



Operating Manual 2025-2026

The Massachusetts Charter School Athletic Organization does not discriminate on the basis of race, color, national origin, creed, sex, gender identity, religion, ethnicity, sexual orientation, homelessness, mental or physical disability, age, ancestry, athletic performance, special need, proficiency in the English language or foreign language, prior academic achievement, or any other characteristic protected under applicable federal, state or local law. Retaliation is likewise prohibited.



Mission Statement

The mission of the Massachusetts Charter School Athletic Organization (MCSAO) is to oversee the regulation, organization and promotion of its member schools' interscholastic athletic programs. MCSAO provides opportunities for charter school student/athletes to compete at a high level and uses that competition to teach the fundamental values of teamwork, discipline, sacrifice, and sportsmanship. This will contribute to the students' overall educational experience and development as individuals. The MCSAO is committed to educating our youth for a rewarding future and working in partnership with local communities to establish and maintain charter school interscholastic athletic programs.

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SECTION I. LEAGUE ADMINISTRATION

- 1.1 **MCSAC Membership** – will consist of the Athletic Director appointed by the administrative team from each Member School or one (1) administrative team member from a Member School. Member Schools must, within five business days, notify the MCSAO Executive Committee of any change in the position of Athletic Director, and provide updated contact information. The MCSAC Membership is directly responsible for voting on items as requested by the Executive Committee.
- 1.2 **MCSAO Executive Committee** – is directly responsible for making recommendations to the Board of Directors for the implementation of rules, regulations, policies and guidelines pertaining to MCSAC governance and enforcing all rules and regulations adopted by the MCSAC. This includes the right to change dates and times of events if needed.
- 1.3 **MCSAO Board of Directors** – will consist of a Chair, a Vice-Chair, a Clerk and a Treasurer. The Board of Directors shall manage, operate and decide on all matters concerning the governing regulations and policies of the MCSAC. The Board of Directors shall have the sole authority to appoint the Executive Committee and such committees as are suggested in order to effectuate the purpose of the organization.
- 1.4 **Annual Meeting** – attendance is required for all Member School Athletic Directors and any new Administrative Team members. Also, any Member School placed on probation or whose membership has been terminated and is seeking re-admittance to the organization for membership, must attend the New Athletic Director Workshop. The failure of an Athletic Director or new Administrative Team member to attend shall be a violation towards the “Member in Good Standing Agreement” and may result in forfeiture of admittance to the MCSAC for that school year.
- 1.5 **New Athletic Director Workshop** – all new athletic directors are required to attend the New Athletic Director Workshop held prior to their respective annual meeting. The failure of an Athletic Director to attend shall be a violation towards the “Member in Good Standing Agreement” and may result in forfeiture of admittance to the MCSAC for that school year.
- 1.6 **Member in Good Standing Agreement** – Member Schools must uphold the MCSAO Mission Statement. All members of the MSCAC agree to:
 - Commit to a fixed academic eligibility policy from July 1st through June 30th
 - Demonstrate good sportsmanship in accordance with Section V of this Operating Manual
 - Meet all MCSAC deadlines
 - Attend all required league meetings
 - Participate in all seasons, having equal opportunities for boys and girls
 - Demonstrate competitive progress
 - Forfeit zero competitions
 - Abide by all rules outlined in this Operating Manual

- 1.6.1** Member schools should abide by the preceding statements. A Member School that fails to meet any of these standards shall be in violation of this agreement. If a Member School is found in violation of this agreement the school's Athletic Director and Administration will be notified in writing by the Executive Committee, pursuant to the schedule described in Rule 1.6.2.
- 1.6.2** Each violation of this agreement by a Member School shall result in written notification issued by the Executive Committee to the Member School.
- 1.6.2.1** Upon a first violation, written notice shall be issued to the Member School's athletic director and the school will be fined \$100.
- 1.6.2.2** Upon a second violation, written notice shall be issued to both the Member School's athletic director and administration and the school will be fined \$250. A second violation may also subject a Member School to a probationary period consistent with Section 1.10.
- 1.6.2.3** Upon a third violation, the Member School will become ineligible for league play for one school year from the date of their infraction and the school will be fined \$500.
- 1.6.2.4** The MCSAO Board of Directors retains discretion to impose additional sanctions.
- 1.6.3** Violations accrued over the course of any given School Year shall expire upon the final day of the School year.
- 1.6.4** The failure to timely report scores or pay fees assessed pursuant to Rule 3.3 shall not constitute a violation of the Member in Good Standing Agreement.
- 1.7** **League Meetings** – attendance at all league meetings is mandatory. Athletic Directors are expected to be at league meetings on time and stay for the duration of the meetings. League meetings are utilized to advance and facilitate organizational/league business. Any Member School failing to attend will be penalized in accordance to Rule 1.6.
- 1.8** **Membership Dues** – are due and payable on or before the fourth Friday in September. Said fees help offset costs incurred by the MCSAC for the facilitation of tournaments (facilities, officials, awards, etc.). Member schools who fail to meet this deadline will be charged and billed a one hundred dollar (\$100.00) late penalty fee each month they are in arrears. All dues and penalty fees assessed against a Member School are due and payable no later than seven (7) days prior to the commencement of any MCSAC tournament event. The failure to pay any and all monies in compliance with this section shall result in that Member School's termination from any and all future MCSAC leagues and tournament events until all financial contributions are paid in full. Such failure to pay shall also be a violation of the "Member in Good Standing Agreement."

- 1.9 Membership Application Policy** - Schools seeking membership in the Massachusetts Charter School Athletic Conference (MCSAC) must adhere to the following procedures and expectations:
- 1.9.1 Application Deadline** - All membership applications must be submitted no later than February 28 for consideration for the following school year. Late applications will not be reviewed.
 - 1.9.2 Application Submission** - Interested schools must complete the official MCSAC Membership Application Form and submit all required supporting documentation to the MCSAO Board of Directors by the stated deadline.
 - 1.9.3 Presentation to Division** - Applicant schools will be required to present their proposal to the Athletic Directors of the division they are seeking to join. Presentations should include detailed information about the school's athletic program, facilities, eligibility protocols, sportsmanship practices, and alignment with MCSAC values and standards.
 - 1.9.4 Scheduling Expectations** - Schools applying for membership must demonstrate the capacity and commitment to compete in a minimum of 50% of the season competition limits per MIAA Handbook Rule 34 across the sports they intend to offer. Incomplete or limited scheduling may negatively impact the application's consideration.
 - 1.9.5 Voting and Approval** - Following the presentation, a vote will be conducted among the Athletic Directors of the respective division. A two-thirds (2/3) majority is required for the application to be approved.
 - 1.9.6 Finality of Decision** - All decisions regarding membership applications are final and may not be appealed.
 - 1.9.7 Notification of Decision** - Schools will be notified of the decision in writing within two weeks of the divisional vote.
- 1.10 Probationary Policy** - Member schools that repeatedly violate league rules may be placed on probation for one full academic year. Probation may be triggered by two or more documented member in good standing violations within a school year, failure to comply with prior sanctions, or conduct that undermines the league's mission or operations. Schools placed on probation will receive written notice outlining the reasons for their probation. They must submit a corrective action plan within 30 days of receiving this notice. The league's Executive Committee will monitor the school's compliance throughout the year. At the end of the probation period, the Executive Committee will determine whether to lift probation, extend it, or remove the school from the league. All probation-related matters will remain confidential and be reviewed annually by the Executive Committee.
- 1.10 Deadline Extensions** – Requests for deadline extensions must be submitted in writing (email is valid) prior to the deadline date to the Executive Committee, who retain sole discretion to approve or reject any such request.
- 1.11 Appeals Unavailable** – Any and all sanctions imposed pursuant to Section I of this Operating Manual, including but not limited to those imposed as a result of a violation of the Member in Good Standing Agreement shall be final.

SECTION II. GENERAL TERMS DEFINED

Members should also refer to the MIAA Handbook for further definitions

- 2.1 Member School** – Member Schools enter the league upon the acceptance of an application submitted to the MCSAO. Any public charter high school which is a member of the Massachusetts Interscholastic Athletic Association (MIAA) and also has a building Administrative Team, Athletic Director, a graduation ceremony, etc., in the state of Massachusetts which has met all MCSAC membership requirements, subject to the approval of the MCSAO board of directors which may not be unreasonably withheld but which may only be granted if admission is in the best interest of MCSAC, may be eligible to enter the league. Member Schools may not participate in any other athletic conference, unless MCSAC does not offer the relevant sport. A Member School’s first and foremost obligation is to uphold the MCSAO Mission Statement and abide by the Member in Good Standing Agreement.
- 2.2 Sports Season** – one of the three (3) time frames (Fall, Winter, Spring) marked by particular activities.
- 2.3 League** – a group of no less than five (5) member schools that will, during a specific sports season, compete against each other in accordance with the rules and regulations set forth by the MCSAC membership.
- 2.4 Criminal Offender Record Information Act (CORI)** – in accordance to M.G.L. c. 6, §§ 167-178B, all Member Schools are required to conduct criminal background checks on current and prospective employees, coaches and volunteers, including those who regularly provide school related transportation to students and who may have direct and unmonitored contact with team members.
- 2.5 Head Coach** – It is the responsibility of the schools Administrative Team or Athletic Director to ensure that all teams have appropriate adult representation hereby known as the Head Coach. The Head Coach shall be a paid or volunteer member of a Member School’s athletic staff as appointed by the Member School’s Administrative Team or Athletic Director. The Head Coach is responsible, at all times, for the actions and behavior of his or her team and anyone associated with and representing their school. All Head Coaches must be in compliance with the MIAA Rule 33. Failure to do so will result in a violation of the “Member in Good Standing Agreement”. Head Coaches shall also:
- 2.10.1** Promote and uphold the MCSAO Mission Statement, Placing a high value on good sportsmanship and the fundamental concepts of teamwork, discipline and hard work.
- 2.10.2** Be a positive role model by setting a good example for others to follow.
- 2.10.3** Teach their players about respect and courtesy for their opponents, coaches, referees and all involved in an MCSAC event.

- 2.10.4 Teach their players about the fundamental concepts of athletics and competition.
- 2.13 **Official Roster** – all member schools must submit an itemized list of participants from their school with the names of those participants including their uniform number and grade. All official rosters must be submitted into Arbiter by the first contest date set by the MIAA. The size of that roster is unlimited. Any student may be added to the Official Roster at any time during the season provided the student is enrolled in that Member School as a full-time student. Additions or changes to a participant’s jersey number must be reported to the Executive Committee in writing prior to their next scheduled league contest.
- 2.14 **Team** – a group of student/athletes who are enrolled as full time-students in the member school, have met all school and MCSAC eligibility requirements, are supervised by a Head Coach who has been appointed by the Administrative Team or Athletic Director, has a schedule of league games, scheduled practices and uniforms.
- 2.14.1 A team must (1) be sponsored by its member school and under the jurisdiction of the members School Committee/Board of Directors, (2) register annually with the MCSAC and abide by all rules and regulations set forth by the MCSAC.
- 2.14.2 For team sports entered, member schools are obligated to identify at least one (1) boys and one (1) girls team per sport as their "varsity" team. Only teams which are so designated are eligible for regular season and tournament play/participation.
- 2.15 **Administrative Team** – The term “Administrative Team” refers to the Member School’s leadership team and may include the Head of School, Principal, Executive Director and/or Dean of Students.
- 2.16 **School Year** – The School Year shall run from July 1 until June 30 of the following year.

