

SPORTS GUIDELINES

2024-2025

Catholic Athletic League – Archdiocese of Miami

This document functions as an addendum to the Handbook for Elementary School Athletics for the Archdiocese of Miami. Policies in these handbooks shall augment, but not contradict, the policies of the Archdiocese or Catholic Athletic League (CAL).

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STANDING RULES - BASEBALL

Field and Game Provisions:

Varsity:

- a. No new inning will start after 2 hours of the official start of the game with the exception of a tie. (If tied after 7 innings, then you play an extra inning)
- b. Base distance will be eighty (80) feet.
- c. The pitching plate will be a distance of fifty-four (54) feet from the back point of home plate.
- d. Ties: One (1) additional inning will be played if a tie exists at the end of regulation play. If a tie still exists, each team will be credited with a tie. No additional innings may be played to break a tie beyond the one permitted.
- e. A ten-run rule will be in effect after 4 ½ innings for varsity games or 15 runs after 2 ½ innings. If a team is up by 15 in the first inning, the inning will end, and the other team will come to bat.
- f. The losing team will be permitted to play out their half of the inning.
- g. Teams may start and finish a game with 8 players if all substitutes have been used. When the 9th player comes up, it will be an out. In the event of an injury, and all substitutes have been used, a substitute may re-enter again.
- h. Courtesy runners must be someone not in the line-up and are for the pitcher and catcher when there are two outs only. Unless a team does not have any substitutes, and then the courtesy runner is the last batter out.

Junior Varsity:

- a. Games will last a regulation six (6) innings. No new inning will start after 1 hour and 45 minutes after the official start of the game with the exception of a tie.
- b. Base distance will be seventy (70) feet.
- c. The pitching plate will be a distance of forty-six (46) feet from the back point of home plate.
- d. A ten-run rule will be in effect after 3 ½ innings or 15 runs after 2 ½ innings for junior varsity games. The losing team will be permitted to play out their half of the inning. If a team is up by 15 in the first inning, the inning will end, and the other team will come to bat.
- e. Ties: One (1) additional inning will be played if a tie exists at the end of regulation play. If a tie still exists, each team will be credited with a tie. No additional innings may be played to break a tie beyond the one permitted.
- f. Teams may start and finish a game with 8 players if all substitutes have been used. When the 9th player comes up it will be an out. In the event of an injury, and all substitutes have been used, a substitute may re-enter again.

Primary:

- a. Games will last a regulation five (5) innings. No new inning will start after 1 hour and 30 minutes after the official starting time of the game with the exception of a tie.
- b. Base distance will be sixty (60) feet.
- c. The pitching plate will be a distance of forty (40) feet from the back point of home plate.
- d. Ties: One (1) additional inning will be played if a tie exists at the end of regulation play. If a tie still exists, each team will be credited with a tie. No additional innings may be played to break a tie beyond the one permitted.
- e. A ten run rule will be in effect after 2 1/2 innings for primary games.
- f. The losing team will be permitted to play out their half of the inning.
- g. Runners are not allowed to steal on the pitcher. Runners must stay on the base until the ball crosses home plate.
- h. No stealing home except on a passed ball.
- i. Teams may start and finish a game with 8 players if all substitutes have been used. When the 9th player comes up it will be an out. In the event of an injury, and all substitutes have been used, a substitute may re enter again.
- j. No extra outfielder but you may use a Designated Hitter.

Pitching Limitations:

Age	Daily Max	Required Rest (PITCHES) 0 Days	1 Day	2Days	3Days	4Days
7-8 years	50	1-20 pitches	21-35	36-50	N/A	N/A
9-10 years	75	1-20 pitches	21-35	36-50	51-65	66+
11-12 years	85	1-20 pitches	21-35	36-50	51-65	66+
13-14 years	95	1-20 pitches	21-35	36-50	51-65	66+

Directors have approved a revised pitching policy in Rule 6-2-6 with regard to the total number of pitches thrown in a game. The FHSAA will implement the following “pitch count” policy beginning in the 2017 season. This new policy will address total pitches, days of rest, and level of play (varsity/sub varsity).

- a. If a student athlete exceeds the maximum number of pitches listed in the chart above he/she will be required to rest for the next seven (7) days and shall not be permitted to pitch during that time period. The student athlete shall be permitted to play any other position during this mandatory rest period. The student athlete will be eligible to pitch on the eighth (8) day.
- b. Finish the Batter – A pitcher at either level (Varsity/Sub Varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at bat, but shall be replaced immediately when the at bat ends.
- c. Days Rest – A Day of rest is defined as a “calendar day”.
- d. Tabulation of Pitch Counts – The process for all level games will be done by each school. The school is responsible for tracking the pitches. If a school has a question regarding total pitches for an opposing pitcher they are to contact the commissioner the following day.

Acceptable baseballs are as follows: Wilson- Little League (1074), Senior Little League (1072), Pony League (1075) and (1076). Spalding- Little League (41-132); and Rawlings Little League (RLL). For rule interpretations on other baseballs contact the commissioner. The home team MUST provide two new official baseballs for each contest. The same sized balls are used for primary, junior varsity, and varsity.

Shoes

Molded shoes are mandatory. Steel spikes are not permitted, only molded rubber cleats. Screw in cleats will be allowed, if the screw is part of the cleat and does not have a metal tip. Any athlete that steps onto the field wearing metal cleats after the game has officially started will be ejected from the game and not be permitted to reenter the game. If the team does not have enough players to replace the ejected players, the team will forfeit the game.

Jewelry may not be worn by any player and the use of any tobacco products is prohibited in the dugout and on the field by any player or coach.

Interrupted Game

A game which cannot be completed (3 ½ innings for junior varsity, 4 ½ innings for varsity and 2 for primary) due to darkness, inclement weather, or mechanical failure will be treated as a suspended game and resumed from the point of suspension with the lineup and batting order of each team the same as the lineup and batting order at the moment of suspension, subject to the rules of the game and standing rules of this league which applied at the time.

STANDING RULES- GIRLS SOFTBALL

FIELD AND GAME PROVISIONS:

1. The bases will be placed sixty (60) feet apart and the pitching plate will be a distance of forty (40) feet from the back point of home plate.
2. The regulation softball for league play shall be fast pitch softballs (yellow)
3. Games will be five (5) innings in duration. 3 ½ innings will be considered a complete game in the event the game must be called. The losing team will be permitted to play out their half of the inning. No new inning will start after 1 hour and 30 minutes of the official start of the game with the exception of a tie.
4. Ties: A maximum of one extra inning will be played to break a tie. A tie at the conclusion of this extra inning will remain.
5. A ten (10) run rule will be in effect after 3 ½ innings (or 15 runs after 2 ½ innings) If a team is up by 15 in the first inning, the inning will end and the other team will come to bat. The losing team will be permitted to play out their half of the inning.
6. The in-field-fly rule will be in effect.
7. Teams may finish a game with 8 players if all substitutes have been used. When the 9th player comes up, it will be an out. In the event of an injury, and all substitutes have been used, a substitute may reenter again.
8. No extra outfielder but you may use a Designated Hitter.

Proper safety equipment must be provided as per rule book (i.e. helmets with masks, catcher's mask chest protector, shin guards, etc.). Jewelry may not be worn by any player. No metal cleats are permitted. Any athlete that steps onto the field wearing metal cleats after the game has officially started will be ejected from the game and not be permitted to reenter the game. If the team does not have enough players to replace the ejected players, the team will forfeit the game. Rubber (molded) cleats are the only permitted cleats.

One warning will be given to any player who throws her bat. Upon a second occurrence, the player will be ejected.

Playoffs: Varsity girls will have a playoff with 14 or more teams registered. The top overall 6 teams will be placed in a one classification playoff. 14 or more teams registered will have the same playoff system as the boys.

