

*El Dorado County*  
*Elementary and Intermediate Schools*

# County Sports League

*Joey Stein, Sports League Commissioner*

*2022/23*

## **COUNTY SPORTS LEAGUE (CSL)**

### **PHILOSOPHY**

It is the philosophy of CSL to present for the students of El Dorado County a competitive sports program involving as many students as possible. Participants should be encouraged to strive their best to win within the spirit and rules of the games and contests. However, good sportsmanship and playing for the fun of the game should be stressed above winning.

Schedules will be arranged so that students may participate in every sport offered, with no specialization. All championships are determined by tournaments only and are purely voluntary in nature.

The after school athletic program should provide extra benefits to participants. Among these are a sense of physical well-being, self-discipline, a release of physical energy, loyalty to team and school, emotional control, and an appreciation of physical fitness

## **DEDICATION**

This El Dorado County Sports League Handbook was first organized through much time and effort by Gary Pogue, retired from the Buckeye Union School District. We wish to thank Gary for this timely undertaking in 1973. Since that time, it has undergone many changes, most notably in 1984 by Sue Hedlund, Buckeye Union School District, Don Schaefer, formerly of Gold Trail Union School District, Bill McCown, retired from Pollock Pines School District, and Jim Coates, Placerville Union School District. The Handbook was further revised during the summer of 1988 by Steve O'Meara, Commissioner at the time, to include the duties of the Commissioner and the Executive Council. In 1994, 1997, 1998, 1999, 2002, 2004, 2007, 2009, and 2012 Jim Coates completed additional revisions. The current Commissioner, Steve Scott will complete revisions as needed.

**CONSTITUTION  
OF THE  
WESTERN EL DORADO COUNTY  
ELEMENTARY  
AND INTERMEDIATE SCHOOLS  
  
COUNTY SPORTS LEAGUE**

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ARTICLE I

NAME

100. The organization shall be known as the Western El Dorado County Sports League (CSL).

## ARTICLE II

### PURPOSE

200. To provide an opportunity for organized interschool competition.
201. To be responsible for all rules and regulations on matters of policy governing athletics.
202. To promote good sportsmanship.
203. To help all teams develop a thorough knowledge of game rules and skills.
204. To be responsible for such matters as establishing leagues.
205. To make rules and decisions in any and all other matters affecting interschool athletics which may be brought to its attention by the individual schools by the League, or by the Superintendent's Council.

## ARTICLE III

### MEMBERSHIP

300. Any public elementary or intermediate school on the western slope of El Dorado County is eligible to become a member of the County Sports League (CSL).

300.1. Refer to 517.1 for more information.

301. The County Sports League (CSL) may, by a three-fourths vote, allow an out-of-county or a private school to participate in one or more County Sports League (CSL) sports on a yearly basis.

301.1. Refer to 517.1 for more information.

## ARTICLE IV

### ORGANIZATION

400. The governing body of the County Sports League (CSL) shall be divided into two groups: "The Athletic Directors Council" and "The Executive Council."

401. The Athletic Directors Council

401.1. Make-up

401.1.1. The Athletic Directors Council shall consist of one (1) representative from each member school. Each school shall have only one (1) vote. The representative shall be selected by the schools involved.

401.2. Purpose

401.2.1. To primarily make recommendations on schedules and rule changes. NOTE: The Commissioner is empowered to approve recommendations or to determine whether they need higher approval.

401.3. Meetings

401.3.1. There will be a general meeting within two (2) weeks after the opening of the fall term.

401.3.2. There will be four (4) additional meetings during the school year. One meeting at least one week prior to the start of Boys Basketball; a meeting at least one week prior to the start of Girls Basketball and Wrestling; a meeting at least one week prior to the start of Track; and a final meeting near the end of the school year

for the purpose of discussing changes in the Constitution, Sports Rules, and making schedules. Those items needing Executive Council approval will be carried by the Commissioner. At the fourth and final meeting of each odd numbered year, officers shall be elected.

- 401.3.3. The County Sports League (CSL) athletic schedules and calendar for the coming year will be made at the final meeting.
  - 401.3.4. Members will be reminded at least one (1) week prior to each meeting.
  - 401.3.5. Special meetings may be called by the President. The president shall call a special meeting upon the request of three or more members of the League.
  - 401.3.6. Any individual, or group of individuals, desiring to attend meetings of the County Sports League may do so upon written request or by contacting the President within a reasonable length of time prior to the next meeting.
  - 401.3.7. Coaches of the current sport may attend the meeting without prior request, but these coaches will have no voting power.
  - 401.3.8. Items for the agenda must be turned in to the Commissioner at least seven (7) days prior to the coming meeting. Exceptional cases will be decided by the group.
  - 401.3.9. Roberts Rules of Order (Parliamentary Procedure) will prevail at all meetings.
- 401.4. Quorum
- 401.4.1. A quorum will be declared if a majority of the representatives present at any regularly scheduled meeting vote in favor of declaring a quorum.
  - 401.4.2. At least five (5) representatives must be present before a quorum may be declared.

- 401.4.3. Regular representatives may send alternate representatives if they cannot attend.
- 401.5. Meetings
  - 401.5.1. Executive Council meetings will be called as needed. Any member may call for a meeting by contacting the Commissioner.
- 402. Commissioner
  - 402.1. Purpose of Position
    - 402.1.1. To ensure effective communications, management, and inter-school relationship between the participating schools.
  - 402.2. Duties and Responsibilities
    - 402.2.1. Secretary/Treasurer of the Athletic Directors Council and the Executive Council.
      - 402.2.1.1. Take minutes.
      - 402.2.1.2. Arrange for all meetings.
      - 402.2.1.3. Prepare budget.
      - 402.2.1.4. Manage income and expenditures.
    - 402.2.2. Eligibility
      - 402.2.2.1. Judge on any questions related to student and/or school eligibility, conducting investigations as warranted.
    - 402.2.3. Due Process Procedures
      - 402.2.3.1. Ensure that there are policies and practices developed and utilized within the League to assure individuals and schools appropriate due process.
    - 402.2.4. Protests
      - 402.2.4.1. Rule on all formal complaints or protests having to do with the scope of the League--may use an ad-hoc committee for guidance.
    - 402.2.5. Awards
      - 402.2.5.1. Arrange for awards to be given to championship teams and

individuals for the CSL sponsored tournaments and meets.

Develop procedure and criteria for the selection and types of awards given.

402.2.6. Officials

402.2.6.1. Arrange for officials for League tournaments and meets. Assist individual schools in obtaining officials upon request.

Maintain rosters of qualified officials and offer training programs for certification of officials.

402.2.7. Schedules

402.2.7.1. Develop proposed schedules for all sports and present them to league for ratification in the spring prior to the year affected.

402.2.8. Play-Off Tournaments

402.2.8.1. Make all arrangements for tournaments and meets and notify all affected individuals and schools.

402.2.9. League Records

402.2.9.1. Maintain roster of League schools. Develop League Handbook for operations of League sports. Disseminate annual update of any rule changes affecting League play and publicize By-laws and operating policies as pertinent. Maintain records of scheduling, roster of officials, arrangement for awards, tournaments and meet contacts for orientation of successor.

402.2.10. Communications

402.2.10.1. Makes annual report to Superintendents Council and Principals group.

402.2.10.2. Prepare press releases and other communications to publicize activities of the League.

402.2.10.3. To maintain and update website

ARTICLE V

GENERAL PROCEDURES

500. Questions and Interpretations

500.1. All communications pertaining to athletic contests will be referred to CSL.

501. Code Of Conduct

501.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

502. Blood Rule

502.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

503. Authorized Athletic Teams

503.1. The following teams are authorized for the participating schools of the League:

	<u>Sport</u>	<u>Divisions</u>
503.1.1.	Cross Country	Grade
503.1.2.	Flag Football	Grade

503.1.3.	Volleyball	Grade
503.1.4.	Basketball	Grade
503.1.5.	Wrestling	Weight and Grade
503.1.6.	Track and Field	A, B, C, exponents

#### 504. Voting on Sports Issues

- 504.1. A team must enter a team in a sport before it can vote on issues affecting that sport.

#### 505. Adding of Sports

- 505.1. For the CSL to add a sport to its program, the following procedures will be used:

- 505.1.1. A request must be made to place the item on the agenda.
- 505.1.2. At least four (4) schools must show an interest in the sport to be added and agree to participate in that sport that season.
- 505.1.3. CSL representatives must discuss safety, rules, and benefits to participants.
- 505.1.4. A committee appointed by the CSL President must submit a copy of rules to CSL representatives. The rules then must be approved by three-fourths of the CSL membership.
- 505.1.5. Three-fourths of the CSL membership must approve the sport; those schools present will vote by a show of hands; the President will contact those schools who are absent for their vote.

#### 506. Student Eligibility

- 506.1. Each individual student must meet the eligibility requirements set forth by his/her school as it pertains to the 2.0 grade point requirement (E.C. Sec. 35160.5).
- 506.2. No student may participate who has reached his/her sixteenth (16<sup>th</sup>) birthday.
- 506.3. No student may participate in team sports (football, basketball, or volleyball) who has not reached his/her tenth (10<sup>th</sup>) birthday.

