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I. ONONDAGA HIGH SCHOOL LEAGUE STRUCTURE

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OHSL GOLF [update 11.2024]

Upcoming match day - 1 to days prior to the scheduled match, coaches should contact each to confirm date, number of players and directions if needed.

Match day - home coach should go over the set of rules they plan to follow the day of the match [summer lies vs winter lies, yardage markers, which set of trees being played, specific holes that may need extra explanation, etc. prior to announcing their players. Cards should be distributed at this time as well. Please remember to cover course maintenance and behavioral expectations.

OHSL Rules - each team should define their top 6 players for a match.

- 2 foursomes; 2 players from each school
- Count the low 5 of 6 scores per team

Sectional Qualifying: Team score of 215 [par 36], 210 [par 35] gives a team a qualifying team score. Teams need 2 qualifying scores either H & A or twice Away. Teams can qualify with an overall or class record [record vs other OHSL teams in your same BEDS classification] of .400 or better. Individuals can qualify with 9 hole scores of +5 or lower H&A or twice away.

Double Par - rules can be used for matches BUT, the home coach has the right not to use it if he/she chooses not to. A conversation with the opposing coach should be made and agreed to before announcing that to the players. Many schools in the league need the double par rules for pace of play purposes.

Declaring all course stakes as "Red/Lateral Hazard" can be adopted by the home team for pace of play purposes during league and NL matches.

Note, at Sectionals, there will be no double par rule and the stakes will need to be played approximately based upon their color.



Special drop areas if a ball is lost or hit into a hazard should be discussed.

Proper attire [shirts tucked in, how to wear hats, etc] can be discussed

HOME coach calls in or emails results to news media:

hssports@syracuse.com

Each school plays a HOME and AWAY match vs each of their divisional opponents. Matches against teams in the opposite division are counted as NON-LEAGUE matches. NL matches can still help teams qualify based upon record, team score in match and individual scoring.

ALL LEAGUE POINTS: accumulated **only** during **league** matches. There is no league points awarded during NL matches.

Points:

6 - medalist if by away player

5 - match medalist

4 -

3 -

2 -

1 -

Each coach has to keep track of their team members' league points. 1st and 2nd Team ALL LEAGUE are given to the top point earners during league matches throughout the season.

*Each division gets their own 1st & 2nd Team All League athletes.

Sectionals - date, time, cost



OHSL Bowling [updated 10.2024]

1. Rules for Competition:

- a. All competitions shall be conducted under the American Bowling Association [ABA] and NYSPHSAA Rules for Bowling.
- b. The foul line rule shall never be set aside.

2. Location and Matches:

- a. Matches will be played at a bowling alley agreed upon by the league Athletic Directors.

3. Playing Roster:

- a. Schools should submit a player roster to the league chairman at the first league match. This roster is to be distributed to all coaches.
- b. Roster changes during the season should be sent to the bowling chairman.

4. Number of Players:

- a. It is recommended that all schools bring a minimum of 6 players to each match. Five players constitute a team for regular matches.

5. Scoring:

- a. Six players may compete in a game with the top 5 scores counting toward the team score.
- b. Match points shall be awarded on the basis of each individual game [2 points each game] and the total pins of the match [1 point] for a total of 7 match points. Points are split in case of a tie score in a game [each team receives 1 point] or a match [each team receives .5 point]
- c. If a team has less than 5 bowlers, the team will get a blind score [80 for a girls team, 100 for a boys team] for each vacant spot required to have 5 team



scores.

6. Player Substitution:

- a. Substitution may take place after any complete game by another member of the team.

7. Illness or Emergency Situation:

- a. In an unusual case of an emergency situation where a player becomes suddenly ill and cannot complete his game, a substituted player may finish the game.
 - i. The chairperson will rule in the above situation as to the final decision.

8. Forfeits:

- a. Failure of a team to appear for a scheduled match without notifying the opposing coach or chairman shall constitute a forfeit of all points to the opponent.

9. Rescheduling of Matches:

- a. Matches due to inclement weather:
 - i. Unless informed otherwise, schools in the league will bowl on scheduled dates.
 - ii. Schools that have difficulty for reasons of weather, transportation, closing of school, sickness of team or coach, will bowl on an alternate date if notification can be given to other teams involved.
 - iii. Deadline for play to begin shall be determined by the chairperson prior to the start of the season. Otherwise,
 - Teams reporting for their matches will bowl at their designated alleys (using 4 lanes)
 - Team score results will be sent to the League Chairperson so that results of the match can be determined.



