2015-16

Rules and Regulations

Governing Contests
HELPFUL INTERPRETATIONS

1. A transfer student should always be checked very closely. Many will not be eligible under the transfer rule.
3. Always check the records for the courses and units passed by a student.
4. Certificates of Eligibility must be in the League Office seven days prior to the first contest in that sport.
5. All varsity sports schedules must be filed in the League Office. Forms can be found in the Athletic Directors Notebook. The Coaches Calendar is a great reference. Use it.
6. Never allow a student to practice without having a Parents’ Permission Form, Physical Examination Form and insurance coverage.
7. A player has the same restrictions as a team on number of games played, etc. Anyone other than junior high or middle school players may move up or down.
8. Teachers’ children have the same restrictions as other students.
9. If you have any doubt, check with the League Office.

IMPORTANT DATES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Schedule Due</th>
<th>First Practice</th>
<th>First Scrimmage</th>
<th>First Playing Date</th>
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<tr>
<td>Football</td>
<td>May 1</td>
<td>July 31</td>
<td>August 6</td>
<td>August 20 (varsity only)</td>
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<td>Volleyball</td>
<td>May 1</td>
<td>July 31</td>
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<td>Girls Golf</td>
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<td>Girls Tennis</td>
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<td>Cross Country</td>
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<td>Competitive Cheer</td>
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<td>August 7</td>
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<td>Basketball</td>
<td>October 1</td>
<td>November 2</td>
<td>November 9</td>
<td>November 30</td>
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<td>Wrestling</td>
<td>October 1</td>
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<td>Lacrosse</td>
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<td>Soccer</td>
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<td>February 8</td>
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<td>Baseball</td>
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<td>Softball</td>
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<td>Boys Golf</td>
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<td>Boys Tennis</td>
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<td>March 7</td>
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<td>Track/Field</td>
<td>March 1</td>
<td>February 1</td>
<td>February 8</td>
<td>March 7</td>
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GENERAL RULES

1. National Federation Rules will be used in all games. There will be no variation unless approved by the Executive Committee or the Legislative Assembly.

2. There will be four classifications: AAAA, AAA, AA and A.

3. Before September 15th of each year, each region coordinator will call a meeting of all high schools in the region for the purpose of:
   a. Checking football, volleyball, girls’ golf, girls tennis, swimming, competitive cheer and cross country schedules and the method of determining region champions.
   b. Discussing basketball and wrestling schedules and the method of declaring the champions.
   c. Discussing any League or region business.
   d. Electing Legislative Delegates and alternates and submitting their names to the Commissioner before November 15th.

4. Before December 15th, each region coordinator will call a meeting of all schools in the region for:
   a. Checking basketball and wrestling schedules and method of determining region champions.
   b. Requesting basketball officials for the region basketball tournament.
   c. Discussing baseball, softball, soccer, lacrosse, boys’ tennis, boys’ golf and track and field schedules and method of declaring champions.
   d. Other League or region business.

5. Before March 15th, each region coordinator will call a meeting of all schools in the region for:
   a. Checking baseball, softball, soccer, boys’ tennis, boys’ golf and track and field schedules and method of declaring champions.
   b. Determining track program for qualifying athletes for the State Track Meet.
   c. Determining football, competitive cheer, volleyball, swimming, girls’ golf, girls tennis, and cross country schedules and the method of declaring region champions.
   d. Electing new officers.
   e. Other League or region business.

6. Each region coordinator, or the coach of the winning team must notify the League Office immediately after the deciding game or contest has been held.

7. A school will not be allowed to compete in more than one classification except in cases of combination of schools. See By-Laws Article II, Section 2.
RULES AND REGULATIONS GOVERNING INVITATIONALS, TOURNAMENTS AND JAMBOREES

1. Schools will not permit their students to participate in an invitational event or jamboree unless the League approves the event.

2. All teams competing in an invitational or jamboree must be members of the League or have permission to participate. The League will not sanction any invitational tournaments or jamborees that does not have at least one member school participating or is beyond the regular season.

3. Responsibility to the League Office must be established by designating a host school that will insure that all League regulations are followed.

4. A request for permission to hold an invitational or jamboree, signed by the principal of the host school, must be in the League Office at least 30 days prior to the first session of the event or 90 days if out of state teams are to be invited. The request must include the purpose of the event, the sponsoring organization, the exact dates and the schools invited. A form to submit the request for approval can be found in the A. D. Handbook.

5. For all jamborees, the League will receive 20% of the gross gate receipts in excess of $1,500.00. The League's share from any jamboree will not exceed $5,000.00. A financial statement, this 20% and a list of participating teams must be sent to the League within fifteen days.

6. Each school is permitted to participate in one approved varsity preseason jamboree and two invitational tournaments (per sport program). A school may elect to participate in a second or third varsity preseason jamboree instead of one or two of the four allowable scrimmages. Each school is permitted to participate in one subvarsity preseason jamboree and two subvarsity invitational tournaments (per sport program).

7. A school may not participate for more than ½ of a regulation game in any jamboree type event.

8. Definition of a tournament
   A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, tennis, lacrosse and soccer. (Maximum: 10 consecutive days for a tournament)

9. The Executive Committee has instructed the League Office to disapprove an invitational basketball tournament in which more than eight schools are involved if any part of the tournament causes loss of school time or is played on a day preceding a school day. If the tournament is held entirely during the Christmas holidays, more than eight teams may compete. Activities other than basketball are not limited to eight teams.

10. Schools are allowed invitational tournament(s) one week prior to the first legal playing date to include the previous weekend.

11. Certified officials must be used at the varsity level.

12. Adequate police protection must be furnished. (See page 12 - Police Protection)

13. All rules and regulations of the League must be followed. This includes the awards rule and the amateur rule. For an invitational event, symbolic awards may be given. Trophies must be reasonable in size. Scholarships or monetary awards are in violation of this rule.

14. No trophies or awards of any kind may be given to a player or team for participation in a jamboree. This regulation does not forbid the presentation of a sportsmanship award to a school or awards to individuals for winning a kicking contest or a similar contest held at a jamboree.

15. Total number of lacrosse and soccer games a student may play during a tournament is two per day. There must be a minimum one hour rest between games.

NOTE: League passes will be honored at all League sponsored events.
DEFINED SPORTS SEASONS

The following terms will be used and will apply to all sports:

IN-SEASON
Begins first day of legal practice and ends with elimination from state play-off competition. Organized practice is left to the discretion of each school.

OUT-OF-SEASON
Any time except In-Season. During out-of-season, coaches may conduct organized practice as specified in the Open Season/Closed Season practice schedule on page 7.

Strength and conditioning programs will not be affected by the limitation on the Open Season/Closed Season practice schedule. Conditioning programs are not to include agility drills that enhance specific skills for a given sport, nor may equipment for any sport be used. Agility drills appropriate for all sports will be acceptable.

Practice and weight training must be open to all students. These sessions cannot be mandatory for any student.

School facilities will be open to all students and coaches who may be involved with the planning and monitoring of activities, including organized practice, during the specified periods.

Participation cannot be mandatory for any student.
Open Season/Closed Season Practice Schedule 2015-16

Fall Sports
June 1 - July 25, 2015 ........................................... Open Season
July 26 - July 30, 2015 ......................................... Closed Season
July 31 - Last Contest ........................................... In-Season
December 7 – January 31, 2016 ............................... Open Season
February 1 - March 6, 2016 ................................. Closed Season
March 7 - May 31, 2016 ......................................... Open Season
April 5 - May 31, 2016 .......................................... Competitive Cheer Try-outs (Any 15 days)
May 2 - May 31, 2016 .......................................... Football (10 days in pads)

Winter Sports
June 1 - July 30, 2015 ........................................... Open Season
July 31 - September 4, 2015 ................................. Closed Season
September 5 - November 1, 2015 ............................ Open Season
October 2 - November 1, 2015 ............................... Closed Season
November 2 - Last Contest .................................... In-Season
Last Contest - Championship .............................. Closed Season
Day after Championship - May 31, 2016 .............. Open Season

Spring Sports
June 1 - July 30, 2015 ........................................... Open Season
July 31 - September 4, 2015 ................................. Closed Season
September 5 - November 1, 2015 ............................ Open Season
November 2 - December 6, 2015 ........................... Closed Season
December 7 - January 16, 2016 ............................. Open Season
January 17 - January 31, 2016 ............................... Closed Season
February 1 - Last Contest ..................................... In-Season
Last Contest - Championship .............................. Closed Season
Day after Championship – May 31, 2016 .............. Open Season

Lacrosse
June 1 - July 30, 2015 ........................................... Open Season
July 31 - September 4, 2015 ................................. Closed Season
September 5 - November 1, 2015 ............................ Open (10 days in full gear, Oct. 9 - Oct. 31)
November 2 - December 6, 2015 ........................... Closed Season
December 7 - January 9, 2016 ............................... Open Season
January 10 - January 24, 2015 ............................... Closed Season
January 25, 2016 - Last Contest ............................. In-Season
Last Contest - April 30, 2016 ................................ Closed Season
May 1 - May 31, 2016 .......................................... Open Season

NOTE: Ten days of competition are permitted June 1 - July 23, 2016. Participation at team camps and other outside organizations is included in these 10 days. No school will be permitted to attend or participate in team camps between July 24, 2016 and In-Season.
Any student participating in an illegal practice will be declared ineligible for that sport season.
Any school allowing an illegal practice will be subject to League discipline, which may include the placing of the sport on probation.
Closed Season Regulations:

- No coach/team may practice during the first five weeks of a sport season if it is not their sport season.
- No coach/team may practice two weeks prior to the official start of their season as determined by the League calendar. For fall sports that is only 1 week since it backs up to summer.
- No coach/team may practice after their season concludes until after their State championships.
- Strength and conditioning programs will not be affected by the limitation on practices. Conditioning programs are not to include agility drills that enhance specific skills for a given sport, nor may equipment for any sport be used. Agility drills appropriate for all sports will be acceptable.
- A coach can no longer work with any athletes during closed season.

Football: May 2-31, 2016

- The first three (3) days of practice will be in helmets only.
- During the first three (3) days of “helmets only” practices sleds and ground dummies may be used.
- No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of practice.
- During any practice(s) beyond the first 3 days of practice, a coach may equip his players in any combination of pads that he prefers for a period of up to ten (10) days. (Ten (10) days is the maximum amount of time in pads.) Schools are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.
- Middle school students may NOT take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (They could be on the same field, but away from the high school practices.)
- Rising 9th graders, (8th graders), are NOT 9th graders until school is out for the year, thus they may NOT take part in contact drills of the high school.
- Schools MAY NOT charge admission for a practice (game)

Lacrosse: October 9-31, 2015

Boys Lacrosse Only: The first three days shall be in shorts and helmets. Of the remaining days, a maximum of 10 days may be in full gear. Gloves may be worn on all days during this period, outside of that, helmet & gloves.

Competitive Cheer Tryouts:

- Schools may continue to use up to 15 days between April 5 – May 31 to complete tryouts for the following year.
OTHER REGULATIONS

a. Activities that take place during the school day are local matters and are not affected by these regulations. However, any activity involving prospective athletes during the school day must be open to all students.

b. School facilities may not be used after school hours during closed season by students of a school except if they are members of an outside team clearly sponsored by an outside agency. Coaching outside teams during a closed season is permissible provided the 75% rule is not violated. (Refer page 14 for details on the 75% rule.)

c. Outdoor facilities normally available to the public will not be restricted by these regulations on non-school days. In other words, if it is the normal practice of the school to allow the general public to use these facilities on the weekends, there will be no violation if more than two students are present, provided there is no coach present, and there is no attempt to facilitate practice.

d. A coach may accompany prospective team members to a camp or clinic during a closed season, but may not be involved with teaching skills to his or her own players.

Violation(s) of the practice rules orchestrated/initiated by school personnel will subject the school to sanction(s) by the League. Violation(s) of the practice rules orchestrated/initiated by the student athletes will subject the school to a “warning” for first offense and more severe sanctions for repeated offense(s) within one calendar year.

SCHOLAR ATHLETE

Each year the League will recognize student athletes who excel academically. The following criteria will be used for selection:

1. Selections must be seniors who have lettered in two sports for at least one season or in one sport for at least two seasons. Outstanding citizenship and sportsmanship must have been exhibited.
2. Selections must have achieved at least a 3.5 GPR.
3. All selections must be submitted to the League Office by March 15. Grades will be cumulative through the end of first semester.

SUPPORT CHEERLEADERS

It is necessary to regulate certain activities of cheerleading squads when they are performing at League events. This is to better insure the safety of the athletes and the officials as well as the cheerleaders themselves.

It is the responsibility of the school administration to enforce these regulations.

FOOTBALL

If cheerleaders are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. Jewelry will not be worn at any time.

BASKETBALL

Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for vocal cheering will be used only by cheerleaders. Jewelry will not be worn at any time.

ALL SPORTS

When building pyramids, no cheerleader may stand or sit on another cheerleader who does not have at least one foot or knee on the floor. Jewelry will not be worn at any time.
**The following are not allowed:**

- Basket Tosses
- Double-Twist to a cradle
- Single-Twist to a cradle
- Any Twisting Dismounts
- Elevator Tosses or Similar Multi-Base Tosses
- Any Airborne Twisting Tumbling Skills

**It is recommended that cheerleaders and cheerleader coaches/advisors follow the Spirit Rules Book published by the National Federation of State High School Associations. These guides may be obtained from the League Office.**

**SPORTSMANSHIP - STATEMENT OF POLICY**

The State Athletic Administrators Association has joined with the League's Executive Committee in continuing to emphasize the urgent need for impeccable sportsmanship by our players, coaches, and fans. Good sportsmanship and good conduct go hand in hand with high school athletics. Athletic administrators, coaches, players, and officials have the greatest responsibility to see that conduct and sportsmanship are at the highest level possible.

**Athletic Directors** are responsible for administration and supervision of local athletic programs, including the conduct of fans at athletic events. The Board of Education should develop a sportsmanship policy and philosophy and direct the administrators to carry it out. Guidelines and policies need to be implemented, and those attending games should be informed through news media, cheerleaders, and others, that poor conduct and poor sportsmanship will not be tolerated.

**Coaches** must exemplify through their own actions and behavior an acceptable example of good sportsmanship and conduct. Coaches have access to their players on a daily basis and they need to take time to stress the importance of good conduct and sportsmanship by players in interscholastic contests. Allowing players to commit an unsportsmanlike act without a reprimand is really telling the player he has done nothing wrong.

**Players** must be held accountable for their actions and be taught what is acceptable and what is not. Actions by individuals to call attention to themselves are a distraction to any game and are counterproductive to the high school philosophy of promoting a total team concept.

Fireworks – All fireworks/incendiary and explosive devices are prohibited on school facilities at League events. **A $1,500 fine will be imposed per occurrence for violations of this rule.**

Baiting and taunting must be eliminated totally from all athletic activities. It should be the goal of everyone to have the outcome of each contest determined by athletic skills and hard work and to never let baiting and taunting or other negative actions be a factor. Examples of baiting and taunting are: finger pointing, shooting motions to imply superiority, gestures with obscene connotations, excessive talking to distract or intimidate. This will also include signs or flags used to incite spectators and interfere with the orderly flow of the game.

The above list is not complete but it should give enough direction to coaches and officials to reach agreement on the kinds of conduct that must be eliminated. It will take a concerted effort, but we are convinced that we can keep interscholastic sports as the greatest perpetuator of sportsmanship in athletics today.
The South Carolina High School League expects that all persons representing a member school shall treat their opponents with respect and courtesy and anything less is unacceptable. Personal conduct of athletes, coaches, and other school personnel in which interscholastic athletics are not involved is a matter to be resolved by the member school. This position also gives the host school the authority to determine who may perform as a supplement at an athletic event.

Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of professionalism, self-discipline, independence and responsibility.

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike acts that take place at the site of an interscholastic contest are League matters. All ejections must be reported by the school to the League office by noon of the following day. The League shall discipline violators of the following items:

1. An athlete who is ejected for using abusive language, flagrantly or maliciously contacting another person, making obscene gestures to opponents or spectators, shall be ineligible for a minimum of the next contest to the maximum of one year depending on the seriousness of the violation.

2. Any ejection that warrants game(s) suspension will require the removal of the athlete’s eligibility until the suspension has been served at the level of the ejection. Suspensions carry over from sport to sport and/or year to year. Until suspension is served, the student athlete is not eligible for scrimmages and jamborees.

3. Ejections that subject a player to next game(s) suspension may result in a minimum of two games for all sports except football, cheer, swim and lacrosse depending on the nature of the ejection.

4. Any attempt to verbally abuse, make obscene gesture to, threaten or strike an official or member of the opposing coaching staff, shall be considered a serious violation making the athlete ineligible for a minimum of the next two contests to the maximum of one year. Any action that warrants a maximum penalty will also require that the school be placed on immediate probation in that sport. The League Office will review any other action(s) that result in an ejection with the possibility of additional penalties.

5. Any athlete who leaves the bench area to become involved in an altercation, either physical or verbal, will be disqualified from that game and will be subject to a minimum of a next game suspension depending on his or her involvement. A school whose athletes violate this bench policy will be subject to League discipline.

6. An athlete who is ejected for the second time in the same sport will have his or her athletic eligibility removed for a minimum of two weeks. An athlete who has been ejected from three contests during a school year (all sports) shall become ineligible for the remainder of the school year. Game officials must report all player ejections so that the League Office can officially notify the school of each violation. When an athlete is ejected for the second time in the same sport, the school is required to immediately begin the above prescribed penalty.

7. Any post game unsportsmanlike activities that involves athletes, coaches and/or other school personnel while at the playing area.

8. A coach will be in violation of the standards for good sportsmanship established by the League for:
   a. making degrading/critical remarks about officials during or after a contest either on the field of play, from the bench or through any public news media;
   b. arguing with officials or going through motions indicating dislike/disdain for a decision;
c. detaining the official following the contest to request a ruling or explanation of actions taken by the official; or
d. being ejected from any contest.

9. A coach’s action that leads to an ejection will be considered as serious unsportsmanlike conduct. The minimum penalty will be a next game suspension (Must be served at the level of ejection before resuming coaching duties at games) and a $300.00 fine. The minimum penalty for a second offense will be two games suspension and a $500.00 fine. A suspended coach may not attend the contest. If a coach is ejected from the final game of the season, the minimum penalty will be a $500.00 fine assessed to the school.

10. A school must control its spectators. In cases where spectators physically assault an official, coach, or athlete, the school shall be given one of two options: (1) To take legal action against the offender(s) that is acceptable to the League or (2) be disciplined by the League.

11. A school shall not allow vulgar chants by its supporters.

12. Violation of any of the above policies will warrant League discipline for the school or individual.

Degrees Of League Discipline Are:

WARNING: An official notice that an inexcusable, unethical, or unsportsmanlike action is a matter of record and must not happen again.

RESTRICTIVE PROBATION: A team may compete in regular region scheduled contests and for a region or state championship, but may be restricted in participation in other events associated with the sport (i.e., scrimmages, jamborees, non-region contests, invitational tournaments, closed season practice, summer competitions, etc.)

PROBATION: A team may compete in regularly scheduled contests but may not play in a jamboree, an invitational event or for a region or state championship.

SUSPENSION: A suspended school may not compete against another member school or a school in another state whose association is a member of the National Federation of State High School Associations.

FINE: May be levied in addition to other disciplines and may range from $50.00 to $2,500.00 for each violation.

APPEALS: A school that has been placed on probation or had a program suspended during that sport season, must appeal within 10 working days. If the suspension or probation occurs during the last contest of the season, the appeal must be made prior to the beginning of the sport the next season.

13. POLICE PROTECTION: The host team must furnish adequate police protection at all varsity football and basketball games. Police protection may also be required at other contests if so deemed by the home school administration. Police protection must be given to all varsity football and basketball officials. Failure to protect the officials will bring immediate probation, pending an investigation. Failure to have required uniformed protection will result in a $250.00 fine against the host school.

14. Should there by an altercation caused by players, staff, or fans, only the head coaches, or security, will go on the playing field or court to stop the participants. All assistant coaches are to keep the remaining members of the team off the playing area. Officials are instructed to take all steps possible to prevent an altercation from increasing and to bring it to a stop as quickly as possible. Officials should not be involved in controlling the persons involved once it gets underway. All cameramen must be instructed to keep the camera running and film all of the altercation.
This is vital to our investigation of the responsible parties.

15. **Altercations during summer league/camp.** Altercations that occur during summer league/camp competition will handled by the schools.

16. In all situations of unsportsmanlike conduct committed by the school’s coaches, bench personnel, and/or players, sanctions should be issued against the individual(s) as opposed to the entire team, if at all possible. It shall be the responsibility of the offending school to investigate and report to the League Office all individuals involved in unsportsmanlike conduct that cannot be detected by video, game officials’ report(s), or witness statements. In absence of information (videotape, witness statements) being provided by the school, the League may sanction the school. The League may address the reported individuals of the unsportsmanlike act individually or collectively. The League shall use information obtained through video, game officials reports, law enforcement reports, witness statements, etc., and the offending schools report to determine action(s) to be taken to address the unsportsmanlike conduct.

17. **Repeated unsportsmanlike behavior.** Repeated unsportsmanlike behaviors by teams involving multiple student athletes during the same sport season may subject the school’s program/team to more severe penalties, to include possible probation and/or suspension.

**DRUGS AND ALCOHOL**

While at the site of a League sponsored activity, neither a participant, game official nor a coach shall use, be in possession of or be under the influence of alcohol or any other mood altering drug. This restriction will also apply to any form of tobacco (including smokeless varieties).

A student violating this policy will be prohibited from participating in the specific event and the future eligibility status of this student will be subject to review by the South Carolina High School League.

The philosophy of the League should be obvious as it attempts to address some items in our society, which have been proven to be harmful to the physical as well as emotional well-being of our student athletes. In this regard, the League also recognizes the responsibility of coaches and other school personnel in dealing with the problem.

The South Carolina High School League is also adamantly opposed to anabolic androgenic steroid use at the high school level. The issue goes beyond protecting the integrity of a sport. The use of steroids in sports is considered to be cheating. We stand opposed to the use of steroids by athletes and all members of the student body because of health and ethical concerns.

**CONTESTS WITH NON-MEMBER NON-PUBLIC SCHOOLS**

Member schools may compete with non-member non-public schools provided certified officials are used in varsity contests. If a nonmember non-public school is invited to attend an invitational event, such non-public school may get permission to enter from the Commissioner of the League.
OUTSIDE COMPETITION/CAMPS AND CLINICS

In Season

Participation on an outside team during a sport season is permitted in all sports except football. College or professional try-outs during the season in all sports are prohibited. Violation of this policy renders a student ineligible to return to his/her school team.

