

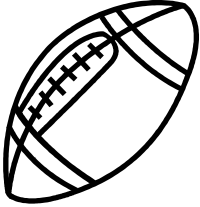


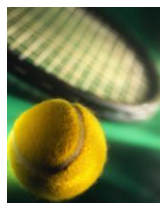
THE
CONSTITUTION
AND BY-LAWS OF THE
PENNSYLVANIA
HEARTLAND
ATHLETIC
CONFERENCE



PHAC



www.phacathletics.org



Pennsylvania Heartland Athletic Conference

Member Schools

Benton Area School District
Bloomsburg Area School District
Central Columbia School District
Danville Area School District
East Lycoming School District
Hughesville High School
Jersey Shore Area School District
Lewisburg Area School District
Loyalsock Township School District
Mid-West School District
Mifflinburg Area School District
Millville School District
Milton Area School District
Montgomery Area School District
Montoursville Area School District
Mount Carmel Area School District
Muncy School District
Saint John Neumann Regional Academy
Selinsgrove Area School District
Shamokin Area School District
Shikellamy School District
South Williamsport Area School District
Southern Columbia Area School District
Sullivan County School District
Warrior Run School District
Williamsport Area School District

Constitution and By-Laws

Article 1 – Name

This organization shall be known as the:
Pennsylvania Heartland Athletic Conference

Article 2 – Objectives

The objectives of this organization shall be:

- A. Promote the ideals of academic excellence into athletic competition.
- B. To promote interscholastic athletic relations and communications among members of the conference.
- C. To protect the mutual interests of the members of this organization through cultivation of ideals of sportsmanship, with special emphasis upon the relationship of these ideals to the development of character.
- D. To promote uniformity in the arrangement and control of contests.
- E. PIAA rules and regulations shall be followed by PHAC.
- F. PIAA rules and regulations shall be followed in conducting all conference business.

Article 3 – Membership and Dues

Membership:

- A. The membership of the conference shall consist of those schools admitted to the conference for all of their athletic programs Single A through AAA, grades 7-12 PIAA approved, by written application and then receiving a favorable vote from 2/3 (67%) of those in good standing within the conference present at said application.
- B. Applications for membership shall be made in writing two-weeks in advance of an official meeting of the conference by the superintendent of the school applying.
- C. Attendance is expected at the regular meetings. If any school misses two consecutive meetings, they will be notified of a fee of \$100.00 and the Superintendent's Oversight Committee will be notified for review. If you are unable to attend the meeting, notify the conference president.
- D. Any member of the Conference may be sanctioned, by $\frac{3}{4}$ (75%) vote of the schools because of a violation of this constitution and by-laws.

Dues and Fees:

- A. Annual dues shall be recommended at the fall meeting, which will be held the second week of the November, by the league secretary and be determined by vote of the league membership and the Superintendent Oversight Committee.*
- B. A committee will come up with a recommendation for yearly dues to be approved at the spring meeting.

**See Appendix A*

Article 4 – Organization, Officers and Duties

SECTION 1: EXECUTIVE COMMITTEE

A. Composition and Duties

- 1. The executive committee shall preside over the operation of the league.
- 2. The president of the conference shall be chairman of the executive committee.
- 3. Executive committee will prepare a budget for league operations including a recommendation for all dues and fees to be presented to the coalition for approval at the fall meeting.
- 4. Each member of the executive committee will chair/co-chair a sport offered in each season. All inquiries regarding a specific sport will be directed to the appropriate chairperson.
- 5. Hire all league organizational officers (Article 4, Section 3) including League assigner.
- 6. Make decisions relative to disputes through interpretation of the constitution and by-laws.
- 7. Administration of all playoff games.

B Functions of the Executive committee

- 1. Administer all playoff games.
- 2. Make decisions relative to disputes that are not covered by the constitution, by-laws, and the league by-laws.

C. Executive Committee Representatives

The Committee shall consist of three members school (principal or principal designee) from Division I, three members from Division II, and three members of Division III which will rotate the three positions every two years as president, 1st vice-president, and 2nd vice-president, beginning with Division I as president, Division II as first vice-president, Division III as second vice-president. Each group will vote for their representative. The Committee will vote every two years who will be president, 1st vice president and 2nd vice president. The divisions are listed below:

Division I
Shikellamy
Jersey Shore
Selinsgrove
Milton
Danville
Mifflinburg
Montoursville
Shamokin
Williamsport

Division II
Mid-West
Central Columbia
Mount Carmel
Hughesville
Warrior Run
Lewisburg
Loyalsock Township
Southern Columbia

Division III
Bloomsburg
South Williamsport
Muncy
Montgomery
Sullivan County
Benton
Millville
Saint John Neumann

*No school may hold the same office for more than two consecutive terms.

SECTION 2: OFFICERS

A. President

The president shall preside at all meetings. He shall issue call for all regular and special meetings. He shall appoint all necessary committees and shall be an ex-officio member of all committees.

B. First Vice President

The first vice-president shall have the same authority and duties as the president in case of his absence.

C. Second Vice President

The second vice-president shall have the same authority and duties as the first vice-president in case of his absence.

SECTION 3: ORGANIZATIONAL OFFICERS

A. Secretary/Treasurer

The secretary/treasurer will have the following powers and duties:

- Assess and collect dues of the member schools.
- Pay bills of the association in a timely manner.
- Submit an annual financial report to the member schools
- Prepare agendas for all meetings of the association
- Be present at all league meetings
- Manage the funds of the Association
- Annually update and distribute school information sheet to member schools.
- Order championship trophies for all sports
- Distribute to each school thirty Athletic Association passes at the spring or summer meeting prior to the start of the following school year. Gold passes for administration including superintendent, athletic director, high school principal, high school vice-principal, middle school principal, and middle school vice principal.
- Disburse the profits from playoffs shall be divided equally among the competing schools
- Assemble league records after they are assembled by each sports statistician.
- Copies of agendas and minutes will be sent to all athletic directors, principals, and superintendents two weeks prior to league meetings.

- Other duties assigned by the conference.

B. Statistician

The Statistician will have the following powers and duties:

- Distribute statistics reporting forms to each competing school prior to the beginning of league competition.
- Gather and tally statistics for all league varsity sports
- At the conclusion of each season advertise and conduct coaches' all-star meetings. The dates, sites, and times for these meetings will be announced at the beginning of the season.
- Distribute results of the league play, statistics, and all-star selections to each competing school and all applicable news media. This information is not to be distributed until all schools have completed post- season play.
- Each Sports Statistician maintains a history of the association, including league championships, coach of the year, most valuable player, state tournament results of league schools, and district and state championships.
- Other duties assigned by the Conference.

C. Webmaster

The Webmaster will have the following powers and duties:

- Secure a web hosting service
- Maintain and update the website
- Other duties assigned by the Conference

Article 5 – Superintendent Oversight Committee

A. Composition and Duties

- Superintendents from all member school districts shall comprise the Superintendent Oversight Committee
- The Committee will be chaired on a yearly basis by a member school district superintendent rotating by classification and alphabetical order.
- The SOC will meet at least twice per year with the Executive Committee to review all league matters and approve the annual budget.
- All disputes that are not able to be settled by the Executive Committee will be settled by the SOC. The SOC's decision is final.
- No school district shall be voted into the league or out of the league without 2/3 (67%) approval of the member school superintendents.
- The need for this committee will be reviewed at the conclusion of the first two years of league operation.