10. Postponements:

- a. By mutual agreement, schools involved will reschedule matches at earliest available date.
- b. Results should be forwarded to the appropriate chairperson.

11. Championships:

- a. League championships shall be determined by seasonal standings.

12. Chairman Decisions:

- a. Situations that are not covered by this handbook will be ruled on by the chairperson and league committees.

13. Rule Changes:

- a. Any change or additions to the above regulations shall be made with the consent of the majority of coaches.
- b. The bowling chairperson shall forward the proposed changes to the AD representative for official approval by the OHSL Athletic Directors.



OHSL Cheerleading [updated 10.2024]

Game Day Cheerleading (Fall):

- a. If the cheerleading team participates in cheering at football games, the coach should make sure they are following the rules of the game and doing appropriate cheer at appropriate times.
 - i. The host cheerleading coach should greet the visiting team and make sure they have access to a designated area to cheer from and if possible access to keep personal items in. Visiting teams should be provided access to a changing facility, emergency care, and a warm up area. They should also be given a secure area to store gear if possible. They should be welcomed and notified of what spaces they have access to as well as notified of any school policies that will refer to them.
 - ii. No negative or discouraging cheers or booing. No offensive comments or gestures. Signs should show good sportsmanship. No kicking against bleachers.
 - iii. Game Day Cheerleading has a greater emphasis on crowd leading! Set the mood for your team and get the crowd involved!
- b. In order to compete at Game Day Sectionals, your team (and every team member) must compete in three prior competitions. A waiver from the Section III office is available for certain situations including weather or illness.

Competitive Cheerleading By-Laws (Winter)

- a. If the cheerleading team participates in cheering at basketball games, the coach should make sure they are following the rules of the game and doing appropriate cheer at appropriate times.
 - i. The host cheerleading coach should greet the visiting team and make sure they have access to a designated area to cheer from and if possible access to keep personal items in. Visiting teams should be provided access to a changing facility, emergency care, and a warm up area. They should also be given a secure area to store gear if possible. They should be



welcomed and notified of what spaces they have access to as well as notified of any school policies that will refer to them.

- ii. Sideline cheers and chants are permissible while the game is in progress as long as cheerleaders do not enter the playing area.
 - iii. Stunting is not permitted while the ball is in play. Please perform stunting and tumbling skills during timeouts, in between quarters, and halftime.
 - iv. Cheerleaders are not to enter the playing area during 30 second time-outs.
 - v. Rotate floor cheers (full time outs and quarters) times with the visiting team. Include home pep bands in rotation if present. Teams should enter and exit the playing surface in a timely and safe manner to not interfere with the game, referees or players.
 - vi. No negative or discouraging cheers or booing. No offensive comments or gestures. Signs should show good sportsmanship. No kicking against bleachers.
 - vii. No cheers during foul shots and no standing in the foul lane.
- b. In order to compete at Competitive Cheerleading Sectionals, your team (and every team

member) must compete in three prior competitions. A waiver from the Section III office is available for certain situations including weather or illness.

Scoring:

- a. All competitions must follow the NYSPHSAA Rules for Cheerleading.

Competition Scoring Issues:

- a. Communicating directly with officials is not appropriate or allowed.
- b. Scoring issues will be sent by the head coach to the Section III Chairperson with a video of the routine from the day in question and the score sheet.
- c. The Chairperson will confer with the local rules' interpreter and a written answer will be given to the head coach.
- d. If an error is found on the official side, the officials are notified.



- e. If the scoring issue changes placement, a written explanation will also be sent to the event producer.

Location of Competitions:

- a. Competitions will be held at the school or arena agreed upon by the Section 3 Committee and Athletic Directors.

Roster:

- a. The number of athletes performing at a competition must be sent to the host team. Competition numbers will be solidified the day of the competition and provided to the judges.

Scratches:

- a. Failure of a team to appear at a scheduled competition will result in a scratch of the competition and not count towards their number of competitions for sectionals.

Rescheduling of Competition:

- a. Matches due to inclement weather
 - i. Unless informed otherwise, schools will compete on scheduled dates. Host teams can set an inclement weather date.
 - ii. Unless canceled by the host school, schools with difficulty for reasons of weather, transportation, closing of school, or sickness will be considered a scratch.

Championships:

- a. League championships shall be determined at the OHSL competition scheduled by the committee.

Chairman Decisions:

- a. Situations that are not covered in this handbook may be ruled on by the chairperson and league committee.



