

Athletic Activities

SECTION 50: INTRODUCTION.

50-1-1-The League seeks to foster a broad general program of desirable sports and related activities which are suited to the individual needs and capacities of high school students. It is interested in those sports which are individual as well as in those which are team, in sports which are noncompetitive as well as in those which are competitive and in sports which are primarily intramural in character as well as in those which are interscholastic.

50-1-2 Significant is the League's desire to stimulate student participation in these sports which may be enjoyed in adult recreational life. However, while considering the development of a program in this field in the future, the League is not unmindful of its current responsibilities in the important field of interscholastic athletics.

50-1-3 Competitive team sports are regarded by the League as an important part of the general school program of physical and health education. It is felt that interscholastic athletics, which should stem from a well-rounded program of intramural sports and recreational activities, serve a definite educational purpose when properly conducted and controlled.

50-2-1 Control-To exercise control, and to insure that competitive athletics in the high schools of Virginia are so conducted as to provide maximum opportunities for the educational growth of participants, the League has adopted rules and regulations governing interscholastic athletic competitions. These are set forth in Sections 26 through 33 of this *Handbook* and are in addition to rules and regulations which govern all interscholastic competitions.

50-3-1 Standards-The League's interest in interscholastic athletics is not limited to mere regulation and control, however. It seeks to encourage schools to provide opportunities for each individual to develop to the limit of his/her capacity those skills, appreciations and health concepts which engender personal satisfaction and are a part of a good foundation for civic usefulness. The League has therefore followed certain basic concepts relating to the place of athletics in the school program. It has developed a Code for Interscholastic Athletics, with implications for the administrator, the spectator, the coach, the athlete and the official, and it will seek by further means to assist member schools in the development and maintenance of an educationally sound athletic program. (The code is an integral part of the Sportsmanship Rule located in Section 27 of this *Handbook*.)

50-3-2 The League feels that a school athletic program, to be of maximum effectiveness, should:

(1) Be closely coordinated and articulated with the general instructional and activity program of the school.

(2) Provide for the participation of a sufficient number of students to justify the funds used for its support.

(3) Be so organized that the time and attention given to the acquisition of such funds is not so great as to interfere with the efficiency of any other part of the school program.

(4) Be limited to those competitions which are sponsored and supervised by the proper school authorities.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

- (5) Provide opportunities for many individuals to explore a wide variety of sports.
- (6) Include educative exercises for nonparticipating students and community supporters to insure a proper understanding and appreciation of athletic skills and the need for adherence to recognized principles of good sportsmanship.
- (7) Be so controlled as to avoid the elements of professionalism and commercialism frequently associated with widely publicized "bowl" games, "barnstorming" trips, "all-star" games and interstate or intersectional contests requiring excessive travel, expense or loss of school time.
- (8) Encourage a balanced program of intramural activity in grades below the high school level, rather than contests of a championship nature.
- (9) Engender respect for the rules and policies under which the school conducts its program.
- (10) Provide that a doctor be on call for all contests and a person qualified in first aid procedure be in attendance at all contests and practices.
- (11) Provide that all athletes be covered by accident insurance that protects them during athletic participation.
- (12) Provide a healthful, safe and sanitary environment for all participants.

SECTION 52: NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS.

52-1-1 Membership-The League's Legislative Council voted in March, 1947, to make application for membership in the National Federation of State High School Associations, in which organization 50 state associations hold membership. The application was accepted at the annual meeting of the Federation in January 1948.

52-2-1 Constitution and Bylaws-The Federation Constitution and Bylaws appear in the Federation Handbook, a copy of which is supplied upon request to any member school. Provisions thereof are binding upon the League and all member schools.

52-3-1 Services-The Federation makes available to schools of member state associations, through their state association office, publications in the field of sports, including rule books, interpretation leaflets, player handbooks, manuals of administration and the like. It supervises the production of motion pictures dealing with the rules in football, basketball, baseball, track and wrestling and provides machinery for the conduct of competitions between schools in different states, provides for representation on rules committees, serves as a clearing house for the exchange of ideas and developments in the scholastic sports field and generally provides administrative assistance to member state associations.

ATHLETIC ACTIVITIES

SECTION 54: ATHLETIC PROGRAM.

54-1-1 Introduction-The League sponsors competitive interscholastic athletic programs leading to district, regional or sectional, and state championships in those activities as indicated in the following sections. Because all students should have the benefit of participation, the League strives to insure that competitive athletics in Virginia high schools are conducted to provide maximum opportunities for the educational growth of all participants. The athletic game playing rules as set forth in the current National Federation of State High School Associations publications shall govern all League athletic events unless other game rules have been specified to govern a particular sport or where the adopted National Federation rules are in conflict with special rules set forth under a specific sport section of the *Handbook*, in which case the special rules take precedence. The Executive Committee may authorize those exceptions to National Federation playing rules which are permitted by the "State Association Adoption" clause.

Policy Manual 54-1-1

54-2-1 Participation Limitation-If a school maintains separate teams in the same sport for girls and boys during the school year, regardless of sports season, girls may not compete on boys teams and boys may not compete on girls teams. If a school maintains only a boys team in a sport, girls may compete on the boys team. Boys may not participate on a girls team in any sport other than cheerleading and crew unless the Executive Committee determines that boys' opportunities for participation in athletics have been limited in the past. In the sport of crew, as permitted by the U. S. Rowing Rules, a male coxswain may compete in events for girls, and a female coxswain may compete in events for boys.

Policy Manual 54-2-1

54-2-2 "Exhibition" Contests-No member school may permit its athletes to compete in more than the total number of regular season interscholastic contests, meets or tournaments specified for each sport either on the varsity or sub-varsity level. (See 27-11-1, 27-11-2, 54-8-1 and 54-8-2.)

The VHSL does not recognize "exhibition" or "novice" competition. Any competition that matches athletes from other schools must be counted as either scrimmages or contests. To be counted as scrimmages they must meet the requirements set in 54-6-1, 2 and 3 of the Virginia High School League *Handbook*.

So-called "alumni," "faculty," and "practice" games shall be counted in the number of games permitted.

Contests may not be lengthened to accommodate team members who have not competed or for any other reason. For the sports of wrestling, swim and dive, indoor and outdoor track, cross country, golf, gymnastics, and tennis, exceptions to this limitation may be made. If the principals or designees of the two or more schools involved in the scheduled contest agree prior to the contest to allow exhibition matches or heats in these sports, they may be allowed, as long as all other VHSL rules and contest limitations per athlete are not violated. Schools or school divisions may organize teams as they see fit below the varsity level. These teams must be recognized by the schools or school divisions.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

Seventh graders may not represent a Virginia High School League school at any level. Eighth graders may represent a VHSL school at the sub-varsity level only and may not compete in any manner in a varsity contest. This does not prohibit a school from organizing seventh and eighth graders to compete on the junior high or middle school level. All athletes competing must be eligible students in all regards. They must meet requirements set by the VHSL, their schools, school division, district or region. Contest rules established by the National Federation shall be followed except where modified by the VHSL *Handbook*.

54-3-1 Multiple Season Limitation-A student who participates on a varsity, junior varsity or ninth grade team in one season shall not be eligible to participate in that sport in a different season at a VHSL member school during the same school year unless there is a corresponding move which complies with VHSL's Transfer Rule (28-6-1, *Handbook*) by the student's parent(s) from the attendance zone of the previous school to the attendance zone of the VHSL member school at which the student wishes to participate. However, such student may not participate during any one school year in more than the total number of contests permitted for each sport by VHSL's Contest Limitations (54-8-1, *Handbook*). Such student shall also be limited to participation in only one post season per sport during any one school year.

54-4-1 Provision for Sectional Tournaments-If a Regional Council does not establish a Regional Tournament in a specific sport for a specific season by October 31, the Executive Committee may provide a sectional tournament or authorize the region to designate its representative(s) for the state championships.

54-5-1 Adoption and Termination of State Tournaments-Each group board may adopt a state championship in a sport when fifty percent plus one of the schools and two regions within the same group sponsor that sport in the same season. The adoption must be made by June 30 of the preceding year. The Executive Committee is empowered to provide state level events for those activities which do not meet the criteria previously stated. Beginning with the 2009-10 school year, any sport that does not meet the criteria above will be evaluated annually to determine if it will be continued.

Policy Manual 54-5-1

54-5-2 Changes in State Tournament Format-Each group board may make changes in its state tournament format—such as sports season, number of teams, number of participants, specific events in individual sports—or may drop a championship if the following provisions are met.

(1) For items which are NOT designated in this *Handbook*, the group board must take action by June 30 of the preceding year; or

(2) For items which ARE designated in this *Handbook*, the Executive Committee must take action by June 30 of the preceding year or pass emergency legislation to change the *Handbook*.

ATHLETIC ACTIVITIES

54-5-3 State Tournament Postponement Policies:

(1) In the event of unusual conditions, and when the VHSL Executive Director determines that the state tournament cannot expediently be postponed, the state tournament **can** be played if a majority of teams are at the state tournament site.

(2) In the event unusual conditions prevent a majority of teams from arriving at the state tournament site on time, the state tournament director with approval from the VHSL Executive Director has the authority to re-arrange the original schedule to allow the late-arriving team(s) the latest possible scheduled playing time.

54-6-1 Scrimmages-A scrimmage is a practice session between two or among three organized teams, or between groups of players representing their respective teams, or between one organized team and a group of players from another organized team which is representing its team in play. A scrimmage in wrestling may involve a maximum of four teams.

54-6-2 Member schools are prohibited from participating in, or allowing their teams or players representing the teams to participate in, more than two scrimmages in any sport. A football team may participate in two scrimmages if it has scheduled a minimum of 18 and a maximum of 20 regular daily sessions of training and practice; otherwise, the football team is limited to one scrimmage. A wrestling team whose membership has been depleted by elimination of its team members in the district and/or regional meets can seek workout arrangements with other teams without being held in violation of Section 54-6-2, but may not continue practice beyond the conclusion of the state wrestling tournaments.

54-6-3 Scrimmages are teaching situations at which coaches are expected to interrupt the practice session to provide instruction from time to time. Prior to any scrimmage the coach should outline the basic purposes and aims of the particular scrimmage so that the players may receive the maximum training and practice from the scrimmage. Principals responsible for a scrimmage shall observe the following guidelines, except as permitted in 54-6-4:

(1) No public announcement of the scrimmage should be made and coverage by the news media should be discouraged;

(2) No admission price shall be charged anyone for attendance at a scrimmage;

(3) Officials may be paid travel fees if applicable, but not game fees;

(4) Each school in a scrimmage shall be limited to no more than 1 1/2 times the normal length of the contest (ex. football and basketball, 6 quarters; baseball, 10 1/2 innings);

(5) No scrimmage shall be converted into an actual game situation; and

(6) Except for those rules which have been modified by the provisions of this paragraph, all League rules shall apply to scrimmages.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

54-6-4 Jamborees-A member school may participate in a baseball, basketball, field hockey, football, soccer, softball, volleyball or wrestling jamboree if the following conditions are met.

Policy Manual 54-6-4

(1) General Conditions:

(a) The jamboree must be sanctioned by the VHSL, Inc. and must be sponsored by member schools only;

(b) Member schools may participate in two jamborees in each sport allowed with each jamboree being in lieu of a permitted scrimmage(s) or benefit game. Jamborees are limited to a maximum of eight teams;

(c) A jamboree shall be played under game conditions including the wearing of game uniforms, use of registered officials and charging of admissions;

(d) Only those expenses as outlined by the Executive Committee and printed on the Jamboree Sanction Form may be included in computing the net proceeds; and

(e) Eighty (80) percent of the net proceeds will be shared by the competing schools and twenty (20) percent of the net proceeds will be deposited into the VHSL state treasury.

