

OUT-OF-SEASON GUIDELINES

Section 2. Out-of-Season Period. The out-of-season period shall be from the end of the season as defined in Rule 2, Section 10 until the next official starting practice date for that sport, excluding the Summer Recess, that period from the last scheduled date for NJSIAA championships in the Spring Sport Season until September 1st.

PENALTY — Any school proved guilty of violating the out of season coaching restrictions included in Rules 1 and 2, shall be subject to the Penalties provided by Article X of the Bylaws, after a hearing by the Controversies Committee.

Section 3. Intramurals. Although the NJSIAA philosophy relative to intramurals is that these programs should provide an opportunity for students not on interscholastic teams, nevertheless Student-Athletes are permitted to participate in all intramural activities during the out-of-season period, except those in which they have attained team status.

Article 1....Weight-lifting or other conditioning programs during the out-of-season period are permissible when not limited to Student-Athletes.

Article 2....Coaches may supervise or serve as directors, including officiating of intramurals, recreational, club, camp, or open-gym programs when the school district's Student-Athletes are not involved in their specific phase of the program during the out-of-season period.

Section 4. Open-Gym Programs. Student-Athletes are permitted to take part in this type of recreational program, but a coach of a specific sport activity in that Open-Gym Program is not permitted to be involved. Coaches may supervise Open-Gym Programs only when their Student-Athletes are not involved in that specific phase of the program during the out-of-season period. Open-Gym Programs involving a single sport in which only Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rules.

CL 1 An "open-gym" program is one in which a variety of recreational type activities are offered, i.e., badminton, basketball, volleyball, table tennis, and the like. Coaches at any level may not be present when their specific sport activity is a part of the Open-Gym Program. Single sports programs in which Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rule if those sports are not on a rotation basis with at least two or more other sports activities during a calendar week using that facility. Responsibility for monitoring Open-Gym Programs should be with the Athletic Director and Principal of the school.

All specific sport activities have to be recreational in nature; therefore, practice routines, such as, softball/baseball pitching, catching and batting, football place-kicking, golfing/putting, and similar routines are always interpreted as an attempt to circumvent the out-of-season rule.

Section 5. Recreation and Club Programs. The NJSIAA does not have any jurisdiction over these programs conducted by outside organizations even though school facilities are used; however, school uniforms and other individually issued equipment may not be used by Student-Athletes. Coaches may not be involved when the school district's Student-Athletes are involved in that specific phase of the program during the out-of-season period. Coaches may be spectators.

CL 1 Schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athlete's participation or influence the sponsoring agency in non-school Recreation and Club Programs during the out-of-season period.

Section 6. Camps or Clinics. The NJSIAA does not restrict an individual's choice to attend any participatory camps or clinics; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any camp or clinic during the out-of-season period; this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation; and coaches may not instruct their Student-Athletes. Coaches may be spectators.

CL 1 There are no limitations or restrictions on member schools or their Student-Athletes at any time when attendance at non-school camps or clinics is of a non-participatory nature, i.e., as an observer rather than a participant.

CL 2 DURING THE OUT-OF-SEASON PERIOD, the NJSIAA does not restrict an individual's choice to attend a participatory camp or clinic; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any participatory camp or clinic, this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation. Coaches may not be involved in any way with their Student-Athletes. Coaches may attend a participatory camp, clinic, or competition merely as spectators, however, they may not be involved in any way with their school's athletes, including being a clinician, when their school's Student-Athletes attend that camp or clinic regardless of the format or the separation of stations at a clinic.

CL 3 DURING THE SUMMER RECESS a coach or Student-Athlete may not be sponsored or supported by a school or school-related group (example: Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, recreation programs, independent play and tournaments.

Section 7. Faculty Games. Student-Athletes of a particular sport may not engage in faculty or similar games in that same sport except for those seniors who have exhausted their eligibility in that same sport.

Section 8. Non-School Non-Sanctioned Games. A Student-Athlete may compete as follows:

Article 1....During Season – Local Option.

Article 2....Out-of-Season Period – A Student-Athlete may compete on a non-school team with the approval of the school so long as individually issued school equipment, coaching, or other school services are not provided.

CL 1 The participant competes in Non-School/Non-Sanctioned events “unattached,” i.e., not as a representative of the school and, therefore, schools, school organizations and school-related groups such as Booster Clubs, Parents Clubs or Varsity Clubs may not assist the Student-Athlete’s participation in any way.

CL 2 The NJSIAA does not permit the funding, in whole or in part, of participation in Non-School/Non-Sanctioned events by a Board of Education. This applies to Non-School/Non-Sanctioned events, e.g., the Dapper Dan, McDonald, and Derby Basketball Clinics, the Golden West Track Classic, and National High School baseball, tennis, wrestling, or similar games/events.

CL 3 The NJSIAA cooperates fully with the USOC (United States Olympic Committee) in establishing the means by which the participants are selected to represent the United States; therefore, a member school, their Student-Athletes, and their coaches do not have any restrictions placed upon them In-Season, Out-of-Season or during the Summer Recess so long as the administrator (Principal) of the member school gives approval and the USOC verifies that the activity is a part of the USOC development program and filed with the NJSIAA.

RULE 2. PROGRAM REGULATIONS

Section 1. Awards. Awards are not restricted by the NJSIAA, if approved by the Board of Education, so long as they are symbolic awards, i.e., letters, sweaters, jackets, pins, trophies, other similar type awards, and rings or watches which are properly inscribed. All other awards must be approved by the local Board of Education and the NJSIAA.

Student-Athletes and prospective Student-Athletes must be cautioned when competing in any program including marathons and other running events in which cash or merchandise are the awards. By refusing to accept the cash or merchandise the student absolves himself/herself from placing their eligibility in jeopardy.

CL 1 The participant’s award or share thereof may not be assigned to another party or be accepted by another party but must be returned to the chairman of the event.

Section 2. Strenuous Sports. A player on an interscholastic athletic team shall participate in only one strenuous high school sport at a time during the regular high school sports season. A player may drop one high school sport to participate in another, but he/she may not return to a sport from which he/she withdrew.

The strenuous sports are: Baseball, Basketball, Cross-Country, Fencing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Skiing, Soccer, Softball, Swimming, Tennis, Track-Outdoor, Track-Winter, Volleyball, and Wrestling.

CL 1 Bowling and Golf are not considered strenuous sports.