Article 6 – Meetings

- A. There will be four regular yearly meetings: second Wednesday in August, third Wednesday in November, third Wednesday in February and the third Wednesday in May. The site and time to be determined by the league president.
- B. There shall be a fall, winter, and spring banquet meeting, which will precede each awards banquet. Time and location to be set up by the executive committee.
- C. Special meetings may be called by the league president or by request to the league committee by three member schools of the league.
- D. Each member school shall be notified in writing or email by the league secretary at least 14 days in advance.
- E. Representatives from a majority of the member schools shall constitute a quorum at any meeting.
- F. Each member school is entitled to one (1) vote on any issue where they sponsor that sport.
- G. The representative of each member school shall be the School District principal or their designee.
- H. The proceedings of the meetings of the conference shall be conducted according to Robert's Rules of Order.

Article 7- Amendments

- A. The conference constitution may be amended at any regular meeting of the conference, provided a written notice of the proposed amendment has been presented and discussed at the previous meeting.
- B. Amendments, to be in effect, must have the affirmative vote of 80% of the league membership. Proposed amendments must be subsequently approved by 80% of the Superintendent Oversight Committee. Proposed amendments that fail to be adopted may not be reconsidered for a period of one year from the date of the failing vote.
- C. By-laws may be adopted or deleted, in the by-law section at any regular meeting or special meeting by 80% vote of all votes taken which sponsor that sport, provided the proposed change has been presented and discussed at the previous meeting.
- D. A quorum must exist to vote on any proposed changes. A quorum exists when you have a majority of those member schools present that are affected by the proposed change.

Article 8 - Pennsylvania Heartland Athletic Conference Alignment for Varsity Sports

- A. All League members must participate in the league for all sports programs that are Class A-AAA in accordance to the PIAA classification system.
- B. Alignment will be developed according to current PIAA enrollment figures.- see Appendix B

NOTE: Starting in 2010 use the enrollment figures from the PIAA that will be released during the 2009 school year and continue to do so every odd year. Schools could fax a copy of the PIAA enrollment form to the League President and the President could break down the numbers and schedules could be out by November 1st.

- C. League Divisional Criteria
 - 1. If any sport has 11 or less teams align into one division
 - 2. If a sport has 12 to 17 teams align in two divisions

3. If a sport has 18 or more teams align into 3 divisions
- D. Divisional Alignment Procedures
1. Start with Division One and work down with no more than one school difference between divisions.

For example, a 19 team league would have 3 divisions, 7 in big schools, 6 in middle schools and 6 in small schools, 17 team league would have 9 teams in one division and 8 teams in the other.

E. Divisional Transfer Criteria

This would be done on a sport by sport request. A small school requesting to move up would file a reasonable request to the committee. The next step would be to work the way up the next division starting at the bottom to see if any school would be willing to move down. If a school would request to move down a division, they would file a request, then starting with the highest school in the next lower division, schools would have the opportunity to move up. Requests may be done every two years.

Article 9 - Junior High Sponsored Sports

Philosophy

The PHAC believes that it has the responsibility to formulate athletic guidelines that encourage the member schools to view their middle school/junior high/freshman programs as developmental in nature. This would include progressively increasing the expectations and demands as the athletes move through the interscholastic athletic experience.

Therefore, the PHAC has adopted guidelines regarding the numbers of events and length of athletic seasons that reflect the developmental nature of middle school/junior high/freshman athletics.

Additionally, in an effort to ensure that middle/junior high/freshman athletics within the PHAC remain focused on skills development, there will be:

- No PHAC junior high won/loss records kept.
- No PHAC junior high standings announced.
- No PHAC junior high champions declared for any sport.
- Overtime procedures should match PIAA rules for junior high sports.

PENNSYLVANIA HEARTLAND

ATHLETIC CONFERENCE

LEAGUE BY-LAWS

GENERAL CONFERENCE BY-LAWS

SCHEDULES

- A Schedule for each sport sponsored by the Pennsylvania Heartland Conference will be generated by the chairperson for each sport and presented to the Conference membership for approval at the fall meeting each year. This schedule will include all league sponsored contest for the upcoming school year.
- The schedules will be developed in accordance with Article 8 of the PHAC Constitution.
- All conference scheduled games must be played.

OFFICIALS

- The commissioner of officials will assign all officials for each Conference scheduled JV/Varsity level competition.
- All officials will be paid by the host school at the rate set by the Conference.

CHAMPIONSHIPS

- The conference will recognize a division champion for each sponsored sport.
- Only division contests will apply to determining the division champion.
- Division championship will be addressed within the sport specific by-laws.
- If at the conclusion of the Conference schedule a tie exists for the division champion, Head to Head criteria will be used to determine the champion. If a multiple team tie should exist and head to head criteria can not determine a champion, then multiple champions will be declared.

ALL-STAR TEAMS

- The PHAC will recognize a first and second team All-Star team for each Conference sponsored sport. Guidelines for All-star selections will be outlined with-in the sport specific by-laws. These guidelines will be strictly adhered to.
- The Chairperson for each sport will announce and conduct the All-Star meeting.

ACADEMIC ALL-STARS

- The PHAC will sponsor an academic Honor Roll. Each school will be encouraged to nominate those athletes who have earned a varsity letter and achieve honor roll status for three consecutive grading periods including the grading period during the sport.
- Once the honor roll is established, the PHAC will honor the athletes each season and post them to the web-site, i.e. Fall, Winter and Spring.
- The league secretary will release a list of the All-Star team members and the Academic Honor Roll students to the media.

SPORT SPECIFIC BY-LAWS

BASEBALL

Schedules

- The varsity schedule will consist of each team playing every team in their division twice (home and away). The JV schedule will consist of each team playing once. If a school does not have a JV team, that school must notify the league assigner and all schools they play so umpires are not assigned.
- All weekday games will start at 4:30 PM. All Saturday games will start at 11:00 AM. With mutual agreement game times may be changed.

Officials

- The league assigner will assign two umpires for each varsity and JV game.

Postponements

- All games postponed because of adverse weather conditions shall be played the next available day except Sunday.
- Varsity games will take precedence over JV games.

Contest Rules and Regulations

- All scheduled games will be played.
- The home team will provide at least three new baseballs at the start of each home game.
- Prior to the starting time of any game the visiting team will be given the game field for infield practice for twenty (20) minutes prior to the umpires meeting at home plate.
- Visiting teams will be provided access to batting cages for pre-game batting practice forty (40) minutes prior to the umpires meeting, while the home team takes infield practice.

All-Star Team

- A baseball All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by baseball chairperson.
- The All-Star team for each division will consist of 13 first and 13 second team selections. Selections for all-stars will be as follows: 6 infielders, 4 outfielders, 2 pitchers and 1 catcher.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

BASKETBALL

Schedules

- Each member school will play all other member schools in their division twice, alternating home and away.
- The junior varsity games will be scheduled at 6:00 p.m. followed by the varsity contest at 7:30 p.m. except where facilities prohibit.

Officials

- The league assigner of officials will assign three referees for each varsity and two referees for each JV game.

Postponements

- Postponed games will be re-scheduled at a time and date that can be mutually agreed upon by both teams.

Contest Rules and Regulations

- The home team will provide the basketballs for both teams to use during warm-up periods.

Championships

- The league will be played in straight season.

All-Star Team

- A basketball All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by basketball chairperson.
- The All-Star team for each division will consist of 6 first and 6 second team selections.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division

BOWLING

Schedules

- Regular weekly matches' will both girls and boys varsity and junior varsity competition.
- Matches will be played on Saturdays when possible. Home team is responsible to designate the starting time. Matches may be rescheduled by mutual consent of both school.