(2) Baseball Jamboree-In lieu of one authorized scrimmage, a school may participate in one baseball jamboree of ten (10) innings per team. Pitching restrictions (56-1-1) apply.

(3) Basketball Jamboree-In lieu of one authorized scrimmage, a school may participate in one basketball jamboree of six (6) quarters.

(4) Field Hockey Jamboree-In lieu of one authorized scrimmage, a school may participate in one field hockey jamboree of three (3) halves.

(5) Football Jamboree-In lieu of one authorized scrimmage, a school may participate in one football jamboree of six (6) quarters.

(6) Lacrosse Jamboree-In lieu of one authorized scrimmage, a school may participate in one lacrosse jamboree of three (3) halves.

(7) Soccer Jamboree-In lieu of one authorized scrimmage, a school may participate in one soccer jamboree of three (3) halves.

(8) Softball Jamboree-In lieu of one authorized scrimmage, a school may participate in one softball jamboree of ten (10) innings per team.

(9) Volleyball Jamboree-In lieu of one authorized scrimmage, a school may participate in one volleyball jamboree of eight (8) games.

ATHLETIC ACTIVITIES

(10) Wrestling Jamboree-In lieu of one of the two authorized scrimmages, a school may participate in one wrestling jamboree consisting of a maximum of 28 matches with no individual competing more than twice.

54-7-1 Broadcasts and Telecasts for State Tournaments-Charges for radio broadcasts and telecasts of state level contests shall be set by the State Executive Committee. No advertising for tobacco, alcoholic beverages or patent medicines may be associated with the broadcasts.

54-8-1 Contest Limitations-No member school may permit its athletes or teams to compete in more than the total number of regular season interscholastic contests, meets or tournaments specified below for each sport either on the varsity or sub-varsity level. In the sport of tennis participants would be limited to three matches per day; in wrestling, the limit is five matches per individual per day over no more than two days. In wrestling, each individual is limited to 60 mat appearances prior to the culminating district tournament (or the published VHSL calendar district deadline if no district tournament is held).

Policy Manual 54-8-1

Baseball - 20
Basketball - 22
Cheer - 5
Cross Country - 10
Field Hockey - 16
Football - 10
Golf- 12
Gymnastics - 10
Indoor Track - 10
Lacrosse - 14
Soccer - 16
Softball - 20
Swimming - 10
Tennis - 16
Track - 10
Volleyball - 20
Wrestling - 12

54-8-2 Exception:

(1) Female golfers may participate in no more than three VHSL-sanctioned all-girls invitational golf tournaments in addition to the golf contests permitted in 54-8-1.

54-8-3 Interpretations:

(1) In creating schedules within the Contest Limitation Rule, schools must count the maximum number of games possible in any invitational, whether or not they ultimately play those games, and they may not later add games to replace those not played.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(2) Benefit Game-These games are optional, one per revenue sport, and may not extend the season. They do not count against the season limitation in that sport, will not count on a school's record and will not be used as part of the football ratings system. Benefit Games must be revenue producing. After expenses, the competing schools will each receive one-third of the net income and the remaining one-third share will be sent to the VHSL. A Benefit Game may be played anytime prior to the end of the regular season but after players have met minimum practice requirements for that sport (example: 15 practices for football) and must be in lieu of an authorized scrimmage. Schools have the option of extending play beyond the normal length; the extension shall not exceed one-half the length of a game and shall be conducted under scrimmage (not game) conditions as noted in 54-6-1 through 54-6-3. In football, the game may be played including or not including the kicking game based on agreement between the two competing schools. Benefit Games must be approved in advance by the VHSL; forms for approval are in the Principal's Workbook.

54-9-1 Mandatory Compliance With All Rules-In all interscholastic athletic competitions, individual contestants and member schools shall observe and comply with all League rules and regulations set forth in Sections 26 through 33 and with the rules governing specific sports set forth in Sections 50 through 99. These rules and regulations are binding upon all member schools and may not be waived except as authorized in specific sections of this Handbook. Violations are punishable by such penalties as the appropriate district committee, interdistrict committee, Sportsmanship Committee or Executive Committee may impose.

SECTION 56: BASEBALL.

56-1-1 Pitching Regulations-A pitcher shall not pitch in more than ten (10) innings in any two consecutive calendar days. Pitching one ball or more in any one inning is considered as having pitched an inning. If a game is called due to weather or any other reason, innings pitched by any player in such game shall be counted. **Exception**-If a player is pitching in a district, region or state tournament game that is tied at the end of regulation play, he may finish such a tie game regardless of the number of innings, provided (1) he did not pitch the previous day or in the first game of a double header on the same day and (2) the tie game does not extend into a subsequent day.

56-1-2 Speed-Up Rules-The suggested speed-up rules as listed in the National Federation Baseball Rule Book shall be used in all VHSL baseball contests.

56-2-1 Light Failure-Any regular season or tournament game terminated by artificial light failure shall be considered a suspended game and shall be continued from the point of suspension at a later time, unless the two teams involved mutually agree otherwise.

56-3-1 Schedules:

(1) Each member school shall make its own playing schedule. See Sports Season Rule, 27-7-1.

(2) Each team shall be limited to a maximum of 20 games, excluding district, regional and state tournament games.

ATHLETIC ACTIVITIES

(3) No more than three games should be scheduled in any one week. In making up schedules, schools are advised to make generous provision for games postponed because of inclement weather.

56-4-1 Ending a Regular Season Game-If a regulation called game ends in a tie score, the game shall be counted as one-half (1/2) game won and one-half (1/2) game lost (Rule Book - Rule 4, Section 2). Tie games shall not be completed (or made up) by mutual agreement.

56-4-2 Exception:

(1) Prior to the start of the season, a district council may adopt for their district games only the VHSL suspended game rule which is published in the Policy Manual.

56-4-3 If during a regular season game, darkness, rain or other cause interferes with play so that the game is called (ended) by the umpire, it is a regulation game if:

(1) five full innings have been played or if the team second at bat has scored an equal or greater number of runs in 4 or in 4 and a fraction of terms at bat than the opponent has scored in 5 terms at bat; or

(2) play has gone beyond five full innings. However, if play has gone beyond five full innings and the game is called before both teams have had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incompleted inning scores a run(s) which equals or exceeds the opponent's score, the final score shall be recorded when the game is called.

Policy Manual 56-4-2

56-5-1 Ending a Tournament Game-If during a district, regional or state tournament game, darkness, rain or other cause interferes with play so that the game is called (ended) by the umpire, it is a regulation game if:

(1) five full innings have been played or if the team second at bat has scored a greater number of runs in 4 or in 4 and a fraction terms at bat than the opponent has scored in 5 terms at bat; or

(2) play has gone beyond five full innings. However, if play has gone beyond five full innings and the game is called before both teams have had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incompleted inning scores a run(s) which exceeds the opponent's score, the final score shall be as recorded when the game is called.

(3) The Ten-Run Rule required for regular season contests is optional by district adoption for district tournament games and is not in effect for region and state tournament games.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

56-5-2 It is not a regulation game if the game is called before completion of the number of innings and conditions specified in (1) and (2) above, in which case the game shall be a suspended game and shall be continued from the point of interruption at the time, date and site designated by the tournament director. The lineup and batting order of each team shall be exactly the same as the lineup and batting order at the moment of suspension, subject to the rules governing the game.

56-6-1 Determining District Championships-Each district shall determine a district champion(s) no later than the date specified in the Activities Calendar (inside front cover of the *Handbook*). Only the district chairman can authorize the postponement of determining a district champion(s) beyond the specified deadline date. It is recommended that district champions be determined on a straight percentage basis, with each district council establishing the number of games to be required for championship ranking. A forfeiture should be counted as a game won by the school receiving the forfeit and as a game lost by the team forfeiting. If two or more teams are tied in the percentage standings, the team which has played the larger or largest number of games counted in the ranking should be declared the champion. If two or more teams are tied in the percentage standings and are ranked on the basis of the same number of League games, it is recommended that a play-off be arranged. In the event a tie for a championship exists in a district, the suggestions given above shall, if necessary, be followed in designating a district representative for the regional championship unless the district council has authorized some other method.

56-7-1 Determining Regional Championships-Each regional council shall make appropriate arrangements and determine a regional championship by a single elimination tournament, except as cited in 54-4-1, held no later than the date specified on the Activities Calendar (inside front cover of the *Handbook*).

56-8-1 Determining State Championships-The state championships shall be determined by single elimination tournaments held no later than the dates specified on the Activities Calendar (inside front cover of the *Handbook*). By Group Board adoption, the state championships shall be an eight-team tournament including the regional champion team and the regional runner-up team. Only the executive director can authorize the postponement of state quarterfinal (if adopted by group board), semifinal or final games beyond the specified dates. Regional champions (and runners-up by group board adoption) shall be matched in accordance with regulations adopted by each group board. Beginning with the 2010-11 school year, Group A schools may use a two-division format.

SECTION 58: BASKETBALL.

58-1-1 Sports Season-The League sponsors fall basketball and winter basketball programs.

58-1-2 Coaching Box Rule-Provisions as listed in the National Federation Rule Book dealing with the Coaching Box Rule (10-5-1) shall be used in all VHSL basketball contests.

58-2-1 Fall/Winter Participation Limitation-A student who wishes to participate in the fall basketball program and the winter basketball program must follow the provisions of Section 54-3-1 of this *Handbook*.

ATHLETIC ACTIVITIES

58-2-2 Varsity/Junior Varsity Tournament Participation Limitation-When a district sponsors both a postseason junior varsity and a postseason varsity tournament, a player shall be limited to participating in only one of these tournaments.

58-3-1 Schedules and Practices:

(1) Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar. See Sports Season Rule, 27-7-1. All district, regional, sectional and state basketball championships in all groups shall be determined not later than the dates specified on the Activities Calendar (inside front cover of *Handbook*).

(2) The number of basketball games in any one season shall be limited to 22 regular season games, exclusive of district, regional and state tournament games and such games as may be necessary to break ties in district standings.

58-4-1 Officials for Championship Tournaments Series-All officials who participate in regional, sectional and state tournaments will be selected by a vote of the coaches with the approval of principals. Only officials who have been classified as "Certified" will be eligible to work these games. Officials shall be assigned by draw for all regional and state basketball tournament games, unless the regional council has approved another method.

58-5-1 Determining District Championships:

(1) Each district council shall determine the method by which it shall select its champion. In the event no champion is reported by March 31, the League will record the district tournament champion as the district champion unless no tournament is held, in which case the regular season champion will be officially recorded as the district basketball champion. Teams selected to represent a district in the regional tournament must be declared by the district no later than Saturday night of the week prior to the regional tournament.

(2) Unless the district council determines another method prior to the season, district championships shall be determined by a single elimination tournament of at least four teams. It is recommended that the maximum number of teams selected not exceed eight. An elimination tournament of all competing schools is not recommended if the total number of teams exceeds eight.

(3) All competing district schools should be ranked on a percentage basis, considering all games with member schools, determined by the district council. The number of games to be required for championship consideration should be determined by the district council well in advance of the season so that schedules may be made up accordingly. Forfeiture shall be counted as a game won by the school receiving the forfeit and as a game lost by the team forfeiting.