CL 2 Rule 2, Section 2, Strenuous Sports, will mean a student concluding a season in one sport will not be able to participate in another sport regardless of the fact that the athlete would be able to meet the six (6) day practice rule.

Section 3. Physical Examinations. Physical examinations may be given prior to a Sports Season so that all players may be examined before the first day of practice.

See State Board of Education Regulations – Pages 26-29.

Section 4. Equipment. Uniforms may be issued prior to the beginning of a Sports Season, if stored by the school; however, under no circumstances may uniforms be worn until the first official starting day of practice for that specific sport, except for shoes which may be issued and worn two weeks prior to such official starting date of practice. No individually issued equipment of a member school, except as provided herein, may be issued or used by a student during the out-of-season period.

Section 5. Sports Seasons. Member schools must conduct their programs within the following datelines according to practice provisions as outlined in Rule 2, Section 6 to be eligible for NJSIAA Tournament play:

- Fall – September 1 to November 30
- Winter – November 15 to March 31
- Spring – **March 5 to June 5**

If, by way of exception provided in these Bylaws, permission is granted a school to extend its season in a particular sport, the provisions of this section are extended accordingly.

- Fall – Cross-Country, Field Hockey, Football, Gymnastics, Soccer, Girls Tennis, Girls Volleyball
- Winter – Basketball, Bowling, Fencing, Ice Hockey, Skiing, Swimming, Track-Winter, Wrestling
- Spring – Baseball, Golf, Lacrosse, Softball, Boys Tennis, Track-Outdoor, Boys Volleyball

The Executive Committee must approve conducting a specific program during a season other than the designated sports season for that sport.

Section 6. Start of Practice.

A. Fall - **2009**

1. Football (25 days prior to the school’s first scheduled game.)
2. Cross-Country, Field Hockey, Gymnastics, Soccer, Girls Volleyball start “official” practices twenty (20) days prior to their opening contests in accordance with the chart below:

OFFICIAL NJSIAA 6 DAYS

<u>OPENING ON:</u>	<u>PRACTICE STARTS ON</u>	<u>1st SCRIMMAGE ON**</u>
September 11	August 22	August 29
September 12	August 23	August 30
September 13	August 24	August 31
September 14	August 25	September 1
September 15	August 26	September 2
September 16	August 27	September 3
September 17	August 28	September 4
September 18	August 29	September 5

**If school board policy does not permit Sunday practices, then the “First Scrimmage” date must be moved forward accordingly.

Reminder FOOTBALL ONLY: It is recommended that teams not practice for more than six consecutive days. One 24 hour rest period must be included within a seven day period. Example: Sept 11 opening date - first official practice August 17 - first scrimmage is August 24.

3. Girls Tennis - Teams may open on **September 8th** after six days of official practice, which may start on **August 14** with the first scrimmage on **August 21, 2009**.

B. Winter

November 15 – Bowling, Ice Hockey, Swimming

November 27 – Basketball, Fencing, Skiing, Track-Winter, Wrestling

C. Spring

March 5 – Baseball, Golf, Lacrosse, Softball, Boys Tennis, Track-Outdoor, Boys Volleyball

Section 7. Practices/Scrimmages/Games-Meets.

Article 1....A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed SIX DAYS OF PRACTICE IN THAT SPORT, (days of 24 hours, not sessions). Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement. The above restriction will be waived for Student-Athletes who are members of a team participating in competition after the start of the next season provided the athlete becomes a practicing member within three (3) practice days.

CL 1 Summer Recess practices do not count for “six-day” interschool scrimmage or game provisions. Only those practices from the official opening of the Sports Season may be counted to fulfill this requirement.

CL 2 Sunday practices may be counted only if approved by the local Board of Education.

CL 3 A practice is defined as a session where a team is assembled and involved in physical activity to enhance the participant’s physical condition. Practices of any kind for individuals, partial or entire teams, on days when the team is involved in

interscholastic scrimmages or games-meets will not count toward satisfying the six (6) day rule.

CL 4 It is a local option for schools to permit ineligible students to practice. An ineligible student may not participate in a scrimmage or a game. Such practices will count to satisfy the six (6) day practice rule. The above is applicable provided the school meets the medical examination and parental permission as required by the State Board of Education.

Article 2...Interschool scrimmages, excluding baseball, tennis, softball and golf, are to be limited to the number of games, meets, or matches permitted in the sport during the regular season. The rule regarding numbers of contests on consecutive days will be enforced.

Article 3...No more than four (4) schools shall be permitted to take part in a joint interschool scrimmage.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

CL 2 The host school may not invite any more than three (3) schools to participate in a scrimmage at their site(s).

Article 4...No scrimmages shall be permitted after the “End of Season” as defined in Rule 2, Section 10 of the Rules and Regulations.

Definition:

Interschool scrimmages are provided as an opportunity to experience controlled game conditions for both coaches and players. A scrimmage must provide for voluntary interruption of the “scrimmage game” for instructional purposes, must not have recorded scoring, results, spectator admission must be on a complimentary basis only, and the event cannot be conducted in such a manner as to advance a team or individual to another level of scrimmage competition.

CL 1 Whenever team(s) or individual(s) from two or more schools practice at the same site, it will be designated as a scrimmage unless some extraordinary circumstance has been approved by the NJSIAA.

Section 8. Start of Regular Schedule. Opening dates are as follows:

- | | |
|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fall | 1. After six days of practice – Girls Tennis
2. Friday before the Second Saturday of September – Cross-Country, Field Hockey, Football, Gymnastics, Soccer, Girls Volleyball. |
| Winter | 1. December 1 – Bowling, Ice Hockey, Swimming
2. Friday before Third Saturday of December – Basketball, Fencing, Track-Winter, Wrestling
3. First Week of January – Skiing |

Spring April 1 – Baseball, Golf, Lacrosse, Softball, Boys Tennis,
Track-Outdoor, Boys Volleyball

Section 9. Contest Rules. All contests involving member schools must be played according to the rules of the National Federation of State High School Associations. This applies to all sports for which rules are formulated by that Association, with the following exceptions:

- Bowling – US Bowling Congress
- Fencing – United States Fencing Association
- Golf – USGA
- Skiing – NCAA
- Tennis – USTA

Rules indicated will govern all sports unless modified by NJSIAA.

Section 10. End of Season. All teams may participate in interscholastic contests up to the final championship in their respective sports. Equipment should be stored and practice terminated for the out-of-season period upon completion of the schedule. Individual competition shall terminate with the end of said competition.

