

ARTICLE IX – U.C.C. SPORT SPECIFIC RULES & REGULATIONS

ALL-CONFERENCE SELECTION

These apply to all UCC sports

- a) All Conference teams selected at end of season meeting:
- b) End of season meeting to be hosted by sport chairperson.
- c) Teams are selected by Division. One team per division.
- d) Coaches may not vote for their own player.
- e) Any athlete receiving a vote who is not selected to the first team will receive honorable mention. A school not represented on honorable mention list gets to select one honorable mention.
- f) No coach or player of the year shall be selected.

Section 1- Baseball

- a) The starting time for all games shall be 4:00 pm unless mutually agreed upon by both schools.
- b) Each team shall be permitted 15 minutes for pre-game warm up.
- c) The home team should have a list of ground rules to be explained to opposing coach and umpires.
- d) Site specific curfews must be communicated by the Head Coach prior to the start of the game.
- e) If there is no field curfew for sub-varsity games, no inning can start after 6:15 pm unless the varsity game is still in progress. No inning of sub-varsity games can start after the completion of the varsity game whichever is later.
- f) Conference games rained out are to be rescheduled for the next Monday. Therefore, all efforts should be made to keep Monday as an open date. State and County Tournaments are the only exceptions.
- g) Conference schools with freshman programs should schedule games at opposite site of the varsity schedule games.
- h) Officials: Varsity – two (2) carded baseball officials must be used. Two registered officials are to be provided by the league assignor. JV & Freshman – registered officials are recommended.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players selected by a vote of the coaches within the division.

Section 2- Boy's and Girl's Basketball

- a) There shall be two carded officials assigned to all varsity contests and whenever possible to all junior varsity and freshman games.

- b) Uniforms- Home team is to wear light color uniforms. Visiting team is to wear dark color jerseys
- c) Timers- A faculty member or an adult who is not a student shall operate the clock for all varsity games. It is recommended that an experienced person operate the clock at junior varsity and freshmen games.
- d) The starting time for weekday afternoon varsity games shall be 4:00PM, 1:00PM for Saturday afternoon varsity contests and 7:00PM for all evening varsity games unless a mutually agreed alternate starting time can be established.
- e) The home team shall provide an appropriate space for a pregame and halftime meeting. Water and basketballs should be provided for the visiting team.
- f) If the visiting team arrives late, the game will start 20 minutes from the time they enter the gymnasium.
- g) There will be a 15 minute warm-up period between junior varsity and varsity games which shall begin immediately upon the entrance of the first competing team to the floor.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 10 best players selected by a vote of the coaches within the division.

Section 3- Bowling

- a) Matches begin at 4pm.
- b) Format will be 5 v 5
- c) Blinds will be 125 for varsity, 100 for the junior varsity.
- d) Maximum of 2 blinds per school match.

Section 4- Cross Country

- a) The National Federation Track & Field, Cross Country Rules and NJSIAA regulations will apply unless otherwise modified herein.
- b) Teams will meet each team in its assigned Division.
- c) All conference meets shall begin at 4:00 pm. The visiting team will be given an opportunity to walk the course prior to the race.
- d) All courses are to be clearly marked.
- e) There shall be at least one (1) track official at dual meets designated as the starter-referee.
- f) Running infractions or failure to follow the course may cause disqualification.

Determination of Cross Country Conference Champions

Championship Meet:

- g) There will be a separate race for each division, boys and girls. The team winner of each division at the championship meet will be conference divisional champions. The dual meets shall have no bearing on the conference championship.
- h) NFHS, NJSIAA and UCC rules will apply.

- i) All conference teams are automatically entered. Hy-tek rosters must be sent.
- j) Each varsity team may start up to 7 runners but a minimum of 5 runners must finish the race to be eligible for a team score. Teams finishing with less than 5 runners will not be ranked. JV and freshman races are unlimited non scoring entries open to both boys and girls.

Awards

- Medals to the first ten (10) finishers in each varsity race.
- Medals to the first three (3) teams in each varsity race.
- Medals to the top ten (10) JV finishers.
- Ribbons to the top ten (10) freshman finishers.
- Trophy to each varsity division team champion.

ALL CONFERENCE TEAMS

First Team: 7 best runners selected by a vote of the coaches within the division.

