

RULES AND GUIDELINES FOR INDIVIDUAL SPORTS

A. Soccer

1. Game length: Two 30-minute halves with a 10-minute halftime
2. In case of a tie, the teams will play two 5-minute overtime periods. A coin flip before the first overtime period will determine which team kicks off. After the first overtime, the teams will change ends. After the two overtime periods, the match is over
3. If using a digital scoreboard for time, there is no stoppage time or extended time. The period ends when the buzzer sounds.
4. The home team should provide three game balls. Schools are encouraged to have ball boys or girls to keep the game moving.
5. Uniforms do not have to meet MHSAA requirements.
6. Reminder: If thunder or lightning occurs before or during the game, teams will seek cover and wait 30 minutes before continuing.
7. The home team will have a first aid kit on the bench.

B. 8TH GRADE VOLLEYBALL

1. Matches will be three games to 25, win by 2. Best 2 out of 3 games determines the winner of the match. Teams do not change sides unless there is an advantage or disadvantage to being on one side.
2. If the first three games are completed in under 1 hour 15 minutes, a fourth game may be played if both coaches agree.
3. The net will be at the 7-foot height.
4. The home team will provide volleyballs for warm-up.
5. Warmups will begin 15 minutes prior to game time and will be 10 minutes in length.
 - a. The 4-4-2 format will be used
 - b. 4 minutes: Home team uses the whole court
 - c. 4 minutes: Visiting teams use the whole court
 - d. 2 minutes: Both teams serve to each other
6. Players must have equal playing time in the first two games. Coach's integrity for this rule is mandatory.
7. If the server does not serve the ball by second toss, it will be ruled a loss of serve and a side-out.
8. If twelve or fewer players try out for the team, all players will be on the team. If more than twelve players tryout for the team, there must be a minimum of twelve players on the team.
9. Any school interested in fielding a team with more than 12 players using a modified format must notify the league and the league will vote on the proposal.

C. 7TH GRADE VOLLEYBALL

1. Matches will be four games to 21, win by 2 with a cap at 25.
2. Equal playing time for all players.
3. The net will be at the 7-foot height. Teams do not change sides unless there is an advantage or disadvantage to being on one side.
4. The home team will provide volleyballs for warm-up and a first aid kit at the bench.
5. Warmups will begin 15 minutes prior to game time and will be 10 minutes in length.
 - a. The 4-4-2 format will be used
 - b. 4 minutes: Home team uses the whole court
 - c. 4 minutes: Visiting teams use the whole court
 - d. 2 minutes: Both teams serve to each other
6. If the server does not serve the ball by second toss, it will be ruled a loss of serve and a side-out.

D. 8TH GRADE BASKETBALL

1. Games will be four 8-minute periods. If the score is tie at the end of regulation, the teams will play 4-minute overtime periods until a winner is determined.
2. Halftime will be 8 minutes.
3. Adult supervision for running the scoreboard and monitoring the official scorebook is required.
4. The home team will provide basketballs for warm-ups.
5. If twelve or fewer players try out for the team, all players will be on the team. If more than twelve players tryout for the team, there must be a minimum of twelve players on the team.
6. Any school interested in fielding a team with more than 12 players using a modified format must notify the league and the league will vote on the proposal.
7. Each player must play 7 minutes and no player may play more than 21 minutes.
8. If a margin of 20 points or more exists, the leading team will cease trapping and pressing. The coach with the lead is expected to play their lesser skilled players.
9. Coaches' integrity on these rules is mandatory.

E. 7TH GRADE BASKETBALL

1. Games will be five 6-minute periods. If necessary, 3-minute overtime. If after two overtime periods and the score is still tied, the game ends in a tie.
2. Intermission will be 8 minutes and will occur between the 3rd and 4th periods.
3. Adult supervision for running the scoreboard and monitoring the official scorebook is required.
4. The home team will provide basketballs for warm-ups.
5. The 10th foul in the first half results in the bonus. The 13th foul in the first half results in the double bonus.
6. In the first 3 periods, all players should be given equal playing time to allow for developing skills and for a positive team sport experience. After each of the first 3 periods, the winning team will be awarded 2 points. In the event of a tie, each team will be awarded 1 point. The greatest difference between in points between the two teams after three periods will be 6 points. The final two periods will be played without resetting the score.
7. No zone defenses.
8. No presses except for the last 2 minutes of the game. A team is considered pressing if they continue to pressure the ball on the defensive end of the court.
9. Only during the last two minutes of the game, any type of press may be used.