(4) The district chairman shall institute a drawing for seeding purposes in the event there are percentage ties for teams who have won a tournament berth. In the event that two or more teams from a district are to be designated for regional tournament play, the district council may authorize play-off games between teams tied for the regular season championship. Where this is not done, the team winning the draw or flip-of-coin shall receive the higher seeding. In the event there are percentage ties for tournament berths the teams tied shall play-off the

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

tie under the following provisions: The play-off shall come not later than two days before the first game of the district tournament. If any one or more of the tying teams cannot arrange to play-off earlier than two days before the first game of the district tournament, such team or teams shall lose the right to play-off for the berth and shall forfeit the berth right to the other tying team or teams. A district council may rule that teams tied for tournament berths shall be eliminated by draw, provided the district council takes the action to specify this method and publicizes it to all member schools of the district prior to the first game of the playing season. If such action is taken and publicized, the teams tied for berths shall be eliminated by draw, as the district council or district committee shall direct.

(5) No tournament should be planned which involves more than one game per team per day, nor more than a total of three games for any one competing team in the tournament. If the number of competing teams is other than four or eight the tournament draw should be so arranged that all byes fall in the first round.

58-5-2 Districts which permit a play-off between the regular season winner and tournament winner to determine the district's one representative to the regional or state tournament shall be governed by the following provisions:

(1) If two or more teams are tied for the regular season championship, the district chairman shall draw for the first place seeding and shall, if possible, place the teams in opposite brackets in the tournament. They do not play off the tie prior to the tournament.

(2) If two of the teams advance to the championship game, the winner shall be the district's representative and there shall be no additional play-off.

(3) If one of the teams advances to the championship game and loses, it will be the regular season winner with the right to play the tournament winner.

(4) If all teams are defeated prior to the championship game, the team advancing the farthest in tournament play shall be declared the regular season champion with the right to play the tournament winner.

(5) If teams are eliminated on the same round of tournament play, they shall play-off for the right to play the tournament winner.

58-5-3 In the event the only championship declared by the district is on a straight percentage basis of regular season games, the district council shall specify the number of games required for championship ranking. If two or more teams are tied in the percentage standing, the team which has played the larger or largest number of games counted in the ranking shall be declared the champion. If two or more teams are tied in the percentage standing and are ranked on the basis of the same number of League games, it is recommended that a play-off be arranged.

58-6-1 Determining Regional Championships-Each regional council shall make arrangements for a regional tournament, except as cited in 54-4-1. The regional tournament, consisting of not less than four teams, shall determine a regional championship. The teams selected to represent a region in the state tournament must be declared no later than Saturday night of the week prior to the state tournament. If a district is entitled to more than

ATHLETIC ACTIVITIES

one representative, the district council shall determine the method by which the teams are selected so long as this method is chosen prior to the season. This may be determined by a play-off game between the teams tied for the regular season championship.

58-6-2 Basketball Playoff System (Group A and AA only)-The VHSL division basketball playoff system separates schools by regions at the 50 percent point of the total number of schools that sponsor basketball teams, and that are eligible for the playoffs, forming two divisions within each region. Beginning with the 2007 season, divisions will be established every other year prior to the opening of schools for a two-year period corresponding with the basketball contract period, based on grades 9-12 of a school's average daily membership as reported to the State Department of Education on March 31 of the odd calendar year. (Exception: The Executive Director is authorized to make exceptions when it is found that the Department of Education membership figures do not reflect complete information to place a school in its appropriate division.)

58-6-3 Group A and AA Basketball championships are classified as follows:

- Division 2 (larger schools)
- Division 1 (smaller schools)
- Division 4 (larger schools)
- Division 3 (smaller schools)

58-6-4 When dividing schools into respective divisions:

(1) If there are an odd number of schools in a region, the break point will be established at a point to include the greater number in the small-school division.

(2) If the break point causes schools with the same membership to fall into separate divisions, all schools so affected shall be placed in the small-school division.

(3) If, due to consolidation, a school's membership changes to place it in a higher division within its group, that school would be moved into the higher division but all other schools will remain where originally assigned.

58-7-1 Determining State Championships-Each group board shall determine its state basketball champion in tournaments held annually on the dates specified in the Activities Calendar (inside front cover, *Handbook*). See 54-3-1. The state tournament shall be an eight-team tournament (Group A and AA using a two-division format) including the regional champion team and the regional runner-up team. Each group board will adopt the pairings to be used in the state tournament.

58-7-2 Pairings-Pairings and sequence of games shall be posted on the web site. The pairings shall be so arranged that representatives from the same region will not meet before the state championship final.

SECTION 60: BOXING.

60-1-1 The League does not recommend nor approve boxing as an interscholastic sport.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

SECTION 62: CHEERLEADERS.

62-1-1 Rules-VHSL does permit cheerleaders to serve as an auxiliary group for any sports team sponsored by a member school. Students *selected* to be cheerleaders for a school's sports team shall comply with Parts A and C of Section 28 and the Athletic Participation/Parental Consent/Physical Examination Rule (28-9-1). The Athletic Participation/Parental Consent/Physical Examination form is also required of all students trying out for or practicing for the cheerleading squad as specified in the Note under Section 28-9-1. MEL's are required to be filed for cheerleaders. A school that sponsors cheerleaders for its school's sports teams shall comply with the following regulations in Section 27: Principal's Responsibility Rule - 27-1-1, Coaches Rule - 27-2-1, Sports Season Rule - 27-7-1, Out-of-Season Practice Rule - 27-8-1, Proselytizing Rule - 27-10-1, Sunday Rule - 27-12-1, and Sportsmanship Rule - 27-13-1. Their "season" is from the first fall practice date until the last contest by any school team they support as a cheer squad or the last day of school, whichever is later.

62-2-1 Competitive Cheer-Students selected to be cheerleaders for a school's competition squad shall comply with Parts A, B and C of Section 28. MELs must be filed for competition cheer squad members. A school that sponsors competition squad cheerleaders shall comply with all regulations in Section 27. The Executive Committee shall set the season and the Contest Limitations for competitive cheer (see Activities Calendar, inside front of Handbook, and 54-8-1).

Policy Manual 62-2-1

62-3-1 Safety Guidelines-Regulations published in the National Federation Spirit Rules shall govern all cheer practices and competitions.

62-3-2 Practice for Stunting or Competition-All cheerleading practices and performances must be conducted under proper adult supervision and must comply with 62-3-1. Prior to either the first performance involving stunting or the first competition, each participant shall practice a minimum of 20 days. The 20 daily practice sessions applies to each student and means 20 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions.

62-3-3 Insurance-The League's insurance program covers all cheer practices and competitions that are in compliance with VHSL rules.

SECTION 64: CROSS COUNTRY.

64-1-1 Rules-The rules for cross country running set forth in the current track and field rule book of the National Federation of State High School Associations shall govern all League cross country competition, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence.

64-2-1 Schedules:

(1) An athlete should not compete in more than two meets per week. Each school team shall be limited to 10 meets per season, exclusive of district, regional and state meets. A multiple school meet shall count as one meet. Each individual team member may compete in four other sanctioned meets and each competition shall count as one of the team contests as permitted in 54-8-1 of this *Handbook* for that individual, but shall not count for the team.

ATHLETIC ACTIVITIES

(2) Twenty days is the minimum number of practice days required prior to the first contest. The 20 daily practice sessions means 20 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions.

(3) District and Regional Councils are authorized to establish and hold cross country meets.

64-3-1 Championships-All groups shall determine state cross country championships in meets held annually on the dates specified in the Activities Calendar (inside front cover of *Handbook*). Participation at the state meets shall be limited to the top four teams from a regional meet and the first 15 individual finishers from each regional meet with the only exception being when a majority of regional coaches offers reasonable explanation as to why an extra individual should be entered.

64-3-2 Meet Regulations:

(1) Only entries that are submitted on the official entry form and postmarked not later than the deadline date for entry will be accepted.

(2) The meet shall be conducted over a course approximately 3 miles in length.

(3) No additions to, or changes in, the official list of entries (other than scratches) shall be permitted after the entry form has been received by the meet director.

(4) Teams shall consist of a minimum of five members and a maximum of seven members.

(5) All expenses of travel, board and lodging shall be defrayed by competing schools or their representatives.

SECTION 66: FIELD HOCKEY.

66-1-1 Schedules and Practices:

(1) Each school team shall be limited to 16 games, per season, exclusive of district, regional and state championship matches. See Sports Season Rule, 27-7-1.

(2) Fourteen days is the minimum number of practice days required prior to the first contest. The 14 daily practice sessions means 14 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions.

66-2-1 Regular Season Play-If a tie exists during regular season play, the team shall play two 15-minute sudden victory overtimes as prescribed in 66-2-3. If a tie still exists, the game shall be recorded as a tie.

66-2-2 Tournament Play-If a tie exists during tournament play, the teams shall play two 15-minute sudden victory overtimes as prescribed in 66-2-3. If a tie still exists after two sudden victory overtimes, the tie shall be broken by administering the Tie Game Procedure distributed in League publications.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

66-2-3 Sudden Victory Overtime:

(1) Prior to the start of the sudden victory overtime, there shall be a 5-minute intermission. The officials shall meet with the team captains for a coin toss. The visiting team captain shall call the coin in the air and the winner of the toss shall choose whether or not to take possession of the ball. The first team to score during the 15-minute sudden victory overtime is the game winner.

(2) If a tie still exists, a second 15-minute sudden victory overtime shall be played. Teams shall change goals and the team not having possession to start the first overtime shall have possession to start the second sudden victory overtime. The first team to score is the winner. Substitutions may be made prior to the second overtime period, during the 2-minute intermission.

66-3-1 Interrupted Tournament Games-In the event a tournament game must be suspended by the head referee because of conditions which make it impossible to continue play, the director shall; (a) Declare it an official game if one complete half or more of the game has been played and one team is ahead; (b) After completion of the first half if the score is tied, resume the game from the point of interruption; (c) If less than one complete half has been played, resume the game from the point of interruption.

66-4-1 District and Regional Championships-District and regional championships shall be set by the appropriate district or regional council on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*).

66-5-1 State Championship-Each classification shall provide a state championship on or before the date specified on the Activities Calendar if the criteria in 54-5-1 are met and the state tournament guidelines are approved by the Group Board. By Group Board approval the state tournament can be an eight-team tournament, including the regional champion team and the regional runner-up team.

SECTION 68: FOOTBALL.

68-1-1 Recommendation-The League recommends that no member school which has less than 25 students physically fit and eligible for participation engage in varsity football.

68-1-2 Combined Football Teams-Group A schools with limited enrollment may sponsor a combined football team under the following conditions;

- (1) The two schools involved must be in the same school division with a combined enrollment (grades 10-12) not to exceed 300 students;
- (2) the schools must have the written consent of their school board, and
- (3) this "combined team" must be approved by a majority vote of the Group A Board for a two-year period only. Application for a combined team must be submitted to the League office prior to March 1 in an even-numbered year.

68-2-1 Out-of-Season Practice-Any form of postseason, winter, spring, summer or preseason football practice, organized under the coach or his/her representative, is forbidden, regardless of what equipment, if any, is used. (See Section 27-7-1, Sports Season Rule for beginning dates for practice.)

ATHLETIC ACTIVITIES

68-3-1 Playing Rules-The football playing rules set forth in the current National Federation Football Rule Book shall govern all League football games, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence. Tie games shall be resolved by the procedures outlined in the National Federation Football Rule Book.

Policy Manual 68-3-1

68-3-2 Exception:

(1) Ten-minute quarters shall be used for sub-varsity games. For games involving only 8th graders, eight-minute quarters shall be used.

68-4-1 Schedules and Practices:

Policy Manual 68-4-1

(1) Each member school shall make its own schedule. Schedules shall be submitted to the League Office by May 1. Failure to comply with this provision shall impose upon the school involved a fine of \$100.