BASEBALL AND SOFTBALL TOURNAMENT FORMAT FOR GIRLS AND BOYS

The league will sponsor a slow-pitch softball / baseball tournament for boys and a fastpitch softball tournament for girls. These two tournaments will be held as all-day tournaments. The tournaments may not start before 2PM.

Varsity Playoff Qualification: There must be a minimum of 14 teams registered and: In order for a division to have a playoff there must be at least six teams in that division, if not that division will compete with the division above it, or be matched to the closest division.

1. Round-Robin Phase:

- a. The morning round will consist of a round-robin phase with all teams divided into as many divisions as needed.
- b. Teams will play each other within their division to determine seeding in the double-elimination phase.
- c. Tiebreaker: If a tie exists after three innings an additional inning will be played to break the tie. Ties remaining after the additional inning will stand.
- d. A flip of the coin will determine the home teams for the round robin games.

2. Double-Elimination Phase:

- a. The afternoon round will consist of a double-elimination phase with the top 4 teams. The afternoon round will consist of a double elimination phase with the top four teams in each division cross seeding according to their standings in the round robin phase.
- b. Tiebreaker: If a tie exists after three innings of play additional innings will be played until the tie is broken. The additional inning will start with a runner on second base, that being the last out of the last inning.
- c. A team which loses in the winners' bracket will play its next game in the losers' bracket. Teams which lose in the losers' bracket are eliminated. The team which advances through the winners' bracket without a loss will play the team remaining in the losers' bracket after all other teams are eliminated. A championship game will be played between these two teams. The winners bracket team need only defeat the losers bracket team once to win the tournament championship. The losers bracket team needs to defeat the winners bracket team twice to claim the championship.
- d. In a double elimination phase, the highest seeded team will be the home team. If teams are seeded equally, a coin toss will determine the home team. In that championship game, the winner's bracket game is the home team. If the winner's bracket team loses, then the home team for the second game becomes the team that won the first game.

3. Tiebreakers (Double-Elimination Seeding):

a. Two teams: If two teams in the same division finish the round-robin phase with identical records, head- to-head competition will be the first tiebreaker. If these two teams tie in head-to-head competition, a coin-flip will determine seeding.

b. Three or more teams: If more than two teams in the same division finish the round-robin phase with identical records, the best record in head-to-head competition among the teams in tiebreaker will determine seeding. If a tie among three or more teams still exists, the team with the least runs allowed in competition among the tied teams will receive the higher seeding. The team which allowed the second least number of runs will receive the next higher seeding, etc.

4. Team and Field Provisions:

a. A team consists of 9 to 10 players.

b. Schools may field two teams in the tournament. These two teams will play in different divisions. Members of each team must remain on that team for the duration of the tournament.

c. A ROSTER is required for any player who has not been listed on the regular season softball (girls) or baseball (boys) roster. All players must meet CAL eligibility requirements.

d. Bases will be 60 feet apart and the pitching plate shall be 40 feet from home plate for girls and 46 feet from home plate for boys.

e. Both teams must have scorebooks. For teams not having scorebooks and having a discrepancy in the score, the umpire's ruling shall be final.

5. Equipment:

a. The catcher must wear a face mask with a throat guard. Girls must wear full protective gear.

b. Batters and runners must wear helmets with a face guard.

c. Both baseball and softball bats are legal for boys. Softball bats for girls.

d. Each team must provide one (NEW) softball fastpitch (yellow).

6. Game Format:

a. All games will be 3 innings in duration with one additional inning played to break ties (round-robin phase). Additional innings, in the double elimination phase, will be played until ties are broken. A ten-run rule will be in effect after 1 1/2 innings for three inning games.

b. A team may bat the defensive line-up or the whole team. This decision must be made before the game and may not be changed during the game.

c. A designated hitter may not be used.

d. Each batter will come up to bat with a full count. The batter will receive one pitch the batter is out, or advances based on fast pitch rules. This includes the dropped third strike rule. Foul balls will be played as an automatic out.

e. In Boys Competition:

1. Pitches must be delivered in a 6 - 12-foot arc. Any pitch not meeting this requirement shall immediately and clearly be called "flat" by the umpire. A batter who swings at a flat pitch does so at his own peril.

2. All swings must be full swings (no bunting).

3. No leads off bases or stealing is permitted. A player must be in contact with the base until the batter makes contact with the ball. Any player who violates this provision shall be called out by the umpire.

f. In Girls Competition: Fast pitch rules apply as in seasonal competition.

g. All teams, at the conclusion of each game, will report the results at the tournament table and determine the next opponent.

h. All other game situations will be governed by National Federation rules. Judgment calls by the umpire are final. Any situation requiring a ruling not provided for in these standing rules, if not agreed upon by both coaches, will be brought to the attention of the tournament director immediately. His/her decision is final.

7. Tardiness:

The starting time of the tournament will be determined at the beginning of scheduling. Forfeit time is 11/2 hours after starting time. Forfeit time is game time. Teams that arrive after the start of the tournament will forfeit any missed games. Teams which forfeit their games may play practice games with the other divisional teams during the round-robin phase provided the opposing coach agrees.

BASKETBALL

Game and Equipment Provisions:

1. Quarters are six (6) minutes long.

If a team is leading by 20 points or more in Jr. Varsity or 25 points or more in Varsity, the leading team must play defense from within the key/paint. The first violation for extending beyond the key/paint is a warning. A second violation or more will be a technical foul and the team gets the ball.

The Junior Varsity foul line is the same as the varsity foul line.

The foul line for primary boys shall be the same as varsity.

If a team is leading by 30 points or more at the end of the first half, then the second half will be played with a running clock (running time). If the leading team does not have a 30-point lead at half time but acquires a 30-point lead during the second half, the remainder of the game will be played with a running clock.

2. Visible means of scoring, timekeeping, and an official game book must be provided by the home team. The official timekeeper and scorekeeper will perform their duties from a neutral table set between each team's benches. If a clock is not available, the home team forfeits the game. If the home team does not have a clock, they should contact the visiting team in advance to make other arrangements.

3. The home team must provide an alternating possession arrow.

4. The three-point field goal will be in effect for varsity and Jr. Varsity games only if the lines are visible.

5. The official ball for junior varsity and primary play will be the same as that used in girls' competition: circumference will be 28.5 inches, and the weight will be 18 to 20 ounces. The official ball for varsity boys will have a circumference of 29.5 inches.

6. Double-rimmed baskets are prohibited by rule. Chain nets are not permitted (must be white net cord).

RECENT RULE CHANGES:

