

TRI-COUNTY LEAGUE
Rules and Regulations
2009-2010

8/16/2009

LEAGUE MEMBER SCHOOLS SHALL...

A. Follow provisions of Colorado High School Activities Association – Junior High/Middle School Division (except where other Tri-County League rules have been adopted).

B. General Rules/Regulations

1. Member Schools:

Fountain MS, Cheyenne Mt JH, Falcon MS, Horizon MS, Skyview MS, Woodland Park MS, Elizabeth MS, TCA, Canon City MS, Colorado Springs Christian School MS, Ellicott MS, Florence MS, Harrison MS, Manitou Springs MS, Carson MS, James Irwin Charter, Peyton MS, Banning Lewis Ranch

Football Divisions for 2009-10

<i>Mountain</i>	<i>Foothills</i>	<i>Plains</i>
Skyview	Harrison	CSCS
Cheyenne Mt.	TCA	Ellicott
Falcon	Horizon	Peyton
Fountain	CCMS	BLR
Woodland Park	Fremont	Manitou
Elizabeth	Carson	

Volleyball/Basketball Divisions for 2009-10

<i>Mountain</i>	<i>Foothills</i>	<i>Plains</i>
Skyview	TCA	Manitou
Cheyenne Mt.	CCMS	CSCS
Falcon	Carson	James Irwin
Fountain	Fremont	Ellicott
Woodland Park	Horizon	Peyton
Elizabeth	Harrison	BLR

Softball Divisions for 2009-10

Horizon	Fremont
Harrison	Fountain
TCA	Falcon
Banning Lewis Ranch	Cheyenne Mt.
CCMS	Carson
	Skyview

Wrestling Divisions for 2009-10

<i>Mountain</i>	<i>Foothills</i>
Skyview	BLR
Cheyenne Mt.	CCMS
Falcon	Carson
Fountain	Fremont
Woodland Park	Peyton
Elizabeth	Harrison
Horizon	Manitou
TCA	CSCS
	Ellicott

Track and Cross Country Divisions for 2009-10 are wide open.

2. All fall sports and wrestling require the “9 Day Practice Rule.” All other sports require a “5 Day Practice Rule.”
3. No sport specific contact 12 calendar days prior to the official start date of the specific season. (Any violation will be brought before a review committee consisting of league AD’s)
4. Member schools shall use certified officials for games/matches. In emergency situations, the host school administrator will determine who officiates.
5. If member schools charge an admission for athletic events, the amounts will be \$1.00 for students/seniors and \$2.00 for adults.
6. No 6th Grade students will be allowed to participate in 7th or 8th grade league games/matches (with the exception of Math Contest and Knowledge Bowl).
7. Starting times of games/matches shall be 3:30PM unless otherwise arranged by the league schools.(Fountain – *football will start at 3:45PM all other sports start at 4:00PM*, Ellicott – *all sports start at 4:00PM*, Peyton – *all sports start at 4:00PM*, James Irwin – *all sports start at 4:00 PM*, Horizon – *all sports start at 3:45PM*, and TCA – *wrestling, football, and softball, start at 4:00PM*)
8. Coaches and/or administrators should report any serious incidents and/or infractions during a contest at the time they occur to the person or persons in charge from the host school.
9. League sponsored activities: Math Contest, Knowledge Bowl, Football, Volleyball, Basketball, Wrestling, Track, Softball, and Cross Country.
10. A school administrator should be present at all league tournaments.
11. If an 8th grade team does not have enough players, 7th graders can move up for the purpose of playing the game. The game will be a forfeit. The team short of players should notify the opponent prior to game time, preferably by telephone. If a 7th grade team does not have enough players, a non-starting 8th grader may move down for the purpose of playing the game.
12. Athletes may compete in only ONE sport per season.
13. If a contest is cancelled, every attempt should be made by the schools to re-schedule.
14. Coaches are responsible for supervising their athletes at matches/games, home and away.

15. Seventh grade games can end in a tie unless specified in sport specific rules. If an 8th grade game ends with a tie, Federation or CHSAA rules will be followed for overtime periods.
16. Eighth Grade Tournaments:
 - a. Separate tournaments will be held for Mountain, Foothills, and Plains divisions. Higher seeded teams will be the host team for all games and responsible for costs.
 - b. Team Seeded Tournaments Tie Breaker:
 - 1) Division Record Only (If teams play twice, the second game is the division game.) **Exception: Volleyball and Basketball**
 - 2) Head to Head
 - 3) Point differential among the tied teams (10 pts +/- max)
 - 4) Coin Flip
17. There will be a league fee of \$600.00 due at the first TCL meeting. This fee covers: (Bring a check to the League Tournament for \$100 for the following Sports: Track, Wrestling, and Softball)
 - a. Knowledge Bowl Entry Fees
 - b. Math Contest Entry Fees
 - c. Awards
 - d. Assignor Fees
 - e. Meals
18. League rules and regulations must be posted for all home scheduled events.
19. Cheerleaders are allowed to cheer from the cheerleader stands and perform at half time (at their school) as long as they are in uniform.

