

**Patriot**

**League**

**Handbook**

**2017-2018**

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# **SECTION I**

## **THE ADMINISTRATION OF INTERSCHOLASTIC ATHLETICS**

A. Statement of Purpose

B. Administrative

1. Recognized Sports

2. Application of Rules

## **STATEMENT OF PURPOSE**

The Patriot League published these rules governing interscholastic athletics. Said rules are in loose-leaf form so that they can be replaced whenever revisions are approved by the League. Such revisions, when made annually, will include new copies of pages changing changes that will be mailed to League members.

## **RECOGNIZED SPORTS**

The following sports are recognized by the League as interscholastic sports for the purpose of League and M.I.A.A. rules:

### **Boys:**

Baseball - Basketball - Cross Country - Football - Golf - Tennis  
Track - Soccer - Wrestling - Indoor Track - Lacrosse - Ice Hockey – Swimming & Diving

### **Girls:**

Basketball - Field Hockey - Softball - Tennis - Track - Cross Country  
Soccer - Indoor Track – Volleyball – Lacrosse - Swimming & Diving  
Gymnastics

## **APPLICATION OF RULES**

- A. In all contests, in which a school participates, its representative must conform to the League and M.I.A.A. rules.
- B. League and M.I.A.A. Rules shall apply to all teams at all levels in all interscholastic contests.
- C. Coaches may make their recommendation for rule changes at the annual post-season meeting to the Athletic Director in charge of that sport.

## **ADMINISTRATIVE DUTIES OF THE ATHLETIC DIRECTOR IN CHARGE OF SPORTS**

1. Set dates and run mandatory pre and post season meetings and submit reports to the Athletic Directors and Coaches.
  
3. At Pre-Season Meeting
  - a. Attendance
  - b. Develop a coach's directory and distribute this directory to the coaches.
  - d. Distribute Patriot League rules in that sport from the league handbook.
  - e. Distribute M.I.A.A. rules in that sport and any game rule changes or exceptions.
  - f. Distribute selection method, handbook rules for all-stars, all-star ballots, and set date for post-season meeting.
  - g. Distribute sportsmanship award sheet so coaches are aware of the selection process.
  - h. Select newspaper representatives.
  - i. Develop manner in which newspapers will be contacted for game results.
  - j. Recommend all-star game sites, date, time where appropriate.
  - k. Old business.
  - l. New business.
  
4. At Post-Season Meeting
  - a. Selection of all-league team. (No changes in method of selection can be made at this meeting).
  - b. Select sportsmanship winner.
  - c. Compile final league standings.
  - d. Select individual sportsmanship winner from each team
  
5. Notify commissioner of post-season meeting.
6. Present all-stars to Patriot League Athletic Directors
7. Present final league standings to Athletic Directors.
8. Select teams to receive sportsmanship awards.
9. Notify media of all-star selections.
10. Is a paid stipend of \$100 per game for administrating; all-star game; all league meets, and other events based upon MIAA site manger tournament fee.

## **ADMINISTRATIVE DUTIES OF THE COMMISSIONER OF EACH SPORT**

1. Procure suitable officials for all contests at all levels that are enrolled with the M.I.A.A.
2. Provide each school with a list of officials, before the start of the season, who will be officiating that school's home contest. This list will contain.
  - a. Officials name, address (including zip code), phone number(s), and social security number.
  - b. Commissioners will provide a suitable game cancellation procedure. An answering machine must be provided.
3. Commissioners are to attend pre and post season meetings for new rules interpretation and evaluation.
4. Commissioner will be paid a fee set by conference.
5. Commissioners should be sensitive to problems that have developed from past relationships between schools and officials. Appropriate adjustments in assignments to allow for a cooling off period will be made by commissioners.
6. Athletic Directors will be notified of any changes of officials previous to that game.
7. **To provide officials that have passed the MIAA/ARBITER background check and are approved by the MIAA.**

## **DUTIES OF EXECUTIVE SECRETARY**

1. Attend all Athletic Director and special meetings.
2. Record minutes of meetings, mail out agenda and other appropriate information.
3. Supply all league correspondence as directed by league, newspapers, M.I.A.A. All final league standings, all-star lists, all-star games, announcements and results should be posted on both the website and all assigned newspapers.
4. Compile the following:
  - a. Commissioner directory
  - b. Athletic Director's directory
  - c. Telephone directory of each school
5. Compile and distribute league enrollments each October 1.
6. Distribute final standing of each sport by season.
7. Annually compile overall sportsmanship league standings by season.
8. Shall compile one booklet/document with all of the above information for the August meeting. The document should contain all previous years complied information as determined by the group.

*Yearly salary \$3500.00*

## **DUTIES OF SCHEDULER**

1. Shall make and adjust all sports for the Patriot League and present them in a timely manner for review and necessary changes.
2. Shall send all approved league schedules to newspapers and commissioners.
3. Shall use email and internet as means of communication.
4. Compile and distribute league enrollments each October 1.

*Yearly salary shall be \$1500.00*

## **DUTIES OF TREASURER**

1. Receive all money, make deposits.
2. Pay all bills.
3. Prepare an annual budget of expenses and income to be presented at the spring Principal/AD meeting each year.
4. Assess each school a yearly bill reflecting league dues and additional bills.
5. Order all league plaques and awards.
6. Provide a treasurer report for each scheduled monthly meeting with a monthly line item deposits and debits.

*Yearly salary \$1500.00*

## **ATHLETIC DIRECTORS IN CHARGE OF SPORTS**

### **FALL SPORTS**

Football  
Boys Soccer  
Girls Soccer  
Boys & Girls Cross Country  
Field Hockey  
Golf  
Volleyball  
Cheerleaders

### **ATHLETIC DIRECTOR**

Scituate  
Plymouth North  
Plymouth North  
Pembroke  
Duxbury  
North Quincy  
Plymouth South  
Whitman Hanson

### **WINTER SPORTS**

Boys Basketball  
Girls Basketball  
Wrestling  
Cheerleaders  
Winter Track  
Hockey  
Swimming  
Girls Ice Hockey  
Gymnastics

Silver Lake  
Silver Lake  
Quincy  
Whitman Hanson  
Hingham  
Plymouth South  
North Quincy/Pembroke  
Duxbury  
Hanover

### **SPRING SPORTS**

Baseball  
Softball  
Boys Tennis  
Girl Tennis

Whitman Hanson  
Silver Lake  
Plymouth North  
Plymouth North

Boys Track/Girls Track

Scituate

Boys Lacrosse

Hingham

Girls Lacrosse

Hanover

## **SCHEDULES AND TIMES**

1. All members shall play the schedules as approved by the league or conference.
  - a. Article IX of the Constitution.
  - b. Schedules are set on a two-year basis.
  - c. Postponed games to be played at the next available playing date, if the field and/or officials are available.
  - d. Individual schools seasonal schedules to be exchanged prior to start of each sport season. (Fall-Winter-Spring)
  - e. Schools are allowed to re-schedule games during mid-year exams. The school that requests the switch of games must allow the other school the selection of the make-up date.
  - f. No league games will be scheduled during school vacation time whenever possible.
  - g. Games postponed prior to school vacation may be made up with mutual consent during the vacation period of time.
  - h. Light failure rule. In the event of light failure at night games, the two Athletic Directors or representatives will meet immediately to make a decision about the continuation of the game.
  - i. Whenever dates of scheduled league games are changed it must be by mutual agreement of both schools
  - J **NIGHT GAMES ARE GAMES THAT START AT 6:00 PM or LATER.**

### Interrupted Games Rule By Sport:

Football: NCAA. If a game is suspended under Rules 3-3-3-a and b before the end of the fourth period and cannot be resumed, there are four possible options:

1. Resume the game at a later date;
2. Terminate the game with a determined final score;
3. Forfeit of the game; or
4. Declare a no contest.