Postponements

- Postponed matches will be rescheduled by mutual consent of both schools.

Contest Rules and Regulations

- The league shall be governed by rules and regulations of the PIAA, the United States Bowling Congress (USBC) and the PHAC Rules of Bowling. All bowling courtesies shall be followed in conducting all league matches.

All-Star Team

- The all –star team will consist of 7 first team and 7 second team bowlers for both boys' and girls'.
- The all-star team will be determined by the bowler's league average. Bowlers must bowl a minimum of 50% of the league matches to be eligible for all-star consideration
- A coach of the year will be selected for both boys' and girls' teams in each division. Each division will have their own champion and only division games will apply.

CROSS COUNTRY

Schedules

- Junior High meet starts at 4:15 PM with the High School meet to follow. If there is no Junior High team, High School will start at 4:30 PM unless otherwise agreed upon between the opposing schools.

Officials

- According to NFHSA rules, a PIAA official is NOT mandatory, but it is recommended by the league. All schools are expected to have either a PIAA official or a school sponsored starter for each home meet.

Postponements

- All postponed meets should be rescheduled the next available day.

Contest Rules and Regulations

- Course Markings
 - The following course markings and guidelines are suggested:
 - Directional arrow flags
 - A directional line painted on the ground
 - Some other consistent ground markings
 - Color-coded flags/markers
 - *NFHSA Rulebook
 - Yellow – right-turn
 - Red – left-turn
 - Blue – straight ahead
- The start and finish lines must be clearly marked.
- All scoring should be done in a timely manner. Score sheets should be made to the visiting team prior to their departure.
- Coaches are responsible to send the results of each meet to the league secretary via postcard/email provided by the league at the start of the season.
- Course Maps must be mailed to the league chairperson prior to the first official day of practice. A complete book will then be mailed to each school in the conference as a resource.
- All visiting teams (upon request) should be given a walk-through tour of the course approximately 45 minutes prior to the race start time. A coach or team captain should serve as the guide.
- If a school that does not have a cross country team wishes to compete in a league meet, they must have an eligibility sheet for both teams. Prior notification to both schools is necessary and must be approved by the host school.

All-Star Team

- The conference will recognize and All-Star team for each division.
- A cross-country All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by cross-country chairperson.
- The All-Star team for each division will consist of 7 first team and 7 second team selections.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A coach of the year will be selected for both boys' and girls' teams in each division. Each division will have their own champion and only division games will apply.

FIELD HOCKEY

Schedules

- Member school will play all other Division schools twice, alternating home and away.

Officials

- The Commissioner of Officials will assign two officials for each game.

Postponements

- Postponed games will be re-scheduled at a time and date that can be mutually agreed upon by both teams.

Contest Rules and Regulations

- All games shall start at **4:30 PM** in the months of August and September and **4:15 PM** in the month of October, Saturday games should begin at **11:00 AM**.
- If the contest is a morning or afternoon contest, the JV game will be played immediately following the varsity contest.
- Game times may be changed to a time mutually agreed upon by both schools
- If the game is an evening contest, beginning after 5:30 p.m., the JV game will be played first followed by the varsity contest. *There shall be 15 (fifteen) minutes between night contests.*
- JV Contests shall consist of two twenty-five (25) minute halves unless mutually agreed by the schools prior to the contest date. All ties shall remain ties.

All-Star Team

- An All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by field hockey chairperson.
- The All-Star team for each division will consist of 13 first and 13 second team selections. Selections for all-stars will be as follows: 4 offensive players, 4 mid-field players, 4 defensive players and 1 goalkeeper.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

FOOTBALL

Officials

- Officials must be assigned by the league assigner and paid according to league specifications.
- Each scheduled league game will have either 5 or 6 officials assigned.
- Sub-varsity level contests will be assigned by individual schools and be paid according to league specifications

Postponements

- Games will be played on the scheduled date unless mutually agreed upon by both schools. If a dispute remains, either team may appeal to the executive committee for a ruling.
- In the event of a cancellation –
 - A varsity game scheduled for Friday:
 - Play Saturday at a time to be determined by the home school if a cancellation would occur then,
 - Play Sunday at 6 pm by mutual consent of schools or
 - Play Monday at 6 pm
 - A varsity game scheduled for Saturday:
 - Play Sunday at 6 pm
 - Play Monday at 6 pm
 - JV Game
 - Play after the last play date
 - Cancel
 - 8th / 9th Grade
 - Play Saturday 11 am
 - Last play date
 - Cancel

Contest Rules and Regulations

- Varsity contests shall be played on Friday or Saturday nights, Friday night games will be scheduled for 7:00 pm – Saturday games shall start at a time specified by the host school.
- JV games will be played Monday evenings and it is recommended to kickoff at 6 pm – 8th and 9th grade games will be played on Thursdays, kickoff time is recommended at 5 pm.
- Schools must notify opponents prior to the second varsity scrimmage as to whether they will be fielding teams at all levels.
- Junior High teams will play eight (8) minute quarters while JV teams will play ten (10) minute quarters.
- The host institution will provide the following for the visiting varsity teams:
 - Adequate dressing and shower facilities
 - Press box access or raised platform for film and coaches. Each school will be notified of availability prior to the start of the season.

- Access to water
- Ambulance coverage
- Film Exchange - The coaches should agree to meet on Saturday or Sunday through phone contact the previous week in order to exchange the tapes. It is expected that each exchanged tape will be of good quality and if a problem occurs every attempt will be made by the school to rectify the problem prior to Tuesday AM of game week.

All-Star Team

- An All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by foot ball chairperson.
- The All-Star team for each division will consist of first and second teams (24 players on each team) Positions selected shall be:
 - Offense –*
 - 2 wide receivers, 1 tight end, 2 tackles, 2 guards, 1 center, 1 quarterback, 2 running backs, 1 place kicker.
 - Defense –*
 - 4 down linemen, 3 linebackers (including defensive ends), 4 defensive backs, and 1 punter
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

GOLF

Schedules

- The league will be divided into three divisions.
- Each school will host a match comprised of the teams in their respective division

Postponements

- Postponed matches will be rescheduled on a date mutually agreed upon by participating schools.

Contest Rules and Regulations

- Matches 1 and 2 would be played during the second week of preseason before school starts. They can be played at any start time.
- Matches 3, 4, 5 would start at 2:30, third, fourth, and fifth week on a Thursday to allow schools to get started.
- Matches 6, 7, 8 would start at 2:00 during the sixth, seventh, and eighth week of the season.
- Matches would be one a week preferably on the same day.
- Competition would be based on playing six players and counting the low five scores for a team score.
- If a school that does not have a golf team wishes to compete in a league meet, they must have an eligibility sheet for both teams. Prior notification to both schools is necessary and must be approved by the host school.

Championships

- The division champion will be determined by the win-loss record of teams competing in each division.

All-Star Team

- The all-star team for each division will consist of 6 first team and 6 second team golfers for both boys' and girls'.
- The all-star team will be determined by the golfer's league average.
- A coach of the year will be selected for both boys' and girls' teams in each division. Each division will have their own champion and only division games will apply.

SOCCER

Schedules

- Boys will play Tuesday, Thursday, Saturday first half of season, and will be Monday, Wednesday, and Friday in the second half. Girls will be the opposite.

Officials

- The assigner will assign two officials for each Conference scheduled contest.

Postponements

- Postponed games will be re-scheduled at a time and date that can be mutually agreed upon by both teams.