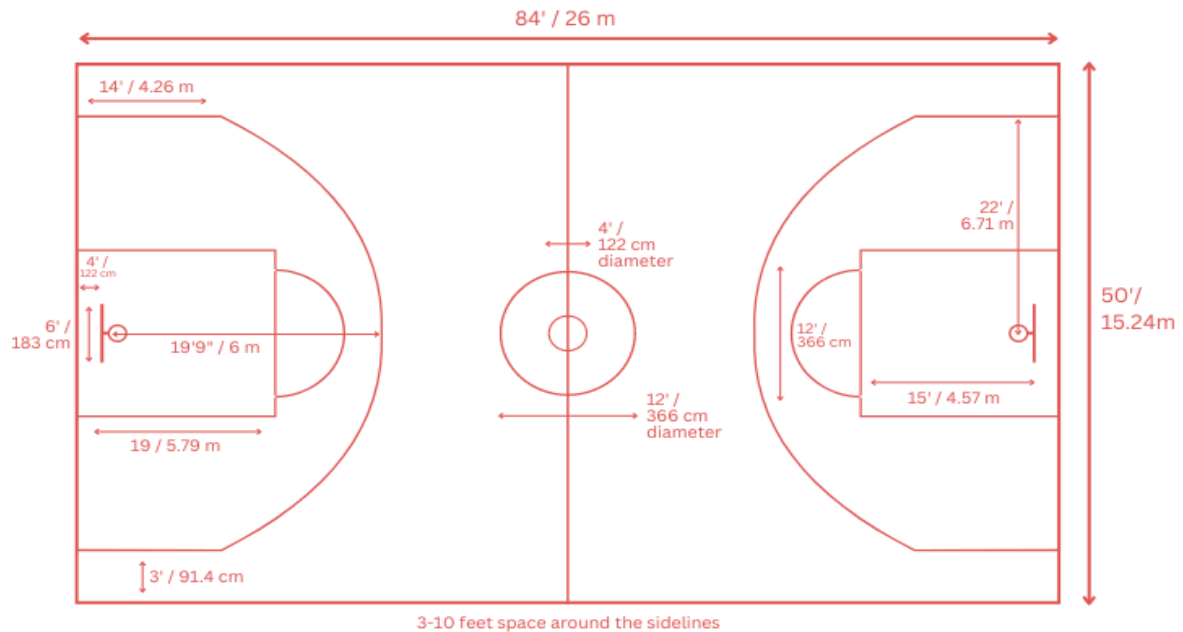
- a. Personal and technical fouls are combined for player disqualification (rules: 2-8-3; 2-11; 414).
- b. The bonus is 2 foul shots on the fifth team foul of each quarter. Both personal and technical fouls shall count as team fouls (rule: 4-8).
- c. Two technical fouls by any player or bench personnel (other than the head coach) shall result in the individual's ejection from the game (rules: 10-2, 3, 4, 5).
- d. Only two coaches may be on the side of the teams during competition.
- e. All uniforms should have the following numbering: 0 to 5, 10 to 15, 20 to 25, 30 to 35, 40 to 45, and 50 to 55.
- f. Primary- NO press (half court or full court). Press means you're past half court. You can't pick them up in the front court, but you can pick them up in the back court.
- g. JV- press only last 2 minutes of each half if you're behind.
- h. Varsity- you can press at any time unless mercy rule is in effect.
- i. No 3 point shots for Primary. JV and Varsity girls and boys may shoot 3 pointers.

- j. 5-time outs for the whole game allowed. You get 2 30 second time outs and 3 full time outs for the entire game. .1 full time out in overtime.

YOUTH BASKETBALL GUIDELINES

Primary, JV and Varsity may play on a middle school or high school court and the rim is always 10 feet.

Basketball Court dimensions:



TIES: In the case of a tie, a three (3) minute overtime period will be played in its entirety. If the tie continues another overtime period will be played. This process is continued until a winner is determined.

PLAYOFFS (VARSITY ONLY):

1. Varsity boys and girls.
 - a. The top four finishers in the final league standings of all the four classifications will make the playoffs.
 - b. The top four from the 3-A schools, the top four from the 2-A, and the top four from 1-A.
 - c. The top two seeds will host a home game when a gym cannot be obtained.

Semi-final games will be played in gyms if they are available.

1. The third and fourth seed play away.
2. The first and second seed will host a semifinal game with the first-place team hosting the fourth seed and the second seeded team will host third seed if gyms are not available. a. If there is a tie for the fourth seed there will be a play-in game before the playoffs start.
3. The playoffs will take place in December, before the Christmas break.
4. The championship game will be played on a Saturday in a gym.
5. The League will cover the cost for the officials for the championship games. a. Visiting teams may pay for a second official in preliminary rounds or accept the home team's officials only.

6. Any team that does not complete the season will not be eligible for the playoffs.
7. Varsity season will start the last week of October.
8. Playoffs will only take place in sports seasons where there are 14 or more schools or teams registered.

CHEERLEADING

A. Competition Format:

The League will sponsor three - four cheerleading competitions.

1. The first tournament shall be a cheer/chant competition.
2. The second tournament shall be a dance competition.
3. The third tournament shall be a cheer/chant/dance competition.
4. If there is a fourth tournament, the fourth tournament shall be a cheer/chant/dance competition.
5. After the last competition, the overall champions for Varsity will be awarded.
6. Cheerleading competition season will run from November to April.

B. Provisions:

1. Team should have no less than 6 or no more than 22 competitors. A 10-point deduction will be given if this rule is not adhered to.
2. Teams may not have mascots.
3. Teams must be in clean, full uniforms.
4. Teams shall sit together at a designated area and support the other teams as they perform their cheers. You may not be walking around during performances.
5. No makeup (including hair glitter), nail polish, or jewelry may be worn.
6. Gum chewing is prohibited
7. Signs, megaphones, pom-poms, and school flags are the only props permitted. When discarding props (signs, etc.) that are made of solid material or have sharp edges/corners, team members must gently toss or place the props so that they are under control.
8. Varsity teams may be composed of students in the 8th grade or under; Junior Varsity teams may be composed of students in the 6th grade or under; Primary teams may be composed of students in the 4th grade or under (according to age requirements).
9. Only two coaches may be on the side of the teams during competition. A designated place will be assigned for coaches to stand and view the performance.

The commissioner shall be responsible for enforcing the preceding rules.

C. Presentation/Timing:

1. Cheer/Chant: Each team has a minimum of 1:30 and a max of 2:00 for cheer /chant. The time will start once the first word is spoken. During cheer the audience may respond to a cheer but may not cheer along with the team. We need to be able to hear the team cheering and chanting in order to judge the projection.

2. Dance: (Primary) Each team has a minimum of 1:30 and a max of 2:00 for Dance. The time will start with the first note of music. (JV and Varsity) Each team has a minimum of 2:00 and a max of 2:30 for Dance. The time will start with the first note of music.
3. Cheer/Chant/Dance: Each team has a minimum of 2:30 and a max of 3:30. The time will begin on the first move or word done.
4. The performance may not fall under the minimum time or exceed the maximum time, if so a 7-point deduction will be given by the commissioner.
5. The coach is responsible for the content of the music selected. Music provisions will be given by the commissioner and must be adhered to. The principal approval music form is to be submitted to the commissioner no later than one week prior to competition.
6. There shall be no spectators in the performance area or near the judge's table.
7. There shall be no coaching during the competition routine. Any team that is coached during a routine may be penalized 10 points.
8. Timing will commence as soon as the first word or first –note of music is played (including introductions – entrances, chants, spell-outs, etc.). In the cheer/dance competition, the timing will start in one of two ways previously mentioned depending on the method which the team has selected to begin their routine.
9. Timing will end when the final cheer or routine has been completed. The team must hold the final position to signal the end of performance. You MAY NOT exit the floor while cheering or music playing. All routines must end on the competition floor.
10. The coach is responsible for starting and stopping the music. A coach/moderator will be with DJ and Timer in order to start stop music to confirm routine time.

Teams will begin lined up on the back side of the gym floor. Once they are called to the floor (ex. Team name “you may take the floor”) the girls may proceed to walk on to the floor and set up in the beginning position. The announcer will say “you may begin” at that point you may begin your cheer or music. The time will start then.

We have a DJ confirmed for our events. The cost for the DJ will be split equally among the number of schools participating. Please have two forms of your music available. The DJ is requesting that you email your music 1 week prior to each event to him. When you send it please include the school name and team name. Also, take a backup with you to the competition.

D. Interruption of Performance:

1. In the event the performance of any team must be interrupted due to failure of tournament Equipment or facilities, the team affected will be permitted to present their routine from the beginning of the dance or cheer/chant in which the interruption occurred.
2. In the event the performance of any team must be interrupted due to failure of the team's own equipment or supplies, the team must either continue or withdraw from the competition.
3. In the event anyone is injured or otherwise incapacitated during the routine, the team must either continue the performance or withdraw from the competition. The commissioner has the right to temporarily stop the performance due to injury.

E. Judging Criteria

Inappropriate moves will merit a 10-point deduction from the commissioner.

Hip movements: Should be minimal (No over exaggeration of back-and-forth thrust movements, twerking and booty shake)

A pumping action: (upper body movement) This movement should be kept to a minimal and be in good taste. Dance moves are to be together, uniform, tasteful, clean, crisp, and spirited.

A Sample of the score sheet will be provided. Please refer to it for max points in each skill.