Section 11. Out-of-Season Period. Out-of-Season practice is not permitted under the direction of an instructor or coach, or student leaders. This eliminates any kind of equipment under any form of instruction. The object of this explanation is to make clear the point that there shall be absolutely no practice during the out-of-season period for a particular sport. Any subterfuge or “sharp practice” shall be construed as a violation of this rule.

CL 1 A. Non-School Activities

During the out-of-season period, the NJSIAA does not restrict an individual's choice to participate in a non-school activity or in an open-gym program in which the athlete has attained Student-Athlete status, i.e., all freshmen and those sophomores, juniors or seniors who have been on the roster of the J.V. or varsity teams during the current season.

B. School-Related Organizations

During the out-of-season period, the school organizations such as Booster Clubs, Fathers' Club, Varsity Club and the like may not assist the Student-Athlete during the out-of-season period or provide individually issued equipment, uniforms, transportation or funds related to camp or clinic attendance when same is of a participatory nature.

CL 2 A. Coaches/Student-Athletes

Coaches may not instruct their Student-Athletes during the out-of-season period; neither may they hold meetings nor any other way be involved with the Student-Athlete, including Open-Gym Programs. For Seniors, all rules apply through the last date of an interscholastic event for that school during the Spring Sports Season. When the same sport for Boys and Girls is conducted in different sports seasons, a Student-Athlete in that sport may not serve as manager of the team of the opposite sex and will be considered a violation of the out-of-season rule. Coaches may not exchange supervisory and/or coaching duties in their sport to circumvent the out-of-season rule.

QUESTION: *From what point may a coach not be involved with a school's Student-Athlete?*

ANSWER: *From the day the coach is appointed to coach a particular sport until the start of practice for that sport the following year, except for the summer recess period.*

B. Coaches' Meetings

Coaches may hold one, non-instructional meeting for the purpose of distributing try-out schedules, medical forms, parent permission slips, etc. to returning lettermen and prospective team candidates. Strategy or techniques may not be discussed and neither may any physical activity take place.

CL 3 Fund-Raising

A school may conduct any school approved fund-raising campaign at any time of the year so long as the fund-raising activity is not designed to keep Student-Athletes active in their particular sport during the out-of-season period (exclusive of seniors who have exhausted their eligibility). Exception: One day fund-raising activities such as foul-shooting contests involving basketball players; marathons involving cross-country runners; swim-a-thons involving swimmers, and the like will not be considered violations when conducted after their respective seasons have been completed.

CL 4 Summer Recess

A. Practice

That period from the last NJSIAA scheduled championship to September 1st, all restrictions are rescinded for practice for all sports. Schools may issue any and all equipment for practice use during the summer recess and the local school district may determine to what extent the school, the coaches, and the students are to be involved in the "summer recess" program.

B. Games/Scrimmages

Interscholastic competition is not permitted outside of the dates provided for in Rule 2, Sections 7, 8 and 10; therefore, a school may not sponsor a team/individual, pay entry fees, provide transportation, or in any way have a team/individual represent their school outside of the seasonal datelines for that sport in competition against other schools. School equipment may be provided. A coach/team or Student-Athlete may not be sponsored or supported by a school or school-related group (example: Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, recreation programs, independent play, or tournaments.

Scrimmages consistent with the Early Season Opening or Regular Season Opening provisions are permitted.

C. Non-School Teams

A member of a high school's coaching staff may not be involved in any way with a non-school team on which there are team members who participated on the freshman, junior varsity, or varsity team of

the coach's high school team(s) in that sport until the day after the date of the latest scheduled date for NJSIAA Championships in the Spring Sports Season.

Section 12. Alumni Games. Alumni games count as part of the schedule in all sports, but they may not be included when submitting records for tournament consideration.

Section 13. Tournament Entry. Member schools are to download from www.njsiaa.org entry forms for state competition. Tournament regulations will be posted no earlier than four weeks before the tournament date. NO entries which are postmarked after the cut-off date will be accepted unless accompanied by a late fee established by the NJSIAA.

CL 1 A late fee charge of \$50.00, when a school's game or meet schedule or tournament entry form is late (beyond the established deadlines but prior to the pairings, seeding or heat meeting), is to be paid before the contestant or team is allowed to participate. If the entry is received after the seeding but prior to the first game of the tournament, an administrative fee of \$150 will be assessed the school.

Section 14. Video Taping and Filming. Electronic Communication equipment, including but not limited to computer, film, television and video tape is permissible, but may not be used for coaching purposes during the game or between periods. Videotaping of scrimmages is a local option.

Section 15. Maximum Games-Waiver. A waiver of the maximum game limitation is granted in all sports, except football, only when one additional game is needed to decide a county, conference or tournament championship.

Section 16. Withdrawal/NJSIAA Tournaments. Any member school and/or Student-Athlete withdrawing from competition after having officially entered an NJSIAA tournament in any sport will be disqualified from all remaining NJSIAA tournament competition in that sport in that season and barred from participating in NJSIAA tournament competition in that sport during the next school year unless truly extraordinary circumstances were present.

Section 17. Guidelines for withdrawal of teams from competition upon diagnosis of infectious diseases. School administrators should rely solely upon the advice of the school's medical inspector in determining the action to withdraw a team from competition when a member is diagnosed as having an infectious disease.

Section 18. All NJSIAA tournament team entry and intention forms must reflect competition of no less than 70% with New Jersey schools. If a team does not meet this criteria by the cut-off date, they will forfeit their entry into the NJSIAA tournament.

Section 19. To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports

Regulations for the sport, involving the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this standard is non-appealable.

SPECIFIC SPORT REGULATIONS

Note 1: A week is defined as from 12:01 A.M. Sunday to Saturday midnight.

Note 2: A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools' Principals.

Note 3: Member schools may schedule games or scrimmages with any school accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

CL 1 Member schools may not compete with "club" teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.

CL 2 A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.

Note 4:

- a. Any Student-Athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

CL 1 Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.

CL 2 Scrimmages are not considered part of the disqualification rule.

CL 3 The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events.

CL 4 A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.

- b. A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.
 - 1. In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.
 - 2. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.
- c. Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the Student-Athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.
- d. Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.
- e. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
- f. Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the team's participation in an NJSIAA tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
- g. Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.
- h. Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.

- i. Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must attend a NFHS Fundamentals of Coaching course conducted by and at NJSIAA offices. Attendance must be verified in writing with the NJSIAA.

CL 1 Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.

CL 2 Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student.

CL 3 Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.