Contest Rules and Regulations

- All games shall start at 4:30 p.m. in the months of August and September and 4:00 p.m. in the month of October.
- Saturday games should begin at 11:00 a.m.
- Game times may be changed to a time mutually agreed upon by both schools.

All-Star Team

- An All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by soccer chairperson.
- The All-Star team for each division will consist of 13 first and 13 second team selections. Selections for all-stars will be as follows: 4 offensive players, 4 mid-field players, 4 defensive players and 1 goalkeeper.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

SOFTBALL

Schedules

- The Varsity and JV schedule will consist of each team playing every team in their division twice (home and away). If a school does not have a JV team, that school must notify the league assigner and all schools they play so umpires are not assigned.
- All weekday games will start at 4:30 PM. All Saturday games will start at 11:00 AM. With mutual agreement game times may be changed.

Officials

- The league assigner will assign two umpires for each Varsity and JV game.

Postponements

- All games postponed because of adverse weather conditions shall be played the next available day except Sunday.
- Varsity games will take precedence over JV games.

Contest Rules and Regulations

- All scheduled games will be played.
- The home team will provide three game balls for JV and three balls for the Varsity games. Prior to the starting time of any game the visiting team will be given the game field for infield practice for twenty (20) minutes prior to the umpires meeting at home plate.
- Visiting teams will be provided access to batting cages for pre-game batting practice forty (40) minutes prior to the umpires meeting, while the home team takes infield practice.
- All JV Games should begin the same time as the Varsity game, provided there are two fields available for play. If the JV game must be played before or after the Varsity game the second game should be begin immediately after the conclusion of the first game, or scheduled between the two schools at a mutual site and time.

All-Star Team

- A softball All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by baseball chairperson.
- The All-Star team for each division will consist of 13 first and 13 second team selections. Selections for all-stars will be as follows: 6 infielders, 4 outfielders, 2 pitchers and 1 catcher.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

SWIMMING

Officials

The Commissioner of Officials will assign four officials for each meet.

Postponements

- Postponed meets should be made up at a time and date agreed upon by competing schools.

Contest Rules and Regulations

- All meets will consist of a boys meet and girls meet (with the girls event taking place first followed by the boys event.)
- All weekday meets will start at 4:30 p.m. All Saturday meets will begin at 11:00 a.m. With mutual agreement from both schools times may be changed.
- Away team will have lane choice.
- Event order for dual meets:
 - Warm-up
 - 200 Medley Relay
 - 200 Freestyle
 - 50 Freestyle
 - Diving
 - 15 minute swimming warm-up
 - 100 Butterfly
 - 100 Freestyle
 - 500 Freestyle
 - 200 Freestyle Relay
 - 100 Backstroke
 - 100 Breaststroke
 - 400 Freestyle Relay
- Any time that a school does not have diving boards or does not wish to hold diving must inform the league at the start of the season. If no diving board are present at the pool in which the meet is being held no diving points will be awarded.
- If a school that does not have a swimming team wishes to compete in a league meet, they must have an eligibility sheet for both teams. The exhibition swimmer must be put in an available lane. Prior notification to both schools is necessary and must be approved by the host school.

All-Star Team

- The Swimming All Star team will consist of the top 2 swimmers (as determined by times) in each event based on time or score. (District and State Times or Scores may be applied)
- The All Star teams will be forwarded to the swimming chairman and the Conference Secretary/Treasurer to be released to the media. The conference will recognize an All-Star team for each division.

- A coach of the year will be selected for both boys' and girls' teams in each division. Each division will have their own champion and only division meets will apply.

TENNIS

Uniforms

- All tennis players must be dressed in appropriate tennis attire. This means that you must be in school issued uniform that includes at least shorts, skirts (girls-optional), and shirt.
- Tennis uniforms must be at least belt-length; the wearing of a uniform that exposes the midriff is prohibited.
- All team players should remain in uniform during the entire match. It is the coach's responsibility to be sure his/her team is dressed appropriately.
- If a player does not have the proper team uniform, he/she will not be allowed to participate in the match.

Postponements

- Postponed matches will be rescheduled by mutual agreement of both schools athletic directors.
- Once the match is in progress, the home team coach has the authority to call it due to inclement weather or darkness.

Contest Rules and Regulations

- USTA handbook, PIAA Rules, and a copy of the Conference Rules of Tennis will govern all league matches. See Appendix I

All-Star Team

- A Tennis All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by tennis chairperson.
- The All-Star team for each division will consist of 7 first and 7 second team selections. Selections for all-stars will be as follows: 3 singles players and 2 doubles teams.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

TRACK AND FIELD

Schedules

- All League Scheduled Meets will take place on Tuesdays.
- All scheduled League Meets will be double dual meets.

Officials

- The Track assigner will assign one starter for each meet
- Schools are required to use a PIAA official for all meets; varsity, junior high, league and exhibition.

Postponements

- The rescheduling of league meets postponed due to inclement weather shall be made up on Wednesday.
- Other scheduled competition shall take precedence over the rescheduling of a postponed meet. If this occurs the league meet will be scheduled for the next available weekday.

Contest Rules and Regulations

- All meets are scheduled for 4:00pm.
- All Conference meets will be conducted and governed by the PIAA and PHAC Rules for Track and Field. See Appendix J

All-Star Team

- The Track and Field All Star team will consist of the top 2 competitors (as determined by times) in each event based on time or score. (District and State Times or Scores may be applied)
- The All Star teams will be forwarded to the Track and Field chairman and the Conference Secretary/Treasurer to be released to the media
- A coach of the year will be selected for both boys' and girls' teams in each division. Each division will have their own champion and only division games will apply.

WRESTLING

Schedules

- Conference matches should be held on Tuesdays, Thursdays and Saturdays. Conference meets may be rescheduled on other days as a mutual agreement between schools.

Officials

- PIAA officials will be assigned for each varsity and junior high contest.

Postponements

- Postponed matches will be made up as soon as possible on a date and time mutually agreeable between schools.

Contest Rules and Regulations

- During the normal school week, all junior varsity and varsity matches shall start at 7:00 PM, unless this is changed by mutual agreement between both schools.
- All Junior High matches shall begin no later than 6:00 PM, tri-meets no later than 6:00 PM, and quad meets no later than 5:00 PM or at a time mutually agreed upon by both schools.
- Saturday match times may be determined by the competing schools.

All-Star Team

- A Wrestling All-Star selection meeting will be conducted no later than ten days following the completion of the league schedule by wrestling chairperson.
- The All-Star team for each division will consist of 14 first and 14 second team selections regardless of weight class.
- A coach or representative from each school must be in attendance and prepared to vote for players nominated for the All-Star team. A coach or representative may not vote for a player on their own team.
- A Coach of the year will be selected from each division.

Junior High Structure and Competitive Seasons

Football

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- The Freshman and 7/8 Grade team will play the Thursday following the scheduled varsity game. The opponent will be the same as the varsity opponent.

Cross Country

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- The 7/8 team schedule will be the same date and opponent as the varsity opponent.
- Season will end the 1st Saturday in October.

Softball

- The first practice date is the same as the PIAA fall sport starting date.
- Three weeks of pre-season practice is required.
- Each school will play all divisional opponents once.
- Season will end the 1st Saturday in October

Girls Basketball

- The first practice will be the 2nd Monday in October.
- Three weeks of pre-season practice is required.
- The participating teams will be divided geographically into two divisions north and south. All teams in the division will play once.
- Order of play 7 – 8 – 9th for those who have 9th
- Season will end the 1st Friday in January.