BOYS & GIRLS CROSS COUNTRY [updated 8.2024]

1. Rules of Conduct of Competition – Current National Federation Guide will be used.

2. Officials:

a. It is the responsibility of the host school to provide adequate officials.

3. League Champions:

Win/Loss record determines the OHSL Champion in each conference (division).

a. Federation rules used to break a tie in a meet.

b. If 2 or more teams finish the season in a tie for the league title, a co or multiple championship shall be awarded (no tie breaking is used).

c. All meets are recorded as dual meets.

4. Determining Wins and Losses:

a. Scoring as per Federation rules.

b. A complete score always counts as a victory over an incomplete score.

c. An incomplete score versus another incomplete score counts as no contest in the standings, and there is no winner or loser.

5. All-League First and Second Team Awards:

<u>5 Teams in Div</u>	<u>6 or 7 Teams</u>	<u>8 or 9 Teams</u>	<u>10 or 11</u>	<u>12+</u>
7	8	9	10	11



OHSL Boys and Girls Indoor Track & Field^[updated 11.2024]

1. League Championships:

- a. The OHSL League Champions are determined by one league meet.
- b. The OHSL League Championship Meet will be divided up into appropriate divisions as approved by the OHSL Executive Committee.
- c. All participating OHSL schools will be placed in the appropriate division as approved by the OHSL Executive Committee.

2. Rules of Conduct of Competition:

- a. National Federation of High School Rules will be used.
- b. NYSPHSAA Handbook and Standards will be followed.
- c. Specific meet rules/procedures will be developed by the OHSL Indoor Track Chairperson, League Representatives, and Games Committee.
 - a. The OHSL Indoor Track Chairperson, League Representatives, and Games Committee will publish an OHSL Indoor Track & Field Championship Packet at the beginning of each season.

3. Facilities and Equipment:

- a. National Federation Rules cover all equipment and facilities.

4. Officials:

- a. Certified officials will be placed at key positions.
- b. A Fully Automated Timing (FAT) system will be used to time and score the championship meet.

5. Coaches:

- a. All Indoor Track & Field athletes must be accompanied by a school appointed coach.



b. It is the responsibility of the coach to review the OHSL Indoor Track & Field Championship Packet, know the rules/procedures, and explain to athletes.

6. Entries & Eligibility:

- a. All participants must be a school approved legal Indoor Track and Field athlete.
- b. In the OHSL Championship Meet, teams are permitted 3 entries per an event EXCEPT for the long jump and triple jump. Only 2 entries are permitted in LJ and TJ. Each team is permitted 1 entry per relay. This is due to the overall number of potential entries and facility limitations.
- c. An athlete may enter in a maximum of 3 events
- d. All entries and scratches are final 15 minutes before the start of the meet
- e. The scratch rule will be in effect at the championship meet
 - Once the meet has started, if an athlete is scratched from any event they are not allowed to participate in any future events for the rest of the meet.
- f. Entry deadline for each team is 12:00 PM [NOON] 1 day prior to the meet

7. Order of Events:

- a. In the OHSL Championship meet, the order of events should be the same as the Section III class championships order of events.

8. All-League Team:

- a. The top finishers in each event in each division shall be named First Team All- League.
- b. The second place finisher in each event in each division shall be named Second Team All-League.



Girls Lacrosse

Rules All games will be played according to the U.S.W.L.A Girls' Lacrosse rules.

Shot Clock:

League Championship Leagues will be divided into two divisions based upon enrollment. Divisional win/loss record will determine the League Champion. In the event of a tie co-champions will be declared.

All-League Selection First, second and honorable mention All-League teams will be selected for each division. Twelve players will be selected to the first and second team while there are no limits on the honorable mention team.

A team receives slots based on their finish in league play.

The coach will determine who his/her selections are.

Each division will name a coach of the year which is voted on by the coaches.

Weather related policy If 80% of game time has been completed it can be ruled as a completed game. If less than 80% is played the game is considered a suspended game. (Exception – Postseason play must be 100% complete)



Girls Soccer [updated 8.2024]

1. Rulebook/Rules

- a. NFHS [National Federation of High School]

2. Coaches Responsibility

- a. Preseason league meeting and rules interpretation meeting
- b. Have teams ready to play at the designated and announced game time. If an emergency occurs, it is the responsibility of the team arriving late to notify their opponent immediately of the delay
- c. Provide a team roster at least 20 minutes before game time to their opponent and the officials [additional copies should be available for media/announcers if necessary
- d. Each team must furnish at least 3 game balls, a working timepiece, and at least two ball people. Game balls must be NFHS approved.
- e. The home team supplies both the official timer and the official scorer.
- f. The HOME school reports game results to High School Sports Stats and the media.
- g. Attend End of Season meetings to represent the school/athletes you coach and submit any end of year paperwork to your league representative/Section 3 rep.