(2) No member school shall play more than 10 football games during any one season, exclusive of play-off games authorized by a group board, nor more than an average of one game per week by the same team. By group board adoption schools in that classification may permit football players to compete in no more than 40 quarters. Note: Group A, Group AA and Group AAA Boards have adopted the 40-quarter rule.

(3) Prior to the first official contest date, as published in the VHSL calendar, the football team of a member school shall have had a minimum of 15 and a maximum of 20 regular daily sessions of training and practice, the first 3 days of which players' protective equipment shall be limited to helmets and shoes, and the next two days shall be limited to helmets, shoes and shoulder pads. Each individual player, regardless of when he/she reports for practice, must undergo the first three days wearing protective equipment limited to helmets and shoes, and the next two days shall be limited to helmets, shoes and shoulder pads.

(4) *Fifteen or twenty daily practice sessions* means 15 or 20 calendar days, not counting Sundays, and has no reference to the actual number of times the squad of players appears and reappears for practice sessions.

(5) Dates 1 through the 12th football playing weekend shall be regular season dates, the 13th and 14th football playing weekends are regional semifinal and championships respectively, and the 15th and 16th football playing weekends are state semifinals and championships respectively. The first official play date shall be the Thursday preceding the Friday of Labor Day weekend.

(6) Beginning with the 2007-08 school year, dates 1 through the 14th football playing weekend shall be regular season dates and the regional championships. Each region may determine its own method for determining regional champions. The 15th and 16th football playing weekends are state semifinals and championships respectively. The first official play date shall be the Thursday preceding the Friday of Labor Day weekend.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

68-4-2 Exception:

(1) If a district or region designates a district/region first contest date later than the first official contest date as published in the VHSL calendar, those football teams shall have had a minimum of 15 and a maximum of 20 regular daily sessions of training and practice prior to that designated district/region first contest date. All other provisions of 68-4-1 (3) shall apply.

68-4-3 Postponement or Suspended Games-Postponed or suspended football games must be rescheduled for the evening or afternoon of the next calendar date, except for Sundays and except for extenuating circumstances approved by the district chairman if both schools involved are within the same district or by the regional chairman if more than one district is involved; if it is not a district or regional contest, the VHSL Executive Director will rule on the extenuating circumstances. Friday games would be rescheduled for Saturday; Saturday for Monday and Monday for Tuesday.

All make-up games must be concluded by Tuesday preceding the first regional play-off date. Games not concluded by that day will be counted as a loss for both teams. If two schools cannot agree on a make-up date, the VHSL Director shall set the date. A school may choose to forfeit only if approved by the VHSL Executive Director.

68-5-1 Determining Championships-The League declares football champions in each group at the district level and has provisions for single division or dual division champions at the regional and state levels. District champions are determined on the basis of their won-and-lost records, as prescribed in Section 68-7-1 and by each school's compliance with all provisions in 68-6-2 of this section.

68-5-2 To decide which teams will play for the regional championships and which teams will enter the state championship play-off series, an approved Rating Scale has been developed for rating each team so that the top-rated teams will meet for each championship. The Rating Scale serves the further purpose of encouraging schools to play strong schedules so that they may achieve higher rating scores.

68-6-1 Rating Scale-

(1) Beginning with the 2003-04 school year, to find the rating of a team, total the number of points it has earned in accordance with the following table and divide that total number by the number of games played.

| | Div. 6 | Div. 5 | Div. 4 | Div. 3 | Div. 2 | Div. 1 |
|---|---------------|---------------|---------------|---------------|---------------|---------------|
| For winning from | 20 | 19 | 16 | 15 | 12 | 11 |
| For losing from | 10 | 9 | 6 | 5 | 2 | 1 |
| For each game won by a defeated opponent in ANY classification | 2 | 2 | 2 | 2 | 2 | 2 |
| For each game won by a non-defeated opponent in ANY classification | 1 | 1 | 1 | 1 | 1 | 1 |

ATHLETIC ACTIVITIES

(2) Beginning with the 2007-08 school year, to find the rating of a team, total the number of points it has earned in accordance with the following table and divide that total number by the number of games played.

| | AAA | AA | A |
|--|-----|----|----|
| For winning from | 24 | 20 | 16 |
| For losing from | 12 | 8 | 4 |
| | | | |
| for each game won by a defeated opponent* in ANY classification | 2 | 2 | 2 |
| | | | |
| For each game won by a non-defeated opponent* in ANY classification | 1 | 1 | 1 |

*VHSL rating scale recognized opponents

68-6-2 When the Rating Scale is used to designate teams for championship playoffs, only games between members of the Virginia High School League and other public schools shall be counted. The following provisions apply:

- (1) All schedules shall be submitted to the League Office by May 1.

Policy Manual 68-6-2 (1), (2) and (3)

(2) It is the VHSL member school's responsibility to inform the VHSL office by May 1 of the following:

- (a) Non-VHSL opponent's schedule.
- (b) VHSL enrollment standards for classification will be applied so as to determine the awarding of bonus rating points to the VHSL member school.

Penalty: Failure to comply with 68-6-2 (1) and (2) shall impose upon the school involved a fine as stated in 30-5-1.

(3) Additional games may be scheduled after May 1 provided they are reported in writing to the Executive Director on or before September 15.

(4) Only those games originally scheduled to be played on or before the 11th football playing weekend (inside back cover, *Handbook*), with all games scheduled on or before September 15, shall be used in determining a school's rating.

Penalty: Competing schools that fail to comply with 68-6-2 (3) and (4) shall be fined as stated in 30-5-1; neither school shall receive rating points for the unreported game. Their opponents will receive appropriate rating points.

68-6-3 A forfeiture shall be counted as a game won by the team receiving the forfeit, and as a game lost by the team forfeiting.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

68-6-4 Any school that has scheduled a game to be played after the 11th football playing weekend (inside back cover, *Handbook*) shall not be eligible to compete in the championship football play-off series.

68-6-5 Exception: A school in a region composed of only two districts may schedule a regular season game no later than the 12th football playing weekend (inside back cover, *Handbook*). However, any such school that has scheduled a game to be played after the 12th football playing weekend (inside back cover, *Handbook*) shall not be eligible to compete in any championship football play-off series.

68-7-1 District Champions-A district football champion shall be determined in the following manner and the minimum number of games and the minimum number of district opponents required for championship eligibility shall be one less than the number of football playing schools in the district unless the district council by unanimous consent agrees to a lower number. A school shall be deemed to have played the minimum number of district opponents if it plays all district schools willing to play it. A school which refuses to play the minimum number of district opponents shall be ineligible for the district championship or for any consideration for a play-off berth in any championship series. The district champion shall be the team which has the highest percentage of games won, out of the total number of games played; and the only games to be counted in the computation of percentage shall be (1) games with other schools of the same district except those which the district council by unanimous consent, before the opening of the playing season, excluded from the computation, and (2) non-district games which the district council, in accordance with Section 21-4-3, authorized to be counted toward championship eligibility. No school may be designated as a district champion that fails to comply with all provisions in 68-6-2 of this section. If two or more teams are tied in their percentage standings, the district committee shall declare them cochampions.

Note: The term *opening of the playing season* is defined as the date of the first game played by any team of the district.

68-7-2 Exception: Any district council with eleven or more member schools, prior to the beginning of the football season, may unanimously agree to a different method to determine the district football champion with the provision that if cochampions are declared by the district, the current *Handbook* sections shall apply. Any such systems devised shall be filed with the League office before the opening of the football season.

68-7-3 A forfeiture shall be counted as a game won by the team receiving the forfeit, and as a game lost by the team forfeiting.

68-8-1 Football Playoff System-The VHSL football playoff system separates schools by regions at the 50 percent point of the total number of schools that sponsor football teams, and that are eligible for the playoffs, forming two divisions within each region and group. Beginning with the 1999 season, divisions will be established every other year prior to the opening of schools for a two-year period corresponding with the football contract period, based on ungraded students and on grades 9-12 of a school's average daily membership as reported to the State Department of Education on March 31 of the odd calendar year. (Exception: The Executive Director is authorized to make exceptions when it is found that the Department of Education membership figures do not reflect complete information to place a school in its appropriate division.)

ATHLETIC ACTIVITIES

68-8-2 Football championships are classified as follows:

| | |
|-----------|---|
| Group AAA | Division 6 (larger schools) Division 5 (smaller schools) |
| Group AA | Division 4 (larger schools) Division 3 (smaller schools) |
| Group A | Division 2 (larger schools) Division 1 (smaller schools) |

68-8-3 When dividing schools into respective divisions:

(1) If there are an odd-number of schools in a region, the break point will be established at a point to include the greater number in the small-school division.

(2) If the break point causes schools with the same membership to fall into separate divisions, all schools so affected shall be placed in the small-school division.

(3) If, due to consolidation, a school's membership changes to place it in a higher division within its group, that school would be moved into the higher division but all other schools will remain where originally assigned.

(4) Effective with the 2005-06 school year, if a school is placed in a football division and its enrollment is at least 50% smaller than that of the largest school in that division, the school could appeal its placement to the Executive Committee for assignment to the smaller division no later than September 1.

68-8-4 Regional Representation-There shall be four regional play-off teams in each division unless a region has adopted an expanded format in accordance with 68-4-1 (5) and 68-8-5 (4).

(1) District champions will advance to the regional play-offs in the division to which their size qualifies them, subject to any qualifications or modifications affecting combination districts as approved by the appropriate region councils and the Executive Committee. If two or more teams in a district are tied in their percentage standings, each shall be declared a cochampion and the provisions of this section, in the order given, shall be used to designate one of them as the district's play-off representative. All ties, including seeding ties, between or among any teams eligible to participate in the regional semifinal or regional final football play-off series shall be resolved by applying the following provisions in the order listed:

(a) The Rating Scale-Considering all regular season games played against public schools and scheduled in accordance with the provisions of 68-6-2.

(b) The winner of any games between the two tied teams if only two teams are involved. If more than two teams tied, and one of the tied teams beat all other tied teams, that team shall advance.

(c) The team with the better record against all common opponents.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(d) The team with the highest winning percentage against rating-scale-recognized opponents.

(e) The team with the higher average rating of all of each team's opponents.

(f) The regional chairman or his/her alternate if his/her school is involved, shall draw by lot to determine the playoff representative.

(2) The rating scale will be used to determine the remainder of the four team regional representation with the highest rated schools not qualifying as district champions advancing to the play-offs in the division to which their size qualifies them.

(3) District champions receive an automatic berth into regional competition utilizing the VHSL power rating system for seeding all teams. Seeding would be based solely upon the final power ratings.

68-8-5 Regional Championships-Each region shall determine regional football champions in two divisions through play-off games held no later than the date specified in the Activities Calendar (inside front cover, *Handbook*). Arrangements for the regional game(s) shall be prescribed by the regional council.

(1) Within each division play-off, teams will be seeded from one to four based on their VHSL power rating. Ties shall be resolved by the procedures outlined in Section 68-8-4 (1).

(2) The first seeded team shall play the fourth seeded team and the second seeded team shall play the third seeded team on the 11th football playing weekend (inside back cover, *Handbook*), with the winners of those games playing a week later for the regional championship. These pairings may be changed by the regional council for geographical or other specific considerations.

(3) If any regional quarterfinal, semifinal or regional final football game should end in a tie, the tie shall be resolved by the procedures outlined in the National Federation Rule Book.

(4) In an eight-team play-off, the seeded match ups would be as follows: 1 vs. 8; 2 vs. 7; 3 vs. 6; 4 vs. 5.

(5) Regions are free to determine Regional Championship formats. Regions may seed quarterfinals and semifinals as they determine.