- 506.4. Transfer students are eligible to compete as soon as they are registered at a member school if they have proper insurance and are under sixteen (16) and over ten (10).
- 506.5. Members of any team participating in the CSL must be currently enrolled and actively attending the school that team represents. Further, any team with ineligible members will forfeit those games in which the ineligible player(s) participated.
- 506.6. Students who are enrolled in two schools congruently, must play for the school they attend for the majority of the day and/or the school which collects ADA for that student.
- 506.7. August 15<sup>th</sup> will be the date used to determine in what age group a student shall participate in Cross Country.

#### 507. Exponents

- 507.1. Exponents will be used on the basis of age, height and weight in track and field.
- 507.2. See the track and field section for exponent charts and dates exponents are to be taken.

#### 508. Schedules

- 508.1. All scheduled games and contests will start at 3:30 p.m. unless mutually changed by the participating school principals or athletic directors.
- 508.2. Schedules for all CSL contests shall be prepared by the Commissioner, with input from the Athletic Directors Council.
- 508.3. Participation requirements for team sports:
- 508.3.1. Two meetings before a season begins, schools must declare if they will have two teams or not
- 508.3.2. If a school has zero teams, two meetings before the season, that school will be left off the schedule
- 508.3.3. If a school has one team two meetings before the season, that school will be left off the schedule unless it agrees to travel to

every game.

508.3.4. If a school drops from two teams to one just before or during the season, that school must agree to travel to every game they had been scheduled to host.

508.4. All efforts will be made to produce no mismatches that might degrade or demoralize a team or individual.

508.5. A no-show to a scheduled game or contest shall be considered a forfeit.

#### 509. Postponed Games

509.1. When an athletic contest must be postponed, the schools involved will make arrangements to make up the contest.

#### 510. Limit of Games and Contests

510.1. Interscholar competition for any team is not to exceed two (2) games per week. This applies to practice and league games, or any competition thereof, but does not affect tournaments.

#### 511. Limitation of Practice

511.1. There will be no directed or organized practices on Sundays or legal holidays.

511.2. For team sports, no team will start practicing as a team until two (2) weeks before the starting date set forth in the CSL yearly calendar unless otherwise approved at a meeting of the Athletic Directors Council. For individual sports, participants may start at any time.

#### 512. Verification of Games and Contests

512.1. It is the responsibility of the traveling team to phone on Monday in advance of the contest to verify that it will be there.

512.2. It is the responsibility of the home team to phone the visiting team on the day of the contest, in advance of its departure time, if it is necessary to postpone because of weather conditions.

#### 513. Officiating

513.1. In all athletic contests, the home team will be responsible for providing

qualified officials; the exception will be for tournament play. In all tournaments the Commissioner will be responsible for providing qualified officials.

513.2. It is the responsibility of the school's CSL representative to make sure that the officials used are familiar with the rules stated in the CSL Handbook.

#### 514. Insurance

514.1. All participants in interschool athletics must be covered by hospitalization insurance.

514.2. It is the coach's responsibility to make sure that each participant has submitted proof of insurance.

#### 515. Administrative Representative at Contests

515.1. Administrator (s) or designee (s) must be on site and remain until the contest ends or forfeit the game.

515.1.1. Private school coaches must be certified by their principals.

#### 516. Accidents

516.1. All accidents to pupils engaged in athletics must be reported immediately to the coach in charge of that pupil's team.

516.2. Proper accident forms must be filled out by the coach.

#### 517. CSL Fees

517.1. Each school will be assessed a yearly fee to cover all athletic costs. The current full participation fee is \$400.00, plus another \$860.00 to cover the Commissioner's salary.

517.1.1. Schools participating on a limited basis will be assessed a prorated fee of \$125.00 per sport. \$25.00 of that fee will be an administrative fee paid to the Commissioner.

517.1.2. Schools choosing to participate in four (4) or more sports will be considered full participation schools.

517.2. Spectator fees may be charged at CSL sponsored events.

#### 518. Awards

- 518.1. Football perpetual trophies and or championship banner will be furnished by the CSL.
  - 518.2. Volleyball perpetual trophies and or championship banner will be furnished by the CSL.
  - 518.3. Cross Country awards will be presented by the CSL.
  - 518.4. Basketball perpetual trophies and or championship banners will be presented by the CSL.
  - 518.5. Wrestling awards and a team banner will be presented by the CSL.
  - 518.6. Track and Field awards will be presented by the CSL.
  - 518.7. In sports where perpetual trophies and or championship banners are awarded, ribbons will be furnished to the 1<sup>st</sup> through 3<sup>rd</sup> place teams.
519. Rooters
- 519.1. No student rooters will be permitted at away games or contests unless approved by the administrator and coach of the away school.
520. CSL Tournaments and Meets
- 520.1. Seeding
    - 520.1.1. Basketball, Football, and Volleyball seeding will be done by the League Commissioner, or the Tournament Director. Win/loss/tie record will be the most important factor. Second to that will be head to head results if there isn't a 3 way tie. In the event of a 3 or more way tie teams will be seeded based on strength of wins against league opponents starting with the playoff teams and working down the rankings combined with score differential in these regular season contests.
    - 520.1.2. Wrestling seeding will be done by the coaches based on previous matches.
  - 520.2. The following League Championships are sponsored by the CSL:
    - 520.2.1. Football -7<sup>th</sup> & 8<sup>th</sup>
    - 520.2.2. Basketball - Boy's 7<sup>th</sup> & 8<sup>th</sup>

- 520.2.3. Basketball - Girl's 7<sup>th</sup> & 8<sup>th</sup>
- 520.2.4. Wrestling – 5<sup>th</sup> grade and under and 6<sup>th</sup>-8<sup>th</sup> grades
- 520.2.5. Track & Field - Boys A, B, & C and Girls A, B, & C. (6<sup>th</sup> – 8<sup>th</sup> grades)
- 520.2.6. Volleyball – Girl's 7<sup>th</sup> & 8<sup>th</sup>
- 520.2.7. Boys Volleyball – Boy's 7<sup>th</sup> & 8<sup>th</sup>
- 520.2.8. Cross Country - Boys and Girls grade groups (3<sup>rd</sup> – 8<sup>th</sup>)
- 520.3. In order for a school to compete in a CSL Tournament, it must have competed in the regularly scheduled CSL games prior to the Tournament.
- 520.4. No team will be allowed to compete in a CSL Tournament that is not current in its assessments.
- 520.5. In CSL Tournaments a student who has participated in a 7<sup>th</sup> grade contest cannot move up to the 8<sup>th</sup> grade for subsequent contests.
- 520.6. Paying for Tournament Facilities
  - 520.6.1. If a school does not charge CSL for using its facilities, the Commissioner is authorized, after consulting with the Athletic Directors, to make a payment to that school to help that school's sports program.
  - 520.6.2. Participating Schools:
 

California Montessori Project	Herbert Green
Camino	Markham
Charter University Prep (CUP)	Marble Valley
Golden Sierra Jr/Sr High	Mountain Creek
Gold Trail	Pleasant Valley
Golden Hills	Sierra Ridge
Pleasant Grove	Valley View
Millers Hill	John Adams

## ARTICLE VI

### AMENDMENTS

600. Any part of this Constitution or By-Laws may be amended or repealed by a majority vote of the Athletic Directors Council subject to approval by the Executive Council.

## RULES AND REGULATIONS

### I - BASKETBALL, BOYS AND GIRLS

#### 100. Code Of Conduct

- 100.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 101. Blood Rule

- 101.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 102. Teams

- 102.1. Each school may field two teams.
- 102.1.1. 8<sup>th</sup> grade team - 7<sup>th</sup> & 8<sup>th</sup> graders.
  - 102.1.2. 7<sup>th</sup> grade team - 6<sup>th</sup> & 7<sup>th</sup> graders
  - 102.1.3. No 6<sup>th</sup> graders may play on 8<sup>th</sup> grade teams
- 102.2. Any player participating in any part of a game with the 8<sup>th</sup> grade team, after the second week of the basketball season, must remain on the 8<sup>th</sup>

grade team for the remainder of the season.

### 103. Season

- 103.1. Boys' basketball season starts around the last week of October and ends around the third week of December.
- 103.2. Girls' basketball season starts around the second week in January and ends around the first week of March.
- 103.3. Team membership is unlimited.

### 104. Scheduling

- 104.1. Basketball schedules will be made by the Commissioner and Athletic Directors.
- 104.2. Verification of games is the traveling team's responsibility. (See Constitution Article V, Section 512.1).
- 104.3. A team may schedule up to 15 total games. This may include two tournaments exclusive of the CSL Tournament. Each tournament shall count as two games.

### 105. Officials

- 105.1. There will be two officials if possible.
- 105.2. It is the home team's responsibility to provide officials.
- 105.3. If a school only has one team, it will be responsible to pay for half the officials' fees, if the officials charge for two games.

### 106. Championships

- 106.1. Championships shall be determined by tournaments at the end of the season.

### 107. Tournaments

- 107.1. Participation is voluntary.
- 107.2. Schools must have played in the regularly scheduled games during the season in order to be eligible.
- 107.3. Officiating is the responsibility of the Commissioner.
- 107.4. Perpetual trophies and championship banners will be presented at final tournament games.