SECTION III. REGULATIONS/POLICIES

3.1 **Divisions/Tournament Eligibility**

Division Members

- Once a sport reaches five teams it is considered varsity and will be eligible for league play and have a tournament champion
- There are two regional divisions, North and South. Teams will be considered to be in a division once there are four eligible teams in a sport from that region. At this time the division will be eligible for end of season awards, e.g. Coach of the Year, or Division Most Valuable Player.
- If a region does not have four eligible teams, the teams in this region need only abide by the MIAA game minimum to be eligible.

- All division games must be completed to be eligible for tournament play and the division championship. Games may not be forfeited to accomplish this.
- The MCSAC strongly recommends that all division games be played or rescheduled prior to the final week of the regular season. The conclusion of the MCSAC regular season will not be extended under any circumstances, including weather events, acts of God, or other unforeseen issues. The MCSAC is not responsible for division games that are not played by the established deadline.
- If more than one game is played between two schools in the same division, the first game will be counted for the purposes of regular-season division championship determination.

Game Minimums

- A school must play each team in its division once.
- A school must compete in a minimum of 50% of the season competition limits per MIAA Handbook Rule 34
- All division games must be completed to be eligible for tournament play and the division championship.. A school may only play another Member School one fewer time than the MIAA allows for that sport.
- A school must schedule two fewer games than the MIAA maximum allows

Divisional Game Requirements

- Member Schools must play all of the divisional games to be eligible for tournament play and the division championship.. A team cannot forfeit a game to meet this requirement.
- If a Member School forfeits or is otherwise disqualified from any of its divisional games it shall be ineligible for tournament play and the division championship..

Divisional Championship Seeding

- The Member School that has the best win/loss record vs divisional opponents.
- If more than one game is played between two schools in the same division, the first game will be counted for regular-season division championship determination.
- For further determination go to 13.2.2

Tournament Seeding (sports offered by MIAA)

1. A Member School must be a member of the Massachusetts Interscholastic Athletic Association (MIAA).
2. Seeding will be determined based on the MIAA power rankings released after the final day of the MCSAC league's regular season. If a rating is not released after the final day of the MCSAC league's regular season, the most recent rating be used.

3. For sports with 13 or more participating teams, the top eight power-ranked schools shall qualify for the tournament. In sports comprising 10 to 12 teams, the top six schools shall advance, while for sports with fewer than 10 teams, the top four power-ranked schools shall participate in the tournament. If there is a tie in seeding, see Rule 13.2.

Tournament Seeding (sports not offered by MIAA)

1. Member Schools must have an overall winning percentage of .500 or above and participated in a minimum of eight (8) games to be eligible.
2. Teams will be seeded by their overall winning percentage in relation to all divisions
3. If there is a tie in seeding, see Rule 13.2.

- 3.2 The Jack O'Brien Achievement Award** - The Jack O'Brien Achievement Award is presented annually to the MCSAC member school that has the most successful athletic program, defined as the member school that wins the most MCSAC Championships across all three seasons. Winning this award shows an embodiment of hard work, dedication, sportsmanship, passion, and commitment to excellence in high school athletics. This award recognizes the overall success and commitment to developing a high level of high school student athletes in all seasons.

Jack O'Brien Achievement Award Selection

Most MCSAC Championships won in a school year.

Ties after 1, most MCSAO Championship runner-ups

Ties after 2, most division titles

Ties after 3, most MCSAO semi-final appearances (cross country and track, 3rd and 4th place appearances count and carry weight as such. If tying schools finished in 3rd and 4th, the tie would go to the 3rd place school)

Ties after 4, most MCSAO quarter-final appearances (cross country and track removed from this tie-breaker)

Ties after 5, most MCSAO post season appearances (cross country and track removed from this tie-breaker)

Co-Champions

If a championship is won by a school participating in a COOP, the host school only gets credit for the championship as it pertains to the Jack O'Brien Achievement Award.

- 3.3 Scheduling** – contests with member schools should be the first priority of the school's Athletic Director. Commitments to MCSAC division play must be made one month prior to the MIAA commitment date of that season. Scheduling of non-league opponents should be secondary and utilized to round out regular season schedules. No games may be scheduled during the MCSAO playoff week at the end of the season. The MCSAC is not

responsible for scheduling around non-league games at that time. Any changes in scheduling should be reported to the league office within 24 hours of that change taking place.

- 3.4 Reporting Scores** – following each MCSAC contest, the home team is responsible for reporting scores to Arbiter Sports within 24 hours. Failure to report game scores will result in the following fines. The first offense receives a warning; each subsequent offense will receive a \$50 fine.
- 3.5 Forfeitures** – The Athletic Director of a Member School must report their inability to play a scheduled game to the MIAA within 24 hours, and in doing so include the MCSAO Executive Committee. Both schools involved will submit an MIAA *Request for Determination* form. The MIAA will then decide whether the game is a no-contest or a forfeit. If deemed a forfeit, that must be reported to the MCSAC immediately. Failure to report the forfeit will be result in a Member in Good Standing Violation.
- 3.6 Postponements** – every effort should be made to reschedule games that are postponed due to travel, weather related issues, or referee assignments. Any postponed contests between member schools must be rescheduled at the earliest convenient time. The Athletic Directors of both schools in question should work collaboratively on this process. The home team is responsible for notifying the MIAA and MCSAC in writing within twenty four (24) hours of the schedule change.
- 3.7 Home Game/Site Supervisor** – the Athletic Director of the member school that is hosting a league contest is required to be on site from the time the visiting team arrives until the time the visiting team departs. Coaches are not considered responsible for home game supervision unless the coach is the Athletic Director of the host school. In this case, the Athletic Director must designate a qualified individual to serve as the game site supervisor until their coaching duties have been completed. In the event the league contest is played on a neutral field, the team designated as the “home” team will be deemed to be “hosting” the contest.
- 3.8 Fraudulent Documentation** – any participant, coach or school official who knowingly falsifies any official document(s) or participates under an assumed name will be immediately suspended from further MCSAC participation for one (1) year from the date of the infraction. A hearing will then be scheduled and conducted by the MCSAO Board of Directors, a subcommittee or an ad hoc committee as duly appointed by and at the discretion of the MCSAO Board of Directors, to determine the re-entry status of those involved.
- 3.9 Suspensions** – where any member of the MCSAO Executive Committee directly observe the behavior of any game supervisor, coach, manager, team-staff member, player or spectator and find said behavior to be detrimental to the MCSAC and contrary to the organization’s Mission Statement, they may immediately issue suspensions. After issuing such a suspension, the Executive Committee member shall complete a Suspension notification form which shall be presented to the Executive Director for their review within twenty-four hours of said suspension. This temporary suspension will remain in effect

until the member school's Administrative Team and Athletic Director are notified of the length of the suspension. All suspensions issued pursuant to MCSAC specific rules and regulations are subject to the Appeals Process described in Section VI, all other appeals shall be taken in conformity with MIAA Rule 89.

- 3.10 Ejections, Serving Suspensions, and Suspension Notifications** – Any individual(s) associated with any MCSAC event who is ejected from an event is automatically suspended from participating in the next scheduled event.
- 3.9.1** Players may serve out their suspension on the bench but out of uniform.
- 3.9.2** All suspensions may be appealed.
- 3.9.3** Any school that fails to report a suspension will be in violation of the Member in Good Standing Agreement.
- 3.10 Chain of Command** – All questions or requests made to the league must come from the member school's athletic director and not coaching staff or parents.
- 3.11 Rule Change Proposals** – Rule Change Proposals for MCSAC specific rules must be submitted in writing by the Member School's AD to the Executive Committee two (2) weeks prior to start of the next season. At the next league meeting or, at the discretion of the Executive Committee, via email, the MCSAC Members will vote to approve or disapprove the proposal. All proposals require a two-thirds (2/3) vote margin to be approved; proposed rule changes to MIAA rules are governed by MIAA Rule 88.
- 3.12 Cooperative Team Policy** – Members Schools that would like to form cooperative teams for MCSAC league play may only do so with other MCSAC schools. If an MCSAC member school has been approved by the MIAA District Committee that same application and approval shall carry over to the MCSAC. If a Member School is applying for a COOP outside of the MIAA please see Appendix C.

SECTION IV. STUDENT ELIGIBILITY

- 4.1 Academics** – participants must have a passing grade of a 60 or 2.3 in each subject in accordance with the academic guidelines set forth by their school.
- 4.1.1** All new high school member schools or current schools that have updated their policies are required to submit their school's Academic Policy to the league office by September 15, current to the upcoming school year and that this policy remain in effect and be adhered to for the entirety of that calendar year.

- 4.1.2 Any participant who is currently receiving special educational services under General Laws Chapter 766 and who has an Individualized Education Program (IEP) can be declared eligible if all of their academic requirements satisfactorily meets the special education director's approval.
- 4.2 **Student Handbook** – all participants, first and foremost, are subject to the rules and regulations governing student behavior as cited in the Member School's student handbook. Violations of school rules resulting in suspension (in/out of school) from school will automatically preclude that participant's involvement in MCSAC contests until they have been officially readmitted to school.
- 4.3 **Attendance** – students should not be allowed to participate in any MCSAC contest on the same day they are absent from school unless the absence has been approved in advance by an Administrative Team member. Participants must be in attendance for at least 57% of the school day in order to be eligible to participate; Member Schools may set individual policies which are more stringent than that required here.

SECTION V. SPORTSMANSHIP

All participants, coaches, spectators and anyone associated with or involved in a MCSAC event are required to display, at all times, the characteristics associated with "good sportsmanship". Sportsmanship is the ability to treat everyone involved in an athletic contest with fairness, generosity, respect and courtesy regardless of the outcome of a game. This is symbolized by appropriate "handshakes" at the end of athletic competition. All of the rules listed below include but are not limited to; before contests, during contests, after contests, social media, electronic communication, etc. To the extent the MCSAC guidelines establish a more stringent standard than MIAA, the MCSAC standards shall apply.

- 5.1 **Taunting/Trash Talk** – any action or comment that is used to demean, bait or embarrass/humiliate others is strictly prohibited. Game officials are to treat any form of taunting as a flagrant unsportsmanlike foul and immediately disqualify the offender(s). The offender(s) are required to leave the contest area immediately and are not allowed to return.
- 5.2 **Threats of Physical Bodily Harm** – any participant, coach or spectator who willfully threatens physical bodily harm to anyone associated with a MCSAC contest/event (including spectators) before, during or after said event, must be immediately removed from the game site and will be suspended until further notice by the MCSAO Board of Directors until a hearing can be scheduled and conducted. The offender(s) future participation in the MCSAC will be determined at that time.
- 5.3 **Physical Altercations** – any participant, coach or spectator who willfully attempts to injure anyone associated with a MCSAC contest/event (including spectators) before, during or after said event, must be removed from the game site immediately and will be suspended

until further notice by the MCSAO Board of Directors until a hearing can be scheduled and conducted. The offender(s) future participation in the MCSAC will be determined at that time.