F. BASEBALL

Playing Time

1. Games are 7 innings in length with no new inning starting after 1 and $\frac{3}{4}$ hours.
2. Extra innings may be played unless the time limit has been reached.
3. The only mercy rule to be used is: Ahead by 10 or more runs after 5 innings
4. Teams with fewer than 8 players will result in a forfeit.
5. Teams with 10 or more players must have minimum of 10 batters in the lineup.
6. Players not in the batting order may replace a specific starter after the starter has batted at least once.
7. Original starters may replace substitutes that replaced them.
8. Each player must play at least one inning in the field and bat once.
9. Free substitution defensively.

Pitching

1. Pitchers may pitch a maximum of four innings in a game.
2. One pitch in an inning constitutes an inning of pitching.
3. Pitchers may appear only once per game. (No free substitution regarding pitching)

Leading Off

1. A base runner may **NOT** lead off first base
2. Runners may leave first base when the ball leaves the pitcher's hand. A runner leading off before that time is out and the ball is dead.
3. The first base lead off rule is waived if the pitcher does not pitch from the stretch.

Coaching Conferences

1. Three pitching conferences/game. Each additional conference results in a new pitcher.
2. Only 1 conference/inning with a batter or baserunner

Speed-up Rules

1. During the first four innings, there is a five-run limit per inning for each team.
2. A courtesy runner for the catcher is mandatory if there are two outs.
3. A designated warm-up catcher should be used if the catcher makes the last out.
4. No throwing the ball around the infield after a strike out.
5. After the third out, give the ball to the nearest umpire or drop it on the pitcher's mound.
6. Pitchers have five warm up pitches before their first inning of pitching.
7. Each successive inning, the pitcher will have only three warm up pitches.
8. A coach may concede the game before the mercy rule takes effect.
9. After forfeiting or conceding the game, or after the mercy rule is enforced, the coaches may agree to continue playing as a scrimmage until the allotted time has expired.

Other Regulations & Reminders

1. Diamond dimensions: 75-foot bases, 54 feet pitching distance, flat mound.
2. Metal cleats are permitted
3. No white or gray shirt for the pitcher
4. No bat of 32" or less may have a length to weight difference of more than -10.
For bats, longer than 32", follow the high school rule of a maximum difference of -3.
The drop rule does not apply to bats with the **USA Bats** certification.
5. The home team will have a first aid kit on the bench.
6. The home team will provide 2 game balls.
7. Hitters, base runners, and student base coaches must wear helmets.
8. Weather reminder: If thunder or lightning there is a 30 minute delay.

G. SOFTBALL

Playing Time

1. Games are 7 innings in length with no new inning starting after 1 and $\frac{3}{4}$ hours.
2. Extra innings may be played unless the time limit has been reached.
3. The only mercy rule to be used is: Ahead by 10 or more runs after 5 innings.
4. Teams with fewer than 8 players will result in a forfeit.
5. Teams with 10 or more players must have a minimum of 10 batters in the line-up.
6. Extra players, not in the batting order, may replace a specific starter after the starter has batted at least once.
7. Original starters may replace substitutes that replaced them.
8. Free substitution defensively except for the pitcher.
9. Each player must play at least one inning in the field and bat once per game.

Pitching

1. A player may pitch a maximum of 4 innings per game.
2. One pitch in an inning constitutes an inning of pitching.
3. A player may re-enter as a pitcher only one time per game.

Stealing

1. A runner on first may **NOT** steal second base.
2. When a runner is on second or third and steals a base, a runner on first base may not advance unless there is an error.
3. A runner on first base may advance on a **past ball*** or **wild pitch***. *The AOK league definition of a passed ball or wild pitch is a ball that gets **past** the catcher. If a catcher blocks the ball and keeps it in front of her, it is **NOT** considered a passed ball or wild pitch even though other runners may advance.
4. There is no penalty for a runner who advances from first to second without knowing whether it was a passed ball or wild pitch. The umpire will insist that the player returns to first base.
5. Runners **may not** go from first to second on every pitch, anticipating a passed ball or wild pitch. The umpire will issue the offending team a warning. After the warning, any offending player will be called out.

Speed-up Rules

1. During the first four innings, there is a five run per inning limit for each team:
2. If there are two outs, a courtesy runner for the catcher is mandatory.
3. A designated warm-up catcher should be used if the catcher makes the last out.
4. No throwing the ball around the infield after a strike out.
5. After the third out, give the ball to the nearest umpire or drop it on the pitcher's mound.
6. Pitchers have five warm up pitches before their first inning of pitching.
7. Each successive inning, the pitcher will have only three warm up pitches.
8. A coach may concede the game before the mercy rule takes effect.
9. After a concession or after the mercy rule is enforced, the coaches may agree to continue playing as a scrimmage until the allotted time has expired.

