

# **SPORTS**

# **BYLAWS**

## BASEBALL & SOFTBALL

### RULES

- The official rules for baseball and softball shall be those published in the current edition of the National Federation Baseball or Softball Rule Book with the following exceptions:
  - A suspended or incomplete game shall not be continued.
  - Games ending with the score tied will be treated as a tie.
  - A 1 hour and 45-minute time limit or 7 innings (whichever comes first) applies to all games. Exception: When possible, an inning shall be completed. Games should begin at or before 4:30. No new inning after 6:15pm, drop dead at 6:30pm. Games can start up to 15 minutes early.
    - In post-season play, we will utilize the International Tiebreaker Rule. The last player out the inning before will start on 2<sup>nd</sup> with no outs. The game will be played until a winner is declared.
  - Batters, base runners, and base coaches must wear helmets.
  - A six-run rule will be in effect during each inning played.
    - A fifteen-run rule may be in effect after three innings (losing coach has the option) and a ten-run rule will be in effect after five innings.
    - At the expansion level, we will use the 4 run-rule for each inning played. This will all for games to keep moving forward.
  - Speed-up rules may be used:
    - The team at bat may use courtesy runners for the pitcher and/or the catcher as soon as the player is on base.
    - The same runner may not be used for both positions. Neither the pitcher or the catcher will be required to leave the game under such circumstances.
    - Players who have participated in the game in any other capacity are ineligible to serve as courtesy runners.

**NOTE: This provision does not apply if every player has participated in the game.**

- A player may not run as a courtesy runner for the pitcher or the catcher and then be used as a runner or batter for another player in that inning.
- The use of a courtesy runner for the pitcher and/or the catcher must be declared before the start of the game.
- A coach need not be in uniform while occupying either coach's box while their team is at bat. Adult coaches or players who have been trained as base coaches may occupy a coaches box; the player must wear a batting helmet.
- A 10<sup>th</sup> player or "rover" may be used in softball. The "rover" must play in the outfield. The rover may not be used to cover a base on force plays or steals.
- Fastballs and changeups are the only pitches allowed in baseball. (No curveballs, sliders, screwballs, forkballs or knuckleballs)
- A 10<sup>th</sup> batter will be added to the line-up in softball and baseball. All 9 fielders just bat and one additional player. There will be no designated hitter for any of the 9 players in the field. The intent of this rule is to ensure that a player will play the field and bat.
- A team must start and finish a game with nine players. When a team does not have the required numbers, the team that is short players may borrow players from the opponent to make the minimum required numbers to play the game.

- Officials, to be paid for contests, will be required to officiate/umpire the game. A forfeit will be recorded.
- In C or Expansion games, a third strike drop by the catcher is still a strikeout. The runner is not allowed to reach base by running.

### NUMBER OF GAMES IN SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Participation rules will be as follows:
  - All team members in good standing must play.
  - No individual may pitch more than 4 innings in a single game.
  - There is no limit to the number of times a player may leave and re-enter a game. However, any player who leaves and re-enters a game must do so at the same place in the batting order.
  - Use speed-up rules for increased participation.
  - Teams are allowed to bat an entire roster. This is the coach's decision.
    - Including post-season play.

### SCHOOL EQUIPMENT

- Baseball/Softball Bats:
  - Baseball bats should have a certification stamp on it and should be a -3oz, -5oz. (USA, BBCOR, USSSA, ect..)
  - Softball Bats: The bat shall: Bear either the 2000, 2004 or the USA Softball All Games certification mark. In addition to bearing these marks, the bat must not appear the USA Softball's Non-Approved Bats with certification Mark list ([www.usasoftball.com](http://www.usasoftball.com)).
- Shoes should be one-piece molded construction and made of plastic or rubber.
  - Steel, hybrid or metal cleats are prohibited.
  - any athlete caught with metal cleats (Illegal Equipment) will be permanently removed from the contest.
- Skull caps must be worn by all coaches and athletes coaching 1<sup>st</sup> or 3<sup>rd</sup> base.
- A Pony-League regulation field should be used for baseball i.e., 80' base path and 54' pitcher's mound. Exceptions: Teams may play on other sized fields, if necessary, but the pitcher's mound must be at 54'. In softball, the pitching rubber will be 40 feet from home plate. Base paths will be 60 feet in length.

### OFFICIALS

- A qualified baseball/softball official should be used for each game.
- Official's uniform requirements are specified in Section IX. 13 of the standards and policies of the Northwest League.