The option that takes effect shall be determined by conference policy if both institutions are members of the same conference. In non-conference competition, the directors of athletics at the participating institutions or their designees, in consultation with the coaches, must agree on one of the four options. This agreement will include the final score if the game is terminated (Rule 8-1-2).

If a game is suspended under Rules 3-3-3-a and b after four periods of play and cannot be resumed, the game shall be ruled a tie. The final score shall be the score at the end of the last completed period. (Note: If a winner must be determined in a conference playoff game, conference policy shall determine when and where the game will be resumed.)

A suspended game, if resumed, will begin with the same time remaining and under the identical conditions of down, distance, field position and player eligibility.  
Field Hockey: NFHS. If game is suspended before the first half is complete, a game will restart from that point. Game is considered official if one half is complete.

Golf: USGA. If play is suspended it will resume from point of suspension.

Soccer: NFHS: Game complete if more than one complete half of the game is complete. If game is suspended in first half, the game will start over.

Basketball: NFHS. Whenever a game is interrupted, the game will resume at the point of interruption unless mutually agreed upon by the coaches to terminate the game with the existing score.

Ice Hockey – NFHS. Referee may stop the game at any time if they believe it is unsafe to play. If less than 2 periods have been completed than play resumes from point of stoppage. If after 2 periods, game is official.

Baseball: A suspended game is official if an a home team is winning after 4 ½ complete innings or an away team is winning after 5 complete innings

Softball: A suspended game is official if an a home team is winning after 4 ½ complete innings or an away team is winning after 5 complete innings

Boys' Lacrosse: NFHS. If game play is suspended, the game will be continued at the point of suspension.

### **EJECTION OF COACH**

1. When a coach is ejected from a game, he/she must leave the game site. He/she may designate a representative (an adult school official that is employed by the school). If no adult is available, the team must forfeit the game.
2. School representative is a member of professional staff or a coach appointed by the school committee.
3. Refer to M.I.A.A. rules regarding any ejection of coach.

## **PROTEST PROCEDURE**

1. All protest procedures of the specific sport must be followed.
2. The Patriot League President/Athletic Director Chairperson must be notified by the principal or his designee of the protest within 24 hours, followed by written confirmation within 48 hours.
3. The league president will select 3 neutral athletic directors to hear the protest.
4. All protests may require letters from officials, coaches, etc.
5. The athletic directors will make a decision as quickly as possible given the circumstances.
6. The school principals involved will be notified, in writing, of the ruling of the protest committee.

## **PENALTIES FOR TEAM INVOLVED IN NO-CONTEST AND FORFEIT**

1. If a game has no bearing on the championship or tournament and the game is after the tournament cut off date, the game does not have to be played but every effort should be made to do so.
2. M.I.A.A. rules governing forfeits will be followed when applicable.

## **EMERGENCY MEDICAL SERVICE**

1. If a visiting athlete has a bill after personal and school insurance does not pay bill, the bill is to be returned to originating athletic department.
2. All schools will meet the M.I.A.A. standards for emergency medical service.

## **AWARDS**

those sports where a contest can end in a tie, the league champion will be determined by awarding teams two points for a win and one point for a tie.

2. Students elected to all-league teams will be recognized with a suitable award.
3. Scholar Athlete Award - Given to a senior who have compiled a 3.5 GPA or higher average during their years of high school.
4. Sportsmanship Award - Each school in each sport nominates an award winner from their school. Each winner will be recognized with a suitable certificate

## **CHEMICAL HEALTH**

1. ***A student may not join a sport after the first day of practice/tryouts if they have an existing chemical health violation***
2. ***A student who has a chemical health violation is ineligible to be elected or serve as captain for one full calendar year from the date of the violation. A student who is ineligible on day one of a season to serve as captain due to a chemical health violation will remain ineligible to serve in that capacity for the entire season.***
3. ***THE LEAGUE WILL VOTE ON WAIVERS FOR CHEMICAL HEALTH AS THEY ARE REQUESTED.***

## **BANDS**

### **Basketball**

1. **SIZE LIMITATION:** A pep type band with no more than twelve (12) members with faculty supervision for basketball games. (Home team only - no away bands allowed)
2. No spectator electronic instruments will play in the gym during the game. This includes the use of radios and/or TV's by spectators.
3. The bands will not play during the action of the game. This will include foul shooting.
4. Bands can only play before game, time-outs and at half time.
5. All bands must be seated behind their own cheerleaders.

### **Football**

1. The visiting band director must notify the home school band director if they plan to perform at the game.
2. The band(s) will have a total of 15 minutes of half time performance.
3. The half time may be extended if ceremonies are planned.

## **CHEERLEADERS**

1. Coaches should cultivate an attitude of good sportsmanship and encourage cheering squads to realize the leadership potential they have for upgrading sportsmanship among spectators at games.
2. At all athletic events, cheerleaders should initiate efforts to be hospitable to visiting cheerleaders, teams, and spectators.
3. Should use discretion in selecting type and timing of cheers so as to stimulate positive sportsmanlike crowd response.
4. Cheers are to be positive for their team. No negative cheers, disparaging or insulting to opposing teams or fans are to be used. This includes during a foul shooting situation.
5. Should avoid cheers that encourage or utilize striking bleachers as a means of supporting and cheer because kicking of bleachers will not be allowed.
6. No pyramids more than (2) persons high.
7. Cheerleaders will cheer at home events only with the exception of football.
8. Cheerleaders should adhere to the guidelines of safety as set forth by the National Association of Cheerleaders, M.S.S.A.A. guidelines.

## **GUIDELINES FOR P.A. ANNOUNCERS** **(IN OR OUTDOORS)**

1. Will follow all generally accepted rules of excellent spectator conduct and sportsmanship.
2. Will serve objectively during contest.
3. Will confine comments to simple statements, such as "basket by...." or "tackle by....".
4. Will at no time serve as a trigger for home fan emotions.
5. Will not comment on or editorialize about the progress of the contest (example: "We are really coming on now", "watch out....").
6. Announcements may be made during stoppage in play (time-outs, free throws, etc.).
7. Role is to supplement contest, not become an attraction in itself.

## GUIDELINES FOR SELECTION OF ALL STAR TEAMS

### NOMINATIONS: \* Track, Wrestling, Golf, Swimming, and Gymnastics

1. Each coach shall nominate his own players with the approval of the Athletic Director. The number of nominees should reflect the seasonal record.
2. Nominations must be mailed/phoned/faxed prior to the post season meeting.
3. The Athletic Director in charge of the sport will compile a ballot to be presented at the pre season meeting.
4. Any athlete considered for membership on a Patriot League all-star team must finish the season in good standing.
5. Any player suspended for violating the M.I.A.A. rule chemical health abuse during the season is not eligible for All Star status fir that season.

### VOTING:

1. Ballots must be compiled alphabetically by schools
  2. Names may be deleted, but not added.
  3. There will be time to discuss each nominee before the vote.
  4. Coaches will be given time to make their selections.
  5. Selection will be by open vote. The Athletic Director will read names of candidates individually and record votes. (No weighted votes.)
  6. Coaches may vote for any players nominated.
  7. All ties for all-star will result in a re-vote for the tied position. **No** ties are allowed.
  8. Consideration should be given that all schools should be represented.
- \* The nature of sports such as Track, Wrestling, Golf, Swimming, Gymnastics may preclude the necessity to use these guidelines.