3. Officials

It is recommended that:

- a. Two rated officials be used on all Varsity games

4. League Champion

- a. Determined by teams win/loss record within each division
- b. If two or more schools tie for the league championship, all schools involved will be declared champions.



5. All-League process and other awards
 - a. Bring player stats and other anecdotal information for All-League awards and be prepared to vote on each All-League position. A representative should be sent if you are not able to attend. If the coach does not send a representative, players from their team will not be considered for any All-Star teams.
 - b. Coaches nominate players by position. Each team must have a goalkeeper and the makeup of the team should represent all positions.
 - c. Numbers on each All-Star team are pre-determined per the OHSL
 - d. Bring player resume for any girls you wish to put forward for consideration on the following teams:
 - i. All-Section 3 Team
 - ii. All-CNY Team
 - iii. All-State Team
 - iv. All-American Team [you must be a member of United Soccer Coaches]
6. End of the season meeting is run by league representatives, who are responsible for:
 - a. Submitting All-League teams to Section 3 and the media
 - b. Tabulating results of the vote on all action items
 - i. First Team
 - ii. Second Team
 - iii. *The Honorable Mention Team is up to each representative
 - c. Submission of officials recommendations for working the Sectional and State Tournament.
 - d. Contacting coaches they represent reporting their sectional seed and opponent time and place.



OHSL GIRLS TENNIS RULES [updated 11.2024]

Match Play

USTA Rules will be followed with the exceptions cited below:

This is a link to the USTA Rules listed in "Friend at Court."

<https://www.usta.com/content/dam/usta/2024-pdfs/friend-at-court.pdf>

Coaches need to read the sectional packet prior to the start of the season.

<https://section3.org/sports/wten>

1 – Start Times:

Line-ups should be announced 15 minutes before the scheduled start time. (ex. 4:15 pm line-ups for a 4:30 pm start.) Teams should arrive, if possible, 30 minutes before the start time. Coaches should simultaneously exchange line-ups and ladders (if requested) before announcing line-ups. Line-up announcements should take about 4 or 5 minutes, and then players can take the court for a (maximum) ten-minute warmup. All matches should start promptly at the scheduled start time. If transportation problems arise, the line-ups should try to be announced as soon as the visiting team is ready. Late teams should only do warm up exercises to get ready for play (no hitting of tennis balls). Forfeits cannot take place because a team's bus is late.

2 – Announcing lineups:

Each coach (or captains) will introduce their players. Home coach will explain specifics of their courts/facility – entering/leaving courts; location of bathroom; safety concerns, etc. This is not the time for any coach to go over the rules. That is the responsibility of each coach to do before match time.

3 – Number of players:

A total of 11 players must be used on the varsity level. Varsity matches will consist of 3 singles and 4 doubles, each worth one team point. Exhibition matches will be played under agreement of both coaches. The home team has the flexibility of assigning matches to courts.

4 – Scoring:



Each varsity match will consist of best 2 out of 3 sets, No Ad-scoring. First player to win 6 games wins that 'set' provided there is a margin of two games. If the score reaches 6 games all, a 12-point tiebreak (first to 7 by 2). By mutual agreement of the coaches, a 10-game pro set (up to 10 games, win by 2) with a tiebreak at 9-9, may be played in lieu of playing best of 3 sets. This decision should be made prior to any matches being played. By mutual agreement, a 10-point 'match' tiebreak (up to ten points, win by 2) in lieu of a third set may also be played. If there is no mutual consent, the regular match or third set must be played.

5 – Tennis Balls/Scorecards:

The home school will provide 3 new USTA approved tennis balls for each varsity match. The home school is expected to supply score cards for all courts.

6 – Continuous Play:

Play will be continuous. Changeovers should occur in a timely manner, 90 seconds maximum. There is NO break after the first game of a set. During the 90 second changeover, players may get coaching, but must resume play before 90 seconds. Between the 1st and 2nd set there is 2-minute break, in which the players must remain on the court unless taking a bathroom break. There is a 5-minute break Between the 2nd and 3rd set. Players may leave the court only during this five-minute break. It is the responsibility of each coach to make sure that his/her player abides by this time frame. Exceptions can be made for extremely hot weather if agreed upon by the coaches.