- Cheer/Chant max points is 50.
- Dance max points of 50.
- Cheer/chant/Dance max points of 100.

There will be 5 judges at each individual competition. Your lowest and highest scores in each competition will be dropped.

We will add the remaining three scores to determine placement at each competition.

At each individual competition (total of 3) the order of placement will be announced. Certificates and/or ribbons will be awarded.

After the final competition the first and second place overall champions will be awarded trophies for Varsity only. (Given that there are more than five teams participating.

F. Regulations

The safety regulations will follow the new elementary school policy which is as follows:

While practicing or cheering as a representative of the elementary schools of the Archdiocese of Miami, all cheerleaders or pom-pom- squad members must have at least one foot on the ground during any formations and activities. This policy is concerned with pyramid building and such activities. It is not meant to hinder normal jumping that is initiated from the floor. No direct knee drops are permitted. Teams will be penalized 15 points if knee drops are done. Any violation of the safety regulations will result in automatic disqualification.

G. Games

1. Teams should be dressed neatly and appropriately in coordinated uniforms.
2. Quarters-Home team will cheer at the end of the 1st quarter. Away teams will cheer at the end of the 3rd quarter. Halftime – Home team will cheer first, and the Away team will cheer immediately following. Each team is allowed 2 minutes at half time. Time-outs - Home team will cheer during any timeouts during the 1st and 3rd quarters. The Away team will cheer during any timeouts during the 2nd and 4th quarters.
3. Cheerleaders shall remain in their seats while the game is in progress.
4. An adult shall be present with each squad during the games and be familiar with CAL Guidelines.

H. Showcase Broward County (Exhibition/Competition):

1. Teams may have Junior Cheerleaders at the Showcase.
2. Teams should sit together at a designated area and support other teams as they perform.
3. No makeup, nail polish or jewelry shall be worn during Showcase

4. Gum chewing is not permitted
5. Teams must cheer at regular season basketball games to participate in the Showcase.
6. Each team shall perform a cheer, dance, or cheer/dance combination lasting 2 minutes.
7. Teams may begin their performance anywhere in the designated area.
8. Teams must begin their performance with both feet on the ground
9. All musical selections shall be appropriate and follow CAL guidelines.
10. Each team is responsible for giving their music to the DJ or commissioner in the form designated by the DJ.
11. In the event of music or equipment failure, teams will be given the opportunity to begin their routine again.
12. In the event of an injury
13. No gymnastic tumbling is permitted.
14. Teams are not permitted to engage in stunting where cheerleaders lift another team member off the ground
15. Squads may hand posters in the gym on the designated walls. It is the responsibility of the team to remove their individual poster at the end of the showcase.
16. Teams that register and pay for the Showcase but do not attend will not receive a refund.

I. Interruption of Performance

1. In the event the presentation of any team must be interrupted due to the failure of tournament equipment or facilities, the team affected will be permitted to present their routine from the beginning of the dance or the cheer/chant in which the interruption occurred.
2. In the event the presentation of any team must be interrupted due to the failure of the team's own equipment or supplies, the team must either continue or withdraw from the exhibition.
3. In the event anyone is injured or otherwise incapacitated during the routine, the team must continue the presentation or otherwise withdraw from the exhibition. The commissioner has the right to temporarily stop the presentation due to injury.

J. Safety Regulation

1. No individual/ group gymnastic stunts or tumbling will be permitted. This includes the following: round-off, rolls, and tumbling stunts.
2. Cheerleaders must always remain in their seats along the sidelines when the ball is alive or a match in progress.
3. All cheerleaders must remain seated in some type of seating arrangement that is not disruptive to the program at hand.
4. Any injuries must be brought to the attention of the commissioner immediately so as to get medical aid as quickly as possible.

CROSS-COUNTRY

A. TEAM AND GAME PROVISIONS:

1. A team will consist of at least five (5) runners and all runners must wear the identical shirt.
2. Girls will run prior to boys in each division (primary, j. v., and varsity).
3. Boys and girls will run a course of 2 miles. All junior varsity teams will run a course distance of 1 ½ miles. The primary course distance is 1 mile.
4. Each runner to cross the finish line will be assigned a number starting at one (1) for the first finisher. Each team's score will be the sum of the finishing numbers of that team's top five (5) finishers, only. Meet champions will be the team in each division with the lowest score.
5. Primary runners may only run in primary and junior varsity races. JV runners can run in Varsity races.

B. INVITATIONALS:

1. The host school is responsible for disseminating information about their meet to member schools and for providing awards to individuals in each division in accordance with CAL guidelines.
2. There shall be no non-member schools participating in CAL sanctioned championships.
3. The host school must provide adult spotters along the course.
4. No races allowed outside of the set schedule for the ACC.

C. LEAGUE CHAMPIONSHIP MEET:

1. Will be held at a neutral, approved site when available at the conclusion of the season.
2. Sponsorship of this meet shall be given to a high school program or other independent organization, if possible.
3. Any member school which has participated in at least three (3) CAL sanctioned meets shall be eligible to participate. Teams which will participate must have registration fees paid within four (4) weeks of the meet.
4. Each participating school will be permitted to field one team of no more than ten runners in each division in the championship race. An open race will be provided for all other runners in each division.
5. Championship Race: Ribbons will be awarded to the top thirty (30) individual finishers and the top ten receive a medal. Team results in each division will determine the CAL champion and runners-up.
6. The First place team and Runner up team will receive up to ten individual medals.
7. Ties will be determined by the placement of the sixth runner.

D. STATE CHAMPIONSHIP:

1. CAL State - May only have one varsity boys and one varsity girls' team or 10 runners each.

2. No primary runners may run on varsity teams.

3. If a school or individual cross-country athlete qualifies for the FLYRA (Florida Youth Running Association) Middle School State Championship Race the athlete and school may participate under the guidelines that all athletes travel to and from the race with their parents.

TRACK AND FIELD

A. PARTICIPATION PROVISIONS:

1. Participation Limitations- A contestant may be entered in a maximum of (4) events per day, when meets are held on one day. All four may be running events. When meets are spread out over two days the rule is the same, four total events over the two days. Two-day meet is scored the same as one day meet. Runners that miss a field event may still participate in the remaining meet.
2. Entry Limitations - Schools may enter one team only per division but may have up to 3 contestants per event and one relay team per event.
3. Substitution - Substitutions for relay team members may be made at the coaches meeting on the morning of the meet.
4. Reporting - Contestants (participants and alternates) must report to the starter (judge) of his/her event as scheduled. Contestants who fail to report to the starter prior to the start of competition in that event will not be allowed to participate and the alternate will be substituted (if available).
5. Disqualification - A contestant who violates any of the participation rules, or who participates in an event for which he/she has not been officially entered or participates under an assumed name or for another contestant will be disqualified from the entire meet and will have all points earned removed from the team score and any individual awards acquired rescinded. Points and awards will be recalculated for all events affected by the disqualification.
6. Jury of Appeals - Final decisions on all protests rests with the jury of appeals.
7. Must participate in at least one meet to be eligible to participate in the Championship meet.

B. ORDER OF EVENTS

The list and order of events will be the same at all meets and will be in accordance with the NF rule book. Field events will precede track events. The track events will be held in the following order: 4 x 800-meter relay, 60/100 low hurdles, 100 meter dash, 1600 meters (mile run), 4x100 meter relay, 400 meters, 800 meters, sprint medley, 200 meters, 4x400 meter relay.

C. POINT SYSTEM:

Point scoring will be in accordance with the New National and F.H.S.A.A scoring. Total points scored in the final heats of each event by each team will determine team trophy winners.