68-8-6 State Championships-Each group shall determine state football champions in two divisions by single elimination play-off games which shall be held no later than the dates specified on the Activities Calendar (inside front cover, *Handbook*). Regional champions shall be matched in the semifinal games in accordance with the regulations adopted by each group board, and the winners of these two games shall play for the state championship. If a semifinal or final game ends in a tie, the tie shall be resolved by the procedures outlined in the National Federation Football Rule Book.

ATHLETIC ACTIVITIES

SECTION 70: GOLF.

70-1-1 Playing Rules-The golf rules set forth in the current rule book of the United States Golf Association shall govern all League golf matches and tournaments, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence. Girls competing on the boys team, where there is no separate girls team, will play 85 percent of the distance from the men's tees. The course pro will determine which holes and which tees are necessary to accomplish the 85 percent (or as close to as reasonably possible). It is the home team coach's responsibility to provide this information to opposing teams prior to the start of the match. If the course pro cannot determine the 85 percent factor, girls may play from the designated women's tee.

70-1-2 Playing Etiquette-

(1) A player will not be permitted to throw or abuse any piece of equipment during the match.

Penalty: First Offense - 2 stroke penalty
Second Offense - Disqualification from match

(2) A player shall not use profanity during the match.

Penalty: First Offense - Warning
Second Offense - 2 stroke penalty
Third Offense - Disqualification from match

(3) A player shall not use tobacco or tobacco-like products during the match.

Penalty: First Offense - 2 stroke penalty
Second Offense - Disqualification from match

70-2-1 Schedules-Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar. See Sports Season Rule, 27-7-1. Each school team shall be limited to 12 matches per season, exclusive of district, regional and state tournament matches. A multiple school match shall count as one match.

70-3-1 Championships-League schools shall determine district, regional and state team and individual championships in tournaments held on the dates specified on the Activities Calendar (inside front cover of *Handbook*). District individual and team championships may be determined at the discretion of the appropriate district council.

Policy Manual 70-3-1

70-4-1 District Procedures-A team shall consist of a minimum of four players and a maximum of six players. District championships may be determined by regular season play or through tournament play. District councils may select either match or stroke play for regular season and district championship matches. Each district should have in place a format for breaking ties during the regular season. For tournament tie breaking procedures refer to section 70-8-1.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

70-5-1 Determining Regional Championships-Qualifications for the regional tournament shall be set by each regional council. Failure of a region to determine its appropriate representatives on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*) shall disqualify the regional winners from competing in the state championship. A team shall consist of a minimum of four players and a maximum of six players. Each entrant shall play either 18 or 36 holes of stroke play (determined in advance by individual regional councils). The four-man team with the lowest aggregate score for the tournament shall be declared the regional champion. The individual with the lowest aggregate score shall be declared the individual regional champion.

70-6-1 Determining State Championships:

(1) All groups shall determine state team and individual championships on the date specified on the Activities Calendar (inside front cover of the *Handbook*). All championship matches on the state level shall be determined by stroke play.

(2) For the state tournament each region may qualify 2 teams that will provide an 8 team state tournament. Alternates for individual qualifiers will be determined by the results of regional tournaments. The tournament director must be notified by the regional director regarding substitutions by noon of the day before the state tournament begins. Each region may further qualify 6 individual golfers determined by the 6 lowest regional scores attained by golfers who are not members of qualifying teams. A team shall consist of a minimum of four players and a maximum of six players.

(3) Each entrant should play 36 holes of stroke play. The team score for each 18 holes will be the total of the four lowest scores for the individual team members for those 18 holes. The team score for the tournament will be the total of each team's two 18 hole rounds as determined above. The team with the lowest score for the tournament will be declared the state team champion. The individual with the lowest 36 hole aggregate shall be declared the individual champion. For Play Stoppage Rule see section 70-7-1.

(4) The tournament director will assign competitors on the basis of schools represented and scores reported on the entry form. On the first day pairings will be as follows:

a. Pair the four regional championship teams together with No. 1 through No. 6 players respectively in each foursome and one from each region in each foursome.

b. Pair the four regional runner-up teams together in the same manner.

c. Pair the first through the sixth individuals from each region in the same manner.

d. When possible, players will tee off, each day, from the front and back nine, with the best scores teeing off last. Tee times will be based on entries for day one and based on first day scores for day two. Second day foursomes will be assigned by using the first day's scores. Players from the same school may not be paired together. Players with best scores from the first day will play last.

ATHLETIC ACTIVITIES

Options for front and back nine starts:

- (1) Teams (48 players) off one nine and individuals (24 players) off the other nine.
- (2) Divide the field of 72 players into two groups of 36.

e. If only one tee area can be used each day, players with the best scores will tee off first to promote faster play. On the first day, individuals will tee off first followed by teams. On the second day, teams will tee off first followed by individuals.

f. Alternates listed on the team entry form may be inserted on either day of the tournament until the scheduled tee time for the individual being replaced.

(5) In addition to provisions of USGA Rule 8, each team may appoint only one person, either its head or assistant coach as identified to the tournament director before the start of the competition each day, to give advice or ask for advice from members of that team. The designated coach may not be given advice or ask for advice from another team's players or coaches or from any other representative of his/her own team. Advice may be given anytime on the course except on the green, where coaches will not be permitted. Swing demonstration and shot alignment will also be prohibited by the coach. Coaches whose players fall out of position when competing in an event in which the VSGA Pace of Play flag system is in effect will only be allowed to give advice from green to tee, and only when all balls of all players in the group are no longer in play. Once players are back in position as noted by the flag system, coaches will regain their full advice privileges. Advice is to be given in a private manner that does not unduly delay play. The penalty for breach of conditions by a player is a two-stroke penalty, by a coach is two strokes added to his/her team's score.

(6) Local rules of the host club shall be observed implicitly, and the authorized faculty sponsor for each competing school shall be responsible for such compliance by members of his/her group. As noted under Rule 6-3 of the USGA rules, if the player arrives ready to play within five minutes after his/her starting time, the penalty for failure to start on time is two strokes to be added to the first hole score. No caddies or carts shall be used by participants. The tournament director may share his/her responsibility to rule on technical questions arising from play to some other person and/or committee, appointed by the director. The decisions of the committee are final.

Policy Manual 70-6-1 (6)

(7) Competing teams and individuals shall defray all expenses of travel, board, lodging and other incidental expenses. All equipment, including balls, shall be furnished by competing teams or individuals.

70-7-1 Play Stoppage-In case the state tournament cannot be completed in its entirety (inclement weather, darkness or otherwise), the following rules shall apply:

(1) If the first day is entirely rained out, scores for completed holes on the second day will determine the team and individual champions.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(2) All rounds in which participants begin on the same tee will consist of two nine-hole stipulated rounds and will follow USGA rules in calculation of scores.

(3) All rounds which involve multiple tee starts will count only scores for holes completed by every individual.

(4) All ties will be broken using USGA standards. For purposes of competition, last nine will include holes 10-18 and the first nine will consist of holes 1-9. In the case of ties involving teams, the four lowest individual scores for that day will be used in all calculations.

70-8-1 Breaking Team Ties-Team ties for district, regional and state champions and qualifiers for the next level of play, and for place finishers at the state tournament will be resolved in the following manner:

(1) Each coach will select 4 players to represent the school in the playoff.

(2) Playoff will start on a hole designated by the tournament director.

(3) A sudden victory format will be used. The aggregate total, after each hole, of the four-member teams, will count.

(4) Each coach must rank his/her players 1 through 4.

(5) In a two team playoff, the third and fourth ranked player from each team will be paired together in a foursome. In a three or four way tie, one player from each team will be paired with equally ranked members of each team.

(6) Play should be continuous. When the first group finishes the first hole, they should move directly to the second hole and continue play.

(7) Play will continue until all ties are broken.

(8) In the event a playoff cannot be completed, all ties will be broken using the acceptable method of matching cards as prescribed in Appendix I of the USGA Rules of Golf.

70-8-2 Breaking Individual Ties:

(1) In the event of a tie in a stroke play competition, a hole-by-hole playoff will be used to determine placement. The hole or holes to be used should be designated prior to the tournament or as soon as appropriate during the tournament.

(2) In the event a playoff cannot be completed, all ties will be broken using the acceptable method of matching cards as prescribed in Appendix I of the USGA Rules of Golf.

ATHLETIC ACTIVITIES

70-9-1 Practice Round on Sunday-When the district, regional or state championship is scheduled to open on Monday, schools have permission to have a practice round at the site on the Sunday preceding the championship unless the district or region denies permission for a Sunday practice preceding its own championship. It is strongly recommended that only courses that can provide adequate practice time be considered for a state championship.

SECTION 72: GYMNASTICS - SPRING.

72-1-1 Rules-The rules set forth in the current boys gymnastics rule book of the National Federation of State High School Associations shall govern all League spring gymnastics meets.

72-2-1 Schedules-Each school team shall be limited to 10 meets per season, exclusive of district, regional and state championship meets. See Sports Season Rule, 27-7-1. A multiple school meet shall count as one meet.

72-3-1 Determining State Championships- Member schools shall determine a state team champion and a state individual champion in each event at a meet held on the date specified on the Activities Calendar (inside front cover of *Handbook*) if the criteria in 54-5-1 are met and the state meet guidelines are approved by the Group Board.

SECTION 74: GYMNASTICS - WINTER.

74-1-1 Rules-The rules set forth in the current girls gymnastics rule book of the National Federation of State High School Associations shall govern all League winter gymnastics meets, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence.

74-2-1 Schedule-Each school team shall be limited to 10 meets per season, exclusive of district, regional and state championship meets. See Sports Season Rule, 27-7-1. A multiple-school meet shall count as one meet.

74-3-1 Determining District and Regional Championships-Qualifications for district and regional meets shall be set by the appropriate district and regional councils. Failure of a region to determine its representatives for the state meet on or before the dates specified on the Activities Calendar (inside front cover of the *Handbook*) shall disqualify the regional representatives from the state meet.

74-4-1 Determining State Championships-Group AAA shall determine its state team and individual champions on the date specified on the Activities Calendar (inside front cover of *Handbook*).

74-4-2 State Meet Entries-Eligibility of teams and contestants shall be governed by the following provisions:

(1) **Team Gymnastics**-Each team shall be limited to a maximum of five entries per event, and if five gymnasts are entered, one entry must be all-around. If no all-around is entered, a team is limited to four entries per event. An alternate(s) for team competition is/are permitted for all meets.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(2) Only entries which are properly submitted to the state director and postmarked not later than the deadline date will be accepted. No additions to floor changes in the official list of entries shall be permitted after the entry form has been received by the state director, except as noted in (5) below.

(3) **Team Championship**-Each Group AAA region may qualify the regional champion team and the regional runner-up team to compete for the Group AAA team championship.

(4) Open Individual/All-Around Championships-Either of the following methods may be used.

(a) For gymnasts in a region sponsoring a regional meet-Each region may qualify the top eight finalists per event (inclusive of all-around), the top four all-around finalists, any individual not placing who scores a state qualifying individual score by event or any all-around gymnast not placing who scores a state qualifying all-around score in the regional meet.

(b) For gymnasts in a region not sponsoring a regional meet-At a VHSL-sanctioned post-season meet following the district championships, qualifiers may include the top eight finalists per event (inclusive of all-around), the top four all-around finalists, any gymnast not placing who scores a state qualifying individual score by event, and any all-around gymnast not placing who scores a state qualifying all-around score.

(c) State qualifying scores shall be published by VHSL each year.

(5) Alternates are permitted for events in team competition, and for events in individual competition. If a gymnast qualifies to the state meet in an individual event and then withdraws from competition, her place may be taken by the next placing contestant for that event in the regional meet. Known scratches shall be reported to the State Gymnastics Tournament Meet director by 9:00 a.m. Thursday before the State Tournament with the name and school of the qualified replacement. No alternates for individual competition will be allowed after 9:00 a.m. Thursday before the State Tournament.