7 – Team line-up in terms of strength:

All coaches are required to submit their roster and ladder on:
<https://highschoolsportstats.com/Home/Sport>
before their first match.

A team's line-up is to be played in order of ability with the top seven (7) players playing in the first, second and third singles positions and first and second doubles positions. Determining the ability of the players shall be based on the coaches' appraisal of ability, team match play and UTR ratings. Coaches may play their better players at doubles, but both singles and doubles players on match day must be played in order of ability. Third and fourth doubles should also be played in order of ability. When substitutions are necessary, the order of ability must still be



followed. If players are absent, the coach must play remaining players in order of ability. If missing players, forfeits may take place from the bottom up. (4th doubles, 3 singles).

7a – 1st singles and 1st doubles must play first. The remaining matches can be assigned by the home team.

8 – Coaching:

Coaching may only take place on odd-game changeovers (excluding the 1st game of each set and tie breaks) and at set breaks, but may not exceed the changeover/set break times. When possible, coaching should take place from outside the fence. During changeover, if the coach is at another court, players must not wait for coach to come to their court. Players and coaches must adhere to the 90 second changeover time and set break times. Only school board and NYSPHSAA approved coaches are allowed to coach. It will be the responsibility of both coaches to ensure that there is no coaching or interference by any spectators. If coaching/interference persists by spectators, the respective coach will ask the spectator to leave the match. If necessary, home management will assist. Players should not be communicating with spectators or teammates outside the court during a match. Coaches should not address or interact with opposing players or spectators who are causing distractions. Each coach should only address/interact with their own players/spectators. Any disagreements/disputes between coaches should take place discreetly away from players and spectators.

9 – Rain Outs/Darkness When Play has Started:

Any matches that are rained out or called due to darkness after the announcement of the line-ups, are resumed at the point the match was stopped. The same line-up must be used, or a default must be awarded at that position. Both coaches should record all results: game scores, set scores, who is serving and receiving at the time the match was stopped.

10 – Coaches' Responsibility:

Coaches may give rules interpretations to assist players, but the players must come to their own rulings for other discrepancies, such as line calls (unless line judges are called) or scoring. Coaches primary concern is that the match is played fair and according to the rules. The coaches are responsible for maintaining good sportsmanship during the match. Either coach may issue a code violation, but it is highly recommended



that coaches code their own players. Only players directly involved in the match are allowed in the tennis 'playing area' during play. It is the coaches' responsibility to supervise and control their players and spectators that are not on the court. This includes players crowding around the fence, coaching teammates, and 'heckling' players. Any infraction that is deemed excessive and disrespectful to a player or coach may be grounds for a code violation and/or immediate removal from the premises.

11 – Code of Conduct for Players:

The code of conduct penalty sequence is: point; game; default. If possible, coaches should warn players first, if violation is not serious. Only players involved in the match are allowed on the courts.

12 – Line Judges:

The three steps that must be followed before a line judge is called to the court.

First – the player(s) should question the calls themselves. This should not result in an argument.

Second – the player(s) should address the issue with her coach at a changeover, at which time the coaches should communicate to each other that several questionable calls have been made by one or both players.

Third – An on the court conference occurs with both coaches and all players involved.

Lastly – if questionable calls persist, a player may ask for line judges (at any time). Each coach should stand at the net post on opposite sides. They can only rule on calls upon appeal by a player, and can only overrule the call if they are 100% sure it was incorrect, and both coaches are in agreement.

13 – Injury/Bleeding and Bathroom Breaks:

In case of injury or bleeding, a player has 15 minutes to treat the injury or stop the bleeding. If the player is unable to continue, a default will be awarded. A player is allowed a bathroom break. It is recommended that bathroom breaks be taken at set breaks. *No coaching is allowed during the bathroom break.* Bathroom breaks will be allowed within 'reasonable time'.

14 – Protests:



If a coach feels there is a reason to protest, it should be arbitrated by the athletic directors of the two schools involved.

15 – Reporting results:

The home team coach is required to submit all scores to:
<https://highschoolsportstats.com/Home/Sport>
by 9:00 pm the night of the match.

The home team coach is required to email all scores to:
hssports@syracuse.com
by 9:00 pm the night of the match.

The Home team coach is required to submit all scores to:
<https://app.utrsports.net/home>
within 24 hours of the match.