Individual Scoring	Relay Scoring
10,8,6,5,4,3 2,1	12,10,8,7,6,5,4,3

D. EVENTS:

1. VARSITY:

- a. Field Events: shot-put (8 lb for boys and 6 lbs for girls.), running long jump, discus, and high jump
- b. Track Events: 4x800 relay, 100 meter low hurdles, 100 meter dash, 1600 meters (mile run), 4x100 meter relay, 400 meters, 800 meters, 200 meters, 4x400 meter relay

c. Hurdle Height: 30 inches (low hurdles) for Girls and 33 inches for Varsity boys

2. JUNIOR VARSITY:

a. Field Events: shot-put (6 lbs.), running long jump, discus, and high jump.

b. Track Events: Sprint medley relay, 100-meter low hurdles, 100-meter dash, 1600 meters (mile run), 4x100 meter relay, 400 meters, 800 meters, 200 meters, 4x400 meter relay

c. Hurdle Height: 30 inches.

3. PRIMARY:

a. Field Events: long jump

b. Track Events: 100-meter dash, 1600 meters (mile run), 4x100 meter relay, 400 meters, 800 meters, 200 meters, 4x400 meter relay

c. Primary runners may not run in varsity events, same as cross country.

E. LEAGUE CHAMPIONSHIP:

Championship Meets:

1. The top 16 entries based on regular season meets, hosted by the CAL and with official timing and measurements, will qualify for the championship meet. Each school will be able to enter one team per relay event and all entries will be accepted.

2. Total points scored in each event by each team will determine the league champion and runner-up in each division.

3. Medals will be awarded to the top eight finishers in each event

4. All-League honors will be awarded to the winner of each event.

5. The Respect Life meet will run on two Saturdays. Field events on one day and running events on the second day. Total score of both meets will determine the champion. The primary will run their meet with the field event meet. Relay meet will all be on the same day. League Championship will be over two days. Total of both field and running events will determine the team winner. Primary will run their events on the field event day.

8. Points will be awarded to the top eight finishers with the best times in all of the heats or field events.

9. Schools may only field one team for the League championship, but individuals who place in the top 16 can compete and represent their schools.

10. The Tri-county Championship will be both field and running events on the same day. No qualifying meet will be necessary.

11.. League Relays: Primary - long jump, 4 x 100, 4 x 400; Jr. Varsity- long jump, high jump, discus, shot put, 4 x 100, 4 x 400, sprint medley, hurdles. And Varsity- same as JV and add 4 x 800.

In the field events, schools may have 3 participants.

FLAG FOOTBALL

Please note the FHSAA Flag Football Rules will govern play for any rules not covered in these rules.

A. The Field:

1. 84 yards in Length x 40 yards Wide
 - i. 70 yards playing plus (2) 7-yard end zones.
2. 90 yards in Length x 40 yards Wide
 - i. 70 yards playing plus (2) 10-yard end zones
3. 94 yards in Length x 40 yards Wide
 - i. 80 yards playing plus (2) 7-yard end zones
4. 100 yards in Length x 40 yards Wide
 - i. 80 yards playing plus (2) 10-yard end zones
5. No hard or unyielding rigid fixtures (ex. Trees, poles, fences) shall be located 5 yards from the sidelines or 10 yards from the end lines

B. Team Requirements:

1. Each team consists of (7) players. A team may start the game with a minimum of four players. A team may play with less than four players if they have a chance to win.
2. The offensive team must have 1 player within 1 yard of the line of scrimmage at the time of the snap.
3. The designated team area is located between the 20-yard lines, one yard off the sidelines. This area is for players only.
4. The spectator area is designated as five yards from the sidelines. Spectators are not allowed in the five-yard area.

C. Equipment:

1. All players must wear shoes. Rubber cleated shoes, and screw-in cleats will be allowed.

Metal tips on screw-in cleats or metal cleats will not be allowed. Any athlete that steps onto the field wearing metal cleats after the game has officially started will be ejected from the game and not be permitted to reenter the game. If the team does not have enough players to replace the ejected players, the team will forfeit the game (refer to B. 1.)
2. All shirts must be long enough, so they remain tucked into shorts/pants. No hoods are allowed.
3. Shorts/pants must be a different color from the flags and may not have loops or pockets.
4. Players may not wear towels, pads, braces, or casts above the waist.
5. Flag football belts are to be "pop belts" (Dade County) / "triple threat" (Broward County)

6. Jewelry may not be worn; including earrings, bracelets, watches, and necklaces.
7. All players must have a mouthpiece, may wear gloves and may wear a wristband with plays.
8. The Ball:

- i. Boys: youth sized football
- ii. Girls: junior sized football

D. Start of Game:

1. Before the start of the game, the referee will conduct a captain's meeting in which he/she will designate which captain shall call the toss of the coin.
2. The captain winning the toss shall have the 1st choice of options for the 1st half or shall defer his/her option to the 2nd half. The option for each half will be as follows:
 - i. To choose whether his/her team will start on offense or defense.
 - ii. To choose the goal his/her team will defend.
3. The captain not having the first choice of options shall exercise the remaining option.
4. There will be no kickoffs at the beginning of each half. The ball will always start from the 14-yard line.

E. Timing:

1. A varsity game will consist of two twenty-four (24) minutes halves, and a five (5) minute halftime.
2. Time will be continuous for the first 22 minutes of each half. Clock stops for the following reasons:
 - i. Team time-out - clock restarts on the snap.
 - ii. Referee's time-out - clock restarts on the ready for play.
3. Approximately two minutes before the end of the half, the referee shall stop the clock and inform both captains of the time. The clock will restart on the snap.
4. During the last two minutes the clock will stop for the following reasons:
 - i. Incomplete legal or incomplete illegal forward pass - clock restarts on the snap.
 - ii. Out of bounds - clock restarts on the snap.
 - iii. Safety - clock restarts on the snap.
 - iv. Team time-out - clock restarts on the snap.
 - v. First down - clock restart is dependent on the previous play.
 - vi. Touchdown - clock restarts on the snap (after the Try).
 - vii. Penalty and administration - clock restart is dependent on the previous play (EXCEPTION: Delay of game foul is accepted - clock restarts on the snap).
 - viii. Referee's time-out - clock restarts at his/her discretion.
 - ix. Touchback - clock restarts on the snap.
 - x. Offense awarded a new series - clock restart is dependent on the previous play.
 - xi. Defense is awarded a new series - clock restarts on the snap.
 - xii. Either team is awarded a new series following a legal punt - clock restarts on the snap.
 - xiii. Team attempting to conserve time illegally (includes intentional grounding and a backward pass thrown intentionally out of bounds) - clock restarts on the ready.

xiv. Team attempting to consume time illegally - clock restarts on the snap. O. Inadvertent whistle - clock restarts on the ready.

5. Each team gets three- (3) time-outs per half. Teams will receive one additional time-out in an overtime game. No timeouts carry over into the second half or overtime.
6. The ball must be put into play no more than 25 seconds after the official has signaled the "ready for play" whistle.
7. Scoring:
 - i. Each touchdown is worth six (6) points. After a score, the player who scored will be required to raise their hands and allow the official to pull their flags off. If they do not come off, the score will be disallowed, and the team will be penalized accordingly, and the player will be ejected for flag tampering.
 - ii. Extra points will be as follows: 1. Attempts from the 3-yard line will be for one point (run or pass) 2. Attempts from the 10-yard line will be for 2 points (run or pass) 3. Attempts from the 20-yard line will be for 3 points (run or pass)
 - iii. Officials will put the ball on the 3-yard line unless the scoring team requests a change.
 - iv. Extra point attempts may not be run back.

