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**RULES AND REGULATIONS  
GOVERNING ATHLETIC CONTESTS SPONSORED BY  
THE SOUTH CAROLINA HIGH SCHOOL LEAGUE  
FOR 2019-20**

**HELPFUL INTERPRETATIONS**

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

**IMPORTANT DATES**

Sport	Schedule Due	First Practice	First Scrimmage	First Playing Date
Football	May 1	August 2	August 9	August 22 (varsity only)
Volleyball	May 1	August 2	August 9	August 26
Swimming	August 1	August 2	August 9	August 19
Girls Golf	August 1	August 2	August 9	August 19
Girls Tennis	August 1	August 2	August 9	August 26
Cross Country	August 1	August 2	August 9	August 26
Competitive Cheer		August 2	August 9	August 26
Basketball	October 1	November 4	November 11	December 1
Wrestling	October 1	November 4	November 11	December 1
Lacrosse	February 1	February 3	February 10	February 24
Soccer	February 1	February 3	February 10	March 2
Baseball	February 1	February 3	February 10	March 9
Softball	February 1	February 3	February 10	March 9
Boys Golf	March 1	February 3	February 10	March 9
Boys Tennis	March 1	February 3	February 10	March 9
Track/Field	March 1	February 3	February 10	March 9

## GENERAL RULES

1. National Federation Rules will be used in all games. There will be no variation unless approved by the South Carolina High School League Executive Committee or the Legislative Assembly.
2. There will be five classifications: AAAAA, AAAA, AAA, AA and A.
3. Before September 15th of each year, each region coordinator will call a meeting of all high schools in the region for the purpose of:
  - a. Checking football, volleyball, girls' golf, girls' tennis, swimming, competitive cheer and cross country schedules and the method of determining region champions.
  - b. Discussing basketball and wrestling schedules and the method of declaring the champions.
  - c. Discussing any South Carolina High School League or region business.
  - d. Electing Legislative Delegates and alternates and submitting their names to the Commissioner before November 15<sup>th</sup>.
4. Before December 15th, each region coordinator will call a meeting of all schools in the region for:
  - a. Checking basketball and wrestling schedules and method of determining region champions.
  - b. Requesting basketball officials for the region basketball tournament.
  - c. Discussing baseball, softball, soccer, lacrosse, boys' tennis, boys' golf and track and field schedules and method of declaring champions.
  - d. Other South Carolina High School League or region business.
5. Before March 15th, each region coordinator will call a meeting of all schools in the region for:
  - a. Checking baseball, softball, soccer, boys' tennis, boys' golf and track and field schedules and method of declaring champions.
  - b. Determining track program for qualifying athletes for the State Track Meet.
  - c. Determining football, competitive cheer, volleyball, swimming, girls' golf, girls' tennis, and cross country schedules and the method of declaring region champions.
  - d. Electing new officers.
  - e. Other South Carolina High School League or region business
6. Each region coordinator, or the coach of the winning team must notify the South Carolina High School League Office immediately after the deciding game or contest has been held.
7. A school will not be allowed to compete in more than one classification except in cases of combination of schools. See By-Laws Article II, Section 2.
8. The following rules and procedures shall apply to all appeals by member schools of their placement after realignment has been completed, provided the Constitution and Bylaws allow such an appeal. These rules and procedures shall apply to all realignment appeals regardless of when the realignment occurs, i.e. 2-year period vs. 4-year period. A school seeking to change its classification or region at any time between realignment periods shall be considered an appeal and follow these rules and procedures.
  - a. When the League Commissioner publishes the completed realignment to the member schools, the Commissioner shall inform the member schools of any right to appeal and of the body or bodies designated to preside over each level of appeal, as may be provided and applicable under the current Constitution and Bylaws. The Commissioner shall also determine and inform the member schools of the deadline to commence a realignment appeal.

- b. To commence a realignment appeal, the superintendent or principal of the appealing school must deliver to the League Commissioner and the presiding officer of the body designated to hear the appeal a written appeal of its realignment placement on or before the deadline set by the Commissioner.

An appealing school seeking to change classifications shall state the classification and region the school seeks to leave, the classification and region(s) in which the school wishes to be placed, and the grounds therefor.

An appealing school only seeking to change regions within the same classification shall state the region the school seeks to leave, the region in which the school wishes to be placed, and the grounds therefor.

An appealing school may propose more than one alternate placement as part of its appeal. Proposed placements not included in the written appeal will not be considered at any appeal level. Schools may not present joint appeals.

There is no required format for written appeals, provided the appeal contains the information required under this section. An appealing school may submit additional documentation and information prior to a hearing to support the grounds for its appeal

- c. At the same time the appealing school commences its written appeal in accordance with Section b., it shall also give notice of its appeal to other member schools by delivering copies of its written appeal as follows:

An appealing school seeking to change classifications shall deliver a complete copy of its written appeal to the principals of all schools in its current classification placement, and to the principals of all schools in the proposed classification placement(s).

An appealing school only seeking to change regions within the same classification shall deliver a complete copy of its written appeal to the principals of all schools within its current region placement, and to the principals of all the schools in the proposed region placement(s).

- d. If the appealing school fails to timely deliver its written appeal to a school entitled to notice under Section c, then, promptly upon discovery of the lack of notice, the school entitled to such notice may notify in writing the Commissioner or the presiding officer of the body hearing the appeal of the lack of notice and its intent to respond to the appeal as allowed under these rules. The school alleging lack of notice must demonstrate that it did not receive timely notice and was denied the opportunity to respond in accordance with these rules and procedures.

When the lack of notice is raised prior to the realignment appeal hearing, then prior to hearing the appeal, the presiding body shall determine whether (i) the school received timely notice in accordance with Section c and (ii) the school has been denied a full and fair opportunity to respond to the appeal in accordance with these rules. If the school demonstrates lack of notice and the opportunity to respond, the appeal hearing shall be delayed until the school entitled to such notice has had a full and fair opportunity to respond in accordance with these rules. The rescheduled appeal hearing shall proceed in accordance with all notice requirements and other rules and procedures contained herein.

When the lack of notice is not raised until after the realignment appeal is decided, the body who decided the appeal shall reconvene to determine whether (i) the school received timely notice in accordance with Section c; (ii) the school was unable to notify the Commissioner or the presiding body prior to the appeal hearing

that it had not received the required notice; and (iii) the school entitled to notice was otherwise denied a full and fair opportunity to respond to the appeal in accordance with these rules. If the school demonstrates these three criteria, then the prior decision shall be vacated and the body who decided the appeal shall schedule a rehearing for the appeal, which shall proceed in accordance with all notice requirements and other rules and procedures contained herein.

- e. Member schools entitled to notice of the realignment appeal under Section c. may provide written letters of support or opposition to any appealing school. Letters supporting or opposing a realignment appeal must be signed by the superintendent or principal of the member school and placed on official letterhead and must set forth the grounds for support or opposition. Letters must be delivered to the appealing school, with copies to the presiding officer of the body designated to hear the appeal and the League Commissioner, as soon as practicable but no later than five (5) business days after delivery of the written appeal. A school may submit additional documentation and information in support of or in opposition to the appeal prior to the hearing.
- f. The body designated to hear the appeal shall prepare a written notice and an agenda for any meeting at which realignment appeals will be heard. The notice and agenda shall include the date, time, and location of the meeting, each appealing school to be heard at the meeting, and the placement(s) proposed by each appealing school. The notice and agenda for realignment appeal hearings shall be delivered to the principals of the appealing schools and the principals of all other member schools entitled to notice of the appeal under Section c. as soon as practicable but no later than two (2) business days prior to the date of the appeal hearing. A realignment appeal not included on the meeting notice and agenda shall not be heard or discussed until after a written notice and agenda has been provided to the schools as required herein
- g. Any member school that has submitted a written letter of support for or in opposition to a realignment appeal in accordance with Section e., or any member school claiming it did not receive timely and/or sufficient written notice of the appeal in accordance with Section c., shall be heard at the appeal hearing, provided the following conditions are met:
  - i. Any member school that has submitted a written letter of support for or in opposition to a realignment appeal in accordance with Section e., shall be heard at the appeal hearing, provided the following conditions are met:
    - The principal of the member school notifies the presiding officer in writing at least twenty-four (24) hours in advance of the hearing that it wishes to speak at the appeal hearing, along with a brief explanation of the basis for the request and the speaker's name; and
    - The comments by the member school at the appeal hearing are not duplicative of comments previously made by other member schools in attendance. Two or more member schools may designate one person to speak on behalf of all the schools

The provisions of this section do not prevent the presiding officer of the appeal hearing from reasonably restricting a member school's ability to speak in the interest of time, efficiency, or to otherwise maintain orderly proceedings
- h. An appealing school must show "extraordinary circumstances," as defined in the League's bylaws, for an appeal seeking to set aside any written realignment guidelines or written criteria used to formulate the final realignment plan.

- i. The realignment appeal hearing shall be scheduled to allow sufficient time for compliance with all notice requirements and response deadlines set forth in these rules and procedures. The hearing shall be recorded, and the recording and all written appeals, letters, notices, and any other documents received by the presiding body shall be made part of the record of the proceeding. After the realignment appeal hearing, the presiding body shall inform the parties of its decision. Following any meeting at which any realignment appeals were heard, the presiding officer shall as soon as practicable but no later than three (3) business days after the meeting provide written notice of each appeal decision to all member schools entitled to notice under Section c. and to the League Commissioner.
- j. If there are subsequent levels of appeal provided by the Constitution and Bylaws, a member school may appeal an adverse decision by delivering a written notice of appeal to the League Commissioner and the presiding officer of the body designated to hear the next level of appeal within twenty-four (24) hours of the adverse decision that it intends to appeal. The written notice of appeal must also be delivered to all schools that previously provided letters of support or opposition in accordance with Section e. and all schools that were heard at the appeal hearing in accordance with Section g.
- k. Upon receiving a written notice of appeal, the League Commissioner (or designee) shall forward the record of the prior proceeding(s) to the body designated to hear the next level of appeal. At each subsequent level of appeal, the presiding body shall prepare and deliver a written notice of and an agenda for any meeting at which realignment appeals will be heard in accordance with Section f, and the hearings shall proceed in accordance with Section i.
- l. At each subsequent level of appeal, review shall be limited to only proposed placements that were voted upon at the first level of appeal. The appealing school may supplement its prior submissions with additional documentation and information to support its grounds for appeal. However, the appealing school cannot change or amend its appeal to include proposed placements that were not voted upon at the first level of appeal. Schools that provided letters of support or opposition in accordance with Section e., or that were heard at the appeal hearing in accordance with Section g., may supplement their prior submissions. However, no school may participate in the proceedings at a subsequent level of appeal if it did not provide a letter pursuant to Section e. or was not heard at the first level of appeal pursuant to Section g.
- m. Whenever possible, all written appeals, letters, notices and other documents required under these rules and procedures should be delivered by email.
- n. Nothing in these rules and procedures should be interpreted to prevent a member school from having its appeal heard due to a technical violation of these rules that does not prejudice any other member school's rights to notice and to be heard as provided herein. However, at any level of appeal, the provisions of Section d. apply in situations where a member school alleges it has not received notice to which it is entitled under the rules.

# RULES AND REGULATIONS GOVERNING INVITATIONALS, TOURNAMENTS, SHOWCASES AND JAMBOREES

Schools will not permit their students to participate in an invitational, tournament, showcase or jamboree unless the South Carolina High School League approves the event.

All teams competing in any of these events must be members of the League or have permission to participate. The South Carolina High School League will not sanction any invitationals, tournaments, showcases or jamborees that does not have at least one-member school participating or is beyond the regular season.

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

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

1. For each invitational, tournament or showcase in all sports, the League will charge a \$50.00 sanctioning fee.  
**NOTE:** League passes will be honored at all League sponsored events.
2. Certified officials must be used at the varsity level.
3. Adequate police protection must be furnished. (See page 17 - Police Protection)
4. All rules and regulations of the South Carolina High School League must be followed. This includes the awards rule and the amateur rule. For an invitational event, symbolic awards may be given. Trophies must be reasonable in size. Scholarships or monetary awards are in violation of this rule.
5. Total number of basketball, lacrosse and soccer games a student may play during an invitational, tournament or showcase is two per day. There must be a minimum one-hour rest between games.

## Invitationals

1. Definition of an invitational:  
An event where four or more schools are invited to participate in a series of contests at one or more locations hosted by a member school. May or may not be a tournament.

## Tournaments

1. Definition of a tournament:  
A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, tennis, lacrosse and soccer. (Maximum: 10 consecutive days for a tournament)
2. The South Carolina High School League Executive Committee has instructed the League Office to disapprove an invitational basketball tournament in which more than eight schools are involved if any part of the tournament causes loss of school time or is played on a day preceding a school day. If the tournament is held entirely during the Christmas holidays, more than eight teams may compete. Activities other than basketball are not limited to eight teams.
3. Schools are allowed preseason invitational tournament(s) **ten days** prior to the first legal playing date to include the previous weekend.

## **Showcases**

1. Definition of a showcase:  
A showcase is an invitational with four or more schools participating in contests against predetermined opponents with no championship game being played.

## **Jamborees**

1. Definition of a jamboree:  
A game like scrimmage where no team can play more than one half of a regulation contest in the event.
2. For each jamboree, the South Carolina High School League will receive 20% of the gross gate receipts in excess of \$1,500.00. The South Carolina High School League's share from any jamboree will not exceed \$5,000.00. A financial statement, the 20% and a list of participating teams must be sent to the South Carolina High School League within fifteen days.
3. Each high school is permitted to participate in one approved varsity preseason jamboree. A school may elect to participate in a second or third varsity preseason jamboree instead of one or two of the four allowable scrimmages. Each school is permitted to participate in one sub varsity preseason jamboree.
4. A school may not participate for more than ½ of a regulation game in any jamboree type event.
5. No trophies or awards of any kind may be given to a player or team for participation in a jamboree. This regulation does not forbid the presentation of a sportsmanship award to a school or awards to individuals for winning a kicking contest or a similar contest held at a jamboree.



## DEFINED SPORTS SEASONS

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

### IN SEASON

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

### OPEN SEASON

Any time except In Season and Closed Season. During open-season, coaches may conduct organized practice as specified in the Open Season/Closed Season practice schedule on page 9.

Strength and conditioning programs will not be affected by the limitation on the Open Season/Closed Season practice schedule.

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

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

**Participation cannot be mandatory for any student.**

### CLOSED SEASON

No coach/team may practice outside their in season or open season dates (refer to page 9).

No coach/team may practice after their season concludes.

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

**A coach can no longer work with any athletes during closed season.**

### JULY 4<sup>TH</sup> DEAD WEEK

No activities may take place to include strength, weight lifting, conditioning, meetings, films, practice, camps, clinics, etc.

### OTHER REGULATIONS

1. Activities that take place during the school day are local matters and are not affected by these regulations. However, any activity involving prospective athletes during the school day must be open to all students.
2. School facilities may not be used after school hours during closed season by students of a school except if they are members of an outside team clearly sponsored by an outside agency. Coaching outside teams during a closed season is permissible provided the 75% rule is not violated. (Refer page 10 for details on the 75% rule.)
3. Outdoor facilities normally available to the public will not be restricted by these regulations on non-school days. In other words, if it is the normal practice of the school to allow the general public to use these facilities on the weekends, there will be no violation if more than two students are present, provided there is no coach present, and there is no attempt to facilitate practice.
4. A coach may accompany prospective team members to a camp or clinic during a closed season, but may not be involved with teaching skills to his or her own players.

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

## Open Season/Closed Season Practice Schedule 2019-20

### Fall Sports

June 1 - July 28, 2019.....	Open Season (June 30 - July 6 Dead Week)
July 29 - August 1, 2019.....	Closed Season
August 2 - Last Contest.....	In-Season
Last Contest - April 30, 2020.....	Closed Season
May 1 - May 31, 2020 .....	Open Season (20 days of Practice)
April 5 - May 31, 2020 .....	Competitive Cheer (20 days – try-outs & practice)
May 1 - May 31, 2020 .....	Football (10 days in pads) Max

### Winter Sports

June 1 - July 28, 2019.....	Open Season (June 30 - July 6 Dead Week)
September 16 - October 30, 2019.....	Open Season (20 days of Practice)
October 31 - November 3, 2019.....	Closed Season
November 4 - Last Contest .....	In-Season
Last Contest - May 31, 2020 .....	Closed Season

### Spring Sports

June 1 - July 28, 2019.....	Open Season (June 30 - July 6 Dead Week)
July 29 - December 8, 2019 .....	Closed Season
December 9 - January 29, 2020 .....	Open Season (20 days of Practice)
December 9 - January 29, 2020 .....	Lacrosse (10 days in full gear)
January 30 - February 2, 2020 .....	Closed Season
February 3 - Last Contest.....	In-Season
Last Contest - May 31, 2020 .....	Closed Season

**NOTE: Ten days of competition are permitted June 1 - July 26, 2020. Participation at team camps and other outside organizations is included in these 10 days. No school will be permitted to attend or participate in team camps between July 27, 2020 and In-Season.**

NOTE: The exact 20 days must be documented by date and records of these days supplied to the League Office if requested.

### Penalties for Violating the Open Season Schedule

Any school allowing an illegal practice will be subject to the following penalties: may include the placing of the sport on probation.

1 day in violation / 1<sup>st</sup> occurrence per sport - \$500 fine and team loses 1 day of practice and limited to 1 pre-season scrimmage.

2 days in violation / 2<sup>nd</sup> occurrence per sport -\$500 fine and team loses two days of practice, limited to one scrimmage, cannot host any events and cannot be the home team during the playoffs

3 days in violation / 3<sup>rd</sup> occurrence per sport- \$500 fine and team loses three days of practice, limited to one scrimmage, cannot host any events and cannot participate in the post season.

# OUTSIDE COMPETITION/CAMPS AND CLINICS

## In Season

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

## Out of Season (Competition Rules)

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

1. If a coach from a school (including volunteer coaches) is associated with an outside team of an outside South Carolina High School League, no more than 75% of the allowable starters for that sport may be on the roster of the outside team. This restriction applies to all students who were included on the school's certificate of eligibility and dressed for a varsity game during the previous season. Students with no remaining eligibility will not count. There is no limit on the number of students from the same school if there is no coach involved from that school. Also, there is no restriction on baseball or softball during the months of May, June, and July as it pertains to the 75% rule.

Examples of squad limits are:

Swimming (12)	Football (8)	Girls Lacrosse (9)
Volleyball (4)	Golf (3)	Soccer (8)
Tennis (2)	Basketball (3)	Baseball (7)
Competitive Cheer (15)	Wrestling (11)	Softball (7)
Cross Country (3)	Boys Lacrosse (7)	Track (13)

2. Each year, member schools will be permitted 10 days of competition in summer leagues, team camps, or outside organizations during the time period of June 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic (except June 30-July 6). They may use school facilities and approved playing equipment for the 10 days. The exact 10 days must be documented by date and records of these days supplied to the South Carolina High School League Office if requested.
3. Any school violating either of the above may be fined up to \$500.00 and placed on probation in the sport involved.

## Camps

1. From June 1 through the day prior to the South Carolina Athletic Coaches Association annual summer clinic schools may attend camps. Participation in these camps will count toward the allotted 10 days of summer competition. (except June 30-July 6)
2. For Out of Season sports, attendance at camps; from the beginning of the South Carolina Athletic Coaches Association clinic through May 31st of each year (except June 30-July 6), are governed by the following restrictions:
  - a. The student or the parents must pay all fees and expenses.
  - b. Students may be transported by their coach to camps or clinics at any time.
  - c. A coach may serve as an instructor at the camp but may not teach skills to students from their own school or feeder school(s) during closed season.
  - d. Attendances at camps during a sports season that are controlled entirely by a school and restricted to its students are exempt from these regulations.
  - e. A violation of any part of this section may result in a fine of up to \$500 and probation on the school.