## ALL-STAR TEAMS (CONT.)

### TEAM SIZE:

1. All-Stars are chosen by the amount of players on the field + 80% of that number. All Stars are then taken away if schools do not sponsor the sport. Sports with relay teams are adjusted accordingly.

### MAXIMUM TEAM SIZE:

Football:            38(19/19)        **Nominations for football by team as follows:**

First place team in each division gets 5 all-stars  
Second place team in each division gets 4 all-stars  
Third place team in each division gets 3 all-stars  
Fourth place team in each division gets 2 all-stars  
Fifth place team in each division gets 1 all-star  
Sixth place team in each division gets 1 all-star  
With 3 open slots on each division

Please use common sense with your nominations

Soccer:            38        19 all-stars for each division  
Slots will be determined by a point system/Each team receives 2 points for a win in their division and 1 point for a tie. Each team will receive 1 point for a cross over win and no points for a tie.

Field Hockey:    32        17 Fisher-15 Keenan

Cross-Country:  24        12/12 each division-

The cross country all-stars will be voted in by the coaches—the first seven—the next five will be determined at the league meet in order of finish closest to the top. The first five that finish that were NOT all-stars will be selected as all-stars.

Volleyball:       21        11 Keenan/10 Fisher

Basketball:       24        12 each division-voted in for one year 2015-2016

Wrestling:        36        18 each division

Baseball:         32        16 each division

Softball:         32        16 each division

Tennis:            24        12 each division

Golf:              22        11 each division

Outdoor Track:  40        20 each division

Winter Track:

Boys/Girls       30        15 each division—Quincy/North Quincy is a Fisher School

Ice Hockey: 22 11 each division-voted in for one year 2015-2016

Swimming: 32

Lacrosse:-Boys 34

Lacrosse:-Girls 36

- **NO TIES FOR ALL STARS- ALL TIES VOTED OUT. IF A TIE CANNOT BE BROKEN BOTH INDIVIDUALS ARE NOT CHOSEN FOR ALL STAR SELECTION.**
- **A LEAGUE MVP FOR EACH DIVISION (IF APPLICABLE) WILL BE CHOSEN AT THE POST SEASON MEETING. NO TIES FOR MVP**
- **NO HONORABLE MENTION ALL STARS**

## **SPORTSMANSHIP GUIDELINES FOR PATRIOT LEAGUE EVENTS**

- A game administrator should supervise all events.
- Fans should be directed to separate sections whenever possible.
- Sportsmanship announcement should be read prior to any games at your discretion.
- Fans should be read guidelines as to what will and will not be tolerated.
- Fans should refrain from engaging in all types of disrespectful behavior, specifically taunting, trash talking, and other forms of intimidation.
- Fans will not be permitted to direct negative comments to opposing players, call out numbers, and use offensive language or any disparaging remarks towards the opposing team or their coaches.
- Making noise while the opposing team is up or on the line is considered acceptable as long as it is done under given guidelines.
- Game administrator should confiscate newspapers and or noisemakers as soon as it is brought to his/her attention.
- Any student violating any of these shall be given one warning. The continued behavior shall cause immediate removal from contest.

You are a spokesperson for you school when you represent \_\_\_\_\_ High School in athletic competition. Family, friends, opposing fans, the local community, and the media view your actions. Your display of good sportsmanship will show the most

positive things about you and your school, and hopefully, remind us all that in the end, sports are meant to be fun.

## **PATRIOT LEAGUE SPORTSMANSHIP AWARD PROGRAM**

### 1. Team Award

- a. One team per season per sport.
- b. Athletic Director/Chair to explain the criteria at the pre season meeting.
- c. Coaches should include criteria for the unique situations in their sports.  
Example: Throwing at a batter in baseball
- d. Voted by the coaches at the All Star meeting on the same ballot as the All Star nominations. Coaches are to rank in order the top three schools that displayed the best form of sportsmanship during the season. Coaches may not vote for their team. The all-star nomination will be invalid without the Sportsmanship nominations. Coaches must vote for three schools.
- e. A certificate (1) will be awarded to the winning teams coach at an appropriate time decided by the winning school. Recognition at All Star games and at own schools awards night.

### 2. Criteria

- a. The members of each team should participate at a high level of competition while exemplifying the following qualities.  
Self discipline  
Self control  
Ethical play  
Promotion of sportsmanship through administrative leadership  
Respect for: own team members, opponents, own and opposing coaches, officials, and fans.
- b. The school and the fans should promote and display a respect for all opponents.

### 3. School Award

- a. At the end of the Spring season, the school with the highest number of team sportsmanship awards based on percentage of sports offered will be given a permanent banner to be displayed in their school.

4. No school shall vote for their own school in the sportsmanship ballot process.

5. Every varsity team will nominate a player from their team to receive the individual Sportsmanship Award from the Patriot League for their school. Each player will receive a Sportsmanship Certificate from the Patriot League.

# **PATRIOT LEAGUE DIVISIONAL ALIGNMENT**

## **FISHER DIVISION**

**Hanover  
North Quincy  
Pembroke  
Scituate  
Plymouth South**

## **KEENAN DIVISION**

**Duxbury  
Hingham  
Quincy  
Silver Lake  
Whitman/Hanson  
Plymouth North**

The following sports will play twice in their division and play once in the other division (crossover). There will be champion in each division:

*Soccer  
Basketball  
Baseball  
Softball  
Tennis  
Golf*

The following sports will play all schools in both divisions once. There will be a champion in each division:

*Wrestling  
Cross Country  
Spring Track  
Indoor Track*

The following sports will play all schools in both divisions once. There will be one champion:

*Hockey (except Hingham & Duxbury)  
Swimming*

The following sports will play every school in both divisions:

*Field Hockey-two divisions with two champions  
Volleyball-two divisions with two champions  
Lacrosse – two divisions for both boys and girls with two champions*

## **SECTION II**

### **RULES AND REGULATIONS FOR INTERSCHOLASTIC ATHLETICS**

- A. Fall Sports
- B. Winter Sports
- C. Spring Sports

#### **FOOTBALL**

- A. **Game Rules:**

1. All games will be played under NCAA rules, subject to modifications of the MIAA rules and regulations.
2. In varsity games, the home team will wear dark jerseys and the visiting team will wear white jerseys. If not possible, the home team will be responsible for wearing a contrasting color.
  - a. Home team wears dark for varsity football games.
  - b. JV and freshmen wear the same color that weekend as

varsity

3. Times:
  - a. Varsity: Four 11 minute periods. There will be overtime. The MIAA Football tiebreaker rule will be used in Divisional games. All other games are non league tiebreaker must be decided before the game by head coaches.
  - b. Sub-Varsity: Four 10 minute periods. The length of the period can be adjusted to 8 minutes in the second half to avoid darkness.