Section 5- Field Hockey

- a) Regular season games begin at 4pm. All weekday contests after daylight savings time must start at 3:30pm unless the home team has lights. Games may be scheduled at night as long as both teams agree on the starting time.
- b) The JV game will follow the varsity game at the same site (4pm / 5:30pm). If the game is scheduled at night the JV game will precede the varsity game (5:30pm / 7pm). If both schools agree, the JV game can be canceled after daylight saving time.
- c) Two registered officials will be obtained by the conference assignor from an established list of officials approved by the UCC.
- d) Suspended games will become final if the team has played a minimum of 50% of the game. This will apply to all regular season games.
- e) Overtime Procedures are as follows: 1. Two 10 minute sudden victory periods are to be played with the reduced player regulations when a game is tied after regulation play (7 players per side). 2. After daylight savings time only one 10 minute sudden victory period will be played to determine a winner unless the host team has lights in which case the aforementioned rules will be followed. 3. All conference games will end in a tie after two 10 minute overtime periods. 4. There are **NO** shoot outs / penalty shots in the event of a tie.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players plus one goalie selected by a vote of the coaches within the division.

Section 6- Football

Mid State Football Conference

Football By-Laws

SCHEDULING

- a) It is recommended that member schools that field freshman football teams play their games on Fridays, unless mutually agreed upon to do otherwise.
- b) Member schools that field junior varsity football teams shall play their games on Mondays unless mutually agreed upon to do otherwise.
- c) Freshman and junior varsity games shall be played at the opposite site of the varsity game.
- d) When freshman and junior varsity games are played consecutively on Mondays, the junior varsity game shall be played first.
- e) Sophomore games shall be scheduled independently within the league.
- f) All levels Varsity, JV, and Freshman will wear the same color jerseys no matter Home or Away
- g) Starting time for Friday night games is 7:00pm. Starting time for Saturday games is 1:00pm unless mutually agreed upon except for the dates when the PSAT /SAT tests are administered. The testing dates usually fall on the 5th and 7th games during the season. On these dates the starting time is 2:00pm. Any other starting time is based upon mutual agreement between competing schools.

POSTPONEMENTS

- a) The procedure on postponed games shall be as follows:
- b) The contract should be honored for the specific time of day or evening that the game was to be played.
- c) A game postponed from Friday shall be rescheduled for Saturday if available.
- d) A Friday or Saturday game may be scheduled on Sunday , if available, and allowed by both BOE.
- e) All games shall be played at 2pm or later
- f) In the event a game is to be scheduled for Sunday, it shall start no earlier than 2pm.
- g) If a team or teams are involved in the NJSIAA football playoffs, the scheduled Thanksgiving Day game shall be moved to the Saturday following Thanksgiving unless mutually agreed upon.

PRACTICES, SCRIMMAGES AND FILM EXCHANGE

- a) It is recommended that all schools follow the Pre-season Practice Guidelines for Fall Sports set by the NJSIAA for 2 on 1 practice sessions during the summer.
- b) In a game type scrimmage, it is recommended that there be a full complement of officials.
- c) It is recommended that game film to be exchanged be recorded on DVD. Two games shall be traded with the receiving school having the choice of games that they would like to obtain. It is not necessary to return the DVD. Week 1 opponents shall receive a recording of the most recent scrimmage. Week 2 opponents shall receive a recording of the most recent scrimmage and the Week 1 game. In instances where one team of Week 2 opponents does not play Week 1, that school shall provide a recording of its two most recent scrimmages in exchange for the most recent scrimmage and Week 1 game.
- d) The exchange of game film shall be done within 24 hours of the completion of the last game played by either opponent.
- e) The last scrimmage for each team may be scouted and/or video scouted by all schools within the conference.

- f) No school when scouting an opponent shall use a telescopic tripod or video in either end zone.
- g) Rosters are to be sent to all member schools by September 1st, and should include the following: captains, player's names, number, class, height, weight, names of school staff and administration.