- 5.4 **Direct Profanity** – any participant, coach or spectator who uses profane language directed towards a game official, participant, coach, spectator or anyone associated with a MCSAC contest/event before, during or after said event, must be removed from the game site and suspended for the next two (2) league games.
- 5.5 **Indirect Profanity** – any participant, coach or spectator who uses profane language indirectly during a MCSAC contest/event will receive a warning on their first offense. Any further violations are subject to all rules pertaining to technical fouls.
- 5.6 **Spitting** – any participant or coach who spits directly or indirectly at an opposing player, official or coach during a MCSAO contest/event will be removed from the game site and suspended for the next two (2) league games.
- 5.7 **Failure to Report** – any incident that goes unreported will be considered a violation of the “Member in Good Standing Agreement.”
- 5.8 **Best Interest of MCSAC** – All Members and student athletes shall always act in the best interest of MCSAC and seek to promote a fair and safe environment. Nothing herein contained shall be construed as exclusively defining or otherwise limiting acts, transactions, practices or conduct not to be in the best interests of MCSAC; and any and all other acts, transactions, practices or conduct not to be in the best interests of MCSAC are prohibited and shall be subject to such penalties, including permanent ineligibility, as the facts in the particular case may warrant.

SECTION VI. APPEALS

- 6.1 Appeals of MIAA rule violations must be taken in conformity with MIAA Rule 89. This Section describes the Appeals Process for MCSAC specific rules only.
- 6.2 Appeals must be initiated within two school days by notifying the Executive Committee in writing. The notice must describe the decision being appealed and the grounds for the appeal, including the factual basis for the appeal.
 - 6.2.1 Upon receipt, the Executive Committee may decide the appeal without further hearing. In all appeals, the Executive Committee may, in its sole discretion, conduct an investigation. The investigation may be conducted directly by the Executive Committee or whomever they designate.
 - 6.2.2 The Executive Committee may, in its discretion, order a hearing where all relevant parties may present their positions. All relevant parties, including school principals, administrative teams, athletic directors, or coaches will be required to attend.

- 6.2.3 Prior to the hearing date established by the Executive Committee, the Executive Committee will provide the relevant parties notice of the format of the hearing, which may be modified as needed on a case-by-case basis.
 - 6.2.4 The Executive Committee shall notify the appellant of its decision in writing. The aggrieved party may then appeal the decision of the Executive Committee to the Board of Directors. Any appeal to the Board of Directors must be initiated within two school days of receipt of the Executive Committee's decision.
 - 6.2.5 In considering the merits of the appeal, the Board of Directors shall not conduct any further investigation or hold any further hearings and must accept the Executive Committee's finding of facts.
- 6.3 All decisions of the Executive Committee shall be implemented immediately and shall not be stayed pending whatever further appeal a Member School may seek.

SECTION VII. PENALTIES

- 7.1 Violations of MIAA Rules shall be penalized by MIAA. This Section describes penalties imposed only as a result of MCSAC specific rule violations.
- 7.2 Pursuant to all MCSAO Bylaws, the MCSAO Board of Directors, the MCSAC Membership, subcommittee or ad hoc committee as duly appointed by the MCSAO Board of Directors, are authorized to warn, place on probation, suspend or terminate any participant, team, coach, school official, game official, spectator or member school who is found in violation of the Mission Statement of the organization or its rules, regulations and guidelines.
- 7.3 All penalties relating to the specific rules set forth by the MCSAC will be placed into effect immediately upon the rendering of any verdict by the MCSAO Board of Directors, the MCSAC Membership, subcommittee or ad hoc committee as duly appointed by the MCSAO Board of Directors upon the Board's approval.
- 7.4 The MCSAO Board of Directors, the MCSAC Membership, M, subcommittee or ad hoc committee as duly appointed by the MCSAO Board of Directors have the authority to determine and impose other specified penalties that are agreed upon and are levied to protect the best interests of the MCSAC.
- 7.5 No member school player, team, coach, game official, school official or school shall be terminated from the organization until the completion of the hearing process. In such cases, the Respondent/Accused shall be given written notice as to the nature of the allegations regarding said particular incident or related incidents by the Complainant. Each party will be provided the opportunity to present/submit oral and written testimony on their behalf prior to the rendering of any decision. Decisions of the Board of Directors are final.

SECTION VIII. SPORT SEASONS

- 8.1 **League** – Each Member School will play each division member during the regular season on a yearly basis in accordance to the leagues master schedule in order to qualify for tournament play. Commitments to MCSAC division play must be made one month prior to the MIAA commitment date of that season. Athletic Director’s may then schedule additional non-divisional games at their discretion, opposing other member schools no more than twice.
- 8.2 **Completion** – the regular season will end with the completion of the varsity game schedule. The regular season will be followed by a single elimination tournament for qualifying Member Schools to determine a yearly champion. The exact times and location are TBA and will precede the MIAA State Tournament
- 8.3 **Scheduling Limits for Schools** – schools must schedule two fewer games than MIAA Rule 34 permits.

FALL

- 8.4 **Fall Start and End Dates** – the official starting date for team practices and/or tryouts during the fall season is determined by MIAA Rule 35. No Member School is allowed to hold workouts prior to this date. The MCSAC regular season end date will be the power ranking release date approximately ten days prior to the MIAA cut-off for the respective sport.. No games played after this date will be counted toward MCSAC playoff qualification.

WINTER

- 8.5 **Winter Start and End Dates** – the official starting date for team practices and/or tryouts during the winter season is determined by MIAA Rule 35. No Member School is allowed to hold workouts prior to this date. The MCSAC regular season end date is the first Thursday of February. No games played after this date will be counted toward MCSAC playoff qualification.

SPRING

- 8.6 **Spring Start and End Date** – the official starting date for team practices and/or tryouts during the fall season is determined by MIAA Rule 35. No Member School is allowed to hold workouts prior to this date. The MCSAC regular season end date is the third Thursday of May. No games played after this date will be counted toward MCSAC playoff qualification.

SPORTS RULES

All sports are governed by the Rules contained in the MIAA handbook. What follows are MCSAC specific rules which shall supersede and control in MCSAC contests.

SECTION IX - CROSS COUNTRY

- 9.1 **Championship Meet** – The meet will include a 5K girls’ championship race and a boys’ championship race for high school participants. All races will be run on a designated course, with a course walk-through permitted prior to the start. Meets may be presided over by hired meet officials or, with mutual agreement, may be run by the coaches. Each team must run a minimum of five (5) runners in each race. Each team may run up to but not exceed a maximum of seven runners. The championship meet will be scored as follows: 1 point will be awarded for each place finished (i.e., 1st place = 1 point, 2nd place = 2 points, 3rd place = 3 points, etc.) with the top 5 runners from each team scoring and the 6th and 7th runners place being used to displace runners from other teams, but not included in the team score. The championship meet will be conducted in accordance with the USATF rules and regulations unless superseded by rules and regulation defined, herein.

SECTION X - FLAG FOOTBALL

- 10.1 **Rules** – refer to Appendix B.

SECTION XI - OUTDOOR TRACK

- 11.1 **Meets** – will consist of the events defined in 11.2 and will be contested for both boys and girls. Races will be seeded based on inputs from each of the coaches. Meets may be presided over by hired meet officials or, with mutual agreement, may be run by the coaches. Meets held during the regular season will be conducted in dual or tri-meet fashion in which points will be award to top three finishers. 5- first, 3- 2nd, 1- 3rd and relays as 5 for first place. Meet results must be entered into athletic.net for championship consideration.

11.1.1 Championship Meet will be scored as follows: 10 points for 1st place, 8 points for 2nd place, 6 points for 3rd place, 4 points for 4th place, 2 points for 5th place and 1 point for 6th place. Relays will be scored as 10 points for 1st place, 5 points for 2nd place and 2 points for third place. The team with the highest point total wins. Meets will be conducted in accordance with the USATF rules and regulations unless superseded by rules and regulation defined, herein.

11.1.2 PREFERRED LANE LIST FOR HURDLES/DASHES/RELAYS: (Use the following key to determine preferred lanes)

- 11.1.2.1 6 Lane Track: 3, 4, 2, 5, 1, 6
- 11.1.2.2 7 Lane Track: 4, 5, 3, 6, 2, 7, 1
- 11.1.2.3 8 Lane Track: 4, 5, 3, 6, 2, 7, 1, 8

11.2 Events – The following events will be held at MCSAC Sanctioned meets. Officials and those running the meet will determine the order for the meet. Order may change due to time, weather, or permits but will include the, 100M, 200M, 400M, 800M, 1600M, 4x100M Relay, 4x400M Relay, Shot Put, Long Jump. Include an order of events for regular season and championship.

REGULAR SEASON MEETS

Order of Track Events

- 1600m
- 100m
- 400m
- 4 x 100m
- 800m
- 200m
- 4 x 400m

Field Events

- Shot Put
- Long Jump
- Triple Jump

CHAMPIONSHIP MEET

Order of Track Events

- 100m qualifiers
- 800m
- 100m finals
- 400m
- 200m
- 1600m
- 4 x 100m
- 4 x 400m

Field Events

- Shot Put
- Long Jump
- Triple Jump

11.3 Participation Limits – An athlete may compete in a maximum of three events including relays during regular season and championship meets. A regular season meet may be restricted to three entries per event if the permit for the track necessitates this constraint. A school may enter up to six athletes for each relay team, listing the first four in order of



appearance, followed by as many as two alternates to be designated by the Coach. During the regular season each team may enter only one relay team per race. In a championship race, in the event a Member school has two teams composed of two completely different sets of students athletes, exclusive of alternates, both teams may race.

11.4 Championship Meet –Events include those defined in 11.2 and will be contested for both boys and girls. Only participants listed on athletic.net will be allowed to participate. No additions allowed. Separate boys and girls champions will be awarded. Races will be seeded based on regular season results/top finishers. Coaches can utilize the updated Top Finishers List to decide which events they wish to place their participants in. Meets may be presided over by hired meet officials or, with mutual agreement, may be run by the coaches.

11.4.1 The “**Honest Effort**” rule will be enforced. If an athlete is scratched from an event, then they are scratched from all other events that follow. This includes the relay.

Explanation: If an athlete is set to run in the 1600 and the 800, the runner may not scratch only from the 1600. They would also be scratched from the 800 as well, but the athlete would be able to scratch from the 800 after running the 1600.

SECTION XII. ALL LEAGUE SELECTIONS

12.1 The following protocol outlined herein will determine the Varsity All-League Team selections for each respective sports season. Any school that forfeits more than one game in a season or doesn’t complete all their division games is disqualified from All League selections and divisional awards (MVP and COY) . The number of players selected will be determined by the number of positions associated with said sport at the start of a contest (soccer 11, basketball 5, etc.).

Sports with 5-7 Players

- Teams finishing the season in 1st will get 4 selections
- Teams finishing the season in 2nd-4th will get 3 selections.
- All other teams making the playoffs will get 2 selections.
- Teams finishing out of the playoffs will get 1 nomination.

Sports with 9-11 Players

- Teams finishing the season in 1st will get 5 selections
- Teams finishing the season in 2nd-4th will get 4 selections.
- All other teams making the playoffs will get 3 selections.
- Teams finishing out of the playoffs will get 2 selections.

Cross Country

- Runners finishing 1st-3rd will receive a medal along with being recognized as All-League, along with 4th-7th place runners.