RULE 3. BASEBALL

Section 1. Rules. The National Federation shall govern all NJSIAA games.

Section 2. Start of Practice. First Friday of March. **(March 5)**

Section 3. Start of Regular Schedule. April 1.

Section 4. End of Season. As provided for in Rule 2, Section 10. **(June 5)**

Section 5. Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6 Maximum Games. A member school may play twenty-five (25) games including regular season and tournament games, plus one additional tournament, plus the State Tournament.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

RULE 4. BASKETBALL

Section 1. Rules. The National Federation edition of the Basketball Rules of the United States and Canada shall govern all NJSIAA games.

Section 2. Start of Practice. Friday after Thanksgiving. **(November 27)**

Section 3. Start of Regular Schedule. Friday before Third Saturday of December.

Section 4. End of Season. No interscholastic games may be played after the start of the State Tournament.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the Start of the Regular Schedule (Rule 2, Section 8). Thereafter, until the start of the State Tournament, schools are limited to the maximum number of games as provided for in Section 7. This does not include games or scrimmages during the State Tournament. (While a school is competing in the State Tournament, it may schedule with teams entered in the tournament one (1) scrimmage during any week in which it has only one (1) or two (2) games and two (2) scrimmages during any week in which there are no games. These scrimmages will not count in the total number of allowable games.)

Section 7. Games Per Week. Not more than a total of three (3) basketball games may be played per week beginning with the week of the Start of the Regular Schedule (Rule 2, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8. Maximum Games. A member school has the option of playing one of the following maximum-game schedules, including interschool scrimmages and postponed games from the start of the Regular Schedule to the start of the State Tournament:

- Option 1. Twenty (20) regular scheduled games, plus two (2) tournaments, plus the State Tournament; or
- Option 2. Twenty-two (22) regular scheduled games, plus one (1) tournament, plus the State Tournament; or
- Option 3. Twenty-six (26) games, including all regular season and tournament(s), plus the State Tournament.

CL 1 Teams using options (1) or (2) may exceed the 26 game total provided their regular schedule is limited to either of the options, i.e., 20 in (1) or 22 in (2). Option 3 may be used by teams not playing in any tournaments or playing in more than two tournaments. Option 3 also may be used by teams who are eliminated in tournaments, i.e., County – Conference – League – and wish to schedule games to get to a twenty-six maximum total.

Section 9. Quarters Per Day, Week. A basketball player shall play no more than five (5) quarters during the same calendar day, with a maximum of fifteen (15) quarters per week. This would include freshman, sophomore, junior varsity, and varsity competition. If a school selected the four game per week option in Rule 4, Section 6, no player's maximum quarters per week shall exceed twenty (20).

CL 1 Violations of this section result in ineligible participation and forfeiture of the game.

RULE 5. BOWLING

Section 1. Rules. US Bowling Congress Rules shall govern all NJSIAA games.

Section 2. Start of Practice. November 15.

Section 3. Start of Regular Schedule. December 1.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

RULE 6. FENCING

Section 1. Rules. The United States Fencing Association Rules shall govern all NJSIAA meets.

Section 2. Start of Practice. Friday After Thanksgiving. **(November 27)**

Section 3. Start of Regular Schedule. Friday before the Third Saturday of December.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

RULE 7. FIELD HOCKEY

Section 1. Rules. The National Federation Rules shall govern all NJSIAA games.

Section 2. Start of Practice. Twenty days prior to the first scheduled game.

Section 3. Start of Regular Schedule. Friday before the Second Saturday of September. **(September 11)**

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after October 17, 2009 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Rule 7, Section 6.

Section 7. Games Per Week. Not more than a total of three (3) field hockey games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, post-

poned games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. Any tournament game, exclusive of NJSIAA Tournament play, scheduled for a Saturday, cancelled and rescheduled for Sunday, shall count as one of the three games in the week in which it was originally scheduled. If three games are previously scheduled for the coming week, the Tournament game will be permitted as a fourth game. You may play one four-game week.

Section 8. Maximum Games. A member school may play eighteen (18) games (including scrimmages as provided for in Rule 2, Section 7, Article 2), plus one tournament, plus the State Tournament; or twenty (20) games, (including scrimmages as provided for in Rule 2, Section 7, Article 2), plus the State Tournament. A tournament shall be of single elimination type, not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

Section 9. Halves Per Day. A field hockey player shall play in no more than three (3) halves during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the second half.

RULE 8. FOOTBALL

Section 1. Rules. The National Federation Football Rules shall govern all NJSIAA games.

Section 2. Start of Practice.

Practice starts twenty-five (25) days prior to the school's first scheduled game. See Rule 2, Section 6.

Section 3. Start of Regular Schedule. Friday before the Second Saturday of September. (**September 11**)

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after October 17, 2009 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Football scrimmages will be permitted twice per week. Scrimmages during the regular season count toward the allowable number of games.

Section 7. Games Per Nine Days, Per 24-Hour Period. It is recommended that a player participates in no more than two football games during any nine-day period; however, a player may not participate in more than one scheduled game during a twenty-four (24) hour period. This includes freshman, sophomore, junior varsity and varsity competition. A team may not play more than two football games in a period of nine days. The 24 hour period begins with the start of the first game until the start of the next contest.

Section 8. Maximum Games. A member school may play no more than nine (9) games (including scrimmages as provided for in Rule 2, Section 7, Article 2).

CL 1 Teams indicating their intention to participate in the tournament/consolation game may schedule a maximum of 10 sub-varsity games at each level.

Section 9. Postponed/Suspended Games. Member schools must play a postponed game no later than Tuesday of the following week (Monday if either team is scheduled to play on the following Friday.) This rule also applies to suspended games which are to be continued according to Conference or NJSIAA procedures.

Section 10. Play-off Games. Member schools may, with Executive Committee approval, play play-off games to break a tie for league or conference championships so long as the maximum number of games either school plays during that season does not exceed nine games, including the play-offs. Such play-off must be played no later than ten (10) days after Thanksgiving. This provision not applicable to the NJSIAA Football Play-off resolution.

Section 11. Tie-Breaking Procedure. During the regular season member schools must use the 25 yd. line in the Football Overtime Tie-Breaking Procedure when a scheduled varsity game ends in a tie. If a tie remains after each team has played three (3) series, the results will remain a tie. The procedure may be used at the sub-varsity level when approved by the schools/conference prior to the game.

RULE 9. GOLF

Section 1. Rules. The United States Golf Association Rules shall govern all NJSIAA matches.