GAME PROCEDURES

- a) The Home school shall provide an equitable vantage point in the press box for a cameraman and 2 visiting coaches and a blackboard, chalk (or whiteboard and marker) and eraser for the visiting team to use at pregame and halftime.
- b) All coaching staff must be within the parameter of the coaching box whether on the field or in the bleachers i.e. no use of end zone lift for coaches.
- c) There will be a minimum of 5 carded officials for each varsity game and a carded official on the scoreboard clock.
- d) It is mandatory that the home school have a physician on the field during all varsity games.
- e) It is recommended that a qualified medical person (EMT or ATC certified trainer) be present at all sub-varsity interscholastic football games.
- f) Visiting teams and officials are to be notified of any special activities being held at the game that may interfere with normal pre-game or halftime schedules (Homecoming , Senior Night, etc) Every possible attempt should be made to limit extensions to no more than 5 minutes.

Pre- game Regulations

- a) Teams must leave the field 25 minutes prior to game time.
- b) The visiting band will have the field 12 minutes before game time.
- c) It is recommended the home band perform the National Anthem from the bleachers.
- d) The band must be off the field before kickoff time.
- e) Teams will return to the field 5 minutes before kickoff time.

Halftime Regulations

- a) There will be 15 minutes for the half. The scoreboard clock is set to 15 minutes and started as soon as both teams have left the field.
- b) The home band will have 12 minutes to perform at halftime.
- c) The field must be cleared 3 minutes before the start of the second half.

POST SEASON

- a) The coaches' post season meeting shall be held on the Monday following the final NJSIAA playoff game.
 - b) Guidelines for All-Conference Selection shall be as follows:
 - 1st team – 15 players + 1 (number of players equal the number of wins
 - i. in a division times 2)
 - 2nd team – 12 players (exact number of wins equal the number of
 - ii. players)
- Honorable Mention shall be limited to a maximum of one (1) player per school.

FOR THE 2009 FOOTBALL SEASON ONLY - ALL DIVISION CHAMPIONSHIPS WILL BE DETERMINED BY A 9 GAME WINNING PERCENTAGE.

IN THE EVENT OF A TIE, HEAD TO HEAD COMPETITION WILL DETERMINE THE CHAMPION.

IN THE EVENT SCHOOLS DO NOT MEET HEAD TO HEAD, CO-CHAMPIONS WILL BE DECLARED

Section 7- Golf

- a) A team shall be composed of 6 members, with the best 4 scoring. If a team does not have 4 players, the match is forfeited, but the golfers may still play.
- b) In the event of a tie at the end of the match, the 5th player's score will break the tie. If a tie still exists, then the team with the low medalist score will apply.
- c) The home team must present the order of lineup and the Local Rules, before arriving at the first tee.
- d) Greens fees, if any, are to be paid by the home team.
- e) Tee-off time is determined by the Local Course.
- f) The outcome of the match is determined on the basis of total strokes. If weather conditions do not allow all players to complete all 9 holes, the match will be determined by reverting to the last hole that all players have completed. All players to constitute a match must complete a minimum of 5 holes.
- g) Players may give advice to TEAM members ONLY. Requests for yardage, hazards, O.B., etc. is termed "General Knowledge" and players shouldn't be penalized for offering, giving or seeking information of this nature from anyone.
- h) NO SPECTATORS ARE PERMITTED.
- i) GIRLS should play from the RED or (forward tees) as per STATE GOLF REVISION (1/22/99).
- j) Players with medical excuses may use handcarts at any course that allows them. The golfer and his coach must present written medical verification from his/her doctor prior to the start of the match. No riding carts will be allowed.
- k) All team members must wear non-metallic alternative spikes during competition.
- l) Dress code is to be enforced by all coaches. NO jeans, NO shorts, Shirts must have collars. Girls may wear long pants, shorts, or skirts. The dress code is mandatory. Any player not dressed properly cannot participate.
- m) The use of cell phones and other electronic devices will be prohibited during a match. This is from the 1st tee through the final hole of the match.

Determining Division Champions

- a) A team will play every team in their division twice. Two points will be awarded for a win, 1 point for a tie.
- b) The winning team gets 4 points more than the second place team. Then a 2 point difference in scoring between all other teams. The last place team gets 0 points. The number of teams in the tournament determines the point value of 1st place.
- c) The Divisional Championship (2) will be determined by a combination of these two scores.
- d) Individual medals will be given to the top 6 scores in the conference meet.
- e) Conference play will be dictated by the USGA rules.