- 107.5. Ribbons will be presented to individual team members.
- 107.6. Spectator fees will be charged to help defray the costs of the tournament, i.e. officials, facilities, etc. (\$3.00 for adults, \$1 for students or children under 8)
- 107.7. Seeding - by won-loss records of regularly scheduled games. (See Constitution Article V, Section 520.1.)
108. Boys and Girls Basketball Rules
- 108.1. Basketball will be played by the National Federation of State High School Athletic Associations' Basketball Handbook, unless otherwise noted.
- 108.1.1. Time – Boys and Girls
- 108.1.1.1. 8<sup>th</sup> grades will play four (4) seven minute regulation time quarters with the following exception: At halftime if a team is losing by **25** or more points, that team's coach may elect to shorten the 3<sup>rd</sup> and 4<sup>th</sup> quarters to six minutes.
- 108.1.1.2. 7<sup>th</sup> grades will play four (4) six minute regulation time quarters.
- 108.1.2. Special notes - Boys
- 108.1.2.1. The shooter cannot cross the free throw line and all players outside the three-point line during the free-throw cannot enter inside the three-point prior to the ball hitting the rim. All other players can enter on the release of the ball from the shooter's hand.
- 108.1.2.2. 3 pointers will be counted for shots made behind the 3 point line.
- 108.1.2.3. Each team will be allowed four (4) time outs. Coaches **and players** may call time outs.
- 108.1.2.4. Three (3) minute periods in overtime.
- 108.1.2.5. In each half, after seven (7) team fouls, the opposing team will shoot one and one. After ten

- (10) fouls, the opposing team will shoot two (2) free throws.
- 108.1.2.6. No bandannas may be worn.
- 108.1.2.7. Jewelry may not be worn. Tapping over jewelry is not allowed.
- 108.1.3. Special Notes - Girls
- 108.1.3.1. The shooter cannot cross the free-throw line and all players outside the three-point line during the free-throw cannot enter inside the three-point prior to the ball hitting the rim. All other players can enter on the release of the ball from the shooter's hand.
- 108.1.3.2. 3 pointers will be counted for shots made behind the 3 point line.
- 108.1.3.3. There is a back court line, but there is not a ten (10) second count to bring the ball over the line.
- 108.1.3.4. No thirty (30) second clock.
- 108.1.3.5. Three (3) minute periods in overtime.
- 108.1.3.6. Rubber bands are allowed in hair but no metal or plastic clips.
- 108.1.3.7. Ball - 28 1/2" to 29" circumference, and between 18 and 20 ounces.
- 108.1.3.8. Each team will be allowed four (4) time outs. Coaches may call time outs.
- 108.1.3.9. In each half, after seven (7) team fouls, the opposing team will shoot one and one. After ten (10) fouls, the opposing team will shoot two (2) free throws.
- 108.1.3.10. No bandannas may be worn.
- 108.1.3.11. Jewelry may not be worn. Taping over earrings or other jewelry is not allowed.

## RULES AND REGULATIONS

### II - CROSS COUNTRY

#### 200. Code Of Conduct

- 200.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 201. Blood Rule

- 201.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 202. Season

- 202.1. The cross country season begins in August and continues through the first or second week of October.

#### 203. Schedules

- 203.1. All cross country schedules shall be made at the May meeting by the cross country coaches with help and approval of the Commissioner and Athletic Directors.

204. Meets

204.1. The number of meets will not exceed two (2) in any one week.

205. Teams

205.1. Each school may have ten (10) cross country teams.

205.2. Second grade students may run “up” in the 3<sup>rd</sup> grade division, as long as they are seven (7) years old on or before August 15<sup>th</sup>.

205.3. To be eligible for the League championships, each runner must compete in at least one of the scheduled practice meets.

205.4. Teams will compete in these divisions in the League Championships:

205.4.1. Girls 3<sup>rd</sup> grade

205.4.2. Boys 3<sup>rd</sup> grade

205.4.3. Girls 4<sup>th</sup> grade

205.4.4. Boys 4<sup>th</sup> grade

205.4.5. Girls 5<sup>th</sup> grade

205.4.6. Boys 5<sup>th</sup> grade

205.4.7. Girls 6<sup>th</sup> grade

205.4.8. Boys 6<sup>th</sup> grade

205.4.9. Girls 7<sup>th</sup>/8<sup>th</sup> grade

205.4.10. Boys 7<sup>th</sup>/8<sup>th</sup> grade

These divisions each will be split into Small category teams and Large category teams. Separate awards will be given.

Note: See 210 for more information

205.5. Large and Small Categories (3<sup>rd</sup> – 5<sup>th</sup> grades only)

205.5.1. Each school will declare in the week before the League Championships (Finals) if it will be a Small Category or Large Category team.

205.5.2. A school must declare Large Category if, at the practice meets, it participates in four (4) of the six (6) divisions. (e.g. 3<sup>rd</sup> boys, 5<sup>th</sup> girls) with at least seven (7) runners.

205.5.3. Large category teams may enter a maximum of seven (7) runners. Runners must have recorded the qualifying times prior to the county finals: ¾ mile – 8 minutes, mile – 11 minutes, 1.5 miles –

15 minutes.

- 205.5.4. Small category teams may enter a maximum of five (5) runners.
- 205.6. Middle school teams may enter as many as seven (7) runners from each grade.
  - 205.6.1. Small category teams may enter a maximum of seven (7) runners. Runners must have recorded the qualifying times prior to the county finals:  $\frac{3}{4}$  mile – 8 minutes, mile – 11 minutes, 1.5 miles – 15 minutes.

## 206. Distances

- 206.1. Athletes will run the following distances:
  - 206.1.1. Boys and Girls 3<sup>rd</sup> grade 3/4 mile
  - 206.1.2. Boys and Girls 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> grade 1 mile
  - 206.1.3. Boys and Girls 7<sup>th</sup>/8<sup>th</sup> grade 1 ½ miles
  - 206.1.4. No distances shall be increased without the authorization of the CSL Coaches Council and Executive Council.

## 207. Attire

- 207.1. All participants must wear shirts and shoes.
- 207.2. No spiked shoes are permitted.
- 207.3. No bandannas or hats may be worn.

## 208. League Championships

- 208.1. Conducted in the first or second week of October
- 208.2. Individual awards will be given in each division.
- 208.3. Team divisions will remain as noted in 205.4.
- 208.4. Each participant will have a sticker attached to his/her shirt stating the name, school, and division of that participant.

## 209. Awards for League Championships

- 209.1. Medals shall be given to first through third place finishers in each division.
- 209.2. Ribbons shall be given to the fourth through fifteenth place finishers in

each division.

209.3. First through third place team members will receive ribbons.

209.4. All participants not finishing at least fifteenth shall receive a participation ribbon.

210. Rules

210.1. Cross country will be conducted according to the National Federation of State High School Athletic Association’s Track and Field Rules.

210.2. A cross country team will consist of the following: Large category teams with five (5) or more members and Small category teams with three (3) or more members.

210.2.1. Sixth (6<sup>th</sup>) and seventh/eighth (7<sup>th</sup>/8<sup>th</sup>) grade division teams will be three (3) or more members

210.3. Scoring

210.3.1. An example of scoring is shown in the following table:

Place of Finish	Points
First	1
Second	2
Third	3
Fourth	4
Fifth	5
	etc.

210.3.2. All competitors who finish the race will be ranked and tallied in accordance with the above table.

210.3.3. The team score will then be determined by adding the points scored by the first five (5) finishers of each Large team and the first three (3) finishers of each Small team.

210.3.4. The team that scores the fewest points is the winner.

210.3.5. If fewer than five (5) competitors (three [3] for small teams) of a

team finish, the places of all members of that team will be disregarded.