Section 2. Start of Practice. First Friday of March. **(March 5)**

Section 3. Start of Regular Schedule. April 1.

Section 4. End of Season. The end of the golf season will be up to and including the Friday before the final NJSIAA championships in softball and baseball.

Section 5. Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Team. A team shall consist of a minimum of four (4) players; conferences and/or schools, by mutual agreement, may increase the number of participating players on a team.

Section 7. Match. An interscholastic match shall consist of nine (9) holes; if a match is not completed, the winner will be based upon those holes completed by all players of the teams. If less than five (5) holes have been completed by the teams, the match will be replayed.

CL 1 The girls will use the same tee as the boys in State, Sectional, and Championship Tournaments. During the regular season, girls will use the next forward tee which includes all conference, county, etc. tournaments that take place during the regular season.

Section 8. Scoring.

Article 1....Type of Play – Medal Play.

Article 2....The winner of the match will be the team with the lowest total strokes of the number of players agreed upon by the conference

and/or school as set forth in their contract. In case of a tie, one (1) stroke will be deducted from the low medalist's team score; if the low medalist is tied, the second lowest individual score will determine the winner, and so on until the tie is broken.

NOTE: Conferences and/or schools by mutual agreement (interconference or independent) may decide upon medal or match play if provided for in the contract.

RULE 10. GYMNASTICS

Section 1. Rules. The National Federation Girls Gymnastics Rules unless modified shall govern all NJSIAA meets.

Section 2. Start of Practice. Twenty days prior to the first scheduled game.

Section 3. Start of Regular Schedule. Friday before the Second Saturday of September. **(September 11)**

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after October 17, 2009 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Meets Per Day. A competitor shall not compete in more than one (1) meet during the same calendar day.

Section 7. Meets Per Week. Not more than a total of three (3) meets may be held per week (including scrimmages, as provided for in Rule 2, Section 7, Article 2), and they may not be held on consecutive days. You may play one four-game week.

Section 8. Postponed Meets. One postponed meet per week may be worked into the scheduling, but under no circumstances shall meets be held on three (3) consecutive days.

Section 9. Maximum Meets. An individual may participate in only fifteen (15) meets per season, plus the State Tournament.

RULE 11. ICE HOCKEY

Section 1 Rules. The National Federation Ice Hockey Rules, with the following exceptions, shall govern all NJSIAA games.

Article 1....The game shall consist of three periods of 15 minutes.

An exception may be allowed when participating out of state.

Article 2....On a disqualification penalty, the player shall be put in the custody of the coach on the bench.

Article 3....There shall be no overtime periods, except in playoffs, regular season tournaments, or when playing out of state.

CL 1 Overtime will be permitted during the regular season only when playing out of state for purposes of complying with the host state's rules.

Article 4....There shall be no limit to non-playing personnel on the

bench, but the coach is responsible and must suffer the penalty if any bench disturbance occurs.

Section 2. Start of Practice. November 15.

Section 3. Start of Regular Schedule. December 1.

Section 4. End of Season. No interscholastic games at any level (subvarsity or varsity) other than the NJSIAA Tournament may be played after the Saturday after completion of the preliminary round of the NJSIAA Tournament.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Rule 11, Section 6.

CL 1 Scrimmages during the regular season count toward the allowable number of games

Section 7. Periods Per Day. An ice hockey player shall play in no more than three (3) periods during the same calendar day, with a maximum of nine (9) periods per week. If a school elects to play a four (4) game week (Rule 11: Section 6) an individual player may not exceed twelve (12) periods. This would include any combination of subvarsity and varsity competition. NOTE: Overtime periods are a continuation of the third period.

Section 8. Games Per Week. Not more than a total of three (3) ice hockey games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, play-off series, and tournament games), but games may not be played on three (3) consecutive days. You may play one four-game week.

Section 9. Maximum Games. A member school may play a total of 26 ice hockey games (including scrimmages as provided for in Rule 2, Section 7, Article 2). This would include play-off series and tournaments. The State Tournament would be in addition to the 26 games.

Section 10. Play-offs. A play-off series shall be of a single elimination type not to exceed eight (8) teams and limited to a maximum of three (3) games.

RULE 12. LACROSSE

Section 1. Rules. The National Federation Boys Lacrosse Rules and The United States Women Lacrosse Association Rules shall govern all NJSIAA games.

Section 2. Start of Practice. First Friday of March. **(March 5)**

Section 3. Start of Regular Schedule. April 1.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Rule 12, Section 6.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

Section 7. Games Per Week. Not more than a total of three (3) lacrosse games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8. Maximum Games. A member school may play eighteen (18) games (including scrimmages as provided for in Rule 2, Section 7, Article 2) plus one tournament, plus the State Tournament or twenty (20) games (including scrimmages as provided for in Rule 2, Section 7, Article 2) plus the State Tournament.

Section 9. Duration of Play. A player shall play in no more than three (3) halves during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition.

In the case of a tournament, a player may play in four halves in one day, one time during the season.

RULE 13. SKIING

Section 1. Rules. NCAA Skiing Rules shall govern all NJSIAA meets with the following modifications for safety and scoring.

Article 1....a. Meets shall consist of either the Giant Slalom (2 runs), or the Slalom (2 runs), and shall be so noted in the contract.

b. The order of team competition shall be determined by lot drawing. In tournament competition there shall be two (2) drawings; one for Giant Slalom, and one for Slalom, to determine the order of team competition.

Article 2....A maximum of six (6) racers per team may compete in each meet.

Article 3....Team scoring shall be based on a team's best four (4) finishers whose total time is reflected as a percentage of the first four (4) finishers in the meet.

Article 4....It is required that all team members wear helmets for all practices and meets.

Section 2. Start of Practice. Friday after Thanksgiving. (**November 27**)

Section 3. Start of Regular Schedule. First week of January.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. The six practice days (Rule 2, Section 7) shall cover a period of three (3) calendar weeks before the opening meet. Each of these practices shall involve physical activity and at least three (3) practices must consist of skiing on snow.

Section 7. Maximum Meets. A member school may compete in a maximum of fifteen (15) ski meets including interschool scrimmages, regular meets, postponed meets and invitational meets. The NJISRA Championship Race is not to be included as part of the fifteen-meet maximum. A ski meet is defined as any event in which one entry fee per team is paid (including two-races), is not separated by more than 48 hours, and where the two day combined results determines the winner of the meet or tournament.