Other Regulations & Reminders

1. Diamond dimensions: 60-foot bases, 43 feet pitching distance.
2. No metal cleats. The home team will provide 2 leather game balls. (yellow)
3. The home team will have a first aid kit on their bench.
4. Hitters, base runners, and student base coaches must wear helmets.
5. Infielders are encouraged to wear protective face masks.
6. Weather reminder: If thunder or lightning occurs, there is a 30 minute delay.

H. TRACK & FIELD

EVENT ORGANIZATION

1. All track meets, including the conference meet, will consist of two separate divisions.
 - Division 1 will include athletes in 6th through 8th grade
 - Division 2 will only include athletes in 6th or 7th grade.
 - Each division will be scored separately.
2. All meets will use the following officials.

Announcer: Makes 1st, 2nd calls for events and assists the statistician.

Starter: Begins each race with appropriate instructions: Gives commands and assists with the relay teams.

Finish Judge (recorder): Supervises timers, record times on entry sheet

Clerk: Uses a second copy of the entry sheet to prepare runners for the next event.

Statistician: Supervises the meet scores when results are brought to the booth.

Booth Asst: Checks places awarded & assists the statistician and announcer

2nd Booth Asst: Check places and distribute ribbons at the conference meet.
3. The scheduler will assign schools to run field events. Every effort will be made to assign schools the same field event during the track season. A season schedule for field event coverage and relay zone assignments will be provided.
4. Each school is **required to provide** two timers for each meet. Timers may **NOT** be coaches.
5. At the conference meet, each school is **required to provide one timer and** cover the assigned field event(s).
6. In even numbered years, boys go first in running events, shot put & high jump and girls go first in long jump. In odd numbered years, it is reversed.
7. Field Event Coverage should be as follows:
 - High Jump: 3 people
 - 1 adult - clipboard, 2 people to set the bar
 - Long Jump: 4 people
 - 1 adult - Clipboard & read distance, 1 adult rakes, 2 people to measure
 - Shot Put: 4 people
 - 1 adult - clipboard & read distance, 1 adult – measure, 2 people - retrieve & rake
8. Track meet scoring:

Number of teams

Three

Four

Individual Events

5 – 3 – 2 – 1

6 – 4 – 3 – 2 – 1

Relays

5 – 3

6 – 4 – 2

Five	8 – 6 – 4 – 2 – 1	8 – 6 – 4 – 2
Six	10 – 8 – 6 – 4 – 2 – 1	10 – 8 – 6 – 4 – 2
Conference	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1	10 – 8 – 6 – 5 – 4 – 3 – 2 – 1

9. The three-call system will be used for all events.
 - ✓ 1st call – contestants report to their staging area
 - ✓ 2nd call – line up as instructed by the clerk
 - ✓ 3rd call – the event is ready to begin.
10. Each school must furnish batons for their team and a First Aid kit.
 - Make sure all equipment has been clearly labeled or marked.
11. Competitors should arrive at the meet approximately 20 minutes before the scheduled start. Please be certain that competitors do **NOT** enter the track area until instructed to do so.
12. Only coaches, timers and competitors should be in the track area. All parents and spectators should remain outside the track area.
13. No competitor may be in more than 4 events, including relays. No competitor shall compete in more than 3 running events. There must be one running event between participation.
14. Coaches must enter their competitors onto a Google Docs spreadsheet for each track meet. Competitors must be registered at least 12 hours prior to the start of the meet.
15. The number of entrants per event per division is unlimited.
16. Coaches must enter their runners in order from fastest to slowest.
17. All entries (including relay teams) list first initial and last name.
18. Only one relay team per school per division. Additional relay teams are exhibition teams and are allowed to run if lanes are available.
19. Competitors must wear a shirt of their school colors.
20. Runners in the 1600 and the 3200 must wear a race number provided by the league.
21. All competitors must wear shoes.
22. False starts: 1 per heat. If another false start occurs in the heat, the runner is disqualified.
23. In the 400 relays, we use a 3-turn stagger.

24. Order of Events:

Field Events

Shot Put
High Jump
Long Jump

Track Events

1. 3200 m. Run
2. 55 m. Hurdles
3. 100 m. Dash
4. 800 m. Relay
5. 1600 m. Run
6. 400 m. Relay
7. 400 m. Dash
8. 110 m. Hurdles
9. 70 m. Dash
10. 800 m. Run
11. 200 m. Dash
12. 1600 m. Relay

25. **Conference Track Meet**

- Limit of 2 competitors per school per event in all events.
- Individual limits of 4 events remain unchanged from regular league meets.
- No exhibition relays or runners.
- Ribbons are awarded for places 1 – 8 in all events for both divisions
- Competitors in the field events must meet the qualifying standard set for each event.