## **Clinics**

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

## **HEALTH & SAFETY**

1. All schools must have Emergency Action Plans (EAP) on file for all teams.
2. All schools must use a Wet Bulb Globe Thermometer (WBGT) to determine safe conditions for practice and/or competition during periods of high heat and humidity.
3. All schools must follow Pre-Season Practice Plans for all fall sports.
4. All coaches must be CPR/AED certified.
5. All coaches must complete courses in Concussion, Heat Acclimatization, and Sudden Cardiac Arrest and Protecting Students from Abuse.

## **SUPPORT CHEERLEADERS**

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

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

### **FOOTBALL**

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

### **BASKETBALL**

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

### **ALL SPORTS**

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

**\*\*The following are not allowed:**

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

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

## **SCHOLAR ATHLETE**

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

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

## **MULTI SPORT SEASON ATHLETE**

Each year the League will recognize student athletes in a Multi-Sport recognition program. The purpose of this recognition program is to promote multi-sport participation in the athletic culture.

The “Double Threat” award was launched to recognize those students in our member schools who letter in at least two varsity SCHSL sanctioned sports.

All nominees must meet the following criteria:

- Must have lettered in varsity sports in two seasons during the school year.

Each year the League will recognize schools who exemplify outstanding sportsmanship. The following criteria will be used for selection:

## **SPORTSMANSHIP AWARD**

Sportsmanship is a key factor in the overall development of student-athletes during their education experience. It is through learning sportsmanship that athletes and coaches are able to deal with adversity in a positive way. The South Carolina High School League challenges your school to educate and instill the values of sportsmanship throughout your school. Education is the key to success and sportsmanship is not an exception. Coaches and student-athletes need to be taught the expectations you have set forth for your school for handling adversity.

Our standard shall be that all coaches and players compete with humility and respect all involved in the contest. The purpose of this program is to promote and recognize exemplary conduct of the players, coaches and fans. The South Carolina High School Leagues encourages your school to take the challenge and make sportsmanship a priority in your school.

Sportsmanship Awards will be given out to member schools at the Spring Conference each year. The dates of the award time period are March 1, 2019 – February 29, 2020.

On-line form is to be completed no later than March 1, 2020

There are two levels of the Sportsmanship Award: Banner & Certificate.

Requirements to receive Sportsmanship Award:

### Banner

To be eligible for the banner your school must field a team(s) in each sports season. (Fall, Winter & Spring)

- Community Service Activities \* - Minimum of 4 (one can be community litter clean-up during the living clean week)
- Gold Level during Living Clean Week \*\* (one community litter clean-up & no ejections)
- Sportsmanship Program in your school \*\*\* and attendance at the SCHSL Leadership Conference
- Athlete Ejections - None
- Coach Ejection - None
- No sportsmanship issues or sanctions of fans or students at any contest

### Certificate

- Community Service Activities - Minimum of 2 (one can be community litter clean-up during the living clean week)
- Gold or Silver Level during Living Clean Week \*\* (one community litter clean-up & no ejections)
- Sportsmanship Program in your school or attendance at the SCHSL Leadership Conference
- Athlete Ejections - No more than 3
- Coach Ejection - None
- No sportsmanship issues or sanctions of fans or students at any contest

The following information will be submitted using the online form in the League website.

\* Community Service Activities – must provide description of activity, dates and photos

\*\* Living Clean Week – description of activity and photos

\*\*\* Sportsmanship Program – must provide details of program, how it is implemented in your school

## **SPORTSMANSHIP - STATEMENT OF POLICY**

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

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

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

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

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

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

The above list is not complete but it should give enough direction to coaches and officials to reach agreement on the kinds of conduct that must be eliminated. It will take a concerted effort, but we are convinced that we can keep interscholastic sports as the greatest perpetuator of sportsmanship in athletics today.

The South Carolina High School League expects that all persons representing a member school shall treat their opponents with respect and courtesy and anything less is unacceptable. Personal conduct of athletes, coaches, and other school personnel in which interscholastic athletics are not involved is a matter to be resolved by the member school. This position also gives the host school the authority to determine who may perform as a supplement at an athletic event.

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



## UNSPORTSMANLIKE CONDUCT

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

1. An athlete who is ejected for using abusive language, flagrantly or maliciously contacting another person, making obscene gestures to opponents or spectators, shall be ineligible for a minimum of the next contest to the maximum of one year depending on the seriousness of the violation.
  - a. Player(s) ejected from a contest may remain in bench area.
  - b. A suspended athlete may be in the bench area provided they are not in uniform.
2. Any ejection that warrants game(s) suspension will require the removal of the athlete's eligibility until the suspension has been served at the level of the ejection. Suspensions carry over from sport to sport and/or year to year. The student athlete is eligible for scrimmages and jamborees when the suspension is carried over from a previous sports season.
3. Game(s) suspension (depending on the nature of the ejection) may result in the following:
  - a minimum of one game for swim, competitive cheer, football, lacrosse
  - a minimum of two games for volleyball, cross country, golf, wrestling, track & field
  - a minimum of three games for basketball, soccer, baseball, softball, tennis

Ejections during post season play for all sports may result in a minimum one game suspension.

4. Any attempt to verbally abuse, make obscene gesture to, threaten or strike an official or member of the opposing coaching staff, shall be considered a serious violation making the athlete ineligible for a minimum of the next two contests to the maximum of one year. Any action that warrants a maximum penalty will also require that the school be placed on immediate probation in that sport. The South Carolina High School League Office will review any other action(s) that result in an ejection with the possibility of additional penalties.
5. Any athlete who leaves the bench area to become involved in an altercation, either physical or verbal, will be disqualified from that game and will be subject to a minimum of a next game suspension depending on his or her involvement. A school whose athletes violate this bench policy will be subject to South Carolina High School League discipline.
6. An athlete who is ejected for the second time in the same sport will have his or her athletic eligibility removed for a minimum of two weeks. An athlete who has been ejected from three contests during a school year (all sports) shall become ineligible for the remainder of the school year. Game officials must report all player ejections so that the South Carolina High School League Office can officially notify the school of each violation. When an athlete is ejected for the second time in the same sport, the school is required to immediately begin the above prescribed penalty.
7. Any post game unsportsmanlike activities that involve athletes, coaches and/or other school personnel while at the playing area.
8. A coach will be in violation of the standards for good sportsmanship established by the South Carolina High School League for:
  - a. making degrading/critical remarks about officials during or after a contest either on the field of play, from the bench or through any public news media or social media;
  - b. arguing with officials or going through motions indicating dislike/disdain for a decision;
  - c. detaining the official following the contest to request a ruling or explanation of actions taken by the official; or
  - d. being ejected from any contest.

9. A coach's action that leads to an ejection will be considered as serious unsportsmanlike conduct. The minimum penalty will be a two game suspension (Must be served at the level of ejection before resuming coaching duties at games) and a \$300.00 fine. The minimum penalty for a second offense will be two games suspension and a \$500.00 fine. If a coach is ejected from the final game of the season, the minimum penalty will be a \$500.00 fine assessed to the school.
  - a. Coaches ejected from a contest must leave the facility/stadium immediately and not return.
  - b. Suspended coaches shall not be present at the venue during any contest(s) while under suspension.
10. A school must control its spectators. In cases where spectators physically assault an official, coach, or athlete, the school shall be given one of two options: (1) To take legal action against the offender(s) that is acceptable to the South Carolina High School League or (2) be disciplined by the League.
11. A school shall not allow vulgar chants by its supporters.
12. Violation of any of the above policies will warrant South Carolina High School League discipline for the school or individual.

**Degrees Of League Discipline Are:**

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

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

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

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

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

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

13. **POLICE PROTECTION:** The host team must furnish adequate police protection at all varsity football and basketball games. Police protection may also be required at other contests if so deemed by the home school administration. Police protection must be given to all varsity football and basketball officials. Failure to protect the officials will bring immediate probation, pending an investigation. Failure to have required uniformed protection will result in a \$250.00 fine against the host school.
14. Should there be an altercation caused by players, staff, or fans, only the head coaches, or security, will go on the playing field or court to stop the participants. All assistant coaches are to keep the remaining members of the team off the playing area. Officials are instructed to take all steps possible to prevent an altercation from increasing and to bring it to a stop as quickly as possible. Officials should not be involved in controlling the persons involved once it gets underway. **All cameramen must be instructed to keep the camera running and film all of the altercation. This is vital to our investigation of the responsible parties.**

15. **Altercations during summer league/camp.** Altercations that occur during summer league/camp competition will be handled by the schools.
16. In all situations of unsportsmanlike conduct committed by the school's coaches, bench personnel, and/or players, sanctions should be issued against the individual(s) as opposed to the entire team, if at all possible. It shall be the responsibility of the offending school to investigate and report to the South Carolina High School League Office all individuals involved in unsportsmanlike conduct that cannot be detected by video, game officials' report(s), or witness statements. In absence of information (videotape, witness statements) being provided by the school, the South Carolina High School League may sanction the school. The South Carolina High School League may address the reported individuals of the unsportsmanlike act individually or collectively. The South Carolina High School League shall use information obtained through video, game officials reports, law enforcement reports, witness statements, etc., and the offending schools report to determine action(s) to be taken to address the unsportsmanlike conduct.
17. **REPEATED UNSPORTSMANLIKE BEHAVIOR.** Repeated unsportsmanlike behaviors by teams involving multiple student athletes during the same sport season may subject the school's program/team to more severe penalties, to include possible probation and/or suspension.

## **DRUGS AND ALCOHOL**

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

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

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

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

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

Member schools may compete with non-member non-public schools provided certified officials are used in varsity contests. If a nonmember non-public school is invited to attend an invitational event, such non-public school may get permission to enter from the Commissioner of the South Carolina High School League.

## **GUIDELINES FOR FINES AND LATE FEES ADOPTED BY EXECUTIVE COMMITTEE**

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

### **TWENTY-FIVE DOLLAR FINES**

1. Failure to submit sanctioning form 30 days before event
2. Failure to submit tennis ladder before noon of first play-off date

### **FIFTY-DOLLAR FINES**

1. Violation of Article VIII, Section 1 - Failure to submit varsity schedules to SCHSL or entered into Arbiter by designated times.
2. Violation of Article VII, Section 16 - Failure of a school to file a Certificate of Eligibility form prior to the specified deadline in an activity. (No games forfeited.)
3. Failure to pay a fine within 60 days.
4. A school official places the name of an ineligible student on a certificate of eligibility form and the student does not participate in a contest. (No games forfeited)
5. Failure to pay membership dues and insurance by December 1.

### **ONE-HUNDRED DOLLAR FINES**

1. A school fails to file Certificate of Eligibility or have on file any other required form prior to participation in a contest or omits a student's name that participates. (No games forfeited)
2. Unsportsmanlike actions of players, coaches or spectators. (Minimum)
3. Failing to meet the deadline to enter the play-offs.
4. Non-attendance at mandatory rules clinics.
5. A school permits an ineligible student to participate in a scrimmage or jamboree.
6. A coach fails to complete a required safety course or training.

### **TWO-HUNDRED FIFTY DOLLAR FINES**

1. Failure to have required uniformed protection will result in a fine against the host school.

### **THREE-HUNDRED DOLLAR FINES**

1. Ejection of coach (see Statement of Policy – page 15). If final game of season, \$500.00.

### **FIVE-HUNDRED DOLLAR FINES**

1. A school official removes a team from the playing area before a game is completed.
2. Serious unsportsmanlike actions of players, coaches or spectators.
3. A school permits an ineligible student to participate. **(Games will be forfeited.)**
4. A school fails to file a Certificate of Eligibility form for a student who is ineligible and who is allowed to participate. **(Games will be forfeited.)** (The individual sport may be placed on probation.)
5. A school violates the open season practice schedule.
6. A school fails to have an Emergency Action Play on file for every sports team.
7. A school fails to implement the use of a Wet Bulb Globe Thermometer to determine safe conditions for practice or competition during periods of high heat and humidity.

### **ONE-THOUSAND DOLLAR FINE**

1. Play-off forfeitures after accepting bracket seed.

### **FIFTEEN-HUNDRED DOLLAR FINE**

1. Use of fireworks and explosive devices at League events.

### **TWENTY-FIVE HUNDRED DOLLAR FINES**

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

## BROADCASTS

1. WRITTEN POLICY - Each school (or school district) should have a written policy concerning broadcasting. This does not necessarily mean that restrictions are needed. Broadcasters need to know this policy if they are to serve the public.
2. REGULAR SEASON GAMES - The broadcast rights are the exclusive property of the home school. Applications to broadcast regular season games must be directed to the principal of the host school. APPLICATIONS FOR BROADCASTING RIGHTS - The form to be used by all parties in making application to broadcast high school athletic contests should be made out in triplicate. After signing the application, the host school will keep a copy. The original and the other copy will be returned to the broadcasting party. The broadcasters will keep the original and send a copy to the visiting team. A broadcaster will not go to an athletic contest for the purpose of broadcasting the contest without first receiving written permission from the host school, tournament director or Commissioner. A broadcaster will limit its working personnel to three persons and will accept available facilities.
3. INVITATIONAL EVENTS - Requests to broadcast invitational events will be directed to the invitational event director.
4. REGION TOURNAMENTS – Broadcast rights of region tournaments, that are not part of the playoffs, are the property of the region. Requests to broadcast region games should be directed to the region coordinator or region tournament director.
5. UPPER AND LOWER STATE PLAY-OFFS - Any contest beyond region play is considered a state play-off.
  - Requests for radio and/or internet broadcast beyond region play will be directed to the principal of the host school. **Exception:** Requests to broadcast all football finals and basketball semi-finals and finals should be directed to the League office.
  - Requests for television or internet stream beyond region play will be directed to the principal of the host school. **Exception:** Requests to broadcast all rounds of football and basketball state finals should be directed to the League office.
6. FEES FOR BROADCASTING RIGHTS - All contracts concerning regular season games must be left to the host school and the interested party. State play-off fees are as follows:

### Live (Radio and/or Internet)

#### FOOTBALL

	AAAAA	AAAA	AAA	AA	A
1 <sup>st</sup> Round	\$200.00	\$200.00	\$75.00	\$50.00	\$50.00
2 <sup>nd</sup> Round	\$300.00	\$300.00	\$75.00	\$100.00	\$100.00
3 <sup>rd</sup> Round	\$300.00	\$300.00	\$150.00	\$100.00	\$100.00
4 <sup>th</sup> Round	\$300.00	\$300.00	\$150.00	\$150.00	\$150.00
5 <sup>th</sup> Round	\$400.00	\$400.00	\$225.00	\$200.00	\$200.00

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

#### BASKETBALL

Play-offs All Classes - \$50.00 per game

State Finals All Classes - \$100.00 per game

#### ALL OTHER SPORTS

Play-offs All Classes - \$50.00 per game

State Finals All Classes - \$100.00 per game

## Live (Television and/or streaming video)

### FOOTBALL

Internet Stream	School or Neutral Site	Championship Site
Live	\$500	\$1,000
Delayed/On-Demand *	\$250	\$500

Television Broadcast	School or Neutral Site	Championship Site
Live	\$1,500	\$3,000
Delayed/VOD *	\$750	\$1,500

### BASKETBALL

Internet Stream	School or Neutral Site	Championship Site
Live	\$250	\$750
Delayed/On-Demand *	\$150	\$250

Television Broadcast	School or Neutral Site	Championship Site
Live	\$1,000	\$2,000
Delayed/VOD *	\$500	\$1,000

### ALL OTHER SPORTS

Internet Stream	School or Neutral Site	Championship Site
Live	\$150	\$300
Delayed/On-Demand *	\$75	\$150

Television Broadcast	School or Neutral Site	Championship Site
Live	\$500	\$1,500
Delayed/VOD *	\$250	\$750

\* Delayed broadcast must be 72 hours or more

# SWIM

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the state meet of the next higher classification.
2. National Federation Rules shall govern all contests and may be obtained from the South Carolina High School League Office.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).

## 5. COMPETITIVE SEASON

- a. All classes are allowed eight meets, four preseason scrimmages and one jamboree, the Region Championship Meet is included in the eight-meet limit. All meets must be swum prior to the entry date for submission to the State Championship Meet.
- b. By state adoption exhibition swim competition is prohibited.
- c. A swimmer may compete in only one meet (varsity or JV) in a day.
- d. Unlimited team entries shall be permitted at invitational, triangular and non-varsity meets.
- e. In varsity dual meets, coaches may mutually agree for additional entries beyond the National Federation maximum in the meet. These swimmers will have the opportunity to score points for their team and swim a qualifying time for state. If the coaches do not mutually agree on the number of additional entries, it is restricted to National Federation rules spelled out in Rule 3, Section 1, Article 2 of the rules book.
- f. Scoring throughout the state for all meets will follow National Federation rules spelled out in Rule 7, Section 1, Article 2-3 of the rules book. Only NFHS and SCHSL rules will apply at all meets
- g. In each Region each team will swim every other team in their Region at least once. Teams may swim other teams outside their Region provided the above imitations are met.
- h. Teams in Regions not having a Region Championship Meet may swim in another Region Championship meet by permission of the host team.
- i. Only swimmers who have qualified for the State Championship Meet will be allowed to continue practice after State Meet qualifiers have been posted on the South Carolina High School League website.
- j. Swimmers must compete in at least two South Carolina High School League sanctioned regular season meets prior to the State Championship Meet.
- k. Swimmers qualify for the State Championship Meet according to qualifying times and procedures outlined in Sections 9 and 10 of these rules. Qualifying times may be achieved in any South Carolina High School League sanctioned regular season varsity meet completed in the current high school swim season. Qualifying times achieved after the State Championship Meet entry deadline will not be accepted.

## 6. ACCEPTANCE INTO THE STATE MEET

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

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

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



**7. 2019-20 STATE MEET QUALIFYING TIMES**

Events	Class AAAAA Girls	
	Automatic	Consideration
200-yd Medley Relay	1:57.06	2:08.77
200-yd Freestyle	2:05.63	2:18.20
200-yd Individual Medley	2:22.04	2:36.24
50-yd Freestyle	:26.17	:28.78
100-yd Butterfly	1:03.28	1:09.61
100-yd Freestyle	:57.39	1:03.13
500-yd Freestyle	5:37.58	6:17.34
200-yd Freestyle Relay	1:45.68	1:56.25
100-yd Backstroke	1:04.13	1:10.55
100-yd Breaststroke	1:13.22	1:20.54
400-yd Freestyle Relay	3:53.50	4:16.85

Class AAAAA Boys	
Automatic	Consideration
1:44.86	1:55.34
1:54.95	2:06.44
2:08.89	2:21.78
:23.31	:25.64
:57.21	1:02.93
:51.74	:56.91
5:13.63	5:45.00
1:34.29	1:43.72
59.43	1:05.38
1:06.16	1:12.77
3:29.44	3:50.38

Events	Class AAAA Girls	
	Automatic	Consideration
200-yd Medley Relay	2:02.04	2:14.24
200-yd Freestyle	2:09.75	2:22.73
200-yd Individual Medley	2:28.38	2:43.22
50-yd Freestyle	:26.82	29.50
100-yd Butterfly	1:06.26	1:12.89
100-yd Freestyle	:59.23	1:05.15
500-yd Freestyle	5:48.89	6:23.78
200-yd Freestyle Relay	1:49.83	2:00.81
100-yd Backstroke	1:07.52	1:14.27
100-yd Breaststroke	1:16.69	1:24.36
400-yd Freestyle Relay	4:00.86	4:24.95

Class AAAA Boys	
Automatic	Consideration
1:49.19	2:00.11
2:00.59	2:12.65
2:16.45	2:30.10
:23.94	:26.33
1:00.48	1:06.53
:53.59	:58.73
5:26.79	5:59.47
1:37.95	1:47.75
1:02.32	1:08.55
1:08.99	1:15.89
3:38.37	4:00.21

Events	Class AAA, AA & A Girls	
	Automatic	Consideration
200-yd Medley Relay	2:04.44	2:16.88
200-yd Freestyle	2:12.45	2:25.70
200-yd Individual Medley	2:32.94	2:48.23
50-yd Freestyle	:27.25	:29.98
100-yd Butterfly	1:07.95	1:14.75
100-yd Freestyle	1:00.41	1:06.45
500-yd Freestyle	5:57.33	6:33.06
200-yd Freestyle Relay	1:51.86	2:03.05
100-yd Backstroke	1:09.06	1:15.97
100-yd Breaststroke	1:19.09	1:27.96
400-yd Freestyle Relay	4:05.89	4:30.48

Class AAA, AA & A Boys	
Automatic	Consideration
1:52.16	2:03.38
2:04.96	2:17.46
2:21.51	2:35.66
:24.38	:26.82
1:02.34	1:08.57
:54.72	1:00.19
5:36.88	6:10.57
1:40.47	1:50.52
1:03.93	1:10.32
1:10.72	1:17.79
3:44.78	4:07.26

**Automatic Times:**

The automatic times will be calculated with the data from the last 3 years: an average of the 20<sup>th</sup> place for individuals and the 10<sup>th</sup> place for relays from the PSYCH SHEET will determine the automatic times.