RULE 14. SOCCER

Section 1. Rules. The National Federation Soccer Rules shall govern all NJSIAA games.

Section 2. Start of Practice. Twenty days prior to the first scheduled game.

Section 3. Start of Regular Schedule. Friday before the Second Saturday of September. **(September 11)**

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after October 17, 2009 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Rule 14, Section 6.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

Section 7. Games Per Week. Not more than a total of three (3) soccer games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8. Halves Per Day. A soccer player shall play in no more than three (3) halves during the same calendar day, with a maximum of nine (9) halves per week. If a school elects to play one four (4) game week (Rule 14, Section 6), an individual may not exceed twelve (12) halves in that four-game week. This would include any combination of freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the second half.

Section 9. Maximum Games. A member school has the option of playing one of the following maximum game schedules:

Option 1. Sixteen (16) games (including scrimmages as provided for in Rule 2, Section 7, Article 2), plus two (2) tournaments, plus the State Tournament.

- Option 2. Eighteen (18) games (including scrimmages as provided for in Rule 2, Section 7, Article 2), plus one tournament, plus the State Tournament.
- Option 3. Twenty (20) games (including scrimmages as provided for in Rule 2, Section 7, Article 2), plus the State Tournament.

A tournament shall be of the single elimination type not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

RULE 15. SOFTBALL

Section 1. Rules. The National Federation Softball Rules shall govern all NJSIAA games.

Section 2. Start of Practice. First Friday of March.

Section 3. Start of Regular Schedule. April 1.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Maximum Games. A member school may play twenty-five (25) games including regular season and tournament games, plus one additional tournament, plus the State Tournament.

Section 7. Scrimmages. Scrimmages during the regular season count toward the allowable number of games.

RULE 16. SWIMMING

Section 1. Rules. The National Federation Swimming Rules shall govern all NJSIAA meets.

Section 2. Start of Practice. November 15.

Section 3. Start of Regular Schedule. December 1.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Meets Per Week. Not more than a total of three (3) swimming meets may be held per week beginning with the week of the Start of the Regular Schedule (Rule 2, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular meets, postponed meets, and invitational meets), but meets may not be conducted on three (3) consecutive days. This section does not apply to State Tournament scheduling.

Section 7. Maximum Meets. A member school may compete in twenty-three (23) meets (including scrimmages as provided for in Rule 2, Section 7, Article 2), and the State Tournament. All championship meets count toward the total of twenty-four. You may play one four-game week.

CL 1 Schools with a declared separate boys team and girls team may not swim as a combined team unless swimming against a declared

combined team. Declared combined teams may not swim as a separate boys team or a separate girls team in interscholastic meets.

CL 2 Diving will not be included as an event during the regular season, the NJSIAA Power Points championship or in the NISCA Power Points for qualification for the team championship competition. Conferences may include Diving in conference meets. Schools may include Diving in non-conference meets by written agreement of the competing schools.

CL 3 Scrimmages during the regular season count toward the allowable number of games.

Section 8. Championship Eligibility. A student competing on an interscholastic swimming team must swim as a member of his/her high school team in at least 50% of the school's total meets (while he/she attends said school) to be eligible for the NJSIAA Championship Meet.

CL 1 This means a student must swim in at least 50% of the school's meets up to and including cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations.

CL 2 Late entries will not be accepted as outlined in Rule 2, Section 13.

Section 9. Officials.

Article 1....A minimum of three (3) NJSIAA registered officials is required for all championship swimming meets.

Article 2....A minimum of two (2) NJSIAA registered officials shall be used for all other varsity meets.

RULE 17. TENNIS (FALL)

Section 1. Rules. The United States Tennis Association Rules shall govern all NJSIAA matches.

Section 2. Start of Practice. August 17, 2009

Section 3. Start of Regular Schedule. September 8, 2009 (after six days of practice)

Section 4. Transfers on or after October 17, 2009 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 5. Officials. If officials are used for regular season varsity matches, they must be registered with the NJSIAA.

Section 6. End of Season. As provided for in Rule 2, Section 10.

Section 7. Equipment. Only approved USTA tennis balls shall be used, and new tennis balls must be provided for each match.

Section 8. Meet. An interscholastic meet shall consist of five matches: a First Singles match, a Second Singles match, a Third Singles match, a First Doubles match, and a Second Doubles match. The team winning the majority of the five matches shall be the winner of the meet. A school may not schedule or participate in more than one full meet at the end of a regular school day. Prior unfinished meet make-ups will be allowed.

Section 9. Match. A match shall consist of the best of three sets. The player(s) winning two sets shall be the winner of the match.

Article 1....Participation – No player shall play twice, i.e., a team shall consist of at least seven (7) players.

Article 2....Line-up – Each coach shall establish his/her lineup in writing before the match begins. The coach is obligated to present his/her strongest lineup, in proper order, at the time and place the match is played. This means that the best player scheduled to play at this time must play 1st Singles, the next best 2nd Singles, and the third best 3rd Singles. From the remaining members of the squad, two doubles teams are to be selected with the stronger doubles combination playing 1st Doubles and the weaker playing 2nd Doubles.

Article 3....Substitution – Substitutions will be permitted after the outcome of the meet has been decided; however, Article 1 shall still apply.

Article 4....Interrupted Play – The continuation of interrupted play shall begin at the exact point it was discontinued with regard to score, the person serving, and the side of the court each player was on.

Article 5....Forfeit – In case of injury to a player, the match shall be forfeited if the player cannot continue after fifteen (15) accumulative minutes.

Article 6....Between Sets – Play shall be continuous from the first service to the completion of the match; except that a three (3) minute rest period shall be permitted between the first and second sets, and a ten (10) minute rest period shall be permitted between the second and third sets.

Article 7....Coaches shall teach and demonstrate the ethics of tennis.

Article 8....Tie-Breaker – Sets which reach a 6-6 score shall be decided by playing a 12 point tie-breaker.

RULE 18. TENNIS (SPRING)

Section 1. Rules. The United States Tennis Association Rules shall govern all NJSIAA matches.

Section 2. Start of Practice. First Friday of March. **(March 5)**

Section 3. Start of Regular Schedule. April 1.

Section 4 Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Sections 5 through 9. Same as Rule 17.

**RULE 19. CROSS-COUNTRY, WINTER TRACK
AND OUTDOOR TRACK**

Section 1. Rules. The National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA cross-country, winter track and outdoor track meets.

Section 2. Start of Practice.