## **BASKETBALL (BOYS & GIRLS)**

### RULES

- The official rules for basketball shall be those published in the current edition of the National Federation Rules for Basketball with the following exceptions:
- Each game shall consist of four quarters. Each quarter shall be six minutes in length.
- **If an overtime period is required, it will be three minutes in duration.**
- Both teams will be given 4 minutes to warmup prior to the start of competition. Both teams will use their own half of the court at the same time. As soon as both teams are present, warmups may begin. Games can start up to 15 minutes early.
- Expansion basketball games will consist of four quarters. Each quarter shall be eight minutes running clock.

### NUMBER OF GAMES PER SEASON

- The League schedule shall consist of tournament play at the 7<sup>th</sup> and 8<sup>th</sup> Grade levels.

### COMPETITION

- **All team members in good standing must play during the first half. (Discuss wording of this at next meeting.)**
- Clarification of Expansion Basketball rules: No full or half court press of any kind will be allowed at the Expansion Level. Defense may take place at the top of the 3-point line extended or once the ball comes across the half court, the offense has five seconds to penetrate the 3-point line. If the offense doesn't attempt to penetrate the 3-point line, a 5 second closely guarded violation will be assessed. Once the ball penetrates, it can come back out and the count begins again. The intent is to move the ball and not delay the game. If the score is within 10 points in the final two minutes of the game, the clock will run with normal stoppages. No pressing will be allowed during the entire game.
- Participation rules will be as follows:
  - Different team members must play during the first and second quarters. Example: If a team has 14 players and 7 play during the first quarter, the other 7 must play in the second quarter.
  - Any member of the team may play in the second half.
  - If a team has less than 10 players, 5 are to play in the 1st quarter and the remaining players are to play in the 2nd quarter. The head coach of the team that does not have enough players to floor a new set of 5 players, will choose the remaining players to put in during the 2<sup>nd</sup> quarter.
  - To allow for substitutions, an official's time out will be called after the first dead ball that occurs after the halfway point in each of the first two quarters.
- If a team is ahead of an opponent by 20 points or more in the second half of a game, the game will move to a running clock. If the score is no longer a 20-point deficit the clock will be ran as normal. There will be no pressing in this same scenario but will be allowed if there is no longer a 20-point deficit.

### SCHOOL EQUIPMENT

- Dark-color uniforms are worn by the home-team; the away team wears light-color

- uniforms. (Please notify your opponent if this is not possible.)
- All undershirts should be the same color throughout the entire team.
  - All Arabic numerals are legal.
  - A 28.5” ball will be used for girls’ contests, a 29.5” ball will be used for boys’ contests.

#### OFFICIALS

- A qualified basketball official should be used for each game.
- Adults should be assigned as timer and scorekeeper when possible.
- An ejection will result in the player missing the next game.

## **CROSS COUNTRY**

### RULES

- The official rules for cross-country shall be those published in the current edition of the National Federation Rules for cross-country with the following exceptions:
- Course distance should be 1  $\frac{3}{4}$  to 2  $\frac{1}{4}$  miles in length.

### NUMBER OF MEETS PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Participation rules will be as follows:
  - There are no restrictions on how many students can enter a meet.
  - The first five finishers from each team shall enter into scoring for their team. (Results should be sent to visiting coaches)
- If you can run both girls and boys at the same time, please feel free to do so. If you do not have this ability, please contact the visiting schools and the girls will run first, followed by the boy's race. Meets can start up to 15 minutes early.

## TACKLE FOOTBALL

### RULES

- The official rules for football shall be those published in the current edition of the National Federation Rules for Football with the following exceptions:
- Quarters will be eight minutes in length. Games can start up to 15 minutes early.
- Blitzing or shooting linebackers is allowed.
- A kicked conversion will be worth two points and a run or pass conversion will be worth one point.

### NUMBER OF GAMES PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Participation rules will be as follows:
  - All team members in good standing must play.
  - To maximize participation, three-platoon football is recommended: offense, defense, and special teams.
  - 8th Graders may not compete in 7th Grade games.
- There shall be a minimum of 10 days of practice prior to the first scheduled interscholastic game.
- It is recommended that the first three days of practice be conducted without pads and with strong emphasis on conditioning.
- Regarding kick-offs, if there is a 20-point score differential or greater after halftime, the kicking team will forgo the kick-off and the ball is placed on the offense's 40-yard line. The clock will be a running clock for the remainder of the game. These modifications will continue through the remainder of the game.

### SCHOOL EQUIPMENT

- Dark-color uniforms are worn by the home-team; the away team wears light-color uniforms. (Please notify your opponent if this is not possible.)
- A Youth-size football will be used for all games.

### OFFICIALS

- A qualified football official should be used for each game.
- An adult should be assigned as timer and chain crew when possible.
- Commissioner requests no scheduled Thursday contests due to conflicts with High School schedules.