**B. Season and Practice:**

1. The MIAA rules shall be used except as modified by the League.

**C. Schedule of Games:**

1. Each team will play the schedule as set by the League.
  - a. The schedule will be for 1 year.
  - b. There are no forced crossovers for the 2014 season
2. The JV and freshmen games will be played at the opposite site from the varsity game.
  - a. These games will be scheduled as follows:  
 JV - Monday after varsity at 3:30 PM (3:00 PM in November)  
 Freshmen - Thursday at 3:30 PM (3:00 PM in November)
  - b. The date and time of the Sub-Varsity games may be changed by mutual agreement of the schools involved.
  - c. **Plymouth North plays sub-varsity football games on Saturday morning.**

**D. General Rules:**

1. Scouting of pre-season scrimmages of opponents is not allowed.
2. There will be a free film (video) exchange between league teams. 1 film of game 2 weeks before Head Coaches are to call each other to work out details

3. Overtime Rule: MIAA rule 68.3 will be in effect with one series each team. Each series begins on the ten-yard line. First down chains will not be used. It is always goal-to-go. You must go for two points after a touchdown. The defense may also score.
4. All programs should be administered so that safety precautions are in effect.
5. Rosters should be exchanged one week prior to the first league game.
6. In the event of light failure at night games, the two Athletic Directors or representatives will meet immediately to make a decision about the continuation of the game.
7. Any postponement should be made three hours before scheduled game times.
8. There will be two officials assigned for Sub-Varsity games.
9. League Championship Tiebreaker Method (to determine Super Bowl partner)
  - a. Head to head competition
  - b. Fewest League losses
  - c. Most League wins
  - d. League rating system (see following page)
10. Starting times of Varsity games:
  - a. Saturday - 1:00 PM (Hingham 1:30 PM)
  - b. Night games - 7:00 PM
  - c. College Board Saturday - 2:00 PM
  - d. Other times can be set by mutual agreement of both teams to solve individual problems.
11. Warm-up Rule
  - a. Teams are restricted to one-half of field, determined by home team for all warm-ups.
12. No league school may film a game that is NOT there's and in which they are NOT a participant in that game.

### **League Tie-Breaking System**

**SECTION I** If there are league co-champions or multi-champions, our selected league representative shall be determined in the following manner:

- A. Head to head competition
- B. USE THE MIAA TIE BREAKER TO BREAK TIES after Head to Head has been used.

**Benefit of the rating system:** An encompassing formula which takes into account the strength of a school's non-league games, thus avoiding other arbitrary methods of determination, such as a coin toss or last to go being eliminated.

***\*\*\*THE LEAGUE WILL USE THE MIAA TIE BREAKER RULES-  
EXCEPTION ALL LEAGUE SCHEDULED GAMES ARE 10 POINT  
GAMES-ADOPTED 12/6/13***

**SECTION II** To attain **own-value points** a school will receive:

**Keenan**

- a. 10 points for defeating a team in the same EMass division, which in Keenan is Div2A, (or for defeating an out-of-region team, an out-of state team, or an independent team, regardless of their league or enrollment)
- b. 8 points for defeating a school in one lower division (Div3)
- c. 6 points for defeating a school in two lower divisions (Div3A)
- d. 4 points for defeating a school in three lower divisions (Div4)
- e. 2 points for defeating a school in four lower divisions (Div4A)
- f. 12 points for defeating a school in one higher division (Div 2)
- g. 14 points for defeating a school in two higher divisions (Div1A)
- h. 16 points for defeating a school in three higher divisions (Div 1)

\*\*\* If a tie occurs against any opponent a school will receive one-half point total in accordance with steps a-g above. (ex; Patriot League team ties a 1A team – 7 own value-points are gained).

**Fisher**

- i. 10 points for defeating a team in the same EMass division, which in Fisher is Div3, (or for defeating an out-of-region team, an out-of state team, or an independent team, regardless of their league or enrollment)
- j. 8 points for defeating a school in one lower division (Div3A)
- k. 6 points for defeating a school in two lower divisions (Div4)
- l. 4 points for defeating a school in three lower divisions (Div4A)
- m. 12 points for defeating a school in one higher division (Div 2A)
- n. 14 points for defeating a school in two higher divisions (Div2)
- o. 16 points for defeating a school in three higher divisions (Div 1A)
- p. 18 points for defeating a school in four higher divisions (Div 1)

\*\*\* If a tie occurs against any opponent a school will receive one-half point total in accordance with steps a-g above. (ex; Patriot League team ties a 1A team – 8 own value-points are gained).

To attain **opponent value points** a school will receive:

- a. 2 points for each victory and one point for each tie earned by any opponent which that particular team has defeated.
- b. 1 point for each victory and one-half point for each tie earned by an opponent which that team has tied.

**Note:** You can only gain value points if you beat that team! No value is gained for a loss.

**SECTION III** Add total number of own-value and opponent-value points. Divide this sum by the total number of games played. This will give a school's **point value rating**.

- a. If **two** teams are involved in the tie-breaker at this point, the team with the highest point value will represent our league in the playoffs.
- b. If there are three or more teams tied, eliminate the lower rated teams until the two highest rated teams remain, then revert back to **SECTION I**.

**SECTION IV** Should 2 or more teams still remain with the same rating, the following procedure will occur:

- a. Team with the greater number of own-value points.
- b. Team with the greater number of opponent-value points.

**SECTION V** Coin toss.

## **FIELD HOCKEY**

### A. **Game Rules**

1. All games will be played under the National Federation Rules, except as modified by the MIAA Check Blue Book.
2. Teams must have home and away jerseys and socks. Light color for home team, dark color for away team.
3. No tiebreaker in league play.
4. An all-star game will be played.
5. Two officials will be scheduled for every game. If only one official shows, the game will be played.
6. The game ball must be smooth and of a solid color.
7. There will be place an evaluation tool to evaluate officials in Field Hockey

### B. **Season and Practice**

1. *Fisher Division to have 5 schools and Keenen Division to have 4 schools*

2. Matches should start at 3:30 PM with the varsity team playing first then followed by the JV match. Starting times for night games will be mutually agreed upon by the two teams.
3. If visiting team is late, they are guaranteed a 15-minute warm-up on the field.

C. **Scorer and Timers**

1. Home team will be the official scorer and timer.
2. A table and three chairs must be provided for scorer and timer.
3. Team benches are required.

D. **Pre and Post Game Activities**

1. All pre-game warm-up activities will be limited to each team's designated half of the field.
2. All players shall report to their designated bench area immediately at the end of the game.
3. Whenever possible, team bench areas shall be opposite the spectator area.

## **BOYS' AND GIRLS' SOCCER**

A. **Game Rules**

1. National Federation Rules shall be used except as modified by the MIAA.
2. Uniforms will be white or light jersey at home, dark for away team.

B. **Season and Practice**

1. The MIAA rules shall be used.

C. **Schedule of Games**

1. The games start at 3:30 PM (3:00 PM after EST) unless otherwise agreed upon.
2. Varsity will play two 40-minute halves.
3. Junior Varsity will play two 35-minute halves.
4. *Middleboro will not have league mandated cross over games for the years*

*2014-2015 and 2015-2016*

D. **General Rules**

1. Spectators should be kept away from the goal post area.

2. When possible, bench location of both teams should be opposite spectators.
3. Spectators will be kept away from scorer's area.
4. Games will be played with single officials if only one has arrived at the site.
5. The licensed trainer or EMT has final say in all injuries if on site.
6. The home team is responsible for providing scorer/game administrator in accordance with MIAA rules.
7. During warm-ups, teams are restricted to one half of the field. The home team will determine these sides for warm-ups.
8. When one official shows up to do the varsity game and one junior varsity official shows up, each game will be played with one official. If two varsity officials show up and no junior varsity official shows up, both officials remain at varsity game.