Adopted contest rules/regulations

Football

1. Practice starting date determined at league A.D. meeting.
2. 3 days no contact, 2 days light contact and 6th day begins full contact
3. Length of quarters: 8 minutes for 7th grade, 8th grade and combined teams.
4. There will not be pre-games in football. An exhibition schedule shall be formed for developmental games. Developmental games will be played on Thursdays. Half time will be 5:00 minutes and then add 3:00 minutes for mandatory warm-up. There will be 8 minutes between games.
5. Tie games for eight grade will use the California tie breaker system. Games ending in a tie for 7th grade will end in a tie.
6. Championship game at the end of season hosted by Division School winners.
7. Mercy Rule: In the second half, if at any time the score differential is 30 points or greater; the clock will run continuously for the rest of the game except after a score, during a penalty, for an injury or during a timeout. (S.P.I.T. rule)

Girls Volleyball

1. Practice starting date determined at league A.D. meeting.
2. There will be 8th Grade league tournaments (Mountain, Foothills, Plains) at the close of the season. Plaques – first and second.
3. Height of the net is 7'4 1/8" (same as the high school)
4. Warm up times – 4, 4, 2 minutes
5. Rally Point Scoring – 25, 25, 15 – (scoring for the tournament games will be 25, 25, 15)
6. During regular season play, winning will be by two (2) points with a cap on the scores for volleyball of 27, 27, and 20 for the match. During League Tournament play, there will NOT be a cap on the third game of the match.
7. There will be a thirty (30) minute break between the second game of the tournament and the Championship game unless both coaches agree to continue.
8. A net serve is playable.
9. There will be a 10 minute running clock exhibition game prior to the seventh grade game after the 4-4-2 minute warm-up time. Eighth grade will follow the game protocol of 4-4-2 minute warm-up and a 10 minute running clock exhibition game. This can be adjusted by mutual agreement of the host and opposing coaches at least 1 school day prior to event. Every effort shall be made to play the extra time. No score will be kept during the exhibition games.

Girls Softball

CHSAA Fast Pitch Softball Rules

Practice starting date determined at the League A.D. meeting

1. Switching half-innings after:
 - i. 3 outs or 9 batters
 - ii. Run Rule: 20 runs after 3rd inning, 10 runs after 4th inning
2. 7 innings, 1:00 time limit for 7th grade, 7 innings, 1:30 time limit for 8th grade
3. If the 8th grade game is tied at the end of regulation, the last batter will be placed on second to start the next inning of play.
4. High School re-entry rule
5. Rubber cleats only
6. Helmets must be worn by batter, runners & student coaches.
7. No spectators on the field at any time.
8. Teams are expected to play two games even if they declare a combined team for the season. The second game will be considered the division game.
9. There will be a League Tournament at the end of the season (2009 only – A combined grade tournament will also be played)
10. A team must designate which tournament they will play in at the beginning on August 31, 2009.

Field Dimensions:

60 feet to bases

40 feet to pitching rubber with 16 ft circle

12" ball (Optic yellow)

Boys & Girls Cross Country

1. Practice starting date determined at the league A.D. meeting
2. Only for those schools who wish to add it to their programs
3. Team divisions: 7th & 8th Boys Team, B-Team/7th & 8th Girls Team, B-Team
4. There will be a League Championship at the end of the season. (Team plaques for 1st and 2nd, Individual Medals for 1st-5th, and Individual Ribbons for 6th-20th)
Boys A run first – Girls A run second
Boys B run first – Girls B run second
5. The host school will have the course as close to 1.5 miles as possible

Boys & Girls Basketball

2. Practice starting dates determined at the league A.D. meeting
3. Length of quarters: 7 minutes for 7th and 8th grades.
4. No one is allowed on the basketball court at anytime other than players in uniform
5. 20 Point Rule (8th Grade) and 10 Point Rule (7th Grade) – 7th and 8th Grade teams (B & G) may half and full-court press. However, anytime a team acquires a lead of 20/10 points or more, that team must fall back to a horizontal line at the tip of the 3-point until that lead becomes less than 20/10 points. Should that team initiate either type of press with a lead of 20/10 points or more, the referee will stop the game and move the defensive team down the floor.
6. Eight grade league tournaments (Mountain, Foothills, and Plains) at close of season. Plaques – first and second place
7. Boys will use boys' size basketball
8. Girls will use girls' size basketball
9. There will be a 7 minute exhibition game prior to the seventh grade game after the 7 minute warm-up time. Eighth grade will follow the game protocol of 7 minute warm-up and seven minute exhibition game. This can be adjusted by mutual agreement 1 school day prior to the game. Every effort shall be made to play the extra time.
10. No full-court pressing will be allowed during the 7 minute exhibition games
11. Half-time is 7 minutes for both 7th and 8th
12. Overtime for 7th and 8th is 2 minutes. May press entire time during overtime.
13. Mercy Rule – At any point the score differential between teams is 25 or greater; the clock will run continuously for the rest of the game except for during time-outs, between quarters, injuries and free-throws.