## **FLAG FOOTBALL**

### **RULES**

- Two bean bags placed by the officials- 1 is on the line of scrimmage, another is 7 yards behind the line of scrimmage. Anyone starting behind the second mark can rush in. Players not 7 yards back may not rush.
- QB may not run unless the line of scrimmage is penetrated.
- No hands extended, no moving screens, spinning allowed
- No jumping in the air unless it is to avoid stepping on a player who is already on the ground
- No kickoff. Offense starts with the ball on their own 20
- No punting. On 4th down, the offensive team must declare if they will go for it or if they will punt. If they declare a punt, the opposing team gets the ball on their own 20.
- Extra points: start on 3-yard line 1 point, start on 5-yard line 2 points

### **Penalties:**

- Roughing (no contact on QB) -15 yds
- Second roughing-same player -15 yds & bench restriction
- Flag Guarding - stops the play, 10 yds

### **Timing:**

- 25-minute running clock per half
- Last 2 minutes of each half normal timing
- 2-minute warning timeout
- 2nd half more than 14 lead stay at running clock
- Play Clock 40 seconds from when ball is placed down
- Games can start up to 15 minutes early.

### **NUMBER OF MATCHES PER SEASON**

- The league schedule shall consist of a single-round-robin.

### **COMPETITION**

- All eligible players must play
- 7 vs 7 format
- Two beanbags placed by the officials- 1 is at the line of scrimmage, another is 7 yards behind the line of scrimmage. Anyone starting behind the second mark can rush in. Players not 7 yards back may not rush.
- Field is 80 yards with cones to indicate where next first down will be (Every 20 yards)
- Time outs 3 per game
- In the 2<sup>nd</sup> half, if a team is losing by 20 points, there will be no kickoffs and the ball will be placed at the 20-yard line.

### **SCHOOL EQUIPMENT**

- A Youth-size football will be used for all games.



## **GOLF (BOYS & GIRLS)**

### RULES

- The official rules for golf shall be those published in the current edition of the USGA and Royal and Ancient Rule Book with the following exceptions:
- Rules of the course being played shall be used in all interscholastic matches.

### NUMBER OF MATCHES PER SEASON

- The league schedule shall consist of a single-round-robin.

### COMPETITION

- Golf matches may be dual or three-way meets.
- All matches will be nine holes.
- A team for an inter-school match shall consist of six players.
- Only the top four scores will be counted. The Home team carries the scorecard and keeps the official score.
- Golfers with the same rank will compete in head-to-head play.
- Each golfer must carry her/his own clubs. Motorized cars are prohibited.

### SCHOOL EQUIPMENT

- Each golfer will supply her/his own balls during competition.

## **SOCCER (BOYS & GIRLS)**

### RULES

- The official rules for soccer shall be those published in the current edition of the National Federation Rules for Soccer with the following exceptions:
- Each game will consist of two 30-minute halves, running time. Games can start up to 15 minutes early.
- Games ending with the score tied will be treated as tie games.
- Substitutions may happen at any dead ball with officials' permission.

### NUMBER OF MATCHES PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Participation rules will be as follows:
  - All team members in good standing must play.
- Mercy Rule:
  - If a team has a 7-goal lead at the 15-minute mark of the second half the game will be ruled over and play will not continue.

### SCHOOL EQUIPMENT

- Shoes should be one-piece molded construction and made of plastic or rubber. Steel cleats are prohibited.
- Dark-color uniforms are worn by the home-team; the away team wears light-color uniforms. (Please notify your opponent if this is not possible.)

### OFFICIALS

- A qualified official should be used for each game.
- A red card results in ejection and suspension from next game and team plays short a player for the remainder of the game.

## TENNIS

### RULES

- The official rules for tennis shall be those published in the current edition of the United States Tennis Association Handbook. The following exceptions shall be made for the Northwest League.

### TEAMS

- A team shall consist of 7 players (3 singles and 2 doubles).
- The team format will be in a ladder formation with the top 3 players playing singles and the remaining 4 players playing doubles.
- In the event where there is a position unoccupied, all players will move up the ladder to fill in the empty spots.

### NUMBER OF MATCHES PER SEASON

- The league schedule shall consist of a single-round-robin.

### COMPETITION

- Matches can start up to 15 minutes early.
- A match between schools will consist of 3 singles and 2 doubles. The winner will be determined by the best out of 5 matches.
- Players may play only singles or doubles; but not both during a match.
- A 4 game set with “no advantage” scoring will be used in all matches.
- At 5-5, the winner of the set will be determined by the next game. Therefore, the set will conclude at 6-5.
- There are no rules or restrictions on underhand or overhand serves. Both are considered legal.

## TRACK AND FIELD

### RULES

- The official rules for track shall be those published in the current edition of the National Federation Rules for Track and Field with the following exceptions:
- Scoring will be in accordance with National Federation Rules. Meet results should be sent to visiting coaches.