If the average of the times produces a slower automatic time than the current state qualifying time, the automatic time will stay the same. If the average of the times is faster than the current time, the time will be updated to reflect the faster time.

**Consideration Times:**

Calculation of consideration times will be calculated by multiplying the confirmed automatic time by 1.10

## 8. ORDER AND NUMBERING OF EVENTS

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

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

## 9. CERTIFICATION OF OFFICIAL TIMES FOR STATE CHAMPIONSHIP MEET ENTRY

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

In the case of watch or timer malfunction, the following procedure should be followed:

- i. All manually-timed meets must be set up with three stopwatches per lane and with the intention to record three watch times per swim. This is the primary timing system for a manually-timed meet. If three good watch times are recorded then the official time is the middle time, not the average of the three. A "good" watch time is defined as a time recorded by a timer properly positioned at the finish end of the lane.
- ii. In case of a malfunction of one of the stopwatches (either through timer error or watch malfunction) then a backup watch from the head timer should be used to time the swim to get three good times.
- iii. In case of a malfunction, and when the head timer with a backup watch is not able to provide a third time for a swim, the following procedure should be followed:
  1. If only two good watch times are available, then the average (NFHS Swimming Rule 6.2.2) of the two watch times should be recorded as the official time.
  2. The only time that two watch times should be used is in case of a malfunction. Two watch times should be the exception, not the rule.

b. Semi-Automatic System

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

Minimum Requirements.

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

c. **Automatic (Electronic) timing.** Official time is the pad time computed to the hundredth of a second. If there is a malfunction of the automatic system, backup times shall be integrated according to NFHS Rules 6-2-3 and 6-2-4.

- i. Semi-Automatic Backup System shall be used consisting of at least one button per lane.
- ii. Manual Backup system shall be used consisting of at least one manual stop watch per lane.

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

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

- i. **within 3 days following a regular season meet, or**
- ii. **24 hours before the entry deadline for the State Championship meet**

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

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

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

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

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

g. **State Meet entries should be submitted by Sunday, October 6 by 9:00 pm by going to [www.sportstiming.com/schss](http://www.sportstiming.com/schss).** The times posted on the Sports Timing & Software, Inc website are the official entry times for the State Meet.

10. In the State Championship Meet, each team shall be permitted a maximum of four entries in an individual event and one team in a relay event. Each swimmer may enter a maximum of four events, no more than two of which may be individual events. All teams are required to submit the names of relay swimmers with their entries for the State Championship meet (as many as 8 swimmers per relay may be submitted). Entries should be submitted using a team management software, using a USA Swimming Standard Data Interchange (SD3) or compatible format. For teams that do not have a team management program, Team Manager Lite can be downloaded for free from [www.hy-tekltd.com](http://www.hy-tekltd.com).
11. In the State Championship Meet, points are awarded for 20 places in all events. For relays, points awarded are double the individual points for that place.

12. **STATE MEET INFORMATION**

State Championship Meets will be held on October 12 & 14

	<u>Site</u>	<u>Host School</u>
Saturday Oct. 12 AAA State Championship Meet	University of South Carolina Natatorium	AC Flora HS
Saturday Oct. 12 AAAA State Championship Meet	University of South Carolina Natatorium	AC Flora HS
Monday Oct. 14 AAAAA State Championship Meet	University of South Carolina Natatorium	Spring Valley HS

13. **STATE CHAMPIONSHIP MEET ENTRY FEE**

A one-time entry fee (per team) of \$25.00 per swimmer and a maximum of \$100.00 for four or more swimmers will be charged. **Make check payable to SCHSL and remit to the League by October 11, 2019** Invoice can be found under AD Notebook (If you have a boy's and a girls' team made up of four or more swimmers on each team, the entry fee is \$200.00).

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

- a. Responsibility for local arrangements for the State Championship meet will be left to each participating school.
  - b. The meet director will receive an honorarium of \$150.00.
  - c. Proceeds from concessions and heat sheets go to the host school.
  - d. To be eligible to compete for a Team State Championship, a school must have six participants compete in the State Championship meet. The SCHSL will continue to recognize individual champions.
  - e. Admission will be \$8.00.
15. The League will furnish team trophies and medals to the State Champion and Runner-up. Individual medals will be given to the first, second and third-place finishers in each event.
  16. Refer to pages 1-18 for additional regulations.

## SWIM 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li><li>• Nothing mandatory</li></ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"><li>• Cannot practice and/or attend team camp(s)</li><li>• Can continue to condition and strength train</li></ul>
August 1, 2019 .....	Schedules Due
August 2, 2019 .....	First Practice
August 9, 2019 .....	First Scrimmage
Seven Days Prior to first meet.....	Eligibility Due
August 19, 2019 .....	First Meet
Certified Swim Times.....	to be placed on Sports Timing & Software, Inc. ( <a href="http://www.sportstiming.com">www.sportstiming.com</a> ) within 3 days after a regular season meet or 24 hours prior to the State Meet entry deadline, whichever comes first
October 6, 2019.....	State Championship Entries Due (by 9:00 pm)
October 12 & 14, 2109 .....	Classes AAA & AAA State Meet - Saturday, Oct. 12 Class AAAAA State Meet - Monday, Oct. 14
Last Meet - April 30, 2020 .....	Closed Season (when eliminated from playoffs) <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
May 1 - May 31, 2020.....	Open Season <ul style="list-style-type: none"><li>• 20 days of practice</li><li>• Nothing mandatory</li><li>• No outside scrimmages or competition</li><li>• No tryouts</li></ul>

# GIRLS GOLF

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. The Rules of Golf, as approved by the United States Golf Association, shall govern golf competition. Regular season matches shall be limited to nine holes of play.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. Varsity golf teams are allowed 16 playdates including invitational tournaments, four scrimmages and one jamboree. JV teams are allowed 12 playdates including tournaments and two scrimmages. One invitational may be preseason and start on August 9. Any tournament entered (regardless of the number of days) counts as one playdate.
6. If a school is participating in a preseason tournament more than seven days prior to its first regular season match, the certificate of eligibility must be submitted before participation in this tournament.
7. Range finders and GPS devices will be allowed in match and tournament play with the following stipulations:
  - In each pairing if any player uses a range finder/GPS device then all players in the pairing will have access to the device.
  - Any player using a device but does not allow other members of the pairing utilize it when asked will be disqualified for a serious breach of etiquette (USGA rule 33-7) by the tournament committee.
  - GPS devices on cell phones are not permitted. Use of GPS devices on cell phones will result in disqualification.
  - Range finders that calculate slope in addition to yardage are not permitted. Use of range finders that calculate slope will result in disqualification of any player that utilized the device
8. Cell phones and devices that allow texting are not to be used during the course of play. Use of cell phone or texting device for calling or texting during a stipulated round will result in disqualification. Exceptions: If a player or players encounter a dangerous situation (Ex. weather, animal or person) or if there is a medical emergency players may use the cell phone to call a coach, the clubhouse or the proper authorities (911).
9. **One coach is permitted to coach their golfers anywhere on the course.** Any player that receives coaching from anyone other than their designated coach is subject to the following penalties:

1<sup>st</sup> offense – 2 stroke penalty      2<sup>nd</sup> offense – disqualification.
10. SCORING:
  - a. Regular Season - A total of the four (4) low players' scores will comprise the team score.
  - b. Tournament - For each eighteen holes or part (see #13-c) played, the total of the four (4) low players' scores will comprise the team score for that round. The team's score for a tournament will be the sum of all rounds or parts played.
  - c. Scorecards must be totaled, signed, and attested. Each player is responsible for her hole-by-hole score. If she gives a score over what she made on the hole, the score will stand as recorded. If she gives a score lower than she made, she will be disqualified. Under no circumstances should a player keep her own card. The player (competitor) is solely responsible for the correctness of the score recorded for each hole.

11. BREAKING TIES:

- a. Teams tied for a position (champion or runner - up) will be resolved by a sudden death stroke play-off by the four (4) low players on the previous eighteen holes. This will begin on the first tee or on the tee as designated by the committee with all four players teeing in the same group, beginning with the number four (4) players and progressing in order to the number one (1) players
- b. Individuals tied for a position will be resolved in the same manner

12. POSTPONEMENT/CANCELLATION:

Match - In the event a match cannot be completed (nine holes), it must be replayed in its entirety or canceled.

Tournament - In the event play has to be stopped, all players will mark their ball in an appropriate manner where play is suspended. If play cannot continue the same day, the round will begin from the beginning the next day. If play cannot begin again, the score will revert to the one-half (½) round that has been completed by all players. All tournaments will be at least eighteen (18) holes.

13. TOURNAMENT RULES

- a. Players from the same school will not be paired together
- b. Pairings will be determined by player position as designated by her coach when application is submitted to the Tournament Committee.
- c. Unlimited substitutions may be made between rounds. (A round is defined as eighteen (18) holes.) A team may continue to compete as long as it has four (4) players. If a team has fewer than four (4) players, the team will be ineligible for team honors, but the remaining individual team players may compete for individual honors.
- d. Caddies, ride on carts, and electric pull carts will not be permitted, but manual hand carts may be used. (A request to waive this regulation must be approved by the principals prior to a tournament.)
- e. Practice on the competition course between rounds is prohibited. (USGA - Rule 7-1-B disqualification.)
- f. Practice between holes is prohibited. (Two (2) stroke penalty.)
- g. Club throwing on the competition course is prohibited. (Two (2) stroke penalty.)
- h. If a questionable situation occurs, a player must play a second ball (provisional) and request a ruling from the Committee at the end of the round

REGION TOURNAMENTS: Each region will determine their tournament format.

UPPER/LOWER STATE will be 18 holes events.

STATE TOURNAMENT will be 36 holes events.

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

Refer to pages 1-18 for additional regulations.

## GIRLS GOLF 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li><li>• Nothing mandatory</li></ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"><li>• Cannot practice and/or attend team camp(s)</li><li>• Can continue to condition and strength train</li></ul>
August 2, 2019 .....	First Practice / Try-outs
August 9, 2019 .....	First Scrimmage
August 9, 2019 .....	First Preseason Date
Seven Days Prior to first meet .....	Eligibility Due
August 1, 2019 .....	Schedule Due
August 19, 2019 .....	First Contest
October 15, 2019.....	Report Region Qualifiers
October 21, 2019.....	Upper/Lower Qualifiers
October 28-29, 2019.....	State Championships (All Classes)
Last Match - April 30, 2020.....	Closed Season (when eliminated from playoffs) <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
May 1 - May 31, 2020.....	Open Season <ul style="list-style-type: none"><li>• 20 days of practice</li><li>• Nothing mandatory</li><li>• No outside scrimmages or competition</li><li>• No tryouts</li></ul>



## **Class AAAAA Girls Golf**

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### **QUALIFIERS:**

In the upper state Region 1 and 2 will qualify five teams and Region 3 will qualify three teams. Region 4 will qualify three teams with the 1<sup>st</sup> & 2<sup>nd</sup> place team going to the upper state qualifier and the 3<sup>rd</sup> place team going to the lower state qualifier. In lower state Region 5 and 8 will qualify three teams, Region 6 and 7 will qualify 4 teams. Each region will also qualify one individual from a non-qualifying team.

Upper State	Oct. 21	Waterford Golf Club	Host School: Northwestern
Lower State	Oct. 21	Traces Golf Club	Host School: West Florence

### **STATE CHAMPIONSHIP:**

The top eight teams from the upper and lower state tournaments and the top 4 individuals from non-qualifying teams will qualify for the state tournament. (maximum of 16 teams and 8 individuals qualify for state).

Oct. 28-29	Mid-Carolina Country Club	Host School: River Bluff
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## **Class AAAA Girls Golf**

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### **QUALIFIERS:**

The AAAA qualifier will be an open tournament with the following requirements: Teams must score 400 or less at the region tournament; Individuals 95 or less.

Upper State	Oct. 21	Preserve at Verdae Golf Club	Host School: Greenville
Lower State	Oct. 21	Hackler Golf Club	Host School: North Myrtle Beach

### **STATE CHAMPIONSHIP:**

The top eight teams from the upper and lower state tournaments and the top 3 individuals from non-qualifying teams will qualify for the state tournament.

Oct. 28-29	Barony Golf Club	Host School: Hilton Head Island
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## **Class AAA Girls Golf**

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### **QUALIFIERS:**

The Class AAA Upper/Lower Qualifiers will be open consisting of teams from Classes AAA, AA & A. Entry forms located in the AD Notebook must be submitted to the South Carolina High School League by October 9.

Any team that shoots 400 or better at either qualifier will advance to the state championship. Any individual not on a qualifying team that shoots 95 or lower will also qualify for the state championship.

AAA qualifiers and state tournament will play double par.

Upper State	Oct. 21	Carolina Spring	Host School: Powdersville
Lower State	Oct. 21	Cheraw State Park	Host School: McBee

### **STATE CHAMPIONSHIP:**

Oct. 28-29	Hackler Golf Club	Host School: Aynor
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## VOLLEYBALL FOR GIRLS

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1. The South Carolina High School League will sponsor championship play-offs in all five classes.
2. The official rules published by the National Federation will be used along with the following adoptions:
  - a. A 3 out of 5 match may be played when only two schools are involved in a single match.
  - b. If a team has not arrived at the tournament site and ready to play at the scheduled time, it will forfeit its initial game in the match. If the team has not arrived within fifteen minutes of the scheduled time, the match will be forfeited. For 3 out of 5 matches, wait an additional 15 minutes.
  - c. If a match is suspended due to power failure or other unforeseen circumstances, it will be resumed from the point of suspension. The score and lineup will be the same when it is resumed as it was at the moment of suspension.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. Varsity volleyball teams are allowed 18 play dates, four scrimmages and one jamboree. JV teams are allowed 16 JV play dates, two scrimmages and one jamboree. Each tournament entered will count as one of these 18/16 dates. One tournament may be preseason and start on August 16. It is permissible to play a JV & Varsity match on the same day. However, it will count as two play dates
6. Varsity matches are to be best three of five sets unless playing a tri-match. In a tri-match teams will play best two of three sets and if needed the third set is to be played to 25 points. JV matches can be modified to play best two of three sets and if the third set is needed to determine the winner, it can be played to 15 points.
7. Clean and secure dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
8. The South Carolina High School League Executive Committee recommends that spectators not kick or beat bleachers. Signs with the exception of welcome signs will not be permitted beyond region play.
9. Admission will be \$5.00 for all playoff matches except the State Championship Finals. The State Finals admission will be \$10.00.
10. The South Carolina High School League will furnish trophies and medals for the State Champion and Runner-up in each of the five classifications.
11. Instructions for postponing or canceling matches in which certified officials are booked are on page 93.
12. Refer to pages 1-18 for additional regulations.

## VOLLEYBALL 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li><li>• Nothing mandatory</li></ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"><li>• Cannot practice and/or attend team camp(s)</li><li>• Can continue to condition and strength train</li></ul>
May 1, 2019 .....	Schedule Due in Arbiter
August 2, 2019 .....	First Practice
August 9, 2019 .....	First Scrimmage
August 16, 2019 .....	First Preseason Contest Date
Seven Days Prior to first meet.....	Eligibility Due
August 26, 2019 .....	First Contest
October 21, 2019.....	Report Qualifiers - All Classes
November 6, 2019.....	State Finalist Press Conference 10:00 am League Office
November 9, 2019.....	State Championships - River Bluff HS
Last Match - April 30, 2020.....	Closed Season (when eliminated from playoffs) <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
May 1 - May 31, 2020.....	Open Season <ul style="list-style-type: none"><li>• 20 days of practice</li><li>• Nothing mandatory</li><li>• No outside scrimmages or competition</li><li>• No tryouts</li></ul>

## CROSS COUNTRY

1. The South Carolina High School League will sponsor a boys' and girls' championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. National Federation Rules shall govern all contests and may be obtained from the South Carolina High School League Office.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All head coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. Cross country teams are allowed 16 varsity meets and 12 JV meets including invitationals. Each invitational entered will count as one of the meets. Varsity teams are also allowed four scrimmages and one jamboree. JV is allowed two scrimmages and one jamboree. One invitational may be preseason and start on August 16.
6. Entries with the names of each runner will be made to the Meet Director on the official entry form. All runners must have completed a minimum of two cross country races prior to entering state competition.
7. **ALL TEAMS MUST QUALIFY FOR THE STATE MEET.**

All State Meets will be held on Saturday, November 16 at Carolina Cup Facility, Camden. Admission is \$8.00 per car.

The schedule will be:

9:00 am.....	Class AAAAA Boys
9:15 am.....	Class AAAA Girls
9:35 am.....	Class AAA Boys
9:50 am.....	Class AA Girls
10:10 am .....	Class A Boys
10:25 am .....	Class AAAAA Girls
10:45 am .....	Class AAAA Boys
11:00 am .....	Class AAA Girls
11:20 am .....	Class AA Boys
11:35 am .....	Class A Girls
12:30 pm .....	Presentation of Awards

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

8. Regulations for Qualifying and State Meets.
  - a. Individuals or a full team may represent a school.
  - b. A team will consist of not less than five nor more than seven members.
  - c. Team scores will be determined by totaling the numerical position of the first five finishers from each team. The low aggregate scores will determine team winners.
  - d. A non-team runner's place will be omitted when determining team scores and each team runner will advance in the order of their finish.
  - e. If teams tie, the tie shall be resolved in accordance with the rules book.

- f. The course will be approximately three miles for boys and girls. Flats are the recommended footwear.
  - g. Teams are allowed to walk or jog the course the day before the championship.
  - h. Failure to submit the Qualifying Entry form by the deadline will result in a \$25.00 fine. This form is located in the AD Notebook.
  - i. There will be an entry fee for \$25/athlete or \$100 per team for the State Finals.
9. The South Carolina High School League will furnish trophies and medals for the State Champion and the State Runner-up in each Class in the Boys' and Girls' Meets. Medals will be awarded to the first three finishers in each Meet.