### **Additional Patriot League Soccer Game Rules**

If the game has begun and is called by the officials because of weather, safety, or other similar external reasons the following rules will apply:

- a. If the game is stopped at anytime during the 1<sup>st</sup> half, the game will be replayed in its entirety.
- b. If the game is stopped prior to the 60-minute mark (20-minutes into the second half of the contest), the game will be replayed at a later date with two 20-minute halves, taking all results from the previous game as a starting point. (Begin the game where it left off a play two 20-minute halves).
- c. If the game is stopped after the 60-minute mark (in the 21<sup>st</sup> minute or later into the second half) it would be considered a complete game and the results will stand.

It should be noted that if there are EEE restrictions, every effort should be made to start the game early enough to play the game in its entirety.

#### **Added to Patriot League Rules 10/2008:**

During any league game in the sport of soccer, if after the game has begun, the game is called because of weather, safety, or other external reasons, the Patriot league will use the following to determine the result.

If the game is stopped in the first half, the game will be replayed in its entirety.

If the game is stopped prior to the 60-minute mark (20 minutes into the second half) then there will be two 20-minute halftimes replayed with the results present on the scoreboard at the time of interruption.

If the game is stopped after the 60-minute mark (20 minutes into the second half) it will be considered a complete game and the results at that time will stand.

## **CROSS COUNTRY**

### **A. Game Rules**

1. The MIAA rules shall be used.
2. Each team will count the first five finishers toward team score with the next two finishers counting toward displacement. Only these seven runners figure in the race.
3. The number one finisher in a race counts one point, the number two finisher counts two points, the number three finisher counts three points, and so on until both squads finish five runners.
4. In the event of a tie score, the sixth runner shall determine the meet rule.
5. At least 150 yards of open running must be allowed for the start of a race to permit runners to spread out before entering narrow passageways or paths.
6. Runners are not allowed to hold hands with runners at the finish line.
7. Schools with separate teams of five (5) or more boys and girls must run all boys and girls on separate teams, or a combined team.
8. All schools must declare before the first league meet whether they have separate teams or a combined.
9. The home team is responsible for the running of the meet, which includes timing, recording, and starting.
10. There will be an assigned official to officiate the all league Boys/Girls league meet.
11. Coaches are to post League meet results on [www.athletic.net](http://www.athletic.net) within a reasonable time after each meet-within a week.
12. The ARNIE KAUPP method will be used for all-star voting. A method measuring league losses per nominee.

13. League Meet Guidelines: If a JV race is being held, then each race will be limited to 7 runners per team( JV and Varsity) If No JV race is being held then each team will be limited to 14 runners per team.

B. **Seasons and Practice**

1. The MIAA official rules shall be used.

C. **Schedules of Meets**

1. Each school will compete against all schools in the league one time.
2. All meets will start within fifteen minutes after the visiting team has familiarized itself with the course.

## **GOLF**

A. **Game Rules:**

1. The USGA except as modified by the league and the MIAA shall be the Patriot League Rules governing the game of Golf.
2. Each team will consist of six players and two alternates.
3. Players will be matched according to their ability for starting position.
  - a. Player #1 of the home team is matched with player #1 of the visiting team.
  - b. If a player is out on the day of the match, every player must move up one position. (Example: #2 are moved up to #1 position)
4. **The 54 point system will be used to score golf matches in West division and Stroke play will be used in East division. Home course designates scoring system in matches between East and West.**
5. Four Ball takes precedence for honors.
6. The home team coach will provide the cards and pencils. All local rules should be discussed at that time.
7. There will be no caddies or carts allowed. (Exception; player with physical handicap)
8. Spectators and phones will not be allowed on the course.
9. Coaches are to exchange line-ups at the same time, before the match begins.
10. There will not be any coaching allowed during the match. (Penalty: Loss of hole)
11. Both coaches are to be in attendance throughout the entire match.
12. Whenever possible matches are to start by 3:15 PM.

13. Players may roll the ball over in the fairways on the hole they are playing at that time.
14. Player's must wear collared shirts and soft spikes. Jeans and shorts are not considered proper golf attire.
15. Balls lost because of fallen leaves may be dropped in the rough or may be placed in the fairway (area of loss) if the players agree that the ball was lost in the area where it should have been found.
16. USGA rules and Patriot League rules state you are NOT allowed to use Range Finders in any match.
17. In a twosome your teammate/partner can assist you in reading the greens.
18. The League Meet will be an all day tournament
19. *Female golfers will hit from the same tee as the Male golfers do..*
20. ***STROKE PLAY IS THE SCORING SYSTEM FOR LEAGUE PLAY***
21. ***Range Finders are allowed provided that all schools/players that use them share them with their opponent in their foursome group.***
22. **NO COACHES CAN COACH DURING THE MATCH**
23. ***A all league boys and girls meet will be held at the end of the season with the match being a nine hole event. The tee off time WILL be at 2:00 PM or later.***
24. **No double par on a hole unless BOTH coaches agree to it before the match.**

### **Match Play**

The winner will be determined by **matching the points scored by the golfers designated as "#1"**.

If the "#1" golfers tied their respective match, the points scored by the golfers designated as "#2" will serve as the tie-breaker. If the "#2" golfers tied their match, the winner will then be determined by the points scored by the golfers designated as "#3". This procedure should be followed until a winner is declared.

### **Stroke Play**

The winner will be determined by adding **all six scores** from each team.

If the total strokes from each team are equal, the team with the player that had the lowest score wins. If each team has a low score that is equal, the team with the second lowest score wins the match. This procedure should follow until a winner is declared.

## **BOYS' AND GIRLS' BASKETBALL**

### **A. Game Rules:**

1. In Accordance with MIAA rules, the National Federation of State High School Association shall be used
2. Game Uniforms:
  - a. Home teams will wear white or light colored uniform
  - b. Visiting team will wear their darker colored uniform
3. Periods:
  - a. Sixteen Minute Half's. Total 32 minutes.

### **B. Schedule of Games:**

1. Patriot League teams shall play each other in a home and away series.  
*Teams in the same division will play each other in a home and away series.  
There will be one crossover game between teams from opposite divisions.  
The games will be scheduled on a two year cycle and will flip home and away from year one to year two.*
2. The boys and girls teams will play at opposite sites.
  - a. Game Times:  
Freshmen 3:30 PM  
Junior Varsity 5:00 PM  
Varsity 15 minutes after J.V. game but not before 6:30 PM
  - c. Games may be played in the afternoon at home teams request
  - d. *Duxbury will play their home games on Tuesday at 3:30 for Freshman and Junior Varsity and 5:00 for Varsity*

### **C. General Rules:**

1. All visiting coaches must remain with their teams when they are in the locker rooms and any other areas of the visiting school. Each visiting school is to check the locker room after their teams have left the area
2. All visiting teams are to leave the locker room and/or gym area as a group under the supervision of their coach
3. Rosters should be exchanged one week prior to the first league game.
4. There will be no noisemakers or music boxes allowed in the gym.

Fans may not use any type of noisemaker at games. The only music to be played at games will be run by the home team but will not be played while the ball is in play.

7. There will be an adult scorer and timer and 30-second clock operator for all varsity games.

Adults will work the table for all varsity games. Under the discretion of the home team, one person may operate both the clock and shot clock.

8. There will be a minimum of a 15-minute warm-up period prior to the varsity game.

The visiting team may request a minimum of a 15-minute warm up period prior to the varsity game. However, if both coaches agree, that time may be reduced.

9. At least one day prior to the game, any half time activity must be mutually agreed upon by both schools. The half time activity may not last more than 10 minutes
10. Home team will provide a minimum of 5 quality basketballs for the visiting team at all levels - Visiting teams will not bring basketballs.
11. NO league school can film a game that is NOT there's and in which they are not a participant in that game.