- f) According to the regulations of the home course, teams will be limited to one or two extra people beside the coach.
- g) Each player will keep scores of his/her opponent as well as his own score.
- h) On the day of matches there will be no practice on the golf course of competition.

Section 8- Gymnastics

- a) Prior to the start of the season at a Conference meeting, schools will be notified if any equipment does not meet Federation standards.
- b) It is the responsibility of the home team to provide two timers, runners, and official book for each meet.
- c) A minimum of twenty (20) minutes warm-up time for each team/competitor will be allowed prior to the start of the meet regardless of extenuating circumstances.
- d) The home team will make every effort to obtain a public address system to announce competitive order and individual scores and flashers to signal individual's scores.

Championship Determination

- Schools will meet each team in division once.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule meets.

All Conference Team

First Team: Top gymnast in each of the 5 events selected by a vote of the coaches within the division. No athlete can be selected for more than one event.

Section 9- Ice Hockey

- a) The assignor will assign referees.
- b) UCC assignor and ice time availability dictate starting time.
- c) Warm-up sessions should be 8:00 minutes long. The clock starts when both teams hit the ice.
- d) Visiting team will wear colored jersey; home team will wear light jersey.
- e) Home team will provide four game hockey pucks.
- f) UCC assignor, with consideration of home ice availability, will make up postponed games.
- g) Only players, coaches and managers are to occupy team benches.
- h) Any player that leaves bench area for a fight will be issued a five-game suspension.
- i) Each UCC home school must have a site director at each of their contests.
- j) It is recommended the home school provide medical personnel.
- k) The winning team is responsible for calling in all varsity game results.

All players must wear a federation approved neck guard.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 9 best players plus one goalie elected by a vote of the coaches within the division.

Section 10- Lacrosse

Boy's Lacrosse

- a) Color of Jersey – Home must wear white. If there is a possibility of a problem due to color of uniform for any particular game, prior arrangements should be made between the two affected schools to avoid a conflict.
- b) Each team is required to play each other one time only. Schools electing to play twice will count the 1st game played for the conference standings.
- c) Game Procedures: Varsity will play (4) 12 minute quarters. JV and freshman 8 minute/10 minute quarters at the home team's discretion.
- d) In the event of a team arriving late, that team will be allowed a maximum of 15 minutes of warm-up time on the playing field. The clock starts upon arrival on the field.
- e) In the event of a tie, play shall be continued, after a two-minute intermission, with sudden-victory overtime. Each sudden-victory overtime will be four minutes in length until one team scores. There will be a two-minute intermission in between sudden-victory periods.
- f) All freshman games will be played at the opposite site of the varsity game.
- g) The home team is responsible for supplying lacrosse balls.
- h) Two (2) registered/carded officials will be assigned by the league assignor for all varsity contests.
- i) It is recommended that the official time be kept by an adult timer at the table.
- j) When possible, spectators should be seated on the side of the field opposite the player benches, or the bench area should be roped off to keep spectators in minimum of 10 yards away.

Suspended/Interrupted Game- Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. A game is considered legal and complete if over 50% of playing time has elapsed.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players plus one goalie selected by a vote of the coaches within the division.

Girl's Lacrosse

- a) Color of Jersey – Home must wear white. If there is a possibility of a problem due to color of uniform for any particular game, prior arrangements should be made between the two affected schools to avoid a conflict.
- b) Each team is required to play each other one time only. Schools electing to play twice will count the 1st game played for the conference standings.
- c) Game Procedures: Varsity, JV and freshman will play (2) 25 minute halves
- d) In the event of a team arriving late, that team will be allowed a maximum of 15 minutes of warm-up time on the playing field. The clock starts upon arrival on the field.
- e) In the event of a tie, both teams will have a 5-minute rest and toss a coin for choice of ends. Six minutes (two three-minute periods) of stop clock overtime will be played. The clock will be stopped after 3 minutes of play in order for teams to change ends with no delay for coaching. The game will be restarted by a center draw. The team that is ahead at the end of six minutes wins the game.

If the teams are still tied after six minutes have elapsed, the teams will have a 3 minute rest and change ends. The winner will then be decided on a “sudden victory” stop-clock overtime of no more than six minutes in length with the teams changing ends after 3 minutes. The game will be restarted by a center draw. The team scoring the first goal wins.