F. Game Rules:

1. The offensive team is responsible for the ball. They must bring the ball back to the huddle. The referee will place ball markers only.
2. The quarterback cannot run the ball when the ball is within five yards from the first down (to go), or five yards from the goal line. After a touchdown and extra point try, or touchback, the ball will be placed on the 14-yard line or 12-yard line pending on field length.
3. A team shall have a series of four consecutive downs to advance to the next zone line-to-gain (and earn a first down). Upon entering, a team will be awarded a new series of downs.
4. Each member of a team is eligible to receive a pass unless the player voluntarily goes out of bounds during the play.
5. The center, after assuming the position for the snap and adjusting the ball, may not move nor change the position of the ball in a manner simulating the beginning of a play.
6. The ball must be snapped in one continuous motion, not necessarily between the center legs. If the center does not snap the ball between his or her legs, the ball must stay parallel to the ground with the center not straddling the ball. Both feet must be behind the ball if not snapping in between the legs. The penalty will be offsides.
7. The player receiving the snap must be 2 yards off the ball for a scrimmage play and 1 yard off for a punt. Penalty: Illegal procedure.
8. Before the snap, all offensive players must come to a complete stop for at least 1 full second. Only one offensive player may be in motion and may not be moving towards the opponent's goal line at the time of the snap. If two or more players go in motion before the snap, then this is considered a shift, and all players must come set for one full second prior to the snap.

9. For a legal catch, a pass receiver must come down with at least one foot in bounds.
10. There will be a Five-yard no run zone for the quarterback from the goal line or any first down marker unless there is a handoff or pitchout, and then anyone can rush.
11. All offensive players must be momentarily within 15 yards of the ball. It must be clear who the seven offensive players are on each play. The intent of this rule is to eliminate all sleepers or hideout plays.
12. Fumbles are dead when the ball touches the ground. The ball is put into play at the point where the ball first touched the ground. Any other player catching the ball may advance any passed or fumbled ball that does not touch the ground.
13. A ball fumbled into the offensive teams' own end zone will result in a safety. If the ball is fumbled into the opponent's end zone the result is a touchback (opponent's ball on their 14-yard line).
14. An opponent may not attempt to strip the ball from an offensive player.
15. If a flag belt inadvertently falls to the ground a 1 hand tag between the shoulders and knees replaces the flag. In an attempt to remove the flag belt from a runner, an opponent may contact the body, but not the face, neck, or any part of the head of the runner with his/her hands. An opponent may not hold, push, or knock the runner down in an attempt to remove the flag pelt.
16. Rushing the passer is optional and at the discretion of the team. Rusher must line up 5 yards from the ball. The referee will line up as a marker for the rusher.
17. Location of the ball will determine the end of the play and the start of the flag. Ex. If a player's flag gets pulled at the 19-yard line but the ball is stretched out over the 20 at the time the flag gets pulled the play results in a first down from the 20.
18. Any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional. School must report the injury and the player to be able to play must return with a medical release from a medical provider.
19. An injured or apparently injured player who is discovered by an official while the ball is dead, and the clock is stopped shall be replaced for at least 1 down unless the halftime or overtime intermission occurs. A player who is bleeding, has an open wound, or has any amount of blood on his/her uniform shall be considered an injured player.

G. Flag Belt Removal:

1. When the flag belt is taken from the runner, the down shall end, and the ball is dead. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the "tackle" occurred.
2. A ball carrier is considered de-flagged when the clip of the flag belt becomes detached, not where the belt falls to the ground

3. If a flag belt inadvertently falls off, a one-hand tag between the shoulders and the knees constitutes a tackle.

4. The ball becomes dead when:

- i. Legal de-flagging occurs.
- ii. The ball carrier touches the ground with anything but their hands or feet.
- iii. A fumble hits the ground.
- iv. In an attempt to remove the flag belt from the ball carrier, defensive players may contact the body of an opponent with his/her hands.

5. A defensive player may not hold, push, or mow the ball carrier down in an attempt to remove the flag. No player shall attempt to steal the ball, trip an opponent, contact an opponent from the ground, make unnecessary contact with an opponent, deliberately dive or run into an opponent or tackle the ball carrier. Penalty: Personal foul 10 yards, if flagrant, possible ejection).

H. Screening:

1. Blocking, as in regulation tackle football, is prohibited.

- i. An offensive screen block shall take place without contact.
- ii. The screener will be allowed to set screens as follows: girls with their arms crossed protecting their chest area and boys with their arms crossed protecting their groin area. The offensive screen block shall take place without contact.
- iii. A blocker may use his/her hand or arm to break a fall or retain his/her balance.
- iv. A player must be on his/her feet before, during, and after screen blocking. Penalty: Personal Foul, Illegal Contact, 10 yards.

2. Screen Blocking Fundamentals. A player who screens shall not do any of the following:

- i. Take a position closer than a normal step when behind a stationary opponent.
- ii. Make contact when assuming a position at the side or in front of a stationary opponent.
- iii. Take a position so close to a moving opponent that his/her opponent cannot avoid contact by stopping or changing direction. The speed of the player to be screened will determine where the screener may take his/her stationary position. This position will vary and may be 1 to 2 normal steps or strides from the opponent.
- iv. After assuming his/her legal screening position, move to maintain it, unless he/she moves in the same direction and path as his/her opponent.
- v. If the screener violates any of these provisions and contact results, he/she has committed a personal foul. Penalty: Personal Foul, Illegal Contact, 10 yards.

I. Protected Scrimmage Kicks (Punts):

- 1. Punts must be announced before the ball is ready for play.
- 2. The kicking team must have 1 player on their line of scrimmage.
- 3. Punts must be snapped from the center.

4. The punter must be at least one yard off the line of scrimmage upon receiving the snap and must punt the ball immediately.
5. There will be no movement by the offensive line players until the ball is kicked. Penalty: False start (5 yards).
6. Defensive players may not enter the neutral zone until the ball is kicked.
7. The receiving team may advance the ball after it has touched the ground. However, if the ball hits any player and then touches the ground, the ball is dead at the spot.
8. Quick kicks and fake punts are illegal.
9. After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

J. Overtime:

1. All games that end up in a tie will have overtime. The field captain shall be brought together, and a coin toss will be conducted. The winner of the toss shall be given the option of either offense or defense.
2. Each team will be given 4 downs from the same 10-yard line to score a touchdown. If the first team scores, the second team will still have 4 downs to attempt to win or tie the game.
3. If the defense intercepts the ball, the ball is dead. If not, the ball will be placed on the 10-yard line to begin the series of four downs.
4. Conversion attempts will be as in regulation play.
5. The overtime will be for two sets of downs only.
6. After double overtime, teams must go for two or three points after a touchdown.
7. Overtime will continue until there is a winner.

K. Clarifications:

1. A defensive player may or may not remove an offensive player's flag when the offensive player does not have the ball. Penalty: Illegal flag belt removal (10 yards).
2. A defensive player may not remove an offensive receiver's belt prior to the receiver touching the ball. Penalty: Defensive pass interference (10 yards).
3. A defensive player must avoid running into the quarterback behind the line of scrimmage. If a defender contacts the passer hand or arm, whether or not he/she touches the pass, it is roughing the passer. Penalty: 10 yards.
4. A player may not fasten his/her uniform or belt other than prescribed in the rules. Penalty: Intentionally tampering with flag belt (10 yards, automatic disqualification).
5. Any dead ball-ball penalty on the defense occurring during a touchdown or a successful conversion will be assessed on the succeeding spot or when the opposing team starts with the next possession.
6. An offensive player may not stiff arm or guard his/her flags by blocking them with their hands or the ball. Penalty: Flag guarding (10 yards from the spot of the foul).

7. When an official blows an inadvertent whistle, the ball is dead at the point when the whistle was blown. The team, against which the inadvertent whistle was blown, has the option of accepting the play at the time the whistle blown or replaying the down.

8. Spiking the ball and excessive celebration are considered unsportsmanlike conduct. Penalty: 10 Yards.

9. Touchdown:

- i. If there is a foul by the scoring team (other than unsportsmanlike or nonplayer) during a down that results in a touchdown, the acceptance of the penalty nullifies the score.
- ii. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored, and there was not a change of team possession during the down, offense may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot.
- iii. If an opponent of the scoring team commits a foul (other than unsportsmanlike or nonplayer) during a down in which a touchdown is scored and there was a change of team possession during the down, and such foul occurs after the change of team possession, the scoring team may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot.
- iv. If either team commits an unsportsmanlike or nonplayer foul during a down in which a touchdown is scored, the opponent may accept the results of the play and then choose to have the foul enforced either on the Try or after the Try, at the succeeding spot. NOTE: unless moved by penalty, the succeeding spot will be the 14-yard line or the 10-yard line in overtime.