Out of Season (Competition Rules)

During the out of season period, no school shall allow competition(s) that involve(s) the coach(es) and/or players except:

1. If a coach from a school (including volunteer coaches) is associated with an outside team of an outside League, no more than 75% of the allowable starters for that sport may be on the roster of the outside team. Examples of squad limits are:

- Swimming (3)  Football (8)  Girls Lacrosse (9)
- Volleyball (4)  Golf (3)    Soccer (8)
- Tennis (2)     Basketball (3)  Baseball (7)
- Competitive Cheer (15)  Wrestling (11)  Softball (7)
- Cross Country (3)  Boys Lacrosse (7)  Track (3)

This restriction applies to all students who were included on the school's certificate of eligibility and dressed for a varsity game during the previous season. Students with no remaining eligibility will not count. There is no limit on the number of students from the same school if there is no coach involved from that school. Also, there is no restriction on baseball or softball during the months of May, June, and July as it pertains to the 75% rule.

2. Each year, member schools will be permitted 10 days of competition in summer leagues, team camps, or outside organizations doing the time period of June 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic. They may use school facilities and approved playing equipment for the 10 days. The exact 10 days must be documented by date and records of these days supplied to the League Office if requested.

3. Any school violating either of the above may be fined up to $500.00 and placed on probation in the sport involved.

CAMPS

1. From June 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic schools may attend camps. Participation in these camps will count toward the allotted 10 days of summer competition.

2. For Out of Season sports, attendance at camps; from the beginning of the Fall sports season through May 31st of each year, are governed by the following restrictions:

   a. The student or the parents must pay all fees and expenses.
   b. Students may be transported by their coach to camps or clinics at any time.
   c. A coach may serve as an instructor at the camp, but may not teach skills to students from their own school or feeder school(s) during closed season.
   d. Attendances at camps during a sports season that are controlled entirely by a school and restricted to its students are exempt from these regulations.
   e. A violation of any part of this section may result in a fine of up to $500 and probation on the school.
CLINICS

1. The principal of a member school must approve a clinic held on school facilities.
2. A coach may serve as an instructor at the clinic, but may not teach skills to students from their own school or feeder school(s) during closed season.
3. A clinician's fee and expenses should be reasonable. Principals should pay close attention to this item before giving approval.
4. Room and board must not be a part of the clinic.
5. The clinic must not exceed three days.
6. Team competition is prohibited and all physical activity must be restricted to fundamentals.
7. The coach may transport his players to the clinic.
8. A violation of any part of this section may result in a fine of up to $500 and probation on the school.

Closed Season Regulations:

1. No coach/team may practice during the first five weeks of a sport season if it is not their sport season.
2. No coach/team may practice two weeks prior to the official start of their season as determined by the League calendar. For Fall sports that is only 1 week since it backs up to summer.
3. No coach/team may practice after their season concludes until after their State championships.
4. Strength and conditioning programs will not be affected by the limitation on practices. Conditioning programs are not to include agility drills that enhance specific skills for a given sport, nor may equipment for any sport be used. Agility drills appropriate for all sports will be acceptable.
5. A coach can no longer work with any athletes during closed season.
BROADCASTS

1. WRITTEN POLICY - Each school (or school district) should have a written policy concerning broadcasting. This does not necessarily mean that restrictions are needed. Broadcasters need to know this policy if they are to serve the public.

2. REGULAR SEASON GAMES - The broadcast rights are the exclusive property of the home school. Applications to broadcast regular season games must be directed to the principal of the host school. APPLICATIONS FOR BROADCASTING RIGHTS - The form to be used by all parties in making application to broadcast high school athletic contests should be made out in triplicate. After signing the application, the host school will keep a copy. The original and the other copy will be returned to the broadcasting party. The broadcasters will keep the original and send a copy to the visiting team. A broadcaster will not go to an athletic contest for the purpose of broadcasting the contest without first receiving written permission from the host school, tournament director or Commissioner. A broadcaster will limit its working personnel to three persons and will accept available facilities.

3. INVITATIONAL EVENTS - Requests to broadcast invitational events will be directed to the invitational event director.

4. REGION TOURNAMENTS – Broadcast rights of region tournaments, that are not part of the playoffs, are the property of the region. Requests to broadcast region games should be directed to the region coordinator or region tournament director.

5. UPPER AND LOWER STATE PLAY-OFFS - Any contest beyond region play is considered a state play-off.
   - Requests for radio and/or internet broadcast beyond region play will be directed to the principal of the host school. **Exception:** Requests to broadcast all football finals and basketball semi-finals and finals should be directed to the League office.
   - Requests for television or internet stream beyond region play will be directed to the principal of the host school. **Exception:** Requests to broadcast all rounds of football and basketball state finals should be directed to the League office.

6. FEES FOR BROADCASTING RIGHTS - All contracts concerning regular season games must be left to the host school and the interested party. State play-off fees are as follows:

<table>
<thead>
<tr>
<th></th>
<th>Football</th>
<th>Basketball</th>
<th>All Other Sports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live (Radio and/or Internet)</td>
<td>FOOTHALL</td>
<td>Play-offs All Classes - $50.00 per game</td>
<td>Play-offs All Classes - $50.00 per game</td>
</tr>
<tr>
<td></td>
<td>AAAA $200.00</td>
<td>AAA $75.00</td>
<td>AA $50.00</td>
</tr>
<tr>
<td>1st Round</td>
<td>$200.00</td>
<td>$75.00</td>
<td>$50.00</td>
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<tr>
<td>2nd Round</td>
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<td>$100.00</td>
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<tr>
<td>3rd Round</td>
<td>$300.00</td>
<td>$150.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>4th Round</td>
<td>$300.00</td>
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<td>$150.00</td>
</tr>
<tr>
<td>5th Round</td>
<td>$225.00</td>
<td>$150.00</td>
<td>$150.00</td>
</tr>
</tbody>
</table>

No charge for delayed broadcasts over 3 hours delay from game time.

**BASKETBALL**
- Play-offs All Classes - $50.00 per game
- State Finals All Classes - $100.00 per game

**ALL OTHER SPORTS**
- Play-offs All Classes - $50.00 per game
- State Finals All Classes - $100.00 per game
### Live (Television and/or streaming video)

#### FOOTBALL

<table>
<thead>
<tr>
<th>Internet Stream</th>
<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$500</td>
<td>$1,000</td>
</tr>
<tr>
<td>Delayed/On-Demand *</td>
<td>$250</td>
<td>$500</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Television Broadcast</th>
<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$1,500</td>
<td>$3,000</td>
</tr>
<tr>
<td>Delayed/VOD *</td>
<td>$750</td>
<td>$1,500</td>
</tr>
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</table>

#### BASKETBALL

<table>
<thead>
<tr>
<th>Internet Stream</th>
<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$250</td>
<td>$750</td>
</tr>
<tr>
<td>Delayed/On-Demand *</td>
<td>$150</td>
<td>$250</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Television Broadcast</th>
<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$1,000</td>
<td>$2,000</td>
</tr>
<tr>
<td>Delayed/VOD *</td>
<td>$500</td>
<td>$1,000</td>
</tr>
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</table>

#### ALL OTHER SPORTS

<table>
<thead>
<tr>
<th>Internet Stream</th>
<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$150</td>
<td>$300</td>
</tr>
<tr>
<td>Delayed/On-Demand *</td>
<td>$75</td>
<td>$150</td>
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</table>

<table>
<thead>
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<th>School or Neutral Site</th>
<th>Championship Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Live</td>
<td>$500</td>
<td>$1,500</td>
</tr>
<tr>
<td>Delayed/VOD *</td>
<td>$250</td>
<td>$750</td>
</tr>
</tbody>
</table>

* Delayed broadcast must be 72 hours or more
GUIDELINES FOR FINES AND LATE FEES ADOPTED BY EXECUTIVE COMMITTEE

School discipline has always been a great concern to the League Office and to the Executive Committee. Many problems arise during the school year in the enforcement of rules and regulations pertaining to eligibility, eligibility forms, activity schedules and unsportsmanlike conduct. In order to avoid inconsistencies and to assist the League Office in being uniform in its dealings with the membership, the Executive Committee has adopted a set of “Guidelines for Fines.” No personal checks will be accepted. These guidelines, as set forth by the Executive Committee, are as follows:

FIFTY-DOLLAR FINES
1. Violation of Article VIII, Section 1 - Failure to submit varsity schedules by designated times.
2. Violation of Article VII, Section 16 - Failure of a school to file a Certificate of Eligibility form prior to the specified deadline in an activity. (No games forfeited.)
3. Failure to pay a fine within 60 days.
4. A school official places the name of an ineligible student on a certificate of eligibility form and the student does not participate in a contest. (No games forfeited)
5. Any student in the uniform of and permitted in the bench area of one of the competing teams is considered as having participated and participation when the student is ineligible is a violation of League rules.

ONE-HUNDRED DOLLAR FINES
1. A school fails to file Certificate of Eligibility or have on file any other required form prior to participation in a contest or omits a student's name that participates. (No games forfeited)
2. Unsportsmanlike actions of players, coaches or spectators. (Minimum)
3. Failing to meet the deadline to enter the play-offs.
5. A school permits an ineligible student to participate in a scrimmage or jamboree.

THREE-HUNDRED DOLLAR FINES
1. Ejection of coach (see Unsportsmanlike Conduct – page 12).

FIVE-HUNDRED DOLLAR FINES
1. A school official removes a team from the playing area before a game is completed.
2. Serious unsportsmanlike actions of players, coaches or spectators.
3. A school permits an ineligible student to participate. (Games will be forfeited.)
4. A school fails to file a Certificate of Eligibility form for a student who is ineligible and who is allowed to participate. (Games will be forfeited.) (The individual sport may be placed on probation.)

FIFTEEN-HUNDRED DOLLAR FINE
1. Use of fireworks and explosive devices at League events.

TWENTY-FIVE HUNDRED DOLLAR FINES
1. If an ineligible student is permitted to participate and if the participation is permitted with any official (coach, athletics director, administrator, etc.) of the school knowing that the student may possibly be ineligible, the school, program or team may be disciplined by the Commissioner (depending on actions taken by school to address situation), to include fine, and/or warn, probation, or suspension. Upon proper appeal by the school, the Executive Committee may change the suspension to a fine not to exceed $2,500.00 for each ineligible student and probation on the program or team involved. (Games will be forfeited.)
2. Upon appeal or reconsideration by the Executive Committee, the Committee may alter any of the above penalties based on the circumstances of the school, the players, or the coach.
SEVENTH, EIGHTH AND NINTH GRADE ACTIVITIES

These regulations apply to all 7th, 8th and 9th grade students participating in Junior High or Middle School programs as well as students participating on exclusively 7th and 8th grade teams under the High School Program. All ninth grade students participating in a high school program will not be restricted by these regulations or the regulations restricting junior high school teams in the National Federation rules books.

A. General philosophy and aims to be considered in the interscholastic activities program for seventh, eighth and ninth grade students:

1. Since there is a great range in individual differences among boys and girls of this age (age; body build; interest; ability; experience; health, and the stages of physiological, emotional and social maturity), the program planned should be based on the principle of "The greatest good to the greatest number of participants involved."

2. The interscholastic athletic program for boys and girls in the seventh, eighth, and ninth grades should supplement, rather than serve as a substitute for, an adequate program of required physical education, intramural and physical recreation for all students.

3. The program must be suited to the needs of boys and girls of this age. It must contribute to desirable growth and development of these participants physically, socially and otherwise. The program must be justified on a basis of contribution to the desirable development of the participants. The welfare of the youth concerned is of greatest importance. All other needs and problems should be secondary.

4. This interschool competitive program should be operated from as broad a base as possible to offer experience to many boys and girls.

5. The program should place considerable emphasis on:
   a. Companionship among the participants on a squad and among squads of different schools.
   b. Sportsmanship.
   c. Physical skills, techniques and training.
   d. Character development.

6. The Executive Committee favors an interscholastic program but feels this program should be carefully controlled, regulated and limited.

B. Rules and Regulations:

1. Students below the seventh grade may not participate in interscholastic athletics. Students in grades 7 and 8 will not be permitted to participate on varsity interscholastic teams in football, wrestling, lacrosse and soccer.

2. Participation on junior varsity or "B" teams will be left to the local school authorities. These regulations do not forbid an overlapping of the two "graded" groups on such teams. Schools are reminded that a student may not participate on more than one team and participate in more than one football game or two basketball games per week.

3. It is recommended that athletic contests be played with a start time no later than 4:00 pm.

4. All sports are allowed one scrimmage, one jamboree and two tournaments. A team may not play more than a half of a regulation contest in a jamboree. No exceptions.

5. Sub-varsity teams must complete their schedule prior to the day of the first round of play-offs in that sport; exception: Class AAAAA football.
6. The eligibility requirements will be substantially the same as for high schools with the following variations:

AGE - A student who becomes 15 years of age prior to July 1 of the upcoming school year, will not be able to compete on an 8th grade and under team in any athletic activities. For a 9th grade and under team, substitute 16 years of age for 15. A student who becomes too old for a 7th and 8th grade team may be considered as enrolled in the 9th grade for eligibility purposes.

ADVANCED PARTICIPATION - A junior high or middle school student promoted to a high school varsity, junior varsity, or other interschool squad, may not return to junior high or middle school competition during the current year in the same sport if he has participated in a game played by the advanced squad.

PLAY-OFFS - No play-off beyond region level is permitted between seventh, eighth and ninth grade teams.

TRAVEL - Junior high and middle schools will not permit their athletic teams to travel more than 150 miles round trip for any contest.

OFFICIALS - Certified athletic officials should be provided in all cases possible. When this is not possible, competent adults should be obtained whom the schools concerned mutually agreed upon in advance. High school students shall not be used as game officials.

C. Game Rules and Game Conditions:

FOOTBALL

1. The football season will open on September 9 and close on November 5. Eligibility forms are due in the League Office at least 7 days before the first game.

2. No school team, or individual player, may participate in more than eight games, which shall be scheduled with no more than one game per week. In extreme cases, games may be rescheduled. A minimum of three days must elapse between games.

3. Practice may begin July 31. No practice session shall exceed two hours in length and no more than one practice may be held in any one day. Practice may be held on 6 days in one week during the preseason. After the first legal playing date, schools will be restricted to 5 practice days per week.

   Practice may begin....................................July 31 (helmets)
   First practice in pads ..................August 14 (helmets & shoulder pads)
   Practice in full gear.........................August 18
   First scrimmage..............................August 26
   First contest..................................September 9

4. A school must hold at least fifteen organized practice sessions before playing its first game.

5. 7th and 8th grade teams shall play eight-minute quarters only.

6. Free substitution is encouraged.

7. No game may end in a tie. The Ten Yard Line Overtime Procedure as printed in the National Federation Football Rules Book will be used.

8. Other than the above, National Federation Rules shall apply.

9. Middle and Junior High teams shall be permitted one inter-team scrimmage and one jamboree.

VOLLEYBALL
1. Practice may begin on July 31. First scrimmage - August 17.
2. The volleyball season will open on September 8 and close on October 20. Eligibility forms are due in the League Office at least 7 days before the first match.
3. Schools are limited to 14 play dates including invitational tournaments.

COMPETITIVE CHEER
1. Practice may begin on July 31.
2. The competitive cheer season will open on September 9 and close on November 10.
3. Schools are limited to 6 competitions.

BASKETBALL
1. Practice may begin on November 2. First scrimmage – November 9.
2. The basketball season will open on November 30 and close on February 13 including tournaments. Eligibility forms are due in the League Office at least 7 days before the first game.
3. At least 15 organized practice sessions must be conducted before your first preseason tournament or regular season contest is played. Practice sessions shall not exceed 1-½ hours in length and shall not exceed more than one practice per day.
4. Middle and Junior High teams shall be permitted one interschool scrimmage. At least 5 practices must be held prior to the scrimmage.
5. No junior high team, middle school team, or individual may participate in more than 14 regular season basketball games and enter more than 2 tournaments, provided one of the tournaments is a region tournament at the conclusion of regular season play.
6. A team may not participate in games on more than two school days (Monday through Friday) in any week nor participate in more than three games in any seven-day period. A student has the same limitation on playing as does a team.
7. A student will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour’s rest between games.
8. The length of quarters shall be 6 minutes and play will be according to National Federation Rules.

WRESTLING
1. Practice may begin on November 2. First scrimmage - November 9.
2. The wrestling season will begin on November 30 and close on January 30. Eligibility forms are due in the League Office at least 7 days before the first match.
3. The following weight classes will be used: 82, 90, 98, 105, 112, 119, 126, 132, 138, 145, 155, 167, 185 and unlimited. To compete in the unlimited division, a student must weigh a minimum of 185 lbs.
4. Each team is limited to 12 wrestling dates including invitational tournaments.
SOCCER
1. Practice may begin on February 1. First scrimmage – February 8.
2. The soccer season will open on February 29 and close on April 29. Eligibility forms are due in the League Office at least 7 days before the first match.
3. Schools are limited to 12 matches and two tournaments.
4. A student will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour’s rest between matches.

TRACK AND FIELD
1. Practice may begin on February 1. First scrimmage – February 8.
2. The track season will open on March 7 and close on May 6. Eligibility forms are due in the League Office at least 7 days before the first meet.
3. There is no restriction on the number of track meets a school may enter.

BASEBALL AND SOFTBALL
1. Practice may begin on February 1. First scrimmage – February 8.
2. The season will open on March 7 and close on April 27. Eligibility forms are due in the League Office at least 7 days before the first game.
3. Schools are limited to 12 baseball and 12 softball games and two tournaments.
4. Games may be scheduled for 5 innings.
5. All games are limited to 2 hours regardless of score.

GOLF AND TENNIS
1. Practice may begin on February 1. First scrimmage – February 8.
2. The golf and tennis seasons will open on March 7 and close on May 6. Eligibility forms are due in the League Office at least 7 days before the first match.
3. Schools are limited to 12 golf and 12 tennis matches.
SWIMMING

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. National Federation Rules shall govern all contests and may be obtained from the League Office.

3. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:

   Schedule Due ................................... August 10
   First Practice .................................. July 31
   First Scrimmage ................................. August 7
   Eligibility Due................................. 7 days prior to first regular season meet
   First Contest .................................... August 17

Certified Swim Times ....................... to be placed on Sports Timing & Software, Inc.
   (www.sportstiming.com) within 3 days after a regular season meet or 24 hours prior to the State Meet entry deadline, whichever comes first

State Championship Entries Due ...... Sunday, October 4 by 9:00 pm.
State Championship Meet ............... October 10

5. COMPETITIVE SEASON

   a) All regular season meets and invitationals must be concluded before the State Championship Meet. Region Championship Meets are considered regular season meets

   b) Only swimmers who have qualified for the State Championship Meet will be allowed to continue practice after State Meet qualifiers have been posted on the SCHSL website.

   c) Swimmers must compete in at least two SCHSL-sanctioned regular season meets prior to the State Championship Meet.

   d) Swimmers qualify for the State Championship Meet according to qualifying times and procedures outlined in Sections 9 and 10 of these rules.

   e) Qualifying times may be achieved in any SCHSL-sanctioned regular season meet completed in the current high school swim season. Qualifying times will be determined and certified according to procedures outlined in Section 10 of these rules.

   f) Qualifying times achieved after the State Championship Meet entry deadline will not be accepted.

   g) By state adoption exhibition swim competition is prohibited.

   h) A swimmer may compete in only one meet (varsity or JV) in a day.

   i) Only times achieved in varsity meets will be accepted in the state meet.

   j) Unlimited team entries shall be permitted at invitational, triangular and non-varsity meets.
k) In varsity dual meets, coaches may mutually agree for additional entries beyond the National Federation maximum in the meet. These swimmers will have the opportunity to score points for their team and swim a qualifying time for state. If the coaches do not mutually agree on the number of additional entries, it is restricted to National Federation rules spelled out in Rule 3, Section 1, Article 2 of the rules book.

l) Scoring in the meet will follow National Federation rules spelled out in Rule 7, Section 1, Article 2-3 of the rules book.

In the State Championship Meet, points are awarded for 20 places in all events. For relays, points awarded are double the individual points for that place.

Teams are limited to four preseason scrimmages, one jamboree, and eight meets; the Region Championship Meet is included in the eight-meet limit. All meets must be swum prior to the State Championship Meet. Scoring, as outlined in the NFHS Rules Book, will be used throughout the state for all meets. Only NFHS and SCHSL rules will apply at all meets. In each Region each team will swim every other team in their Region at least once and each meet shall be scored as a dual, double-dual (three teams) or triple-dual (four teams) meet.

Teams may swim other teams outside their Region provided the above imitations are met.

Teams in Regions not having a Region Championship Meet may swim in another Region Championship meet by permission of the host team.

ACCEPTANCE INTO THE STATE MEET

Swimmers or relay teams that meet the automatic qualifying time (AQT) specified in Section 10 (and are entered) will be accepted in the State Meet.

NOTE: Swimmers will only be allowed to compete in the event(s) or relay team(s) in which he/she qualifies through AQT or CT.

If there are fewer than 30 swimmers or 20 relays with automatic qualifying times in any event, then swimmers or relays with the fastest consideration times (CT) specified in Section 10 will be accepted up to a maximum of 30 swimmers or 20 relays per event. Swimmers with AQT must be officially entered into the State meet to be accepted. Swimmers with CT must be officially entered into the State meet to be considered. State meet entries submitted for swimmers with Automatic Qualifying or Consideration Times are subject to individual and meet entry limits.
6. **2015-16 STATE MEET QUALIFYING TIMES**

<table>
<thead>
<tr>
<th>Girl’s Events</th>
<th>Class AAAA</th>
<th>Classes AAA, AA &amp; A</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Automatic</td>
<td>Consideration</td>
</tr>
<tr>
<td>200-yd Medley Relay</td>
<td>2:00.07</td>
<td>2:09.68</td>
</tr>
<tr>
<td>200-yd Freestyle</td>
<td>2:07.46</td>
<td>2:17.66</td>
</tr>
<tr>
<td>200-yd Individual Medley</td>
<td>2:24.71</td>
<td>2:36.28</td>
</tr>
<tr>
<td>50-yd Freestyle</td>
<td>26.55</td>
<td>28.68</td>
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<tr>
<td>100-yd Butterfly</td>
<td>1:05.00</td>
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<tr>
<td>100-yd Freestyle</td>
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<td>500-yd Freestyle</td>
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<td>6:09.24</td>
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<tr>
<td>200-yd Freestyle Relay</td>
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<tr>
<td>100-yd Backstroke</td>
<td>1:06.16</td>
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<tr>
<td>100-yd Breaststroke</td>
<td>1:14.70</td>
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<tr>
<td>400-yd Freestyle Relay</td>
<td>3:56.78</td>
<td>4:15.73</td>
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<table>
<thead>
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<th>Classes AAA, AA &amp; A</th>
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<tbody>
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<td>Consideration</td>
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<tr>
<td>200-yd Medley Relay</td>
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<td>1:55.38</td>
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<tr>
<td>200-yd Freestyle</td>
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<tr>
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<tr>
<td>100-yd Freestyle</td>
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<tr>
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<tr>
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<tr>
<td>100-yd Backstroke</td>
<td>1:00.97</td>
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</tr>
<tr>
<td>100-yd Breaststroke</td>
<td>1:07.67</td>
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</tr>
<tr>
<td>400-yd Freestyle Relay</td>
<td>3:32.83</td>
<td>3:49.86</td>
</tr>
</tbody>
</table>

New Individual Automatic Qualifying time (AQT) = \[
\frac{[(AQT \times 5) + (20^{th} \text{ place time} - 0.1\text{sec})]}{6}
\]

New Relay Automatic Qualifying time (AQT) = \[
\frac{[(AQT \times 5) + (10^{th} \text{ place time} - 0.1\text{ sec})]}{6}
\]

Consideration time (CT) = AQT x 1.08

If there are not 20 swimmers or 10 relays in an event, then the AQT remains the same for the next year.