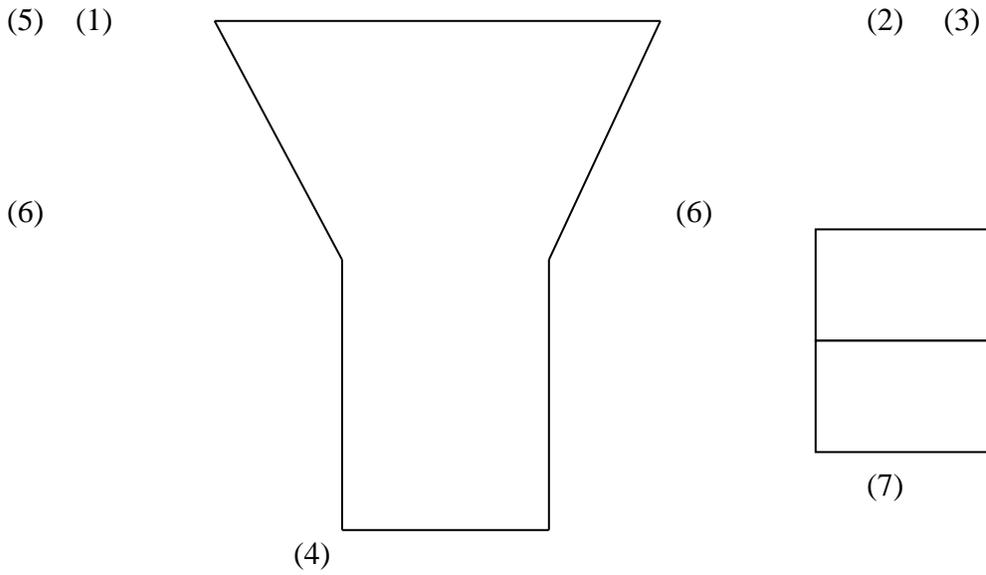
- 210.3.6. It is considered a tie event if two or more teams score the same number of points.
  - 210.3.7. While the sixth (6<sup>th</sup>) and seventh (7<sup>th</sup>) runners of a Large team (fourth [4<sup>th</sup>] and fifth [5<sup>th</sup>] for small teams) do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team will count to help their team's final standing.
211. Duties of Officials
- 211.1. Starter and Referee
    - 211.1.1. Place the teams in proper position at the starting line.
    - 211.1.2. Give needed instructions before the race and at the start of the race.
    - 211.1.3. Make final decisions concerning questionable points and disqualify any runner for unsportsmanlike conduct or for any flagrant violation of the rules.
  - 211.2. Finish Judges
    - 211.2.1. Stand outside the chute and on the finish line and determine the order in which runners enter the chute.
    - 211.2.2. The Judges' decisions are final.
  - 211.3. Chute Inspectors
    - 211.3.1. Supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish.
    - 211.3.2. See that any runner who crosses the finish line is given his/her proper order as the contestants go through the chute.
      - 211.3.2.1. NOTE: Some officials instruct contestants in the chute to place a hand on the shoulder of the one in front of them to prevent gaps in the line.
  - 211.4. Place Checker

- 211.4.1. Gives a place card to each finisher with a number on it that corresponds to the place of finish.
- 211.5. Head Timer
  - 211.5.1. Records the times of the finishing runners. A multiple place printing stopwatch will be used.
- 211.6. Backup Timer
  - 211.6.1. Uses a printing stopwatch or a regular stopwatch and calls out the times that are to be recorded for all the finishers if the head timer's stopwatch has malfunctioned.
- 211.7. Recorder
  - 211.7.1. Checks off the time of each finisher on the time sheet as the timer reads off the times if the head timer's stopwatch has malfunctioned.
- 211.8. Scorekeepers
  - 211.8.1. Records the following information on the score sheets:
    - 211.8.1.1. Name and school of each finisher corresponding to his/her place of finish.
    - 211.8.1.2. Time of each finisher corresponding to his/her place of finish.
- 211.9. Course Inspectors
  - 211.9.1. Observe the activity of the runners.
  - 211.9.2. If any runner fails to run the proper course or otherwise violates the contest rules, the inspectors report the infraction to the referee.

211.10. Layout of Finish Area and Location of Officials

- 211.10.1. Head Timer (1)
- 211.10.2. Backup Timer (2)
- 211.10.3. Recorder (3)
- 211.10.4. Place Checker (4)
- 211.10.5. Judges (5)
- 211.10.6. Chute Inspectors (6)
- 211.10.7. Scorekeepers (7)

FINISH



## RULES AND REGULATIONS

### III - FOOTBALL, FLAG, NINE MAN

#### 300. Code Of Conduct

- 300.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 301. Blood Rule

- 301.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 302. Season

- 302.1. Football season starts around the last week in August and ends around the first or second week of October.

#### 303. Schedules

- 303.1. The schedule is to be made by the Commissioner and Athletic Directors.

- 303.2. There should be approximately six CSL scheduled games.
- 303.3. For transportation reasons, the times, dates, and places for flag football should be the same as for girls volleyball.
- 303.4. Unless otherwise arranged, 7<sup>th</sup> grade games will be played before 8<sup>th</sup> grade games.
- 303.5. Sixth grade football games are not to be scheduled by CSL. Individual coaches who have 6<sup>th</sup> grade teams may make up their own schedule.

#### 304. Team Membership

- 304.1. Eighth grade team made up of students from 8<sup>th</sup> grade level. Seventh grade students may play up--but may not play down after they have played in one 8<sup>th</sup> grade game.
- 304.2. 6<sup>th</sup> graders may not play on 8<sup>th</sup> grade teams.
- 304.3. Seventh grade team made up of students from 7<sup>th</sup> grade level and 6<sup>th</sup> grade level.

#### 305. Awards

- 305.1. Ribbons will be awarded by the CSL to the first three teams in the CSL tournament.
- 305.2. Perpetual trophies and championship banners will be presented to the first place finishers in the season ending tournament.
- 305.3. Other awards may be purchased by any school that wishes to reward its team for success in that season.

#### 306. Officiating

- 306.1. The home team will be in charge of securing competent officials.
- 306.2. Schools with one team are responsible for paying half the officials fees if the officials charge for two games.
- 306.3. There should be at least two officials, preferably three, for each game.

#### 307. Tournaments

- 307.1. The CSL will host an invitational tournament at the end of the season. Only League members in good standing will be invited.
- 307.2. Seeding - by won/loss records of regularly scheduled games. (See

## Constitution Article V, Section 520.1.)

## 308. Nine Man Flag Football Rules

## 308.1. The Game

308.1.1. Flag football is played according to the National Federation of State High School Athletic Association's Football Handbook with the following exceptions:

308.1.2. There is no tackling.

308.1.3. A ball carrier is down when the flag is pulled from his waist.

308.1.4. Players without their flag need only be touched with one hand.

308.1.5. Other notes and exceptions to the official rules are listed below.

## 308.2. Number of Players

308.2.1. Nine players are used.

308.2.2. Only ends and backs will be eligible as pass receivers or ball carriers.

308.2.2.1. Note: an "end" is a player lined up at the end of his team's line.

## 308.3. Playing Area

308.3.1. A field forty by eighty yards, divided into twenty-yard zones is required.

308.3.1.1. An additional line shall be marked at the 10 yard line at each end of the field.

308.3.1.2. The 10, 20, and 40 yard lines will be first down lines.

308.3.2. End zones will be ten yards and inbound marks ("hash" marks) thirteen yards.

308.3.3. Point after line is three yards from the goal line for one point, eight yards from the line for two points.

## 308.4. Equipment

308.4.1. Ball - Intermediate size football for 8<sup>th</sup> grade, and junior size ball for 7<sup>th</sup> grade.

- 308.4.2. Flags - each player must wear a three flag belt with clip. Flag to be no shorter than 16" in length. Flag must be a color that clearly contrasts with the color of the shorts or pants.
- 308.4.3. Shoes - Soccer-type (plastic or rubber, molded bottom cleated shoes), basketball, tennis or cross country shoes **MUST** be worn.
  - 308.4.3.1. No screw on, or metal tip cleats will be allowed.
  - 308.4.3.2. Bare feet or stocking feet will not be allowed.
- 308.4.4. Padding
  - 308.4.4.1. No hard surface padding, i.e. shoulder pads, hip pads, helmets, etc., may be worn.
  - 308.4.4.2. Soft basketball knee pads or baseball sliding pads may be worn.
  - 308.4.4.3. No pads on arms.
  - 308.4.4.4. Mouthpieces are recommended but not required.
- 308.4.5. Uniforms
  - 308.4.5.1. Jerseys must be tucked in.
  - 308.4.5.2. No bandannas, hats, or jewelry may be worn.
- 308.5. Formation
  - 308.5.1. The offensive line must have at least five (5) players on the line of scrimmage.
  - 308.5.2. No player may line up closer than three (3) yards from the sideline.
  - 308.5.3. The defensive team may use any formation it desires.
  - 308.5.4. Backs must be clearly behind linemen. Coaching point: No part of any back may be even with or in front of any linemen's feet.
  - 308.5.5. Linemen may not use a four point stance.
- 308.6. Playing Period and Timeouts
  - 308.6.1. The eighth grade game consists of four (4) eleven (11) minute quarters, counted as running time, with the exception of injury or called time-outs or touchdowns (clock stopped after the extra point).

- 308.6.2. The seventh grade game consists of four (4) ten (10) minute quarters, counted as running time, with the exception of injury or called timeouts or touchdowns (clock stopped after the extra point).
- 308.6.3. Both 308.6.1 and 308.6.2 are running time except in the last two (2) minutes of the second and fourth quarters which will be played as regulation time. By mutual agreement, this can be changed to running time.
- 308.6.3.1. In regulation (“stop”) time, the clock is stopped until the ball is snapped for:
- an incomplete pass,
  - out of bounds,
  - change of possession,
  - time outs, and
  - offensive penalties when the offense is ahead (to avoid stalling).
- 308.6.3.2. In regulation (“stop”) time, the clock is stopped until the referee starts the clock for:
- first downs,
  - injuries,
  - penalties (other than above), and
  - officials’ time outs.
- 308.6.4. There will be a two (2) minute interval between quarters and a three minute interval between halves.
- 308.6.5. Each team will be allowed two (2) one-minute-timeouts per half. If game goes into overtime (only in the league tournament), one additional timeout will be allowed, plus any unused timeout from the second half.
- 308.7. Flag Position
- 308.7.1. Each player must wear a three flag belt with clip at all times.