Play will continue with “sudden victory” stop clock overtime periods of six minutes in length with three minutes in between and change of ends until a winning goal is scored.

- f) All freshman games will be played at the opposite site of the varsity game.
- g) The home team is responsible for supplying lacrosse balls.
- h) Two (2) registered/carded officials will be assigned by the league assignor for all varsity contests.
- i) It is recommended that the official time be kept by an adult timer at the table.
- j) When possible, spectators should be seated on the side of the field opposite the player benches, or the bench area should be roped off to keep spectators in minimum of 10 yards away.

Suspended/Interrupted Game- Once play begins the officials shall have the authority to interrupt or suspend the game due to dangerous weather or field conditions. A game is considered legal and complete if over 50% of playing time has elapsed.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players plus one goalie selected by a vote of the coaches within the division.

Section 11- Soccer

- a) The home team should wear white or light color. If there is a problem with uniform colors the two affected teams should make arrangements prior to the match to avoid a conflict.
- b) Overtime procedures which will be two ten-minute overtime periods and golden goal.
- c) It is strongly recommended the home team provide at least one supervisor for crowd control.
- d) Matches will begin at 4:00pm for all teams.
- e) By mutual agreement of competing schools, freshman and JV soccer matches can be played with 30 minute halves.
- f) If a team arrives late to a match, 15 minutes must be allotted to following arrival on the field.
- g) Officials; Varsity must have two carded soccer officials provided by the league assignor. Registered officials are recommended and should be provided by the league assignor for JV/Frosh matches

Official time will be kept on the field by the official or by an adult timer on the sidelines.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players plus one goalie selected by a vote of the coaches within the division.

Section 1- Softball

- a) The starting time for all games shall be 4:00 pm unless mutually agreed upon by both schools.
- b) Each team shall be permitted 15 minutes for pre-game warm up.
- c) The home team should have a list of ground rules to be explained to opposing coach and umpires.
- d) Site specific curfews must be communicated by the Head Coach prior to the start of the game.
- e) If there is no field curfew for sub-varsity games, no inning can start after 6:15 pm unless the varsity game is still in progress. No inning of sub-varsity games can start after the completion of the varsity game whichever is later.
- f) Conference games rained out are to be rescheduled for the next Monday. Therefore, all efforts should be made to keep Monday as an open date. State and County Tournaments are the only exceptions.
- g) Conference schools with freshman programs should schedule games at opposite site of the varsity schedule games.

Officials: Varsity – two (2) carded baseball officials must be used. Two registered officials are to be provided by the league assignor. JV & Freshman – registered officials are recommended.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 15 best players selected by a vote of the coaches within the division.

Section 13- Swimming

Dual/Co-Ed Meets

- All NFHS Rules Should be followed in running a Dual Meet and Championship Meet.

Order of Events - The order of events for all meets shall be as follows:

- (1) 200-yard medley relay
- (2) 200-yard freestyle
- (3) 200-yard individual medley
- (4) 50-yard freestyle
- (5) 100-yard butterfly
- (6) 100-yard freestyle
- (7) 500-yard freestyle
- (8) 200-yard freestyle relay
- (9) 100-yard backstroke
- (10) 100-yard breaststroke
- (11) 400-yard freestyle relay

Suspended Contest -A suspended contest shall be resumed from the point of interruption. Otherwise, NFHS Rules regarding the resumption of suspended contests will apply.

Sportsmanship - Student-athletes, coaches, administrators, spectators and all other persons connected directly or indirectly with a member school, as well as contest officials, shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all contests in which they participate and/or attend. Each participating school shall be held strictly accountable for unsporting conduct on the part of its competitors, coaches and spectators. If contestants or people from any school are found guilty of carelessness or maliciously breaking, damaging or destroying property or equipment belonging to the host school or host organization, such school will be held responsible for costs incurred in replacing or repairing such property or equipment.

Conference Championships-

Boy's and Girl's Dual Meet Division A Champion

The Champion would be determined by the best record of the current year.

The division is comprised of the top five teams from the previous year.

The fifth place team would go to the B division the following year.

Boy's and Girl's Dual Meet Division B Champion

The Champion would be determined by the best record of the current year.

The division is comprised of the bottom five teams from the previous year.

The first place team would go to the A division the following year.

Co-ed Division Champion

The Champion would be determined by the best record of the current year.