7. In the State Championship Meet, each team shall be permitted a maximum of four entries in an individual event and one team in a relay event. Each swimmer may enter a maximum of four events, no more than two of which may be individual events. All teams are required to submit the names of relay swimmers with their entries for the State Championship meet (as many as 8 swimmers per relay may be submitted). Entries should be submitted using a team management software, using a USA Swimming Standard Data Interchange (SD3) or compatible format. For teams that do not have a team management program, Team Manager Lite can be downloaded for free from www.hy-tekltd.com.

8. State meet entries should be submitted by Sunday, October 4 by 9:00 pm by going to www.sportstiming.com/schss. Select the Enter State Meet Link and follow the directions. You will receive an automated response once your entries have been submitted.
9. **ORDER AND NUMBERING OF EVENTS**

The following order and numbering of events shall be used in all SCHSL-sanctioned meets. All Championship meets will be swum in yards; the 400-meter freestyle event should be swum instead of 500-meter freestyle in meter pools.

<table>
<thead>
<tr>
<th>Girls Event No.</th>
<th>Boys Event No.</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>200-yd/200-m Medley Relay</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>200-yd/200-m Freestyle</td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>200-yd/200-m Individual Medley</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>50-yd/50-m Freestyle</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(15 minute break)</td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>100-yd/100-m Butterfly</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>100-yd/100-m Freestyle</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>500-yd/400-m Freestyle</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>200-yd/200-m Free Relay</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(15 minute break)</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>100-yd/100-m Backstroke</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>100-yd/100-m Breaststroke</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>400-yd/400-m Free Relay</td>
</tr>
</tbody>
</table>

10. **CERTIFICATION OF OFFICIAL TIMES FOR STATE CHAMPIONSHIP MEET ENTRY**

   a. **Manual timing.** Official manual times for entry into the SCHSL State Championship Meet are determined by using three stopwatches per lane. Backup stopwatches may be used in case of watch or timer malfunction. When three watches record different times, the official time is the middle time. When two watches record the same time, that time is the official time. The digits representing thousandths of a second shall be dropped with no rounding.

   In the case of watch or timer malfunction, the following procedure should be followed:
   
   i. All manually-timed meets must be set up with three stopwatches per lane and with the intention to record three watch times per swim. This is the primary timing system for a manually-timed meet. If three good watch times are recorded then the official time is the middle time, not the average of the three. A “good” watch time is defined as a time recorded by a timer properly positioned at the finish end of the lane.

   ii. In case of a malfunction of one of the stopwatches (either through timer error or watch malfunction) then a backup watch from the head timer should be used to time the swim to get three good times.

   iii. In case of a malfunction, and when the head timer with a backup watch is not able to provide a third time for a swim, the following procedure should be followed:

      1. If only two good watch times are available, then the average (NFHS Swimming Rule 6.2.2) of the two watch times should be recorded as the official time.

      2. The only time that two watch times should be used is in case of a malfunction. Two watch times should be the exception, not the rule.

   b. **Semi Automatic System**

      A semi automatic timing system consists of a system that is automatically started from a starting system and manually stopped by a person at the finish of the race. Minimum Requirements

      i. Two Dolphin Watches or buttons interfaced with the start system per lane.
ii. A backup system of One Manual watch per lane.

c. **Automatic (Electronic) timing.** Official time is the pad time computed to the hundredth of a second. If there is a malfunction of the automatic system, backup times shall be integrated according to NFHS Rules 6-2-3 and 6-2-4.
   i. Semi-Automatic Backup System shall be used consisting of at least one button per lane
   ii. Manual Backup system shall be used consisting of at least one manual stop watch per lane.

d. **Meter times.** Meter times will be converted (for posting and State Meet entries) as specified in the current NFHS Swimming and Diving and Water Polo Rules Book conversion chart.

e. **Certified times for State Championship Meet.** Official qualification times for entry into the State Championship Meet are certified yard or converted meter times from regular season meets that appear on the Sports Timing & Software, Inc. Meet results must be verified and signed by the meet referee and a coach from each participating school. Each team must keep copies of certified meet results in case validation of entry times is required. **Raw times must be submitted to Sports Timing & Software, Inc. according to the instructions in Section 10.e by the earlier of the two following deadlines:**
   1. within 3 days following a regular season meet, or
   2. 24 hours before the entry deadline for the State Championship meet

f. **Submission of Certified Times.** Host team of each meet must submit a COMPLETE MEET BACKUP and a Standard Data Interchange export file of the results (SD3 or CL2) within 3 days of the completion of the meet using Swim Meet Management Software. Results should be submitted at www.sportstiming.com/schss.

   Corrections to times after the initial submission of results must have a confirmation e-mail submitted from the meet referee.

   Teams must be designated using the standard 3-letter high school abbreviations listed in AD Notebook on the League website.

   **DO NOT CONVERT TIMES** before submitting. Times will be converted by Sports Timing & Software, Inc.

   Times will be posted in rank order [www.sportstiming.com](http://www.sportstiming.com). It is each coach's responsibility to check this site to be sure that the listing is accurate and to promptly report any errors to at www.sportstiming.com/schss.

g. **State Meet entry times.** The times posted on the Sports Timing & Software, Inc website are the official entry times for the State Meet.

11. **STATE MEET ENTRY PROCEDURES**

   a. State Meet entries must use the standard 3-letter high school abbreviation listed on League Website under AD Notebook.

   b. State Meet entry procedures will be emailed to the Athletic Director of each school.

   c. **State Meet entries must be received by 9:00 pm on the Sunday preceding the State Meet.**
12. **STATE MEET INFORMATION**
State Championship Meets will be held on October 10.

<table>
<thead>
<tr>
<th>Site</th>
<th>Host School</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAAA State Championship Meet</td>
<td>University of South Carolina Natatorium</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Site</th>
<th>Host School</th>
</tr>
</thead>
<tbody>
<tr>
<td>AAAA State Championship Meet</td>
<td>University of South Carolina Natatorium</td>
</tr>
</tbody>
</table>

13. **STATE CHAMPIONSHIP MEET ENTRY FEE**
A one-time entry fee (per team) of $20.00 for one swimmer and $40.00 for two or more swimmers will be charged. **Make check payable to SCHSL and remit to the League by October 5, 2015.** (If you have a boy’s and a girls’ team made up of 2 or more swimmers on each team, the entry fee is $80.00).

14. The League will furnish team trophies and medals to the State Champion and Runner-up. Individual medals will be given to the first, second and third-place finishers in each event.

15. Refer to pages 5 & 6 for additional regulations.

16. **REGULATIONS GOVERNING THE STATE CHAMPIONSHIP MEET**

   a. Responsibility for local arrangements for the State Championship meet will be left to each participating school.

   b. The meet director will receive an honorarium of $150.00.

   c. Proceeds from concessions and heat sheets go to the host school.

   d. To be eligible to compete for a Team State Championship, a school must have six participants compete in the State Championship meet. The SCHSL will continue to recognize individual champions.

   e. Admission will be $6.00.
June 1 - July 25, 2015...................Open Season
- Can practice
- Can participate in 10 days of school competition &
  team camps (days spent at camp count toward the
  10 days)
- Nothing mandatory

July 26 – July 30, 2015.................Closed Period—dead week
- Cannot practice and/or attend team camp(s)
- Can continue to condition and strength train

July 31, 2015................................First Practice

August 7, 2015............................First Scrimmage

August 10, 2015............................Schedules Due

August 17, 2015............................First Meet

October 3, 2015.............................State Championship Entries Due

October 10, 2015............................State Championship Meet

Last Meet - December 6, 2015.........Closed Season
  (when eliminated from playoffs)
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching
  an outside team

December 7 – January 31, 2016 ......Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

February 1 - March 6, 2016.........Closed Season
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching
  an outside team

March 7 – May 31, 2016.........Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts
GIRLS GOLF

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. The Rules of Golf, as approved by the United States Golf Association, shall govern golf competition. Regular season matches shall be limited to nine holes of play.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - First Practice .......................................................... July 31
   - First Scrimmage ......................................................... August 7
   - First Pre-season Date .............................................. August 14
   - First Contest ............................................................. August 24
   - Schedule Due ......................................................... September 1
   - Eligibility Due ...................................................... Seven days prior to first regular season match

5. Varsity golf teams are allowed 16 playdates including tournaments, four scrimmages and one jamboree. JV teams are allowed 12 playdates including tournaments and two scrimmages. One invitational may be pre-season and start on August 14. Any tournament entered (regardless of the number of days) counts as one playdate.

6. If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.

7. If a female team schedules nine or more dates, then girls participating on these teams will forfeit their eligibility to play boys golf the following spring.

8. The Class AA State Championship will be held October 19-20, 2015 at Black Bear Golf Club (Aynor HS). Entries must be submitted to the League Office by October 9, 2015.

   Regulations for the AA State Tournament are as follows:
   a. A team is five players (score the lowest four).
   b. The High School League will schedule contestants in groups. Copies of the pairings and starting times will be sent to each school.
   c. Teammates may not play in the same group.
   d. Caddies are not permitted.
   e. One coach is permitted to coach their golfers anywhere on the course.
   f. Golfers will exchange individual score cards within their groups.
   g. Each golfer will verify and sign her scorecard at the end of the 18 holes.
   h. Any golfer found guilty of signing a scorecard with fewer strokes than were actually taken will be disqualified for that round.
   i. Contestants must abide by the local club’s rules and regulations.
   j. The team having the lowest score will be declared the champion.
   k. In case of a tie for the championship or medalist, sudden death will begin on the first hole.
9. Entries for the Class AAA qualifiers must be submitted to the host schools by October 9. (Form is in the AD Notebook) The qualifying tournaments will be medal play for 18 holes. The top eight teams from the upper qualifier and the top eight teams from the lower qualifier will advance to the state finals. The top three individuals from the upper & lower qualifiers not on a qualifying team will advance to the state finals.

10. The AAA State Championship will be held on October 26-27, 2015 at Dolphin Head Golf Club. Hilton Head Island HS will be the host. The AAA State Tournament will be medal play for two days, thirty-six holes.

11. The Class AAAA Qualifiers:

<table>
<thead>
<tr>
<th>State</th>
<th>Oct. 19</th>
<th>Host School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Upper</td>
<td>Fox Run Golf Club</td>
<td>Hillcrest High School</td>
</tr>
<tr>
<td>Lower</td>
<td>Wescott Plantation</td>
<td>Ft. Dorchester High School</td>
</tr>
</tbody>
</table>

The Class AAAA State Tournament will held October 26-27, 2015 at Lexington Country Club (Lexington HS will host).

12. Range finders and GPS devices will be allowed in match and tournament play with the following stipulations:
   - In each pairing if any player uses a range finder/GPS device then all players in the pairing will have access to the device.
   - Any player using a device but does not allow other members of the pairing utilize it when asked will be disqualified for a serious breach of etiquette (USGA rule 33-7) by the tournament committee.
   - GPS devices on cell phones are not permitted. Use of GPS devices on cell phones will result in disqualification.
   - Range finders that calculate slope in addition to yardage are not permitted. Use of range finders that calculate slope will result in disqualification of any player that utilized the device.

13. Cell phones and devices that allow texting are not to be used during the course of play. Use of cell phone or texting device for calling or texting during a stipulated round will result in disqualification. Exceptions: If a player or players encounter a dangerous situation (Ex. weather, animal or person) or if there is a medical emergency players may use the cell phone to call a coach, the clubhouse or the proper authorities (911).

14. **One coach is permitted to coach their golfers anywhere on the course.** Any player that receives coaching from anyone other than their designated coach is subject to the following penalties:
   - 1\(^{st}\) offense – 2 stroke penalty
   - 2\(^{nd}\) offense – disqualification.

15. The League will furnish trophies and medals to the State Champion and Runner-up in each classification. Medals will be awarded to the medalist and second and third place finishers in each class.

16. Refer to pages 5 & 6 for additional regulations.
June 1 - July 25, 2015 ..................... Open Season
    • Can practice
    • Can participate in 10 days of school competition &
      team camps (days spent at camp count toward the
      10 days)
    • Nothing mandatory

July 26 - July 30, 2015 .................... Closed Period– dead week
    • Cannot practice and/or attend team camp(s)
    • Can continue to condition and strength train

July 31, 2015 .............................. First Practice / Try-outs
August 7, 2015 ............................. First Scrimmage
August 14, 2015 ............................ First Preseason Date
August 24, 2015 ............................ First Contest
October 19, 2015 ........................... Upper/Lower Qualifiers
October 19-20, 2015 ........................ Class AA State Championship
October 26-27, 2015 ........................ Classes AAA & AAAA State Championships
Last Match - December 6, 2015 ...... Closed Season
    (when eliminated from playoffs)
    • **Cannot practice – cannot do any skill training**
    • Can continue to condition and strength train
    • Can coach an outside team (75% rule must apply)
    • Can use school facilities and/or equipment if
      coaching an outside team

December 7 - January 31, 2016 ...... Open Season
    • Can practice as much as you like
    • Nothing mandatory
    • No outside scrimmages or competition
    • No tryouts

February 1 - March 6, 2016 ............ Closed Season
    • **Cannot practice – cannot do any skill training**
    • Can continue to condition and strength train
    • Can coach an outside team (75% rule must apply)
    • Can use school facilities and/or equipment if
      coaching an outside team

March 7 - May 29, 2016 .................. Open Season
    • Can practice as much as you like
    • Nothing mandatory
    • No outside scrimmages or competition
    • No tryouts
VOLLEYBALL FOR GIRLS

1. The League will sponsor championship play-offs in all four classes.

2. The official rules published by the National Federation will be used along with the following adoptions:
   
a. A 3 out of 5 match may be played when only two schools are involved in a single match.

b. If a team has not arrived at the tournament site and ready to play at the scheduled time, it will forfeit its initial game in the match. If the team has not arrived within fifteen minutes of the scheduled time, the match will be forfeited. For 3 out of 5 matches, wait an additional 15 minutes.

c. If a match is suspended due to power failure or other unforeseen circumstances, it will be resumed from the point of suspension. The score and lineup will be the same when it is resumed as it was at the moment of suspension.

3. The head coach must attend a league sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   
   Schedule Due in Arbiter .................................. May 1
   First Practice ............................................. July 31
   First Scrimmage .......................................... August 7
   First Preseason Date ................................. August 14
   Eligibility Due ............................................ 7 days prior to first regular season match
   First Contest ............................................... August 24

   If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.

5. Varsity volleyball teams are allowed 18 play dates, four scrimmages and one jamboree. JV teams are allowed 16 JV play dates, two scrimmages and one jamboree. Each invitational entered will count as one of these 18/16 dates. One invitational may be pre-season and start on August 14.

6. Certified officials are required for all varsity contests.

7. Instructions for postponing or canceling matches in which certified officials are booked are on page 98.

8. Clean and secure dressing facilities must be provided for opponents. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.

9. The Executive Committee recommends that spectators not kick or beat bleachers. Signs with the exception of welcome signs will not be permitted beyond region play.

10. Any squad member who leaves the bench area and approaches or engages in a fracas shall be disqualified for the match. For flagrant unsportsmanlike conduct, disqualifications will be for the day. Disqualifications will be reported to the League Office using the ejection report form located in the AD notebook on the League website.
11. Trophies may be awarded to region representatives. Such trophies must not exceed 21 inches in height.

12. Classes AAAA, AAA & AA Play-offs will be in accordance with the regulations found in their Handbook.

13. Classes AAAA & AAA will report their representatives to the League Office no later than 9:00 am on October 20. Classes AA & A will report their representatives to the League Office no later than 9:00 am on October 19.

14.

15. Class A Play-off brackets are found on page 36. Admission will be $5.00.

16. The State Finals for all classes will be played on November 7, 2015 at White Knoll High School. Each match will be a 3/5 contest. Admission will be $8.00.

17. The League will furnish trophies and medals for the State Champion and Runner-up in each of the four classifications.

18. Refer to pages 5 & 6 for additional regulations
VOLLEYBALL 2015-16

June 1 - July 25, 2015..................Open Season
  • Can practice
  • Can participate in 10 days of school competition &
    team camps (days spent at camp count toward the
    10 days)
  • Nothing mandatory

July 26 – July 30, 2015...............Closed Period– dead week
  • Cannot practice and/or attend team camp(s)
  • Can continue to condition and strength train

July 31, 2015............................First Practice

August 7, 2015..........................First Scrimmage

August 14, 2015.........................First Preseason Contest Date

August 24, 2015.........................First Contest

October 19, 2015.......................Report Qualifiers Classes A & AA

October 20, 2015.......................Report Qualifiers Classes AAA & AAAA

November 7, 2015......................State Championships at White Knoll HS

Last Match – December 6, 2015 ......Closed Season
  (when eliminated from playoffs)
  • **Cannot practice – cannot do any skill training**
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if
    coaching an outside team

December 7 – January 31, 2016 ......Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

February 1 - March 6, 2016.........Closed Season
  • **Cannot practice – cannot do any skill training**
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if
    coaching an outside team

March 7 - May 31, 2016 ...............Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts
The team with the highest region finish will host. If two teams have the same region finish, the brackets will determine the host.
CROSS COUNTRY

1. The League will sponsor a boys' and girls' championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. National Federation Rules shall govern all contests and may be obtained from the League Office.

3. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   - First Practice ............................................... July 31
   - First Scrimmage............................................. August 7
   - Eligibility Due............................................. 7 days prior to first regular season meet
   - First Preseason Date ...................................... August 21
   - Schedule Due ............................................. August 24
   - First Contest............................................... August 31
   - Deadline to report intentions to compete in the site meet to League Office.
   - AAA, AA and A (Boys and Girls)............... October 16
   - Qualifying Meets .......................................... October 31
   - State Meets .............................................. November 7

5. Cross country teams are allowed 16 varsity meets and 12 junior varsity meets including invitationals. Each invitational entered will count as one of the meets. Varsity teams are also allowed four scrimmages and one jamboree. One invitational may be pre-season and start on August 21, 2015.

6. Entries with the names of each runner will be made to the Meet Director on the official entry form. All runners must have completed a minimum of two cross country races prior to entering state competition.

7. ALL TEAMS MUST QUALIFY FOR THE STATE MEET.
   a. AAAA and AAA qualifying will be held in accordance with the regulations in the respective Handbooks and are to be completed by Saturday, October 31. This includes boys and girls.

      The sites for AAA qualifying meets are:
      - Upper State – Hillcrest HS (Host: Eastside HS)
      - Mid State – Sandhills Research Center (Dreher HS)
      - Lower State – Darlington Middle (Darlington HS)

      The sites for AAAAA qualifying meets are:
      - Upper State – Dorman High School
      - Mid-State – Sandhills Research Center (Spring Valley HS)
      - Lower State – OCTOBER 28 Wannamaker Park (Stratford HS)

   b. Qualifying for AA and A (boys and girls) will be held on October 31. All schools will participate in an upper or lower state qualifying meet. The top twelve teams competing in each meet will qualify for the State Meet. Also, the top 45 finishers will qualify, even if his or her team does not.

      The sites for AA and A qualifying meets are:
      - Upper State – Hillcrest HS (Host: Eastside HS)
      - Lower State – Sandhills Research Center (Dreher HS)
c. All State Meets will be held on Saturday, November 7 at Sandhills Research Center. Admission is $5.00 per car.

The schedule will be:

- 9:00 am ............................................... Class A Girls
- 9:30 am ............................................... Class AA Girls
- 10:00 am ............................................... Class A Boys
- 10:30 am ............................................... Class AA Boys
- 11:00 am ............................................... Presentation of Awards
- 11:30 am ............................................... Class AAA Girls
- 12:00 noon ............................................ Class AAAAA Girls
- 12:30 am ............................................... Class AAA Boys
- 1:00 pm ............................................... Class AAAAA Boys
- 1:30 pm ............................................... Presentation of Awards

NOTE: In the event that Class A girls do not have their own championship, other races will move up.

The course will be closed at 8:15 A.M. on the day of the meet.

8. Regulations for Qualifying and State Meets.
   a. Individuals or a full team may represent a school.
   b. A team will consist of not less than five nor more than seven members.
   c. Starting positions will be determined by draw.
   d. Team scores will be determined by totaling the numerical position of the first five finishers from each team. The low aggregate scores will determine team winners.
   e. A non-team runner's place will be omitted when determining team scores and each team runner will advance in the order of their finish.
   f. If teams tie, the tie shall be resolved in accordance with the rules book.
   g. The course will be approximately three miles for boys and girls. Flats are the recommended footwear.
   h. No school will be allowed to practice on the course where the State Meet takes place (except the day of) unless it is a school’s home course. This includes walking or jogging. (Passed 11-13-14 by Executive Committee)
   i. Failure to submit the Qualifying Entry form by the deadline will result in a $25.00 fine. This form is located in the AD Notebook.

9. The League will furnish trophies and medals for the State Champion and the State Runner-up in each Class in the Boys' and Girls' Meets. Medals will be awarded to the first three finishers in each Meet.

10. Refer to pages 5 & 6 for additional regulations.
CROSS COUNTRY 2015-16

June 1 – July 26, 2015 ..................... Open Season/Open Facility
• Can practice
• Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
• Nothing mandatory

July 27 – July 31, 2015..................... Closed Period—dead week
• Cannot practice and/or attend team camp(s)
• Can continue to condition and strength train

August 1, 2015 ......................... First Practice
August 7, 2015 ......................... First Scrimmages
September 1, 2015 ...................... Schedule Due
September 1, 2015 ...................... First Meet
October 16, 2015 ...................... Deadline to Report to SCHSL intention to compete in the site Meet (AAA, AA, A)
October 31, 2015 ...................... Qualifying Meets
November 7, 2015 ...................... State Finals (All Classes) at Sandhills Research Center

Last Meet-December 6, 2015 .......... Closed Season/Closed Facility
(when your season ends)
• Cannot practice—cannot do any skill training
• Cannot attend team camp
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

December 7-January 31, 2016 ......... Open Season/Open Facility
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts

February 1 - March 6, 2016 .......... Closed Season/Closed Facility
• Cannot practice—cannot do any skill training
• Cannot attend team camp
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

March 7 – May 31, 2016 .......... Open Season/Open Facility
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts
GIRLS TENNIS

1. The League will sponsor championships in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification. In addition to the team competition, an AAAA - AAA and an A - A Singles Tournament will be held. These tournaments will be exclusive of the team competition.

