy shall not apply to matters relating to harassment policy which has its own appeal procedures, or to matters relating to the Rules of the Game, which may not be appealed.
3. Members who wish to appeal a decision shall have 10 days from the date on which they received notice of the decision, to submit written notice of their intention to appeal, along with detailed reasons for the appeal, to the President of the Association.
4. An appeal may only be heard if there are sufficient grounds for the appeal. Sufficient grounds include the respondent:
 - a. making a decision for which it did not have authority or jurisdiction as set out in governing documents;
 - b. failing to follow procedures as laid out in the bylaws or approved policies of the Association;
 - c. making a decision that was influenced by bias;
 - d. failing to consider relevant information or taking into account irrelevant information in making the decision;
 - e. exercising its discretion for an improper purpose; and/or
 - f. making an unreasonable decision.
5. Within 10 days of receiving notice of an appeal, the President (or designate) shall appoint three persons to constitute a Tribunal, in accordance with the following:

- a. The Tribunal shall be comprised of members in good standing of the Association who shall have no significant relationship with the appellant, shall have had no involvement with the decision being appealed, and shall be free from actual or perceived bias or conflict.
 - b. At least one of the Tribunal members shall be from among the appellant's peers (for example, if the appellant is an athlete, one Tribunal member shall be an athlete; if the appellant is a coach, one Tribunal member shall be a coach, etc.)
 - c. In appointing the Tribunal, consideration shall be given to the geographic location of the appellant, respondent and Tribunal members, in order to minimize the inconvenience and expense to all parties.
 - d. The appellant shall be given an opportunity to recommend one of the Tribunal members, provided the member satisfies criteria (a) and (c) above.
6. Within 7 days of its appointment, the Tribunal shall review the notice of appeal and reasons for the appeal and shall decide whether or not there are sufficient grounds for an appeal. This decision is discretionary and may not be appealed.
 7. If the Tribunal is satisfied that there are not sufficient grounds for an appeal, it shall notify the appellant of this decision in writing, stating reasons. If the Tribunal is satisfied that there are sufficient grounds for an appeal, it shall conduct a Hearing.
 8. If the Tribunal conducts a Hearing, it shall govern the Hearing by such procedures as it deems appropriate in the circumstances, provided that:
 - a. The Hearing shall be held within 21 days of the Tribunal's appointment;
 - b. The appellant and respondent shall be given 10 days written notice of the day, time and place of the Hearing;
 - c. Tribunal members shall select from themselves a Chairperson;
 - d. A quorum shall be all three Tribunal members;
 - e. Decisions shall be by majority vote;
 - f. Copies of any written documents which either the appellant or respondent wish to have the Tribunal consider shall be provided to all parties at least 2 days in advance of the Hearing;
 - g. Both the appellant and respondent may be accompanied by a representative or adviser, including legal counsel;
 - h. The Tribunal may request that any other individual participate and give evidence at the Hearing.
 9. In order to keep costs to a reasonable level, the Tribunal may conduct the Hearing by means of a conference call or videoconference.

10. Within 3 days of concluding the Hearing, the Tribunal shall issue its written decision, with reasons. The Tribunal may decide:
 - a. To void, vary or confirm the decision being appealed;
 - b. To make any decision it feels the respondent should have made;
 - c. To refer the matter back to the respondent for a new decision, correcting any errors that were made; and/or
 - d. To determine how costs of the appeal shall be allocated.

A copy of this decision shall be provided to the appellant, the respondent and the President (or designate) of the Association.

11. If the circumstances of the dispute are such that this policy will not allow a timely appeal, the President (or designate) may direct that these timelines be shortened. Should this be the case, the appellant, respondent and members of the Tribunal will make every reasonable effort to comply with the revised timelines in order to conclude the appeal in a timely manner.
12. If the circumstances of the dispute are such that an appeal cannot be concluded within the timelines of this policy, the President (or designate) may seek agreement from the appellant and respondent to extend the timelines.
13. The appellant shall have the right to decline a Hearing in favour of a documentary review. Should this be the case, the Tribunal shall request both appellant and respondent to provide written submissions, upon which the Tribunal shall make its decision. The Tribunal may direct such timelines, as it deems appropriate in the circumstance in order to conclude the appeal in a timely manner.
14. The decision of the Tribunal shall be final and binding, and not open to any further appeal or intervention by any court.