74-5-1 Expenses-Competing school teams or contestants shall provide for their own expenses for travel, board, and lodging.

SECTION 76: INDOOR TRACK.

76-1-1 Schedules and Participation-Fourteen days is the minimum number of practice days required prior to the first contest. The 14 daily practice sessions means 14 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions. Each school team shall be limited to 10 meets per season, exclusive of district, regional and state championship meets. See Sports Season Rule, 27-7-1. A multiple school meet shall count as one meet. Each individual team member may compete in four other sanctioned meets and each competition shall count as one of the ten contests as permitted in 54-8-1 of this *Handbook* for that individual, but shall not count for the team.

ATHLETIC ACTIVITIES

76-1-2 In one meet a contestant may compete in any number of field events but shall be limited to participation in any three running events except that a contestant who competes in the 3200 meter run may compete in only one other running event. No individual contestant may compete in more than one meet in any one day. In any meet over two days a contestant competing in the 3200 meter run may compete in two additional running events as long as only one of the two is contested on the same day as the 3200 meter run. If an athlete at the district, region or state meet is excused from an event by a certified athletic trainer or a physician appointed by the games committee, that athlete will be eligible for any and all other events entered unless the certified athletic trainer or physician determines that the athlete's health would be in danger with any further participation.

76-2-1 Championships-District and regional championships may be determined if authorized by the appropriate district or regional councils. Entry limits shall be set by each group board. Dates and sites for each state indoor track championship shall be set by the Executive Committee.

76-2-2 State Meet Entries-Eligibility of individual contestants shall be governed by the following provisions:

(1) Only entries which are properly submitted on the official entry form, available from each regional track meet director, and postmarked not later than the deadline date for entry, will be accepted.

(2) The entry list must show those participants who place first, second, third, fourth, fifth or sixth in a regional meet or who were certified by the regional or district meet director as having met the qualifying times, heights and distances for the state meet during the district or regional meet or in a regular meet of 3 or more teams.

(3) A contestant qualifying for the State Indoor Championship by placing among the top six finishers in his/her regional championship meet, may use for seeding purposes in the State Meet his/her best performance of the season as long as that performance has been made in a meet that serves as a state qualifying meet and has been verified by the District or Regional Meet Director.

(4) No additions to, or changes in, the official list of entries (other than scratches) shall be permitted after the entry form has been received by the Officials Programs Supervisor.

76-2-3 State Meet Events-55 meter hurdles, 55 meter dash, 800 meter relay, 1600 meter run, 500 meter run, 1000 meter run, 300 meter dash, 3200 meter run, 1600 meter relay, 3200 meter relay (by Group Board adoption), shot put, long jump, pole vault (by Group Board adoption), triple jump and high jump. Note: Group AAA and Group AA have adopted the 3200 meter relay for boys and girls; Group AAA and Group AA have adopted pole vault for boys and girls.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

SECTION 77: LACROSSE.

77-1-1 Season-Lacrosse is a spring sport for both boys and girls.

77-2-1 Schedule-Each school team shall be limited to 14 games, exclusive of district, regional and state championship games.

77-3-1 Playing Rules-The lacrosse rules for girls as published by the U.S. Women's Lacrosse Association and the lacrosse rules for boys as published by the National Federation of State High School Associations shall govern all League contests, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence.

77-3-2 Interrupted Girls Post Season Tournament Games-In the event a post season tournament game must be suspended by the referee due to conditions which make it impossible to continue play, the director shall:

(a) Declare it an official game if 80% (40 minutes) of the playing time has elapsed and one team is ahead;

(b) After completion of 80% (40 minutes) of the playing time, the score is tied, resume the game from the point of interruption;

(c) If less than 80% (40 minutes) of the playing time has been completed, resume the game from the point of interruption.

77-3-3 Interrupted Boys Post Season Tournament Games-In the event a post season tournament game must be suspended by the referee because of conditions which make it impossible to continue play, the director shall:

(a) Declare it an official game if three periods or more of the game has been played and one team is ahead;

(b) After completion of three periods or more of the game and the game is tied, resume the game from the point of interruption;

(c) If less than three periods have been played, resume the game from the point of interruption.

77-3-4 Ending a Tournament Game-If during a district, regional or state tournament game the officials determine that conditions make it impossible to continue play:

(a) If half or more of the game has been completed and one team is ahead, it is an official game;

(b) If half of the game has been completed and the score is tied, the contest is resumed from the point of interruption;

(c) If less than half of the game has been completed, the contest is resumed from the point of interruption.

ATHLETIC ACTIVITIES

SECTION 78: SOCCER.

78-1-1 Season-Regional councils may declare soccer a fall, winter or spring sport. See Sports Season Rule 27-7-1.

78-2-1 Schedule-(Fall Season Soccer Only - Fourteen days is the minimum number of practice days required prior to the first contest. The 14 daily practice sessions means 14 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions.) Each school team shall be limited to 16 games, per season, exclusive of district, regional and state championship games.

78-3-1 Eight Goal Rule-Each district council has the authority to adopt the Eight Goal Rule for its district competition. The Eight Goal Rule provides that a game shall end after 20 minutes of the second half have been played if a team is behind by eight or more goals.

78-4-1 Regular Season Play-If a tie exists in regular season play, the teams shall play two five-minute overtime periods. At the end of the first overtime period, teams shall change ends of the field. If a tie still exists, the game shall be recorded as a tie.

Policy Manual 78-4-1

78-5-1 Tournament Play-If a tie exists during tournament play, the tie shall be broken by the Tie-Game Procedure distributed in League publications.

78-5-2 Interrupted Tournament Games-In the event a tournament game must be suspended by the head referee because of conditions which make it impossible to continue play, the director shall:

(a) Declare it an official game if one complete half or more of the game has been played and one team is ahead;

(b) After completion of the first half if the score is tied, resume the game from the point of interruption;

(c) If less than one complete half has been played, resume the game from the point of interruption.

78-6-1 District and Regional Championships-District and regional championships shall be set by the appropriate district or regional council on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*.)

78-7-1 State Championship-Each classification shall provide a state championship on or before the date specified on the Activities Calendar if the criteria in 54-5-1 are met and the state tournament guidelines are approved by the Group Board. By Group Board approval the state tournament shall be an eight-team tournament including the regional champion teams and the regional runner-up teams or a four-team tournament involving the regional champion teams.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

SECTION 79: SOFTBALL.

79-1-1 Softball Rules-The fast pitch game rules set forth in the current National Federation Softball Rule Book shall govern all League competition, except in those instances where these rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence.

79-1-2 Fifteen-Run Rule-Each district council has the authority to adopt the Fifteen-Run Rule for its district competition. The Fifteen-Run Rule provides that all games shall end after five innings if a team is behind by 15 or more runs and has completed its term at bat.

79-1-3 Courtesy Runner Rule-The suggested courtesy runner rules as listed in the National Federation Softball Rule Book shall be allowed in all VHSL softball contests.

79-2-1 Light Failure-Any regular season or tournament game terminated by artificial light shall be considered a suspended game and shall be continued from the point of suspension at a later time, unless the two teams involved mutually agree otherwise.

79-3-1 Schedules:

(1) Each member school shall make its own playing schedule. See Sports Season Rule, 27-7-1.

(2) Each team shall be limited to a maximum of 20 games, excluding district, regional and state tournament games.

(3) No more than three games should be scheduled in any one week. In making up schedules, schools are advised to make generous provision for games postponed because of inclement weather.

79-4-1 Ending a Regular Season Game-If a regulation called game ends in a tie score, the game shall be counted as one-half (1/2) game won and one-half (1/2) game lost (Rule Book - Rule 4, Section 2). Tie games shall not be completed (or made up) by mutual agreement.

79-4-2 Exception:

(1) Prior to the start of the season, a district council may adopt for its district games only the VHSL suspended game rule which is published in League publications.

Policy Manual 79-4-2 (1)

79-4-3 If during a regular season game, darkness, rain or other cause interferes with play so that the game is called (ended) by the umpire, it is a regulation game if:

(1) five full innings have been played or if the team second at bat has scored an equal or greater number of runs in 4 or in 4 and a fraction of terms at bat than the opponent has scored in 5 terms at bat; or

ATHLETIC ACTIVITIES

(2) play has gone beyond five full innings. However, if play has gone beyond five full innings and the game is called before both teams have had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incompleting inning scores a run(s) which equals or exceeds the opponent's score, the final score shall be recorded when the game is called.

79-5-1 Ending a Tournament Game-If during a district, regional or state tournament game, darkness, rain or other cause interferes with play so that the game is called (ended) by the umpire, it is a regulation game if:

(1) Five full innings have been played or if the team second at bat has scored a greater number of runs in 4 or in 4 and a fraction terms at bat than the opponent scored in 5 terms at bat; or

(2) Play has gone beyond five full innings. However, if play has gone beyond five full innings and the game is called before both teams have had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incompleting inning scores a run(s) which exceeds the opponent's score, the final score shall be recorded when the game is called.

(3) The Fifteen-Run Rule, which is optional by district adoption for regular season and district tournament games, is not in effect for region and state tournament games.

79-5-2 It is not a regulation game if the game is called before completion of the number of innings and conditions specified in (1) and (2) above, in which case the game shall be a suspended game and shall be continued from the point of interruption at the time, date and site designated by the tournament director. The lineup and batting order of each team shall be exactly the same as the lineup and batting order at the moment of suspension, subject to the rules governing the game.

79-6-1 Determining District Championships-Each district shall determine a district champion(s) no later than the date specified in the Activities Calendar (inside front cover of the *Handbook*). Only the district chairman can authorize the postponement of determining a district champion(s) beyond the specified deadline date. It is recommended that district champions be determined on a straight percentage basis, with each district council establishing the number of games to be required for championship ranking. A forfeiture should be counted as a game won by the school receiving the forfeit and as a game lost by the team forfeiting. If two or more teams are tied in the percentage standings and are ranked on the basis of the same number of League games, it is recommended that a play-off be arranged. In the event of a tie for a championship exists in a district, the suggestions given above shall, if necessary, be followed in designating a district representative for the regional championship unless the district council has authorized some other method.

79-7-1 Determining Regional Championships-Each regional council shall make appropriate arrangements and determine a regional championship by a single elimination tournament, except as cited in 54-4-1, held no later than the date specified on the Activities Calendar (inside front cover of the *Handbook*).

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

79-8-1 Determining State Championships-The state championships shall be determined by single elimination tournaments held no later than the dates specified on the Activities Calendar (inside front cover of the *Handbook*). By Group Board adoption, the state championships shall be an eight-team tournament including the regional champion team and the regional runner-up team. Only the executive director can authorize the postponement of state quarterfinal (if adopted by group board), semifinal or final games beyond the specified dates. Regional championships (and runners-up by group board adoption) shall be matched in accordance with regulations adopted by each group board. **Beginning with the 2010-11 school year, Group A schools may use a two-division format.**

Policy Manual 79-8-1

SECTION 80: SWIMMING AND DIVING.

80-1-1 Schedule-Each school team shall be limited to 10 meets per season, exclusive of district, regional and state championship meets. See Sports Season Rule, 27-7-1. A multiple school meet shall count as one meet.

80-1-2 Swimming Rules-As allowed by State Association Adoption, schools may enter their relay teams without individual names. It shall not count as an entry unless the competitor actually competes in the event. Any individual on the team may swim in the preliminaries, swim-offs and/or finals provided he/she does not exceed the permitted entries for the meet.