2. The rules of the United States Tennis Association will apply when not covered by High School League rules.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   - First Practice ........................................................... July 31
   - First Scrimmage .......................................................... August 7
   - First Preseason Date .................................................. August 14
   - Schedule Due ............................................................. September 1
   - Eligibility Due ................................................................ 7 days prior to first regular season match
   - First Contest ............................................................... August 24
   - Deadline to Report Qualifying Teams
     - Classes AAAA ............................................................... October 19 (9:00 am)
     - Classes AAA ............................................................... October 20
     - Class AA ................................................................. October 22
   - Play-Offs
     - Classes AAAA ............................................................. Oct. 21, 26, 28, Nov. 2, 7
     - Classes AAA ............................................................... Oct. 22, 26, 28, Nov. 2, 7
     - Class AA .................................................................. Oct. 26, 28, Nov. 2, 7
   - Deadline to Report Open Singles Entries ................ October 30
   - State Singles Tournaments................................................. October 30
   - State Singles Tournaments............................................... November 9-10

5. All classes are allowed 16 varsity regular season matches and two tournaments or 18 regular season matches and one tournament, four scrimmages and one jamboree. JV teams are allowed 14 matches, two tournaments, two scrimmages and one jamboree. Tournaments may be pre-season and start on August 14.

6. Girls’ teams will play in the fall of the year and boys’ teams will play in the spring. Should a school not have a girls’ team, a girl can play on the boys’ team in the spring. No student may participate in both seasons in the same school year.

7. Each match will be two no-ad sets with a 10-point tie-breaker played to decide the match if the sets are split. A set tie-breaker will be a 7-point tie-breaker. Pro-Set scoring (8 games, 7-point tie-breaker at 7-7) is permitted once the match has been decided. This includes the regular season and play-offs. (Any exception will result in both teams forfeiting)

8. Team competition will consist of 5 singles and 2 doubles teams. Only two players may play both singles and doubles during the same dual match. A player may play on only one doubles team in a dual match. (Any exception will result in a team forfeit, 7-0)

9. Coaches will exchange line-ups before the match begins, with at least 1-5 singles listed. Coaches have the option to hold off announcing doubles until after singles matches have been completed, but must inform the other coach beforehand. If doubles matches are announced after singles matches are completed, doubles line-ups will be exchanged simultaneously.

10. All players will be required to compete in a school issued shirt. Appropriate tennis apparel is expected (cut-offs and jeans are not considered appropriate tennis apparel). Bandanas are not permitted.
11. In team play, there will be a maximum 10 minute break between singles and doubles play if a player is playing both singles and doubles.

12. Suspended matches are to be resumed from the point of interruption.

12. Coaching (by the head coach only) will be permitted during the 90-second changeover between odd numbered games. Coaching will be limited to 45 seconds and the coach must remain outside the fence. Coaching is also allowed during the rest period following split sets. This conference is limited to two minutes. No coaching is allowed during a tie-breaker.

13. Spectators, including players not participating, must stay a minimum of 3 feet away from the fenced area.

14. Players whose names appear on free lists and who accept merchandise are ineligible to participate in interscholastic athletics.

15. No cell phones or any electronic equipment is permitted by players or coaches as coaching tools.

16. In all phases of competition, coaches must play their singles participants and doubles teams in descending order of ability. Challenge matches will determine this order. **THE FOLLOWING GUIDELINES MUST BE FOLLOWED:**

   a. Players shall be ranked according to their head to head competition. Each coach shall maintain a dated copy of all challenge matches. You must use a minimum 6 total game challenge format to establish the initial ladder. Two no-ad sets with a 10-point tiebreaker must be used after the initial ladder is established.

   b. A player may challenge up only one position per challenge match.

   c. **First doubles team shall always have a combined rank (based on the singles rank), which will be lower than that of the second team by a difference of at least 3 points.** If the total ranking number is less than 3 points, a challenge match shall determine which team plays as #2 and which as #1.

   d. Temporary illness or absence of any player shall not change rules a. and b. When a player is out, all players must move up to fill the space with any forfeits at the bottom of the lineup. When that player returns, he/she must return in their original position.

   e. **NOTE: a, b, c, d - FAILURE TO COMPLY WILL RESULT IN A TEAM FORFEIT (7-0).**

   f. A coach, who questions the relative order of the opponent’s lineup, may request to see the challenge records. Coaches must bring all challenge match data, as well as all previous individual and team scores, to every interscholastic match played. This includes the play-offs. Any challenge matches that change the line-up must be documented, dated and signed by the coach. If these records are not made available at the contest in question, the concerned coach may file a written protest with the High School League. The League will then expect the challenged coach to present the records. If records cannot be properly submitted, a forfeit will be imposed.

   g. Once the play-offs begin, the singles ladder may not be changed. **ANY EXCEPTION WILL RESULT IN A TEAM FORFEIT (7-0).**

   h. It is recommended that all schools secure and use scorebooks to insure proper record keeping.

   i. Once a match has begun, a player may not leave the court except for the following reasons:

      1. Bona fide bathroom break.

      2. To replace equipment (shoes, contact lens). If such player exceeds the time allowed (5 minutes), they will be subject to the point penalty system. 25 seconds will be allowed for each delay of game penalty. For example, warning - 25 seconds; point - 25 seconds; game - 25 seconds; match - 25 seconds.
3. Leaving the court for reasons other than #1 or #2 will result in a forfeit of that match.

j. **Any serious unsportsmanlike act will result in an immediate disqualification.** Examples are, but are not limited to: vulgar or abusive language or gestures, throwing racket, or fighting.

17. A dated challenge ladder must be submitted to the League Office by noon of the first playoff date. Failure to submit the tennis ladder by the deadline will result in a $25.00 fine. This form is located in the AD Notebook.

18. The first, second and semifinal rounds of all play-offs will be played at the site of a host school. The finals will be played at a site set by the League Office.

19. All regions will qualify their best singles player for the Singles Tournaments. Regions that have both AA and A teams are reminded that they will have two automatic qualifiers for the singles tournament (One representing AA and one representing A). Regions will also have the opportunity to submit in order of ability additional players for at large consideration. The number chosen will be the number needed to fill a 32-player draw for the AAAA-AAA Tournament and a 16-player draw for the AA-A Tournament. The League Staff will use the following criteria for the at large selection process:
   a. Recommendations from regions submitted in writing. Information on season records and opponents should be included.
   b. USTA rankings in South Carolina.

20. Regular season scoring will be used for the State Singles Tournaments.
   a. A player who is not present for a match within 15 minutes of the scheduled time will forfeit the match.
   b. A player is entitled to an hour’s rest between matches. Warm-up time will be limited to 10 minutes.
   c. Any changes in the schedule will be left to the discretion of the tournament director.

21. A letter of entry from the region coordinator for the singles tournament must be received in the League office by October 30. If this deadline is missed, a $25.00 late entry fee will be assessed.

22. The League will furnish trophies and medals to the State Champion and Runner-up in each competing class. Medals will be awarded to the individuals winning first and second places in the Singles competition and first place in the consolation bracket.

23. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets for approval as part of the sanctioning process in basketball, baseball, softball, lacrosse, tennis and soccer. (Maximum 10 consecutive days for a tournament).

   **Varsity**
   - Maximum of 10 games can be played in a combination of the two tournaments.
   - If you choose to play more than five games in any one tournament this will constitute having played a second tournament

   **JV**
   - Maximum of 10 games can be played in a combination of the two tournaments
   - If you choose to play more than five games in any one tournament this will constitute having played a second tournament
   - JV level does not have the option to trade in one tournament for additional regular season contests

24. Refer to pages 5 & 6 for additional regulations.
June 1 - July 25, 2015 .................. Open Season
• Can practice
• Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
• Nothing mandatory

July 26 – July 31, 2015 ................. Closed Period – dead week
• Cannot practice and/or attend team camp(s)
• Can continue to condition and strength train

July 31, 2015 .............................. First Practice / Try-outs

August 7, 2015 ............................. First Scrimmage

August 14, 2015 ............................ First Preseason Contest Date

August 24, 2015 ............................ First Playing Date

October 26, 2015 ........................... Report Qualifiers (Classes AAAAA)

October 27, 2015 ........................... Report Qualifiers (Classes AAA)

October 29, 2015 ........................... Report Qualifiers (Class AA)

October 23, 2015 ............................ Seeding Meeting – Class A

October 29, Nov. 2, 4, 9 ................. Playoff dates Class AAA

October 28, Nov. 2, 4, 9 ................. Playoff dates Class AAAAA

November 2, 4, 9 ............................ Playoff dates (Class AA)

November 6, 2015 .......................... Report Singles Entries

November 14, 2015 ....................... State Finals at Cayce Tennis & Fitness Center (All Classes)

Last Match – December 6, 2015 ...... Closed Season
(when eliminated from playoffs)
• **Cannot practice – cannot do any skill training**
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

December 7 – January 31, 2016 ...... Open Season
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts

February 1 - March 6, 2016 .......... Closed Season
• **Cannot practice – cannot do any skill training**
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

March 7 - May 31, 2016 ............... Open Season
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts
COMPETITIVE CHEER

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. The National Federation Spirit Rule Book and the South Carolina High School League Competitive Cheer Manual will be used for all South Carolina High School League competitions. Please visit www.schsl.org and click on Competitive Cheer for the cheer manual.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   - First Date for Practice.................................July 31
   - First Date for Competition ............................August 31
   - Number of Contests Permitted ......................Eight (8) per school (6 Sub-varsity)
   - Deadline for Notification of Entry ................October 23
   - Required minimum number of contests ..........Two
   - Qualifying Statewide Class AA ....................November 11 - White Knoll
   - Qualifying Statewide Classes AAA & AAAAA ....November 14 - River Bluff
   - State Competition ..................................November 21 at Colonial Life Arena, Columbia
   - Eligibility Due ......................................7 days before first competition
   - Spring Practice and/or team selection ..........15 days permitted (April 5 - May 31)

5. Competitive season ends when a team is eliminated from a qualifier or the state competition. The High School League Executive Committee must approve any exceptions.

6. The South Carolina High School League strongly recommends that all competitive cheer coaches take the American Association of Cheerleading Coaches and Advisors safety certification course.

7. Each school may enter one team. Members of the competitive team must be a member of a support cheerleading squad during the school year. All participants must be submitted on an eligibility report to the High School League. Substitutions may be made at any time. Spotters that help within the confines of the routine must be team members. Safety spotters will be provided.
   Any team having more than one male will be considered a coed team. A state championship for coed cheer will be provided if 16 or more schools enter state competition.
8. STATE COMPETITION REGULATIONS
   a. Competitive Area:
      A matted surface with a 38’ x 38’ minimum will serve as the competitive area. The routine
      must be performed within the boundaries of the competitive area. Only coaches,
      competitors, and officials are permitted in the competitive area.
   b. Order of Competition:
      The order of competition for the state finals will be determined by the South Carolina High
      School League.
      Upon the judge’s signal, the routine must begin within thirty seconds. There will be a five-
      point deduction for delay of the meet.
   c. Procedures:
      The announcer prior to their performance will call teams to the competitive area. Three
      teams will be announced each time - "Performing", "On-Deck", and "In the Hole".

9. Ticket Prices:
   $6.00 Qualifiers
   $10.00 State Finals

10. Refer to pages 5 & 6 for additional regulations
COMPETITIVE CHEER 2015-16

June 1 - July 25, 2015 .......................Open Season
  • Can practice
  • Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
  • Nothing mandatory

July 26 – July 30, 2015 .....................Closed Period– dead week
  • Cannot practice and/or attend team camp(s)
  • Can continue to condition and strength train

July 31, 2015 ................................First Practice

August 31, 2015 ..............................First Competition

October 23, 2015 ..............................Due: Notification of Entry (all classes)

Qualifiers
November 11, 2015 .......................White Knoll HS –Statewide AA
November 14, 2015 .......................River Bluff HS - Statewide AAA & AAAA

November 21, 2015 .........................State Finals – Colonial Life Arena, USC

Last Competition – Dec. 6, 2015 ........Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

December 7 – January 31, 2016 ........Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

February 1 - March 6, 2016 .............Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

March 7 – April 2, 2016 ....................Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

April 3 – May 31, 2016 ....................Practice/Tryouts (15 days for total program
FOOTBALL

1. The League will sponsor championship play-offs in all classes.

2. National Federation Rules shall govern all contests and may be obtained from the League Office.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES

   Schedule Due ......................... May 1
   First Practice .......................... July 31 (Helmets only)
   August 3 (Helmet & shoulder pads only)
   August 5 (May wear hip, shoulder, thigh & knee pads)
   First Scrimmage ..................... August 6
   Eligibility Due ...................... 7 days prior to first game
   First Contest .......................... August 20 (week 0) Varsity Only
   August 27 (week 1)

5. A school or student shall not play in more than 11 varsity or 10 JV games to be completed prior to the play-offs or take part in any post-season game that is not part of the state championship series.

6. A team may not schedule more than one game in any week nor participate in more than one game in any four-day period, except it may play a postponed game on Monday and a pre-season scheduled game on Thursday.

7. Varsity teams are allowed to participate in four pre-season scrimmages and one approved football jamboree. A school may elect to participate in a second or third varsity jamboree instead of one or two of the four allowed scrimmages. Sub-varsity teams are allowed two scrimmages and one approved football jamboree.

8. Practice Information:
   a. A school shall not permit contact practice in pads between its last game and August 1. Pads include padding of any kind on the shoulders, hips or thighs.

   NOTE: Schools are permitted three weeks of practice May 2-31 (when pads may be worn – maximum of 10 days).

   • The first three (3) days of spring practice (For fall practice this is two (2) days) will be in helmets only.

   • No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of spring or two (2) days of fall (pre-season) practice.

   • During any practice(s) beyond the first 3 days of spring practice, a coach may equip his players in any combination of pads that he prefers for a period of up to ten (10) days. (Ten (10) days is the maximum amount of time in pads.) Schools are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.

   • Middle school students may NOT take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (They could be on the same field, but away from the high school practices.) Middle school students may not be equipped in pads or have contact drills during spring practice.

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• **Rising 9th graders, (8th graders), are NOT 9th graders until school is out for the year, thus they may NOT take part in contact drills of the high school.**

• **Schools MAY NOT** charge admission for a spring practice (game)

b. High school programs may practice in full gear and use all field equipment beginning August 5.

c. Air type or foam filled dummies will be permitted during any practice between June 1, 2016 and July 24, 2016.

d. Sub-varsity teams must complete their schedule prior to the day of the first round of play-offs in that sport; exception: Class AAAA football.

e. A student taking part in an illegal football practice will be ineligible for the following football season.

f. **Passing Leagues**

   Players may not wear padding of any kind during the 7 on 7 passing league competition. (i.e. no girdles, hip, thigh or tailbone protection) Only helmets, pants, jerseys, shoes and socks may be worn. **Middle school teams may not participate in passing leagues.**

g. **Pre-season Football Practice Opportunities**

   1.) Any practice session over three hours constitutes two practices. (Exception: three way scrimmages)

   2.) Any scrimmage or jamboree constitutes a practice.

   3.) Practices on Saturday and Sunday also count.

   4.) A full-contact practice is defined as football pants, pads and shoulder pads.

   5.) This will in no way affect the starting date of fall practice as set by the High School League.

9. **Home Team Responsibilities:**

   a. The home team will determine the starting time, within reason.

   b. **Schools must certify to the League Office that its chain crew and ECO have been properly instructed. The crews need to be responsible adults.**

   c. The policing of the sidelines is a home team responsibility. If cheerleaders, statisticians, etc. are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. News media may move within 2 yards of the sidelines provided a line is placed 2 yards from the sidelines.

   d. **Clean and secure** dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.

   e. Game management is responsible for clearing the field of play and the end zones at the beginning of each half so play may begin at the scheduled time.

10. **Game Official Responsibilities:**

   a. Officials certified by the League must be used in all varsity games. An ECO will not be assigned unless a school requests one. Instructions for postponing or canceling games in which certified officials are booked are printed on page 98.

   b. Officials are required to be present one and one half hours prior to game time for all varsity games. The Executive Committee strongly advises the host school to furnish hotel or motel accommodations for the officials. If school facilities are used, they must be sanitary and include chairs, showers, hot water and a place that can be locked.

   c. After the game, officials must be met on the field by uniformed policeman and escorted safely from the stadium vicinity.
11. No game at any level may end in a tie. In case of a tie at the end of regulation, the Ten Yard Line Overtime Procedure as printed in the National Federation Football Rules Book shall be used.

12. All football games above the junior high school level and below the senior high school varsity level will be played in four quarters of not more than 10 minutes each. 7th and 8th grade teams will play 8-minute quarters.

13. Cannons and/or other explosive devices are banned from ALL athletic events.

14. Any squad member who leaves the bench area and approaches or engages in a fracas shall be disqualified.

15. The deadline for Classes AAA, AA and A to declare region qualifiers is October 31. Class AAAA will declare region qualifiers on November 7.

16. Regulations Governing State Play-Offs:
   a. All games will be played on Friday night at either 7:30 pm or 8:00 pm with the decision being left up to the home team. Both teams will have to agree to any other change.
      
      **NOTE:** If games are scheduled on Thursdays because of school sharing playing facilities the changes still apply.

   b. The sites of the games mentioned below will be left to the discretion of the host schools, but they will be expected to hold the games in stadiums with adequate facilities and large enough to handle the crowds. Adequate facilities include a restraining fence around the field or a stadium configuration that allows for control of spectator access to the playing area.

   **MINIMUM SEATING REQUIREMENTS FOR PLAY-OFFS**

<table>
<thead>
<tr>
<th>Class</th>
<th>First and Second Round</th>
<th>Third Round and Semifinals</th>
<th>Finals</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1,000</td>
<td>1,500</td>
<td>2,000</td>
</tr>
<tr>
<td>AA</td>
<td>2,300</td>
<td>3,200</td>
<td>4,000</td>
</tr>
<tr>
<td>AAA</td>
<td>3,500</td>
<td>4,500</td>
<td>6,000</td>
</tr>
<tr>
<td>AAAA</td>
<td>4,000</td>
<td>5,000</td>
<td>6,000</td>
</tr>
</tbody>
</table>

   If the above minimum seating is not available, a stadium with a smaller seating capacity may be used with the approval of the Commissioner provided the stadium has a restraining fence around the playing field.

   c. The host school will obtain pre-numbered tickets for play-off games. The admission price for all classes will be $7.00. Exception: The admission price for all State Finals will be $10.00 (presale and at the gate). If state or county law requires a seat tax, it will be added to these admissions, but will not be included in the gross proceeds as mentioned in paragraph e. All seats are general admission except the host school may offer reserved seat tickets to season ticket holders who had reserved seats during the regular season. Seats for the bands may be reserved.

   d. **An ECO will be assigned to all play-off games.**

   e. Disbursement of Proceeds will be in accordance with the financial statement in the Athletics Director’s notebook.

   f. If the host team chooses not to host the game, it will be offered to the visitors. If neither team chooses to host the game, the League will set it and the teams will share the expenses equally.

   g. Within 15 days following the play-off, the host school will send copies of the financial statement to the League and the visiting school.
h. The home team will wear dark jerseys unless other satisfactory arrangements are made in writing with the visiting team.

i. Broadcast fees are a part of the gross gate receipts. Information on broadcast fees is on page 16.

j. The Ten Yard Line Overtime Procedure as printed in the Football Rules Book (pages 84 - 86) shall be used to break a tie in all elimination games.

17. The League will furnish trophies and medals for the State Champion and State Runner-up in each of the four classifications.

18. Refer to pages 5 & 6 for additional regulations
2015 CLASS A FOOTBALL
Divisions I & II

November 13

UPPER STATE
1st Seed  H
8th Seed
5th Seed
4th Seed  H
6th Seed
3rd Seed  H
7th Seed
2nd Seed  H

LOWER STATE
1st Seed  H
8th Seed
5th Seed
4th Seed  H
6th Seed
3rd Seed  H
7th Seed
2nd Seed  H

STATE CHAMPION

Higher seeded team will host. Coin toss to decide Home Team for State Finals.
FOOTBALL 2015-16

June 1 - July 25, 2015..................Open Season
- Can practice
- Can participate in 10 days of school competition &
team camps (days spent at camp count toward the 10
days)
- Nothing mandatory

July 26 – July 30, 2015..................Closed Period – dead week
- Cannot practice and/or attend team camp(s)
- Can continue to condition and strength train

July 31, 2015.........................First Practice (helmets only first 2 days)

August 3, 2015.........................Practice helmets and shoulder pads (days 3 & 4)

August 5, 2015.........................Full Gear

August 6, 2015.........................First Scrimmage

7 days prior to 1st game............. Eligibility Due

August 20, 2015.........................Week 0 (varsity only)

August 27, 2015.........................Week 1

November 13, 2015...................Playoffs begin: Classes AAA, AA, A

November 20, 2015...................Playoffs begin: Class AAAA

December 4 or 5, 2015..............Finals Class A (Benedict College)

December 12, 2015...................Finals Class AA (Benedict College)

December 12, 2015...................Finals Classes AAAA, AAA (USC)

Last Game - Championship..............Closed Season

(when eliminated from playoffs)
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team
- Can use school facilities and/or equipment if coaching
an outside team

Day after Championship – Open Season

January 31, 2016 .......................Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

February 1 - March 6, 2016..............Closed Season
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team
- Can use school facilities and/or equipment if coaching
an outside team

March 7 – May 31, 2016..............Open Season (See page 47: pad restrictions)
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts
WRESTLING

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. National Federation Wrestling Rules shall govern all wrestling in South Carolina except as modified by League Regulations.
   **NOTE:** Schools are reminded of the uniform requirements specified in the rules.
   **NOTE:** The rules strongly recommend that protective headgear be used in all practices. The headgear will be required in all competition.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - Schedule Due ..................................... October 1
   - First Practice ..................................... November 2
   - First Scrimmage .................................. November 9
   - First Pre-season Date ............................. November 20
   - First Contest .................................... November 30
   - Eligibility Due .................................. 7 days prior to first regular season match

   If a school is participating in a preseason tournament more than seven days prior to its first regular season match, the certificate of eligibility must be submitted before participation in this tournament.
   **NOTE:** Second semester eligibility begins when first semester classes are dismissed, grades are final and when the student is added to the certificate of eligibility form signed by the principal.