## CROSS COUNTRY 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"> <li>• Cannot practice and/or attend team camp(s)</li> <li>• Can continue to condition and strength train</li> </ul>
August 1, 2019 .....	Schedule Due
August 2, 2019 .....	First Practice
August 9, 2109 .....	First Scrimmages
August 16, 2019 .....	First Preseason Contest Date
Seven Days Prior to first meet .....	Eligibility Due
August 26, 2019 .....	First Meet
October 25, 2019.....	Deadline to report to SCHSL intention to compete in the state meet (AAA, AA, A)
November 3, 2019.....	Entries into SCRrunners by midnight (All Classes)
November 9, 2019.....	Qualifying Meets
November 16, 2019.....	State Finals (All Classes) at Carolina Cup Facility, Camden
Last Game - April 30, 2020.....	Closed Season (when eliminated from playoffs) <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
May 1 - May 31, 2020.....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• Must be open to all students</li> <li>• No outside scrimmages or competition</li> <li>• No Tryouts</li> </ul>

## **Class AAAAA Cross Country**

Upper

TBA

Saturday - November 9

Regions 1 & 2

Top 7 Teams and any individual who finishes in the top 20 overall and not on a qualifying team

Mid

Carolina Cup Facility, Camden (Host: Spring Valley)

Saturday - November 9

Regions 3, 4, 5 & South Florence and West Florence

Top 7 teams and any individual who finishes in the top 20 overall and not on a qualifying team

Lower

Wannamaker Park (Host: Cane Bay)

Saturday - November 9

Region 6 (except South Florence and West Florence), 7 & 8

Top 6 teams and any individual who finishes in the top 20 overall and not on a qualifying team

## **Class AAAA Cross Country**

Upper

TBA (Host: Eastside)

Saturday - November 9

Region 1, 2, 3 (South Pointe, York) & 5:

Top 9 teams and any individual who finishes in the top 40 overall and not on a qualifying team

Lower

Darlington Middle (Host: Darlington)

Saturday - November 9

Region 3 (except South Pointe and York), 4, 6, & 7

Top 9 teams and any individual who finishes in the top 40 overall and not on a qualifying team

## **Class AAA Cross Country**

Upper

TBA (Host: Southside)

Saturday – November 9

The top 20 teams and any individual who finishes in the top 20 overall and not on a qualifying team

Lower

Darlington Middle (Host: Darlington)

Saturday – November 9

The top 20 teams and any individual who finishes in the top 20 overall and not on a qualifying team

## **Class AA/A Cross Country**

Class AA/A Girls and Class AA/A Boys

TBA

Saturday - November 9

All teams: Top 18 teams any individual who finishes in the top 20 overall and not on a qualifying team



## GIRLS TENNIS

1. The South Carolina High School League will sponsor championships in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification. In addition to the team competition, a 32-draw AAAAA - AAAA and a 32-draw AAA-AA-A Singles Tournament will be held. These tournaments will be exclusive of the team competition
2. The rules of the United States Tennis Association will apply when not covered by South Carolina High School League rules.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. All classes are allowed 24 matches, four scrimmages and one jamboree. JV teams are allowed 22 matches, two scrimmages and one jamboree. The matches can be any combination of tournaments (to include preseason) and regular season matches. Preseason play can only be in tournaments and may start on August 16.
6. All tennis matches must be played on hard courts. If a school uses clay courts, the opposing school must be notified in advance and agree to play the match on the alternate surface. A school cannot use two different surfaces for a match unless previously agreed by both schools.
7. Each match will be two no-ad sets with a 10-point tie-breaker played to decide the match if the sets are split. A set tie-breaker will be a 7-point tie-breaker. Pro-Set scoring (8 games, 7-point tie-breaker at 7-7) is permitted once the match has been decided. This includes the regular season and play-offs. (Any exception will result in both teams forfeiting).
8. Team competition will consist of 5 singles and 2 doubles teams. Only two players may play both singles and doubles during the same dual match. A player may play on only one doubles team in a dual match. (Any exception will result in a team forfeit, 7-0). A team appearing with only 5 or 6 players will forfeit the #2 doubles.
9. Coaches will exchange line-ups before the match begins, with at least 1-5 singles listed. Coaches have the option to hold off announcing doubles until after singles matches have been completed, but must inform the other coach beforehand. If doubles matches are announced after singles matches are completed, doubles line-ups will be exchanged simultaneously.
10. All players must play in at least four regular season dual matches to be eligible to play in the play-offs. All players will be required to compete in a school issued shirt. Appropriate tennis apparel is expected (cut-offs and jeans are not considered appropriate tennis apparel). Bandanas are not permitted.
11. In team play, there will be a maximum 10-minute break between singles and doubles play if a player is playing both singles and doubles.
12. Suspended matches are to be resumed from the point of interruption.
13. Coaching (by the head coach only) will be permitted during the 90-second changeover between odd numbered games. Coaching will be limited to 45 seconds and the coach must remain outside the fence. Coaching is also allowed during the rest period following split sets. This conference is limited to two minutes. No coaching is allowed during a tie-breaker.
14. Spectators, including players not participating, must stay a minimum of 3 feet away from the fenced area.
15. No cell phones or any electronic equipment is permitted by players or coaches as coaching tools.

16. In all phases of competition, coaches must play their singles participants and doubles teams in descending order of ability. Challenge matches will determine this order. **THE FOLLOWING GUIDELINES MUST BE FOLLOWED:**
- a. Players shall be ranked according to their head to head competition. Each coach shall maintain a dated copy of all challenge matches. You must use a minimum 6 total game challenge format to establish the initial ladder. Two no-ad sets with a 10-point tiebreaker must be used after the initial ladder is established
  - b. A player may challenge up only one position per challenge match.
  - c. **First doubles team shall always have a combined rank (based on the singles rank), which will be lower than that of the second team by a difference of at least 3 points. If the total ranking number is less than 3 points, a challenge match shall determine which team plays as #2 and which as #1.**
  - d. Temporary illness or absence of any player shall not change rules a. and b. When a player is out, all players must move up to fill the space with any forfeits at the bottom of the lineup. When that player returns, he/she must return in their original position.
  - e. **NOTE: a, b, c, d - FAILURE TO COMPLY WILL RESULT IN A TEAM FORFEIT (7-0)**
  - f. A coach, who questions the relative order of the opponent's lineup, may request to see the challenge records. Coaches must bring all challenge match data, as well as all previous individual and team scores, to every interscholastic match played. This includes the play-offs. Any challenge matches that change the line-up must be documented, dated and signed by the coach. If these records are not made available at the contest in question, the concerned coach may file a written protest with the South Carolina High School League. The South Carolina High School League will then expect the challenged coach to present the records. If records cannot be properly submitted, a forfeit will be imposed.
  - g. Once the play-offs begin, the singles ladder may not be changed. **ANY EXCEPTION WILL RESULT IN A TEAM FORFEIT (7-0).**
  - h. Once a match has begun, a player may not leave the court except for the following reasons:
    1. Bona fide bathroom break.
    2. To replace equipment (shoes, contact lens). If such player exceeds the time allowed (5 minutes), they will be subject to the point penalty system. 25 seconds will be allowed for each delay of game penalty. For example, warning - 25 seconds; point - 25 seconds; game - 25 seconds; match - 25 seconds.
    3. Leaving the court for reasons other than #1 or #2 will result in a forfeit of that match.
  - i. **Any serious unsportsmanlike act will result in an immediate disqualification. Examples are, but are not limited to: vulgar or abusive language or gestures, throwing racket, or fighting (should a disqualification occur the recorded score will be what the score was at the time of the disqualification).**
17. A dated challenge ladder must be submitted to the South Carolina High School League Office by noon of the first playoff date. Failure to submit the tennis ladder by the deadline will result in a \$25.00 fine. This form is located in the AD Notebook.
18. State Finals - Cayce Tennis Center  
Admission: \$5

19. **SINGLES TOURNAMENT INFORMATION**

All regions will qualify their best singles player for the Singles Tournaments to be held November 5-6. Regions that have both AA and A teams are reminded that they will have two automatic qualifiers for the singles tournament (one representing AA and one representing A). Regions will also have the opportunity to submit in order of ability additional players for at large consideration. The number chosen will be the number needed to fill a 32-player draw for the AAAAA-AAAA Tournament and a 32-player draw for the AAA-AA-A Tournament. A panel of tennis coaches will use the following criteria for the at large selection process:

- a. Recommendations from regions submitted in writing. Information on season records and opponents should be included.
- b. USTA rankings in South Carolina.
- c. There will be an entry fee of \$25 fee per athlete for the Individual State Finals.

20. Regular season scoring will be used for the State Singles Tournaments.

- a. A player is entitled to an hour's rest between matches. Warm-up time will be limited to 10 minutes.
- b. Any changes in the schedule will be left to the discretion of the tournament director.

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

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

23. Refer to pages 1-18 for additional regulations.

## GIRL'S TENNIS 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"> <li>• Cannot practice and/or attend team camp(s)</li> <li>• Can continue to condition and strength train</li> </ul>
August 2, 2019 .....	First Practice / Try-outs
August 9, 2019 .....	First Scrimmage
August 16, 2019 .....	First Preseason Contest Date
Seven Days Prior to first meet .....	Eligibility Due
August 26, 2019 .....	First Playing Date
October 21, 2019.....	Report Qualifiers (Classes AAAAA, AAAA, AAA, AA)
October 25, 2019.....	Report Singles Entries
November 6, 2019.....	State Finalist Press Conference League Office 10:00 am
November 9, 2019.....	State Finals at Cayce Tennis & Fitness Center (All Classes)
Last Match - April 30, 2020..... (when eliminated from playoffs)	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply) Can use school facilities and/or equipment if coaching an outside team</li> </ul>
May 1 - May 31, 2020.....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>

## COMPETITIVE CHEER

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. The National Federation Spirit Rule Book and the South Carolina High School League Competitive Cheer Manual will be used for all South Carolina High School League competitions. Please visit [www.schsl.org](http://www.schsl.org) and click on Competitive Cheer for the cheer manual.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. The South Carolina High School League strongly recommends that all competitive cheer coaches take the American Association of Cheerleading Coaches and Advisors safety certification course.
6. Any team having more than one male will be considered a coed team. A state championship for coed cheer will be provided if 16 or more schools enter state competition.
7. All classes are allowed a maximum of 24 performing cheerleaders.
8. Members of the competitive team must have been a member of a support cheerleading squad during the year.
9. A team must have participated in at least two regular season competitions in order to be eligible to participate in the play-offs.
10. **STATE COMPETITION REGULATIONS**
  - a. Competitive Area:  
A matted surface with seven strips will serve as the competitive area. The routine must be performed within the boundaries of the competitive area. Only three SCHSL pass holding coaches and competitors are permitted in the competitive area.
  - b. Order of Competition:  
The order of competition for the qualifiers and the state finals will be determined by the South Carolina High School League.
  - c. AAAAA - The top 16 teams and any ties at 16 will advance to the state finals.  
  
AAAA & AAA - The number of teams who qualify for the state finals will be 3/4 of the total number of teams who actually compete at the statewide qualifier. The number cannot exceed 16 to advance to state.
  - d. Refer to Competitive Cheer manual for additional information.
11. Ticket Prices:

\$8.00	Qualifiers
\$12.00	State Finals

Refer to pages 1-18 for additional regulations.

## COMPETITIVE CHEER 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 - August 1, 2019.....	Closed Period <ul style="list-style-type: none"> <li>• Cannot practice and/or attend team camp(s)</li> <li>• Can continue to condition and strength train</li> </ul>
August 2, 2019 .....	First Practice
Seven Days Prior to first meet .....	Eligibility Due
September 2, 2019.....	First Competition
Number of Contests Permitted .....	Eight (8) per school (6 Sub-varsity)
October 25, 2019.....	Due: Notification of Entry (all classes)
November 12, 2019.....	Statewide Qualifiers: AAAA - Brookland-Cayce 6:00 pm
November 13, 2019.....	Statewide Qualifiers: AAA - Irmo 6:00 pm
November 16, 2019.....	Statewide Qualifier: AAAAA - River Bluff High School 10:00 am
November 23, 2020.....	State Finals - Colonial Life Arena, USC
Last Competition - April 4, 2020 .....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
April 5 - May 31, 2020 .....	Practice/Tryouts (20 days for total program)

## FOOTBALL

1. The South Carolina High School League will sponsor championship play-offs in all classes.
2. National Federation Rules shall govern all contests and may be obtained from the South Carolina High School League Office.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses “Concussion in Sports”, “Heat Illness Prevention”, “Sudden Cardiac Arrest” and “Protecting Students from Abuse” found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. A school or student shall not play in more than 10 varsity or 10 JV games to be completed prior to the play-offs or take part in any post-season game that is not part of the state championship series.
  - a. See [schsl.org](http://schsl.org) for contact limitations in season.
6. Eligible football players who dress but do not participate in the varsity game may play in the sub-varsity game the following day, or the immediate Monday following.
7. A team may not schedule more than one game in any week nor participate in more than one game in any four-day period, except it may play a postponed game on Monday and a originally scheduled game on Thursday.
8. Varsity teams are allowed to participate in four preseason scrimmages and one approved football jamboree. A school may elect to participate in a second or third varsity jamboree instead of one or two of the four allowed scrimmages. Sub-varsity teams are allowed two scrimmages and one approved football jamboree. **There must be a minimum of three calendar days between any scrimmage and/or jamboree.**
9. **Practice Information:**
  - a. A school shall not permit contact practice in pads between its last game and August 7. Pads include padding of any kind on the shoulders, hips or thighs.

**NOTE:** High schools are permitted twenty days of practice **May 1-31** (pads may be worn – maximum of 10 days).

    - The first three (3) days of spring practice (For fall practice this is two (2) days) will be in helmets only.
    - No hand shields, arm shields, and/or stand up dummies of any kind may be used during the first three (3) days of spring or two (2) days of fall (*preseason*) practice.
    - During any practice(s) beyond the first 3 days of spring practice, a coach may equip his players in any combination of pads that he prefers for a period of **up to ten (10) days.** (***Ten (10) days is the maximum amount of time in pads.***) Schools are not required to be in helmets only or in full pads only; any combination may be used. During the time of practice in pads (full or combination of pads) the use of all football equipment is permitted.
    - Middle school students may **NOT** take part in the high school practices, if players are wearing any equipment other than helmets. If players are equipped with more than helmets, middle school athletes must hold their practices apart from the high school. (*They could be on the same field, but away from the high school practices.*) Middle school students may not be equipped in pads or have contact drills during spring practice.
    - Rising 9<sup>th</sup> graders, (*8<sup>th</sup> graders*), are **NOT** 9<sup>th</sup> graders until school is out for the year, thus they may **NOT** take part in contact drills of the high school.
    - Schools **MAY NOT** charge admission for a spring practice (game)

- b. High school programs may practice in full gear and use all field equipment beginning August 7.
- c. Air type or foam filled dummies will be permitted during any practice between June 1, 2019 and July 28, 2019.
- d. Sub-varsity teams must complete their schedule prior to the day of the first round of play-offs in that sport.
- e. **Passing Leagues**  
Players may not wear padding of any kind during the 7 on 7 passing league competition. (i.e. no girdles, hip, thigh or tailbone protection) Only helmets, pants, jerseys, shoes and socks may be worn. **Middle school teams may not participate in passing leagues.**
- f. **Pre-season Football Practice Opportunities**
  - \* See schsl.org for preseason practice guide.
  - 1. Any practice session over three hours constitutes two practices. (Exception: three way scrimmages)
  - 2. Any scrimmage or jamboree constitutes a practice. (There must be a minimum of three calendar days between scrimmages and/or jamborees.)
  - 3. Practices on Saturday and Sunday also count
  - 4. A full-contact practice is defined as football pants, pads and shoulder pads
  - 5. This will in no way affect the starting date of fall practice as set by the South Carolina High School League

10. **Home Team Responsibilities:**

- a. The home team will determine the starting time, within reason.
- b. **Schools must certify to the South Carolina High School League Office that its chain crew and ECO have been properly instructed. The crews need to be responsible adults.**
- c. The policing of the sidelines is a home team responsibility. If cheerleaders, statisticians, etc. are allowed along the sidelines, a parallel line five yards from the sidelines must restrict their movement toward the field. News media may move within 2 yards of the sidelines provided a line is placed 2 yards from the sidelines.
- d. **Clean and secure** dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
- e. Game management is responsible for clearing the field of play and the end zones at the beginning of each half so play may begin at the scheduled time.

11. **Game Official Responsibilities:**

- a. Officials certified by the South Carolina High School League must be used in all varsity games. An ECO will not be assigned unless a school requests one. Instructions for postponing or canceling games in which certified officials are booked are printed on page 93.
- b. Officials are required to be present one and one half hours prior to game time for all varsity games. The South Carolina High School League Executive Committee strongly advises the host school to furnish hotel or motel accommodations for the officials. If school facilities are used, they must be sanitary and include chairs, showers, hot water and a place that can be locked.
- c. After the game, officials must be met on the field by uniformed policeman and escorted safely from the stadium vicinity.



- 12. No game at any level may end in a tie. In case of a tie at the end of regulation, the Ten Yard Line Overtime Procedure as printed in the National Federation Football Rules Book shall be used.
- 13. All football games above the junior high school level and below the senior high school varsity level will be played in four quarters of not more than 10 minutes each. 7th and 8th grade teams will play 8-minute quarters.

14. **Regulations Governing State Play-Offs:**

- a. All games will be played on Friday night at either 7:30 pm or 8:00 pm with the decision being left up to the home team. Both teams will have to agree to any other change.  
**NOTE:** If games are scheduled on Thursdays because of school sharing playing facilities the changes still apply.
- b. The sites of the games mentioned below will be left to the discretion of the host schools, but they will be expected to hold the games in stadiums with adequate facilities and large enough to handle the crowds. Adequate facilities include a restraining fence around the field or a stadium configuration that allows for control of spectator access to the playing area.

**MINIMUM SEATING REQUIREMENTS FOR PLAY-OFFS**

Class	First and Second Round	Third Round and Semifinals	Finals
A	1,000	1,500	6,000
AA	2,000	3,200	6,000
AAA	3,000	4,500	6,000
AAAA	4,000	5,000	6,000
AAAAA	4,000	5,000	6,000

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

- c. The host school will obtain pre-numbered tickets for play-off games.  
  
The admission price for all classes will be \$8.00.  
  
Exception: The admission price for all State Finals will be \$12.00 (presale and at the gate).  
  
If state or county law requires a seat tax, it will be added to these admissions, but will not be included in the gross proceeds as mentioned in paragraph e. All seats are general admission except the host school may offer reserved seat tickets to season ticket holders who had reserved seats during the regular season. Seats for the bands may be reserved.
- d. An ECO will be assigned to all play-off games.
- e. If the host team chooses not to host the game, it will be offered to the visitors. If neither team chooses to host the game, the South Carolina High School League will set it and the teams will share the expenses equally.
- f. Within 15 days following the play-off, the host school will send copies of the financial statement to the South Carolina High School League and the visiting school.
- g. The home team will wear dark jerseys unless other satisfactory arrangements are made in writing with the visiting team and the South Carolina High School League Office.

- h. Broadcast fees are a part of the gross gate receipts. Information on broadcast fees is on page 21.
- 15 The South Carolina High School League will furnish trophies and medals for the State Champion and State Runner-up in each classification.
- 16. Refer to pages 1-18 for additional regulations

## FOOTBALL 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 – July 6, 2019 .....	<b>DEAD WEEK - No Activities of any kind</b>
July 29 – August 1, 2019 .....	Closed Period <ul style="list-style-type: none"> <li>• Cannot practice and/or attend team camp(s)</li> <li>• Can continue to condition and strength train</li> </ul>
August 2, 2019 .....	First Practice (helmets only first 2 days)
August 5, 2019 .....	Practice helmets and shoulder pads (days 3 & 4)
August 7, 2019 .....	Full Gear
August 8, 2019 .....	First Scrimmage
7 days prior to 1 <sup>st</sup> game .....	Eligibility Due
August 22, 2019 .....	Week 0 (Varsity only)
August 29, 2019 .....	Week 1
November 2, 2019 .....	Report Region Qualifiers (All Classes)
November 8, 2019 .....	Playoffs begin
December 2, 2019 .....	State Finalist Press Conference League Office
December 6, 2019 .....	Finals Classes A & AA
December 7, 2019 .....	Finals Classes AAAAA, AAAA & AAA
Last Game - April 30, 2020 .....	Closed Season (when eliminated from playoffs) <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
May 1 - May 31, 2020 .....	Open Season (See page 46 for pad restrictions) <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• Must be open to all students</li> <li>• No outside scrimmages or competition</li> <li>• No Tryouts</li> </ul>

## WRESTLING

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. National Federation Wrestling Rules shall govern all wrestling in South Carolina except as modified by South Carolina High School League Regulations.
  - NOTE:** Schools are reminded of the uniform requirements specified in the rules.
  - NOTE:** The rules strongly recommend that protective headgear be used in all practices. The headgear will be required in all competition.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses “Concussion in Sports”, “Heat Illness Prevention”, “Sudden Cardiac Arrest” and Protecting Students from Abuse” found at [www.nfhslern.com](http://www.nfhslern.com).
5. If a school is participating in a preseason tournament more than seven days prior to its first regular season match, the certificate of eligibility must be submitted before participation in this tournament.
  - NOTE: Second semester eligibility begins when first semester classes are dismissed, grades are final and when the student is added to the certificate of eligibility form signed by the principal.**
6. Wrestling teams are allowed 16 varsity and 12 high school sub-varsity playing dates during the regular season. Each invitational entered will count as one of these 16 dates. One invitational may be preseason. Schools that offer varsity wrestling will have an opportunity to enter girls in 3 dates that will not count against the original 16 dates. (Must be female vs female match and must be a part of the same event that the boys are entered into.) Last day to wrestle is February 4, 2020.
  - a. Any wrestler who has received a forfeit during a dual match may not wrestle at any time during the match.
  - b. The South Carolina High School League recommends during any qualifying and State Tournament, at least one adult must be at each scoring table.
  - c. The South Carolina High School League strongly recommends that contracts be used when scheduling non-region dual matches.
  - d. Weigh-in procedures will not delay the start of a match. Refer to H.
  - e. A school may send more than one team to a varsity event provided that school counts those separate events as two of their 16 dates. This would include entering multiple wrestlers at the same weight. Forming of house teams are not allowed.
  - f. Weigh-ins: In a dual meet, wrestlers shall weigh-in shoulder-to-shoulder, a maximum of one hour before the scheduled start of the meet. In tournament competition, contestants shall weigh-in at the site a maximum of two hours before the first session begins.
  - g. Sub-varsity matches may not start later than twenty minutes prior to the varsity match.
  - h. Starting Time: If a team is not ready at the scheduled starting time, one team point will be deducted. If neither team is ready, the home team will have two team points deducted and the visitor will have one team point deducted.
  - i. A forfeit shall eliminate a contestant from further competition in any tournament including region or qualifying.