### NUMBER OF MEETS PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Meets can start up to 15 minutes early.
- Competitors are limited to four events in each meet.
- Contestants may not participate in more than two events which require the competitor to run a distance of 800 meters or more.
- Each meet will include “A” and “B” teams unless otherwise agreed upon. Participants must be designated “A” or “B” prior to the beginning of the meet.
- Each school will enter no more than three “A” participants and three “B” participants in events that require lanes, i.e. 100, 200, 400 and 75 L.H. Coaches should communicate with visiting coaches to inform them of number of runners in lane events prior to meets.

**NOTE: “A” and “B” teams are based upon individual timed trials.**

### EVENTS

- Field events: Long Jump, High Jump, Shot Put, and Discus.
  - The high jump bar will be lowered to previous height upon an athlete’s return from a previous event.
- Order of running events: 1600, 75 L.H., 100, , 4x100 relay, 400, 800, 200, 4x400 relay.
- Girls’ events will precede boys’ events. Boys and girls may run together in the following events: 800, 1600, 4x100, and 4x400.
- The distance for hurdle races shall be 75 meters with 13 meters to the first hurdle and 8.5 meters to the remaining hurdles, with 11 meters between the last hurdle and the finish line. (High School Girls specifications)

### SCHOOL EQUIPMENT

- Boys will use an 8 lb. Shot put. Girls will use a 6 lb. Shot put.
- The discus shall be Jr. High size: one kilo or 2lbs. 3.27 oz. The use of a protective cage is required.
- Spikes shall not exceed ¼ inch in length.

### OFFICIALS

- Adults should be assigned to monitor all events.
- A qualified starter should be used in all meets.

## **VOLLEYBALL (BOYS & GIRLS)**

### RULES

- The official rules for volleyball shall be those published in the current edition of the National Federation Rules for Volleyball with the following exceptions.

### NUMBER OF GAMES PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- All team members in good standing must play in games 1 or 2.
- An inter-school match must consist of three games.
- Warmups will consist of one 8 minute period. Each team will be given the full court for their use for a total of 4 minutes. At the end of their 4 minutes the teams will switch, giving the opposing team 4 minutes of warmup time. As soon as both teams are present, warmups may begin. Games can start up to 15 minutes early.
- Participation rules will be as follows:
  - Different team members must play in games 1 and 2. Example: if a team has 14 players and 7 play during the 1st game, the other 7 must play in the 2nd game.
  - If a team does not have enough players to floor a new set of players in the 2<sup>nd</sup> game, the coach of that team will determine who will fill the remaining open spots for their team.
  - Any member of the team may play in the 3rd set.

### SCHOOL EQUIPMENT

- **There will be no rulebook requirements on uniforms.**
- Net height will be set at 7 feet 4 and 1/8 inches.
- Net antennas are required.
- Posts and Judge's stand will be padded.

### OFFICIALS

- A qualified volleyball official should be used for each match.
- Two adults or students may be assigned as linesmen.

## **WRESTLING**

### RULES

- The official rules for wrestling shall be those published in the current edition of the National federation Rules for Wrestling with the following exceptions:

### NUMBER OF MATCHES PER SEASON

- The League schedule shall consist of a single-round-robin.

### COMPETITION

- Duals can start up to 15 minutes early.
- The length of the three periods shall be 1-2-2 minutes. If needed, a 1-minute overtime period will be used to determine a winner.
- Weight classes: 73-78-83-88-93-98-104-111-118-125-133-142-154-167-180-Heavy weight. (Not to exceed 240 lbs.)
- Add one pound March 1.
- A wrestler can weigh an extra pound if he wrestles two days in a row or if his match is on Monday. The opposing coach should be so notified within at least 24 hours.
- Each wrestler's actual weight and grade level must be recorded at weigh-ins. Weigh-ins must take place the day of competition and must be certified by a building administrator or her/his designee. The certified weigh-in record will then be provided to the opposing team prior to the match.
- There shall be a minimum of 8 practices and the first interscholastic match will not be scheduled before the Saturday of the second week of classes for everyone. (IE: if one school district goes back to school after another, the league will start the 8 practice days and second Saturday no later than that school and follow that practice schedule.)
- Competitions will begin with a random draw by the opposing coach to determine which weight class will start.

### SCHOOL EQUIPMENT

- There will be no restrictions on uniforms. PE apparel is permissible.
- Wrestling uniforms are strongly recommended.
- Any flat rubber-soled shoe can be used.
- Headgear is required.
- The home school shall provide green and red anklets for use during matches.

### OFFICIALS

- A qualified wrestling official should be used for each match.
- Adults would be assigned to the scorer's / timer's table when possible.