Track

- Runners finishing 1st-3rd will receive a medal along with being recognized as All-League.

Divisions will hold a virtual meeting within the week prior to the end of the MCSAC regular season. Athletic Directors will bring their All-League nominations to this meetings and select the MVP and COY for each division. Failure to attend may result in loss of selections. Coach of the Year selections will be based upon coaches whose teams qualified for tournament play. Ties for MVP will go to the player that is closer to graduation, if still tied and for COY the Executive Committee will determine the winner.

All nominees for All League must:

- participate in more than 60% of the games counted for League Standings.
- demonstrate exemplary leadership on their teams.
- act with appropriate sportsmanship to teammates, coaches, fans and officials throughout the season.
- demonstrate their on-the-court talents in games throughout the season, warranting praise of coaches throughout the league.

SECTION XIII. TOURNAMENT

13.1 Qualifying Criteria – to be eligible to compete in the end of season tournament, all member schools must have:

13.1.1 Fulfilled all financial obligations (7) days prior to the date of tournament commencement.

13.1.2 Submitted all game scores and team's current record to the League.

13.1.3 Be considered a member in good standing.

13.1.4 Have completed all division games.

13.2 Seeds – will be based on the following criteria

13.2.1 Best MIAA Power Ranking Rating

13.2.2 Head-to-Head competition decides ties (including in track and cross-country)

13.2.3 Most wins

13.2.4 Ties after step B, fewest points allowed vs. each other (VB – Sets then individual points)

13.2.5 Ties after step C, fewest points allowed vs. league opponents

13.2.6 Ties after step D, number of victories vs. opponents with a winning percentage.

13.2.7 Ties after step E, coin toss.

The higher seeded team is always designated as the home team. The tournament is based on a one (1) game elimination premise.

13.3 **Site Selection** – the MCSAO Board of Directors, and the MCSAO Executive Committee will work collaboratively in seeking tournament venues which meet the following criteria:

13.3.1 Safety of all the participants involved (players, coaches, game officials, spectators, etc.).

13.3.2 Neutrality

13.3.3 Adequate seating for spectators

13.3.4 Location

13.3.5 Site Expenses

13.3.6 Ability to charge admission

13.4 **Game Official Assignments** – will be assigned by the designated Assignor for semi-final and championship games. Assignors will do their best to select officials selected that have not officiated contests that include teams they have been contracted for, during regular season play, to officiate.

For rounds hosted by higher seed, the higher seed is responsible for securing the officials and paying for them. The following guidelines are set forth for all playoff games.

- Basketball - two man crew required, three optional
- Soccer - two officials required, three optional
- Baseball and Softball – two umps required
- Volleyball - one official required, two preferred

13.5 **Ticket Sales** – utilized to help offset tournament costs. Separate fees will be charged to students and adults attending MCSAC sponsored events.

13.6 **Award Ceremony** – will be held at the conclusion of each championship game.

13.7 **Postponements** – will be warranted when conditions are considered to be detrimental to the health and safety of students, coaches, school officials, game officials and spectators (i.e. unsafe traveling due to weather).

APPENDIX A





THIS FORM IS TO BE FILED AT SCHOOL WITH ORIGINAL INJURY REPORT FORM

RETURN TO ATHLETIC PARTICIPATION

TO BE COMPLETED BY A SCHOOL OFFICIAL

Record No.:

1. STUDENT'S NAME:

SCHOOL:

HOME ADDRESS:

TEL.:

GRADE:

AGE:

2. Injury(illness) information:

Time and date of injury:

Contest or practice:

Type of injury:

Sport:

Position played:

Coach:

Tel.:

TO BE COMPLETED BY PHYSICIAN

3. Description of injury:

4. Referred:

Recommendations/restrictions:

a. No restrictions (discharged) as of (Date):

I have examined (Student):

and certify that he/she is

recovered from

incurred on (Date):

b. No practice or completion until: (Date):

c. Expected return to activity (after further evaluation): (Date):

d. Please state restrictions which you require (e.g. no contact, light practice only, etc.):

e. Other:

PHYSICIAN'S SIGNATURE:

DATE:

COACH'S SIGNATURE:

DATE:

PARENT'S SIGNATURE:

DATE:

STUDENT'S SIGNATURE:

DATE:

APPENDIX B





Flag Football Rules

**MASSACHUSETTS CHARTER SCHOOL ATHLETIC
ORGANIZATION**

**OFFICIAL RULES FOR FLAG
FOOTBALL**

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1. FIELD

- 1.1. The playing field shall be 60-80 yards long, with a width of 30-40 yards.
- 1.2. The four intersections of Goal Lines and Sidelines must be marked at inside corners of the End Zone and the Goal Line by pylons. Pylons must be placed at inside edges of white lines and should not touch the Field of Play. Pylons should also be placed at the 2 intersections of the Sidelines and the 50-yard Line.
- 1.3. The playing surface shall consist of grass or artificial turf.

2. BALL

- 2.1. All balls will be regulation size, Size 9 which is approximately 10.5 to 11.5 inches in length, with a circumference of roughly 27.75 inches on the long side of the ball and 20.75 inches on the short side. The ball should have the NFHS logo on it.

3. ROSTERS AND UNIFORMS

- 3.1. Each team will have 7 Players on the field.
- 3.2. Need 6 players to begin a game.
- 3.3. No jewelry is allowed to be worn.
- 3.4. Only rostered players and coaches are allowed on a Team's sideline.

4. DEFINITIONS

- 4.1. **Ball Ready for Play** – A Dead Ball is Ready for Play when the ball is placed down by an Official at the spot where the ball will next be put in play, and the Referee signals for the 25 second Play Clock to start.
- 4.2. **Blitz** – On a Blitz, the Defensive team may rush the Quarterback as soon as the ball is Snapped. All Defensive players are eligible to Blitz. There is no limit to the number of Defensive Players that can Blitz on a given play.
- 4.3. **Boundary Lines** – The Boundary Lines are the End Lines and the Sidelines and enclose the field upon which the game is played.
- 4.5. **Controlled Time** – Controlled Time is the period of the game where Running Time is suspended
- 4.6. **Conversion** – A Conversion is a play that takes place after a Touchdown. The rules for Conversions are set out in Rule 7.5.
- 4.7. **Dead Ball** – A Dead Ball is one that is not in play, where the runner is declared down or a pass is declared Incomplete.
- 4.8. **Defense** – The team that starts the Down without the ball is the Defense.

- 4.9. Disqualified Player** – A Disqualified Player is one who is prohibited from further participation in the game.
- 4.10. Down** – A Down is a period of action that starts when the ball is Snapped and ends when the ball is declared Dead. The Offensive team has four Downs, a Set of Downs, to achieve either a score or obtain a fresh Set of Downs by crossing the appropriate yard line.
- 4.11. End Lines** – The End Lines are the lines at each end of the field and are perpendicular to the Sidelines.
- 4.12. End Zone** – The End Zone is the rectangle formed by the Goal Line, the End Line, and the Sidelines. The Goal Line and the pylons are in the End Zone.
- 4.13. Field of Play** – The Field of Play is the rectangle formed by the Goal Lines and the Sidelines.
- 4.14. First Half** – The first 30-minute period of the game.
- 4.15. First/Second/Third/Fourth Down** – The initial Down in each Set of Downs is the First Down, the second is Second Down, etc. If the Offensive team fails to reach the Box they are required to reach after Fourth Down, the Defensive team starts a new Set of Downs at the spot where the Offensive Player was ruled down.
- 4.16. Force Out** – A Force Out takes place when a Player attempting to catch a ball lands Out of Bounds due primarily to the influence of contact with an opposing Player. A Force Out will be considered a catch at the point where the Offensive Player left the Field of Play.
- 4.17. Forward Pass** – A Forward Pass is a ball thrown by an Offensive Player that travels to a point that is closer to the Defensive Team’s End Zone than the Offensive Team’s End Zone. Forward passes are not permitted on returns of Throw-Offs or Punts.
- 4.18. Foul** – A Foul is any infraction of a playing rule for which a penalty is prescribed.
- 4.19. Free Down** – Occurs when the Defense commits a penalty whose remedy includes an automatic first down after the Offense has already gained a First Down on the play. The Free Down gives the Receiving Team a fifth opportunity to advance the ball to the next Box and is played prior to First Down.
- 4.20. Free Play** – A Free Play is a play where the team in possession of the ball has the option to replay the Down or accept the outcome of the play.
- 4.21. Free Runner** – A Free Runner has possession of the football and would be deemed likely by the Officials to have scored in the absence of a tackle.
- 4.22. Fumble or Unintentional Stripped Ball** – Any time a runner, on Offense or Defense, loses possession of the ball, either on his own or because the ball is stripped out, he will be considered down at the point where the ball hits the ground. In instances where the ball is unintentionally stripped by a Defensive Player and the ball does not hit the ground, only the team in possession of the ball can recover it. If recovered by the possessing team, they may continue the play. *Note: **Intentional** swiping at or stripping of a ball in possession is a tackling foul. (See Rule 15.28).*
- 4.23. Game Clock** – Ideally, the Game Clock will be visible on all four sides of the field.
- 4.25. Goal Lines** – The Goal Lines are the lines between the Sidelines that separate the End

Zone from the Field of Play. The Goal Lines are vertical planes that are parallel to and 10 yards from the End Lines.

- 4.26. **Handoff** – A hand to hand transfer of the ball from one player to another.
- 4.28. **Incomplete Pass** – An Incomplete Pass is a Pass that is not caught.
- 4.29. **Interception** – A pass caught by the opposing team is an Interception. The Defense must obtain complete control of the ball in order to be ruled an Interception. Complete control is determined at the discretion of the Officials.
- 4.30. **Lateral** – A Lateral is a sideways or backwards Pass or Pitch from one Offensive Player to another. Laterals are permitted on all plays and points on the field, including Throw-Offs and Punts. Laterals that are dropped are treated as Fumbles.
- 4.32. **Line of Scrimmage** – The Line of Scrimmage is the vertical plane of the yard line that passes through the forward point of the ball after it has been placed on the ground and made ready for play by the Officials.
- 4.33. **Live Ball** – The Ball is Live when it has been snapped from the Line of Scrimmage. The ball will remain Live until it is ruled Dead and the Down is over.
- 4.34. **Loss of Down** – Loss of Down is a remedy for a variety of penalties in Flag Football. A team that is penalized Loss of Down must start a new play with one less Down remaining in the Set of Downs. For example, a team penalized for Loss of Down on 1st Down would start the next play as 2nd Down.
- 4.35. **Man Down** – A team is Man Down when one of their Players has committed an infraction that causes the Officials to send that Player off the field for 2, 3 or 4 plays, the number of plays being based on the penalty. Sent off players must remain past any End Line and the Sideline opposite their team’s bench. No other Players may substitute for a Player who has been sent off. If a Player is ejected from the game for two Man Down penalties, another Player who was on the field at that time must serve his penalty on the second infraction. If a team is Man Down and surrenders a Touchdown, then they may resume play with a full complement of players defending the conversion.
- 4.36. **Midfield** – Midfield is the 30-40-yard Line
- 4.38. **Offense** – The team that starts the Down in possession of the ball is the Offense.
- 4.39. **Opposing Territory** – The area of the field between Midfield and the End Zone toward which a team’s Offense drives.
- 4.40. **Out of Bounds** – A Player is Out of Bounds when he touches a Boundary Line, or when he touches anything that is on or outside a Boundary Line, except a Player or an Official.
- 4.41. **Out of Bounds Spot** – Wherever an Offensive Player with the ball exits the Field of Play will be the spot of the next Down. The spot will be established by the position of the Player’s flag that is furthest from the End Zone at the point where the runner crossed the Sideline.
- 4.42. **Overtime** – Overtime is the third period of the game that is played only if the score is tied at the end of the Second Half. The rules of Overtime are set out in Section 6.
- 4.43. **Own Territory** – The area of the field between Midfield and the End Zone away from

which a team's Offense drives.