## ICE HOCKEY

### A. Game Rules:

1. All games will be played under the National Federation and MIAA rules.
2. Length of penalties (MIAA rule)
  - a. 1 1/2 minutes for a minor
  - b. 4 minutes for a major
  - c. 7 1/2 minutes for misconduct
3. Third Man Rule – The third man that enters a fight will be automatically expelled from that game and barred from playing the next two scheduled games.
4. In accordance with the MIAA upon receipt of 6 total minutes of penalties, any combination of majors or minors, a player will be excluded from the remainder of that game.
5. A player removed from the game for excessive penalties (not fighting) will remain on the penalty bench until his team goes to the locker room at intermission. When the team goes to the locker room at intermission, he will change into civilian clothes and return to the bench area as a non-player. (Penalty box until end of the period)
6. A player involved in a fight and who is removed for such, will be suspended in accordance with the MIAA rules for that game and two additional games.
7. Any player who is removed from the game for a game misconduct will be suspended for two games. Abusive language will not be tolerated. (MIAA rule)
8. Any team that commits thirteen (13) penalties in any game will result in that team forfeiting that game at that point, whatever the score. (All penalties-minors, majors, not including misconduct's count and each infraction counts as one penalty.
9. A team that has to forfeit two league games in one season because of excessive penalties will also forfeit the remaining league games.

10. Any coach removing his team from the ice to avoid the 13 penalty rule will have the 13 penalty rule applied.
11. A misconduct penalty does not count towards the 13 penalty rule.
12. Any individual suspensions at the end of the season for underclass hockey players will carry over to the next season. (Example: A player suspended for fighting in the last season game must sit out the first two hockey games of the next season.
13. Any individual suspension at the end of the season for a senior hockey player will be carried forward to his next athletic season of play if he plays in another sport.

B. **Season and Practice:**

1. The MIAA official rules shall be used.

C. **Schedule of Games:**

1. Each team will play the schedule as set by the league.
2. The league will have a four-five split as follows:
  - a. Quincy-Whitman-Hanson-Silver Lake-Duxbury-one league
  - b. North Quincy-Hanover-Pembroke-Scituate-Middleboro-other

D. **General Rules:**

1. Each team can dress a maximum of 22 players.
2. Each team can bring a maximum of three managers per game.
3. Coaches are to check in main office for key to their locker rooms and are responsible for its cleanliness after each game to ensure proper care of facilities. Each coach is responsible for his teams' valuables.
4. All coaches are to make sure officials sign with scorekeeper.
5. Coaches are to make sure officials sign in with scorekeeper.
6. Captains and officials have pre-game meeting at center ice.
7. An EMT, doctor, or registered nurse must be physically present and on duty at the rink before a game can begin.
8. Rosters should be exchanged one week prior to the first league game.
9. Adult timer and scorer must be used.
10. Non-ice making intermissions will be five minutes long.

11. Cool down:
  - a. A cool-down period at the teams' benches should be taken before proceeding through the handshake line.

## INDOOR TRACK

- | <u>Site</u>   | <u>Reggie Lewis</u>   |
|---|---|
| 1. Number of Officials:   | 12<br>Ref., St., Cl., Insp.<br>SP (2), HP (2), T/J (4)<br>Scorer (1) and Statistician (1)   |
| 2. Limitations on Entries:  | 50-Hurdles V (3) JV (2)<br>300-600 V (3) JV (2)<br>BU V (4) JV (2)<br>1000/Mile V (5) JV (2)<br>Two Mile V (5) NO JV<br>SP & HJ 3<br>Relay 1 1<br>4x200 Relay<br>Long Jump/2 jumps only<br>JV Short Put/non Scoring |
| 3. Order of Events:   | 1 Mile Run<br>55 M Hurdles<br>55 M Dash<br>600M Run<br>1000M Run<br>300M Run<br>2 Mile Run<br>4X200M Relay<br>4X400M Relay  |
| 4. Running of Events:   | Girls before Boys all season  |
| 5. Field Events:  | SP – 1999 Boys before Girls<br>HJ – 1999 Girls before Boys<br>LJ Boys before Girls<br>*** Change order on January 12  |
| 6. High Jump Starting Height:   | Boys – 5’1”<br>Girls – 4’0”   |
| 7. Athletes competing in the shot put and high jump will assist in setting up and taking down the platforms and jumping pits. |   |
| 8. Each coach will produce a team roster with number assignments for each athlete   |   |

- to be used throughout the track season. Coaches should include year of graduation of each athlete on roster.
9. League all-stars will be selected at the seeding meeting.
  10. Each team is responsible for policing their area. Please leave the facility cleaner than when arrived.

### **INDOOR TRACK (CONT.)**

Official's Equipment:

- Starter – Own gun and shells
- Clerk – Own Clipboard and writing utensil
- Field Events - HJ & SP Same as Clerk
- Timer/Judge – Own Clipboard & Stop Watch

\*\* Please turn in completed field event and head timer sheets at the end of the event to the scorer.

\*\* Please sign in for each meet and also remain until the meet is completed. Once you finish your assignment, please report to the referee for re-assignment.

The Patriot League coaches and athletic directors unanimously voted to add a 4x200 relay and the long jump as scoring events in their dual meets. Competitors in the long jump would be allowed 2 jumps. We would like to add a JV shot put (non-scoring) which would be run by an official.

## **BASEBALL**

### A. **Game Rules:**

1. Games will be played under the Official rules of Baseball.
2. Hidden ball is in effect.
3. Seven innings constitute a complete game, unless there is a tie.
4. line-up cards must be presented to the umpire-in-chief when going over ground rules before the game.
5. Home team pre game finish by 3:45 PM then visiting team get 15-min. pre game.
6. Designated hitter rule is in effect. \* (American League version-hit for any defensive player, not just the pitcher.) (See attached copy)
7. A team member in uniform shall coach bases.
8. Home team coach has a choice of bench.
9. A suspended game after five innings will be started at the point of where the game was suspended and not started over. Prior to five innings the game will be restarted from the beginning.
10. Games will be played with a single official if only one appears for game. If feasible a J.V. official will be moved to the varsity game.
11. Metal bats are the official bats of league competitions.
12. League will over rule the Slaughter/Mercy rule at sub-varsity games based on mutual agreement of both coaches.
13. VARSITY MERCY RULE: Fifteen runs after five innings and Ten runs after six innings.

### B. **Season and Practice:**

1. The MIAA official rules shall be used.

C. **Schedule of Games:**

1. Teams play each other twice.
2. Starting is 3:30 PM

\* It is the home team's responsibility to have a copy of rule at the site.

**Patriot League Baseball**  
**Re-entry Rule**

The National Federation re-entry rule is used by the Patriot League.

**Patriot League Baseball**  
**Designated Hitter Rule**

1. Use of DH is optional.
2. Intent to use rule declared at home plate prior to game start, as lineups are exchanged.
3. The DH may hit for any player.
4. The DH is to be identified as such on line-up card.
5. The DH may enter the game on defense.
  - a. If the DH enters the game for another player, the player who was DH'd for now bats in place of the player who was removed. The DH hits in the same spot. The removed player can re-enter, once, on defense (starter re-entry)

NOTE: Coaches should make it clear to the umpire whenever any change occurs involving the DH.