Summary: There will be a boy's and a girl's Union County Championship meet with the top point finishers crowned County Champions. There would also be a boy's and a girl's A division Conference Champion, a boy's and a girl's B division Conference Champion and a Co- Ed division conference Champion.

County Meet

Entries: Swimmers may enter a maximum of four events of which no more than two can be individual events and no more than four swimmers per team can be entered in an event.

Each team can enter two relays per event. Only the fastest 16 swimmers in the 500 freestyle event will be seeded (proof of time is required, must be a high school time. No YMCA or USS times will be accepted.) Please include last name, first name, grade, and best yard time on the endorsed entry forms. (NT'S will be seeded in the slowest heats) HY-TEK disk entries or emails are encouraged. All entries must have a fax number and an email address supplied with the entry forms.

Events and their order

1. 200 Yard Medley Relay
2. 200 Yard Freestyle
3. 200 Yard Individual Medley
4. 50 Yard Freestyle
- ONE HALF HOUR BREAK
5. 100 Yard Butterfly
6. 100 Yard Freestyle
7. 500 Yard Freestyle
8. 200 Yard Freestyle Relay
9. 100 Yard Backstroke
10. 100 Yard Breaststroke
11. 400 Yard Freestyle Relay

AWARDS

This is a Timed Final Championship Meet where winners will be determined as each finished in his or her event.

Medals will be awarded to the first eight place winners in each event. Trophies will be awarded to Team Champions in Boys Swimming and Girls Swimming.

The first, second, and third place finishers in each event of the conference championship meet, including relays, will be named to the first team, second team, and honorable mention all-conference teams, respectively.

SCORING

Relays 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Individual 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

Rules:

The current National federation rules will be followed (except with regards to relays entries). At least one coach must accompany each team or eligible swimmers. All events will be pre-seeded timed finals.

Timers:

Each participating team must provide three timers. Please make sure that each timer has a stop watch.

ALL ENTRY FORMS MUST BE ON HY-TEK DISK.

• **Swimmers with Disabilities:** A competitor with a disability may request specific accommodation(s) in the start, strokes, turns etc. which does not require equipment, providing the accommodation(s) does not fundamentally alter the sport and/or no advantage is gained. Disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. The Referee has the authority to modify the rules for the competitor. Requests for accommodations that are not provided for in this section shall be requested through the UCC Office per NFHS Rule 3-3-3.

(a) Responsibilities.

- Swimmer — the swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer. The swimmer/coach shall provide any assistant(s) or equipment (tapper's, deck mats, etc.) if required.
- Referee — the Referee's responsibilities include:
 - Inquiring with regard to the swimmer's needs and determining what modifications will be utilized.
 - Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.

(b) **Modifications.** Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:

- A change in starting position.
- Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
- Allowing the swimmer's assistant(s) on the deck or in the water to assist with a start. Other allowable modifications are further described in this section under the type of disability.

(c) Blind and visually impaired.

- Start — with an audible starting system, no modification is usually required for a blind or visually-impaired swimmer. They may, however, require assistance getting to and on the block. Should they feel insecure starting from the block or deck, an in-the water start may be allowed.
- Turns and Finishes — a blind or visually-impaired swimmer is permitted to have a "tapper", which is a pole with a soft-tipped end. The swimmer is tapped with the

“tapper” as notification of turns and the finish. Sound devices shall not be used. It is the swimmer’s responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer’s lane at the ends of the pool.

- **Relay Take-Offs** — a physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer’s preference so long as it does not aid the swimmer’s take-off or interfere with the timing.

(d) Deaf and hard of hearing.

- Deaf and hard of hearing swimmers may require a visual starting signal, i.e., a strobe light (when available) and/or Starter’s arm signals. The Referee may reassign lanes within the swimmer’s heat, i.e., exchanging one lane for another, so that the strobe light or Starter’s arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter’s arm signals are shown in Figure 1. A recall rope is required in the event of a heat being recalled.

- **Strobe light location (when available)** — The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don’t have to turn their heads to look backwards.

(e) Mentally impaired. A deck or in-the-water start is allowable and the swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.

(f) Physical disabilities.