5. Wrestling teams are allowed 16 varsity and 12 JV playing dates during the regular season. Each invitational entered will count as one of these 16 dates. One invitational may be pre-season.
   a. Any wrestler who has received a forfeit during a dual match may not wrestle at any time during the match.
   b. The SCHSL recommends during any qualifying and State Tournament, at least one adult must be at each scoring table.
   c. The High School League strongly recommends that contracts be used when scheduling non-region dual matches.
   d. Weigh-in procedures will not delay the start of a match. Refer to H.
   e. A school may send more than one team to a varsity event provided that school counts those separate events as two of their 16 dates.
   f. Weigh-ins: In a dual meet, wrestlers shall weigh-in shoulder-to-shoulder, a maximum of one hour before the scheduled start of the meet. In tournament competition, contestants shall weigh-in at the site a maximum of two hours before the first session begins.
   g. Sub-varsity matches may not start later than twenty minutes prior to the varsity match.
   h. Starting Time: If a team is not ready at the scheduled starting time, one team point will be deducted. If neither team is ready, the home team will have two team points deducted and the visitor will have one team point deducted.
   i. The SCHSL recommends coaches need to communicate the day prior to a match to determine which weight classes will wrestle preliminaries and varsity matches.
   j. A forfeit shall eliminate a contestant from further competition in any tournament including region or qualifying.
6. Officials certified by the League must be used in all varsity matches. Instructions for postponing or canceling matches in which certified officials are booked are printed on page 98.

7. Weight Classes will be as listed in the rules book.
   
   NOTE: A student may not wrestle more than one class above his actual weight.
   
   NOTE: A school may enter only one contestant in each weight division.

8. WEIGHT CONTROL:
   
   Weight Management program for 2015-16 season:
   
   a. Test Date - June 1st will be the first date that testing may occur for the upcoming wrestling season. A school assessor can test athletes during the summer months and then put the information in the Optimal Performance Calculator on the NWCA website (www.nwcaonline.com).
   
   b. Testing Athletes - All wrestlers in grades 9-12 will be tested by an assessor and have their data entered into the OPC.
   
   c. Competition Data Weigh In Sheet - The SCHSL has mandated the use of a competition data Weigh In sheet for all weigh-ins. To access this sheet, login into the OPC through www.nwcaonline.com. Under the Coaches Tab at the top, you can select “Competition Date/Record Sheet”. Select that option. On the next page, use the first link that says “Create Pre-Match Weigh-in Sheet”. Clink on that link. Enter in the date of the competition you want to make a weigh in sheet for and the name and click “NEXT”. Print off the list of wrestlers created.
   
   d. Documentation - Each head coach will be responsible for having an Alpha Master Sheet and Competition Data Weigh In Sheet. The Alpha Master sheet contains a list of all wrestlers who have passed the test and give the minimum weight that they can compete in the season. The Competition Data Weigh In Sheet is a list of the lowest weight class that your wrestlers can be on the day of that competition. These sheets can be printed off the NWCA Website using the coach’s username and password that they receive when they register their school with the NWCA.
   
   e. Competition - No athlete may compete in an event until they have had their minimum weight established on the OPC and their name appears on the Alpha Master and Competition Data Weigh in Sheet. To do so, this means that they have passed hydration and had the skin fold test completed.
   
   f. Assessors and Test administrators- A test administrator is a certified official who does the actual testing. This group includes certified school trainers, nurses, and doctors. An assessor is the person who actually puts the data into the OPC on the NWCA website. This person CAN be the test administrator, or any other school personnel chosen by the athletic director. However, the assessor CANNOT be the actual wrestling coach.
   
   g. Materials - To complete testing, you must have a refract meter to measure the urine sample and a set of skin calipers. The refractor meter can be either the optical or digital type.
   
   h. Re-testing - If an athlete fails the hydration, they must wait at least 48 hours before they are tested again. The Litmus test for urine hydration is not allowed.
   
   i. Margin of Error - South Carolina will use a 2% margin of error for determining the minimum weight of a wrestler. This 2% will only be used for athletes who have 7% body fat or higher. The margin of error will be calculated automatically on the OPC for the state of South Carolina.
   
   j. Athletes below 7% Body Fat- Athletes who measure below 7% body fat will wrestle at the weight class they establish during their hydration and body fat test. There is no exception that will allow athletes below 7% to drop down in weight.
k. Doctor’s Note - Athletes who are below 7% body fat will need a doctor’s note to compete. The doctor’s note should be taken to every event and the coach should be able to produce it if questioned. There will not be a specific form used by the doctor. All that is needed is the doctor’s statement that the athlete is below 7% body fat and is healthy enough to compete in wrestling.

l. Ineligible Wrestlers - Athletes who are ineligible to compete first semester can still have their minimum weight established as early as June 1st.

m. Growth Allowance - South Carolina will still use a 2-pound growth allowance. Wrestlers will be given a 2-pound growth allowance to their minimum weight classes on January 1st. However, the 2-pound growth allowance cannot help a wrestler establish a minimum weight class.

1. EXAMPLE- A wrestler’s minimum weight on the OPC is 126.3. This athlete cannot wrestle 126 on January 7th after the two pounds have been given and the weight class becomes 132.

n. Establishing Minimum Weight Class - All wrestlers must be at their minimum weight class by February 1, 2016. The OPC must simply allow the wrestler to make that minimum weight by final date.

o. Moving up in Weight Classes - A wrestler may weigh in one weight class above their minimum weight class at the date of competition as indicated on the Competition Date Weigh In Sheet without losing certification at the lower weight class.

p. Coaches Responsibility - It is the responsibility of the coaches to follow all the procedures and make sure they wrestle their athletes in the appropriate weight classes at the appropriate times. Wrestling an athlete at an improper weight class will subject to team to SCHSL penalties.

q. The Official - The official is being used to record the wrestlers’ correct net weight on the Data Competition Weigh In Sheet. The official has no other roll in the weight management system.

NOTE: The use of a sweatbox or similar box device for weight reduction purposes is prohibited. Refer to wrestling rules book for other restrictions.

9. The League will sponsor a State Championship Duals Tournament in Classes AAAA, AAA and AA. The following formats will be used:

a. Class AA/A seeding meeting will be February 2, 2016 at 10:00 am at the League office. Seeding Committee: Jerry Norbo, Nathan Day, Kevin Hubbard, Sean McKinney, Tripp Henderson, Joe Lovier, Terry Kellard, Mitch Learid and Scott Cook..

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower State Dual Qualifying</td>
<td>Battery Creek High School</td>
<td>February 6</td>
</tr>
<tr>
<td>Upper State Dual Qualifying</td>
<td>North Central High School</td>
<td>February 6</td>
</tr>
<tr>
<td>Class AA Dual Championship</td>
<td>Dreher High School</td>
<td>February 13 11:00 am</td>
</tr>
<tr>
<td>Lower State Individual Qualifying</td>
<td>Marion High School</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Upper State Individual Qualifying</td>
<td>Liberty High School</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Individual State Finals</td>
<td>Anderson Civic Center</td>
<td>February 26-27</td>
</tr>
</tbody>
</table>

b. Class AAA will qualify in accordance with AAA regulations.

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class AAA Dual Championship</td>
<td>Dreher High School</td>
<td>February 13 1:00 pm</td>
</tr>
<tr>
<td>Lower State Individual Qualifying</td>
<td>St. James</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Upper State Individual Qualifying</td>
<td>Eastside</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Individual State Finals</td>
<td>Anderson Civic Center</td>
<td>February 26-27</td>
</tr>
</tbody>
</table>
c. Class AAAA will qualify in accordance with AAAA Regulations.

<table>
<thead>
<tr>
<th>Class AAAA Dual Championship</th>
<th>Dreher High School</th>
<th>February 13 3:00 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower State Individual Qualifying</td>
<td>Ft. Dorchester High School</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Upper State Individual Qualifying</td>
<td>Rock Hill High School</td>
<td>February 19-20</td>
</tr>
<tr>
<td>Individual State Finals</td>
<td>Anderson Civic Center</td>
<td>February 26-27</td>
</tr>
</tbody>
</table>

d. **State Championship** - The State Individual Tournament will be held on Feb. 26-27, 2016. The top qualifier in each weight division from the Upper State will be paired against the fourth qualifier from the Lower State and others will be paired accordingly.

10. **Regulations Governing State Tournaments:**

a. Responsibility for local arrangements for the State Individual Wrestling Tournament will be left to each participating school. An admission of $6.00 on Friday and $8.00 on Saturday will be charged.

b. The tournament director for state individuals will receive $450.00. The head official and High School League Director will decide any questions not answered in the official wrestling rules or in these regulations.

c. The State Individual Tournament will have an entry fee of $25.00. **CHECKS ARE DUE TO THE LEAGUE OFFICE BY FEBRUARY 22. (MAKE CHECKS PAYABLE TO SCHSL)**

d. In the week before the state tournament, a school with 3 or less qualifiers for the individual state tournament may only practice with another school(s) that also have 3 or less qualifiers for the individual state tournament with approval from the involving principals.

e. Proceeds from concessions go to the host school. Proceeds from program sales and advertising will be part of the tournament receipts.

11. Admissions:

- Regular Season Duals: ...................... Set by school
- Play-offs (Duals): ..........................$6.00
- State Finals (Duals): ..........................$10.00
- Upper & Lower State Individuals:.......$6.00 / per day
- State Individual Finals:...................$6.00 / Friday
- ............................................$8.00 / Saturday

12. The League will furnish trophies and medals to the State Champion and State Runner-up in each competing class. Medals will be awarded to individuals winning first, second, and third places in each weight class.

13. Refer to pages 5 & 6 for additional regulations.
June 1 - July 30, 2015 ..................... Open Season
  • Can practice
  • Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
  • Nothing mandatory

July 31 - September 4, 2015 .......... Closed Season
  • Cannot practice and/or attend team camp(s)
  • Can continue to condition and strength train

September 5 - October 17, 2015 ...... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

October 1, 2015 ........................... Schedule Due

October 18 – Nov. 1, 2015 .......... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

November 2, 2015 ....................... First Practice

November 9, 2015 ....................... First Scrimmage
  7 Days prior to first regular season match .............................................. Eligibility Due

November 30, 2015 ...................... First Contest

February 13, 2016 ...................... Duals Championships

February 19 - 20, 2016 ................. Individual Qualifying: Upper/Lower State

February 26 – 27, 2016 ................. Individual State Finals – Anderson Civic Center

Last Contest – Championship .......... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

Day after Championship – May 31, 2016 ......................... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts
1. The League will sponsor state basketball play-offs for boys and girls in each of the four classes.

2. Official rules published by the National Federation may be obtained from the League. By state adoption “the head coach may rise in front of his or her seat within the confines of a designated coaches box to give instructions to his or her players and/or substitutes.”

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - Schedule Due .................. October 1
   - First Practice .................. November 2
   - First Scrimmage ............... November 9
   - First Pre-season Date .......... November 20
   - First Contest .................. November 30
   - Eligibility Due ................ 7 days prior to the first regular season game.

   **If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.**

5. **Contest Restrictions:**
   a. Each school is permitted to participate in one approved varsity pre-season basketball jamboree. A school may elect to participate in a second or third jamboree instead of one or two of the four allowable scrimmages. If a school does not participate in a Christmas Invitational Tournament, one of the four allowable scrimmages may be held during the Christmas Holidays.
   
   b. All classes are allowed 18 regular season games and two tournaments or 20 regular season games and one tournament. Varsity teams are allowed two tournaments, four scrimmages and one jamboree. JV teams are allowed 16 games, two tournaments, two scrimmages and one jamboree. Tournaments may be played beginning November 20 for each level of participation.
   
   c. A team may not participate in games on more than three school days (Monday through Friday) except in tournament play leading to the State Championship. One of these days must be a Friday-Saturday. A student has the same limitation on playing, as does a team.
   
   d. Students will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour's rest between games.

6. **Home Team Responsibilities:**
   a. The principal of the host school will prohibit the use of loud noisemakers, i.e. cowbell, air horns, radios and musical instruments. The tournament director will forbid noisemakers during tournament play.
   
   b. Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for cheering purposes will be used only by cheerleaders. Jewelry will not be worn at any time. **Each school is responsible for enforcement of these regulations.**
   
   c. Pep bands or musical entertainment may be permitted prior to the game, during halftime or following the game. Under no circumstances will any musical instruments be used at any other time.
d. Clean and secure dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
e. A uniformed policeman shall meet the officials at the scorer's table after the game and escort them to their dressing room or car and see them safely on their way.

NOTE: Students seeking second semester eligibility are eligible to participate the second semester when first semester classes are dismissed, grades are final and when the student is added to the certificate of eligibility form signed by the principal.

NOTE: If a region has a duly constituted basketball regulation automatically giving the regular season winner a position in the State Play-Offs, the region may order teams that are tied for first place to break the tie by a sudden death plan provided the tied teams split during the regular season. This play-off will be considered part of the State Play-offs and a financial statement must be submitted to the League Office.

NOTE: Basketball games postponed because of inclement weather must be rescheduled on the next available date. In case of an emergency that causes postponement of a basketball game and the game cannot be made up under our present rules, the Commissioner will have authority to grant permission to reschedule the game.

f. All games must start at their scheduled times. If two varsity games are being played, the first game must start no later than 7:00 P.M. The second game will begin within 20 minutes after the conclusion of the first game.
g. Overtime periods for all games played in quarters of less than eight minutes will be three minutes each.
h. All JV, "B", junior high school or middle school games will be played in four quarters of six minutes each with intermissions of one minute after first and third quarters and eight minutes between halves.
i. The High School League strongly recommends the use of contracts for non-region games.

7. All teams must be accompanied by an adult who must be present at all times that dressing rooms are in use.

8. Any team member who leaves the bench and approaches/engages in a fracas shall be disqualified from the game.

9. Officials, certified by the League, must be used in all varsity games. The League Office will not book sub-varsity games. Instructions for postponing or canceling games for which certified officials are booked are on page 98.

10. The region will select the site for any play leading toward the region championship. Region trophies must not exceed 21 inches in height.

11. Classes AAAA, AAA & AA play-offs will be held in accordance with conference regulations.

12. Class A will qualify four boys' teams and four girls' teams from each region for the state play-offs.
    a. By Feb. 13, region coordinators or tournament directors must report qualifying teams to the League Office.

13. STATE PLAY-OFF REGULATIONS
    a. Twenty-five school personnel and varsity cheerleaders in uniform will be admitted without charge. All other persons must have tickets.
    b. No school may practice at the site of a state play-off game unless the site is on its campus.
    c. Bands, musical instruments, radios, tape players, cowbells, air horns, megaphones (other than those used by cheerleaders) or other offensive noisemakers will not be permitted. Signs, banners or flags will not be permitted.
d. A request to broadcast must be submitted to the League at least six hours prior to the game. The League reserves the right to accept or reject the application. Advertising tobacco, alcoholic beverages and related products will not be authorized. If uniforms do not contrast, the home team will change unless their uniform is white. Teams must bring two sets of jerseys.

e. An admission of $10.00 will be charged for the fourth round and the State Finals in all classes. All other sessions will be $6.00. A seat tax required by state or county law may be added but will not be included in the gross receipts as mentioned in item one below.

f. Gate receipts will be distributed according to the financial statements in the Athletics Director’s notebook.

**MINIMUM SEATING REQUIREMENTS FOR PLAY-OFFS**

<table>
<thead>
<tr>
<th>Class</th>
<th>Third Round</th>
<th>Semifinals</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>1,500</td>
<td>(1,500) Neutral Site</td>
</tr>
<tr>
<td>AA</td>
<td>1,500</td>
<td>(1,500) Neutral Site</td>
</tr>
<tr>
<td>AAA</td>
<td>1,500</td>
<td>(1,500) Neutral Site</td>
</tr>
<tr>
<td>AAAA</td>
<td>1,500</td>
<td>(1,500) Neutral Site</td>
</tr>
</tbody>
</table>

* There will be no minimum seating for girls. Host schools will be expected to hold the games in gymnasiums with adequate facilities and large enough to handle the crowds. Any exceptions to the above minimum seating requirements will be left to the discretion of the Commissioner.

14. The League will furnish trophies and medals for the State Champion and Runner-up teams in each of the four classifications.

15. Refer to pages 5 & 6 for additional regulations.

16. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets for approval as part of the sanctioning process in basketball, baseball, softball, tennis and soccer. (Maximum 10 consecutive days for a tournament)

- **Varsity Basketball**
  - Maximum of eight games can be played in a combination of the two tournaments
  - If you choose to play more than four games in any one tournament this will constitute having played a second tournament.

- **JV Basketball**
  - Maximum of eight games can be played in a combination of the two tournaments
  - If you choose to play more than four games in any one tournament this will constitute having played a second tournament
  - JV level does not have the option to trade in one tournament for additional regular season contests
The team with the highest region finish will host in the first three rounds. If two teams have the same region finish in the third round, the brackets will determine the host. For the semi-finals and finals the bracket will determine the host.
June 1 – July 30, 2015 ..................... Open Season
- Can practice
- Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
- Nothing mandatory

July 31 – September 4, 2015 ............ Closed Season
- Cannot practice and/or attend team camp(s)
- Can continue to condition and strength train

September 5 – October 17, 2015 ......... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

October 18 – November 1, 2015 ....... Closed Season
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

October 1, 2015 ............................ Schedule Due

November 2, 2015 ............................ First Practice

November 9, 2015 ............................ First Scrimmage

7 Days prior to first regular season contest .......................... Eligibility Due

November 30, 2015 .......................... First Contest

February 13, 2016  ...................... Deadline - Report Qualifiers

February 15, 2016  .................. Playoffs Begin - Girls (All Classes)

February 16, 2016 ..................... Playoffs Begin - Boys (All Classes)

March 5-6, 2016 ......................... State Finals at Colonial Life Arena

Last Contest - Championship ........ Closed Season
(When Eliminated From Playoffs)
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

March 7 – May 31, 2016 ................. Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts
1. The League will sponsor a girls' and boys' open championship.

2. National Federation Rules for Boys Lacrosse and the official Rules for Girls & Women's Lacrosse endorsed by the National Federation shall govern lacrosse games when not covered by the SCHSL rules. The rules books may be obtained from the League office.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - Schedule Due (In Arbiter) .................. January 18
   - First Practice .................................. January 25
   - First Scrimmage ................................ February 1
   - Eligibility Due ................................ Seven days prior to first game
   - First Date for Preseason Tournament .......... February 12
   - First Contest .................................. February 22
   - Play-off Dates .................................. April 19, 21, 26, 30

   If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.

5. Varsity lacrosse teams are allowed 12 regular season games and two tournaments or 14 regular season games and one tournament. Varsity teams are allowed two tournaments, four scrimmages and one jamboree. JV teams are allowed 8 games, two tournaments, two scrimmages and one jamboree. Tournament(s) may be pre-season and start on February 12.

6. Girls and boys lacrosse are considered contact sports by the SCHSL.

7. Sub-varsity must complete their schedule by April 16, 2016.

8. Certified officials are required for all varsity contests. Instructions for postponing or canceling games for which certified officials are booked are printed on page 98. Last date to play a varsity lacrosse match is April 16, 2016.

9. Boys and girls deadline to report is 9:00 am on April 18. Form is located in the AD Notebook. A selection/seeding committee meeting will be held at 10:00 am on April 18 at the League office. Bracket will be posted on the League website on the afternoon of April 18.

10. The girls and boys semi-finals will be played at home sites. First round - April 19, second round - April 21, third round – April 26. State Finals will be played at TBA on April 30. (Girls - 11:00 am & Boys - 1:30 pm) Play-off admission will be $5.00. State Finals will be $8.00.

11. The League will furnish trophies and medals to the State Champion and Runner-up.

12. Student athletes will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one-hour rest between games.
13. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, tennis, lacrosse and soccer. (Maximum 10 consecutive days for a tournament)

Varsity Lacrosse
- Maximum of ten games can be played in a combination of the two tournaments
- If you choose to play more than five games in any one tournament this will constitute having played a second tournament. (Reference #6 for limitations)

JV Lacrosse
- Maximum of ten games can be played in a combination of the two tournaments
- If you choose to play more than five games in any one tournament this will constitute having played a second tournament (Reference #6 for limitations)
- JV level does not have the option to trade in one tournament for additional regular season contests

14. Boys Lacrosse Only: (October 9-31, 2015)--The first three days shall be in shorts and helmets. Of the remaining days, a maximum of 10 days may be in full gear. Gloves may be worn on all days during this period. Outside of that, helmets and gloves.

15. The only time music will be allowed is prior to the game, at 2-minute timeouts and during halftime. Under no circumstances will any music be used at any other time.

16. Refer to pages 5 & 6 for additional regulations.
CLASS AAAAA LACROSSE

April 19 (Tue)  April 21 (Thur)  April 26 (Tue)  April 30 (Sat)

**UPPER STATE**
1\textsuperscript{st} Seed \ H

8\textsuperscript{th} Seed

5\textsuperscript{th} Seed

4\textsuperscript{th} Seed \ H

3\textsuperscript{rd} Seed \ H

6\textsuperscript{th} Seed

7\textsuperscript{th} Seed

2\textsuperscript{nd} Seed \ H

**LOWER STATE**
1\textsuperscript{st} Seed \ H

8\textsuperscript{th} Seed

5\textsuperscript{th} Seed

4\textsuperscript{th} Seed \ H

3\textsuperscript{rd} Seed \ H

6\textsuperscript{th} Seed

7\textsuperscript{th} Seed

2\textsuperscript{nd} Seed \ H

STATE CHAMPION

Higher seeded team will host.

Girls 11:00 am
Boys 1:30 pm
GIRLS/BOYS LACROSSE 2015 - 16

June 1 – July 30, 2015 .................. Open Season
- Can practice as much as you like
- Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
- Nothing is mandatory

July 31 – September 3, 2015 .......... Closed Season
- Cannot practice—cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

September 5 – November 1, 2015 ... Open Season (Boys Only-10 days in full gear, Oct. 10-Oct. 31)
- Can practice as much as you like
- Nothing is mandatory
- No outside scrimmages or competition
- No tryouts

November 2 – December 6, 2015 .... Closed Season

December 7 – January 9, 2016 ...... Open Season (Boys- Helmets & Gloves Only)

January 10 – January 24, 2016 ...... Closed Season

January 18, 2016 ........................ Schedule due in Arbiter

January 25, 2016 ........................ First Practice

January 25, 2016 – Last Contest ...... In-Season

February 1, 2016 ...................... First Scrimmages

February 12, 2016 ...................... First Date for Preseason Tournament

February 22, 2016 ...................... First Contest

April 15, 2016 ............................. Last day for regular season games

April 18, 2016 ............................. Brackets posted for play-offs

April 30, 2016 ............................. State Finals TBA

Last Contest – April 30, 2016 ........ Closed Season

May 1 – May 31, 2016 .................. Open Season
BOYS TENNIS

1. The League will sponsor girls' and boys' championships in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification. In addition to the team competition, an AAAAA - AAA and an AA - A Singles Tournament will be held. These tournaments will be exclusive of the team competition.