## BOYS' AND GIRLS' TENNIS

### A. Game Rules:

1. All matches will be conducted under the rules of MIAA, USTA.
2. There must be seven different players from each school. They will play three singles and two doubles matches.
3. Players will call their own matches. If a player is not satisfied with opponent's call, he may protest to the coach. The coach of the player protesting will then discuss the problem with the other coach.
4. Balls are to be furnished by the home team. Three balls per match minimum.
5. It is recommended that the game balls be yellow and of high quality (USTA approved).
6. A tiebreaker will start at six all in any set. A twelve-point tiebreaker will be used.
7. All warm-ups must be done before the start of the match.
8. Etiquette of all players must be stressed. Harassment of individuals and foul language is not allowed.
9. Coaches can coach when players' switch ends.
10. A proper uniform top will be required. No cut offs will be allowed.
11. Matches that are called due to inclement weather will be resumed from the exact point at which the match was called, if necessary, to determine the winner.
12. Boys playing on a girl's team may win no more than two points. Girls playing on a boy's team may win no more than two points.
14. Home teams will provide scorecards.

15. ALL LEAGUE MEET: nine officials at \$75 or six officials and one starter at the regular rate.

B. **Season and Practice:**

1. The MIAA official rules shall be used.

C. **Schedule of Games:**

1. Teams will play each other twice.

## **TRACK AND FIELD**

A. **Game Rules:**

1. All meets will follow MIAA and Federation Rules.
2. MIAA Rules indicate that certified officials are required for all meets. The Starter should be a certified official, if at all possible. If unavailable, please use common sense and get best available officials. Two officials should be assigned to all meets.
3. In the first three league (boy/girl) meets, the girls will run first before their field events, while simultaneously, the boys will conduct their field events. In the last three meets the boys will run first before their field events, etc.
  - a. Field event sequence: Shot, HJ, LJ, Javelin, Discus, and TJ
  - b. Unless by mutual agreement, girl and boy events will be conducted separately.
  - c. Start the first running event (hurdles), when the field events are completed.
4. **No Javelins** are to be thrown inside the track. After the event, javelins are to be returned to the visiting bus and to the home school storage area. There will be **no exceptions**.
5. High Jump: Boys start at 4'10", 2" increments until 6', then 1".  
Girls start at 3'10", 2" increments until 5', then 1".
6. Field Events: Entries limited to ten or by coach's agreement.
7. No written entry lists are necessary. An entry must be at the start of the event. A competitor must go to the high jump first, if they are in two field events. They must register at each event. The competitor, teammate, or coach may pass for an athlete if they are competing in two events. All athletes are allowed to warm-up as detailed in the Federation rulebook.
8. In counting misses to break ties, follow Federation rules.
9. Competitors should be wearing the proper school issued uniform when

competing (school name, insignias, and colors). In cases where schools lack the proper number or sizes of uniforms, coaches should attempt to secure a uniform similar to the team uniform but should not allow sweats, men's boxer shorts, or other apparel not related to the school track uniform.

10. A coin flip will determine pole positions in the running events and order position in the field events (+ or -). Only the first heat counts in the 100, 200, and hurdles, except where there are less than six running lanes or six hurdle lanes. Then, the first two heats count.
11. Coaches are to get their results to ATHLETIC.NET prior to the next dual meet
12. **Track all –league meet. There will be 7 officials and one starter. Plus Rick Kates.**

11. Federation order of events:

### **BOYS/GIRLS**

Running Events	Field Events
400 Intermediate Hurdles	Long Jump
100 Meter	High Jump
1 Mile	Shot
4 x 110 Relay	Javelin
400	Triple J
110 / 100 High Hurdles	Discus
800	
200	
2 Mile	
4 x 400 Relay	

## **SOFTBALL**

### **A. Game Rules:**

1. The National Federation rules shall be used except as modified by the league
  - a. "Slaughter Rule" is in effect
  - b. At sub varsity games the league overrules the 15 run rule based on mutual agreement of both coaches
2. Substitution rule is used in accordance with MIAA (National Federation)
3. The designated player/flex rule is used in accordance with MIAA (National Federation)
4. Players serving as base coaches must be in uniform and wear protective helmet
5. Ground rules will be reviewed before the start of game
6. Home team has choice of bench
7. A coach may coach on the bases during league games. The other base coach may be an adult if agreed upon by both coaches
8. Visiting team will be allowed 15 minutes infield warm-ups before 3:30 p.m.
9. The home team will take pre-game warm-up first
10. A suspended game will be played from the beginning to its entirety at original site
11. Games will be played with a single official if only one has arrived at the site. If feasible a Junior Softball Official will be moved to the varsity game. The Junior Varsity Game will become a practice if no umpires are available.
12. Double first base will be used/optional

13. International tiebreaker rule will be used in 10<sup>th</sup> inning
14. League Ball - Dudley FP optic yellow with white stitch
15. All fields must comply with NFHS regulations
16. Mask must be used when warming up pitcher

**B. Season and Practice:**

1. The MIAA rules shall be used

**C. Schedule of Games:**

1. Teams will play each other
2. Starting times of games is 4:00 PM unless otherwise agreed

**D. (National Federal Rule Change Effective Spring 2002)**  
**(Approved by M.I.A.A. Board of Directors)**

1. **Prior to starting the delivery (pitch) the pitcher shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact with the pitcher's plate. Both feet must be in contact with the pitcher's plate and on the ground within the 24-inch length of the pitcher's plate.**

**Optional**  
**Double First Base**

The double first base rule for National Federation is slightly different than the ASA rule. The major points are as follows:

- The runner should use the colored base on the initial play at first base, unless the fielder is drawn to the side of the colored base, in which case the runner would go to the white base and fielder the colored.
- On a dropped third strike, fielder and runner may touch the white or colored base.
- Runner is never out for touching the white base rather than the colored base.
- Once the runner reaches first base, the runner must then use the white base.
- If a batted ball rolls untouched and hits the colored part of the base, it is a foul ball unless the base has been dislodged and is in fair territory.
- When a runner tags up, she must use the white portion of the bag.

**Play 1:** With R1 on first base, B2 hits a ball to F8. B2 in rounding a double first base:

- (a) Touches the colored part and continues to second
- (b) Touches the white part of the base and continues to second
- (c) Cannot make it to second base safely and returns to first, touching the colored part of the base.

**Ruling:** Legal in (a) and (b). In (c), the batter is out if tagged by the defense before reaching the white part of the bag.

**Play 2:** B1 bunts down the third base line. As the throw and the runner arrive at first base at approximately the same time, the runner and the first baseman collide while:

- (a) The first baseman is clearly in fair territory and touching the white portion of the bag
- (b) The first baseman who is drawn into foul territory by an errant throw

### Optional Double First Base (cont.)

**Ruling:** In (a) the runner is guilty of interference and should be called out, and possibly ejected depending on the severity of the act. In (b) the runner has a right to the base path and if the fielder has caught or is about to catch a thrown ball, then his is a classic collision. It is NOT interference or obstruction, no penalty regardless of how severe. While the double first base is designed to reduce the number of collisions at first base, some are inevitable

**Play 3:** While fielding a throw from the second baseman, the runner steps on the first baseman's heel who is clearly in contact with only the white portion of the bag.

**Ruling:** If the contact causes the first baseman to drop the ball, it is interference and the runner is out. Depending on the severity of the act, it may be cause for ejection. It is at least cause for a conversation with the young lady AND her coach!

**Play 4:** B1 hits a ball up the first base line that hits the colored part of the double first base. The base is attached and the ball is clearly in foul territory.

**Ruling:** Foul ball. If the ball had hit the white portion it should be ruled a fair ball.

**Play 5:** B1 hits a ground ball to the shortstop, who bobbles it. B1 crosses first base touching the white portion, after which the first baseman catches the ball in contact with the bag.