- 308.7.2. All players' shirts and jerseys must be tucked inside their pants or shorts so that their flags can be clearly seen.
- 308.7.3. Officials are to inspect flags at the start of the game to see that they are in proper order.
- 308.7.4. Any alteration of flags after the start of the game shall result in the disqualification of the offending player.
- 308.8. Starting the Game
  - 308.8.1. The winner of the toss must choose one of the following two options:
    - 308.8.1.1. To designate which team will kick or receive.
    - 308.8.1.2. To designate which goal his team will defend.
    - 308.8.1.3. To defer the choice to the second half.
  - 308.8.2. The loser has the other option.
- 308.9. Unsportsmanlike Conduct
  - 308.9.1. The referee may bar a player, manager, spectator, or coach for the entire game for unsportsmanlike conduct, swearing, or talking back. Failure to comply with the above may result in team forfeit.
  - 308.9.2. In addition, the team of the offending person will be given a twelve yard penalty.
- 308.10. Position of the Ball
  - 308.10.1. If any portion of the ball is on or over a line, the ball is considered to be in the advanced area.
- 308.11. Touchback and Safety
  - 308.11.1. When the ball becomes dead behind the goal line after a kick and reverts to the defending team (touchback), the ball will be put in play on the defending team's twenty (20) yard line.
  - 308.11.2. When a safety is scored, the team the safety was scored against will put the ball in play on the twenty (20) yard line by a free kick (punt or kick off the ground or tee). The receiving team will line up on the forty (40) yard line.

### 308.12. Penalty Enforcement

308.12.1. Where the infliction of a penalty causes the ball to go over the goal line, half the distance from the line of scrimmage to the goal line will be the penalty.

#### 308.12.2. Point of assessment

308.12.2.1. Major penalties on the offense on a running play are to be enforced from the point of the foul, or the spot of the ball at the end of the play, whichever is worse.

308.12.2.2. Major penalties on the offense on a passing play or on the defense on any kind of play are to be enforced from the point of foul or the line of scrimmage, whichever is worse for the offending team.

#### 308.12.3. Downs

308.12.3.1. Unless otherwise stated, minor penalties (4 yards) repeat the down.

308.12.3.2. Unless otherwise stated, major penalties (12 yards) are as follows:

OFFENSE- repeat the down

DEFENSE- automatic first down for the offense

308.12.4. Any penalty may be declined by the offended team.

### 308.13. Substitutes and Sideline Restrictions

308.13.1. The free substitute rule prevails. Substitutions may be made any time the ball is dead.

308.13.2. It is not necessary for substitutes to report to an official.

308.13.3. Players not in the game and coaches must stay between the 20-yard line marks and must stay at least one yard back from the sideline.

### 308.14. Scoring

308.14.1. Touchdown - 6 points

308.14.2. Conversion made from three yard line - 1 point

308.14.3. Conversion made from eight yard line - 2 points

- 308.14.4. Safety - 2 points
- 308.15. Ties
  - 308.15.1. In case of a tie in regular season play, the game remains a tie, and overtime cannot be played.
  - 308.15.2. In tournaments the following tie-breaking procedure is to be used:
    - 308.15.2.1. Both teams will stay at one end of the field. A coin flip will decide which end, unless there is mutual agreement.
    - 308.15.2.2. Each team gets four plays beginning from the opponent's 10 yard line.
    - 308.15.2.3. If a team scores, it still gets its remaining plays.
    - 308.15.2.4. When a team scores, it does not play the extra point.
    - 308.15.2.5. An interception ends the offense's possession.
    - 308.15.2.6. The team with the most points wins.
    - 308.15.2.7. Any major penalty by the defense will result in a replayed down from the one yard line (unless the penalty is declined).
- 308.16. Duties and Positions of Officials
  - 308.16.1. Referee
    - 308.16.1.1. He will be in absolute charge of the game.
    - 308.16.1.2. His position is behind the offensive team.
    - 308.16.1.3. He will call all plays nearest him and assess all penalties for infractions of rules.
    - 308.16.1.4. His decision shall be final.
  - 308.16.2. Head Linesman
    - 308.16.2.1. His position is on the line opposite the down marker.
    - 308.16.2.2. He will be responsible for the line that must be reached by the offensive team in each series of four downs.
    - 308.16.2.3. He will call off-sides.
  - 308.16.2.4. Timekeeper
  - 308.16.2.5. Shall keep the time as well as the score.

308.16.3. Back Judge

308.16.3.1. His position begins on the line near the down marker, but when the play starts, he moves downfield.

308.16.3.2. He will keep the time as well as the score.

308.16.3.3. He will be responsible for plays on his side of the field and downfield from the line of scrimmage.

308.16.4. Captains

308.16.4.1. The captain of a team will be the only player authorized to question, discuss, or dispute decisions. (Also refer to Unsportsmanlike Conduct Section 308.9.)

308.17. Fumbles

308.17.1. Fumbles that hit the ground will be dead at that spot. The team in possession of the ball at the time of the fumble will remain in possession.

308.17.2. If a fumble is caught in the air by the offense or defense before it hits the ground, the ball may be advanced.

NOTE: "Tackling the football" by the defense to gain possession is not allowed. Penalty: unsportsmanlike conduct.

308.17.3. Punts and kickoffs are live. However, only the receiving team may advance the ball. See 308.26.6 and 308.32.2.

308.18. Passing

308.18.1. Ends and backs are eligible to receive passes.

308.18.2. A forward pass may be thrown from any point behind the line of scrimmage.

308.18.2.1. More than one forward pass may be thrown when both passers are behind the line of scrimmage.

308.18.3. Penalty: loss of down and four (4) yards: if the passer is beyond the line of scrimmage, there is intentional grounding, or an illegal receiver is down field.

If there is defensive pass interference, the ball is located at the spot of infraction unless it is in the end zone; then it is placed one yard from the goal line. The offense is awarded an automatic first down.

Offensive pass interference shall be a twelve (12) yard penalty and loss of down.

308.18.3.1. No pass interference will be called when the pass is ruled to be uncatchable.

308.18.4. If a defender pulls a receiver's flags:

- before the ball is thrown, the penalty is defensive holding;
- when the ball is in the air, the penalty is pass interference.

In either case, if the receiver catches the ball, he is down with a single-hand tag.

308.18.5. A pass is complete if the first foot down of the receiver is inbounds after the completion.

#### 308.19. Hacking and Straight Arming

308.19.1. It is a foul to hack, guard flags, trip, hold, rough, or straight-arm another player.

308.19.2. PENALTY: On a passing play, twelve (12) yards from the point of foul or the line of scrimmage, whichever is worse.  
On a running play, twelve (12) yards from the point of foul or the spot of the ball, whichever is worse.

#### 308.20. Tackling

308.20.1. Tackling is considered the same as any other unnecessary roughness.

308.20.2. For flagrant tackling the offender will be excluded from the game.

308.20.3. The flag puller may not have both feet leave the ground at once while pulling the flag.

308.20.4. PENALTY: TWELVE (12) YARDS FROM SPOT OF FOUL AND FIRST DOWN.

- 308.20.5. Pushing the ball carrier out-of-bounds will be considered and penalized as tackling.
- 308.20.6. If the defender changes course with the intent to do bodily harm, it will be considered unnecessary roughness. **PLAY THE FLAG, NOT THE PLAYER.**
- 308.20.7. The ball carrier will strive, by agility rather than power, to avoid having his flag pulled.
- 308.20.8. Any attempt by the ball carrier to run over, charge, hurdle, or straight-arm the defense will be illegal. The defense may choose the spot of the foul to be the spot of the ball.
- 308.20.8.1. Point of Clarification: Hurdling is jumping over any player (including an offensive player). A runner may step over a player on the ground.
- 308.20.9. The offensive player who is carrying the ball cannot guard his flags with any part of his body.
- 308.20.10. **PENALTY: TWELVE (12) YARDS AND POSSIBLE DISQUALIFICATION FROM THE GAME.**  
NOTE: Officials, in judging "running over" by the ball carrier, will keep in mind the charging rule as applied in basketball.
- 308.21. **Illegal Motion**
- 308.21.1. Illegal motion by the offense.
- 308.21.2. **PENALTY: FOUR (4) YARD PENALTY FROM THE LINE OF SCRIMMAGE.**
- 308.21.3. The encroachment rule is in effect when the ball is dead and illegal motion occurs--the penalty is assessed at that time.
- 308.22. **Off Side**
- 308.22.1. **PENALTY: FOUR (4) YARDS**
- 308.22.2. See 308.21.3. NOTE: If a player lines up off side, the play will continue and the penalty flag dropped after the snap of the ball. Players should check with the linesman and back judge to make

sure they are on side.

308.23. Stalling

308.23.1. Stalling or intentionally delaying the game.

308.23.2. PENALTY: FOUR (4) YARDS FROM THE LINE OF SCRIMMAGE.

308.24. Blocking

308.24.1. Blockers may use open hands. The hands must be within the area of the blocker's shoulders. No extending arms or pushing.

308.24.2. All blocking must be done above the waist.

308.24.3. Open hands may be used by the defensive lineman on or below the opponent's shoulders.

308.24.4. A blocker will not have both feet off the ground at once, in any case, to throw a block (penalty: see 308.24.7).