- **Start** — Swimmers with physical disabilities: May take longer to assume their starting position;
- May not be able to hold onto the starting grips or gutter for a start;
- May need assistance on the deck or from in the water to maintain a starting position;
- May need to assume a modified starting position on the blocks, deck, gutter or in the water in order to maintain their balance.

- For freestyle, breaststroke and butterfly, a forward start (facing the course) shall be used. The Referee, however, may allow modifications such as the following:

- The swimmer may start from a sitting position on the block or on the deck;
- The swimmer may assume a starting position in the water, with or without assistance;
- If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.

- For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one asymmetrical stroke to attain the breast position.

- **Stroke/Kick** — in judging the stroke or kick of a swimmer with a physical disability, the Referee and Stroke & Turn Judge should follow the general rule that: if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the NFHS rules and Regulations. Judgments should be made based on the actual rule — not on the swimmer’s technique. For example, the breaststroke swimmer with one arm or leg shorter than the other may have a non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted.

- **Turn/Finishes** — Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the swimmer must reach forward as if attempting a simultaneous two-hand

touch. When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.

• **Relays** — Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.

Section 14- Tennis

- a) All matches are to begin at 4:00 P.M., if possible.
- b) Substitution shall be permitted with agreement of both coaches, after the singles are completed; however, Article I in the NJSIAA Rules and Regulations Handbook shall still apply.
- c) Coaches shall teach and demonstrate the ethics of tennis.
- d) Players or coaches may request non-participants to be removed from the playing area if they feel that they are interfering with play.
- e) Interrupted matches will be continued on a future date only if the conference standing (Championship) is involved. The continuation of the incomplete team match will be at the point where the interruption took place.
- f) In a non-officiated match, the ultimate responsibility for terminating play in regard to darkness, weather conditions, or safety hazards rest with the home coach/AD.

Singles are selected for All-Conference Singles. Doubles are selected for All-Conference Doubles. All-Conference selections must play 50% or more of classification.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: will consist of a 1st singles, 2nd singles and 3rd singles, 1st doubles, 2nd doubles and one at large singles player and one at large doubles team.

Section 15- Track

Section 16- Volleyball

- a) Recommended starting times:
Weekdays – Varsity @ 4:00 – JV @ 5:30
Night Games – JV @ 5:30 Varsity @ 7:00
Freshman games to be scheduled independently
- b) Officials – all varsity officials must be registered with the NJSIAA. It is recommended that at least one (1) carded official be used for sub-varsity contests. All officials for league contests must be assigned by the official assignor.
- c) Warm up procedure – 20 minutes prior to the scheduled starting time or in cases when the visitors arrive less than 20 minutes prior to the scheduled starting time, the

clock will be set for 20 minutes when the visitors arrive in the gym. This 20 minute period includes the 6-6-3 warm-up format.

- d) Home team shall provide balls for warm-up, official NFHS game balls, water and cups.

Scoring as NFHS and or NJSIAA regulations.

Championship Determination

- Schools will play each team in division twice.
- Tie break will be head to head. If no determination is made based on head to head, Co-Champions will be awarded.
- All league games within the Division will determine a champion by winning percentage. All efforts shall be made to reschedule games.

All Conference Team

First Team: 10 best players selected by a vote of the coaches within the division.

Section 17- Wrestling

- a) Home team determines time of scheduled events. All conference meets scheduled for evenings will start at 6 pm with the JV and the varsity at 7 pm unless mutually agreed upon. Afternoon meets will start at 4 pm with the JV and the varsity to follow. Saturday afternoon meets will begin at 10:00 am with the JV and the varsity to follow unless mutually agreed upon by both schools. Middle school may precede the JV if mutually agreed upon.
- b) The home team scale will be the official scale and must be properly certified prior to the wrestling season. The scale must have a stamp of the Bureau of Weights & Measures attached.
- c) When the JV precedes the varsity meet, the weigh in of both varsity and JV teams will start no more than one hour or less than 30 minutes prior to the start of the VJ meet.
- d) Schools may mutually agree on postponement dates. If they cannot agree then the meet will be rescheduled on the next open day that both schools are in session. This also applies in the event of a second postponement.
- e) Introduction of the wrestlers will be made to the public in any manner convenient to the home team.
- f) The visiting team is responsible for the cleanliness of the locker room.
- g) The All-Conference Teams will be selected after the NJSIAA Regional Tournament.