- 4.44. **Pass** – A Pass is an act by a Player of directing the ball to a teammate in the air.
- 4.45. **Play Clock** – The Time Keeper will manage The Play Clock. Once the Officials put the ball in play and start the Play Clock, the Offensive team will have 25 seconds to snap the ball or they will be guilty of Delay of Game. Ideally, the Play Clock will be visible on both sidelines.
- 4.46. **Possession** – A Possession is defined as a period where the Offense is awarded the opportunity to complete at least one Set of Downs.
- 4.47. **Quarterback** – The Quarterback is the Offensive Player who first touches the ball after the Center's Snap.
- 4.48. **Running Time** – Running Time is the period of the game where the clock stops only on Time Outs. The rules of Running Time are set out in Section 5.2 and 5.4.
- 4.50. **Second Half** – The second 30-minute period of the Game.
- 4.51. **Set of Downs** – See Rule 4.15 and Rule 10.
- 4.52. **Sidelines** – The Sidelines are the lines on each side of the field and are perpendicular to the End Lines. The Sidelines separate the Field of Play from the area that is Out of Bounds.
- 4.53. **Simultaneous Possession** – Simultaneous Possession occurs when a Forward Pass is caught by Offensive and Defensive Players at exactly the same time.
- 4.54. **Snap** – The Snap is the act of removing the ball from the ground and delivering it to another Player on the Offensive team. The Snap must go through the legs of the Offensive Player delivering the ball. Center can be part of play.
- 4.55. **Stationary Pick** – A Stationary Pick is permissible only on plays from scrimmage and not during Throw-Offs or Punts. A Pick is the act by a Player of using his body position to impede the progress of a defense Player without using his hands or arms. For a Pick to be legal, the Offensive Player must clearly establish his position before he makes contact with a Defensive Player. Picks may only be set after a Player has possession of the ball.
- 4.56. **Ball Start**– At the 5 yard Line; Line of Scrimmage when the Quarterback releases the ball. There **is not** a snap on Throwing plays.
- 4.59. **Touchdown** – A Touchdown is a scoring play. The scoring team receives 6 points for a Touchdown where the Down started in Opposing Territory and 6 points when the play started in their Own Territory. Forward progress for the purpose of determining a Touchdown is determined by the position of the front of the ball of the Player in control of the ball attempting to enter the End Zone. In addition, a receiver must have one foot down inside the Field of Play with control of the football to score a Touchdown.

5. TIME

- 5.1. **Game Duration:** Unless tournament rules dictate otherwise, each game will be 60 minutes in duration, consisting of 2, 30-minute Quarters. Teams change sides at half.
- 5.2. **Running Time:** The game will be played under Running Time. The Game Clock will stop

only for Team, Injury and Referee Time Outs. Running Time will be suspended in the last 2 minutes of the Second Half.

5.3. Controlled Time: The last 2 minutes of the Second Half will be played under Controlled time.

5.4. Starting and Stopping the Clock:

5.4.1 **During Running Time** the Game Clock will stop after any scoring play or penalty that occurs with 1-minute or less remaining in the first half or if the Game Clock runs down to 1 minute after a scoring play or penalty and will remain stopped during a Conversion.

5.4.2 **The clock will restart** on the subsequent snap of the next Play.

5.4.3 **1- and 2-min Warning:** The Game Clock will not stop for a 1-minute warning in the First Half but will stop for a 2-minute warning in the Second Half.

5.4.4 **During Controlled Time** the Game Clock will stop if any of six conditions are met and restart on the next Snap or release of the subsequent Throw-Off:

- a) A Player in possession of the ball steps out of bounds;
- b) An attempted Pass is Incomplete;
- c) Change of possession;
- d) Scoring play;
- e) Conversion play;
- f) Penalty;
- g) A Team or Referee Time Out;

5.4.6 **During Running Time** the Game Clock will stop at the beginning of all Referee Time Outs and resume when the Referee restarts the Play Clock.

5.5. Time Out Length: Referee - 1 minute; Change of possession - 1 minute; Between halves - 5 minutes; Team - 1 minute, unless the Referee chooses to extend; Between Regulation and Overtime (or subsequent overtimes) - 1 minute.

5.6. Injury Time Outs will last a minimum of 1 minute and will be called by the Referee if he perceives that a player requires medical assistance.

5.6.1 **Injury During Running Time**, an injured player must leave the Field of Play or their team forfeits one of their Time Outs.

5.6.2 **Injury During Controlled Time** or with less than one-minute remaining in the

First Half, the injured player's team will automatically forfeit a Time Out unless the injury was the result of an act that resulted in a penalty to the other team. In Controlled Time, if the team of the injured player has no timeouts remaining the opposing team has the option to run the Game Clock 10 seconds and the Game Clock will restart on the Ready for Play Whistle.

- 5.7. **Team Time Outs:** Each team will get 3 Time Outs per half. Time Outs not called in the First Half will not carry over to the Second Half. A Team cannot call 2 Time Outs prior to a play. However, each team may call 1 Time Out prior to the same play.
- 5.8. **The Play Clock:** Will start when the Referee sounds the Ready for Play whistle and the Offense will have 25 seconds to start a new play. Failure to start a new play in the allotted time will result in a penalty for Delay of Game, resulting in Loss of Down.
- 5.9. **10-Second Run off:** During controlled time, any penalty committed that stops the clock will be subject to a 10-second run off, at the option of the non-offending team. If the 10-second run off is accepted, the game clock will start on the Referee's ready for play whistle. If Game Clock was stopped at the time of the penalty, there is no run off and the Game Clock will start at the ready for play whistle. If there is less than 10 seconds remaining on the Game Clock and a run off occurs, the game will be over.

6. OVERTIME

- 6.1. If the score of the game is tied, Overtime will be played. During Overtime, Team Time Outs are not allowed. The Game Clock will be turned off and each Team will have one possession to score from their Opponent's 25-yard Line including executing a Conversion if a Touchdown is scored.
- 6.2. **Possession:** A coin toss will determine possession.
- 6.3. **Blitz:** In Overtime, each team will receive 1 Blitz per Overtime period.
- 6.4. **Conclusion:** The team leading at the conclusion of Overtime wins the game. If the score is tied at the end of the first Overtime period, an additional Overtime period will be played. After the second Overtime period, if a winner has not been determined, each Overtime period will consist of one Conversion attempt of any value by each team until there is a winner. The alternating choice of possession order will continue.

7. SCORING

- 7.1. **How:** After the player retains possession of the ball, the front of the ball must cross the Goal Line in order to score a Touchdown.
- 7.2. **Possession in the endzone:** Prior to possession, a Player landing in the End Zone must place one foot or another body part (i.e. forearm, knee, shoulder) completely inside the field of play.
- 7.3. **Touchdown:** will earn 6 points if scored from 50 yards

- 7.3.1 **Defensive TD:** Interceptions may be returned for a score.
- 7.4. **Safety:** Will earn 2 points for the Defense if they pull an Offensive Player's flag in his own End Zone while the Offensive Player has possession of the ball or if a Quarterback commits Intentional Grounding in the End Zone. Flag Guarding in the End Zone also results in a Safety.
- 7.5. **Conversion:** After a Touchdown is scored, the ball will be spotted at the middle of the field and scoring team will have the opportunity to earn extra points via a Conversion.
- 7.5.1 **Point values** - Conversions attempted from the: **5-yard Line** - 1 point; **10-yard Line** - 2 points;.
- 7.5.2 **If the Defense intercepts the ball** and returns it to the Opposing End Zone, they will be awarded 2 points.
- 7.5.3 **Any Blitz by the Defense** during a conversion will count as one of its five blitzes for the Half.
- 7.5.4 **A safety on a conversion** – the appropriate team will be awarded 1 point
- 7.5.5 **Conversion PENALTIES:**
- 7.5.5.1 **If the Defense commits a penalty (other than DPI) during a failed conversion not starting at the 5-yard line** (prior to a turnover) - the Conversion will be replayed with the ball spotted at the next closest Conversion spot while keeping the same point value.
- 7.5.5.4 **If the Defense commits any penalty on a Conversion that starts at the 5-yard Line** (prior to a turnover) - the Conversion will be ruled successful.
- 7.5.5.5 **Defensive Pass Interference in the end zone ON A CONVERSION: ANY point value attempt** will result in the offense being awarded the ball at the 2-yard line with the same point value for the attempt.
- 7.5.5.6 **Tackling or Intentional Holding a Free Runner** during a conversion results in an automatically successful attempt for the converting team. If this occurs on a Defensive return, the Defense is awarded 2 pts no matter where the Conversion began.
- 7.5.5.7 **Any penalty (other than tackling) committed by the Converting team during a Defensive return:** will result in the Defensive team being awarded the ball with a new series of downs, at the 50-yard line.
- 7.5.5.8 **Any penalty by the Converting team PRIOR to a TURNOVER OR Defensive return team AFTER a TURNOVER** - will result in a failed conversion.

8. SET OF DOWNS

- 8.1. **The Offense will have one Set of Downs** to advance the ball to midfield. Once the Offense advances the ball from one Box into the next, they will receive a new Set of Downs.
- 8.2. **After the throw-off** the Offense must cross the midfield to receive a new Set of Downs, unless the return passes Midfield.
- 8.3. **Spotting the Ball:** spotted in middle of field.

9. GAME PLAY and FORMATIONS

9.1 Formations

- 9.1.1 **Number of players:** Each team will consist of a roster of 15 active Players, with a maximum of 7 Players on the field during any play.
- 9.1.2 **On the Line:** The Offense must have a minimum of 3 Eligible Receivers on the line of scrimmage, who must line up at least 3 feet apart from each other and the center.
- 9.1.3 **Near the Center:** The offense is allowed, a maximum of 3 players to line up either side of the Center at the Line of Scrimmage or within one-yard in the backfield.
- 9.1.4 **Player in the Backfield:** An offensive back must clearly be 2 or more yards off the line of scrimmage to be legal.
- 9.1.5 **Defense:** There is no required formation for the Defense.

9.2 Offensive Play

- 9.2.1 **4 sec Go-Clock:** The Quarterback has a maximum of **6 seconds to release the ball** either by executing a forward pass, handoff or pitch on any given play. Failure to do so will result in a Dead Ball at the spot where the play ended. The Referee and/or official will blow the whistle to signal the end of the play, and the result will be treated as the equivalent of a sack. If at any point the Defense crosses the Line of Scrimmage, this rule will no longer apply and the Offense will have unlimited time to cross the Line of Scrimmage.
- 9.2.2 **QB Advance:** The Quarterback is not allowed to advance past the Line of Scrimmage without another Offensive player having Possession first, unless the Defense crosses the Line of Scrimmage.
- 9.2.3 **Motion:** The Offense is allowed to have 1 Player in motion at any time, including when the ball is Snapped, so long as that players motion is not toward the Line of Scrimmage.