308.24.5. Shoulder blocks must be made with the hands on the chest.

308.24.6. Downfield blocking is permitted on passes completed behind the line of scrimmage.

308.24.7. PENALTY: OFFENSIVE PLAYER--TWELVE (12) YARDS.

308.24.8. DEFENSIVE PLAYER--TWELVE (12) YARDS, AND THE ENSUING DOWN IS THE FIRST DOWN FOR THE OFFENSIVE TEAM.

308.25. Between Quarters

308.25.1. Between the first and second and the third and fourth quarters, the teams will change goals.

308.25.2. Team possession, number of the next down, and the relative position of the ball to the goal line remain unchanged.

308.26. Kickoff

308.26.1. The ball is kicked off from the offensive team's thirty (30) yard line and should travel at least twenty (20) yards toward the opponent's goal, unless touched by the receiving team, in order to continue play.

- 308.26.2. Five men on the receiving team must have a foot on the opposite thirty (30) yard line until the ball is kicked.
- 308.26.3. Out-of-bounds on kickoff
- 308.26.3.1. If the ball goes out-of-bounds on the kickoff, it must be kicked off again from the same line.
- 308.26.3.2. After a second out-of-bounds kickoff, the receiving team puts the ball in play at mid-field.
- 308.26.4. Off Side
- 308.26.4.1. PENALTY: OFFENSE--FOUR (4) YARDS FROM SPOT OF KICK.  
DEFENSE--FOUR (4) YARDS FROM SPOT OF KICK.
- 308.26.5. The ball must be kicked from a regulation kicking tee or be placed on the ground. No punting allowed on kickoffs.
- 308.26.6. When the kickoff is muffed, it is a live ball but only the receiving team may advance the ball.
- 308.26.7. A kickoff that crosses the opponent's goal line, whether untouched or muffed, becomes a dead ball and belongs to the receiving team at the twenty yard line (a touchback).
- 308.27. Out-of-bounds Ball
- 308.27.1. When putting the ball in play after it has gone out-of-bounds, it should be placed thirteen (13) yards in from the sideline, opposite the spot where it went out.
- 308.28. Putting Ball In Play
- 308.28.1. A team has thirty (30) seconds to put the ball in play after the official has placed the ball on the ground ready for the next play.
- 308.28.1.1. PENALTY: FOUR (4) YARDS FROM THE LINE OF SCRIMMAGE.
- 308.28.1.2. Offensive players must come to set position for at least one (1) second before centering the ball. Exception: One back may move laterally or backward from the line of

scrimmage.

308.28.1.3. Four-point stances are not allowed.

H.S. Rule 8.2.2 It is a touchdown when a loose ball is caught in the air by a player while the ball is on or behind his opponent's goal line.

308.29. Downs

308.29.1. A team has four downs to advance the ball from wherever it is received to the next zone.

308.29.2. If a team fails to reach the next zone in four downs, the opponents gain possession of the ball at the spot where the ball is declared dead on the fourth down.

308.30. Downed Ball

308.30.1. In order to down a ball carrier, the flag belt must be pulled from the waist and held over the head. Also see 308.20.3.

308.30.2. The ball is dead if the player's knee touches the ground, or he is forced out of bounds.

308.31. Scrimmage Kicks (Punts)

308.31.1. Any player of the kicking team who touches the ball after it has been kicked causes the ball to become dead unless it first touches a player of the receiving team.

308.31.2. All kicks must be a declared kick.

308.31.2.1. The punt must be declared before the huddle and/or the defense must be given ten seconds to get ready.

308.31.2.2. On a declared kick, defensive linemen cannot try to block the kick.

308.31.2.3. The linemen's hands must not be higher than their heads.

308.31.3. A scrimmage kick that crosses the opponent's goal line becomes a dead ball and belongs to the receiving team at the twenty (20) yard line.

308.31.4. Whenever the offensive team declares a punt, the kicker may receive a direct snap from the center. A muffed snap may be

picked up and kicked.

308.31.5. For safety reasons, the ball must be kicked from a distance of at least five (5) yards behind the line of scrimmage.

308.31.5.1. No offensive player will cross the line of scrimmage until the ball is kicked.

308.31.5.2. PENALTY - FOUR (4) YARDS FROM THE LINE OF SCRIMMAGE AND THE DOWN GOES OVER.

308.31.6. Defensive team and line of scrimmage:

308.31.6.1. The defensive team must have at least five (5) men within five yards of the line of scrimmage and may not cross the line of scrimmage until the ball is kicked.

308.31.6.2. PENALTY - ILLEGAL PROCEDURE, FOUR (4) YARDS FROM LINE OF SCRIMMAGE.

308.32. Opportunity to Catch a Kick

308.32.1. A player of the receiving team, who is within the boundary lines and is so located that he could touch any type of kick, must be given an unmolested opportunity to catch the kick.

308.32.2. If the receiver muffs the kick, it is a live ball, but only the receiving team may advance the ball.

308.32.3. A muffed kick that rolls into the end zone is a touchback.

## RULES AND REGULATIONS

### IV - TRACK AND FIELD

#### 400. Code Of Conduct

- 400.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 401. Blood Rule

- 401.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 402. Season

- 402.1. The track season starts in the first or second week of April and ends in the third or fourth week of May.

#### 403. Schedules

- 403.1. The number of meets will not exceed two (2) in any one week.
- 403.2. Schedules will be prepared in March when the availability of sites

becomes known.

404. Participation

404.1. Track and Field is for students in 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades.

405. Classes

405.1. Exponents (height, weight, age) will determine what class (A, B, C) a student may enter. (See Exponent Chart, Page 50.)

405.2. Exponents are to be taken as of April 1<sup>st</sup>.

405.3. A participant may compete in one class above his exponents but must stay in that class for all of his/her events. EXCEPTION: If a school has only three participants in a class, one (1) participant from a class below may move up for a relay only. No participants may move down a class to complete a relay team.

406. Clothing

406.1. Contestants must wear shirts.

406.2. All participants must wear shoes.

406.3. No spiked shoes are permitted, not even with the spikes taken out. Shoes with the “molded bumps” may be worn.

406.4. No bandannas may be worn. Hats may not be worn in the running events.

407. Hurdles

407.1. Height of low hurdles set at lowest mark (approximately thirty [30] inches).

407.2. Distance between sixty-five (65) meter low hurdles.

407.2.1. Starting line to first hurdle is forty-eight (48) feet three(3) inches.

407.2.2. Distance between hurdles is thirty (30) feet.

407.2.3. Distance from the last hurdle to the finish line is forty-five (45) feet.

407.2.4. There are five (5) hurdles in the sixty-five (65) meter race.

408. 400 Meter (400) Relay

408.1. Four hundred (400) relays start in staggers.

- 408.2. All runners must stay in their starting lanes.
- 408.3. Sixty-five (65) feet are allowed for passing the baton.
409. High Jump
- 409.1. Tries
- 409.1.1. Three tries at one height disqualifies a participant.
- 409.1.2. When a jumper's turn occurs, he/she will have two (2) minutes to make a legitimate try to clear the height. If an attempt is not made in the two minutes, a miss will be recorded. A jumper may choose to pass to the next height.
- 409.2. High jumpers will start competition at the following heights:
- | <u>Girls</u>     | <u>Boys</u>      |
|------------------|------------------|
| Class "C" 3' 6"  | Class "C" 3' 10" |
| Class "B" 3' 8"  | Class "B" 4' 0"  |
| Class "A" 3' 10" | Class "A" 4' 2"  |
- 409.3. The bar will be raised two (2) inches until only three participants are left in their class. Then the bar will be raised one (1) inch thereafter.
410. Running Long Jump
- 410.1. Best of three (3) tries.
411. Shot Put
- 411.1. Best of three (3) tries.
412. Coed 400 Relay – Only at practice meets held after the 800 run.
413. Condition of Participants
- 413.1. Coaches are responsible for the conditioning of all participants.
414. Records
- 414.1. Times and distances recorded for individuals or individual teams. No school standings taken.
- 414.2. Relays are the only events where schools compete against each other.
- 414.3. League records may be set at the Trials, Finals, and Pentathlon.
415. Pentathlon
- 415.1. Host - to be determined.

415.2. Best boys and best girls track and field athlete from each exponent level ("A" and "B") from each site to be determined.