Wrestling

- The first practice is the same as the PIAA winter sport starting date.
- Three weeks of pre-season practice is required.
- Junior high wrestling meets will be held before the varsity meets against the same opponent as the varsity.
- Season will end the 1st Saturday in February

Boys Basketball

- The first practice date is the 2nd Monday in December except for freshman who may start the 1st day of the winter season.
- Three weeks of pre-season practice
- The participating schools will be divided geographically into two divisions north and south. All teams in the division will play once.
- Order of play 7th, 8th, and 9th. 9th may not start games until 7th & 8th start
- Season will end the 1st Friday in March.

Track & Field:

- The first practice date is the Monday after the PIAA spring sport starting date.
- Three weeks of pre-season practice is required.
- Each team in the division will compete against each member in the division. (1 division)
- Order of Events:

Track

100m Hurdles
Girls – 100m 10 hurdles @ 33'
Boys – 100m 10 hurdles @ 36'
100 Dash
1600 Run
400m Dash
400m Relay
800 m Run
200m Dash
1600 m Relay

Field

High Jump
Long Jump
Triple Jump will follow Long Jump
Shot Put will follow Javelin
Discus will follow Shot Put

Shot Put: Girls: 6 lbs. (2.744kg) Boys: 8 lbs. 13 oz. (4kg)
Discus: Girls/Boys: 2 lbs. 3.27.0z (1kg)
Javelin: Girls/Boys: 1 lb 4.16oz (girl's IAAF Javelin)

Field Hockey:

- The first practice date is the 3rd Monday from the PIAA spring sport starting date.
- Three weeks of pre-season practice is required.
- Each team in the division will compete against each member in the division. (1 division)
Seventh and Eighth Grade Field Hockey
- The field hockey chair will generate a Conference schedule.
- The contests will consist of an 8th grade contest played first followed by a 7th grade contest.
- Each 8th grade contest will consist of two twenty-five (25) minutes halves
- Each 7th grade contest will consist of two twenty (20) minute halves.
- Game times will be 4:30 on weekdays and 10:00 on Saturdays.

Boys & Girls Soccer

- **The first practice date is the 4th Monday from the PIAA spring sport starting date. [?]**
- Three weeks of pre-season practice is required.
- The participating teams will be divided geographically into two divisions north and south. All teams in the division will play once.
- Each game will be 2 – 30 minute halves

Appendix A

DUES AND FEES:

Initiation Fee (One-time only)	\$200
Basic League Fee (Yearly)	\$600
Schedule Star Fee / Yearly	\$225 (part of basic fee)
Assigned Sports / Yearly	\$80 / per sport
*exception track and swim boys \$80, girls \$25	
Unassigned Sports / Yearly	\$25 / per sport

The basic fee is subject to change and will be discussed at the last meeting each year.

League will purchase the following items:

Championship Awards	Champions (Plaques)
League Passes	30 per school
All-Star Certificates	Given as needed
Secretary / Treasurer	\$2,000 / year
Web Master / Stats	\$2,000 / year
Football Assigner	\$1425 / year
Field Hockey Assigner	\$1050 / year
Soccer Assigner	\$1875 / year
Basketball Assigner	\$1800 / year
Wrestling Assigner	\$1725 / year
Swimming Assigner	\$675 / year
Track Assigner	\$1350 / year
Baseball / Softball Assigner	\$1800 / year
League Events	Additional Cost per school

Banquets will be hosted three times per year; the league committee is responsible for invitations, reservations, and the agenda.

Cost will be incurred based on the number in attendance per school – and that attendance is at the discretion of each school.

Appendix B

Alignment for All Sports League 2008-2010

BASEBALL

24 Teams

Division I

Danville
Jersey Shore
Mid-West
Mifflinburg
Milton
Montoursville
Selinsgrove
Shikellamy

Division II

Bloomsburg
Central Columbia
Hughesville
Lewisburg
Loyalsock
Mount Carmel
Shamokin
Warrior Run

Division III

Benton
Millville
Montgomery
Muncy
Saint John Neumann
South Williamsport
Southern Columbia
Sullivan County

BOYS BASKETBALL

24 teams

Division I

Danville
Jersey Shore
Mifflinburg
Milton
Montoursville
Selinsgrove
Shamokin
Shikellamy

Division II

Central Columbia
Hughesville
Lewisburg
Loyalsock
Mid-West
Mount Carmel
Southern Columbia
Warrior Run

Division III

Benton
Bloomsburg
Millville
Montgomery
Muncy
Saint John Neumann
South Williamsport
Sullivan County

GIRLS BASKETBALL

24 teams

Division I

Jersey Shore
Mid-West
Mifflinburg
Milton
Montoursville
Selinsgrove
Shamokin
Shikellamy

Division II

Central Columbia
Danville
Hughesville
Lewisburg
Loyalsock
Mount Carmel
Southern Columbia
Warrior Run

Division III

Benton
Bloomsburg
Millville
Montgomery
Muncy
Saint John Neumann
South Williamsport
Sullivan County

BOWLING

9 Teams

Single Division

Central Columbia
Danville
Lewisburg

Mid-West
Mifflinburg
Milton

Selinsgrove
Shikellamy
Southern Columbia

GOLF**23 Teams****Division I**

Danville
 Jersey Shore
 Midd-West
 Mifflinburg
 Milton
 Selinsgrove
 Shikellamy
 Williamsport

Division II

Central Columbia
 Hughesville
 Lewisburg
 Loyalsock
 Montoursville
 Mount Carmel
 Shamokin
 Warrior Run

Division III

Benton
 Bloomsburg
 Montgomery
 Saint John Neumann
 South Williamsport
 Southern Columbia
 Sullivan County

BOYS SOCCER**25 Teams****Division I**

Danville
 Lewisburg
 Midd-West
 Mifflinburg
 Milton
 Montoursville
 Selinsgrove
 Shikellamy
 Williamsport

Division II

Bloomsburg
 Central Columbia
 Hughesville
 Jersey Shore
 Loyalsock
 Mount Carmel
 Shamokin
 Warrior Run

Division III

Benton
 Millvile
 Montgomery
 Muncy
 Saint John Neumann
 South Williamsport
 Southern Columbia
 Sullivan County

GIRLS SOCCER**25 Teams****Division I**

Danville
 Midd-West
 Mifflinburg
 Milton
 Montoursville
 Selinsgrove
 Shamokin
 Shikellamy
 Williamsport

Division II

Central Columbia
 Hughesville
 Jersey Shore
 Lewisburg
 Loyalsock
 Mount Carmel
 South Williamsport
 Warrior Run

Division III

Benton
 Bloomsburg
 Millvile
 Montgomery
 Muncy
 Saint John Neumann
 Southern Columbia
 Sullivan County

SOFTBALL**24 Teams****Division I**

Danville
 Jersey Shore
 Mifflinburg
 Milton
 Montoursville
 Selinsgrove
 Shamokin
 Shikellamy

Division II

Central Columbia
 Hughesville
 Lewisburg
 Loyalsock
 Midd-West
 Mount Carmel
 South Williamsport
 Warrior Run

Division III

Benton
 Bloomsburg
 Millvile
 Montgomery
 Muncy
 Saint John Neumann
 Southern Columbia
 Sullivan County