9.3 Eligible Receivers

- 9.3.1 All Offensive Players are eligible receivers.
- 9.3.2 The Quarterback cannot catch a Forward Pass unless it is completed *beyond* the Line of Scrimmage.

9.4 Defensive Play

- 9.4.1 The Defense is only allowed to cross the Line of Scrimmage by executing a Blitz, to count up 3 seconds OR if due to a running play or Lateral.
- 9.4.2 The count is turned off as soon as a Defensive Player passes the Line of Scrimmage or as soon as the Quarterback releases the ball either forward or backwards.
- 9.4.3 Each Defensive Team can Blitz 2 times in each Half.

9.5 Laterals

- 9.5.1 **On Scrimmage Plays** one Lateral per team per play is allowed.
- 9.5.2 After the snap, the first handoff behind the line of scrimmage from the QB to another player will not be considered a lateral. *Any other handoff during the play will be considered a lateral.*
- 9.5.3 Forward passes are permitted after Handoffs and Laterals as long as the ball and the passer completely has not crossed the Line of Scrimmage.
- 9.5.4 Laterals can be intercepted and returned.

10. PUNTS

- 10.1.** Teams are only allowed to Punt on Fourth Down if they are in their Own Territory and have not passed Midfield on its current Possession.
- 10.2.** The team that is Punting must announce their intentions to the Referee.

11. POSSESSION

- 11.1.** A catch or interception is ruled complete as soon as a Player has control of the ball and two feet touch completely inbounds, although both feet do not necessarily have to touch at the same time. If another part of a Player's body hits the ground before his feet, not including hands, then the initial contact with the ground from that body part must be completely inbounds. For avoidance of doubt, as soon as Player is ruled Out of Bounds, the play is over and a catch or interception shall be ruled complete if the above requirements are met.
- 11.2.** If a Player loses possession of the ball, with or without the influence of the opposing team, when the ball hits the ground, the runner is considered to have had their flag pulled and the play is dead. The ball will be spotted either: where the runner loses

control of the ball, if fumbled forward OR the spot where the ball hits the ground if the ball is fumbled backward. (Similar to the illegal lateral penalty)

- 11.3.** Simultaneous Possession of a Forward Pass will be ruled to be a catch for the Offense regardless of the order of whose feet touch the ground first. Both players must complete the catch in-bounds otherwise the Pass will be ruled incomplete. If one player controls the ball in their hands before another player whether in the air or on the ground, the catch will not be considered simultaneous possession.

12. MISCELLANEOUS RULES

- 12.1. Sideline Personnel** - Coaches are allowed anywhere on the sideline between the 25- yard lines and cannot come on to the playing field.

- 12.2. Players who fall to the ground** - regardless of whether it was due to incidental contact from other players may get up and continue to run. However, when on the ground, a player

in possession of the ball is considered down when contacted by a defender with any part of the defender's body.

- 12.3. Loss of Down penalties** - imposed on the Offense on Fourth Down result in change of possession at the previous Line of Scrimmage.

- 12.4. Offsetting Fouls** - If penalties are called on both Teams during any play without a Lateral or Forward Pass being intercepted, the result is a replay of the Down or Throw-Off even if the penalties differ in severity. If an interception occurs during a play and there is no penalty on the intercepting team until after gaining possession, the interception will count and the ball will be spotted with a First Down at the spot of the interception. However, if both the Offense and Defense commit penalties before an interception, the penalties will offset and the play will be replayed.

- 12.5. Free Down** - Any penalty committed by the Defense which would normally result in an automatic First Down that occurs after the Offense has gained a First Down on the play will result in a Free Down awarded to the Offense. For avoidance of doubt, DPI or similar penalties, by definition, occur before the Offense gains a First Down and are not applicable to this paragraph.

- 12.6. Foul during a Free Down** - If by the offense, it will follow the remedies where the next down would be 1; If by the defense, the down shall be replayed unless an automatic first down is awarded by rule. (Ex: Flag Guarding by the offense on a Free down - the next down will be second (2nd) down; Encroachment by the defense on a Free down - if the penalty is accepted another Free Down would be awarded to the offense. If the defense intercepts the ball during a free down - the next play will be first down for the defense.)

- 12.7. After an inadvertent whistle** - by the Referee, the Offense has the option of replaying the down or keeping the progress made on the play at the point when the

whistle was sounded.

12.8. Forward progress - is measured by the position of the front of the ball when either flag is pulled.

12.9. Defensive Contact - Defensive Players can initiate contact with open hands from the waist to the shoulders of an Offensive Player within 5 yards of the Line of Scrimmage so long as the contact is not sustained by the Defensive Player by grabbing or holding onto the Offensive Player.

12.10. Defensive Penalty - Games cannot end on a Defensive penalty. In the event of a Defensive penalty on a play where time runs out, the Offense will be awarded one more

play, with the Play Clock in motion, but the Game Clock not in use.

13. PENALTIES & REMEDIES

If not implicitly or explicitly stated below, all penalties can be declined by the non-offending team and the result of the play will stand. If one team commits multiple penalties on the same play and the other team commits zero, the non-offending team has the option to pick which penalty to enforce. All penalties that occur on an Interception, Throw-Off or Punt return by the Return Team will result in First Down where the return began.

13.1. BLOCKING: Blocking is defined as the act by an Offensive Player of forcing a Defensive Player to change his position on the field through physical contact initiated by the Offensive Player's hands, arms, shoulders or head. Holding, which is defined as an Offensive Player grabbing or holding onto a Defensive Player to impede his motion, is also considered illegal Blocking. A pick set prior to possession of the ball by a Receiver, or prior to the Quarterback's crossing the Line of Scrimmage in possession of the ball, will be treated as a Block.

13.1.1 The remedy is Loss of Down and if the foul is beyond the end of the run, the ball is placed at the end of the run;

13.1.2 If behind the end of the run, the ball is placed at the spot of the foul.

13.1.3 At the Referee's discretion, a Player committing a Block may be sent off the field, thus putting his team a Man Down for 3 plays.

13.2. CHARGING: The remedy for Charging is the same as for Blocking (*Rule 15.1*), including the Referee's discretionary ability to send a Player off the field, putting his team a Man Down for 3 plays. Charging takes place when an Offensive Player running with the ball makes significant physical contact with a Defensive Player who had established a stationary position on the field, where the Offensive Player had the opportunity to recognize that the Defensive Player has established position. Generally, an Offensive Player running with the ball has the right of way and will not be called for Charging if the Defensive Player is in motion or established his position in a manner that gave the

Offensive Player no opportunity to avoid contact.

- 13.3. DEFENSIVE HOLDING:** Defensive Holding occurs when a Defensive Player holds onto a part of the body or uniform of a ball carrier where the Offensive Player's progress is impeded in a meaningful way. The remedy is an automatic First Down at the spot of the Foul.
- 13.4. INTENTIONAL DEFENSIVE HOLDING:** Occurs when a Defensive Player holds onto a part of the body or uniform of a Free Runner. A Free Runner has possession of the football with no defenders in front of him and would be deemed likely by the Officials to have scored in the absence of the tackle or intentional defensive hold. This will fall under the same rules as *Tackling a free runner* **Rule 15.30**.
- 13.5. DEFENSIVE PASS INTERFERENCE (DPI):** DPI occurs when bodily contact initiated by a Defensive Player prevents an Offensive Player from attempting to catch a likely catchable Pass.
- 13.5.1 DPI can also occur when a Defensive Player holds onto a part of the body or uniform of an Offensive Player 5 yards or more from the Line of Scrimmage prior to a Pass being thrown where the Offensive Player's progress is impeded in a meaningful way.
- 13.5.2 DPI also occurs when a Defensive Player forces an Offensive player out of bounds prior to a pass being thrown where the Offensive player would otherwise be deemed ineligible.
- 13.5.3 **DPI penalties in the field of play** – is an automatic 1st down at the spot of the foul
- 13.5.4 **DPI penalties in the End Zone** - the Offense is awarded First Down at the opposing 2-yard Line or the previous Line of Scrimmage, whichever is closer to the End Zone.
- 13.5.5 **A Force Out by a Defensive Player** has the same remedy as DPI unless it occurs in the End Zone, in which case, the Offense will be awarded a Touchdown.
- 13.5.6 **If the Pass is determined to be uncatchable** - no Penalty will be called.
- 13.6. DELAY OF GAME:** Delay of Game occurs if the Offense does not start a new play before the Play Clock expires.
- 13.6.1 **On a Scrimmage play** - The remedy is Loss of Down.
- 13.7 DIVING:** Defensive players may dive to pull flags or attempt to catch the ball, but the offense may not dive for the purpose of establishing forward progress. The Referee will determine where the player started to dive and spot the ball there. **The Player who dives** will be penalized and will be forced to sit out the remainder of the possession although the offense will not be forced to play with six players.

- 13.8 EARLY PULL:** If a Defensive Player removes an Offensive Player's flag before that Player possesses the ball, the Referee should say "Early Pull" and play continues. The Defense will still need to pull a flag to end the Play. (See Unsportsmanlike Conduct for additional rules)
- 13.9 ENCROACHMENT:** If the Defense is not Blitzing, they must wait 2 seconds to cross the Line of Scrimmage an Encroachment penalty occurs when a team crosses the Line of Scrimmage with no remaining Blitzes before waiting 2 seconds.
- 13.9.1 In all cases where the Defense has no remaining Blitzes and are penalized for Encroachment, the Offense will be awarded an extra Blitz.
- 13.9.2 If the Defense continually Blitzes with none remaining, an Unsportsmanlike Conduct penalty may also be called on the Defense, with the appropriate remedy enforced.
- 13.9.3 With under 5 minutes left in either Half, if an Encroachment penalty is accepted, the Offense will have the option of an untimed down (not a free down). The game clock will resume at the Snap of the next play.
- 13.10 FALSE START:** If any member of the Offensive Team crosses the Line of Scrimmage before the ball is snapped, it is a Dead Ball and the Offense is penalized with Loss of Down. This also applies to Onside Plays.
- 13.11 OFFSIDE:** If any member of the Defensive Team crosses the Line of Scrimmage before the ball is snapped, the play continues and the remedy for the Offensive Team is that they may accept the result of the play or replay the Down. If the result of the play is accepted, the Defense will lose one of its Blitzes. If the Down is replayed, the Defensive team will not lose one of its Blitzes.
- 13.12 FLAG DELAY:** The Defender who pulls a flag is required to immediately drop the flag on the ground or hand it to an Official or the Player it was pulled from.
- 13.12.1 If the Defensive Player carries the flag away or throws the flag away from the Offensive Player and causes undue delay of the game, the Officials may reset the Game and Play Clocks accordingly.
- 13.12.2 An Unsportsmanlike Conduct penalty may also be called on the Defense, with the appropriate remedy enforced.
- 13.13 FLAG-GUARDING:** The remedy for Flag-Guarding is a spot foul and Loss of the NEXT Down. For example, if a Flag-Guard occurs on First Down, the next play will be Third Down.
- 13.13.1 Flag-Guarding is deemed to have occurred when an Offensive Player in possession of the ball creates contact with a Defensive Player using his hands, arms, elbows or the ball to prevent a Defensive Player from pulling his flag.