Conference Track Meet (continued)

Qualifying standards are as follows:

Girls High Jump :	Division 1: 3' 8"	Division 2: 3' 6"
Girls Long Jump:	Division 1: 10' 2"	Division 2: 8' 11"
Girls Shot Put:	Division 1: 20' 9"	Division 2: 17' 7"
Boys High Jump:	Division 1: 4' 4"	Division 2: 3' 8"
Boys Long Jump:	Division 1: 11' 10"	Division 2: 10' 9"
Boys Shot Put:	Division 1: 22' 9"	Division 2: 18' 3"

ADMINISTRATION OF FIELD EVENTS

1. High Jump

- All practice jumps must be completed before the official start time of the meet.
- Starting Heights: Girls Division 2 @ 3'6"
Girls Division 1 and Boys Division 2 @ 3'8"
Boys Division 1 @ 4'4"
- To compete in the conference meet, the competitor must clear the opening height during a regular season meet.
- The high jump bar is raised 2" per time.
- Each competitor is allowed 3 attempts to clear the crossbar at a given height.
- Competitors may pass a height without penalty.
- Begin with the Girls Division 2. Girls Division 1 and Boys Division 2 contestants begin jumping when the bar is raised to 3'8". Boys Division 1 will begin jumping when the bar is raised to 4'4".
- Any high jump competitors, who will be competing in either the 55m hurdles or the 800m relay, should be the first competitors in their respective Divisions.

- When only one competitor remains in the competition, the competitor may determine successive heights of the crossbar.
- The winning height must be measured with a tape measure to the center of the crossbar.
- **Scoring**
 - Please indicate places 1 – 8 for each division. Any competitor, who fails to clear the opening height, does not place.
- **Tie Breakers**
 1. If two competitors are tied, the competitor with the fewest attempts at the tied height finishes ahead of the other contestant.
 2. If both competitors are still tied, the competitor with the fewest total misses finishes ahead of the other contestant.
 3. If both competitors are still tied, each competitor is awarded the same place and the following place not awarded. For example, if two competitors are still tied for first after the first two tie breakers, then they are each awarded first place and the next contestant is awarded third place.

2. Long Jump

- All practice jumps must be completed before the official start time of the meet.
- Each competitor is allowed 3 attempts.
- Any high jump competitors, (girls or boys) should complete their 3 attempts first.
- Any long jump competitors, who will be competing in either the 55m hurdles or the 800m Relay, should be the first competitors in their respective divisions.
- If there is only one pit, both boys' divisions compete first in even numbered years and in odd numbered years, both girls' divisions will compete first.
- **Scoring**
 - Please indicate places 1 – 8 for each division.
 - Score the best performance of the three attempts.
- **Tie Breakers**
 1. If the distance resulting from the best jump of competitors is identical, the higher place is awarded to the tying competitor whose second-best jump is better.
 2. If competitors are still tied, the higher place is awarded to the tied competitor whose third best jump is better than the third best throw of any tied competitor.
 3. If competitors are still tied, each competitor is awarded the same place

and the following place not awarded. For example, if two competitors are still tied for second after the first two tie breakers, then they are each awarded second place and the next competitor is awarded fourth place.

3. Shot Put

- All practice throws must be completed before the official start time of the meet.
- The boys will throw an 8-pound shot and the girls will throw a 6-pound shot.
- Each competitor is allowed 3 attempts.
- Any high jump competitors, (girls or boys) should complete their 3 attempts first.
- In even number years, both girl's divisions will compete first and in odd numbered years, both boys' divisions will compete first.
- **Scoring**
 - Please indicate places 1 – 8 for each division.
 - Score the best performance of the three attempts.
- **Tie Breakers**
 1. If the distance resulting from the best throw of competitors is identical, the higher place is awarded to the tying competitor whose second-best throw is better.
 2. If competitors are still tied, the higher place is awarded to the tied competitor whose third best jump is better than the third best throw of any tied competitor.
 3. If competitors are still tied, each competitor is awarded the same place and the following place not awarded. For example, if two competitors are still tied for second after the first two tie breakers, then they are each awarded second place and the next competitor is awarded fourth place.

Specific Event Reminders:

Instructions for conducting and scoring **Field Events** will be distributed to each school and be available at the meets. Some highlights of these events are:

- Participants who run in the 55 M hurdles and 800 M relay should do the long Jump first in the list of Long Jump entries.
- **Long Jump:** Score best of 3 attempts after practice. All boys and girls who are also participating in the high jump are to go at the beginning of this event. Then, if there is only one pit, the D-1 and D-2 girls will jump first. When concluded, then D-1 and D-2 boys will jump.
- **Shot Put:** Score best of 3 attempts after practice. All boys and girls who are also participating in the high jump should throw first. Then, shot put will begin with boys D-1 and D-2 throw first. When concluded, girls D-1 and D-2 will throw.