7. School must have a minimum of seven wrestlers to be eligible to compete in the dual playoffs. (Must make weight at the site.)
8. Officials certified by the South Carolina High School League must be used in all varsity matches. Instructions for postponing or canceling matches in which certified officials are booked are printed on page 93.
9. Weight Classes will be as listed in the rules book.
  - NOTE:** A student may not wrestle more than one class above his actual weight.
  - NOTE:** A school may enter only one contestant in each weight division
10. **WEIGHT CONTROL:**  
Weight Management program for 2019-20 season:
  - a. Test Date - June 1<sup>st</sup> will be the first date that testing may occur for the upcoming wrestling season. A school assessor can test athletes during the summer months and then put the information in the Optimal Performance Calculator on the NWCA website ([www.nwcaonline.com](http://www.nwcaonline.com)).
  - b. Testing Athletes - All wrestlers in grades 9-12 will be tested by an assessor and have their data entered into the OPC. Data may only be entered once per athlete.
  - c. Competition Data Weigh In Sheet - The South Carolina High School League has mandated the use of a competition data Weigh In sheet for all weigh-ins. To access this sheet, login into the OPC through [www.nwcaonline.com](http://www.nwcaonline.com). Under the Coaches Tab at the top, you can select "Competition Data/Record Sheet". Select that option. On the next page, use the first link that says "Create Pre-Match Weigh-in Sheet". Click on that link. Enter in the date of the competition you want to make a weigh in sheet for and the name and click "NEXT". Print off the list of wrestlers created.
  - d. Documentation - Each head coach will be responsible for having an Alpha Master Sheet and Competition Data Weigh In Sheet. The Alpha Master sheet contains a list of all wrestlers who have passed the test and give the minimum weight that they can compete in the season. The Competition Data Weigh In Sheet is a list of the lowest weight class that your wrestlers can be on the day of that competition. These sheets can be printed off the NWCA Website using the coach's username and password that they receive when they register their school with the NWCA.
  - e. Competition - No athlete may compete in an event until they have had their minimum weight established on the OPC and their name appears on the Alpha Master *and* Competition Data Weigh in Sheet. To do so, this means that they have passed hydration and had the skin fold test completed.
  - f. Assessors and Test administrators- A test administrator is a certified official who does the actual testing. This group includes certified school trainers, nurses, and doctors. An assessor is the person who actually puts the data into the OPC on the NWCA website. This person CAN be the test administrator, or any other school personnel chosen by the athletic director. However, the assessor CANNOT be the actual wrestling coach.
  - g. Materials - To complete testing, you must have a refract meter to measure the urine sample and a set of skin calipers. The refractor meter can be either the optical or digital type.
  - h. Re-testing - If an athlete fails the hydration, they must wait at least 48 hours before they are tested again. *The Litmus test for urine hydration is not allowed.*
  - i. Margin of Error - South Carolina will use a 2% margin of error for determining the minimum weight of a wrestler. This 2% will only be used for athletes who have 7% body fat or higher. The margin of error will be calculated automatically on the OPC for the state of South Carolina.

- j. Athletes below 7% Body Fat- Athletes who measure below 7% body fat will wrestle at the weight class they establish during their hydration and body fat test. There is no exception that will allow athletes below 7% to drop down in weight.
- k. Doctor's Note - Athletes who are below 7% body fat will need a doctor's note to compete. The doctor's note should be taken to every event and the coach should be able to produce it if questioned. There will not be a specific form used by the doctor. All that is needed is the doctor's statement that the athlete is below 7% body fat and is healthy enough to compete in wrestling
- l. Ineligible Wrestlers - Athletes who are ineligible to compete first semester can still have their minimum weight established as early as June 1<sup>st</sup>.
- m. Growth Allowance - South Carolina will still use a 2-pound growth allowance. Wrestlers will be given a 2-pound growth allowance to their minimum weight classes on **December 26<sup>th</sup>**. However, the 2-pound growth allowance cannot help a wrestler establish a minimum weight class.

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

- n. Establishing Minimum Weight Class - All wrestlers must be at their minimum weight class by February 1, 2020. The OPC must simply allow the wrestler to make that minimum weight by final date
- o. Moving up in Weight Classes - A wrestler may weigh in one weight class above their minimum weight class at the date of competition as indicated on the Competition Date Weigh In Sheet without losing certification at the lower weight class.
- p. Coaches Responsibility - It is the responsibility of the coaches to follow all the procedures and make sure they wrestle their athletes in the appropriate weight classes at the appropriate times. Wrestling an athlete at an improper weight class will subject to team to South Carolina High School League penalties.
- q. The Official - The official is being used to record the wrestlers' correct net weight on the Data Competition Weigh In Sheet. The official has no other roll in the weight management system.

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

- 11. **State Championship** - The State Individual Tournament will be held on Feb. 28-29, 2020. The top qualifier in each weight division from the Upper State will be paired against the fourth qualifier from the Lower State and others will be paired accordingly.

12. **Regulations Governing State Tournaments:**

- a. Responsibility for local arrangements for the State Individual Wrestling Tournament will be left to each participating school.

An admission of \$6.00 on Friday and \$8.00 on Saturday will be charged.

- b. The tournament director for state individuals will receive \$450.00. The head official and South Carolina High School League Director will decide any questions not answered in the official wrestling rules or in these regulations
- c. Entry fee for the State Individual Tournament will be \$25.00 per wrestler with a team maximum of \$100.00. **Make check payable to: South Carolina High School League. CHECKS ARE DUE TO THE SOUTH CAROLINA HIGH SCHOOL LEAGUE OFFICE BY March 13.** Invoice can be found in the AD Notebook.
- d. Proceeds from concessions go to the host school. Proceeds from program sales and advertising will be part of the tournament receipts

- e. **Tournament Regulations:**

- A. Uniformed security and certified trainers are required at all state wrestling tournaments (region, upper and lower state, dual team sites and finals).
- B. Require a minimum of 3 mats for 1<sup>st</sup> and 2<sup>nd</sup> rounds of individual championship.
- C. Individual Champion: Order of wrestling and suggested number of mats.
  - First Round .....Championship .....3 mats
  - First Round .....Consolation .....3 mats
  - Second Round .....Championship .....2 mats
  - Consolation .....Semi-Finals .....2 mats
  - Consolation .....Finals .....2 mats
  - Championship .....Finals .....1 mat

13. **Admissions:**

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

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

- 15. Refer to pages 1-18 for additional regulations

## WRESTLING 2019-20

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June 1 - July 28, 2019 .....	Open Season
	<ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li></ul>
	Nothing mandatory
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No Activities of any kind</b>
July 29 - September 15, 2019.....	Closed Season
	<ul style="list-style-type: none"><li>• Cannot practice and/or attend team camp(s)</li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
September 16 - October 30, 2019 .....	Open Season
	<ul style="list-style-type: none"><li>• 20 days of practice</li><li>• Nothing mandatory</li><li>• No outside scrimmages or competition</li><li>• No tryouts</li></ul>
October 1, 2019.....	Schedule Due
October 31 - November 3, 2019 .....	Closed Season
	<ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
November 4, 2019.....	First Practice
November 11, 2019.....	First Scrimmage
November 22, 2019.....	First Preseason Contest Date
7 days prior to first regular season match...	Eligibility Due
December 2, 2019.....	First Contest
February 4, 2020 .....	Last Day to Wrestle/Report Region Qualifiers (Classes AAAAA, AAAA & AAA)
February 5, 2020 .....	Class AA Seeding Meeting - League Office 10:00 am
February 15, 2020 .....	Duals Championships
February 21 - 22, 2020 .....	Individual Qualifying: Upper/Lower State
February 28, 2020 .....	Individual Entry Fee due to SCHSL
February 28 - 29, 2020 .....	Individual State Finals – Anderson Civic Center
Last Contest - May 31, 2020.....	Closed Season
	<ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team (75% rule must apply)</li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>



## Class AAAAA Wrestling

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### DUALS:

Class AAAAA Dual Championship      TBA      February 15

#### Declaring Play-off Participants

- Each team must play each member of the region. In the event a school refuses to play another school in the same region, that school becomes ineligible for any play-off berth and forfeits to all teams for the purpose of declaring champions, and other region qualifiers.
- Each region will declare their play-off participants by their own method.
- If a school withdraws from a dual match, it counts as one loss by forfeit and one win for the receiving team.
- If a school withdraws from a dual tournament, this counts as two losses by forfeit. Schools will lose entry fees, as well. No team can claim a win by forfeit.
- No out-of-state dual or individual matches may count in the team or individual's record for state play-off qualifications.

### INDIVIDUALS:

Upper State Individual Qualifying	TBD	February 21-22
Lower State Individual Qualifying	TBD	February 21-22
Individual State Finals	Anderson Civic Center	February 28-29

The AAAAA Conference shall sponsor Upper and Lower State Qualifying Tournaments, which will provide entrants for the State Individual Tournament. The tournaments will be set up as follows:

- a. **NOTE:** A wrestler MAY NOT carry record up, but MUST take record down
- b. The seeding for the Upper and Lower State Tournaments will be accomplished as follows:
  - 1.. A committee for each tournament will be formed and consists of the Upper and Lower State Tournament Directors and at least two (2) representatives from each region (to include the Region Tournament Directors and/or the region seeding committee chairman).

Seeding Criteria

    - a. Overall In-state record (must have a minimum of 10 matches). Dual playoff match results will count on an individual's record.
    - b. Head to head within 10% winning percentage.
  2. Wrestlers who wrestle at different weights during the season MUST include their record at the higher weight for seeding purposes.
- c. The top four (4) wrestlers in each weight class will be entered in the State Individual Tournament. The Upper and Lower State Tournament Directors will forward the appropriate information (as defined in Paragraph IV-A) to the State Individual Tournament Director no later than Tuesday, February 25. Seeding will be as indicated in the State Tournament brackets.

In Upper, Lower and State Individual Tournaments, only (2) two coaches will be allowed on the floor from each school. A trainer may be present on the floor to handle injuries and blood problems.

- a. Regions will determine their own entry fee requirements.
- b. Entry fees for the Upper and Lower State Individual Tournaments will be \$25.00 for one (1) wrestler and \$50.00 for two (2) or more wrestlers. **Make checks payable to:** Chapin High School (lower host) and Laurens High School (upper host).

Tournament Expenses and Proceeds Distribution:

- a. Region tournament (if applicable), as defined by the respective regions.
- b. Upper and Lower and State Individual Tournaments:
  1. Allowable expenses:
    - a. Director's Fee - \$150.00
    - b. Officials' Fees and Travel
  2. Host school must provide security for the tournament and be responsible for all expenses.
- c. Expenses will come from gate receipts and entry fees.
- d. 20% of the gross admission proceeds to the South Carolina High School League.

## Class AAAA Wrestling

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### DUALS:

Class AAAA Dual Championship                      TBA                      February 15

#### Declaring Play-off Participants

- Each team must play each member of the region. In the event a school refuses to play another school in the same region, that school becomes ineligible for any play-off berth and forfeits to all teams for the purpose of declaring champions, and other region qualifiers.
- Each region will declare their play-off participants by their own method.

### INDIVIDUALS:

Upper State Individual Qualifying	Eastside High School	February 21-22
Lower State Individual Qualifying	Bluffton High School	February 21-22
Individual State Finals	Anderson Civic Center	February 28-29

The AAAA Conference shall sponsor Upper and Lower State Qualifying Tournaments, which will provide entrants for the State Individual Tournament. The tournaments will be set up as follows:

- a. The AAAA Conference shall sponsor Upper and Lower State Individual Qualifying Tournaments. These tournaments will qualify the entrants for the State Individual Championship Tournament. Each region will qualify four competitors in each weight class or will determine their method of selecting qualifiers for the upper and lower state tournament. The top qualifier in each weight division from the upper state will be paired against the fourth qualifier from the lower state and others will be paired accordingly.
- b. The top four (4) wrestlers in each weight class at the qualifying tournaments will advance to the State Tournament.
- c. The seeding for the Upper and Lower State Tournaments will be accomplished as follows:
  - 1.. A committee for each tournament will be formed and consists of the Upper and Lower State Tournament Directors and at least two (2) representatives from each region (to include the Region Tournament Directors and/or the region seeding committee chairman).

Seeding Criteria

    - a. Overall In-state record (must have a minimum of 10 matches). Dual playoff match results will count on an individual's record.
    - b. Head to head within 10% winning percentage.
  2. Wrestlers who wrestle at different weights during the season MUST include their record at the higher weight for seeding purposes.
- d. The top four (4) wrestlers in each weight class will be entered in the State Individual Tournament. The Upper and Lower State Tournament Directors will forward the appropriate information (as defined in Paragraph IV-A) to the State Individual Tournament Director no later than Tuesday, February 25.

In Upper, Lower and State Individual Tournaments, only (2) two coaches will be allowed on the floor from each school. A trainer may be present on the floor to handle injuries and blood problems.

- a. Regions will determine their own entry fee requirements.

## Class AAA Wrestling

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### DUALS:

Class AAA Dual Championship                      TBA                      February 15

#### Declaring Play-off Participants

- Each team must wrestle each member of the region. If a team refuses to wrestle a region member, then that school will become ineligible for a play-off berth
- Each region is responsible for selecting its top four finishers.
- If two or more teams tie at the end of the season, then the teams will use the AAA Tie-Breaking System for breaking the tie or ties.

### INDIVIDUALS:

Upper State Individual Qualifying	West Oak High School	February 21-22
Lower State Individual Qualifying	May River High School	February 21-22
Individual State Finals	Anderson Civic Center	February 28-29

The AAA Conference shall sponsor Upper and Lower State Qualifying Tournaments, which will provide entrants for the State Individual Tournament. The tournaments will be set up as follows:

- a. Each region will qualify four competitors in each weight class or will determine their method of selecting qualifiers for the upper and lower state tournament. A 16-man double elimination bracket will be used and 4 wrestlers will advance to the State Tournament. The top qualifier in each weight division from the upper state will be paired against the fourth qualifier from the lower state and others will be paired accordingly.
  - b. The top four (4) wrestlers in each weight class at the qualifying tournaments will advance to the State Tournament.
  - c. Only two (2) coaches will be allowed in the corner of the mat during an individual tournament.
  - d. Entry fees for the tournament.
    - Regions will determine their own entry fee.
    - Entry fee for the Upper and Lower State Individual Tournaments will be \$100.00 per team.
  - e. Disbursement of Proceeds
    1. Twenty percent of gross ticket sales proceeds will go the South Carolina High School League
    2. Expense of officials. The following expenses may be taken but not to exceed the amounts listed below:
      - Tournament Director - \$100.00
      - Security (not to exceed \$200.00)
      - Certified Athletic Trainer - \$200.00
      - Ticket personnel - \$8.00 per hour
      - Clean-up (not to exceed \$200.00)
      - Head table workers (not to exceed \$150.00)
    3. Excess monies will be forwarded to the AAA Conference.
- NOTE: Proceeds from concessions will go to the host school

## Class AA Wrestling

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### DUALS:

Class AA Dual Championship                      TBA                                      February 15

Declaring Play-off Participants

- Class AA seeding meeting for dual team championships will be February 5, 2020 at 10:00 am at the league office.
- All entry forms for the Class AA duals must be received by the league office by 9:00 am February 5, 2020 for the school to be eligible for the Class AA Dual Team Championships

#### Upper and Lower State Duals Tournament Seeding Criteria

Initial Seeding will be based on Overall Winning Percentage Head to Head trumps Overall Winning Percentage.

In the event of a tie, the criteria will be as follows:

1. Common Opponent Margin of Victory.
2. Overall Consensus of Seed Committee.

\*If it is within the power of the Seed Committee, there will be no Region match-ups in the first round of the tournament

### INDIVIDUALS:

Upper State Individual Qualifying	TBD	February 21-22
Lower State Individual Qualifying	TBD	February 21-22
Individual State Finals	Anderson Civic Center	February 28-29

1. All AA schools will be permitted to enter one competitor in each weight class at the Upper or Lower State Qualifying Tournament.
2. It will be a 16 man double elimination bracket using single elimination wrestle-in matches to set the 16 man bracket.
3. Seeding meetings for the Upper and Lower State Individual Qualifiers will be held on February 19. Time to be determined by host teams. All wrestler records and information needs to be submitted to the host school by 9:00 am on February 19.
4. Individual Tournament Seeding Criteria  
All wrestlers will need a 10 match minimum to be seeded.  
Wrestlers without a 10 match minimum will be a random draw.  
A wrestler MAY NOT carry record up, but MUST take record down.

Initial Seeding will be based on Overall Winning Percentage.

Head to Head trumps Overall Winning Percentage

In the event of a tie, the criteria will be as follows:

Previous State Placer  
Previous State Qualifier  
Overall Consensus of Seed Committee

## BASKETBALL

1. The South Carolina High School League will sponsor state basketball play-offs for boys and girls in each of the five classes.
2. Official rules published by the National Federation may be obtained from the South Carolina High School League. By state adoption "the head coach may rise in front of his or her seat within the confines of a designated coaches box to give instructions to his or her players and/or substitutes."
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.

### Contest Restrictions:

- a. Each school is permitted to participate in one approved varsity preseason basketball jamboree. A school may elect to participate in a second or third jamboree instead of one or two of the four allowable scrimmages. If a school does not participate in a Christmas Invitational Tournament, one of the four allowable scrimmages may be held during the Christmas Holidays.
- b. All classes are allowed 26 games, four scrimmages and one jamboree. JV teams are allowed 24 games, two scrimmages and one jamboree. The games can be any combination of tournaments (to include preseason) and regular season games. A team may not participate in games on more than two school nights (Monday through Thursday) except in tournament play leading to the State Championship. Preseason play can only be in tournaments and may start on November 16.
- c. . A student has the same limitation on playing, as does a team.
- d. Students will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one hour's rest between games.
- e. All teams must be accompanied by an adult who must be present at all times that dressing rooms are in use.
- f. Any team member who leaves the bench and approaches/engages in a fracas shall be disqualified from the game

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

6. Home Team Responsibilities:
  - a. The principal of the host school will prohibit the use of loud noisemakers, i.e. cowbell, air horns, radios and musical instruments. The tournament director will forbid noisemakers during tournament play
  - b. Cheerleaders must be in the bleachers except during full time-outs, end of quarters and half time. Mascots are considered cheerleaders. Megaphones for cheering purposes will be used only by cheerleaders. Jewelry will not be worn at any time. **Each school is responsible for enforcement of these regulations**
  - c. Pep bands or musical entertainment may be permitted prior to the game, between quarters, during timeouts, during halftime or following the game. Under no circumstances will any musical instruments be used at any other time. Pep bands cannot sit behind visitors' bench.