13.13.2 Flag-Guarding that occurs after an Interception or on a Return will result in the ball being spotted where the infraction took place and the Possession will start with Second Down.

13.13.3 Flag-Guarding on Fourth Down will result in a Spot Foul, a turnover on downs and the following Possession will begin with a Free Down.

13.14 FLAG TAMPERING: Any attempt to tamper with Flags that would make them more difficult to pull including but not limited to using adhesives, knots and stronger magnets will result in an automatic game Disqualification and the offending team playing Man Down for the **remaining duration of the game**.

13.15 ILLEGAL CONTACT BY THE OFFENSE: The remedy for Illegal Contact by the Offense is Loss of Down at the previous spot. Illegal Contact occurs when an Offensive Player, running a passing route, uses his hands, arms or shoulders to meaningfully alter the position or direction of the defender in order to gain an advantage.

13.16 ILLEGAL HANDOFF: The remedy for an Illegal Handoff is Loss of Down and any yardage gained. An Illegal Handoff is any transfer of the ball from the Quarterback to another Offensive Player who is moving **toward the line of scrimmage** when the ball is

transferred from one to the other. Laterals that travel sideways or backwards are permitted to a player moving forward, as well as handoffs to Players not moving toward his scoring end zone.

13.17 ILLEGAL LATERAL: A Lateral that either goes forward or is the second Lateral on a scrimmage play ends that play. After any Illegal Lateral that travels backwards and hits the ground or is caught, the ball will be spotted where it hits the ground or is caught. An Illegal Lateral that travels forward will be spotted where the ball was released. An exception is on Throw-Offs and Punts where the Receiving Team is allowed two Laterals and this penalty will be enforced on the third Lateral. The Play will be blown dead once possessed by the offense or it hits the ground after an Illegal Lateral.

13.18 ILLEGAL FORWARD PASS: Any forward pass thrown where *the entire body of the passer has* been beyond the line of scrimmage within the down. The remedy is a loss of down at the previous spot.

13.19 ILLEGAL MOTION: The remedy for Illegal Motion is Loss of Down. Illegal Motion is any motion by an Offensive Player behind the Line of Scrimmage that moves toward their line of scrimmage before the ball is Snapped, or more than 1 Player is in legal motion. This results in a Dead Ball and play is stopped.

13.20 ILLEGAL QUARTERBACK RUN: The remedy for an Illegal Quarterback Run is Loss of Down and any yardage gained. An Illegal Quarterback Run takes place if the Quarterback runs across the Line of Scrimmage before any Defensive Players cross the Line of Scrimmage.

13.21 INELIGIBLE RECEIVER DOWNFIELD: No Offensive player may run Out of Bounds

without the ball and then touch the ball on the current play. In addition, this foul is also called when a Center is the first player to touch the ball after the Quarterback. If an Offensive Player commits this foul and then catches a ball, the pass will be ruled incomplete. If he receives a lateral, the play will be blown dead at the spot of first contact.

13.22 INTENTIONAL GROUNDING: Intentional Grounding occurs when a Quarterback's forward pass is not thrown in the vicinity of a receiver without any exceptions. The remedy will be Loss of Down and the ball will be spotted at the spot of the Foul. If this foul occurs in an End Zone, the play will result in a Safety.

13.23 MISSING FLAG: A Missing Flag violation occurs when a Player begins a play without either of their two flags attached or it becomes unattached before possession of the ball but **not from an Early Pull**. The remedy for a Missing Flag is the Player missing a flag is deemed to be down as soon as the player is touched by an opposing player.

13.24 MOVING PICK: The remedy for a Moving Pick is Loss of Down and the ball placed at the previous spot. A Moving Pick violation occurs when an Offensive Player without the ball is moving when he impedes the progress of a Defensive Player in pursuit. If a pick occurs during a Throw-Off or Punt by the receiving team, the play will be blown dead with the ball spotted at the progress spot when the play was blown dead and the Receiving Team will start its possession **on Second Down**.

13.25 ROLLING: An Offensive Player who Rolls on the ground for the purpose of preventing his flag from being pulled will be deemed to be down at the spot where he first commenced to Roll. Dipping, jumping and spinning, not into a defender, are permitted evasive moves for Offensive Players.

13.26 ROUGHING THE PASSER: Roughing the Passer occurs when a Defensive Player makes contact, intentionally or not, with the throwing arm or shoulder of any Offensive Player attempting a forward pass. The remedy is an automatic first down from where the play ended and a Free Down will be awarded if the Offense gained a First Down on the play. The Referee also has discretion to send player off for 3 plays for a Man Down situation.

13.27 TACKLING: Tackling is defined as the ***intentional*** act of a Defensive Player disrupting an Offensive Player's progress through physical contact initiated by the Defensive Player, such that he loses significant momentum and/or falls to the ground. At the conclusion of the play, the Offense will receive the yardage gained and a First Down. If the play ends with a loss, the ball will be spotted at the previous spot with a First Down. If a Tackle occurs on a Throw-Off or Punt, the Receiving Team will begin its Possession with a Free Down. In addition, a Player committing a tackle will be sent off the field, putting his team Man Down for 3 plays.

13.28 TACKLING A FREE RUNNER or INTENTIONAL DEFENSIVE HOLD: A Free Runner has possession of the football with no defenders in front of him and would be deemed likely by the Officials to have scored in the absence of the ***tackle or intentional defensive hold***. The team whose Free Runner is Tackled will have the option to either a)

have a First Down on the Opponent's 10-yard Line or where tackled or b) be awarded 4 pts and receive a Throw-Off. If this penalty occurs during Controlled time, the Offense will be guaranteed 3 plays no matter which option it chooses from either the 10-yard Line or after a Throw-Off regardless of the Game Clock (up to and including after the expiration of regulation time) unless it commits a Turnover.

13.29 TOO MANY PLAYERS: If the Offense starts a play with more than 7 Players on the field, the play is dead and the Offense loses the Down. If the Defense starts a play with more than 7 Players on the field, the play continues as a Free Play, with the Offense having the option to take the result of the play or replay the Down.

13.30 UNSPORTSMANLIKE CONDUCT: Unsportsmanlike Conduct is when any of the following occurs:

13.30.1 A player/coach disrespects an official either verbally or physically

13.30.2 Taunting of players from the opposing team

13.30.3 Fighting/Punching

13.30.4 Illegal contact above the shoulders

13.30.5 Pretending or acting as if a penalty has occurred in an attempt to influence a Referee's decision-making

13.30.6 Intentionally blitzing when all team blitzes have been used

13.30.7 If a defender pulls a non-runners flag, including their own, during a play The remedy for a Player's first Unsportsmanlike Conduct is the offending Player is sent off the field for 2 plays and his team plays Man Down. On a Player's second offense he must be ejected and another player from his team who was on the field at the time of the penalty must sit out 4 plays with the team Man Down (at the choice of the fouling teams' captain/designated head coach). Officials at their discretion can eject a player on their first Unsportsmanlike penalty and enforce a 4-play penalty similar to a second offense. Any player ejected from a game will be ruled ineligible for the next game.

13.31 UN-TUCKED BALL CARRIER/UNALIGNED FLAGS: Prior to a Snap, whenever the Referee observes any Player with his shirt covering any part of his flags or his flags to be unaligned and not at his hips, the Referee will warn the player. If the player does not comply prior to the play, the Referee will yell the offending player's number and "One-hand touch." That player shall then be deemed down as soon as a Defensive Player touches him.

14. REFEREES AND STAFF

14.1. All Officials will be trained and credentialed by the League.

- 14.2.** Up to six Officials will work each game: one Referee, two Linesmen and two Field Judges, and a Timekeeper.
- 14.3.** The Referee is the senior most Official and can overrule any of the other Officials. He will start each play 5-10 yards behind the Quarterback. Generally, the Referee should defer to the judgment of the Official who had the best view of the play in question.
- 14.4.** The Linesmen will stand outside the Sidelines on either side of the field near the Line of Scrimmage.
- 14.5.** The Field Judges will be stationed on the Defensive side of the Line of Scrimmage, on the sidelines in the vicinity of the furthest Defensive Player from the Line of Scrimmage.
- 14.6.** The Timekeeper will be responsible for operating the Game, Play and Go Clocks.
- 14.7.** All Officials will wear uniforms provided by the League. Black and white striped shirts, black hat, black pants, and black shoes for Linesmen and Field Judges. The Referee will wear a white hat.
- 14.8.** One additional staff member will be responsible for keeping track of where the ball is spotted using a conspicuous pole placed on the sideline and can be the timekeeper.

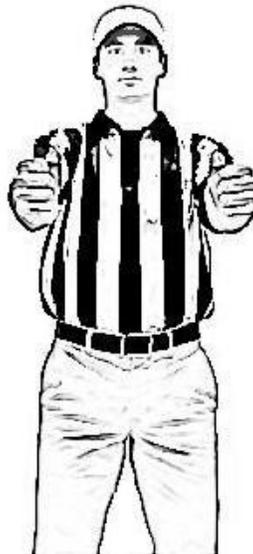
15. REFEREE SIGNALS



1

BLOCKING

One arm extended in front of chest, hand open, grasped at wrist by other hand.



2

CHARGING

Two arms extended in front of chest, closed fists with thumbs on top.



3

DELAY OF GAME or FLAG DELAY

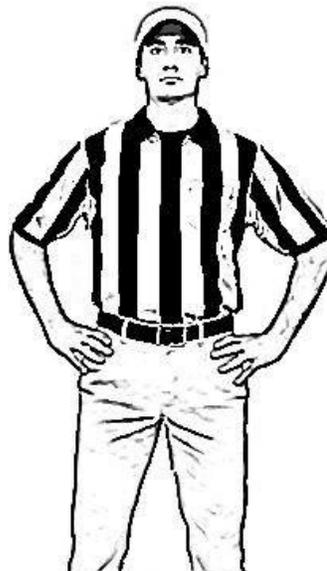
Folded arms.



4

DIVING

Arms extended tilted slightly towards ground, palms facing downward.



5

ENCROACHMENT or OFFSIDE

Hands on hips.



6

FALSE START

Forearms rotated over each other.



7

FLAG-GUARDING

One arm raised, palm open, motioned down towards hip.



8

ILLEGAL CONTACT OFFENSE

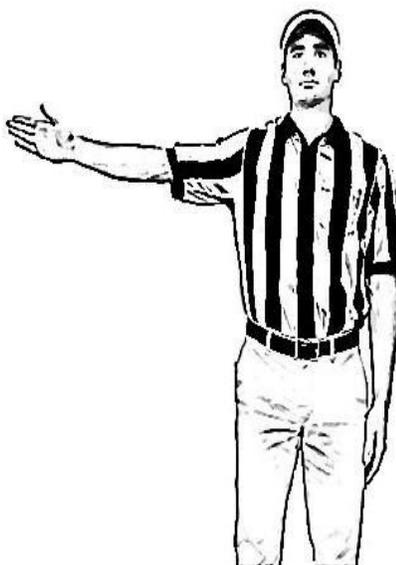
One open hand extended forward.