BOYS & GIRLS SWIMMING**8 Teams****Single Division**

Bloomsburg
Central Columbia
Danville
Jersey Shore
Lewisburg

Montoursville
Mount Carmel
Shamokin
Williamsport

BOYS TENNIS**16 Teams****Division I**

Danville
Jersey Shore
Mifflinburg
Milton
Montoursville
Selinsgrove
Shikellamy
Williamsport

Division II

Bloomsburg
Central Columbia
Hughesville
Lewisburg
Loyalsock
Muncy
Saint John Neumann
South Williamsport

GIRLS TENNIS**16 teams****Division I**

Danville
Hughesville
Jersey Shore
Milton
Montoursville
Selinsgrove
Shikellamy
Williamsport

Division II

Bloomsburg
Central Columbia
Lewisburg
Loyalsock
Montgomery
Muncy
Saint John Neumann
South Williamsport

BOYS TRACK**18 teams****Division I**

Danville
Jersey Shore
Milton
Selinsgrove
Shikellamy
Williamsport

Division II

Central Columbia
Lewisburg
Mifflinburg
Montoursville
Mount Carmel
Shamokin

Division III

Bloomsburg
Hughesville
Montgomery
South Williamsport
Southern Columbia
Warrior Run

GIRLS TRACK**18 teams****Division I**

Danville
Jersey Shore
Milton
Selinsgrove
Shikellamy
Williamsport

Division II

Central Columbia
Lewisburg
Mifflinburg
Montoursville
Mount Carmel
Shamokin

Division III

Bloomsburg
Hughesville
Montgomery
South Williamsport
Southern Columbia
Warrior Run

WRESTLING**23 Teams****Division I**

Danville
Jersey Shore
Mid-West
Mifflinburg
Milton
Selinsgrove
Shikellamy
Williamsport

Division II

Bloomsburg
Central Columbia
Hughesville
Lewisburg
Montoursville
Mount Carmel
Shamokin
Warrior Run

Division III

Benton
Loyalsock
Montgomery
Muncy
South Williamsport
Southern Columbia
Sullivan County

Appendix C

Junior High Sports, Schools, and Divisions

Boys Basketball 7th Grade North

Benton
Curtin MS
Hughesville
Jersey Shore
Loyalsock
Lycoming Valley
Millville
Montgomery
Montoursville
Muncy
Roosevelt MS
Saint John Neumann
South Williamsport
Sullivan County
Warrior Run

7th Grade South

Bloomsburg
Central Columbia
Danville
Lewisburg
Midd-West
Mifflinburg
Milton
Selinsgrove
Shamokin
Shikellamy
Southern Columbia

8th Grade North

Benton
Curtin MS
Hughesville
Jersey Shore
Loyalsock
Lycoming Valley
Millville
Montgomery
Montoursville
Muncy
Roosevelt MS
Saint John Neumann
South Williamsport
Sullivan County
Warrior Run

8th Grade South

Bloomsburg
Central Columbia
Danville
Lewisburg
Midd-West
Mifflinburg
Milton
Mount Carmel
Selinsgrove
Shamokin
Shikellamy

9th Grade North

Hughesville
Jersey Shore
Loyalsock
Montoursville
Muncy
Saint John Neumann
South Williamsport
Warrior Run
Williamsport Red
Williamsport White

9th Grade South

Central Columbia
Danville
Lewisburg
Mifflinburg
Milton
Mount Carmel
Selinsgrove
Shamokin
Shikellamy
Southern Columbia

7th / 8th Grade Girls Basketball

North

Benton
Curtin MS
Hughesville
Jersey Shore
Loyalsock
Lycoming Valley MS
Millville
Montgomery

North (continued)

Montoursville
Muncy
Roosevelt MS
Saint John Nuemann
South Williamsport
Sullivan County
Warrior Run

South

Bloomsburg
Central Columbia
Danville
Lewisburg
Mid-West
Mifflinburg
Milton
Mount Carmel
Selinsgrove
Shamokin
Shikellamy
Southern Columbia

Cross Country

One Division

Bloomsburg
Central Columbia
Danville
Jersey Shore
Lewisburg

Milton
Montoursville
Mount Carmel
Selinsgrove
Shamokin

Shikellamy
Southern Columbia
Sullivan County
Williamsport

Field Hockey

One Division

Benton
Bloomsburg
Central Columbia
Danville
Lewisburg

Mid-West
Mifflinburg
Millville
Milton
Muncy

Selinsgrove
Shikellamy
Southern Columbia
Warrior Run

Football

Freshman – One Division

Bloomsburg
Central Columbia
Danville
Hughesville
Jersey Shore

Lewisburg
Mifflinburg
Milton
Montoursville
Mount Carmel

Selinsgrove
Shamokin
Shikellamy
Southern Columbia
Warrior Run

7th/8th Grade – One Division

Football

Bloomsburg
Central Columbia
Danville
Hughesville
Jersey Shore
Lewisburg
Loyalsock

Mifflinburg
Milton
Montgomery
Montoursville
Mount Carmel
Muncy

Selinsgrove
Shamokin
Shikellamy
South Williamsport
Southern Columbia
Warrior Run

Boys & Girls Soccer

North

Benton
Hughesville
Jersey Shore
Loyalsock
Millville
Montoursville
Saint John Nuemann
South Williamsport
Sullivan County
Williamsport

South

Danville
Lewisburg
Mid-West
Mifflinburg
Milton
Selinsgrove
Shikellamy
Southern Columbia (Girls
only)
Warrior Run

Softball

One Division

Curtin MS
Hughesville
Jersey Shore
Loyalsock

Lycoming Valley MS
Montoursville
Muncy
Roosevelt MS

Saint John Neumann
Shamokin
South Williamsport

Track & Field

One Division

Curtin MS
Danville
Jersey Shore
Lycoming Valley MS

Mount Carmel
Roosevelt MS
Shamokin

Wrestling

One Division

Benton
Bloomsburg
Central Columbia
Danville
Hughesville
Jersey Shore
Lewisburg
Loyalsock

Midd-West
Mifflinburg
Milton
Montgomery
Montoursville
Mount Carmel
Muncy
Selinsgrove

Shamokin
Shikellamy
Southern Columbia
South Williamsport
Sullivan County
Warrior Run
Williamsport

Appendix D

CURRENT BY-LAWS CHAIRS:

Baseball – Warrior Run
Basketball – Mifflinburg
Bowling – Shikellamy
Cross Country – Lewisburg
Field Hockey – Central Columbia
Football - Bloomsburg
Golf – Danville
Soccer – Sullivan County
Softball – Muncy
Swimming and Diving – Jersey Shore
Tennis – Williamsport
Track and Field – Mount Carmel
Wrestling - Hughesville

Appendix E

OFFICIALS FEES

2008-09

2009-10

2010-11

SPORT	LEVEL	GAME(S)	FEE
Baseball	Varsity		70
Baseball	Junior Varsity		55
Baseball	Junior High		42
Basketball	Varsity (2-man crew)		65
Basketball	Varsity (3-man crew)		57
Basketball	Junior Varsity		45
Basketball	Junior High	1	40
Basketball	Junior High	2	55
Basketball	Junior High	3	75
Football	Varsity		65
Football	Junior Varsity		45
Football	Junior High	1	45
Football	Junior High	2	60
Soccer	Varsity		60
Soccer	Junior Varsity		40
Soccer	Junior Varsity/Varsity		85
Soccer	Junior High		40
Softball	Varsity		55
Softball	Junior Varsity		45
Softball	Junior High		40
Swimming	Varsity		55
Wrestling	Varsity		70
Wrestling	Varsity – Double Dual		90
Wrestling	Junior High		50
Field Hockey	Varsity		60
Field Hockey	Varsity/Junior Varsity		85
Field Hockey	Junior Varsity		50
Field Hockey	Junior High		55
Cross Country	Varsity		50
Cross Country	Junior High		40
Track & Field	Varsity – Double Dual		65
Track & Field	Junior High		40

Appendix F

TRACK AND FIELD LEAGUE MEET

Committee Formation

PURPOSE: The purpose of the committee is to implement and oversee the All-League meet each year.