2. The rules of the United States Tennis Association will apply when not covered by High School League rules.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - First Practice ........................................................... February 1
   - First Scrimmage ...................................................... February 8
   - First Preseason Date .............................................. February 26
   - Schedule Due ......................................................... March 1
   - Eligibility Due.......................................................... 7 days prior to first regular season match
   - First Contest ............................................................ March 7
   - Deadline to Report Qualifying Teams .................... April 29
   - Play-Offs (Classes AAAAA & AAA) ......................... May 3, 5, 9, 11, 14
   - Play-Offs (Class AA) ............................................... May 5, 9, 11, 14
   - Deadline to Report Open Singles Entries ............... May 6
   - State Singles Tournaments ..................................... May 16-17

5. All classes are allowed 16 varsity regular season matches and two tournaments or 18 regular season matches and one tournament, four scrimmages and one jamboree. JV teams are allowed 14 matches, two tournaments, two scrimmages and one jamboree. Tournaments may be pre-season and start on February 26.

6. Each match will be two no-ad sets with a 10-point tie-breaker played to decide the match if the sets are split. A set tie-breaker will be a 7-point tie-breaker. Pro-Set scoring (8 games, 7-point tie-breaker at 7-7) is permitted once the match has been decided. This includes the regular season and play-offs. (Any exception will result in both teams forfeiting)

7. Team competition will consist of 5 singles and 2 doubles teams. Only two players may play both singles and doubles during the same dual match. A player may play on only one doubles team in a dual match. (Any exception will result in a team forfeit, 7-0)

8. Coaches will exchange line-ups before the match begins, with at least 1-5 singles listed. Coaches have the option to hold off announcing doubles until after singles matches have been completed, but must inform the other coach beforehand. If doubles matches are announced after singles matches are completed, doubles line-ups will be exchanged simultaneously.

9. All players will be required to compete in a school issued shirt. Appropriate tennis apparel is expected (cut-offs and jeans are not considered appropriate tennis apparel). Bandanas are not permitted.

10. Suspended matches are to be resumed from the point of interruption.

11. Coaching (by the head coach only) will be permitted during the 90-second changeover between odd numbered games. Coaching will be limited to 45 seconds and the coach must remain outside the fence. Coaching is also allowed during the rest period following split sets. This conference is limited to two minutes. No coaching is allowed during a tie-breaker.
12. In team play, there will be a maximum 10 minute break between singles and doubles play if a player is playing both singles and doubles.

13. Spectators, including players not participating, must stay a minimum of 3 feet away from the fenced area.

14. Players whose names appear on free lists and who accept merchandise are ineligible to participate in interscholastic athletics.

15. No cell phones or any electronic equipment is permitted by players or coaches as coaching tools.

16. In all phases of competition, coaches must play their singles participants and doubles teams in descending order of ability. Challenge matches will determine this order. **THE FOLLOWING GUIDELINES MUST BE FOLLOWED:**

   a. Players shall be ranked according to their head to head competition. Each coach shall maintain a dated copy of all challenge matches. You must use a minimum 6 total game challenge format to establish the initial ladder. Two no-ad sets with a 10-point tiebreaker must be used after the initial ladder is established.

   b. A player may challenge up only one position per challenge match.

   c. **First doubles team shall always have a combined rank (based on the singles rank), which will be lower than that of the second team by a difference of at least 3 points. If the total ranking number is less than 3 points, a challenge match shall determine which team plays as #2 and which as #1.**

   d. Temporary illness or absence of any player shall not change rules a. and b. When a player is out, all players must move up to fill the space with any forfeits at the bottom of the lineup. When that player returns, he/she must return in their original position.

   e. **NOTE: a, b, c, d - FAILURE TO COMPLY WILL RESULT IN A TEAM FORFEIT (7-0).**

   f. A coach who questions the relative order of the opponent's lineup, may request to see the challenge records. Coaches must bring all challenge match data, as well as all previous individual and team scores, to every interscholastic match played. This includes the playoffs. Any challenge matches that change the line-up must be documented, dated and signed by the coach. If these records are not made available at the contest in question, the concerned coach may file a written protest with the High School League. The League will then expect the challenged coach to present the records. If records cannot be properly submitted, a forfeit will be imposed.

   g. Once the play-offs begin, the singles ladder may not be changed. **ANY EXCEPTION WILL RESULT IN A TEAM FORFEIT (7-0).**

   h. It is recommended that all schools secure and use scorebooks to insure proper record keeping.

   i. Once a match has begun, a player may not leave the court except for the following reasons:

      1. Bona fide bathroom break.
      2. To replace equipment (shoes, contact lens). If such player exceeds the time allowed (5 minutes), they will be subject to the point penalty system. 25 seconds will be allowed for each delay of game penalty. For example, warning - 25 seconds; point - 25 seconds; game - 25 seconds; match - 25 seconds.
      3. Leaving the court for reasons other than #1 or #2 will result in a forfeit of that match.

   j. **Any serious unsportsmanlike act will result in an immediate disqualification. Examples are, but are not limited to: vulgar or abusive language or gestures, throwing racket, or fighting.**
17. The League will sponsor three state tournaments. Classes AAAA play-offs will be in accordance with the AAAA Conference regulations. Class AAA play-offs will be in accordance with the AAA Conference regulations. Class AA play-offs will be in accordance with the AA Conference regulations.

18. Class A teams will compete in the AA State Tournament since they do not have twelve schools participating. Qualifying of Class A teams will be through the eight AA regions. Brackets are found on page 71.

19. A dated challenge ladder must be submitted to the League Office by noon of the first playoff date. Failure to submit the tennis ladder by the deadline will result in a $25.00 fine. This form is located in the AD Notebook.

20. The first, second and semifinal rounds of all play-offs will be played at the site of a host school. The finals will be played at a site set by the League Office.

21. All regions will qualify their best singles player for the Singles Tournaments. Regions that have both AA and A teams are reminded that they will have two automatic qualifiers for the singles tournament (One representing AA and one representing A). Regions will also have the opportunity to submit in order of ability additional players for at large consideration. The number chosen will be the number needed to fill a 32-player draw for the AAAA-AAA Tournament and a 16-player draw for the AA-A Tournament. The League Staff will use the following criteria for the at large selection process:
   a. Recommendations from regions submitted in writing. Information on season records and opponents should be included.
   b. USTA rankings in South Carolina.

22. Regular season scoring will be used for the State Singles Tournaments.
   a. A player who is not present for a match within 15 minutes of the scheduled time will forfeit the match.
   b. A player is entitled to an hour's rest between matches. Warm-up time will be limited to 10 minutes.
   c. Any changes in the schedule will be left to the discretion of the tournament director.

23. A letter of entry from the region coordinator for the singles tournament must be received in the League office by May 6. If this deadline is missed, a $25.00 late entry fee will be assessed.

24. The League will furnish trophies and medals to the State Champion and Runner-up in each competing class. Medals will be awarded to the individuals winning first and second places in the Singles competition and first place in the consolation bracket.

25. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets for approval as part of the sanctioning process in basketball, baseball, softball, lacrosse, tennis and soccer. (Maximum 10 consecutive days for a tournament).
   Varsity
   • Maximum of 10 games can be played in a combination of the two tournaments.
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament
   
   JV
   • Maximum of 10 games can be played in a combination of the two tournaments
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament
   • JV level does not have the option to trade in one tournament for additional regular season contests

26. Refer to pages 5 & 6 for additional regulations.
If a region champion is playing a runner-up in the second and third rounds, they will host even if in conflict with the bracket.
BOY’S TENNIS 2015-16

June 1 - July 30, 2015 ................. Open Season
  • Can practice
  • Can participate in 10 days of school competition & team
camps (days spent at camp count toward the 10 days)
  • Nothing mandatory

July 31 - September 4, 2015 ........... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an
outside team

September 5 - November 1, 2015 .... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

November 2 - December 6, 2015 ..... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an
outside team

December 7 - January 9, 2016 ........ Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

January 10 – January 24, 2016 ....... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an
outside team

February 1, 2016 ......................... First Practice / Tryouts
February 8, 2016 .......................... First Scrimmage
February 26, 2016 .......................... First Preseason Contest Date
March 7, 2016 ............................... First Playing Date
April 29, 2016 ............................... Report Qualifiers - Classes AAAA & AAA
May 3, 2016 ................................. Report Qualifiers - Class AA
  First play-off Date - Class AAA
May 3, 5, 9, 11, 14 ....................... Playoff dates (Classes AAAA & AAA)
May 5, 9, 11, 14 ......................... Playoff dates (Class AA)
May 6, 2016 ................................. Deadline to Report Singles Entries
May 14, 2016 .............................. State Finals (All Classes) Cayce Tennis Center
Last Contest - Championship ........ Closed Season
Day after championship –
May 31, 2016 ............................... Open Season
BOYS GOLF

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. The Rules of Golf, as approved by the United States Golf Association, shall govern golf competition. Regular season dates shall be limited to nine holes of play.

3. The head coach must attend a League sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   - First Practice .........................................................February 1
   - First Scrimmage ....................................................February 8
   - First Pre Season Date .............................................February 26
   - Schedule Due .......................................................March 1
   - Eligibility Due ........Seven days prior to first regular season match
   - First Contest .......................................................March 7

5. Varsity golf teams are allowed 16 playdates including tournaments, four scrimmages and one jamboree. JV teams are allowed 12 playdates including tournaments, two scrimmages and one jamboree. One invitational may be pre-season and start on February 26. Any tournament entered (regardless of the number of days) counts as one playdate.

6. NOTE - If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.

7. The Class A State Tournament will be held at Cheraw State Park 2016 (McBee HS) on May 16-17. May 10 is the deadline for reporting Class A region qualifiers to tournament director. At this time the numbers of schools participating does not require a qualifying tournament.

8. The Class AA State Tournament will be held at True Blue Golf Club (Waccamaw HS) on May 16-17. Class AA regions will qualify two teams for the State Tournament. Two individuals from a non-qualifying team in each region will advance to the State Tournament. May 10 is the deadline for reporting Class AA region qualifiers to the tournament director.

9. The Class AAA State Tournament will be held at Hackler Course on May 16-17 in accordance with AAA regulations. See the AAA Handbook for details.

10. The Class AAAA State Tournament will be held at Furman University on May 16-17 in accordance with AAAA regulations. See the AAAA Handbook for details.

11. Range finders and GPS devices will be allowed in match and tournament play with the following stipulations:
• In each pairing if any player uses a range finder/GPS device then all players in the pairing will have access to the device.

• Any player using a device but does not allow other members of the pairing utilize it when asked will be disqualified for a serious breach of etiquette (USGA rule 33-7) by the tournament committee.

• GPS devices on cell phones are not permitted. Use of GPS devices on cell phones will result in disqualification.

• Range finders that calculate slope in addition to yardage are not permitted. Use of range finders that calculate slope will result in disqualification of any player that utilized the device.

12. Cell phones and devices that allow texting are not to be used during the course of play. Use of cell phone or texting device for calling or texting during a stipulated round will result in disqualification. Exceptions: If a player or players encounter a dangerous situation (Ex., weather, animal, or person) or if there is a medical emergency players may use the cell phone to call a coach, the clubhouse or the proper authorities (911).

13. Regulations for State Tournaments are as follows (AA & A):
   a. A team is five players (score the lowest four).
   b. The State Tournaments will be medal play for 36 holes. Eighteen holes will be played on consecutive days.
   c. The Tournament Director will schedule contestants in groups. Copies of the pairings and starting times will be sent to each school.
   d. Teammates may not play in the same group.
   e. Caddies are not permitted.
   f. One coach is permitted to coach their golfers anywhere on the course.
   g. Golfers will exchange individual score cards within their groups.
   h. Each golfer will verify and sign his scorecard at the end of each 18 holes.
   i. Any golfer found guilty of signing a scorecard with less strokes than were actually taken will be disqualified for that round.
   j. Contestants must abide by the local club's rules and regulations.
   k. The team having the lowest score will be declared the champion.
   l. In case there is a tie for the championship or medallist, sudden death play will begin on the first hole.
   m. Should a school wish to host a tournament, the request should be sent to the League Office.

14. **One coach is permitted to coach their golfers anywhere on the course.** Any player that receives coaching from anyone other than their designated coach is subject to the following penalties:
   1st offense – 2 stroke penalty
   2nd offense – disqualification

15. The League will furnish trophies and medals to the State Champion and Runner-up in each classification. Medals will be awarded to the medallist and second and third place finishers in each class.

16. Refer to pages 5 & 6 for additional regulations.
BOYS GOLF 2015-16

June 1 – July 30, 2015 ..................... Open Season
  • Can practice
  • Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
  • Nothing mandatory

July 31 - September 4, 2015 .......... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

September 5 - November 1, 2015 .... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

November 2 - December 6, 2015 ...... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  . Can coach an outside team (75% rule must apply)
  . Can use school facilities and/or equipment if coaching an outside team

December 7 - January 16, 2016 ...... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

January 17 – January 31, 2016 ....... Closed Season
  • Cannot practice – cannot do any skill training
  • Can continue to condition and strength train
  . Can coach an outside team (75% rule must apply)
  . Can use school facilities and/or equipment if coaching an outside team

February 1, 2016 ......................... First Practice / Try-outs
February 8, 2016 ......................... First Scrimmage
February 26, 2016 ......................... First Preseason Contest Date
March 7, 2016 ............................. First Contest
May 2, 2016 ................................. Report Qualifiers (All Classes)
May 9-10, 2016 ............................. Upper & Lower State Qualifiers
May 16-17, 2016 ............................ State Finals
Last Contest – Championship ........ Closed Season
Day after Championship –
May 31, 2016 ............................. Open Season
1. The League will sponsor a girls’ and boys’ championship in each class.
2. National Federation Rules shall govern all track and field meets.
3. The head coach must attend a league sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com
4. IMPORTANT DATES:
   Schedule Due ............................................................ March 1
   First Practice .............................................................. February 1
   First Scrimmage........................................................... February 8
   Eligibility Due............................................................. Seven days prior to first meet
   First Contest............................................................... March 7
   Region Track Directors Meeting ................................. March 9
5. Track teams are limited to 16 varsity and 12 JV meets, including invitationals. One invitational may be pre-season and start on February 26.
6. By state adoption, no athlete will be permitted to wear jewelry while participating in an event.
7. The League considers the qualifying meets (region and upper/lower state or qualifying) to be part of the State Final Series. The forty-eight hour appeal limitation does not apply until after the finals. However, region-qualifying appeals will not be heard after the start of the upper/lower state or qualifying meet.
8. REGION MEET REGULATIONS:
   a. A student must have participated in at least two regular season track meets prior to entering region qualifying leading to the State Meet. The High School League Executive Committee must make any exceptions.
   b. Be sure that everyone clearly understands Rule 5-10-2. Being listed as one of the six members of a relay team does not count as an event unless the competitor actually participates. Remind them that an athlete may not participate in more than four events. He or she may be listed in two individual events and as a member of three relay teams. However, once this athlete participates in two of these relays he/she is not eligible for the other relay. Once he/she has been listed in any other event(s), the athlete is locked in.
   c. The rules for the pole vault must be enforced. Specifically, the vaulter’s weight shall be at or below the manufacturer’s pole rating. The manufacturer’s pole rating shall be visible in a one-inch contrasting color, as well as a one-inch circular band indicating the maximum top hand-hold position. Pole rating markings are to be located above the hand-hold band. The coach of a vaulter must verify that the athlete is utilizing the appropriate pole and must be able to certify the vaulter’s actual weight to the event judge. The weight of each vaulter must be supplied to the event judge and entered on the event sheet.
   d. Schools must register their contestants (using both first and last names) with the region track chairperson by a date set by the chairperson. The region chairperson in turn will report all contestants to the Upper or Lower State Meet Directors. The best performances of each event in region meets must be sent to the director of the Upper or Lower State Meet. This information is requested in order that contestants may be placed in heats. A form will be sent to all track chairpersons for making this report. First and last names will be used in reporting all qualifiers.
e. A region may qualify four contestants in each event for the Upper or Lower State Meet, and four contestants in each event will be qualified from these meets for the State Finals. No more than four contestants from any school may be entered in any event in the region meet. A school may enter one team in each relay.

**NOTE:** AAAA & AAA qualifying meets will be held in accordance with the regulations in the respective handbooks.

f. In the event there are regions involved in the preliminaries having only one high school entered, the list of entries must be sent to the meet director at the time entries are sent by regions. No changes will be allowed for any school after the list has been finalized.

g. All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.

9. **UPPER AND LOWER STATE MEET REGULATIONS:**

   a. These meets will be held on May 7.

   b. Qualifiers for the Upper and Lower State Meets will be reported to the directors of these meets. The Upper and Lower State Meet Directors will report their qualifiers directly to the League Office. **FIRST AND LAST NAMES AND GRADE LEVELS** will be used in reporting all qualifiers.

   c. The Upper and Lower State Meet Directors will secure competent officials. Meets must have a referee, exchange zone judges and turn judges. The decision of the judges will be final. No protest will be allowed unless violation of track or eligibility rules occurs.

   d. In all meets that qualify contestants for the State Track Meet, these rules will be followed in the shot put, discus, triple jump and long jump. Each competitor shall be allowed three preliminary trials. The six competitors credited with the best performances will be given three final trials. The four competitors with the best performances will qualify for the State Meet. All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.

   e. Contestants must be ready at the scheduled time of their events. If not, the Meet Director will scratch them. A contestant will not be allowed to compete unless he/she is in a legal track uniform.

   f. An admission of $5.00 will be charged for Upper and Lower State Meets. The meet director must submit a financial statement to the League Office.

   g. Sites for upper and lower state qualifying will be determined by each classification.

   h. **SITES FOR UPPER AND LOWER STATE QUALIFYING:**

   ```
   AAAA Qualifying Meet  Spring Valley High School
   AAA Qualifying Meet    Lower Richland High School (Dreher High School)
   AA - UPPER            Keenan High School @ Memorial Stadium
   AA - LOWER            Woodland High School
   A - UPPER             Southside Christian High School
   A - LOWER             TBA
   ```
i. **RECOMMENDED TIME SCHEDULE FOR UPPER AND LOWER STATE QUALIFYING:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>11:00 am</td>
<td>Field Events</td>
</tr>
<tr>
<td>11:05 am</td>
<td>Boys Long Jump followed by Triple Jump</td>
</tr>
<tr>
<td>11:10 am</td>
<td>Girls Long Jump followed by Triple Jump</td>
</tr>
<tr>
<td>11:15 am</td>
<td>Boys Shot followed by Girls Shot</td>
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<tr>
<td>11:20 am</td>
<td>Girls Pole Vault followed by Boys Pole Vault</td>
</tr>
<tr>
<td>11:25 am</td>
<td>Boys High Jump followed by Girls High Jump</td>
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<tr>
<td>11:30 am</td>
<td>Girls Discus followed by Boys Discus</td>
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<td>11:35 am</td>
<td>100 Meter Hurdle Trials</td>
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<td>11:40 am</td>
<td>110 Meter Hurdle Trials</td>
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<td>11:45 am</td>
<td>100 Meter Dash Trials</td>
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<td>200 Meter Dash Trials</td>
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<td>200 Meter Dash Trials</td>
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<td>5:20 pm</td>
<td>400 Meter Relay</td>
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</table>

j. In the **400 meter hurdles**, the distance from the starting line to the first hurdle is 45 meters. The distance between hurdles is 35 meters and the distance from the last hurdle to the finish line is 40 meters. The number of hurdles is 10. The height for boys is 36 inches and for girls it is 30 inches.

10. **STATE TRACK MEET REGULATIONS:**

a. The State Meet will be held on May 13 & 14.

b. An admission of $5.00 on Friday and $8.00 on Saturday will be charged to everyone except those participating in the State Finals.

c. Eight places will score in the State Meet as follows:

<table>
<thead>
<tr>
<th>Place</th>
<th>Points</th>
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<tbody>
<tr>
<td>First</td>
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<tr>
<td>Second</td>
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<td>Seventh</td>
<td>2</td>
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<td>Eighth</td>
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**NOTE:** The high jump will begin 2 inches below the lowest qualifying height of the contestants entered in the event.

**NOTE:** The bar for the high jump will be raised 2 inches until a winner is determined.

**NOTE:** The minimum qualifying height in the pole vault event for girls is 7’ 0” and for boys 9’ 0”. The pole vault will begin 6 inches below the lowest qualifying height.

**NOTE:** The maximum starting height in the pole vault event for girls is 9’ 6” and for boys 12’ 6”.

**NOTE:** The bar for the pole vault will be raised 6 inches until a winner is determined.

d. Only rubber-soled shoes may be used for the shot put and discus. Track flats or spikes that do not exceed ¼” spikes may be used for the pole vault, high jump, long jump and all running events.

e. **NO ONE WILL BE ALLOWED IN THE TRACK AREA EXCEPT CONTESTANTS IN UNIFORM AND OFFICIALS.**
f. In the shot put, discus, triple jump and long jump, each competitor will be allowed six trials.

g. During the week of the state meet no school may practice at the site of this meet unless the site is on its campus.

**NOTE:** All throwing implements & relay batons will be chosen/designated by the Meet Director and/or event judge for competition.

11. Because of differences in starting procedures, jumping pits, throwing circles, tracks, watches, etc. the following regulations govern State Track Records:

   a. Records may be broken only in the State Meet.

   b. Metal or fiberglass tapes will be used and all records will be measured and certified by the meet director or referee, the head field judge and the person running the event.

   c. A record must meet the requirements of National Federation Edition of the Track and Field Rules.

12. The League will furnish trophies and medals for the State Champion and Runner-up in each classification. Medals will be given to first, second and third place finishers in each event.

13. Refer to pages 5 & 6 for additional regulations.
June 1 - July 30, 2015 ...................... Open Season
  • Can practice
  • Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
  • Nothing mandatory

July 31 - September 4, 2015 .......... Closed Season
  • Cannot practice-cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

September 5 - November 1, 2015 .... Open Season
  • Can practice as much as you like
  • Nothing mandatory
  • No outside scrimmages or competition
  • No tryouts

November 2 - December 6, 2015 ..... Closed Season
  • Cannot practice-cannot do any skill training
  • Can continue to condition and strength train
  • Can coach an outside team (75% rule must apply)
  • Can use school facilities and/or equipment if coaching an outside team

December 7 - January 16, 2016 ...... Open Season

January 17-January 31, 2016 .......... Closed Season

February 1, 2016 ......................... Schedule Due

February 1, 2016 ......................... First Practice

February 8, 2016 ......................... First Scrimmage

March 7, 2016 ......................... First Meet

May 7, 2016 .......................... Upper and Lower State Meets (All Classes)

May 13-14, 2016 ....................... State Finals (All Classes)

Last Meet – May 14, 2016 ............. Closed Season

May 15 – May 31, 2016 ............... Open Season
BASEBALL

1. The League will sponsor championship play-offs in all four classes.
2. National Federation Baseball Rules will be used in all games. The following speed-up rules may be used.
   a. The pitcher and/or catcher may have a courtesy runner if indicated at the pre-game conference. This change can be made any time after they reach base. Refer to the National Federation Baseball Rules book or regulations.
3. The head coach must attend a league sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.
4. IMPORTANT DATES:
   Schedule Due ..................................... February 1
   First Practice ..................................... February 1
   First Scrimmage .................................. February 8
   Eligibility Due.................................... 7 days prior to first regular season game
   First Contest........................................ March 7

If a school is participating in a preseason tournament, the certificate of eligibility must be submitted before participation in this tournament.