415.2.1. Girls - 100 meter dash, 660 yard run, 6 lb. shot, long jump, and high jump.

415.2.2. Boys - 100 meter dash, 660 yard run, 8 lb. shot, long jump, and high jump.

#### 416. League Trials

416.1. League trials will be held approximately 2 to 3 days in advance of the finals.

416.2. Trials will be held in the following events:

416.2.1. 65 meter hurdles

416.2.2. 400 relay

416.2.3. 400 meter run

416.2.4. 100 meter dash

416.2.5. 200 meter dash

416.2.6. Shot Put

416.2.7. Long Jump

416.2.8. High Jump

416.3. Participants are allowed to compete in two track and one field, or two field and one track plus the relay.

416.4. Running events qualifying

416.4.1. 400 and 400 relays: top eight (8) times qualify

416.4.1.1. In the 400 relay, each school may enter only one team per division

416.4.2. 65 hurdles, 100, 200: Runners will be pre-seeded. Coaches must submit their entrants via e-mail, or fax no later than 6:00 p.m. the Monday before the trials. Qualifiers for the Finals will be based on places in the heats. The number of heats will determine the number of places that qualify. Any extra lanes available for the Finals will be filled

- according to the fastest times beyond the qualifying places.
- 416.5. In the trials each school may enter four (4) per division in the field events with the top eight (8) qualifying for the finals.
- 416.6. The 800 and mile are run at the finals only.
- 416.6.1. There are no trials.
- 416.6.2. Each team is allowed an unlimited number of participants.
417. League Finals
- 417.1. The date and site for the League Finals will be determined at the pre-season meeting.
- 417.2. Awards
- 417.2.1. First place - Gold medals.  
Second place - Silver medals.  
Third place - Bronze medals.
- 417.2.2. Medals will be distributed at the finish of each event.
418. Responsibilities of the Host for the League Finals
- 418.1. Order of events.
- 418.2. Time schedule for events.
- 418.3. Judges, starters, timers, officials and assistants.
- 418.4. Make sure track is lined. Must furnish lime (approximately six - 100 lb. bags).
- 418.5. Public address system.
- 418.6. Announcer.
- 418.7. High jump standards, bars, pits (two (2) pits: one (1) for boys and one (1) for girls).
- 418.8. Shot puts: One (1) eight (8) lb. and two (2) six (6) lb.
- 418.9. Two rakes for long jump (two (2) pits: one (1) boys and one (1) girls).
- 418.10. Six tape measures (two (2) high jump, two (2) long jump and two (2) shot put).
- 418.11. Two starting guns and blank shells.
- 418.12. A minimum of eight (8) clipboards.

418.13. A minimum of six (6) stop watches.

418.14. Entry lists for persons in charge of each event.

418.15. Two (2) finish tapes.

418.16. Requisition of facilities: track, restrooms, concession stand, at least one month in advance.

418.17. Updated record.

419. Order of Events for League Trials and Finals

419.1. All "A" events will be run first.

	<u>Boys</u>	<u>Girls</u>
420. 65 meter hurdles	A B C	A B C
421. 400 meter relay (4 x 100)	A B C	A B C
422. Mile (Finals only)	A B C	A B C
423. 400 meter run	A B C	A B C
424. 100 meter dash	A B C	A B C
425. 200 meter dash	A B C	A B C
426. 800 meter run (Finals only)	A B C	A B C
427. Six (6) lb. shot	C	A B C
428. Eight (8) lb. shot	A B	
429. High jump	A B C	A B C
430. Long jump	A B C	A B C

TRACK AND FIELD EXPONENT CHART

<u>AGE</u>		<u>HEIGHT</u>		<u>WEIGHT</u>	
Under 11	1	60 and under	1	Under 89	1
11/0 - 11/5	2	61	2	89 - 93	2
11/6 - 11/11	3	62	3	94 - 100	3
12/0 - 12/5	4	63	4	101 - 107	4
12/6 - 12/11	5	64	5	108 - 114	5
13/0 - 13/5	6	65	6	115 - 121	6
13/6 - 13/11	7	66	7	122 - 128	7
14/0 - 14/5	8	67	8	129 - 135	8
14/6 - 14/11	9	68	9	136 - 139	9
15/0 - 15/5	10	69	10	140 and over	10
15/6 - 15/11	11	70 and over	11		

BOYS

- C = 0 - 12 points
- B = 13 - 18 points
- A = 19 and over points

GIRLS

- C = 0 - 10 points
- 11 - 15 points
- A = 16 and over points

Example Of Classification

Age - 14/4	8
Height - 63 in.	4
Weight - 116 lbs.	<u>6</u>
	18 points

If a boy, this would be a "B" If a girl, this would be an "A"

## RULES AND REGULATIONS

### V - BOYS AND GIRLS VOLLEYBALL

#### 500. Code Of Conduct

- 500.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 501. Blood Rule

- 501.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 502. Season

- 502.1. Girls Volleyball season starts around the last week in August and ends around the first or second week of October.
- 502.2. Boys Volleyball season starts around the second week of March and ends around the second or third week of April.

#### 503. Schedules

- 503.1. The schedule is to be made by the Commissioner and Athletic Directors.

503.2. There should be approximately six (6) – ten (10) CSL games scheduled.

503.3. For transportation reasons, the times, dates and places for girls volleyball should be the same as for flag football.

#### 504. Order of Games

504.1. Unless otherwise arranged, 7<sup>th</sup> grade games will be played before the 8<sup>th</sup> grade games.

#### 505. Team Membership

505.1. The 8<sup>th</sup> grade team shall be made up of 8<sup>th</sup> graders. 7<sup>th</sup> graders may play up but may not play down after they have played in one 8<sup>th</sup> grade game.

505.2. The 7<sup>th</sup> grade team shall be made up of players from the 7<sup>th</sup> grade and 6<sup>th</sup> grade.

505.3. 6<sup>th</sup> graders may play on the 8<sup>th</sup> grade team only in the absence of a 7<sup>th</sup> grade team.

#### 506. Championship

506.1. The championship for grades 7 and 8 shall be determined by a tournament at the end of the season.

#### 507. Tournaments

507.1. See Constitution, Article V, General Procedures, Section 520, for the rules and regulations affecting all tournaments.

507.2. Teams may be divided into pools based on their season play.

507.2.1. Each team in the pool will play each other. Format of the games in pool play will be decided by the tournament host.

507.3. Playoff structure will be decided by the tournament host.

#### 508. Awards

508.1. Perpetual trophies and championship banners will be presented to the first place winners in the tournament.

508.2. Ribbons will be presented to the team members of the first through third place teams.

#### 509. Rules

509.1. General

- 509.1.1. The game will be played by the National Federation of State High School Athletic Associations' Volleyball Rules with the following notes and exceptions:
- 509.2. Match
- 509.2.1. Best two out of three games to twenty-five (25) points (rally scoring). Third game is to fifteen (15).
- 509.3. Service
- 509.3.1. Winner of the toss may take either the first and third game service or choice of courts.
- 509.3.2. A foot fault in service occurs when the server steps on or over the service line during the act of serving.
- 509.3.3. If a player serves out of turn, side out is called as soon as the mistake is discovered, and any points made by the player will be canceled.
- 509.3.4. Server must wait until referee blows whistle before serving.
- 509.3.5. When the ball is served, all players must stand inside the court boundaries except the player serving.
- 509.3.6. After the ball is served, a player may cover any section of her own court.
- 509.3.7. When a serve touches and goes over the net, it is a live ball and may be played.
- 509.3.8. Even though by rule there is no service line, some schools may enforce special rules, due to space considerations.
- 509.3.9. The server may catch or drop a tossed ball. If they do, they get a reserve. Only one per server. They are allowed another re-toss the next time they come around to serve.
- 509.3.10. A server has 5 seconds to serve the ball.
- 509.4. Playing the Ball
- 509.4.1. A ball striking the net and going over is still in play.
- 509.4.2. The ball may be played when any part of it has crossed the top of

the net.

509.4.3. A ball, other than the service, may be recovered from the net, provided the player avoids touching the net.

509.4.4. A ball hitting any part of a line is considered "in."

509.5. Points

509.5.1. If any player of the serving team commits any of the following acts, it will be loss of serve and a point for the other team. If a player of the receiving team commits any of the following acts, one point will be scored by the serving team.

509.5.1.1. Serves illegally.

509.5.1.2. Fails to return the ball legally to the opponent's court.

509.5.1.3. Carries, pushes, or lifts the ball.

509.5.1.4. Strikes the ball more than once in succession. However, the ball may make multiple contacts on the receiver's body on the first ball over the net (e.g. wrist to shoulder).

509.5.1.5. Is the fourth player to play the ball.

509.5.1.6. Commits a body foul, such as touching the ball with other than the hands.

509.5.1.7. Touches the net with any part of the body at any time except when the ball is dead.

509.5.1.8. Reaches over the net. Exceptions: blocking (not a set) and follow through over the net are permitted.

509.5.1.9. Crosses the center line into the opponent's court.

509.5.1.10. Makes an illegal substitution.

509.5.1.11. Requesting a time out, in a game after a team has taken its two (2) allotted time outs.

509.5.1.12. If a player serves before the whistle, they will asked to re-serve.

509.5.1.13. Delays the game.

509.5.1.14. Leaves the court without the permission of the referee.

509.5.1.15. Throws or holds the ball.

509.5.1.16. Back player shall not participate in a block.

509.5.1.17. A back row player cannot hit a ball which is above the plane of the net while on or in front of the attack line.

509.6. Double Foul

509.6.1. A double foul will be called when players on opposing sides commit simultaneous fouls.

509.6.2. The ball is played over.

509.7. Game and Match

509.7.1. A game consists of twenty-five (25) points (third game in a match is 15 points) provided one team has a two (2) point advantage.