- d. Clean and secure dressing facilities must be provided for opponents and officials. A school is responsible, within reason, for the clothing of opponents, but not rings, money, watches, etc.
  - e. A uniformed policeman shall meet the officials at the scorer's table after the game and escort them to their dressing room or car and see them safely on their way.
7. If a region has a duly constituted basketball regulation automatically giving the regular season winner a position in the State Play-Offs, the region may order teams that are tied for first place to break the tie by a sudden death plan provided the tied teams split during the regular season. This play-off will be considered part of the State Play-offs and a financial statement must be submitted to the South Carolina High School League Office.
8. Scheduled Game Times
- a. All games must start at their scheduled times. If two varsity games are being played, the first game must start no later than 7:00 P.M. The second game will begin within 20 minutes after the conclusion of the first game.
  - b. Overtime periods for all games played in quarters of less than eight minutes will be three minutes each
  - c. All JV, "B", junior high school or middle school games will be played in four quarters of six minutes each with intermissions of one minute after first and third quarters and eight minutes between halves.

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

- 9. The South Carolina High School League strongly recommends the use of contracts for non-region games.
- 10. The region will select the site for any play leading toward the region championship. Region trophies must not exceed 21 inches in height.
- 11. Officials, certified by the South Carolina High School League, must be used in all varsity games. The South Carolina High School League Office will not book sub-varsity games. Instructions for postponing or canceling games for which certified officials are booked are on page 93.
- 12. **STATE PLAY-OFF REGULATIONS**
  - a. Twenty-five school personnel and varsity cheerleaders in uniform will be admitted without charge. All other persons must have tickets.
  - b. No school may practice at the site of a state play-off game unless the site is on its campus.
  - c. Bands, musical instruments, radios, tape players, cowbells, air horns, megaphones (other than those used by cheerleaders) or other offensive noisemakers will not be permitted. Signs, banners or flags will not be permitted.
  - d. Advertising tobacco, alcoholic beverages and related products will not be authorized.
  - e. If uniforms do not contrast, the home team will change unless their uniform is white. Teams must bring two sets of jerseys.
  - f. An admission of \$12.00 will be charged for the fourth round and the State Finals in all classes. All other sessions will be \$6.00. A seat tax required by state or county law may be added but will not be included in the gross receipts as mentioned in item one below.
  - g. Gate receipts will be distributed according to the financial statements in the Athletics Director's notebook.

13. MINIMUM SEATING REQUIREMENTS FOR PLAY-OFFS

<u>Class</u>	<u>Third Round 2 Schools</u>	<u>Third Round 3 Schools</u>
AAAAA	1,200	1,500
AAAA	1,200	1,500
AAA	1,000	1,200
AA	1,000	1,200
A	1,000	1,200

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

14. The League will furnish trophies and medals for the State Champion and Runner-up teams in each of the five classifications.
15. A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets for approval as part of the sanctioning process in basketball, baseball, softball, tennis and soccer.
16. Refer to pages 1-18 for additional regulations.



## BASKETBALL 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No Activities of any kind</b>
July 29 - September 15, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• Cannot practice and/or attend team camp(s)</li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
September 16 - October 30, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
October 1, 2019.....	Schedule Due
October 31 - Nov. 3, 2019 .....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
November 4, 2019.....	First Practice
November 11, 2019.....	First Scrimmage
November 22, 2019.....	First Preseason Contest Date
7 Days prior to first regular season contest .....	Eligibility Due
December 2, 2019.....	First Contest
February 15, 2020.....	Deadline - Report Qualifiers
February 17, 2020.....	Playoffs Begin - Girls (All Classes)
February 18, 2020.....	Playoffs Begin - Boys (All Classes)
March 6 - 7, 2020 .....	State Finals at Colonial Life Arena
Last Contest - May 31, 2020 .....	Closed Season
(When Eliminated From Playoffs)	<ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>

## BOYS & GIRLS LACROSSE

1. The South Carolina High School League will sponsor a girls' and boys' open championship.
2. National Federation Rules for Boys Lacrosse and the official Rules for Girls & Women's Lacrosse endorsed by the National Federation shall govern lacrosse games when not covered by the SCHSL rules. The rules books may be obtained from the South Carolina High School League office.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All head coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.
6. All classes are allowed 16 games, four scrimmages and one jamboree. JV teams are allowed 14 games, two scrimmages and one jamboree. The games can be a combination of tournaments (to include preseason) and regular season games. Preseason play can only be in tournaments and may start on February 14.
7. Girls and boys lacrosse are considered contact sports by the South Carolina High School League.
8. Certified officials are required for all varsity contests. Instructions for postponing or canceling games for which certified officials are booked are printed on page 93.
9. The girls and boys semi-finals will be played at home sites. Three officials will be required for semi-finals. Play-off admission will be \$5.00. State Finals will be \$10.00
10. Student athletes will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one-hour rest between games.
11. Boys Lacrosse Only: **(December 9-January 29, 2020) -The first three days shall be in shorts and helmets. Of the remaining days, a maximum of 10 days may be in full gear. Gloves may be worn on all days during this period. Outside of that, helmets and gloves.**
12. **The only time music will be allowed is prior to the game, at 2-minute timeouts and during halftime. Under no circumstances will any music be used at any other time**
13. A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, tennis, lacrosse and soccer. (Maximum 10 consecutive days for a tournament)

### Varsity Lacrosse

- Maximum of ten games can be played in a combination of the two tournaments
- If you choose to play more than five games in any one tournament this will constitute having played a second tournament. (Reference #5 for limitations)

### JV Lacrosse

- Maximum of ten games can be played in a combination of the two tournaments
- If you choose to play more than five games in any one tournament this will constitute having played a second tournament (Reference #5 for limitations)
- JV level does not have the option to trade in one tournament for additional regular season contests

14. Refer to pages 1-18 for additional regulations

## GIRLS/BOYS LACROSSE 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No activities of any kind</b>
July 29 - December 8, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 - February 2, 2020 .....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020 .....	First Practice
February 1, 2020 .....	Schedule due in Arbiter
February 10, 2020 .....	First Scrimmages
February 14, 2020 .....	First Preseason Contest Date
7 Days prior to first regular season match .....	Eligibility Due
February 24, 2020 .....	First Contest
April 16, 2020 .....	Last day for regular season games (including sub-varsity)
April 17, 2020 .....	Lacrosse Seeding Meeting
April 17, 2020 .....	Brackets posted for play-offs
April 29, 2020 .....	Press Conference for State Finalists
May 2, 2020 .....	State Finals (Irmo HS)
Last Contest - May 31, 2020.....	Closed Season

## BOYS TENNIS

1. The South Carolina High School League will sponsor championships in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification. In addition to the team competition, a 32-draw AAAAA - AAAA and a 32-draw AAA-AA-A Singles Tournament will be held. These tournaments will be exclusive of the team competition
2. The rules of the United States Tennis Association will apply when not covered by South Carolina High School League rules.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic
4. All head coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslern.com](http://www.nfhslern.com).
5. All classes are allowed 24 matches, four scrimmages and one jamboree. JV teams are allowed 22 matches, two scrimmages and one jamboree. The matches can be any combination of tournaments (to include preseason) and regular season matches. Preseason play can only be in tournaments and may start on February 28.
6. All tennis matches must be played on hard courts. If a school uses clay courts, the opposing school must be notified in advance and agree to play the match on the alternate surface. A school cannot use two different surfaces for a match unless previously agreed by both schools.
7. Each match will be two no-ad sets with a 10-point tie-breaker played to decide the match if the sets are split. A set tie-breaker will be a 7-point tie-breaker. Pro-Set scoring (8 games, 7-point tie-breaker at 7-7) is permitted once the match has been decided. This includes the regular season and play-offs. (Any exception will result in both teams forfeiting).
8. Team competition will consist of 5 singles and 2 doubles teams. Only two players may play both singles and doubles during the same dual match. A player may play on only one doubles team in a dual match. (Any exception will result in a team forfeit, 7-0). A team appearing with only 5 or 6 players will forfeit #2 doubles.
9. Coaches will exchange line-ups before the match begins, with at least 1-5 singles listed. Coaches have the option to hold off announcing doubles until after singles matches have been completed, but must inform the other coach beforehand. If doubles matches are announced after singles matches are completed, doubles line-ups will be exchanged simultaneously.
10. All players must play in at least four regular season dual matches to be eligible to play in the play-offs. All players will be required to compete in a school issued shirt. Appropriate tennis apparel is expected (cut-offs and jeans are not considered appropriate tennis apparel). Bandanas are not permitted.
11. In team play, there will be a maximum 10-minute break between singles and doubles play if a player is playing both singles and doubles.
12. Suspended matches are to be resumed from the point of interruption.
13. Coaching (by the head coach only) will be permitted during the 90-second changeover between odd numbered games. Coaching will be limited to 45 seconds and the coach must remain outside the fence. Coaching is also allowed during the rest period following split sets. This conference is limited to two minutes. No coaching is allowed during a tie-breaker.
14. Spectators, including players not participating, must stay a minimum of 3 feet away from the fenced area.
15. No cell phones or any electronic equipment is permitted by players or coaches as coaching tools.

16. In all phases of competition, coaches must play their singles participants and doubles teams in descending order of ability. Challenge matches will determine this order. **THE FOLLOWING GUIDELINES MUST BE FOLLOWED:**
- a. Players shall be ranked according to their head to head competition. Each coach shall maintain a dated copy of all challenge matches. You must use a minimum 6 total game challenge format to establish the initial ladder. Two no-ad sets with a 10-point tiebreaker must be used after the initial ladder is established
  - b. A player may challenge up only one position per challenge match.
  - c. **First doubles team shall always have a combined rank (based on the singles rank), which will be lower than that of the second team by a difference of at least 3 points. If the total ranking number is less than 3 points, a challenge match shall determine which team plays as #2 and which as #1.**
  - d. Temporary illness or absence of any player shall not change rules a. and b. When a player is out, all players must move up to fill the space with any forfeits at the bottom of the lineup. When that player returns, he/she must return in their original position.
  - e. **NOTE: a, b, c, d - FAILURE TO COMPLY WILL RESULT IN A TEAM FORFEIT (7-0)**
  - f. A coach, who questions the relative order of the opponent's lineup, may request to see the challenge records. Coaches must bring all challenge match data, as well as all previous individual and team scores, to every interscholastic match played. This includes the play-offs. Any challenge matches that change the line-up must be documented, dated and signed by the coach. If these records are not made available at the contest in question, the concerned coach may file a written protest with the South Carolina High School League. The South Carolina High School League will then expect the challenged coach to present the records. If records cannot be properly submitted, a forfeit will be imposed.
  - g. Once the play-offs begin, the singles ladder may not be changed. **ANY EXCEPTION WILL RESULT IN A TEAM FORFEIT (7-0).**
  - h. Once a match has begun, a player may not leave the court except for the following reasons:
    1. Bona fide bathroom break.
    2. To replace equipment (shoes, contact lens). If such player exceeds the time allowed (5 minutes), they will be subject to the point penalty system. 25 seconds will be allowed for each delay of game penalty. For example, warning - 25 seconds; point - 25 seconds; game - 25 seconds; match - 25 seconds.
    3. Leaving the court for reasons other than #1 or #2 will result in a forfeit of that match.
  - i. **Any serious unsportsmanlike act will result in an immediate disqualification. Examples are, but are not limited to: vulgar or abusive language or gestures, throwing racket, or fighting (should a disqualification occur the recorded score will be what the score was at the time of the disqualification).**
17. A dated challenge ladder must be submitted to the South Carolina High School League Office by noon of the first playoff date. Failure to submit the tennis ladder by the deadline will result in a \$25.00 fine. This form is located in the AD Notebook.
18. State Finals - Cayce Tennis Center  
Admission: \$5

19. **SINGLES TOURNAMENT INFORMATION**

All regions will qualify their best singles player for the Singles Tournaments to be held May 13-14. Regions that have both AA and A teams are reminded that they will have two automatic qualifiers for the singles tournament (One representing AA and one representing A). Regions will also have the opportunity to submit in order of ability additional players for at large consideration. The number chosen will be the number needed to fill a 32-player draw for the AAAAA-AAAA Tournament and a 32-player draw for the AAA-AA-A Tournament. A panel of tennis coaches will use the following criteria for the at large selection process:

- a. Recommendations from regions submitted in writing. Information on season records and opponents should be included.
- b. USTA rankings in South Carolina.
- c. There will be an entry fee of \$25 per athlete for the Individual State Finals.

20. Regular season scoring will be used for the State Singles Tournaments.

- a. A player is entitled to an hour's rest between matches. Warm-up time will be limited to 10 minutes.
- b. Any changes in the schedule will be left to the discretion of the tournament director.

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

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

23. Refer to pages 1-18 for additional regulations.

## BOY'S TENNIS 2019-20

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June 1 - July 28, 2019 .....	Open Season
	<ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No activities of any kind</b>
July 29 - December 8, 2019.....	Closed Season
	<ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team <b>(75% rule must apply)</b></li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season
	<ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 - February 2, 2020 .....	Closed Season
	<ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020 .....	First Practice / Tryouts
February 10, 2020 .....	First Scrimmage
February 28, 2020 .....	First Preseason Contest Date
7 Days prior to first regular season contest .....	Eligibility Due
March 2, 2020 .....	Schedule Due
March 9, 2020 .....	First Playing Date
April 28, 2020 .....	Report Qualifiers - Classes AAAAA, AAAA & AAA Notification of Entry – Class AA
April 30, 2020 .....	Class AA Seeding Meeting
May 1, 2020 .....	Deadline to Report Singles Entries
May 14, 2020 .....	State Finalist Press Conference – League Office 9:00 am
May 16, 2020 .....	State Finals (All Classes) Cayce Tennis Center
May 18 - 19, 2020 .....	State Single Tournament Cayce Tennis Center
Last Contest - May 31, 2020.....	Closed Season

## BOYS GOLF

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. The Rules of Golf, as approved by the United States Golf Association, shall govern golf competition. Regular season matches shall be limited to nine holes of play.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All head coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. Varsity golf teams are allowed 16 playdates including invitational, four scrimmages and one jamboree. JV teams are allowed 12 playdates including tournaments and two scrimmages. One invitational may be preseason and start on February 28. Any invitational entered (regardless of the number of days) counts as one playdate.
6. If a school is participating in a preseason tournament more than seven days prior to its first regular season game, the certificate of eligibility must be submitted before participation in this tournament.
7. Range finders and GPS devices will be allowed in match and tournament play with the following stipulations:
  - In each pairing if any player uses a range finder/GPS device then all players in the pairing will have access to the device.
  - Any player using a device but does not allow other members of the pairing utilize it when asked will be disqualified for a serious breach of etiquette (USGA rule 33-7) by the tournament committee.
  - GPS devices on cell phones are not permitted. Use of GPS devices on cell phones will result in disqualification.
  - Range finders that calculate slope in addition to yardage are not permitted. Use of range finders that calculate slope will result in disqualification of any player that utilized the device.
8. Cell phones and devices that allow texting are not to be used during the course of play. Use of cell phone or texting device for calling or texting during a stipulated round will result in disqualification. Exceptions: If a player or players encounter a dangerous situation (Ex. weather, animal or person) or if there is a medical emergency players may use the cell phone to call a coach, the clubhouse or the proper authorities (911).
9. **One coach is permitted to coach their golfers anywhere on the course.** Any player that receives coaching from anyone other than their designated coach is subject to the following penalties:  
1<sup>st</sup> offense – 2 stroke penalty      2<sup>nd</sup> offense – disqualification.

### SCORING:

- a. Regular Season - A total of the four (4) low players' scores will comprise the team score.
- b. Tournament - For each eighteen holes or part (see #12-c) played, the total of the four (4) low players' scores will comprise the team score for that round. The team's score for a tournament will be the sum of all rounds or parts played.
- c. Scorecards must be totaled, signed, and attested. Each player is responsible for his hole-by-hole score. If he gives a score over what he made on the hole, the score will stand as recorded. If he gives a score lower than he made, he will be disqualified. Under no circumstances should a player keep his own card. The player (competitor) is solely responsible for the correctness of the score recorded for each hole.



10. BREAKING TIES:

- a. Teams tied for a position (champion or runner - up) will be resolved by a sudden death stroke play-off by the four (4) low players on the previous eighteen holes. This will begin on the first tee or on the tee as designated by the committee with all four players teeing in the same group, beginning with the number four (4) players and progressing in order to the number one (1) players.
- b. Individuals tied for a position will be resolved in the same manner.

11 POSTPONEMENT/CANCELLATION:

Match - In the event a match cannot be completed (nine holes), it must be replayed in its entirety or canceled.

Tournament - In the event play has to be stopped, all players will mark their ball in an appropriate manner where play is suspended. If play cannot continue the same day, the round will begin from the beginning the next day. If play cannot begin again, the score will revert to the one-half ( $\frac{1}{2}$ ) round that has been completed by all players. All tournaments will be at least eighteen (18) holes.

12 TOURNAMENT RULES - BOYS:

- a. Players from the same school will not be paired together.
- b. Pairings will be determined by player position as designated by his coach when application is submitted to the Tournament Committee.
- c. Unlimited substitutions may be made between rounds. (A round is defined as eighteen (18) holes.) A team may continue to compete as long as it has four (4) players. If a team has fewer than four (4) players, the team will be ineligible for team honors, but the remaining individual team players may compete for individual honors.
- d. Caddies, ride on carts, and electric pull carts will not be permitted, but manual hand carts may be used. (A request to waive this regulation must be approved by the principals prior to a tournament.)
- e. Practice on the competition course between rounds is prohibited. (USGA - Rule 7-1-B disqualification.)
- f. Practice between holes is prohibited. (Two (2) stroke penalty.)
- g. Club throwing on the competition course is prohibited. (Two (2) stroke penalty.)
- h. If a questionable situation occurs, a player must play a second ball (provisional) and request a ruling from the Committee at the end of the round.

REGION TOURNAMENTS: Each region will determine their tournament format.

UPPER/LOWER STATE will be 18 holes events.

STATE TOURNAMENT will be 36 holes events.

- 13 The South Carolina High School League will furnish trophies and medals to the State Champion and Runner-up in each classification. Medals will be awarded to the medalist, second and third place finishers in each classification.

14. Refer to pages 1-18 for additional regulations.

## BOYS GOLF 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No activities of any kind</b>
July 29 - December 8, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team <b>(75% rule must apply)</b></li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 - February 2, 2020 .....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020 .....	First Practice / Try-outs
February 10, 2020 .....	First Scrimmage
February 28, 2020 .....	First Preseason Contest Date
March 2, 2020 .....	Schedules Due
7 Days prior to first regular season contest .....	Eligibility Due
March 9, 2020 .....	First Contest
May 5, 2020 .....	Report Qualifiers (All Classes)
May 11, 2020 .....	Upper & Lower State Qualifiers
May 18 - 19, 2020 .....	State Finals
Last Contest - May 31, 2020.....	Closed Season

## **Class AAAAA Boys Golf**

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### **QUALIFIERS:**

In the upper state Region 1 and 2 will qualify five teams and Region 3 will qualify three teams. Region 4 will qualify three teams with the 1<sup>st</sup> & 2<sup>nd</sup> place team going to the upper state qualifier and the 3<sup>rd</sup> place team going to the lower state qualifier. In lower state Region 5 and 8 will qualify three teams, Region 6 and 7 will qualify 4 teams. Each region will also qualify one individual from a non-qualifying team.

Upper State      May 11

Host School:

Lower State      May 11

Host School:

### **STATE CHAMPIONSHIP:**

The top eight teams from the upper and lower state tournaments and the top 4 individuals from non-qualifying teams will qualify for the state tournament. (maximum of 16 teams and 8 individuals qualify for state).

May 18-19

Host School:

## **Class AAAA Boys Golf**

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### **QUALIFIERS:**

The AAAA qualifier will be an open tournament with the following requirements: Teams must score 350 or less at the region tournament; Individuals 85 or less.

Upper State      May 11

Host School: Wren

Lower State      May 11

Barony GC

Host School: Hilton Head Island

### **STATE CHAMPIONSHIP:**

The top eight teams from the upper and lower state tournaments and the top 3 individuals from non-qualifying teams will qualify for the state tournament.