80-2-1 District and Regional Championships-District and regional championships shall be set by the appropriate district or regional council.

Policy Manual 80-2-1

80-3-1 State Championship-Each classification shall provide a state championship on or before the date specified on the Activities Calendar if the criteria in 54-5-1 are met and the state meet guidelines are approved by the Group Board.

Policy Manual 80-3-1

SECTION 82: TENNIS.

82-1-1 Playing Rules-The rules of tennis set forth in the current rule book of the United States Tennis Association shall govern all League tennis matches and tournaments, except in those instances where the rules conflict with the special rules set forth in this section, in which case these special rules shall take precedence.

82-1-2 Playing Etiquette-

ATHLETIC ACTIVITIES

(1) A player shall not display unsportsmanlike conduct such as, but not limited to, throwing/abusing equipment; hitting a ball in the direction of an opponent, official or spectator; using profane or obscene language in any way that may be heard by other persons; using obscene gestures; or threatening bodily injury.

Penalty: Apply the penalty designated by the current USTA Rule Book.

(2) A player shall not use tobacco or tobacco-like products during the match.

Penalty: First Offense - Loss of game
Second Offense - Loss of match

82-1-3 Tennis Apparel-All contestants are required to wear appropriate tennis apparel. Any major lettering or pictures on clothing must pertain to the school name or emblem and must be approved by the school's principal and appropriate tournament director.

82-2-1 Schedule-Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar. Each school team shall be limited to 16 matches, per season, exclusive of district, regional and state championship matches.

82-2-2 A tennis player may participate in a maximum of three matches in one day, with a minimum of 45 minutes between the finish of one match and the beginning of the next.

82-3-1 Team Tennis-Each team shall consist of six singles players and three doubles teams. Single players may be members of a doubles team. The six singles players on a school team shall be seeded according to their ranking and ability when compared to other players on that school team. Accordingly, the team's best player shall play in the Number 1 division, the second best player shall play in the Number 2 division, and so forth, with the weakest player in the Number 6 division. The doubles teams shall also be seeded according to their ranking and ability when compared to other doubles teams on that school team. The school's best doubles team shall play in the Number 1 division, the second best team shall play in the Number 2 division, and the weakest doubles team shall play in the Number 3 division.

82-3-2 Substitution-Substitutions shall be made by the following provision or the match at the vacated division shall be forfeited.

(1) Substitute alternate in the vacated position; or

(2) In singles, substitute alternate in the 6th singles division and move all other players up one division until all divisions are filled; or

(3) In doubles, substitute alternate in the 3rd doubles division and move all other players up one division until all divisions are filled.

82-3-3 Team Match-A team match shall consist of nine matches—six singles and three doubles. One team point shall be scored for each singles or doubles match won.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

82-4-1 District Championships-Each district shall determine its team, singles and doubles team champions on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*) or shall forfeit all district entries in the regional tournament. Unless the district establishes and announces another method prior to the season, the district champions shall be determined by the district won-loss percentage record of the team, singles player or doubles team.

82-4-2 Percentage Method-Each competing school team shall play each other competing school team in the district. All district team matches shall be considered in the ranking. For purpose in ranking a forfeiture shall count as a match won by the school receiving the forfeit and as a match lost by the school forfeiting. In determining the singles or doubles champions and runners-up, a singles player or doubles team shall play more than one-half of the matches in the team's first division.

82-4-3 District Ties-Ties shall be resolved by the following provisions:

(1) If two or more teams, singles players or doubles teams are tied, the team, singles player or doubles team which has played the larger or largest number of district matches counted in the ranking shall be declared the champion

(2) If two or more teams, singles players or doubles teams are tied and are ranked on the same number of matches, a play-off match(es) shall be played to determine the district champion.

82-5-1 Determining Regional Championships-Qualifications for the regional tournament shall be set by each regional council, except that the official line-up for team tennis listed on the official Regional Tournament Entry Form shall be the same line-up, including alternates, as used for the last regular season district contest, or, if a district tournament is held, the same as entered in the district tournament. Subsequent substitution of an alternate listed on the official Regional Tournament Entry Form is permissible if it conforms to the regulations listed in Section 82-6-2 (6) and (7) of this *Handbook*. Failure of a region to determine its appropriate representatives on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*) shall disqualify the regional representatives from the state tournament.

82-6-1 Determining State Championships-Each group shall determine the state team, singles and doubles team champions for girls and boys on the date specified on the Activities Calendar (inside front cover of *Handbook*). By Group Board approval prior to July 1 the state tournament can be an eight-team for the team, singles and/or doubles divisions. If adopted, the team competition shall be held the first week after the regional deadline; and the singles and doubles competition shall be held the second week after the regional deadline.

Policy Manual 82-6-1

82-6-2 State Tournament Entries-Eligibility of teams and contestants shall be governed by the following provisions:

ATHLETIC ACTIVITIES

(1) Regional team champions, singles champions and doubles team champions will play in the state tournament. In the event the team, singles or doubles champions cannot participate, the next-place team, singles or doubles winner may participate. Scratches of the regional team, singles or doubles team qualifiers must be announced to the state tournament director at least 24 hours prior to the beginning of the state tournament or a forfeit will result.

(2) Only entries which are submitted on the official state entry form (available from the regional tournament director) postmarked not later than the deadline date will be accepted.

(3) The official list of entries shall be the same as the list of finalists of the regional tournament, unless the substitution of alternates conforms with substitution regulations.

(4) No changes in the official list of entries shall be permitted after the entry form has been received by the tournament director, unless the substitution of alternates conforms with substitution regulations.

(5) Any player listed on the entry form as an alternate may be a substitute. Any of a school's top six singles players who is not in the school's top three doubles team line-up is considered an alternate for doubles competition. Any member of a school's top three doubles teams who is not in the school's top six singles line-up is considered an alternate for singles competition.

(6) Substitutions shall be made by the provisions in 82-3-2.

82-6-3 State Tournament Matches-A match shall be the best two-out-of-three sets with the best 7-out-of-12 points tie breaking procedure used when the set is 6-6. The tie breaking procedure is published annually in League publications.

82-6-4 State Tournament Pairings-Pairings and bracketing shall be published in League Notes. The pairings of regional teams and contestants shall be rotated so that over a three-year period each region shall be paired with each of the other regions.

82-6-5 State Tournament Director-The assistant director shall designate a tournament director who will provide all necessary officials, including a tournament referee. The director will conduct the tournament in accordance with state tournament regulations and policies. The tournament referee shall have the authority to decide all points of questions pertaining to the matches.

82-7-1 Expenses-Competing school teams or contestants shall provide their own practice balls and all expenses of travel, board and lodging.

SECTION 84: TRACK.

84-1-1 Introduction-The League sponsors separate state track and field programs for boys and girls and recommends that districts and regions offer separate programs. If a school sponsors separate teams for boys and girls, the boys team shall follow the VHSL

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

boys standards and National Federation boys rules at all levels of participation and the girls team shall follow the VHSL girls standards and National Federation girls rules at all levels of participation. If a school sponsors one team composed of members of both sexes, the principal shall designate the team as a boys team on the eligibility form. The principal shall make only one such designation each school year. The team shall follow the VHSL boys standards and National Federation boys rules at all levels of participation.

84-2-1 Schedules-Fourteen days is the minimum number of practice days required prior to the first contest. The 14 daily practice sessions means 14 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions. Each school's team shall be limited to 10 scheduled meets per season, exclusive of district, regional and state championship meets. Each individual team member may compete in four other sanctioned meets and each competition shall count as one of the ten contests as permitted in 54-8-1 of this *Handbook* for that individual, but shall not count for the team. A multiple school meet shall count as one meet.

84-3-1 Individual Participation-In one meet a contestant may compete in any number of field events but shall be limited to participation in only three running events, except that a contestant who competes in the 3200 meter run may compete in only one other running event. No individual contestant may compete in more than one meet in any one day. In any meet contested over two days, a contestant competing in the 3200 meter run may compete in two additional running events as long as only one of the two is contested on the same day as the 3200 meter run.

If an athlete at the district, region or state meet is excused from an event by a certified athletic trainer or a physician appointed by the games committee, that athlete will be eligible for any and all other events entered unless the certified athletic trainer or physician determines that the athlete's health would be in danger with any further participation.

Interpretation: A 1600 meter qualifying race and the 1600 meter run are considered two events, as are a 3200 meter qualifying race and the 3200 meter run.

84-3-2 School Participation-A school may enter as many athletes in any individual event of a district, regional or state track meet as have met the qualifying standards for that meet.

84-4-1 Determining District Championships-Each district shall determine a district team championship and individuals in each event who qualify for the regional meet in meets held no later than the date specified in the Activities Calendar (inside front cover of *Handbook*). Failure of a district to hold its championship meet on or before this deadline shall disqualify all district entries in the regional meet.

84-5-1 Determining Regional Championships-Each region shall determine a regional team championship and individuals who qualify for the state championship in each event in meets held annually on the dates specified in the Activities Calendar (inside front cover of the *Handbook*), except as cited in 54-4-1. Regional meets are required to qualify participants for the state meet. Failure of a region to hold its regional meet on or before this deadline date shall disqualify all regional entries in the state championship meet. A region may determine a maximum number of six entries per event that each district may qualify for the regional meet. A school's entry list must show only those participants who place first, second, third, fourth, fifth or sixth in a district meet, or who are certified by the district director as having

ATHLETIC ACTIVITIES

met regional meet standards in the district meet, or who are certified by the district director as having met regional standards in a regularly scheduled meet involving four or more schools.

84-6-1 Determining State Championships-Each group shall determine state track and field championships in meets held annually on the dates specified in the Activities Calendar (inside front cover of the *Handbook*). See 54-4-1.

84-6-2 State Meet Entries-Eligibility of individual contestants shall be governed by the following provisions:

(1) Only entries which are properly submitted on the official entry form, available from each regional track meet director, and postmarked not later than the deadline date for entry, will be accepted.

(2) The entry list must show those participants who place first, second, third, fourth, fifth or sixth in a regional meet or who were certified by the regional or district meet director as having met the qualifying times, heights and distances for the state meet during the district or regional meet or a sanctioned meet involving 10 or more teams which is verified by the meet director.

(3) No additions to, or changes in, the official list of entries (other than scratches) shall be permitted after the entry form has been received by the assistant director.

(4) Relay events are considered as school team events. Any student included on a school's Master Eligibility List may be included on the state meet entry form as an alternate.

(5) Each school's relay team must place first, second or third in a regional meet or must have met the state standards in a district or regional championship meet or a sanctioned meet involving 10 or more teams contingent on verification by the meet director.

(6) For the state track and field meet a school may enter a contestant who meets the state standards in a district or regional championship meet as published in League Notes.

84-6-3 State Meet Regulations-The following regulations, along with those specified under Section 84-6-2 above, shall apply to state meets, and, where applicable or practicable, to regional and district meets also:

(1) **Scoring**-Points are scored 10-8-6-5-4-3-2-1.

(2) **Order of Events**-The order of events for state meets shall be that published in the Federation Rule Books with all authorized preliminaries in the 100, 200 and hurdles being run immediately before the regular order of events.

(3) **Seeding**-Seeding for running events shall be done on the basis of times attained in district and regional meets or times attained in meeting the state qualifying standard at a sanctioned meet involving 10 or more teams which is verified by the meet director.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(4) **Lane Assignments**-Lane assignments will be drawn in advance for preliminary events. Where practical, lane assignments for other running events will be drawn in the League Office.

(5) **1600 and 3200 Meter Run**-These events may be run in one or more sections.

(6) **800 Meter Run**-This event may be run in heats or sections.