- Article 1....Cross-Country – Twenty days prior to the first scheduled game.
Article 2....Winter Track – Friday after Thanksgiving. **(Nov. 27)**
Article 3....Outdoor Track – First Friday of March. **(March 5)**

Section 3. Start of Regular Schedule.

- Article 1....Cross-Country – Friday before the Second Saturday of September. **(September 11)**
Article 2....Winter Track – Friday before the Third Saturday of December. **(December 18)**
Article 3....Outdoor Track – April 1.

Section 4. End of Season. As provided for in Rule 2, Section 10, except Winter Track. End of Season is the last day in February

Section 5. Transfers on or after October 17, 2009 not eligible for post-season play in cross-country. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6 Meets Per Day. A competitor shall not compete in more than one meet during the same calendar day.

CL When there are multiple divisions in a meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may compete in each of the divisions if the contestant does not violate National Federation Participation Rule, which limits the number of events in which a contestant may compete in a given meet, provided that the contestant does not compete more than once in the same event on that date.

Section 7. Meets Per Week. A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Rule 2, Section 7, Article 2, and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.)

Section 8. Postponed Meets. One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9 Officials.

Article 1....It shall be required that at least three (3) NJSIAA registered track officials be used to officiate in any County, Conference, Invita-

tional, Championship or NJSIAA meets involving four or more teams. Whenever possible, all officials in these meets should be registered. Article 2....In all dual and triangular Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

Article 3....In all dual and triangular Winter Track and Outdoor Track Meets there shall be at least two (2) NJSIAA registered track officials; one official to supervise Running Events and designated Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10. Jewelry. No jewelry (including watches) is permitted to be worn during competition. Religious medals and medical alert medallions must be taped to the body.

Section 11. Standard Distances/Cross Country. Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Article 1....Freshman – 3500 meters

Article 2....Junior Varsity or Novice – 4500 meters

Article 3....Varsity – 5000 meters

RULE 20. WINTER TRACK

Sections 1 through 3. Same as Rule 19.

Section 4. End of Season. Last day of February (**February 28**)

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Sections 6 through 10. Same as Rule 19

Section 11. Number of Contestants.

Article 1....Dual Meet Competition – Each team shall be entitled to five (5) entries per event.

NOTE: This will also apply to Rule 21. Outdoor Track.

Article 2....Triangular Competition – Each team shall be entitled to four (4) entries per event.

Article 3....Open, Conference and Championship Meets – Entries determined by sanctioning body or Meet Director.

Section 12. Standard Events – Boys. As follows: 55 m, 55 m high hurdles (39 inch) 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 13. Standard Events – Girls. As follows: 55 m, 55 m hurdles (33 inch), 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

RULE 21. OUTDOOR TRACK

Sections 1 through 4 Same as Rule 19.

Section 5 Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Sections 6 through 10 Same as Rule 19

Section 11. Same as Rule 20 Section 11

Section 12. Standard Events – Boys. As follows: 100 m, 200 m, 400 m, 800 m, 1600 m, 3200 m, 110 m high hurdles (39 inch), 400 m intermediate hurdles (36 inch), 1600 m Relay, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference and Championship meets must receive NJSIAA approval for departure from this rule.

**Attention: 400 m intermediate hurdles (36 inch)
Hurdle Spacing**

No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
10	36"	45 m	35 m	40 m

Section 13. Order of Events – Boys. The order of events, unless agreed upon and listed in the contract, shall be: 110 m high hurdles (39 inch), 100 m, 1600 m, 400 m, 400 m intermediate hurdles (36 inch), 800 m, 200 m, 3200 m, 1600 m Relay.

Section 14. Standard Events – Girls. As follows: 100 m, 200 m, 400 m, 400 m Relay (optional), 800 m, 1600 m, 3200 m, 100 m hurdles (33 inch), 400 m hurdles (30 inch), 1600 m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule. State Championships will contest and score the triple jump and pole vault.

Section 15. Order of Events – Girls. The order of events, unless agreed upon and listed in the contract, shall be: 100 m hurdles (33 inch), 100 m, 1600 m, 400 m, 400 m hurdles (30 inch), 800 m, 200 m, 3200 m, 1600 m Relay. If 400 m Relay, is included, the contract must also indicate the placement in the order of events.

RULE 22. VOLLEYBALL (FALL)

Section 1. Rules. The National Federation Volleyball Rules shall govern all NJSIAA games.

CL 1 Tournaments (single or multiple days) will not be played using the three-out-of-five (3 of 5) match format. The two-out-of-three (2 of 3) match format may be modified as per Note 2 of Rule 1-2.

Also, games may be modified requiring fewer points to win but not raised to require more points to win.

Section 2. Start of Practice. Twenty days prior to the first scheduled game.

Section 3. Start of Regular Season. Friday before Second Saturday of September. **(September 11)**

Section 4. End of Season. As provided for in Rule 2, Section 10.

CL 1 Final championship for fall volleyball is the Tournament of Champions; therefore, matches can be played up to the finals of the TOC.

Section 5. Transfers on or after October 17, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

RULE 23. VOLLEYBALL (SPRING)

Section 1. Rules. The National Federation Volleyball Rules shall govern all NJSIAA games.

CL 1 Tournaments (single or multiple days) will not be played using the three-out-of-five (3 of 5) match format. The two-out-of-three (2 of 3) match format may be modified as per Note 2 of Rule 1-2. Also, games may be modified requiring fewer points to win but not raised to require more points to win.

Section 2. Start of Practice. First Friday of March. **(March 5)**

Section 3. Start of Regular Season. April 1.

Section 4. End of Season. As provided for in Rule 2, Section 10.

Section 5. Transfers on or after May 1, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

RULE 24. WRESTLING

Section 1. Rules. The National Federation Wrestling Rules, unless modified herein, shall govern all NJSIAA meets.

Section 2. Start of Practice. Friday after Thanksgiving. **(November 27)**

Section 3. Start of Regular Schedule. Friday before Third Saturday of December. **(December 18)**

Section 4. End of Season. As provided for in Rule 2, Section 10. No varsity meets, regular season or tournament, may be scheduled during or after the week of the District Tournament unless said meet had been scheduled during the last week of the regular season and postponed. Junior varsity and/or freshman wrestlers may compete in matches or tournaments during the week prior to the districts provided that the individual JV and/or freshman wrestlers do not participate in the district tournament. No JV or freshman matches or tournaments shall be permitted after the district tournament.