509.7.2. A match is won by the team that wins two (2) out of three (3) games.

509.7.3. At the end of each game of the same match, teams will change courts.

509.8. Time Out

509.8.1. Only the referee, coach, or playing captain can call time outs during dead balls only.

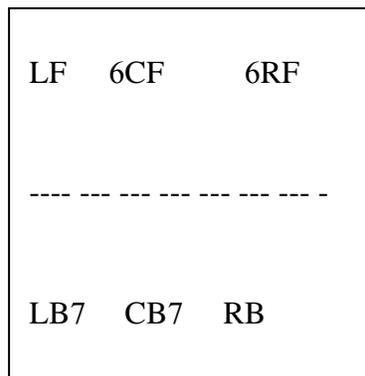
509.8.2. Two (2) time outs of one (1) minute each are allowed for rest during a game.

509.9. Net

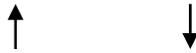
509.9.1. The net stretches tight across the center line with the top seven feet, four inches (7' 4") if possible, from the floor.

509.10. Court Set Up and Rotation

NET



## 10' Spike Line



### 509.11. Rotation

- 509.11.1. Rotation occurs when possession of the ball returns to a team.
- 509.11.2. There is no rotation for a team that has just lost its serve.
- 509.11.3. Each player will rotate in order of her position on the court.
- 509.11.4. Players will rotate one position when changing sides.
- 509.11.5. When a team wins the serve, it rotates, even on the first serve.

### 509.12. Number of Players

- 509.12.1. In all official matches, teams will be composed of six players.
- 509.12.2. A team may not begin with fewer than six (6) players.
- 509.12.3. If through any circumstance a team is reduced to fewer than six (6) players, that game will be forfeited.

### 509.13. Substitutes

- 509.13.1. Substitutes may enter the game during any dead ball or time out.
- 509.13.2. There is no limit on individual entries in a game, but a team is limited to 18 total entries in a game.
- 509.13.3. Exchange of players shall be made at side of court where numbers are clearly visible to referee and scorekeeper.
- 509.13.4. After returning to the game when substituted, the player may go in for only the same player.

### 509.14. Definition of Terms

- 509.14.1. **SERVICE** - The putting in play of the ball by the player in the right back position.
- 509.14.2. **VOLLEY** or **SET** - One hit of the ball by a player using only the first digit of the fingers, keeping arms and shoulders in line with

- the body.
- 509.14.3. ROTATION - The shifting of players in position for service.
  - 509.14.4. BLOCKING - Action at the net in an attempt to intercept the ball coming from the opponent's side only by front three players.
  - 509.14.5. POINT - Point is called when the team receiving fails to return the ball legally to the opponent's side.
  - 509.14.6. SIDE OUT - Side out is called when the team serving fails to win the point.
  - 509.14.7. DEAD BALL - The ball is dead after point, side out, or any other decision temporarily suspending play.
  - 509.14.8. OUT OF BOUNDS - The ball is out of bounds when it touches any surface or object outside the court, except a player in the act of playing the ball. A ball touching a boundary line is good.
  - 509.14.9. HOLDING - When the ball momentarily comes to rest in the hands or upper arms of a player, she shall be considered catching or holding the ball. The ball must be clearly contacted with the forearm.
  - 509.14.10. DELAYING THE GAME - Any act which in the opinion of the referee tends to slow the game unnecessarily.
    - 509.14.10.1. Bouncing the ball before serving it.
    - 509.14.10.2. Taking too much time recovering a ball from out of bounds.
    - 509.14.10.3. Rotating too slowly.
    - 509.14.10.4. Taking more than the two (2) allotted time outs for rest.
    - 509.14.10.5. Leaving the court without permission.
    - 509.14.10.6. Taking more than fifteen (15) seconds for substitution.
  - 509.14.11. FOUL - A foul is any infraction of the rules.
  - 509.14.12. SUBSTITUTION - The replacement of a player during a game when the ball is dead.
  - 509.14.13. DIG, PASS, OR BUMP - Play in which the ball is instantly hit off

forearms or wrist, usually below the waist.

- 509.14.14. SPIKES - A play in which the ball is hit forcibly into the opponent's court from above the top of the net.

## RULES AND REGULATIONS

### VI - WRESTLING

#### 600. Code Of Conduct

- 600.1. All spectators, coaches, and players must demonstrate a respectful and sportsmanlike attitude toward the referees, other coaches, other players, and other spectators. Players and coaches are subject to the rules of their respective sports. Spectators are the responsibility of the administrator(s) (or designee) present. Spectators not showing respect and not showing a sportsmanlike attitude may cause penalties to be assessed against their team by the referees. In addition, spectators may be asked to leave the premises by the referees, coach, or administrator(s) (or designee). Further, certain behaviors may cause an individual to be prohibited from attending athletic events the rest of the season or school year. Refer to your district's administrative regulations.

#### 601. Blood Rule

- 601.1. If a participant has a bleeding wound, he or she must come out of the game/match/race until the bleeding wound is bandaged. If blood gets on a uniform, the uniform must be changed.

#### 602. Season

- 602.1. Second week in January to fourth week in February.

#### 603. Time, Equipment, Scoring

- 603.1. Time - three (3) one (1) minute periods.

#### 603.2. Equipment

- 603.2.1. No requirements for headgear, but headgear is recommended.

- 603.2.2. No requirements for uniforms, except that no garment may be used that would be abrasive to the mat (e.g. Levi's,

zippers, etc.).

603.2.3. Wrestlers must wear shirts and tennis or wrestling shoes.  
No bandannas may be worn.

603.3. Scoring - No team scoring.

#### 604. Meets

604.1. Wrestlers will wrestle by weight and according to pairing done by coaches.

604.1.1. Coaches should arrive at the meets prepared with the following:

- accurate weight of each wrestler
- a roster
- stickers for each wrestler (name and weight on each)

604.2. No coach will pair individuals who are definitely mismatched.

604.3. If a mismatch occurs, coaches and/or referees will stop the match.

#### 605. Tournaments

605.1. There will be only one (1) CSL sponsored tournament at the end of the season.

605.2. There will be no team scoring.

605.3. Wrestlers may move up one weight class only.

605.4. A school shall not be limited as to the number of participants they may place in each weight class.

605.5. All tournament directors are responsible for distributing results of final tournament.

#### 606. Classifications for Regular Meets and Championships

606.1. Wrestlers are classified by weight and grade. (Weight classes increase by 8%.) No weight allowance will be given at the CSL final tournament.

606.1.1. 5<sup>th</sup> grade and under: 50, 54, 59, 64, 70, 76, 83, 89, 95, 101, 110, and 125.

606.1.2. 6<sup>th</sup> - 8<sup>th</sup> grade: 66, 70, 76, 83, 89, 95, 100, 103, 108, 112,

116, 122, 128, 135, 145, 155, 166, and HWT (190# max.)

606.2. Temporary weight classes may be set up for the final CSL tournament to accommodate CSL wrestlers.

607. Awards

607.1. Medals are given to 1<sup>st</sup> through 4<sup>th</sup> place finalists.

608. Wrestling Rules

608.1. General

608.1.1. The National Federation of State High School Athletic Associations' Wrestling Rules will be followed with the following exceptions:

608.1.2. Scoring

608.1.2.1. The individual match point system in wrestling is an evaluation of the activity used to determine a winner in case there is no fall.

608.1.2.2. It is the referee's duty, among other things, to analyze the situation and signal the points to the scorer.

608.1.2.3. The points signaled by the referee are usually a reward to a wrestler for his action.

608.1.2.4. Once in a while a wrestler is penalized, and points are awarded to his opponent, for infractions such as illegal holds and unnecessary roughness, as well as for various technical violations relating mainly to stalling.

608.1.2.5. Near Fall.....2 or 3 points.  
(Scored only from a position of advantage - offensive.)

608.1.2.6. Take-down .....2 points  
(By each wrestler, scored only from a neutral or up position.)

608.1.2.7. Escape .....1 point  
(Scored only from a position of disadvantage - defensive.)

- 608.1.2.8. Reversal .....2 points  
(Scored only from a position of disadvantage - defensive.)
- 608.1.2.9. Definitions
  - 608.1.2.9.1. Following is the definition of the five maneuvers for which a wrestler is awarded points and also the definition of a fall.
  - 608.1.2.9.2. Take Down .....2 points  
From a neutral position, wrestler takes opponent to mat and gains control.
  - 608.1.2.9.3. Escape .....1 point  
defensive wrestler gains a neutral position.
  - 608.1.2.9.4. Reversal .....2 points  
Defensive wrestler gains control without first breaking neutral.
  - 608.1.2.9.5. Two-Point Near Fall ..... 2 points  
Situation in which the offensive wrestler has control of his opponent holding both shoulders within four (4) inches of the mat or one shoulder down and the other within a forty-five (45) degree angle. There must be a definite stop in these predicaments, and held for at least one (1) second and not more than four (4) seconds.
  - 608.1.2.9.6. Three-point Near Fall.....3 points  
Situation in which offensive wrestler has control of his opponent with one shoulder on mat and other shoulder less than a forty-five (45) degree angle to mat: or both shoulders within four (4) inches of mat. Both

positions must be held for five (5) or more seconds for three (3) points.

- 608.1.2.9.7. Fall.....WIN  
Any part or both shoulders or area of both scapula is held in contact with the mat for two (2) full seconds. Can be made from any position.