**Ruling:** Unlike the ASA rule the runner is safe. A runner can never be called out for touching the white portion of the bag rather than the colored portion.

**Play 6:** B1 hits a ball back to the pitcher who overthrows F3. The ball stays in playable territory and F3 retrieves it and dives back into first base, tagging only the colored part of the bag.

**Ruling:** Like the dropped third strike, this is a situation where the “fielder is drawn to the side of the colored base.” If she tags the colored bag before B1 touches 1<sup>st</sup> base, B1 is out.

## **WRESTLING**

### A. **Game Rules:**

1. All matches will be conducted under MIAA and National Federation Rules.

### B. **Schedule:** Each school will compete against all schools in our league – onetime

Times: Weigh-in at 6:00PM – Junior Varsity will start as soon as possible after Weigh-ins. League Assignor must be told whether JV is before/after varsity match.

If BEFORE Indicate start time as 6:15,6:30,6:45 for JV matches

### C. **General Rules:**

1. All music boxes will be banned from the gym.
2. Schools should take a proactive approach on ringworm and skin infections.

#### Recommendations:

- a. Wrestlers take showers after practice and matches (purchase Nicerol or antibacterial soap)
- b. Wash mats as well as practice gear on a daily basis. Use bleach bleach with a strong disinfectant
- c. Each home school must provide an adult timer.
- d. Handshake protocol-It is at the individual team’s discretion whether to shake hands with opposing coaches at the conclusion of individual matches.
- e. Handshake is MANDATORY-pre and post-match

## VOLLEYBALL

1. NCAA Women's rules (with MIAA modifications) will be used
2. A league schedule will be played with matches against all schools. ***The Fisher Division will have 5 schools while the Keenan Division will have 6 schools. Each school will play two games within their division and 1 game versus crossover teams.***
3. Match times begin 4:00pm. The junior varsity match will take place first with the varsity match to follow
4. The home team will be the official scorer and is responsible to have the appropriate game management personnel on site. This personnel includes one adult scorer, one adult scoreboard operator and one libero tracker
5. The licensed trainer or EMT has final say in all injuries if on site
6. Home team will provide volleyballs for their own team. The Spaulding TF 5000 or similar will be used for all league matches. (2014 Baden Multi-color leather perfection 15-0#VX5EC tourney ball)
7. A warm-up format will be followed. This format will utilize a visible clock (with 30 minutes posted) and is as follows:
  - a. 3:00 - 3:47 court available for shared warm-ups; no hitting or serving across net
  - b. 3:37 coin flip will take place
  - c. 3:47-3:53 visiting team has full court
  - d. 3:53-3:59 home team has full court
  - e. 3:59-4:00 team huddle/announcements
8. There will be no noisemakers or music boxes allowed in the gym (spectators). Team music will be allowed
9. A customary handshake will take place at the beginning and end of each match
10. If one official reports to the match/each team will provide a player linesman by mutual agreement of both coaches.
11. All Star selection will take place within your own division. 11 all stars from each division
12. **One Volleyball official for Freshman games.**

## SWIMMING

1. MIAA and Swimming National Federation Rules will apply to all meets.
2. In all dual meet competition, girls' events are run first with separate boys' events to follow.
3. Patriot League Championship meet will follow set rules to be made available each season. Entries: Each team can have up to four swimmers/divers in an individual event and up to three relays per relay event. Scoring will occur up to 12<sup>th</sup> place. (see rule book for points).
4. During dual meets within league it is suggested as a sign of sportsmanship to enter swimmers as exhibition once your team has scored 100. This can also be done at a lower number by choice due to number of opponent's entries (usually boys). Exhibition swimmers times still count towards records, sectionals, and states.
5. Number of officials: Dual meets two, championship meets three.
6. League all-stars will be selected at the end of the Patriot league swim meet. As a guide, top two spots at the league championship will be the starting point for selections of all-stars. If an athlete is listed twice (in the top two), then the third swimmer/diver is placed on the consideration list. Coaches will refer to season if there is a tie and a discussion will follow. Thirty two all-stars may be selected with No honorable mention. All teams do not have to be represented on the all-star team, but when possible this will be a consideration. Seniors receive a priority over others when there is a tie.
  - A, Each team will have 1 boy and 1 girl Bill Walker Scholar/athlete winner
  - B, The Patriot league Coaches will nominate and choose a Most Valuable Swimmer-boy and girl from each division. There are NO ties
7. All entries to the Patriot League championship meet have to be submitted one full week prior to the date of the meet.
8. League diving championship provision: Divers must have previously qualified for sectionals in order to complete an 11- dive format
  - a. If 20 or more divers are competing drop to a six dive format instead of 11.
9. The league will have a computer person at Lincoln Hancock for swim meets

## BOYS LACROSSE

### A. Game Rules

- a. All games will be played using NFHS rules, except as modified by the MIAA.
- b. Teams must have home and away jersey. Light for home and Dark for away.

### B. Schedule of Games

- a. The games start at 4:00 unless otherwise agreed upon.
- b. Varsity and JV games will be played simultaneously, when possible
- c. If Varsity and JV can't be played simultaneously varsity will play first.
- d. Varsity will play four 12 minute periods, JV will play four 10 minute quarters. Both game are stop time.
- e. Boys lacrosse time outs are limited to two (2) per half, but in a live ball situation may be called only by the team in possession while the ball is in the offensive half of the field.
- f. If a team is leading by 12 goals at the end of the third quarter, the fourth quarter will have running time. There will be no resumption of stop time once this rule is started.
- g. When possible, every effort will be made to have league games on Tuesday and Friday.

### C. General Rules

- a. When possible, bench location of both teams should be opposite spectators
- b. Spectators will be kept away from end lines and team area.
- c. Games will be played by a single official if only one has arrived at the site.
- d. The licensed trainer or EMT has the FINAL say in all injuries if on site.
- e. The home team is responsible for providing scores/game administrator in accordance with MIAA rules.
- f. During warm-ups teams are restricted to one half of the field. The home team will determine these sides for warm-up.
- g. When one official shows up to do the varsity game and one JV official shows up each game will be played with one official. If two varsity officials show up and no junior varsity official shows up both officials remain at the varsity game.
- h. All teams are guaranteed a 20 minute warm-up.
- i. If a game is deemed to be a forfeit, it will be recorded as a 1-0 score.

### D. League All Stars

- a. There will be 34 league all-stars selected by a vote of the coaches
- b. There will be one player chosen as MVP of the Patriot League.

## **GIRLS LACROSSE**

### **A. Game Rules**

- a. All games will be played under US Lacrosse rules in conjunction with NFHS except as modified by the MIAA.
- b. Teams must have home and away jerseys. Light for home-Dark for away.
- c. NO tiebreaker in league play.
- d. Two officials will be scheduled for every game. If only one official shows the game will be played.
- e. The game ball may be orange or yellow.

### **B. Season and Practice**

- a. Each team plays every team once
- b. Afternoon matches should start at a mutually agreed time with the varsity playing first, followed by the JV. Starting times for night games will be mutually agreed upon by the two teams with the JV playing first, followed by the varsity.
- c. If the visiting team is late, they are guaranteed a 15 minute warm-up on the field.

### **C. Scorers and Timers**

- a. Home team will be the official scorer and timer.
- b. A table and chair must be provided for the timer and scorer.
- c. An air horn is needed for the end of the half and the end of the game.
- d. Team benches are required.

### **D. League All Stars**

- a. There will be 36 all-stars selected by a vote of the coaches
- b. From the 36 all-stars there will be 1 MVP for each league