MAKE-UP: To be determined (Below is SIAL example)

The committee shall be an 8 member committee, consisting of one PIAA Track and Field Official; The President of the Coaches Association; 4 coaches – 2 from each division and no more than 1 coach from each school; and a representative from the host school; all to be named by the committee chairperson or his/her designee.

RESPONSIBILITIES:

- Enforce league rules & procedures governing the running of the All-League Meet.
- Conduct seeding meetings each year.
- Hire and appoint officials for the All-League meet.
- Purchase standardized meet medals & ribbons.
- Compile a meet program each year.
- Obtain equipment necessary for the proper running of the All-League meet (scales, measuring tapes, etc.)
- Present a financial report to the League members at the conclusion of the season.
- Make the proper arrangements for an award/medal presentation to the athletes during the running of the meet.
- Distribute a Seeding Information Booklet similar to that of Districts to all coaches three (3) weeks prior to the All-League meet.
- Copy & send all results from all places from all events to each coach for Districts.
- In summary, this new All-League meet committee will set up the All-League meet- seeding rules, advancement of runners, order of events, times, schedule all happenings.
- If possible, FAT should be used at the All-League Meet, especially if 8 lanes are used.
- Compile a standardized list of workers and salaries for all workers and officials to be used for the All-League meet.
- Establish a “Games Committee” consisting of: The league
- Chairman, a PIAA Official, A.D.’s from all host schools and two (2) coaches appointed by the coaches’s association.
- Establish date and time of the Meet, as well as a rain date.
- Find a facility suitable to host the meet. Eight lane tracks are more favorable to run the Meet. A rotation of the host school may also be an option.

INITIAL MEETING:

To be called and “chaired” by the Committee Chairman or his/her designee.

SEEDING FOR ALL-LEAGUE MEET

As a way to “seed” athletes, the following will be used:

- In 100, 200, 400, 110 H.H. & 300 I.H. :

The fastest 18, and where possible 24, times will be seeded with a maximum of 3 entrants per school, 24 possibly if an 8 lane track.

- In 800, 1600, 3200 & all field events:
The best 12 times, heights or distances will be seeded with a maximum of 3 entrants per school. Beyond the 12th seeded athlete any school not represented will be allowed one participant.

Starting formats, such as “waterfall” or “box alley” should be designated prior to the meet.

ADVANCEMENT OF RUNNERS & THE RUNNING OF HEATS

The National Federation Rules Book will be used by the All-League Meet Committee to determine the advancement of athletes to “finals,” lane assignments, and the running of heats.

ORDER OF EVENTS

RUNNING

EVENT

100 H		(G)T
110 H.H.		(B)T
100 M		(G)T
100 M		(B)T
300 I.H.		(G)F
300 I.H.		(B)F
4 X 800	(G)F	
4 X 800	(B)F	
200 M		(G)T
200 M		(B)T
100 H		(G)F
110 H.H.		(B)F
100 M		(G)F
100 M		(B)F
1600 M	(G)F	
1600 M	(B)F	
400 M		(G)F
400 M		(B)F
4 X 100	(G)F	
4 X 100	(B)F	
800 M		(G)F
800 M		(B)F
200 M		(G)F
200 M		(B)F
3200 M	(G)F	
3200 M	(B)F	
4 X 400	(G)F	
4 X 400	(B)F	

THROWING

The following is a format that allows two events to be run at one time. Each individual school's facilities may not allow this format to occur.

BOYS

Javelin
Discus
Shot

GIRLS

Shot
Javelin
Discus

JUMPING

BOYS

Long Jump & Pole Vault
Triple Jump
High Jump

GIRLS

High Jump
Long Jump
Triple Jump

AWARDS

A trophy shall be presented to the Divisional Champions.

Medals will be presented to the top three finishers in each event.

1st place-gold; 2nd place-silver; 3rd place-bronze.

Ribbons will be presented to the 4th, 5th, & 6th place finishers.

Appendix G

Sportsmanship

- All coaches, players and fans shall exercise good sportsmanship while participating in the league.
- Respect shall be shown to umpires.
- Demonstrate and demand scrupulous and integrity.
- Observe and enforce the spirit and the letter of the rules.
- Don't compromise education and character-development goals
- Don't engage in or tolerate dishonesty, cheating, or dishonorable conduct.
- Treat the traditions of the sport and other participants with respect
- Don't engage in or tolerate disrespectful conduct including verbal abuse of opponents, officials, coaches, school personal, fans with profane or belligerent "Trash Talking," taunting or unseemly celebration
- **Win with grace and lose with Dignity**
- Be a positive role model on and off the field and require the same of your fellow athletes, coaches, and parents.
- Maintain a basic knowledge and strive to know the most you can about your sport.
- Adhere to high standards of fair play.
- Never take unfair advantage
- Be open-minded
- Avoid Gamesmanship and promote sportsmanship by honoring the rules and goals of the sport
- Follow all CODES of conduct from you school and your coaches, and parents
- Comply with all the laws and regulations, from team, to your school, to the PIAA to the NHFS
- Applause during introductions of players, coaches, and officials
- Accept all decisions of officials as final
- Handshakes between contestants and coaches before and after a game, regardless of outcomes. Coaches and athletes search out and congratulate opposing team and coaches
- Treat competition as a game not a war
- Applause at the end of contest for all performances by all participants

Appendix H

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF BOWLING

- Three games will constitute a match of four (4) points:
 - 1 point – for each game won by a team (3 total)
 - 1 point – for most total pins accumulated in a match
- All matches shall be scored on a scratch system. (See item 6)
- Four separate team standings shall be kept and these will run concurrently with the schedule.
- The results of all matches must be mailed/e-mailed/faxed by both teams to the league statistician within two days of the match.
- Each team shall have one player or captain at the scoring table at all times to call fouls and assist in scoring. This player should check all summary sheets at the conclusion of the match. The bowler keeping score shall keep score for both teams: the other bowler is an observer.
- PIAA prohibits any bowler who paces or bowls in an adult league to be on a school's roster. The coach shall enforce this rule when informed.
- Varsity teams must bowl with five (5) bowlers. If a JV team has a missing bowler (4 against 5), the lowest score will be dropped in computing the game score of the teams with five bowlers. JV teams must have a minimum of three (3) bowlers.
- No bowler can be used on a both varsity and JV on the same day.
- The penalty for violation of the by-laws will be forfeiture of both varsity and JV matches.
- Automatic Computer Scoring is acceptable provided printouts are provided to the visiting coach

Role of the Coach

The coach:

- shall settle any questions or problems along with the opposing coach that arises during the match
- shall keep and be in complete charge of statistics and figure his/her own averages
- shall forward the results of all matches to the league statistician within 24 hours of each matches completion.
- of the home team shall provide a copy of the scores to the visiting coach.
- Automatic Computer Scoring is acceptable provided printouts are provided to the visiting coach
- each school shall exercise control over the bowlers on his/her team
- If any incident arises that involves detrimental behavior or unsportsmanlike conduct, that bowler will be warned; and if the situation arises again, that bowler will be removed from the lineup and no substitute can be used in his/her place for the remainder of that match.