Section 5. Transfers on or after January 23, 2010 not eligible for post-season play. (See Article IV, Section 4. K.(2).d. - page 57)

Section 6. Scrimmages. Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter including the week of the first starting date, scrimmages will be subject to the provisions of Rule 2, Section 7.

A wrestler may not compete in more than a maximum of thirty (30) sub-varsity and varsity matches from the first starting date to the start of the NJSIAA Tournament; this includes interschool sub-varsity and varsity scrimmages, dual meets, tri-meets, quad-meets and tournaments. No matches regular season meets or tournaments may be scheduled during or after the week of the District Tournament, but a school may schedule interschool “workouts” (excluding bout format-scoring, no officiating and no weigh-ins) the week of the Districts through the week of the State Finals.

CL 1 Scrimmages during the regular season count toward the allowable number of games.

Section 7. Postponed Meets. Any postponed meet may be added to the regular scheduling as noted in Section 7. Maximum Meets.

Section 8. Maximum Meets. A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as two weigh-ins.

NOTE: Make-up matches must fall within the four weigh-in regulations.

CL 1 A wrestler may not compete in MORE than a maximum of 30 sub-varsity and varsity matches during the regular season (exclusive of the NJSIAA Tournament, Team and Individual).

Teams not qualifying for or being eliminated from the Team Tournament may compete consistent with Rule 24, Section 7 and such meets during the week of the Team Tournament will not count towards the maximum thirty (30) sub-varsity and varsity matches governing a wrestler. (Thirty [30] sub-varsity and varsity matches are exclusive of NJSIAA Tournaments, both Individual and Team.)

CL 2 Two-day tournaments that are held on a Saturday and a Sunday will be considered as a tournament for the week of the initial day the tournament starts (in this case Saturday).

Section 9. Weight Certification.

Article 1... Filing Procedure – A member school must certify the minimum weight a wrestler may wrestle during the season as determined by the bioelectrical impedance analyzer testing and affirmed by the school physician. Wrestlers first must be hydrated with a urine specific gravity reading not to exceed 1.025 before proceeding to the bio-impedance testing. The recommended body fat will be 7% for males and 12% for females. Wrestlers who test below 7% fat (males) or 12% (females) may not lose weight to establish their minimum certified weight.

Article 2... If a wrestler's certified weight falls between two weight classes, the wrestler may not wrestle below that weight without approval from the school physician and parents or guardian. If a wrestler's weight falls between the two weight classes, the lowest certified weight will be the higher class.

Article 3... No wrestler is eligible to wrestle in interscholastic competition until he/she has successfully completed the certification process. A wrestler who competes without certification will lose by forfeit with the team score adjusted accordingly.

Article 4... No appeals will be accepted. Should a wrestler want to challenge the body fat reading of less than 7% for males and 12% for females, he/she may request a reassessment by contacting **the school physician.**

Article 5... Minimum weight and body composition testing must be certified and filed with the Central Office by **Friday, January 8, 2010**. After the filing deadline, all matches in which a wrestler competes without certification on file with NJSIAA will be forfeited.

Article 6... A two (2) pound growth allowance will be added to each weight class on **January 24, 2010**.

Article 7... No 50% rule is in effect. Wrestlers are not required to wrestle 50%, i.e., (one half) of their contests to be eligible for a weight class in the NJSIAA Wrestling Tournament.

NOTE: After the filing date, all matches in which a wrestler competes without certification on file with NJSIAA will be forfeited.

CI 1 **WRESTLING – MINIMUM WEIGHT CERTIFICATION**
All member schools conducting an interscholastic wrestling program must file a Minimum Weight Certification form with the Central Office as provided for in the Constitution/Rules and Regulations, Rule 24, Section 8, Article 5.

Section 10. Weight Classification.

Article 1....Each Match – A wrestler's actual weight, minimum certified weight, and weight class at which the wrestler participated must be recorded in the team's scorebook, in ink, and signed by the referee at the conclusion of the meet.

CL 1 *Each meet – each wrestler's name, weight class, and actual weight must be recorded on a weigh-in form. At the conclusion of the weigh-in period, opposing coaches must sign the form and a copy of this form must be provided to the opposing coach upon request. When a wrestler represents his school at a particular weight class, his name, actual*

weight, and weight class will immediately be transferred from the weigh-in form and entered in the official scorebook by the official scorer. The scorebook will be signed by the referee at the conclusion of the meet.

CL 2 Once all the information (name, weight class, and actual weight) from the weigh-in form has been transferred to the scorebook and signed by the referee, the scorebook will become the official document of the meet.

NOTE: Due to the fact that teams may weigh in two or more contestants per weight class, the weigh-in sheet provides both teams with the necessary information of who is eligible to wrestle. The scorebook will record the results of the matches.

A wrestler appearing on a weigh-in sheet at one weight class may move up one weight class at match time, providing he meets National Federation criteria.

Article 2... Weight Class Participation

- (a) A wrestler may never wrestle below that wrestler's minimum weight classification.
- (b) A contestant shall not wrestle more than one weight class above that class for which the contestant's actual stripped weight, at the time of weigh-in, qualifies the contestant.
- (c) A contestant may not weigh-in more than one weight class above the weight of certification without recertifying at a higher weight.

CL 1 (a) If a wrestler is certified at 119 pounds, he may only weigh in for the 119 pound or 125 pound weight class without losing his 119 pound eligibility.

(b) If he weighs in at 125 pounds or less for the 125 weight class, he may wrestle 130 at meet time without losing eligibility to wrestle at 119 pounds.

(c) If he weighs in above 125 pounds, he may wrestle at the 130 weight class BUT he WILL LOSE his eligibility at 119 since he has weighed in more than one weight class above his certified weight.

Article 3... Weight Reduction – At no time is the use of sweat boxes, hot showers, whirlpools, rubber, vinyl or plastic type suits or similar heating devices permitted, for weight reduction purposes. Failure to comply with this regulation shall disqualify an individual from competition.

Section 11. Skin Infection/Contagious Disease.

The official will check and rule on skin infections, contagious diseases, and the like. Before being permitted to wrestle, any wrestler judged not fit to wrestle must present the NJSIAA form from a physician certifying that an exam took place pertaining to that condition within the last seven (7) days, clearing that contestant for competition.

Section 12. Equipment.

(a) Headgear – It is mandatory that all wrestlers wear a protective headgear at all times during practice and while participating in a match.

Section 13.

1. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.

2. Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

CL 1 Teams with three or more disqualifications cannot win a District Team Championship Title.