5. All classes are allowed 16 regular season games and two tournaments or 18 regular season games and one tournament. Varsity teams are allowed two tournaments, four scrimmages and one jamboree. JV teams are allowed 14 games, two tournaments, two scrimmages and one jamboree. One tournament may be pre-season and start on February 26.
6. Certified umpires must be used in all varsity games. Games will be played even though only one umpire is present. Instructions for postponing or canceling games are printed on page 98.
7. Pitchers are limited to 10 innings pitched during any 3 consecutive day period. If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited. One pitch beyond the 10 innings constitutes a violation of this rule. (NOTE: Any portion of an inning pitched constitutes an inning. Ex. One pitch, I out, etc. = 1 inning)
8. Varsity games must be scheduled for 7 innings. If a double header is played, the games may be scheduled for 5 innings.
9. The game will end any time after 5 innings, or after 4 ½ innings when a team is 10 or more runs behind and has completed its term at bat.
10. Games that are called prior to completion will be considered suspended games under the following circumstances: Suspended games will be resumed from the point of interruption.
    a. It is not a regulation game.
    b. It is a regulation game with a tied score.
    c. A game will be declared a forfeit after a 30-minute waiting period for opponent, unless other arrangements have been made.
11. If the game is called (ended) by the umpire, it is a regulation game:
    a. if five full innings have been played or if the home team has scored an equal or greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns at bat; or
b. if play has gone beyond five full innings. If the game is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent’s score the final score shall be record when the game is called.

12. When a protest is filed, the offended team must enter it at the time of the play and before the next pitch. The umpire-in-chief shall report the protest to the League Office along with all related conditions at the time of the protested play. If a protest is upheld the game will be replayed from the time of the protest.

13. Region schedules will be arranged so that the last region game will be played one week before the deadline for declaring champions and runners-up. This way, postponed games may be played without hardship on any team.

14. Postponed games during the regular season will be made up on the next available playing date unless one team has a scheduled game.

15. Individual players who are 7th through 10th grades will be allowed to play in 20 regular season contests and two tournaments.

16. The League will sponsor a state championship series in all classes.
   a. Classes AAAAA, AAA and AA - Qualifiers will be in accordance with regulations in their Handbooks.
   b. Class A - Each region will qualify four teams for the play-offs. April 26 is the deadline for declaring region qualifiers in Class A. The winner in each district tournament will then advance to an upper and lower state tournament.
   c. Gate receipts will be distributed according to the financial statement in the A. D. Notebook.
   d. Admission is $5.00 for playoffs. Admission is $6.00 for State Championship games.
   e. The host school is responsible for securing umpires through the local booking secretary. Three officials will be used if available.

17. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, lacrosse, softball, tennis and soccer. (Maximum 10 consecutive days for a tournament)

   Varsity
   • Maximum of 10 games can be played in a combination of the two tournaments
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament

   JV
   • Maximum of 10 games can be played in a combination of the two tournaments
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament
   • JV level does not have the option to trade in one tournament for additional regular season contests
NOTE: The higher placed team will host in games #3 and #4. In game #6 the undefeated team will host and if game #7 is played, the site will be the same as game #6 but the home team will be determined by a coin toss.
2016 DISTRICT BASEBALL TOURNAMENTS - CLASS A

District V

V Champion H
Thur, April 28

VI Fourth Place Sat., April 30 H

VIII Runner-up H Game #4
Thur, April 28
Game #2
VII Third Place

Loser Game #1 Sat., April 30
Game #3
Loser Game #2 Mon., May 2
Game #5
Loser Game #4 H

District VI

VI Champion H
Thur, April 28

V Fourth Place Sat., April 30 H

VII Runner-up H Game #4
Thur, April 28
Game #2
VIII Third Place

Loser Game #1 Sat., April 30
Game #3
Loser Game #2 Mon., May 2
Game #5
Loser Game #4 H

District VII

VII Champion H
Thur, April 28

VIII Fourth Place Sat., April 30 H

VI Runner-up H Game #4
Thur, April 28
Game #2
V Third Place

Loser Game #1 Sat., April 30
Game #3
Loser Game #2 Mon., May 2
Game #5
Loser Game 4 H

District VIII

VIII Champion H
Thur, April 28

V Fourth Place Sat., April 30 H

VII Runner-up H Game #4
Thur, April 28
Game #2
VI Third Place

Loser Game #1 Sat., April 30
Game #3
Loser Game #2 Mon., May 2
Game #5
Loser Game #4 H

NOTE: The higher placed team will host in games #3 and #4. In game #6 the undefeated team will host and if game #7 is played, the site will be the same as game #6 but the home team will be determined by a coin toss.
2016 CLASS A UPPER AND LOWER STATE BASEBALL TOURNAMENTS

UPPER STATE

Dist. I Champ  H
Sat., May 7
Game #1
Dist. II Champ  H
Sat., May 7
Game #2
Dist. III Champ  H
Sat., May 7
Game #4

Dist. IV Champ

Loser Game #1  H
Mon., May 9
Game #3
Loser Game #2  H
Wed., May 11
Game #5
Loser Game #4  H

Note: If game #7 is played, the site will be the same as game #6 but the home team will be determined by a coin toss.

18. When games are played on neutral fields, game security is the responsibility of both schools and each school must control its own fans.

19. Classes AAAA, AAA & AA champions will be declared in accordance with the regulations in their handbooks.

20. CLASS A STATE CHAMPIONSHIP SERIES:
   a. During the week of May 16-21 the winners of the upper and lower state play-offs will meet in a best two out of three game series for the State Championship. The first game of the series will be played at the school representing the upper state and the second game will be played at the school representing the lower state. A third game, if necessary, may be played at the site of either school or at a neutral site. The League Office will assign three officials for this game. If a neutral site is used a coin toss will determine the home team.
   b. Admission is $6.00.
   c. Gate receipts will be disbursed according to the financial statement on League website. Each team will keep proceeds from its home game. Gate receipts and expenses will be shared equally if the game is played on a neutral field.
   d. If schools cannot agree, games will be played on Monday, Wednesday and Friday. Home schools will secure three umpires.

21. The League will furnish trophies and medals for the State Champion and the Runner-up in each classification.

22. Refer to pages 5 & 6 for additional regulations
BASEBALL 2015-16

June 1 - July 30, 2015 ...................... Open Season
- Can practice
- Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
- Nothing mandatory

July 31 - September 4, 2015 ............ Closed Season
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

September 5 – November 1, 2015 ... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

November 2 – December 6, 2015 .... Closed Season
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

December 7 - January 16, 2016....... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

January 17 – January 31, 2016 ........ Closed
- Cannot practice – cannot do any skill training
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

February 1, 2016 ......................... First practice/tryouts
February 8, 2016 ......................... First Scrimmage
February 26, 2016 ......................... First Preseason Contest Date
March 7, 2016 ............................. First Contest
April 26, 2016 .............................. Report Qualifiers (AAAA, AA & A)
April 27, 2016 .............................. Report Qualifiers – Classes AAA
April 28, 2016 .............................. Playoffs begin – (all classes)
May 16-23, 2016 ......................... State Finals (all classes)
Last Contest - May 23, 2016 ......... Closed Season
May 23 – May 31, 2016 .................... Open Season
SOFTBALL

1. The League will sponsor championship play-offs in all four classes.

2. National Federation Fast Pitch Rules will be used in all games.

3. The head coach must attend a league sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. **IMPORTANT DATES:**
   - Schedule Due ................................. February 1
   - First Practice ................................. February 1
   - First Scrimmage .............................. February 8
   - Eligibility Due ............................... 7 days prior to first regular season game
   - First Contest ................................. March 7

   If a school is participating in a preseason tournament, the certificate of eligibility must be submitted before participation in this tournament.

5. All classes are allowed 16 regular season games and two tournaments or 18 regular season games and one tournament. Varsity teams are also allowed four scrimmages and one jamboree. JV teams are allowed 14 games, two tournaments, two scrimmages and one jamboree. Tournament(s) may be pre-season and start on February 26.

6. Certified umpires must be used in all varsity games. Games will be played even though only one umpire is present. Instructions for postponing or canceling games for which certified officials are booked are printed on page 98.

7. Varsity games must be scheduled for 7 innings. If a double header is played, the games may be scheduled for 5 innings.

8. The game will end any time after 5 innings, or after 4 ½ innings when a team is 10 or more runs behind and has completed its term at bat. **The game may also be terminated earlier by mutual consent if a greater than 10 run differential exists.**

9. If a tie exists after 8 innings, the International Tie-Breaker Rule will be used beginning in the 9th inning. Under this rule, each team starts the inning with the player who completed the last official at bat, as a base runner on second base. Each subsequent inning will start the same until a winner has been determined.

10. Games that are called prior to completion in regular season and post season will be considered suspended games under the following circumstances: **Suspended games will be resumed from the point of interruption.**
    a. It is not a regulation game.
    b. It is a regulation game with a tied score.
    c. A game will be declared a forfeit after a 30-minute waiting period for opponent, unless other arrangements have been made.

11. If the game is called (ended) by the umpire, it is a **regulation game** (regular & post season):
    a. if five full innings have been played or if the home team has scored an equal or greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns at bat; or
b. if play has gone beyond five full innings. If the game is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent’s score the final score shall be record when the game is called.

12. An optic yellow ball must be used. A red or black stitched ball may be used. A double first base is permitted. The maximum core is .47. The maximum compression shall not exceed 375 pounds. A Rawlings ball must be used in all state finals games.

13. When a protest is filed, the offended team must enter it at the time of the play and before the next pitch. The umpire-in-chief shall report the protest to the League Office along with all related conditions at the time of the protested play. If a protest is upheld the game will be replayed from the time of the protest.

14. Region schedules will be arranged so that the last region game will be played one week before the deadline for declaring champions and runners-up. This way, postponed games may be played without hardship on any team.

15. Postponed games during the regular season and playoffs will be made up on the next available playing date.

16. Individual players who are 7th through 10th grades will be allowed to play in 20 regular season contests and two tournaments.

17. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, lacrosse, softball, tennis and soccer. (Maximum 10 consecutive days for a tournament)

   Varsity
   • Maximum of 10 games can be played in a combination of the two tournaments
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament

   JV
   • Maximum of 10 games can be played in a combination of the two tournaments
   • If you choose to play more than five games in any one tournament this will constitute having played a second tournament
   • JV level does not have the option to trade in one tournament for additional regular season contests
2016 DISTRICT SOFTBALL TOURNAMENTS - CLASS A

District I

I Champion
Thur, April 28
Game #1

II Fourth Place
Sat., April 30

IV Runner-up
Thur, April 28
Game #2

III Third Place

Loser Game #1
Sat., April 30
Game 3

Loser Game #2
Mon., May 2
Game #5
Loser Game 4

District II

II Champion
Thur, April 28
Game #1

I Fourth Place
Sat., April 30

III Runner-up
Thur, April 28
Game #2

IV Third Place

Loser Game #1
Sat., April 30
Game #3

Loser Game #2
Mon., May 2
Game #5
Loser Game #4

District III

III Champion
Thur, April 28
Game #1

IV Fourth Place
Sat., April 30

II Runner-up
Thur, April 28
Game #2

I Third Place

Loser Game #1
Sat., April 30
Game #3

Loser Game #2
Mon., May 2
Game #5
Loser Game 4

District IV

IV Champion
Thur, April 28
Game #1

III Fourth Place
Sat., April 30

I Runner-up
Thur, April 28
Game #2

II Third Place

Loser Game #1
Sat., April 30
Game #3

Loser Game #2
Mon., May 2
Game #5
Loser Game #4

NOTE: The higher placed team will host in games #3 and #4. In game #6 the undefeated team will host and if game #7 is played, the site will be the same as game #6 but the home team will be determined by a coin toss.
2016 DISTRICT SOFTBALL TOURNAMENTS – CLASS A

District V

V  Champion  H
Thur, April 28
Game #1

VI  Fourth Place
Sat., April 30

VIII  Runner-up  H
Thur, April 28
Game #2
(if necessary)

VIII  Third Place  H

Loser Game #1
Sat., April 30
Game #3

Loser Game #2
Mon., May 2
Game #5
Loser Game #4  H

Loser Game #1  WINNER

District VI

VI  Champion  H
Thur, April 28
Game #1

V  Fourth Place
Sat., April 30

VII  Runner-up  H
Wed., May 4
Game #4
and Game #6

VII  Third Place  H

Loser Game #1  WINNER

District VII

VII  Champion  H
Thur, April 28
Game #1

VIII  Fourth Place
Sat., April 30

VI  Runner-up  H
Thur, April 28
Game #2
(if necessary)

V  Third Place  H

Loser Game #1
Sat., April 30
Game #3

Loser Game #2
Mon., May 2
Game #5
Loser Game #4  H

Loser Game #1  WINNER

District VIII

VIII  Champion  H
Thur, April 28
Game #1

V  Runner-up  H
Wed., May 4
Game #4
and Game #6

VI  Third Place  H

Loser Game #1  WINNER

NOTE: The higher placed team will host in games #3 and #4. In game #6 the undefeated team will host and if game #7 is played, the site will be the same as game #6 but the home team will be determined by a coin toss.
2016 UPPER AND LOWER STATE SOFTBALL TOURNAMENTS

### CLASS A

#### UPPER STATE
- Dist. I Champ: H
  - Sat., May 7
  - Game #1
- Dist. II Champ: Mon., May 9
  - Fri., May 13
  - Game #4 (if necessary)
- Dist. III Champ: H
  - Sat., May 7
  - Game #6
- Dist. IV Champ: H
  - Wed., May 11
  - Game #5
- Loser Game #1: H
  - Mon., May 9
  - Game #3
- Loser Game #2: Wed., May 11
  - Game #5
  - Loser Game #4: H

#### LOWER STATE
- Dist. V Champ: H
  - Sat., May 7
  - Game #1
- Dist. VI Champ: Mon., May 9
  - Fri., May 13
  - Game #4
- Dist. VII Champ: H
  - Fri., May 13
  - Game #6
  - Game #7 (if necessary)
- Dist. VIII Champ: H
  - Fri., May 13
  - Game #4
  - Game #7 (if necessary)
- Loser Game #1: H
  - Mon., May 9
  - Game #3
- Loser Game #2: Wed., May 11
  - Game #5
- Loser Game #4: H

Note: If game # 7 is played, the site will be the same as game # 6 but the home team will be determined by a coin toss.

18. The League will sponsor a state championship series in all classes.
   a. **Classes AAAAA, AAA and AA** - Qualifiers will be in accordance with regulations in their Handbooks.
   b. **Class A** - Each region will qualify four teams for the play-offs. April 26 is the deadline for declaring region qualifiers in Class A. The winner in each district tournament will then advance to an upper and lower state tournament.
   c. Gate receipts will be distributed according to the financial statement on the League website.
   d. Admission is $5.00 for playoffs. Admission is $6.00 for State Championship games
   e. The host school is responsible for securing umpires through the local booking secretary.

19. **CLASS A STATE CHAMPIONSHIP SERIES:**
   a. During the week of May 16-21 the winners of the upper and lower state play-offs will meet in a best two out of three game series for the State Championship. The first game of the series will be played at the school representing the upper state and the second game will be played at the school representing the lower state. A third game, if necessary, may be played at the site of either school or at a neutral site. The League Office will assign three officials from a neutral district for the third game in this series, if necessary. If a neutral site is used a coin toss will determine the home team.
   b. Admission is $6.00.
   c. Gate receipts will be disbursed according to the financial statement on the League website. Each team will keep proceeds from its home game. Gate receipts and expenses will be shared equally if the game is played on a neutral field.
   d. If schools cannot agree, games will be played on Monday, Wednesday and Friday.

20. The League will furnish trophies and medals for the State Champion and the Runner-up in each classification.

21. Refer to pages 5 & 6 for additional regulations.
SOFTBALL 2015-16

June 1 – July 30, 2015 ................. Open Season
• Can practice
• Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
• Nothing mandatory

July 31 – September 4, 2015 .......... Closed Season
• Cannot practice – cannot do any skill training
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

September 5 – November 1, 2015 .... Open Season
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts

November 2 – December 6, 2015 .... Closed Season
• Cannot practice – cannot do any skill training
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

December 7 - January 16, 2016 .... Open Season
• Can practice as much as you like
• Nothing mandatory
• No outside scrimmages or competition
• No tryouts

January 17 – January 31, 2016 .... Closed Season
• Cannot practice – cannot do any skill training
• Can continue to condition and strength train
• Can coach an outside team (75% rule must apply)
• Can use school facilities and/or equipment if coaching an outside team

February 1, 2016 .......................... First practice/tryouts

February 8, 2016 .......................... First Scrimmage

February 26, 2016 ....................... First Preseason Contest Date

March 7, 2016 ............................... First Contest

April 26, 2016 .............................. Report Qualifiers (AAAA, AA & A)

April 27, 2016 .............................. Report Qualifiers – Classes AAA

April 28, 2016 .............................. Playoffs begin – (all classes)

May 16-23, 2016 ......................... State Finals (all classes)

Last Contest - May 23, 2016 .......... Closed Season

May 24 – May 31, 2016 ............... Open Season
BOYS AND GIRLS SOCCER

1. The League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.

2. National Federation rules will be used in all games.

3. The head coach must attend a league sponsored rules clinic. All coaches must verify with their principal completion of the online concussion and heat acclimatization courses found at www.nfhslearn.com.

4. IMPORTANT DATES:
   
<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Schedule Due</td>
<td>February 1</td>
</tr>
<tr>
<td>First Practice</td>
<td>February 1</td>
</tr>
<tr>
<td>First Scrimmage</td>
<td>February 8</td>
</tr>
<tr>
<td>Eligibility Due</td>
<td>7 days prior to first regular season game</td>
</tr>
<tr>
<td>First Contest</td>
<td>February 29</td>
</tr>
</tbody>
</table>

If a school is participating in a preseason tournament more than seven days prior to its first regular season game the certificate of eligibility must be submitted before participation in this tournament.

5. All classes are allowed 16 regular season games and two tournaments or 18 regular season games and one tournament. Varsity teams are allowed two tournaments, four scrimmages and one jamboree. JV teams are allowed 14 games, two tournaments, two scrimmages and one jamboree. Tournaments may be pre-season and start on February 19.

6. No match may end in a tie. During the regular season there will be two full five minute overtime periods. If a tie still exists, penalty kicks by anyone on/off the field will determine the winner.

7. The girls and boys will use two full ten minute overtime periods during the play-offs. If a tie still exists, two five-minute sudden victory overtime periods will be used. If still tied, penalty kicks will determine the winner. (National Federation Soccer Rules Book.)

8. In the event a soccer game is called prior to completion of one half because of conditions, which makes it impossible to continue play, the game will be resumed from the point of interruption.

9. Schools must use officials that are certified by the League Office. Instructions for postponing or canceling games for which certified officials are booked are printed on page 98. Last date to play a soccer match is April 29, 2016.

10. Boys and girls deadline to report all classes is April 29 by 9:00 am. If applicable, form is found in the Athletic Director’s Notebook. If this deadline is missed, a $100.00 late entry fee will be accessed before entry into the play-offs.

11. Class AA Seeding Committees will meet April 29 at 10:00 am at the League Office.

12. Class A Boys Seeding Committee will meet April 29 at 10:00 am at the League Office.

13. The Boys Championship series will be played on May 3, 5, 7, 10 & 14. Play-off admission will be $6.00. The state finals will be held on May 13. State finals admission will be $10.00.

14. The Girls Championship series will be played on May 2, 4, 6, 9 & 13. Play-off admission will be $6.00. The state finals will be held on May 14. State finals admission will be $10.00.
15. State Finals Time Frames – LOWER State will be the host for all State Final games.

<table>
<thead>
<tr>
<th>Division</th>
<th>Date</th>
<th>Time</th>
<th>Division</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Boys</td>
<td>May 13</td>
<td>3:00 pm</td>
<td>AAA Girls</td>
<td>May 14</td>
<td>11:30 am</td>
</tr>
<tr>
<td>AA Girls</td>
<td>May 13</td>
<td>5:00 pm</td>
<td>AAA Boys</td>
<td>May 14</td>
<td>1:30 pm</td>
</tr>
<tr>
<td>AA Boys</td>
<td>May 13</td>
<td>7:00 pm</td>
<td>AAAA Girls</td>
<td>May 14</td>
<td>3:30 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>AAAA Boys</td>
<td>May 14</td>
<td>6:00 pm</td>
</tr>
</tbody>
</table>

16. Gate receipts will be disbursed according to the financial statement in the Athletic Directors Notebook.

17. Class AAAAA boys and girls play-offs will be in accordance with Class AAAAA Conference regulations. Class AAA boys and girls play-offs will be in accordance with Class AAA Conference regulations.