(7) **Special Arrangements**-Provided the host school can arrange it, the 1600 meter run and 800 meter run may be staggered with a break on the back stretch.

(8) **400 Meter Run**-This event may be run in lanes with the number of participants in each section being determined by the number of lanes available at the host school's track.

(9) **Relays**-These events may be run in lanes (through the first handoff for the 1600 meter relay). Sections are to be set up on the basis of times with the top seeded competitors running in the last section. If it is found necessary to run relay events in sections because of the number of entries, winners shall be selected on the basis of comparative times.

(10) **Reporting for Events**-Each contestant in a running event shall report to the clerk of the course by the third call. Failure to report by the third call will result in a scratch. Each individual declared for participation must actually participate. Any scratches in any seeded or sectioned running event following the deadline set by the state meet director in consultation with the VHSL Office will disqualify an individual from all subsequent running events. When a contestant who has qualified in a preliminary withdraws from competition, no substitute may replace him/her. No event in the meet is to be held up because a participant is engaged in another event. If a contestant is entered in a field event which conflicts in the time schedule with a track event in which he/she is entered, he/she shall make advance arrangements with the official in charge of the field event to postpone his/her trials until after the track event has been run. No track event will be held up to accommodate a contestant likewise competing in a field event.

(11) **High Jump and Pole Vault**-The starting heights for the boys and girls high jump and the boys pole vault shall be set by the Games Committee and announced at the coaches' meeting. The Games Committee is authorized to change announced heights and to determine successive elevations depending on the number of entries and the weather conditions.

(12) **Shot and Discus**-Shots and discuses shall be weighed and certified.

(13) **Disqualification**-A competitor shall be disqualified from an event if the coach, manager, attendant or anyone associated with the competitor's team is on the infield (the track, the enclosure inside or those areas designated only for officials and contestants actually participating or preparing for a subsequent event).

(14) **Events**-Meet events for the boys state track and field meet shall be as follows: 100, 200, 400, 800, 1600 and 3200 meter runs, 400 meter relay, 1600 meter relay, 3200 meter relay (by Group Board adoption), 110 meter high (39") hurdles, 300 meter intermediate (36") hurdles, long jump, high jump, pole vault (by Group Board adoption), shot put (5.443 kg.), discus (1.6 kg.) and triple jump. Meet events for the girls state track and field meet

ATHLETIC ACTIVITIES

shall be as follows: 100, 200, 400, 800, 1600 and 3200 meter runs, 400 meter relay, 1600 meter relay, 3200 meter relay (by Group Board adoption), 100 meter high (33") hurdles, 300 meter low (30") hurdles, long jump, high jump, pole vault (by Group Board adoption), shot put (4.0 kg.), discus (1 kg.) and triple jump. *Note:* Group AAA and Group AA have adopted the 3200 meter relay for boys and girls; Group AAA and Group AA have adopted pole vault for boys and girls.

(15) **Equipment**-Competing schools shall furnish their own equipment, such as shot, discus, vaulting pole and starting blocks. Meet management reserves the right to require teams to use equipment with the exception of the vaulting pole provided by meet management.

(16) **Dress**-Participants shall be required to wear school uniforms and adhere to National Federation Rule Book regulations.

(17) **Expenses**-All expenses of travel, board and lodging shall be defrayed by competing schools or their contestants.

84-6-4 Records-Track and field records and performances will be published in League publications and mailed to all member schools for review and file. Application for the certificate of approval of the Executive Committee of the VHSL, Inc. for student performances which exceed the best state meet record in all classifications in approved interscholastic meets involving four or more member school teams shall be made by the member school on Interscholastic Record Application, a standard form of the National Federation of State High School Associations, which may be obtained from the League Office. The application must be filed within five months after the record performance or the application will not be considered by the Executive Committee and the record will not be recognized,

SECTION 86: VOLLEYBALL.

86-1-1 Schedule-(Fall Season Volleyball Only - Fourteen days is the minimum number of practice days required prior to the first contest. The 14 daily practice sessions means 14 calendar days, not counting Sundays, and has no reference to the actual number of times the team appears and reappears for practice sessions.) Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar. Each school team shall be limited to 20 matches, per season, exclusive of district, regional and state championship matches. See Sports Season Rule, 27-7-1.

86-2-1 District and Regional Championships-District and regional championships shall be set by the appropriate district or regional council on or before the date specified on the Activities Calendar (inside front cover of the *Handbook*).

Policy Manual 86-2-1

86-3-1 State Championship-Each classification shall provide a state championship on or before the date specified on the Activities Calendar if the criteria in 54-5-1 are met and the state tournament guidelines are approved by the Group Board. Beginning with the 2010-11 school year, Group A schools may use a two-division format.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

SECTION 88: WRESTLING.

88-1-1 Weight Classes-Weight classes shall be 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215 and 285.

Policy Manual 88-1-2

88-2-1 Schedules-Each school shall make its own schedule. Districts are authorized to arrange one district meet during the season. Each member school is authorized to enter and participate in 12 interscholastic meets. Each individual team member may compete in three other sanctioned meets and each competition shall count as one of the 12 contests as permitted in 54-8-1 of this *Handbook* for that individual, but shall not count for the team. In addition, each member school is authorized to enter a district tournament, a regional tournament and the state tournament.

Policy Manual 88-2-1, 88-2-2

88-3-1 Seasons-Wrestling is classed as a winter sport. (See Sports Season Rule, 27-7-1.) Each school shall make its own playing schedule and allow practice within the dates published on the current year's VHSL Competition Calendar.

88-4-1 Weights:

(1) Wrestlers will follow all provisions of the VHSL Weight Control Program (WCP). All coaches are cautioned that rapid reduction and exaggerated fluctuations in weight can endanger the health of a wrestler.

(2) All wrestlers will establish a minimum weight using the procedures established under the VHSL WCP. This minimum weight must be established in a time period beginning one week prior to the VHSL practice start date and ending two weeks after the VHSL practice start date for a total of a three week period. Wrestlers weighing in at the official weigh in at a weight lower than permitted based on the allowable weight loss per week including buffer will be considered an unsportsmanlike violation and will be ejected from that date event and suspended from the next date event. Wrestlers competing in a weight class lower than their proper weight class as established by the VHSL Wrestling Weight Control Program shall be ineligible participants subject to the prescribed penalty of match forfeiture(s) and school fine for use of an ineligible. Electronic WCP school file shall be uploaded to VHSL no later than Dec. 15 and supplements to this file submitted as needed.

(3) All wrestlers will receive a one-pound growth allowance on Jan. 1 when WCP testing is completed on or before Dec. 15 with the exception of wrestlers participating in fall season playoffs as outlined in 88-4-1 (1). All wrestlers will receive an additional one-pound growth allowance on Feb. 1 when WCP testing is completed on or before Jan. 15 for a two-pound total allowance.

(4) A wrestler's minimum weight class will be determined by the initial measurements of the VHSL WCP. The minimum weight class is not impacted by any proposed growth allowance.

ATHLETIC ACTIVITIES

(5) Wrestlers must have at least one official competition weigh-in at that weight class and participate in that weight class or one weight class above to be eligible for district tournament participation at the weight class they weighed in at.

(6) Forms for reporting original wrestling weights and for necessary supplements to the original list are available upon request to all schools participating in wrestling. If a wrestler fails to make his/her weight, or fails to have his/her exact weight shown on the scales when wrestling one weight above his/her certified weight, he/she shall be reclassified and placed in the proper weight classification. The wrestler's weight classification for regional or state competition shall be that classification in which he/she entered the district tournament.

(7) A wrestler may wrestle one weight class above his/her current weight at weigh-in for that particular competition.

(a) If the wrestler desires to return to his/her certified weight after wrestling up a weight class, he/she may do so at any time during the season pending compliance with the allowable weight loss per week as indicated by the VHSL WCP. At no time may a wrestler compete in a weight class lower than his/her lowest allowable weight class as indicated by the VHSL WCP.

(b) The coach must provide proof of actual weight for all weigh-ins for each entry in the district tournament. VHSL weight form with required signatures will be used for verification.

(c) The district tournament director will be responsible for checking verification of each district entry prior to the district tournament.

(8) Principal or designee shall verify each wrestler's compliance with the VHSL WCP through verification comparing MELs with WCP Coach Official Team Reports and match weight sheets one time during the season, during the second week of January. Only the W-3 forms needs to be completed and forwarded to the VHSL office during the second week of January. WCP Coach-Official Team Reports and MELs are used only by the local principal for verification.

(9) Athletes participating in fall sport playoffs occurring after Dec. 1 are provided the option of being tested in the VHSL WCP within 8 days of participation in the athlete's last playoff contest and still be eligible for the first allowable growth allowance pound and appeals process. The eligibility for the growth allowance pound will not impact the athlete's eligibility to reach a lower weight class based on current testing results. If the athlete who competes in fall sport playoffs is not tested with 8 days of their last participation in a playoff contest, they may be tested within one week of the athlete's first wrestling practice date, and are not eligible for the growth allowance pound if the test is completed after Dec. 15.

(10) Coaches are required to complete the W-1 form for all dual meets providing allowable weight loss per week and verification the weight class entered is permitted based on the WCP Coach Official Team Report for each athlete. The date and actual weight of the most recent weigh-in is also required on the W-1 form which must be reviewed for accuracy and compliance and signed by the principal or their designee (not a coach) within 24 hours from the time of weigh-in. The host school is responsible to confirm accuracy and compliance of both team W-1 forms.

VIRGINIA HIGH SCHOOL LEAGUE HANDBOOK

(11) Coaches are required to provide WCP Coach Official Team Report and all W-1 forms (to date) to opposing coaches for review prior to each match or tournament. Coach is to report any problems to match/tournament official.

(12) Athletes should weigh prior to each practice and record the weight on a weight chart providing a tracking system that can be reviewed daily by coaches to monitor and discourage unhealthy weight bouncing.

Policy Manual 88-4-1

88-5-1 Determining Regional and State Championships:

(1) Procedures for regional tournaments will be set by the appropriate regional council. District tournaments, if necessary, and the required regional and state tournaments shall be held no later than the deadline date specified (inside front of *Handbook*). Where district and/or sectional tournaments are held, a wrestler must participate and qualify through these meets to be eligible to participate in the regional tournament. State tournament arrangements will be set by the VHSL staff. A school must enter a regional meet to be eligible to enter the state tournament. Group A, AA and AAA regions shall designate wrestlers placing 5th and 6th. Team points shall be scored for these places. Entering a wrestler in the regional tournament requires the wrestler who subsequently qualifies for the state tournament to compete. In the event a qualified wrestler cannot compete, his/her place shall be taken by the next placing contestant. Known scratches shall be reported to the State Wrestling Tournament meet director no later than the Thursday coaches meeting before the State Tournament with the name and school of the qualified replacement. The contestants who qualify in each weight class from the regional tournaments, four from each A, AA and AAA region, for the state tournament shall be bracketed for competition as designated under Section 88-6-2. In the event a region or school fails to have its qualified wrestler contest his/her assigned match, the match shall be automatically forfeited.

(2) No additions to, or changes in, the official list of entries (other than scratches and another school's replacement for scratches) shall be permitted after the entry form has been received by the meet director; however, it is mandatory that known scratches be reported to the director no later than the Thursday coaches meeting before the meet. Attention to this item will facilitate meet organization and permit all weight classes to be completely contested. When a competitor enters and subsequently withdraws from competition, no substitute may replace him/her.

(3) All expenses of travel, board and lodging shall be defrayed by competing schools or their representatives.

88-5-2 Pairings-Pairings will be determined using a rotation similar to all other VHSL activities. Each weight class will be drawn independently. At least a three-year rotation of pairings will be available on the VHSL website.