10. Try:

- i. If either team commits a dead ball foul following a touchdown and prior to the initial ready for play on a Try, the offended team has the option of enforcing the penalty on the Try or after the Try, at the succeeding spot.
- ii. If there is a foul by the offense (other than unsportsmanlike or nonplayer) during a down that results in a successful Try, acceptance of the penalty nullifies the score. If the foul carries a loss of down, the Try is not replayed.
- iii. If there is a foul by the defense during a successful Try, the penalty may be enforced at the succeeding spot.
- iv. If a double foul occurs, the down is replayed.

L. Summary of Fouls and Penalties: Loss of 5 Yards

- 1. Failure to Wear Required Player Equipment
- 2. Delay of Game (Dead Ball)
- 3. Illegal Substitution
- 4. Illegal Procedure
- 5. Encroachment (Dead Ball)
- 6. False Start (Dead Ball)

7. Illegal Snap (Dead Ball)
8. Illegal Formation
9. Illegal Motion
10. Illegal Shift
11. Illegal Backward Pass (Loss of Down)
12. Illegal Forward Pass (Loss of Down if by offense)
13. Intentional Grounding (Loss of Down)
14. Help the Runner

M. Summary of Fouls and Penalties: Loss of 10 Yards

1. Unsportsmanlike Conduct, Illegal Player Equipment
2. Illegal Kick, Quick Punt
3. Kick Catching Interference
4. Two or More Encroachment Fouls During the Interval Between Downs
5. Offensive Pass Interference
6. Defensive Pass Interference
7. Unsportsmanlike Conduct
8. Personal Foul, Strip or Attempt to Strip the Ball
9. Personal Foul, Throw Runner to the Ground
10. Personal Foul, Hurdle any Player
11. Personal Foul, Contact Before or After the Ball Is Dead
12. Personal Foul, Unnecessary Contact of any Nature
13. Personal Foul, Drive or Run Into an Opponent
14. Personal Foul, Position Upon Shoulders or Body of a Teammate
15. Roughing the Passer (Automatic 1st Down)
16. Personal Foul, Illegal Contact
17. Personal Foul, Interlocked Interference
18. Illegal Flag Belt Removal
19. Guarding the Flag Belt
20. Personal Foul, Illegal Contact
21. Holding

22. Illegal Batting

23. Illegal Kicking

24. Illegal Participation

N. Disqualification Associated with Certain 10 Yard Penalties

1. Illegally Secured Flag Belt on a Touchdown or Try (Loss of Down if by offense) (Automatic 1st Down if by defense)

2. Flagrant Unsportsmanlike Conduct - player or coach red card and ejection

3. Unsportsmanlike Conduct, Intentionally Contacting an Official - red card and ejection

4. Unsportsmanlike Conduct, Leaving the Team Box and Entering the Field During a Fight - red card and ejection

5. Flagrant Personal Fouls - red card and ejection

6. Personal Foul, Tackling the Runner - first offense, yellow card; second offense - red card and ejection

7. Personal Foul, Fighting an Opponent - red card and ejection

8. Personal Foul, Intentional Tampering with Flag Belt (Loss of Down if by offense) (Automatic 1st Down if by defense)

9. Personal Foul, non-player De-flagging or Interfering with a Runner first time yellow card, second time - red card and ejection

O. Mercy Rule –

1. If at any time a team is up by 21 points, the team that is behind will start with the ball at the midfield line after every score.

2. If a team is up by 28+ points at the start of the second half:

i. The second half will be reduced to 15 minutes.

ii. If there are 20 minutes and a team score goes up 28+ points, the time will be reduced to 10 minutes.

iii. If there are less than 10 minutes, the game is over.

3. If a team is 19 or more points ahead when the Referee announces the 2-minute warning during the 2nd half, the game shall be over.

4. Any team who intentionally runs up the score will be awarded a forfeit by the commissioner. This means that the Athletic Administrator assigned to the game, must enforce mercy rules.

OFFICIALS: All games must have at least two officials. There will be three (3) officials for the Championship game whenever possible.

PLAYOFFS: Top (4) teams from each classification will make the playoffs.

SOCCER

The official ball for league play shall be size 5 for varsity and size 4 for Jr. Varsity and Primary. For a Varsity game, the field should be a maximum of high school specification which is 100 yards x 50 yards and a minimum of 80 yards x 50 yards. For a JV game, the field should be a maximum of 80 yards x 40 yards or a minimum of 70 yards x 40 yards. Shin guards are required equipment. No metal cleats are permitted. Any athlete that steps onto the field wearing metal cleats after the game has officially started will be ejected from the game and not be permitted to reenter the game. If the team does not have enough players to replace the ejected players, the team will forfeit the game. Only rubber (molded) cleats are permitted. Screw in cleats will be allowed, if the screw is part of the cleat and does not have a metal tip.

- A.** In keeping with USA Soccer Federation rules, Primary and JV athletes may not head the ball.
- B.** Each game will consist of two (2) thirty-minute halves.
 - 1. Mercy rule-If a team is up by 8 goals by half time or anytime thereafter, the game is over.
 - 2. Jr. Varsity boys and girls will play 8 on 8.
 - 3. Varsity boys and girls will play 11 on 11.
 - 4. Varsity playoffs only- in the event of a tie during a playoff game, teams will continue to play two Five-minute periods. If still tied, there will be penalty kick
- C.** It is recommended that at least two officials be present at every league game. If one official is being used, then it is recommended that two linesmen be used.
- E.** Both teams must be on the opposite side of the spectators.
 - 1. Coaches need to wear some type of identification as a coach.
 - 2. Only two coaches may be on the sides of the team during competitions.
- F. TIES:** There will be two 5-minute overtime halves, changing goals at the half for varsity and Jr varsity only. No sudden death rule applies during the overtime periods. For regular season play, games that have a tied score at the end of the overtime period will be ruled a tie.
- G.** Teams will be awarded three (3) points for each win and one (1) point for each tie. The division championship will be awarded to the team with the highest total score at the conclusion of the regular season. Varsity playoffs determine league champion.

H. PRIMARY SOCCER:

- 1. Six on six
- 2. Field 100ft x 80ft
- 3. Four eight-minute quarters (running time)
- 4. Tie games will remain tied
- 5. Balls that go out of bounds are kicked in not thrown in
- 6. Balls stopped by the keeper may not be thrown or kicked past midfield. Penalty- an indirect free kick from midfield by the opposing team.
- 7. All penalty kicks are indirect unless it is inside the box, then the penalty kick becomes a direct kick from 20 feet out
- 8. On all indirect kicks, defense must be back at least 10 feet

9. Goal is 9 feet wide by 6 feet high
10. Goalie box is 20 feet wide and 10 feet deep
11. Teams will be awarded 3 points for a win and 1 point for a tie.