18. The League will furnish trophies and medals to the State Champion and Runner-up in each competing class.

19. Refer to pages 5 & 6 for additional regulations.

20. Students will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one-hour rest between games.

21. A tournament is a series of contests in competition for a championship in which at least 1st & 2nd place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, lacrosse, tennis and soccer. (Maximum 10 consecutive days for a tournament)

    **Varsity**
    - Maximum of 10 games can be played in a combination of the two tournaments
    - If you choose to play more than five games in any one tournament this will constitute having played a second tournament

    **JV**
    - Maximum of 10 games can be played in a combination of the two tournaments
    - If you choose to play more than five games in any one tournament this will constitute having played a second tournament
    - JV level does not have the option to trade in one tournament for additional regular season contests
2016 AA GIRLS SOCCER

May 2  May 4  May 6  May 9  May 13

UPPER STATE
1st Seed  H
16th Seed
8th Seed  H
9th Seed
5th Seed  H
12th Seed
4th Seed  H
13th Seed
3rd Seed  H
14th Seed
6th Seed  H
11th Seed
7th Seed  H
10th Seed
2nd Seed  H
15th Seed
 STATE CHAMPION

LOWER STATE
1st Seed  H
16th Seed
8th Seed  H
9th Seed
5th Seed  H
12th Seed
4th Seed  H
13th Seed
3rd Seed  H
14th Seed
6th Seed  H
11th Seed
7th Seed  H
10th Seed
2nd Seed  H
15th Seed

Higher seeded team will host.
2016 CLASS A BOYS SOCCER

UPPER STATE

May 3
1st Seed H
16th Seed
8th Seed H
9th Seed
5th Seed H
12th Seed
4th Seed H
13th Seed
3rd Seed H
14th Seed
6th Seed H
11th Seed
7th Seed H
10th Seed
2nd Seed H
15th Seed

May 5

May 7

May 10

May 14

LOWER STATE

STATE CHAMPION

1st Seed H
16th Seed
8th Seed H
9th Seed
5th Seed H
12th Seed
4th Seed H
13th Seed
3rd Seed H
14th Seed
6th Seed H
11th Seed
7th Seed H
10th Seed
2nd Seed H
15th Seed

Higher seeded team will host.
June 1 – July 30, 2015 .................. Open Season
- Can practice
- Can participate in 10 days of school competition & team camps (days spent at camp count toward the 10 days)
- Nothing mandatory

July 31 – September 4, 2015 .......... Closed Season
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

September 5 - November 1, 2015 .... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

November 2 – December 6, 2015 .... Closed Season
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

December 7 – January 16, 2016 ...... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts

January 17 – January 31, 2016 .... Closed Season
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

February 1, 2016 ...................... First Practice
February 8, 2016 ...................... First Scrimmage
February 29, 2016 ...................... First Playing Date

April 29, 2016 ......................... Deadline to Report Qualifiers (All Classes)
May 2-3, 2016 ......................... Playoffs begin (All Classes)
May 13-14, 2016 ...................... State Finals (All Classes)

Last Contest - May 14, 2016 .......... Closed Season
- **Cannot practice – cannot do any skill training**
- Can continue to condition and strength train
- Can coach an outside team (75% rule must apply)
- Can use school facilities and/or equipment if coaching an outside team

May 15 – May 31, 2016 ............... Open Season
- Can practice as much as you like
- Nothing mandatory
- No outside scrimmages or competition
- No tryouts
ATHLETIC OFFICIALS ASSOCIATION

Certified officials, registered and approved by the League Office, must be used in all varsity football, volleyball, basketball, wrestling, soccer, lacrosse, baseball and softball contests. If a member school travels out of state to play, officials that are registered and approved by the host school’s state association must be used.

BOOKING

The booking office for football and basketball officials is located in the League Office. The problems involved in baseball, softball, volleyball, lacrosse, wrestling and soccer necessitate local booking offices for these officials. These booking offices are listed in the school directory.

All associations must abide by the disciplinary action of the Commissioner of the League. If an officials' organization accepts the schedule of a school, it must furnish officials for the full season unless otherwise notified by the Commissioner of the League. An official must report any irregular procedure of the game or any unusual conduct on the part of the crowd, coaches, school officials or students to the Commissioner.

Arrangements must be made to hold weekly or biweekly meetings and attendance must be kept. These meetings should be for the purpose of learning rules and mechanics. An official will work or attend a combined total of 12 meetings and scrimmages if the official is to receive the maximum number of points allotted to this item on the official's rating system. Before the start of the season an official shall attend a minimum of six classroom type meetings and will work a minimum of two scrimmages. After the start of the season, an official shall attend a minimum of two classroom type meetings. Credit for the remaining two meetings may be received for classroom meetings or scrimmages.

Associations will not book an official that has not been certified. The approval of the League Office may be removed and the official may be banned from officiating in high school contests in the future for violation of the above regulation.

Schools and officials should be notified at least one week prior to assignments. High school personnel will not serve as the booking officer for an association except by permission of the Executive Committee.

A copy of the officials' association's constitution, bylaws, rules and regulations, list of officers and officials must be filed in the office of the Commissioner.

A list of officials will be available by the second week in May for football, September for basketball and volleyball, November for wrestling and February for baseball, softball and soccer.

An official who fails to keep an accepted assignment shall be required to pay the school the game fee.
SCHOOL’S BOOKING FEES

The Executive Committee of the League has approved the following booking fees:

- Football ...................... $ 50.00
- Basketball ................... $ 50.00
- Wrestling .................... $ 50.00
- Volleyball .................... $ 50.00
- Lacrosse ..................... $ 50.00
- Baseball ........................ $50.00
- Softball .......................... $50.00
- Soccer ...........................$50.00
- Sub Varsity sports........... $50.00

INSTRUCTIONS FOR CANCELING OR POSTPONING
A CONTEST TO WHICH CERTIFIED OFFICIALS ARE BOOKED

If it is necessary to postpone or cancel a contest to which certified officials are booked, the home school shall:

1. Notify the officials when the contest will be rescheduled and ask if they can work the contest.
2. Notify the League Office of the rescheduled date and any officials who cannot work the contest.
3. If the contest is canceled within two weeks after being booked, the official will receive fee plus any travel.
4. If a contest is postponed and it is too late to stop the officials from traveling, mileage will be paid. The same officials will be reassigned if possible.
5. If a contest is postponed in time to stop the officials from traveling and the school fails to do so, fees and mileage will be paid.
6. Baseball and softball officials shall receive one-half fee and mileage if the game is started and terminated before it is a regulation game and full fee and travel if it is regulation. In other sports, officials are expected to return and finish a suspended contest on the rescheduled date. Only mileage will be paid. An official who cannot return will receive a fee comparable to the percentage of the contest worked. The replacement will receive mileage plus the remaining fee. The home school shall make the adjustments in fees.
7. If an official fails to keep an assignment, the official will pay the home school the game fee.

The Executive Committee has approved the following fees:

FOOTBALL OFFICIALS’ FEES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>REGULAR SEASON</th>
<th>PLAY-OFFS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>FIELD</td>
<td>ECO</td>
</tr>
<tr>
<td></td>
<td>FIELD</td>
<td>ECO</td>
</tr>
<tr>
<td>I</td>
<td>92.00</td>
<td>51.00</td>
</tr>
<tr>
<td>II</td>
<td>80.00</td>
<td>51.00</td>
</tr>
<tr>
<td>III</td>
<td>68.00</td>
<td>48.00</td>
</tr>
</tbody>
</table>

Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00. Upon application and payment of the booking fee, a school shall be placed in the fee class set forth above according to the classification of the school in the League. The minimum fee for AAAAA schools shall be Class I, AAA schools Class II and AA and A schools Class III. The selection of officials shall begin with Class I and continue through Class III. Fees will be $43.00 for each official for junior varsity games and $33.00 for each official for junior high games.
BASKETBALL OFFICIALS' FEES
All varsity games use 3 officials.

<table>
<thead>
<tr>
<th>Single Varsity Game</th>
<th>Two-Games Referee U1, U2</th>
<th>State Play-Off Game</th>
<th>Two State Play-Off Games</th>
<th>State Finals</th>
<th>Single JV Game</th>
<th>Two JV Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>$55.00</td>
<td>$78.00</td>
<td>$62.00</td>
<td>$85.00</td>
<td>$78.00</td>
<td>$37.00</td>
<td>$55.00</td>
</tr>
</tbody>
</table>

Fees For Middle And Junior High Schools:
Regular Season Games..................... $34.00 for one game......................... $46.00 for two games. Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00.

VOLLEYBALL OFFICIALS' FEES

<table>
<thead>
<tr>
<th></th>
<th>First 2/3 Match</th>
<th>Additional 2/3 Matches</th>
<th>3/5 Match</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Season</td>
<td>$31.00 (R)</td>
<td>$31.00 (R)</td>
<td>$49.00 (R)</td>
</tr>
<tr>
<td></td>
<td>$27.00 (U)</td>
<td>$27.00 (U)</td>
<td>$40.00 (U)</td>
</tr>
<tr>
<td>Upper/Lower State</td>
<td></td>
<td>$52.00 (R)</td>
<td>$43.00 (U)</td>
</tr>
<tr>
<td>State Finals</td>
<td></td>
<td></td>
<td>$54.00</td>
</tr>
<tr>
<td>Sub-Varsity Matches</td>
<td>$31.00</td>
<td></td>
<td>$49.00</td>
</tr>
</tbody>
</table>

Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00.

WRESTLING OFFICIALS' FEES

Regular Season Dual Matches - $66.00 Plus Travel
Tournament fee of $4.75 per match plus travel (byes do not count – teams treated as full teams)
Head official fee of $200 per day (required for tournaments using four or more mats.)
Post Season Duals:...............................$ 66.00 per official
State Final Duals:...............................$ 71.00 per official
Tournament fee of $4.75 per match plus travel (byes do not count – number of officials negotiated)
Individual State Finals: .......................$200.00 per official

Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

99
LACROSSE OFFICIALS’ FEES

Regular Season ................................................................. $41.00 (JV)  $47.00 (Varsity)
Combination JV & Varsity (same day) ......................................................... $88.00
State Play-Off Games ............................................................................... $53.00
State Finals ............................................................................................... $58.00
Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

SOCCER OFFICIALS’ FEES

Regular Season .................................................................................... $39.00 (JV)    $44.00 (Varsity)
State Play-Off Games ................................................................................ $47.00
State Finals ............................................................................................... $56.00
Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

BASEBALL UMPIRES’ FEES

<table>
<thead>
<tr>
<th></th>
<th>Plate Umpire</th>
<th>Base Umpire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Season</td>
<td>$45.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>State Play-Off Games</td>
<td>$51.00</td>
<td>$45.00</td>
</tr>
<tr>
<td>State Finals</td>
<td>$56.00</td>
<td>$49.00</td>
</tr>
</tbody>
</table>
Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

SOFTBALL UMPIRES’ FEES

<table>
<thead>
<tr>
<th></th>
<th>Plate Umpire</th>
<th>Base Umpire</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular Season</td>
<td>$41.00</td>
<td>$34.00</td>
</tr>
<tr>
<td>State Play-Off Games</td>
<td>$46.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>State Finals</td>
<td>$51.00</td>
<td>$45.00</td>
</tr>
</tbody>
</table>
Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

COMPETITIVE CHEER JUDGES’ FEES

1 - 16 teams ....................................................................................... $54.00 per judge
17 - 32 teams ....................................................................................... $74.00 per judge
33 - 48 teams ....................................................................................... $93.00 per judge
49 & up teams ..................................................................................... $120.00 per judge
Travel Allowance shall be 45 cents per mile to each official with a minimum of $9.00

UNIFORMS

All athletic officials must wear the uniform designated by the League Office as determined from each sport's officials manual.

DISCIPLINE OF OFFICIALS

Officials’ associations may set rules and regulations for the discipline of its members. The Commissioner of the League may discipline athletic officials in one or more of the following manners:

A WARNING is an official notice that an inexcusable, unethical or unsportsmanlike action is a matter of record and must not happen again.

PROBATION is a more severe type of warning. An official on probation may be assigned to regularly scheduled games but he will not be assigned to a play-off or tournament game of any type.
A FINE may be levied separately or in addition to a warning, probation or suspension. It will be levied against the individual official and may range from the game fee to a maximum of $100.00.

A SUSPENDED official may not work an interscholastic athletic contest of any kind for a member of the League or a school that is a member of another state associated with the National Federation of State High School Associations.

Any disciplinary action by any athletic officials’ association or the Commissioner may be appealed to the Executive Committee of the League.

OFFICIALS’ CLINICS AND EXAMINATIONS

The League will conduct clinics in football, competitive cheer, volleyball, basketball, lacrosse, baseball, softball, soccer, track and field, tennis and wrestling. Head coaches of these sports are required to attend one of these clinics. Clinics will be held before August 15 for football; September 1 for volleyball, tennis and competitive cheer; November 15 for basketball; December 1 for wrestling; February 1 for lacrosse and March 1 for soccer, track and field, baseball and softball. A testing program approved by the Executive Committee will be administered under the direction of the Commissioner.

FOOTBALL OFFICIALS’ CLINIC AND EXAMINATION

The South Carolina Football Officials’ Association Clinic and Exam will be held on Saturday July 25, 2015 at River Bluff High School. The clinic will begin at 8:30 am for officials; the rules clinic will begin at 10:15 am. The exam will be administered at 12:00 noon. A make-up clinic and exam (for officials only) will be held on July 27 at the High School League Office at 6:00 PM. July 25 is the only date on which an official may take the examination without paying the $20.00 late fee. August 30 is the final date on which the examination may be taken.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>10:15 am</td>
<td>River Bluff High School</td>
</tr>
<tr>
<td>Monday</td>
<td>6:00 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:00 pm</td>
<td>Fort Dorchester High School</td>
</tr>
</tbody>
</table>

SWIM CLINICS

The League will conduct four swim rules clinics. It is required that all swim coaches attend one of these clinics. Dates and sites of these clinics are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:00 pm</td>
<td>Fort Dorchester High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:00 pm</td>
<td>Mauldin High School</td>
</tr>
<tr>
<td>Monday</td>
<td>6:00 pm</td>
<td>High School League Office</td>
</tr>
</tbody>
</table>

COMPETITIVE CHEER CLINICS

The League will conduct four competitive cheer rules clinics. It is required that all competitive cheer coaches attend one of these clinics. Dates and sites of these clinics are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>4:30 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>4:30 pm</td>
<td>Fort Dorchester High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>4:30 pm</td>
<td>Mauldin High School</td>
</tr>
<tr>
<td>Thursday</td>
<td>4:30 pm</td>
<td>High School League Office</td>
</tr>
</tbody>
</table>
Volleyball officials' clinics and examinations

The League will conduct four volleyball rules clinics. It is required that all volleyball officials and coaches attend one of these clinics. Dates and sites of these clinics are as follows:

- **Monday**, August 3, 2015, 6:00 pm, West Florence High School
- **Tuesday**, August 4, 2015, 6:00 pm, Fort Dorchester High School
- **Wednesday**, August 5, 2015, 6:00 pm, Mauldin High School
- **Thursday**, August 13, 2015, 6:00 pm, High School League Office

Golf clinics

The League will conduct five tennis rules clinics. It is mandatory that all tennis head coaches attend one of these clinics. Dates and sites of these clinics are as follows:

- **Monday**, August 3, 2015, 4:30 pm, West Florence High School
- **Tuesday**, August 4, 2015, 4:30 pm, Fort Dorchester High School
- **Wednesday**, August 5, 2015, 4:30 pm, Mauldin High School
- **Wednesday**, August 26, 2015, 4:30 pm, High School League Office
- **Wednesday**, February 3, 2016 (Boys), 4:30 pm, High School League Office

Tennis clinics

The League will conduct five tennis rules clinics. It is mandatory that all tennis head coaches attend one of these clinics. Dates and sites of these clinics are as follows:

- **Monday**, August 3, 2015, 4:30 pm, West Florence High School
- **Tuesday**, August 4, 2015, 4:30 pm, Fort Dorchester High School
- **Wednesday**, August 5, 2015, 4:30 pm, Mauldin High School
- **Wednesday**, August 26, 2015, 6:00 pm, High School League Office
- **Wednesday**, February 3, 2016 (Boys), 6:00 pm, High School League Office

Wrestling officials’ clinics

The League will conduct five wrestling rules clinics. It is mandatory that all wrestling officials and head coaches attend one of these clinics. Dates and sites of these clinics are as follows:

- **Monday**, October 5, 2015, 6:00 pm, Fort Mill High School
- **Monday**, October 12, 2015, 6:00 pm, Fort Dorchester High School
- **Tuesday**, October 13, 2015, 6:00 pm, West Florence High School
- **Monday**, October 19, 2015, 6:00 pm, Mauldin High School
- **Tuesday**, October 20, 2015, 6:00 pm, High School League Office
BASKETBALL OFFICIALS' CLINICS AND EXAMINATION

The South Carolina Basketball Officials' Association Business Meeting and Exam will be held on **Saturday, November 14, 2015 at River Bluff High School.** The business meeting will begin at 10:30 am (Officials' registration begins at 9:45 am) and the exam will be administered at 11:30 pm. A make-up exam (for officials only) will be held on November 16 at the High School League Office at 6:00 pm. November 14 is the only date on which an official may take the examination without paying the $25.00 late fee. **November 24 is the final date on which the examination may be taken.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>October 6, 2015</td>
<td>6:00 pm</td>
<td>Chester High School</td>
</tr>
<tr>
<td>Monday</td>
<td>October 12, 2015</td>
<td>6:00 pm</td>
<td>Fort Dorchester High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>October 13, 2015</td>
<td>6:00 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Monday</td>
<td>October 19, 2015</td>
<td>6:00 pm</td>
<td>Brookland-Cayce High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>October 21, 2015</td>
<td>6:00 pm</td>
<td>Mauldin High School</td>
</tr>
<tr>
<td>Monday</td>
<td>November 2, 2015</td>
<td>6:00 pm</td>
<td>High School League Office</td>
</tr>
</tbody>
</table>

SOCCER OFFICIALS' CLINICS

The League will conduct six soccer rules clinics. It is mandatory that all soccer officials and head coaches attend one of these clinics. Dates and sites of the clinics are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>January 5, 2016</td>
<td>6:00 pm</td>
<td>Mauldin High School</td>
</tr>
<tr>
<td>Thursday</td>
<td>January 7, 2016</td>
<td>6:00 pm</td>
<td>Rock Hill High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>January 13, 2016</td>
<td>6:00 pm</td>
<td>Ridgeland-Hardeeville High School</td>
</tr>
<tr>
<td>Tuesday</td>
<td>January 19, 2016</td>
<td>6:00 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Thursday</td>
<td>January 21, 2016</td>
<td>6:00 pm</td>
<td>Fort Dorchester High School</td>
</tr>
<tr>
<td>Monday</td>
<td>January 25, 2016</td>
<td>6:00 pm</td>
<td>High School League Office</td>
</tr>
</tbody>
</table>

BASEBALL UMPIRES' CLINICS

The League will conduct six baseball rules clinics. It is mandatory that all baseball officials and head coaches attend one of the clinics. Dates and sites of the clinics are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>January 4, 2016</td>
<td>6:00 pm</td>
<td>Mauldin High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>January 6, 2016</td>
<td>6:30 pm</td>
<td>Rock Hill High School</td>
</tr>
<tr>
<td>Monday</td>
<td>January 11, 2016</td>
<td>6:00 pm</td>
<td>West Florence High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>January 13, 2016</td>
<td>6:00 pm</td>
<td>Ridgeland-Hardeeville High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>January 20, 2016</td>
<td>6:00 pm</td>
<td>Fort Dorchester High School</td>
</tr>
<tr>
<td>Wednesday</td>
<td>January 27, 2016</td>
<td>6:00 pm</td>
<td>High School League Office</td>
</tr>
</tbody>
</table>
SOFTBALL UMPIRES' CLINICS
The League will conduct six softball clinics. It is mandatory that all softball officials and head coaches attend one of these clinics. Dates and sites of the clinics are as follows:

Monday       January 4, 2016   6:00 pm       Mauldin High School
Wednesday    January 6, 2016   6:00 pm       Rock Hill High School
Monday       January 11, 2016  6:00 pm       West Florence High School
Wednesday    January 13, 2016  6:00 pm       Ridgeland-Hardeeville High School
Wednesday    January 20, 2016  6:00 pm       Fort Dorchester High School
Thursday     January 28, 2016   6:00 pm       High School League Office

TRACK & FIELD COACHES CLINICS
The League will conduct four track & field coaches clinics. It is mandatory that all head coaches attend one of these clinics. Dates and sites of the clinics are as follows:

Monday       January 4, 2016   6:00 pm       Mauldin High School
Monday       January 11, 2016  6:00 pm       West Florence High School
Wednesday    January 20, 2016  6:00 pm       Fort Dorchester High School
Tuesday      January 26, 2016   6:00 pm       High School League Office

LACROSSE COACHES CLINICS
The League will conduct three lacrosse clinics. It is mandatory that all head coaches attend one of these clinics. Dates and sites of the clinics are as follows:

Thursday     January 7, 2016   6:00 pm       Carolina Forest High School
Tuesday      January 12, 2016   6:00 pm       West Ashley High School
Thursday     January 14, 2016   6:00 pm       Mauldin High School
Tuesday      January 19, 2016   6:00 pm       High School League Office
PROPOSED TIE-BREAKING SYSTEM

The following procedure may be used in breaking ties within the region for seeding purposes. Seeds will be filled one at a time.

1. Two Teams
   a. Single-game Region Schedule: If two teams with identical region records tie, the team that defeats the other shall be declared the higher seed.
   b. Two-game Region Schedule: If two teams split their contest, then they would proceed to Tie-Breaking Steps until the tie is broken.

2. Three or More Teams
   a. Single-game Region Schedule: If three or more teams with identical region records tie, and one of the teams has defeated the others, that team will be seeded higher. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.
   b. Two-game Region Schedule: If three or more teams with identical region records tie, the team that has the most wins between the tied teams against each other will be seeded highest. The team with the next-highest wins will be seeded second and so on. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.

TIE-BREAKING STEPS

Step 1. Region Point System

If three or more teams with identical region records tie, and no team has more victories than the others in games involving the tied teams, a point system based on region record only will determine the seed.

The following point value will be used in assigning points for a win within the region:

<table>
<thead>
<tr>
<th>Place</th>
<th>6 TEAM REGION</th>
<th>7 TEAM REGION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Place</td>
<td>6 points</td>
<td>1st Place</td>
</tr>
<tr>
<td>2nd Place</td>
<td>5 points</td>
<td>2nd Place</td>
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<td>3rd Place</td>
<td>4 points</td>
<td>3rd Place</td>
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<td>4th Place</td>
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<td>5th Place</td>
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<tr>
<td>6th Place</td>
<td>1 point</td>
<td>6th Place</td>
</tr>
<tr>
<td>7th Place</td>
<td>1 point</td>
<td>7th Place</td>
</tr>
</tbody>
</table>

NOTE: If two or more teams are tied for a region position, each team will be acknowledged as that particular seed when the point system is in use. (Example - if 2 teams are tied for 3rd place, any win against either team would be assigned 3rd place points.) As a position is decided, the following seeds would use the latest assigned points.

Step 2. Points Allowed System

2.1 The team that gives up fewest points in games involving the tied teams shall be seeded higher.
2.2 If still tied from above, the team that gives up fewest points in all region games shall be seeded higher.

NOTE: In games that are decided by "over-time procedure," the team that loses will only add 1 point to regulation final score for purposes of figuring points allowed, and not final score of over-time procedure.

Step 3. Final Resolution System

3.1 The higher seed will be the team whose opponents have the highest winning percentage.
3.2 The higher seed will be the team whose opponents have won the most games.
3.3 The higher seed will be the team whose opponents have scored the fewest points
3.4 The higher seed will be determined by a coin toss supervised by the Region Coordinator.

NOTE: This procedure shall refer to all regularly scheduled region and non-region games, excluding tournament games