Appendix I

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF TENNIS

- Line-ups
 - Line-ups (singles & doubles) must be *exchanged simultaneously* before the start of the match.
 - Best player based upon ranking/challenge matches and results play in ladder sequence. A singles participant may not move more than one (1) adjacent player position between league matches unless other players are missing from the line-up on a given match.
 - According to PIAA policy, a ladder from 1-10 is to be established by each team, listing students in descending order of ability. The first three (3) students must play singles competition. The doubles team may be formed at the discretion of the coach from the remaining seven students with the team having the highest level of ability playing number one and the other team as number two (See scoring format #7 for specific details). In the event it becomes necessary to substitute for number one or number two singles, the others will move up into that position. If it is necessary to substitute for the number three singles player, the highest ranked player not listed for doubles may move into the number three position, so that a coach does not have to disrupt his/her doubles teams.

In order to maintain consistency, the interpretation of this by-law will require each team to submit their team ladder to the tennis league chairman after 50% of the league contests are complete. The 50% allows for poor weather conditions, injuries and gives teams the opportunity to have the required challenge matches during the early part of the season before setting their final line-up.
 - If a school does not have enough players, the forfeit must occur at the third singles position.
- Scoring
 - In accordance with the PIAA state and district tournaments, the league will adhere to the 3 singles matches and 2 doubles matches' format with **no player repeats!**
 - a) 2-Doubles Matches (Requires 4 players) *1 team point for each doubles match.*
 - b) 3-Singles Matches (Requires 3 players) *1 team point for each singles match.*
 - *All league tennis matches will have a 5 point total (2 doubles & 3 singles)
- Format
 - Rank players 1-10 (Top 3 play singles, combination of 4-10 play doubles)
 - Doubles are ranked by adding the two rankings of respective players, ex. #4 & #6 (10 total) play first doubles, while #5 & #7 (12 total) play second doubles. If the totals are the same 4/7 and 5/6 you may declare one team the first team doubles.
 - All matches are best of 3 sets (No-add scoring)
- Time of Match
 - Boys: Matches will begin at 4:00 p.m. Saturday matches will start at 10:00 a.m.
 - Girls: Matches scheduled before October 1st will be scheduled at 4:00 p.m.
 - Any matches scheduled after October 1st will begin at 3:30 p.m. to account for darkness.
 - Saturday matches will start at 10:00 a.m.
 - Different start times will be by mutual agreement of participating schools.

- Coaching
 - The head coach and only one other school board approved coach (not to exceed two coaches during a varsity match) are the only ones to approach the fence and talk to the athletes during a cross over.
 - This correspondence can only occur during the 90 second cross over at the fence.
 - There is a five (5) minute break during a split-set (players are allowed to leave the court)
 - Home coaches must enforce the 10-minute warm-up period before play begin for each match.

- Conduct

It is the coach's responsibility to be sure his/her team conduct themselves in an appropriate manner. Swearing, taunting, abuse of ball, abuse of racket, and obvious cheating shall result in:

 - First offense – Warning Given
 - Second offense – Game Given
 - Third offense – Match Given

*** When this behavior occurs, coaches must observe the match to its conclusion.*

- Darkness Call
 - When darkness occurs, a decision to suspend play must be reached by the home school coach and agreed upon by the visiting school. If an agreement cannot be reached, the home school coach's decision is final.
 - Guidelines: If within 1 or 2 games of the match ending, then play it out. If very close such as 3-3 or 4-3 on serve, postpone then set up a finish date with athletic directors.

- Scoring

If a problem occurs with scoring, allow the players to decide within two (2) minutes of the last agreed upon point. If problem persists, both coaches will join the players and attempt to solve the problem.

- Line Calls
 - The individual players will "call their own" shots. If problems occur, the coaches can appoint (mutually agreed upon) line judges for the remainder of the match.
 - Player will report concerns/problems to his/her coach.
 - The coach/assistant coach will observe the match, if problem persists, the coach will then arrange for the line judges during the remainder of match.
 - Coaches should encourage players to be fair and give the point to their opponent if they are not sure of the call. The line judges will only make the call if a player questions the call of the opposing player.

- Basic Rules
 - Cheering: Fans should be encouraged to cheer for winning shots made by their players as opposed to cheering errors made by the opposition. Every coach should make efforts to educate the players and fans as to the proper etiquette at a tennis match. PIAA regulations are clear on athletic courtesy, section 1, Ethics Pertaining to School District Athletics, Section 1-4. Each principal and athletic director has a copy of the above-mentioned PIAA by-laws.
 - Coaches behavior should always be ethical and with the student-athletes' best interest in mind.

Appendix J

PENNSYLVANIA HEARTLAND ATHLETIC CONFERENCE RULES OF TRACK AND FIELD

- Order of Events
 - RUNNING

In all running events, the girls shall precede the boys.

 - 3200 Relay
 - 100/110 Hurdles
 - 100 Dash
 - 1600 Run
 - 400 M Dash
 - 400 M Relay
 - 300 Hurdles
 - 800 M
 - 200 M
 - 3200 Run
 - 1600 M Relay

 - THROWING

The following is a format that allows two events to be run at one time. Each individual school's facilities may not allow this format to occur.

<u>BOYS</u>	<u>GIRLS</u>
Javelin	Shot
Discus	Javelin
Shot	Discus

 - JUMPING

<u>BOYS</u>	<u>GIRLS</u>
Long Jump & Pole Vault	High Jump
Triple Jump	Long Jump
High Jump	Triple Jump

 - COMBINING OF BOYS AND GIRLS

In the 4 x 800 relay, the 1600 meter run and the 3200 meter run, the boys and girls will be combined. If all coaches agree, the 1600 meter run may be combined into single races. The 800 meter run should be contested separately.

 - CONTESTANTS
 - Each team shall be permitted eight (8) competitors in all field events.
 - There is no limit to the number of competitors in races 800 meters or longer.
 - In the 100, 200, 400 and the hurdle races each team is allowed a maximum of eight (8) competitors.
 - ⊖ Exhibition competition in throwing events and the long and triple jumps does not constitute a separate flight.
 - Each coach must determine and designate to the event official which four (4) athletes are eligible to place and score in the event.
 - Scoring heat is first.

- **MINIMUM STARTING HEIGHTS**
 - If a school does not participate in the pole vault event, that school will forfeit the points.
 - All athletes listed as competitors for the pole vault event must make a successful attempt in order to receive the points for the event, if there is a legal pole vault pit.
 - If neither competing school sponsors the pole vault event, no points shall be awarded for this event.
 - Boys and Girls should compete together at similar heights.
 - The minimum starting heights for dual meet competition shall be as follows:

BOYS POLE VAULT – 7’6”

Bar shall be moved 6” up to the height of 11’. Once 11’ is attained, the bar shall be moved 3” at a time.

GIRLS POLE VAULT – 6’

Bar shall be moved 6” up to the height of 9’. Once 9’ is attained, the bar shall be moved 3” at a time.

BOYS HIGH JUMP – 4’10”

Bar shall be moved 2” up to the height of 5’8”. Once 5’8” is attained, the bar shall be moved 1” at a time.

GIRLS HIGH JUMP – 3’6”

Bar shall be moved 2” up to the height of 5’. Once 5’ is attained, the bar shall be moved 1” at a time.

NOTE: Coaches should be aware of rule book stipulations for awarding points for unsafe/unavailable events and tie breaking procedures.

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