9

ILLEGAL FORWARD PASS

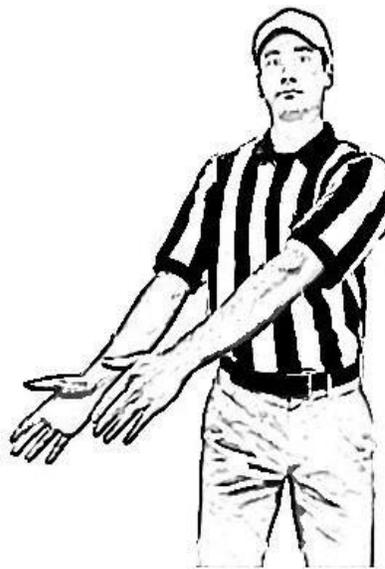
One hand place behind the back.



10

ILLEGAL HANDOFF

One arm out to the side, open hand, thumb pointing upwards.



11

ILLEGAL LATERAL

Both arms extended towards ground on one side of body.



12

**ILLEGAL MOTION or
ILLEGAL QUARTERBACK
RUN**

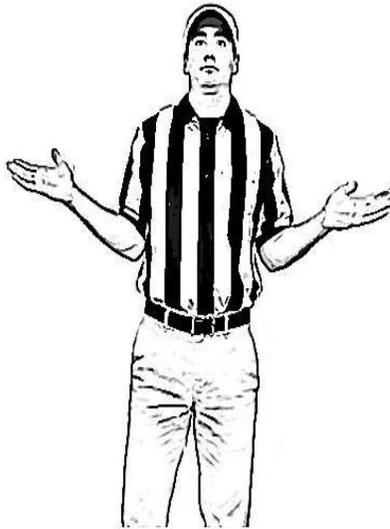
One hand brought to top of chest, hand open, palm facing down.



13

INTENTIONAL GROUNDING

Parallel arms waived diagonally across body.



14

MISSING FLAG

Arms out to sides, elbows connected to body, shrugging shoulders.



15

MOVING PICK or DEFENSIVE HOLDING

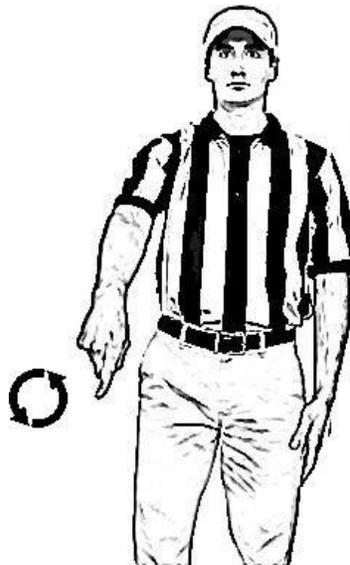
One clenched fist in front of the chest, grabbed by the other hand.



16

PASS INTERFERENCE or INTERFERENCE
With a **THROW-OFF**
or **PUNT**

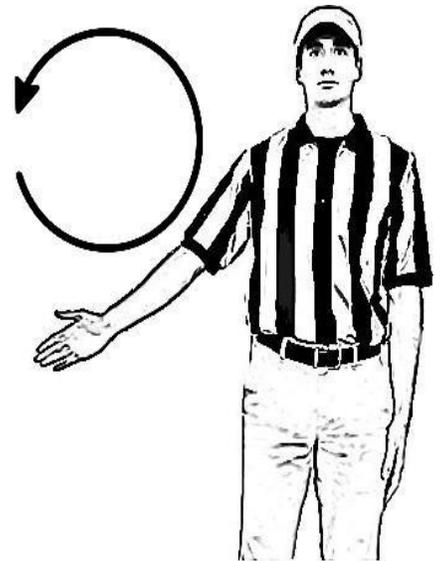
Both arms extended in front of shoulders, hands open.



17

ROLLING

One arm extended with one finger pointed at the ground, circular motion with finger.



18

RUN CLOCK

Full circle made with one arm.



19

**TACKLING or
TACKLING/INTENTIONAL
HOLDING A FREE RUNNER**

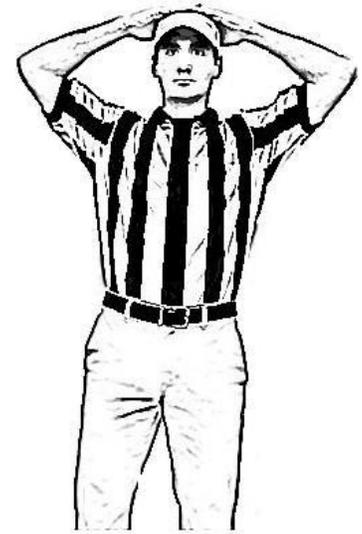
Hugging motion simulated
with both arms in front of
body.



20

TIME OUT

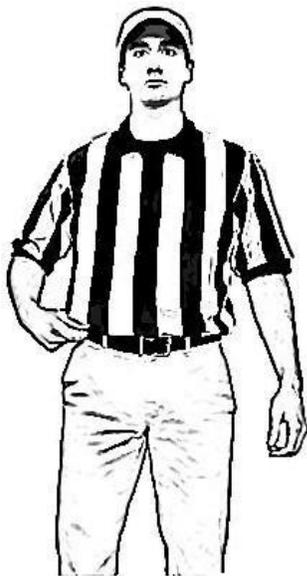
Forearms crossed above the
head, palms facing forward.



21

**TOO MANY
PLAYERS**

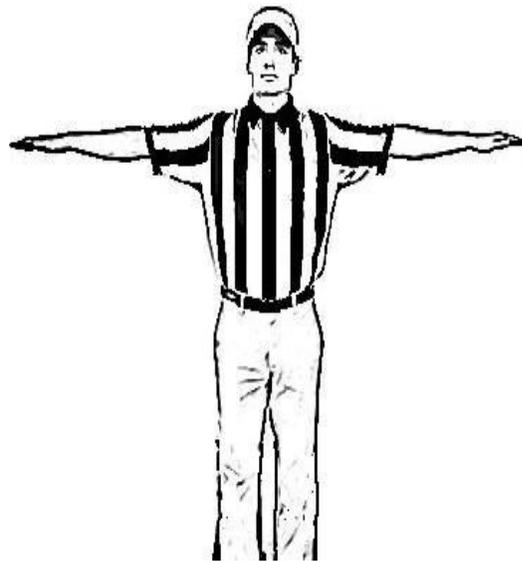
Both hands on top of
head.



22

UN-TUCKED BALL CARRIER

Pull on shirt near belt with
one hand.



23

**UNSPORTSMANLIKE
CONDUCT**

Arms outstretched, palms
down.

APPENDIX C





COOPERATIVE TEAMS

A. POLICIES AND REGULATIONS

The power to approve cooperative team applications rests with the MCSAO Executive Staff. The Executive Staff shall set policies, regulations, and guidelines to provide a workable structure for cooperative play.

The policies established by the Executive Staff shall:

- ◆ Respect the goals of the petitioning school districts;
- ◆ Protect competing schools from competitive disadvantage;
- ◆ Guarantee increased participation;
- ◆ Ensure that no displacement of athletes occurs; and
- ◆ Rest on a firm financial commitment by the schools involved to support a viable team.

B. DEADLINES

Any proposal to form a *new* cooperative team must be in complete form and submitted to the MCSAO Executive Staff at least one month in advance of the initial practice date for that sport. *Renewals* of existing cooperative teams must also be submitted at least one month in advance of the initial practice date.

C. POLICIES

1. A cooperative team proposal shall be the result of thoughtful, deliberate discussion and decision-making among the leaders of the schools and districts involved. If the school committees, superintendents, school principals, and athletic directors of the petitioning schools are of one mind that a cooperative proposal is good for their students, schools, and communities, then the EXECUTIVE STAFF will consider that “local” position.
2. If division members are convinced by those proposing a cooperative team that the proposal is appropriate and does not present a competitive threat, then the EXECUTIVE STAFF will consider this the “regional” position.
3. A proposal should demonstrate that the cumulative student participation in the combining schools will be greater under the cooperative plan than it was during each of the previous two years. This requirement protects against cooperative programs being stimulated by the withdrawal of financial support by any of the schools involved. If either school has a sufficient number of students, then a request for a cooperative team will be denied.
4. No consideration will be given to cooperative proposals which result from the elimination of the sport due to financial cutbacks during the two years immediately prior to the request.



Cooperative proposals will not be considered if they are driven by a desire to “save money” at the risk of decreasing the number of potential student participants.

5. Cooperative team proposals will only be considered if they increase the number of student participants. Cooperative team requests will not be approved unless necessary to sustain a previously existing team or to create a new team, based solely on numbers, and not at all on specialized player positions.
6. Cooperative teams will only be approved if required to support a single varsity program. If sub-varsity opportunities presented themselves subsequently, then that would not interfere with the approval status of that varsity cooperative team. On the other hand, approval will not be granted for stand-alone sub-varsity teams.
7. The cooperative team will be assigned to the division to which the host school is assigned.
8. A school may not send students to two different cooperative programs in a single sport.
9. The filing school shall designate the host for all levels (e.g. sub-varsity) which are to be sponsored in that sport. (This does not preclude one host for a girls’ sport and a different host for the boys’ sport.)
10. A cooperative team cannot result in the displacing of students from the host school; i.e. host school students may not be cut from participation in that sport (with the exception of middle school students).
11. The host school configuration will continue to determine eligible grades for the cooperating school that included more than grades 9 through 12.
12. All liability associated with the formation and conduct of approved cooperative team rests with the host school which exempts the MCSAO and its agents from all liability and responsibility. A schools participating in a cooperative team shall hold MCSAO harmless and agree to indemnify MCSAO against any loss arising from the cooperative team’s participation.
13. Co-operative proposals must be limited to MCSAO member schools.
14. Cooperative proposals will be granted for no more than one year.

D. ACADEMIC ELIGIBILITY

All cooperative team athletes must meet the eligibility standards of their own school as well as the host school.

E. GUIDELINES



The principal of the host school shall assure that during preliminary local discussions adequate attention is given to the following:

1. A sufficient reason for sponsoring a cooperative team
2. An appropriate name for the cooperative team
3. Suitable practice arrangements
4. Fair competitive arrangements
5. Safe and adequate transportation arrangements
6. Provisions for physical examinations and medical coverage
7. Insurance provisions
8. The setting and monitoring of academic standards for eligibility
9. The purchase, repair, and cleaning of equipment
10. Source and control of finances
11. Guidelines for the termination of a given program
12. Use and maintenance of facilities
13. Selection, supervision, and payment of coaches
14. Selection and supervision of cheerleaders
15. Involvement of band and/or drill teams
16. Coordination of class/school schedules
17. Ticket prices and sales, disbursement of gate receipts
18. Student spectator and fan control and supervision
19. Cooperative team identity: mascot, colors, etc.
20. Award policies (school letters and certificate design)
21. Governance for the resolution of disputes
22. Identification of, and rationale for, programs eliminated within the past two years



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F. PROCESS

The Athletic Director of the host school must:

1. Complete the online MCSAO form: **APPLICATION FOR A COOPERATIVE TEAM** in the Members Only section of the MCSAO website.
2. The Executive Staff will not act on any request that is not supported by the majority of the league schools or the majority of the opponents (if competition in that sport does not occur within a league structure).