I. PLAYOFFS:

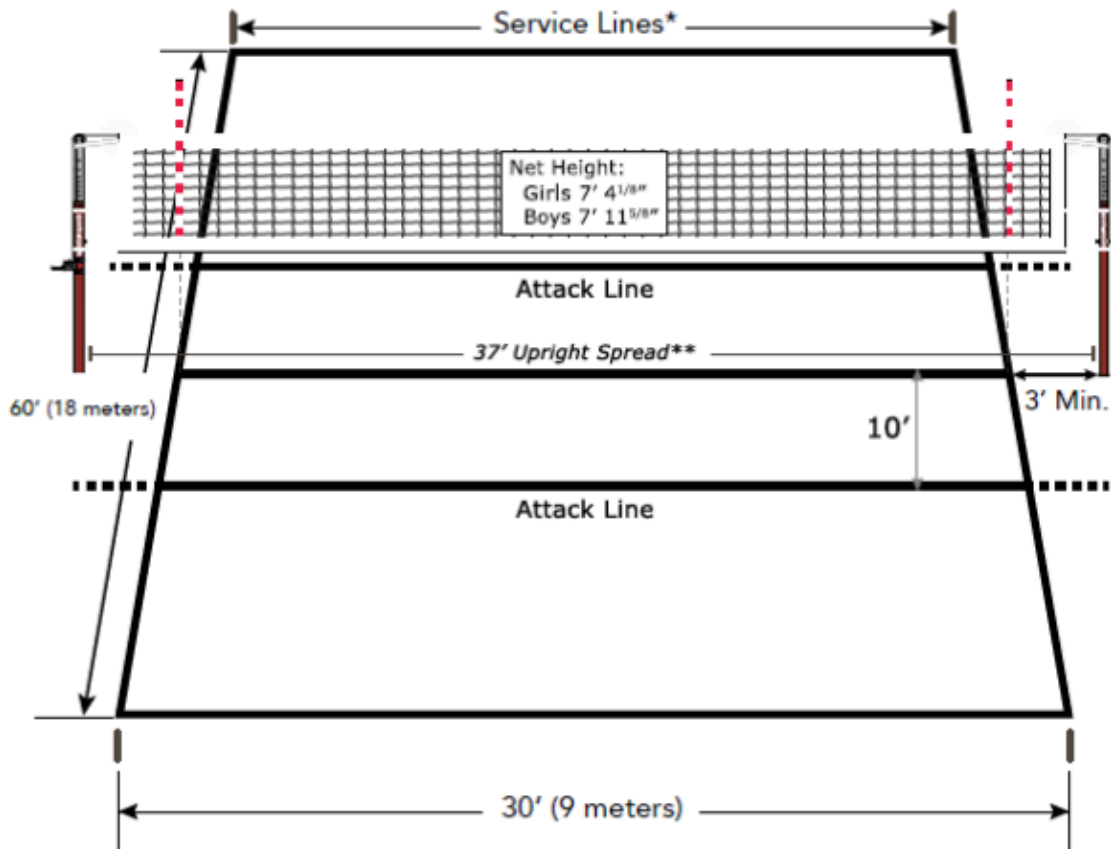
1. Varsity top four finishers in the final standings for each classification (3A, 2A, 1A) will make the playoffs.
 - a. Format will be the same as varsity basketball.
 - b. Championship matches will take place the last Saturday in the season.
 - c. Playoffs will only take place if 14 schools or teams are registered for the sport.
 - d. Playoffs can only take place in varsity sports when that sport has met the minimum number of teams registered for at least one year. In the second year that sport may have a playoff if the numbers are the same or higher. The purpose of this rule is for the annual budget.
 - e. Tied games will play(two five minute overtimes) overtime period. If the match is still tied, it will go to penalty kicks until one team wins.
2. If possible, there will be three (3) officials for the Championship.

VOLLEYBALL

A. A decision whether to have one schedule for both boys and girls' competition or two separate schedules will be made when the total number of participants in each category is known. All teams will play a schedule of head- to-head competition. If you have 2 teams playing at the same site, you must have 2 separate coaches.

B. Game Provisions:

1. A match will consist of two (2) twenty-five (25) rally point games, with a third game if needed up to 15 points. The team which wins two or more games will be the winner.
2. The height of the net in girls' competition will be 7 feet and in boys' competition it will be 7 feet, 4 ½ inches.
3. The official volleyball for Junior Varsity will be volleyball lite (7.0 to 7.7 ounces).
4. Each team must provide two (2) linesmen for each match.
 - a. Two officials for championship games, if possible.
 - b. Adult line judges for championship games, if possible.
5. A visible means of scoring must be provided by the home team.
6. Only two coaches may be on the side of the team during competitions.



Court Measurements are to the outside of the lines

Ceiling Clearance: 23 feet (7 meters) recommended All Court Lines: 2 inches (5 centimeters)

Boundary Lines: 6 feet (2 meters) minimum, preferably 10 feet (3 meters) of unobstructed space

* Service Lines are 6" long and 8" from Boundary Line

** Sports Imports recommends that all floorplates and uprights be on a min. spread of 37'

NO SCALE

C. PLAYOFFS:

1. Varsity girls- the top four finishers in the final standings for each classification (3A, 2A, 1A) will make the playoffs.

- Format will be the same as varsity basketball playoffs.
- The championship matches will take place from the second to last Saturday in October.
- Playoffs will only take place if there are 14 schools or teams registered for the sport.
- Playoff can only take place in varsity sports when that sport has met the minimum number of teams registered for one year. In the second year, that sport may have a playoff if the numbers are the same or higher.

2. Varsity boys- the top 12 finishers in the final standings will qualify for an open division single elimination playoff.

3. If there is an uneven amount in the brackets, there should be a play-in game (to 25) to seed.

Volleyball Tournament Standing Rules (ACC)

Girls and Boys Volleyball Tournament Format

1.Round-Robin Phase:

a. Teams will be seeded into a section or court according to their regular season records one week prior to the tournament date. The seeding will be such that no second place team in a division will be seeded in the same section as the first place team in the same division.

b. Teams will play a round-robin tournament among the other teams in the same section or court. Games will be won by the first team to reach 25 points (not required to win by a two-point margin). The top two teams in each section or court advance into the championship phase of the tournament.

c. This tournament may also be played as a pre-season tournament where all the teams will be seeded by the luck of the draw.

2. Tiebreakers:

The following system will be used to break ties in the preliminary seeding stage and after the round robin phase.

a. Tie between two teams in the same division or section:

b. First tiebreaker: results of head-to-head competition. Second tiebreaker: least average points allowed against common opponents. Tie between two teams in different divisions (preliminary seeding stage only):

First tiebreaker: rank in the division at the time of seeding

Second tiebreaker: Least average points allowed against divisional opponents

c. Tie between three or more teams: all teams make the next round.

3. Championship Phase (Double elimination):

a. Teams will be cross-seeded such that the first-place team in each section will play a first round game against the second-place team of another section. Games are up to 15 points (first team to reach 15 wins).

b. A team which loses in the winners' bracket will play its next game in the loser's bracket. Teams which lose in the losers' bracket are eliminated. The team which advances through the winner bracket without a loss will play the team remaining in the losers' bracket after all other teams have been eliminated. A championship game will be played between these two teams. The winner's bracket team needs only one win against the loser's bracket team to win the championship. The loser's bracket team must defeat the winners bracket team twice to claim the championship.

4. The team which receives first has a choice of sides. If the game conditions are such that one side is more advantageous than the other (i.e. wind, sun) the teams will change sides when either team reaches 8 points.

5. A roster must be submitted for any players which do not appear on the regular season volleyball roster.

6. The competition will be governed by the same rules as the regular season with the exception of the standing rules in this section.

7. If schools have 2 teams registered in league play, they may not combine teams or take players from either team to make one team for the tournament.

8. If a school has one team registered in the league, they may split that team into two for the tournament.

ABCC VOLLEYBALL TOURNAMENT

All Broward Catholic Conference holds a varsity volleyball tournament for both the boys' and girls' teams.

All schools in the conference are invited to attend. Schools are divided into two groups based on school size. Larger schools are in the Gold Bracket and smaller schools are in the Silver Bracket.

POOL PLAY – Each school plays each team in the bracket (one set).

- One game to 25 points.
- Must win by 2 points.
- Teams to be at the court 15 minutes prior to scheduled time.
- Next scheduled game to begin 7 minutes after the previous game finishes.
- Win/loss record is used to determine how teams will be seated for the championship playoffs.
- Ties – two-way tie – head-to-head; three-way tie – points scored against

CHAMPIONSHIP PLAYOFFS: Top four teams in each pool.

1st and 2nd place teams in their pool will play for the Championship.

3rd and 4th place teams in their pool will play for 3rd and 4th place.