May 18-19

Forest Lake Club

Host School: A C Flora

## **Class AAA Boys Golf**

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### **QUALIFIERS:**

Each upper state region shall qualify four teams to the upper state tournament and each lower state region shall qualify four teams to the lower state tournament. Each region will also qualify one individual from a non-qualifying team. Upper and lower state tournaments will be 18 hole events. The top 8 teams from the upper state and lower state tournaments will qualify for the state tournament. The top 3 individuals from non-qualifying teams will qualify for the state tournament.

Upper State	May 11	Camden CC	Host School: Camden
Lower State	May 11		Host School: Waccamaw

### **STATE CHAMPIONSHIP:**

Top eight teams from Upper state and 3 individuals  
Top eight teams from Lower state and 3 individuals

May 18-19	Three Pines CC	Host School: Woodruff
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## **Class AA Boys Golf**

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### **QUALIFIERS:**

The State AA Boys' Golf Tournament will take the top two teams from each region to the State tournament by qualifying through their region tournament. A team must also shoot a score of 400 or less to be able to qualify for the state tournament. If the region has a two-day tournament then the average must be 400 or less from the two days.

The top two individuals in a region's qualifying tournament and not on the two qualifying teams will also qualify for the state tournament. These individuals must have a score of 100 or less to qualify for the state tournament. If the region has a two-day tournament then the average must be 100 or less for the two days.

### **STATE CHAMPIONSHIP:**

May 18-19	Host School
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## **Class A Boys Golf**

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Class A will take the top three teams to the Class AA State tournament by qualifying through Class A state qualifier. A team must also shoot a score of 400 or less to be able to qualify for the state tournament. If the qualifier has a two-day tournament then the average must be 400 or less from the two days.

The top three individuals in the qualifying tournament and not on the three qualifying teams will also qualify for the state tournament. These individuals must have a score of 100 or less to qualify for the state tournament. If the qualifier has a two-day tournament then the average must be 100 or less for the two days.

### **STATE QUALIFIER:**

May 11	Host School: Wagener-Salley
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## TRACK AND FIELD

1. The South Carolina High School League will sponsor a girls' and boys' championship in each class.
2. National Federation Rules shall govern all track and field meets.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslern.com](http://www.nfhslern.com).
5. Track teams are allowed 16 varsity and 12 JV meets including invitationals. One invitational may be preseason and start on February 28. Each invitational entered will count as one of the meets. Varsity teams are also allowed four scrimmages and one jamboree. JV teams are allowed two scrimmages and one jamboree.
6. The South Carolina High School League considers the qualifying meets (region and upper/lower state or qualifying) to be part of the State Final Series.
  - a. All throwing implements will be chosen/designated by the Meet Director and/or event judge for competition.
  - b. The Meet Directors will secure knowledgeable officials. Meets must have a referee, exchange zone judges and turn judges. The decision of the judges will be final. No protest will be allowed unless violation of track or eligibility rules occurs.
  - c. The forty-eight hour appeal limitation does not apply until after the finals. However, region-qualifying appeals will not be heard after the start of the upper/lower state or qualifying meet.
  - d. Contestants must be ready at the scheduled time of their events. If not, the Meet Director will scratch them.
7. **REGION MEET REGULATIONS:**
  - a. A student must have participated in at least two regular season track meets prior to entering region qualifying leading to the State Meet. The South Carolina High School League Executive Committee must make any exceptions.
  - b. Be sure that everyone clearly understands Rule 5-10-2. Being listed as one of the six members of a relay team does not count as an event unless the competitor actually participates. An athlete may not participate in more than **four** events. He or she may be listed in **two** individual events and as a member of **three** relay teams. However, once **this** athlete participates in **two** of these relays he/she is not eligible for the other relay. Once he/she has been listed in any individual event(s), the athlete is locked in. (Rule 4-2-2 and PENALTY)
  - c. Schools must register their contestants (using both first and last names) with the region track chairperson by a date set by the chairperson. The best performances of each event in region meets must be sent to the director of the Upper or Lower State Meet. This information is requested in order that contestants may be placed in heats.
  - d. A region may qualify four contestants in each event for the Upper / Lower State Meet or Qualifying Meet, and four contestants in each event will be qualified from these meets for the State Finals. No more than four contestants from any school may be entered in any event in the region meet. A school may enter one team in each relay.

8. **UPPER AND LOWER STATE MEET:**

- a. These meets will be held on May 9. Sites for upper and lower state qualifying will be determined by each classification. An admission of \$5.00 will be charged for Upper and Lower State Meets. The meet director must submit a financial statement to the League Office.
- b. In all meets that qualify contestants for the State Track Meet, these rules will be followed in the shot put, discus, triple jump and long jump. Each competitor shall be allowed three preliminary trials. The six competitors credited with the best performances will be given three final trials. The four competitors with the best performances will qualify for the State Meet.
- c. Qualifiers for the Upper and Lower State Meets will be reported to the directors of these meets. The Upper and Lower State Meet Directors will report their qualifiers directly to the South Carolina High School League Office. **FIRST AND LAST NAMES AND GRADE LEVELS** will be used in reporting all qualifiers.

9. **STATE TRACK MEET REGULATIONS:**

- a. The State Meet will be held on May 15 & 16.
- b. An admission of \$5.00 on Friday and \$8.00 on Saturday will be charged to everyone except those participating in the State Finals.
- c. During the week of the state meet no school may practice at the site of this meet unless the site is on its campus.
- d.. Eight places will score in the State Meet as follows:

First place	10 points	Fifth Place	4 points
Second place	8 points	Sixth Place	3 points
Third place	6 points	Seventh Place	2 points
Fourth place	5 points	Eighth Place	1 point

**NOTE:** The high jump will begin 2 heights (4 inches) below the lowest qualifying height of the contestants entered in the event.

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

**NOTE:** The pole vault will begin two heights (one foot) below the lowest qualifying height.

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

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

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

**NOTE:** In the shot put, discus, triple jump and long jump, each competitor will be allowed six trials.

- e. Only rubber-soled shoes may be used for the shot put and discus. Track flats or spikes that do not exceed ¼" spikes may be used for the pole vault, high jump, long jump and all running events.
- f. **NO ONE WILL BE ALLOWED IN THE TRACK AREA EXCEPT CONTESTANTS IN UNIFORM AND OFFICIALS.**

10. Because of differences in starting procedures, jumping pits, throwing circles, tracks, watches, etc. the following regulations govern State Track Records:
  - a. Records may be broken only in the State Meet.
  - b. Metal or fiberglass tapes will be used and all records will be measured and certified by the meet director or referee, the head field judge and the person running the event.
  - c. A record must meet the requirements of National Federation Edition of the Track and Field Rules.
  - d. There will be an entry fee of \$25 per athlete or \$100 per team for the State Finals.
11. The South Carolina High School League will furnish trophies and medals for the State Champion and Runner-up in each classification. Medals will be given to first, second and third place finishers in each event.
12. Refer to pages 1-18 for additional regulations.

TBA

**AAA, AAAA & AAAAA State Track & Field Championships**

Friday Field
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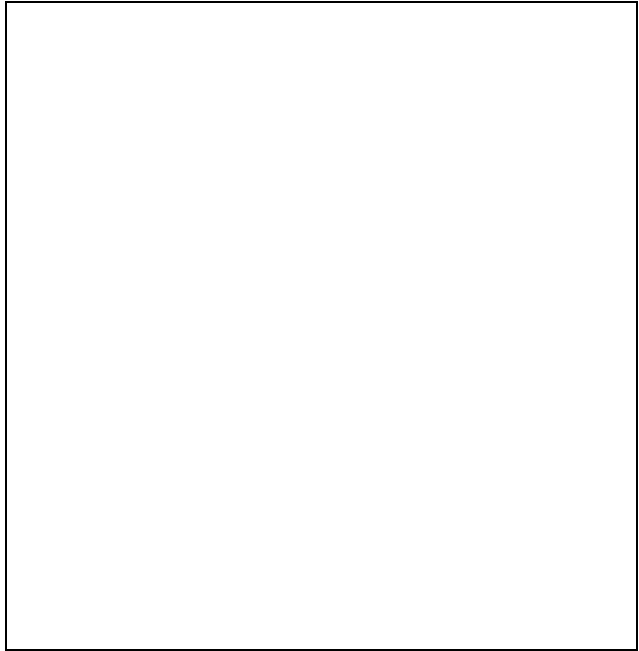
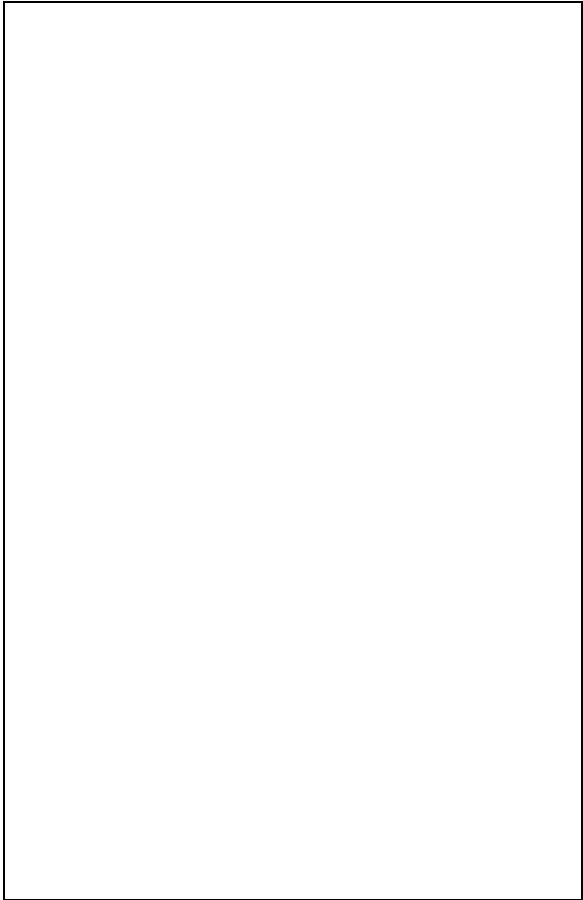
Friday Running
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**A & AA State Track & Field Championships**





## TRACK & FIELD 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"><li>• Can practice</li><li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li><li>• Nothing mandatory</li></ul>
June 30 - July 6, 2019	<b>DEAD WEEK - No activities of any kind</b>
July 29 - December 8, 2019	Closed Season <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team <b>(75% rule must apply)</b></li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
December 9 - January 29, 2020 .....	Open Season <ul style="list-style-type: none"><li>• 20 days of practice</li><li>• Nothing mandatory</li><li>• No outside scrimmages or competition</li><li>• No tryouts</li></ul>
January 30 – February 2, 2020.....	Closed Season <ul style="list-style-type: none"><li>• <b>Cannot practice – cannot do any skill training</b></li><li>• Can continue to condition and strength train</li><li>• Can coach an outside team <b>(75% rule must apply)</b></li><li>• Can use school facilities and/or equipment if coaching an outside team</li></ul>
February 3, 2020 .....	First Practice
February 10, 2020 .....	First Scrimmage
7 Days prior to first regular season contest .....	Eligibility Due
March 2, 2020 .....	Schedule Due
March 9, 2020 .....	First Meet
March 12, 2020 .....	Region Track Directors Meeting
May 9, 2020 .....	Upper & Lower and Qualifying State Meets (All Classes)
May 15 - 16, 2020 .....	State Finals (All Classes)
Last Meet - May 31, 2020.....	Closed Season

## **Class AAAAA Track & Field**

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8 team regions advance 7 teams  
7 team regions advance 6 teams  
6 team regions advance 5 teams  
5 team regions advance 4 teams  
4 team regions advance 4 teams

Qualifying Meet            TBA

The top eight competitors in each event will qualify for the state meet.

## **Class AAAA Track & Field**

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8 team regions advance 7 teams  
7 team regions advance 6 teams  
6 team regions advance 5 teams  
5 team regions advance 4 teams  
4 team regions advance 4 teams

AAAA Qualifying Meet        TBA

The top eight competitors in each event will qualify for the state meet.

## **Class AAA Track & Field**

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Qualifying Meets

Upper ..... Broome HS

Lower ..... TBA

At each location, the top four competitors in each event will qualify for the state meet.

## **Class AA Track & Field**

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8 team regions advance 7 teams  
7 team regions advance 6 teams  
6 team regions advance 5 teams  
5 team regions advance 4 teams  
4 team regions advance 4 teams

AA Qualifying Meet                      Memorial Stadium (Host School: Columbia HS)

The top eight competitors in each event will qualify for the state meet.

## **Class A Track & Field**

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Qualifying Meets

Upper .....      SC School for Deaf & Blind

Lower .....      Scott's Branch HS

The top four competitors in each event from each site will qualify for the state meet.

## BASEBALL

1. The South Carolina High School League will sponsor championship play-offs in all five classes.
2. National Federation Baseball Rules will be used in all games.
  - a. Dead ball appeals will not be recognized.

The following speed-up rules may be used.

  - a. The pitcher and/or catcher may have a courtesy runner if indicated at the pre-game conference. This change can be made any time after they reach base. Refer to the National Federation Baseball Rules book or regulations.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. If a school is participating in a preseason tournament, the certificate of eligibility must be submitted before participation in this tournament.
6. All classes are allowed 26 games, four scrimmages and one jamboree. High school sub-varsity teams are allowed 24 games, two scrimmages and one jamboree. The games can be any combination of tournaments (to include preseason) and regular season games. Preseason play can only be in tournaments and may start on February 28, 2020.
7. Certified umpires must be used in all varsity games. Games will be played even though only one umpire is present. Instructions for postponing or canceling games are printed on page 93.

Pitchers are limited to the pitch restriction guidelines (can be found on the South Carolina High School League website under Baseball) If this rule is violated, the pitcher is considered an ineligible player and the game will be forfeited and the school fined. Schools are required to enter their pitch counts into Arbiter Athlete.
8. Varsity games must be scheduled for 7 innings. If a double header is played, the games may be scheduled for 5 innings.
9. The game will end any time after 3 innings, or after 2 ½ innings when a team is 15 or more runs behind and has completed its term at bat. The game will end any time after 5 innings, or after 4 ½ innings when a team is 10 or more runs behind and has completed its term at bat
10. Games that are called prior to completion will be considered suspended games under the following circumstances: **Suspended games will be resumed from the point of interruption.**
  - a. it is not a regulation game
  - b. it is a regulation game with a tied score.
  - c. a game will be declared a forfeit after a 30-minute waiting period for opponent, unless other arrangements have been made.

11. If the game is called (ended) by the umpire, it is a regulation game:
  - a. if five full innings have been played or if the home team has scored an equal or greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns at bat; or
  - b. if play has gone beyond five full innings. If the game is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent's score the final score shall be record when the game is called.
12. When a protest is filed, the offended team must enter it at the time of the play and before the next pitch. The umpire-in-chief shall report the protest to the South Carolina High School League Office along with all related conditions at the time of the protested play. If a protest is upheld the game will be replayed from the time of the protest.
13. Region schedules will be arranged so that the last region game will be played one week before the deadline for declaring champions and runners-up. This way, postponed games may be played without hardship on any team.
14. Postponed games during the regular season will be made up on the next available playing date unless one team has a scheduled game.
15. **Last Day to Play a Game is April 25, 2020**
16. The South Carolina High School League will sponsor a state championship series in all classes.
  - a. Gate receipts will be distributed according to the financial statement on the South Carolina High School League website.
  - b. Admission is \$5.00 for playoffs.  
Admission is \$8.00 for State Championship games
  - c. The host school is responsible for securing umpires through the local booking secretary
17. A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, lacrosse, softball, tennis and soccer. (Maximum 10 consecutive days for a tournament)
18. When games are played on neutral fields (outside of tournaments), game security is the responsibility of both schools and each school must control its own fans.
19. The South Carolina High School League will furnish trophies and medals for the State Champion and the Runner-up in each classification.
20. Refer to pages 1-18 for additional regulations.

## BASEBALL 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30- July 6, 2019 .....	<b>DEAD WEEK - No activities of any kind</b>
July 29- December 8, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team <b>(75% rule must apply)</b></li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 – February 2, 2020.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team <b>(75% rule must apply)</b></li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020 .....	First practice/tryouts
February 10, 2020 .....	First Scrimmage
February 28, 2020 .....	First Preseason Contest Date
7 days prior to first regular season contest .....	Eligibility Due
March 9, 2020 .....	First Contest
April 25, 2020 .....	Last Day to Play/Report Qualifiers (all classes)
April 28, 2020 .....	Playoffs begin (all classes)
May 16 - 23, 2020 .....	State Finals (all classes)
Last Contest - May 31, 2020.....	Closed Season

## SOFTBALL

1. The South Carolina High School League will sponsor championship play-offs in all four classes.
2. National Federation Fast Pitch Rules will be used in all games.
  - a. Dead ball appeals will not be recognized.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and Protecting Students from Abuse" found at [www.nfhslern.com](http://www.nfhslern.com).
5. All classes are allowed 26 games, four scrimmages and one jamboree. High school sub-varsity teams are allowed 24 games, two scrimmages and one jamboree. The games can be any combination of tournaments (to include preseason) and regular season games. Preseason play can only be in tournaments and may start on February 28, 2020. **Last day to play a game is April 27, 2020.**
6. Certified umpires must be used in all varsity games. Games will be played even though only one umpire is present. Instructions for postponing or canceling games for which certified officials are booked are printed on page 93.
7. Varsity games must be scheduled for 7 innings. If a double header is played, the games may be scheduled for 5 innings.
8. The game will end any time after 5 innings, or after 4 ½ innings when a team is 10 or more runs behind and has completed its term at bat. **The game may also be terminated earlier by mutual consent if a greater than 10 run differential exists.**
9. If a tie exists after 8 innings, the International Tie-Breaker Rule will be used beginning in the 9<sup>th</sup> inning. Under this rule, each team starts the inning with the player who completed the last official at bat, as a base runner on second base. Each subsequent inning will start the same until a winner has been determined.
10. Games that are called prior to completion in regular season and post season will be considered suspended games under the following circumstances: **Suspended games will be resumed from the point of interruption.**
  - a. It is not a regulation game
  - b. It is a regulation game with a tied score.
  - c. A game will be declared a forfeit after a 30-minute waiting period for opponent, unless other arrangements have been made
11. If the game is called (ended) by the umpire, it is a regulation game (regular & post season):
  - a. if five full innings have been played or if the home team has scored an equal or greater number of runs in four or four and a fraction turns at bat than the visiting team has scored in five turns at bat; or
  - b. if play has gone beyond five full innings. If the game is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponent's score the final score shall be record when the game is called.
12. An optic yellow ball must be used. A red or black stitched ball may be used. A double first base is permitted. The maximum core is .47. The maximum compression shall not exceed 375 pounds.

13. When a protest is filed, the offended team must enter it at the time of the play and before the next pitch. The umpire-in-chief shall report the protest to the South Carolina High School League Office along with all related conditions at the time of the protested play. If a protest is upheld the game will be replayed from the time of the protest.
14. Region schedules will be arranged so that the last region game will be played one week before the deadline for declaring champions and runners-up. This way, postponed games may be played without hardship on any team.
15. Postponed games during the regular season and playoffs will be made up on the next available playing date.
16. The South Carolina High School League will sponsor a state championship series in all classes.
  - a. Gate receipts will be distributed according to the financial statement on the League website.
  - b. Admission is \$5.00 for playoffs.  
  
Admission is \$8.00 for State Championship games.
  - c. The host school is responsible for securing umpires through the local booking secretary.
17. When games are played on neutral fields (outside of tournaments), game security is the responsibility of both schools and each school must control its own fans.
18. A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, lacrosse, softball, tennis and soccer. (Maximum 10 consecutive days for a tournament)
19. The South Carolina High School League will furnish trophies and medals for the State Champion and the Runner-up in each classification.
20. Refer to pages 1-18 for additional regulations.