Wrestling

1. Practice starting date determined at the league A.D. meeting
2. Length of periods: 1 minute
3. Weight classifications: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 150, 155, 165, 175, 185, Hwt (275 # maximum). A match will be defined as 22 bouts.
4. There shall be a 2 pound growth allowance on matches after March 1.
5. No weigh-ins at league matches.
6. There will be a league tournament at the close of the season. Plaques- first three places for Mountain and Foothills school divisions.
7. League tournament will have weigh-ins the morning of the tournament. Athletes missing weight that morning will be a scratch.
8. Coaches or a representative are required to attend the seeding meeting on the Friday prior to the league tournament.
9. If teams wrestle each other twice in a given season, only the second match will count toward tournament seeding.
10. Criteria for seeding the league tournament:
 - a. Wrestlers must have at least 3 league matches to be seeded into the tournament.
 - b. Seeding will be determined by the following:
 - i. number of wins at league matches (7 match maximum)
 - ii. head to head competition
 - iii. number of wins in actual matches wrestled at the weight to be wrestled in the tournament
 - iv. number of wins in actual matches wrestled (excludes forfeits)
 - v. number of pins
 - vi. number of technical falls
 - vii. number of major decisions
 - viii. coin flip
 - c. Once the bracket is set according to the above criteria, head to head competition will be considered to readjust the bracket. Wrestlers can only be moved up or down 1 position. (For example, once the bracket is set using the seeding criteria, if the #5 seeded wrestler has beaten the #4 wrestler in head to head competition during a season match (excluding tournaments), the two wrestlers will be switched in the bracket. This adjustment will only happen with wrestlers who are seeded one position from each other. Wrestlers' position can only be adjusted once using these criteria.
 - d. The tournament will utilize an 8 man bracket (9 man bracket in small division)
 - e. Once the bracket is set, there will be a draw for JV wrestlers to fill each bracket. There will be one draw per weight until all schools have been given the opportunity to add additional wrestlers.
 - f. All day admission for the league tournament is \$2.00 for students and \$4.00 for adults.

Boys and Girls Track

1. Practice starting date determined at the league AD meeting.
2. The order of events for all track meets is listed on page 7.
3. There will be a 7th and 8th grade league track meet at the end of the season.
Plaques – first three places each: 7th girls, 8th girls, 7th boys, 8th boys.
4. Number of participants entered per event at league meets is limited to 3 (host school may allow more participants) The host school may allow a school to add a second relay team and a fourth participant in all field events except high jump. (Only three may score)
5. At the league championship, teams may only enter 3 per event.
6. Maximum number of events a participant may enter is 4.
7. Team Divisions: 7th Boys, 8th Boys, 7th Girls, 8th Girls
8. The field is allowed on false start. The next false start results in disqualification for that individual.
9. A \$100.00 entry fee for each school for scheduled league meets.
10. Ribbons for 1st – 4th for individuals and relays and team plaques 1st – 3rd at league meets.
11. The league championship will consist of separate small and large school meets. The scoring system for the league meet will be: 10-8-6-4-2-1.

Adopted League Order of Events

7th Grade Girls

100m Low Hurdles

Hurdles placed 30" high, starting line to first hurdle = 13m (42'8"), between hurdles = 8.5m (27'10 3/4"), last hurdle to finish = 10.5m (84'5 1/2")

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

8th Grade Girls

100m Low Hurdles

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

7th Grade Boys

110m Low Hurdles

Hurdles placed 30" high, starting line to first hurdle = 13.176m (45'), between hurdles = 9.144m (30'), last hurdle to finish = 13.988m (45'10 5/8")

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

8th Grade Boys

110m Low Hurdles

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

Field Events

Long Jump – 7th girls, 7th boys, 8th girls, 8th boys

Triple Jump – 8th boys, 8th girls, 7th boys, 7th girls

High Jump (7th girls – 3’8’’; 8th girls – 4’; 7th Boys – 4’2’’; 8th Boys – 4’8’’)

High Jump – Height will go up 2 inches until final 4 (or less) competitors. Then it will go up by 1 inch intervals.

Order – 8th girls, 8th boys, 7th girls, 7th boys

Shot Put (8#) – 7th boys, 7th girls, 8th boys, 8th girls

Discus (Junior Discus – rubber) – 8th girls, 8th boys, 7th girls, 7th boys