## SOFTBALL 2019-20

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June 1 - July 28, 2019 .....	Open Season	<ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No activities of any kind</b>	
July 29 - December 8, 2019.....	Closed Season	<ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season	<ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 - February 2, 2020 .....	Closed Season	<ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020 .....	First practice/tryouts	
February 10, 2020 .....	First Scrimmage	
February 28, 2020 .....	First Preseason Contest Date	
7 days prior to first regular season contest .....	Eligibility Due	
March 9, 2020 .....	First Contest	
April 27, 2020 .....	Last Day to Play/Report Qualifiers – All Classes	
April 30, 2020 .....	Playoffs begin – (all classes)	
May 18 - 22, 2020 .....	State Finals (all classes)	
Last Contest - May 31, 2020.....	Closed Season	

## BOYS AND GIRLS SOCCER

1. The South Carolina High School League will sponsor a championship in each classification that has at least twelve of its schools participating. If this requirement is not met, schools may enter the tournament of the next higher classification.
2. National Federation rules will be used in all games.
3. The varsity head coach must attend a South Carolina High School League sponsored rules clinic.
4. All coaches must be CPR & AED certified. All coaches must verify with their principal completion of the online courses "Concussion in Sports", "Heat Illness Prevention", "Sudden Cardiac Arrest" and "Protecting Students from Abuse" found at [www.nfhslearn.com](http://www.nfhslearn.com).
5. If a school is participating in a preseason tournament more than seven days prior to its first regular season game the certificate of eligibility must be submitted before participation in this tournament.
6. All classes are allowed 26 games, four scrimmages and one jamboree. JV teams are allowed 24 games, two scrimmages and one jamboree. The games can be any combination of tournaments (to include preseason) and regular season games. Preseason play can only be in tournaments and may start on February 21. A student has the same limitations on playing as does a team.
7. Students will be restricted to one game per day except they may play in two games in one day in an invitational tournament. There must be a minimum of one-hour rest between games.
8. No match may end in a tie. During the regular season there will be two full five minute overtime periods. If a tie still exists, penalty kicks by anyone on/off the field will determine the winner.
9. The girls and boys will use two full ten minute overtime periods during the play-offs. If a tie still exists, two five-minute sudden victory overtime periods will be used. If still tied, penalty kicks will determine the winner. (National Federation Soccer Rules Book.)
10. In the event a soccer game is called prior to completion of one half because of conditions, which makes it impossible to continue play, the game will be resumed from the point of interruption.
11. Schools must use officials that are certified by the South Carolina High School League Office. Instructions for postponing or canceling games for which certified officials are booked are printed on page 93.
12. Gate receipts will be disbursed according to the financial statement in the Athletic Directors Notebook
13. Ticket Prices: \$6 Play-offs \$12 State Finals
14. The South Carolina High School League will furnish trophies and medals to the State Champion and Runner-up in each competing class.
15. A tournament is a series of contests in competition for a championship in which at least 1<sup>st</sup> & 2<sup>nd</sup> place is decided by a final contest between the two teams. Schools must now submit tournament format i.e., brackets as part of the sanctioning process in basketball, baseball, softball, lacrosse, tennis and soccer.
16. Refer to pages 1-18 for additional regulations.

## SOCCER 2019-20

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June 1 - July 28, 2019 .....	Open Season <ul style="list-style-type: none"> <li>• Can practice</li> <li>• Can participate in 10 days of school competition &amp; team camps (days spent at camp count toward the 10 days)</li> <li>• Nothing mandatory</li> </ul>
June 30 - July 6, 2019 .....	<b>DEAD WEEK – No activities of any kind</b>
July 29 - December 8, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
December 9 - January 29, 2020 .....	Open Season <ul style="list-style-type: none"> <li>• 20 days of practice</li> <li>• Nothing mandatory</li> <li>• No outside scrimmages or competition</li> <li>• No tryouts</li> </ul>
January 30 - February 1, 2020 .....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>
February 3, 2020	Schedules Due
February 3, 2020	First Practice
February 10, 2020 .....	First Scrimmage
7 Days prior to first regular season match .....	Eligibility Due
February 21, 2020 .....	First Preseason Contest Date
March 2, 2020 .....	First Playing Date
May 1, 2020 .....	Last Day to Play a Soccer Match
May 1, 2020 .....	Deadline to Report Qualifiers by 9:00 am (All Classes)
May 4, 2019 .....	Playoffs begin (All Classes)
May 15-16, 2019 .....	State Finals (All Classes)
Last Contest - May 31, 2019.....	Closed Season <ul style="list-style-type: none"> <li>• <b>Cannot practice – cannot do any skill training</b></li> <li>• Can continue to condition and strength train</li> <li>• Can coach an outside team (75% rule must apply)</li> <li>• Can use school facilities and/or equipment if coaching an outside team</li> </ul>

## **MEMBERSHIP DUES & FEES**

The membership dues are as follows:

AAAAA .....	\$ 600.00
AAAA .....	\$ 500.00
AAA .....	\$ 400.00
AA.....	\$ 300.00
A .....	\$ 200.00
Middle School.....	\$ 200.00

Membership dues are due by September 15.

## **SCHOOL'S BOOKING FEES**

The Executive Committee of the League has approved the following booking fees:

Football.....	\$ 75.00	Baseball .....	\$50.00
Basketball.....	\$ 75.00	Softball.....	\$50.00
Wrestling .....	\$ 50.00	Soccer .....	\$50.00
Volleyball .....	\$ 50.00	Cheer .....	\$25.00
Lacrosse .....	\$ 50.00	Swim .....	\$25.00
		Sub Varsity sports.....	\$50.00

## **INVITATIONAL - TOURNAMENT SANCTIONING FEES**

The Executive Committee of the League has approved the following sanctioning fee:

All Sports .....	\$ 50.00
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## **ATHLETIC OFFICIALS ASSOCIATION**

Certified officials, registered and approved by the South Carolina High School League office, must be used in all varsity football, volleyball, basketball, wrestling, soccer, lacrosse, competitive cheer, baseball and softball contests. If a member school travels out of state to play, officials that are registered and approved by the host school's state association must be used.

### **BOOKING**

The booking office for football and basketball officials is located in the South Carolina High School League office. The problems involved in baseball, softball, volleyball, lacrosse, wrestling and soccer necessitate local booking offices for these officials. These booking offices are listed on the South Carolina High School League website.

All associations must abide by the disciplinary action of the Commissioner of the South Carolina High School League. If an officials' organization accepts the schedule of a school, it must furnish officials for the full season unless otherwise notified by the Commissioner of the South Carolina High School League. An official must report any irregular procedure of the game or any unusual conduct on the part of the crowd, coaches, school officials or students to the Commissioner of the South Carolina High School League.

Arrangements must be made to hold weekly or biweekly meetings and attendance must be kept. These meetings should be for the purpose of learning rules and mechanics. An official will work or attend a combined total of 12 meetings and scrimmages if the official is to receive the maximum number of points allotted to this item on the official's rating system. Before the start of the season an official shall attend a minimum of six classroom type meetings and will work a minimum of two scrimmages. After the start of the season, an official shall attend a minimum of two classroom type meetings. Credit for the remaining two meetings may be received for classroom meetings or scrimmages.

Associations will not book an official that has not been certified. The approval of the South Carolina High School League Office may be removed and the official may be banned from officiating in high school contests in the future for violation of the above regulation.

Schools and officials should be notified at least one week prior to assignments. High school personnel will not serve as the booking officer for an association except by permission of the South Carolina High School League Executive Committee.

A copy of the officials' association's constitution, bylaws, rules and regulations, list of officers and officials must be filed in the office of the South Carolina High School League Commissioner.

An official who fails to keep an accepted assignment shall be required to pay the school the game fee.

## **INSTRUCTIONS FOR CANCELING OR POSTPONING A CONTEST TO WHICH CERTIFIED OFFICIALS ARE BOOKED**

If it is necessary to postpone or cancel a contest to which certified officials are booked, the home school shall:

1. Notify the officials when the contest will be rescheduled and ask if they can work the contest.
2. Notify the South Carolina High School League office of the rescheduled date and any officials who cannot work the contest.
3. If the contest is canceled within two weeks of the scheduled date, the official will receive fee.
4. If a contest is postponed and it is too late to stop the officials from traveling, mileage will be paid. The same officials will be reassigned if possible.
5. If a contest is postponed in time to stop the officials from traveling and the school fails to do so, fees and mileage will be paid.
6. Baseball and softball officials shall receive one-half fee and mileage if the game is started and terminated before it is a regulation game and full fee and travel if it is regulation. In other sports, officials are expected to return and finish a suspended contest on the rescheduled date. Only mileage will be paid. An official who cannot return will receive a fee comparable to the percentage of the contest worked. The replacement will receive mileage plus the remaining fee. The home school shall make the adjustments in fees.
7. If an official fails to keep an assignment, the official will pay the home school the game fee.

The Executive Committee has approved the following fees:

### FOOTBALL OFFICIALS' FEES

CLASS	REGULAR SEASON		PLAY-OFFS			
	FIELD	ECO	QTR & SEMI		FINALS	
	FIELD	ECO	FIELD	ECO	FIELD	ECO
I	\$99.00	\$55.00	\$104.00	\$59.00	\$111.00	\$61.00
II	\$86.00	\$55.00	\$88.00	\$59.00	\$99.00	\$61.00
III	\$73.00	\$51.00	\$73.00	\$51.00	\$86.00	\$55.00

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00. Upon application and payment of the booking fee, a school shall be placed in the fee class set forth above according to the classification of the school in the League. The minimum fee for AAAAA & AAAA schools shall be Class I, AAA schools Class II and AA and A schools Class III. The selection of officials shall begin with Class I and continue through Class III.

Fees will be \$46.00 for each official for sub varsity games and \$35.00 for each official for middle school/junior high games.

### BASKETBALL OFFICIALS' FEES

All varsity games use 3 officials.

Single Varsity Game	Two-Games Referee U1, U2	State Play-Off Game	Two State Play-Off Games	State Finals	Single Sub-Varsity Game	Two Sub-Varsity Games
\$59.00	\$83.00	\$66.00	\$91.00	\$83.00	\$39.00	\$59.00

#### Fees For Middle And Junior High Schools:

Regular Season Games.....\$36.00 for one game..... \$49.00 for two games.

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00.

### VOLLEYBALL OFFICIALS' FEES

	First 2/3 Match	Additional 2/3 Matches	3/5 Match
Regular Season	\$33.00 (R)	\$33.00 (R)	\$52.00 (R)
	\$29.00 (U)	\$29.00 (U)	\$43.00 (U)
Upper/Lower State			\$55.00 (R)
			\$46.00 (U)
State Finals			\$58.00
Sub-Varsity Matches	\$33.00	\$33.00	\$52.00

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00.

## WRESTLING OFFICIALS' FEES

Varsity Regular Season Dual Matches ..... \$71.00 Plus Travel  
Sub-varsity Regular Season Dual Matches ..... \$71.00 Plus Travel – (Three 2:00 min periods)  
\$53.00 Plus Travel - (Three 0:90 sec periods)

Tournament fee (Three 2:00 min periods)  
\$5.00 per match plus travel (byes do not count – teams treated as full teams)

Tournament fee (Three 0:90 sec periods)  
\$3.80 per match plus travel (byes do not count-teams treated as full teams)

Head Official Fee - \$50.00 per day in addition to normal pay – Optional for schools to use

Post Season Duals:.....\$71.00 per official  
State Semi- final and Finals Duals: .....\$76.00 per official  
Upper/Lower Individuals:.....\$5.00 per match plus travel (byes do not count.)  
Individual State Finals: .....\$200.00 per official  
Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00

## LACROSSE OFFICIALS' FEES

Regular Season .....\$50.00 (Sub-Varsity) \$70.00 (Varsity)  
Combination JV & Varsity (same day) ..... \$120.00  
State Play-Off Games ..... \$70.00  
State Finals ..... \$70.00  
Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00

## SOCCER OFFICIALS' FEES

Regular Season .....\$45.00 (Sub-Varsity) \$51.00 (Varsity)  
State Play-Off Games ..... \$55.00  
State Finals ..... \$65.00  
Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00

## BASEBALL UMPIRES' FEES

	(Sub-Varsity)	(Varsity)
Regular Season .....	\$50.00	\$60.00
5 Inning DH .....	\$85.00	\$105.00
State Play-Off Games .....		\$60.00
State Finals .....		\$60.00

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00

## SOFTBALL UMPIRES' FEES

	Plate Umpire	Base Umpire
Regular Season .....	\$47.00	\$41.00
State Play-Off Games .....	\$53.00	\$47.00
State Finals .....	\$59.00	\$53.00

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00.



## COMPETITIVE CHEER JUDGES' FEES

1 - 16 teams .....	\$62.00 per judge
17 - 32 teams .....	\$86.00 per judge
33 - 48 teams .....	\$108.00 per judge
49 & up teams .....	\$139.00 per judge

Travel Allowance shall be 45 cents per mile to each official with a minimum of \$9.00

## UNIFORMS

All athletic officials must wear the uniform designated by the South Carolina High School League office as determined from each sport's official's manual.

## DISCIPLINE OF OFFICIALS

Officials' associations may set rules and regulations for the discipline of its members. The Commissioner of the South Carolina High School League may discipline athletic officials in one or more of the following manners:

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

**PROBATION** is a more severe type of warning. An official on probation may be assigned to regularly scheduled games but he will not be assigned to a play-off or tournament game of any type.

**A FINE** may be levied separately or in addition to a warning, probation or suspension. It will be levied against the individual official and may range from the game fee to a maximum of \$100.00.

**A SUSPENDED** official may not work an interscholastic athletic contest of any kind for a member of the League or a school that is a member of another state associated with the National Federation of State High School Associations.

Any disciplinary action by any athletic officials' association or the South Carolina High School League Commissioner may be appealed to the Executive Committee of the South Carolina High School League.

## OFFICIALS' CLINICS AND EXAMINATIONS

The South Carolina High School League will conduct clinics in football, swim, competitive cheer, cross country, volleyball, basketball, lacrosse, baseball, softball, golf, soccer, track and field, , tennis and wrestling. Head coaches of these sports are required to attend one of these clinics. A testing program approved by the South Carolina High School League Executive Committee will be administered under the direction of the Commissioner.

## FALL SPORTS

### FOOTBALL OFFICIALS' CLINIC AND EXAMINATION

The South Carolina Football Officials' Association Clinic and Exam will be held on **Saturday July 27, 2018 at Spring Valley High School**. The clinic will begin at 8:30 am for officials; the rules clinic will begin at 10:15 am. The exam will be administered at 12:00 noon. July 27 is the only date on which an official may take the examination without paying the \$20.00 late fee. **August 9 is the final date on which the examination may be taken.**

### SWIM, FOOTBALL, COMPETITIVE CHEER, CROSS COUNTRY, VOLLEYBALL, GOLF, TENNIS

The South Carolina High School League will conduct online rules clinics for Fall sports during the 2019-20 school year. It is mandatory for all head coaches.

#### Online Rules Clinics on PlanetHS:

**Fall Sports:** July 26, 2019 – August 21, 2019

**Note:** Fall Head Coaches must have an account through PlanetHS to view the online rules clinics.

## WINTER SPORTS

### BASKETBALL OFFICIALS' CLINICS AND EXAMINATION

The South Carolina Basketball Officials' Association Business Meeting and Exam will be held on **Saturday, November 9, 2019 at TBA**. The business meeting will begin at 10:30 am (Officials' registration begins at 9:45 am) and the exam will be administered at 11:30 pm. A make-up exam (for officials only) will be held on November 11 at the South Carolina High School League Office at 6:00 pm. There is a \$25 late fee for taking the exam after November 9. **November 18 is the final date on which the examination may be taken.**

### BASKETBALL & WRESTLING

The South Carolina High School League will conduct online rules clinics for winter sports during the 2019-20 school year. It is mandatory for all head coaches.

#### Online Rules Clinics on PlanetHS:

**Winter Sports:** October 1, 2019 – October 31, 2019

**Note:** Winter Head Coaches must have an account through PlanetHS to view the online rules clinics.

## **SPRING SPORTS**

It is mandatory that all head coaches attend one of these clinics. Dates and sites of the clinics are as follows

### **LACROSSE**

Tuesday	January 7, 2020	6:00 pm	
Wednesday	January 8, 2020	6:00 pm	
Thursday	January 16, 2020	6:00 pm	
Tuesday	January 21, 2020	6:00 pm	League Office

### **BASEBALL**

Tuesday	January 7, 2020	6:00 pm	
Wednesday	January 8, 2020	6:00 pm	
Thursday	January 16, 2020	6:00 pm	
Wednesday	January 29, 2020	6:00 pm	League Office

### **SOFTBALL**

Tuesday	January 7, 2020	7:00 pm	
Wednesday	January 8, 2020	7:00 pm	
Thursday	January 16, 2020	7:00 pm	
Tuesday	January 22, 2020	6:00 pm	League Office

### **BOYS GOLF**

Tuesday	January 28, 2020	6:00 pm	League Office
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### **BOYS TENNIS**

Tuesday	January 28, 2020	6:00 pm	League Office
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### **SOCCER**

Tuesday	January 7, 2020	7:00 pm	
Wednesday	January 8, 2020	7:00 pm	
Thursday	January 16, 2020	7:00 pm	
Monday	January 27, 2020	6:00 pm	League Office

### **TRACK AND FIELD**

Tuesday	January 7, 2020	6:00 pm	
Wednesday	January 8, 2020	6:00 pm	
Thursday	January 16, 2020	6:00 pm	
Thursday	January 23, 2020	6:00 pm	League Office

## PROPOSED TIE-BREAKING SYSTEM

The following procedure may be used in breaking ties within the region for seeding purposes. Seeds will be filled one at a time.

1. Two Teams
  - a. Single-game Region Schedule: If two teams with identical region records tie, the team that defeats the other shall be declared the higher seed.
  - b. Two-game Region Schedule: If two teams split their contest, then they would proceed to Tie-Breaking Steps until the tie is broken.
2. Three or More Teams
  - a. Single-game Region Schedule: If three or more teams with identical region records tie, and one of the teams has defeated the others, that team will be seeded higher. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.
  - b. Two-game Region Schedule: If three or more teams with identical region records tie, the team that has the most wins between the tied teams against each other will be seeded highest. The team with the next-highest wins will be seeded second and so on. If this does not resolve tie(s), proceed to Tie-Breaking Steps until the tie(s) are broken.

## TIE-BREAKING STEPS

### Step 1. Region Point System

If three or more teams with identical region records tie, and no team has more victories than the others in games involving the tied teams, a point system based on region record only will determine the seed.

The following point value will be used in assigning points for a win within the region:

<u>6 TEAM REGION</u>	<u>7 TEAM REGION</u>
1 <sup>st</sup> Place ... 6 points	1 <sup>st</sup> Place ... 7 points
2 <sup>nd</sup> Place... 5 points	2 <sup>nd</sup> Place... 6 points
3 <sup>rd</sup> Place ... 4 points	3 <sup>rd</sup> Place ... 5 points
4 <sup>th</sup> Place ... 3 points	4 <sup>th</sup> Place ... 4 points
5 <sup>th</sup> Place ... 2 points	5 <sup>th</sup> Place ... 3 points
6 <sup>th</sup> Place ... 1 point	6 <sup>th</sup> Place ... 2 points
	7 <sup>th</sup> Place.... 1 point

**NOTE:** If two or more teams are tied for a region position, each team will be acknowledged as that particular seed when the point system is in use. (Example - if 2 teams are tied for 3rd place, any win against either team would be assigned 3rd place points.) As a position is decided, the following seeds would use the latest assigned points.

### Step 2. Points Allowed System

- 2.1 The team that gives up fewest points in games involving the tied teams shall be seeded higher.
- 2.2 If still tied from above, the team that gives up fewest points in all region games shall be seeded higher.

**NOTE:** In games that are decided by "over-time procedure," the team that loses will only add 1 point to regulation final score for purposes of figuring points allowed, and not final score of over-time procedure.

### Step 3. Final Resolution System

- 3.1 The higher seed will be the team whose opponents have the highest winning percentage.
- 3.2 The higher seed will be the team whose opponents have won the most games.
- 3.3 The higher seed will be the team whose opponents have scored the fewest points
- 3.4 The higher seed will be determined by a coin toss supervised by the Region Coordinator.

**NOTE:** This procedure shall refer to all regularly scheduled region and non-region games, excluding tournament games