16 – League Champion:

The league/division champion is decided by record withing the league/division.



Swimming & Diving

League Champion:

- A. Determined by dual meet record
 - a. The winning team members are awarded OHSL patches.
 - b. OHSL patches are requested by the winning school Athletic Director.
- B. Co-champions will be named if the two teams have an identical record.

League Awards

- A. The OHSL Individual Championship Meet (Swimming and Diving events) will be used to select league all-stars honors.
 - a. First place finishers in an individual event will be named "First Team"
 - b. Second place finisher will be named "Second Team"
 - c. A swimmer or diver may only hold one spot on the all-star team. If a swimmer or divers first place, then the second place swimmer or divers moves up one spot on the team.
 - d. Relay swims do not count toward all-league honors.
 - e. Ribbons will be given 1st – 6th place in all events.
 - i. 21 of each place ribbon shall be given to the Chairman at the preseason meeting.
 - ii. There are four at large bids (selected by the coaches) to cover cases where an obvious "all-star" is sick or misses the Championship Meet.
 - iii. An at large bid may not be used in the case of a DQ at the meet.

Cost of programs:

The cost of each championship meet will be spread equally among



the school in attendance of each meet. (Swimming – 3 officials; Diving -five officials).

Scheduling (when possible):

1. Crossover meets should be held in the beginning of the season, with league play toward the end.
2. Teams that have modified programs (JD and Mexico) should schedule the Varsity and Modified meets on the same day, but at a different site. (The varsity team home and the Mod team away)
3. The OHSL swimming and diving meet should be scheduled on consecutive days and shall be considered as the same meet.
4. Ideally the Championship meet should be scheduled one month prior to sectionals.



Outdoor Track and Field

1. Rules
 - a. National High School Federation rules
2. An athlete can enter 4 events.
 - a. Alternate in a relay is an event.

3. Order of events on the track

4 x 800m relay

110HH

100m

1600m

4x100m relay

400m

400mHH

800m

200m

3200m

4 x 400m Relay

4. Scoring Place

Points 1 5 2 3 3 1



5. Officials - Varsity Meet must 1 official



OHSL Girls Volleyball [revised 9.2024]

LEAGUE RULES

1. The current NCAA rulebook will be used.
2. NYSPHSAA Sports Standards will be followed.
3. It is recommended that the JV play first followed by the Varsity.
4. Section III Spectator Code will be enforced at all matches.
5. 22 minute warm up prior to the match for both the JV & V match.
6. Home team will get the last 6 minutes of warm up time prior to the start of each match
7. Game Ball- Spalding TF-VB5 in Navy/Silver/White

REQUIRED FACILITIES AND EQUIPMENT

1. Spiking lines and serving areas must be marked
2. Net standards must be positioned outside the court
3. Net must have sideline tape markers/antenna.
4. Regulation net must be used.
5. Required padding for safety on standards.
6. Required officials stand, must be padded, and include a secure clip for standing platform.



7. Require any guide wires extending from the net to floor be covered with padding.

OFFICIALS (For League and Non- League Regular Season Game Play)

1. Two (2) rated volleyball officials shall be used at all matches.
2. One (1) scorekeeper from each school must be on hand. Home score is the official book.
3. For Sectional Semi Final and Final Game Play:
 - a. Officials: R1, R2 and two (2) lines people will be used as well as a Libero Tracker and Scorekeeper.

*An official volleyball contest shall be best 3 out of 5 at the Varsity level only. The JV contest will remain best 2 out of 3 games.



OHSL Tournament Host Guidelines

When an OHSL member school is hosting an OHSL Tournament, Invitational or Championship event, the following areas need to be addressed and clarified

as to how they will be covered. Rotating Tournaments, Invitational, or championship

events that have rotated, have had host schools cover most expenses in the past.

This practice can continue if the participating schools so agree.

Facility – is there a rental fee attached to be able to host the event? If so, the rental fee will be shared among participating schools.

Ticket Sales – Will the host school supply ticket sellers and takers and cover their cost.

Supervisors – Will someone be assigned and who will cover their stipend.

Timer[s] – Will a person be needed for this activity? Who will pay any stipend.

Announcer[s] – Will an announcer be needed? If so, who pays the stipend, if any is needed.

Security – Will security personnel be needed. Who will pay the stipend for this service?

Custodial – Will the host school cover the cost of this service? Or will the OHSL need to cover this service?



Program Cost – Is a program required? Who will cover the cost?

Awards – Some events will include awards, ex. track/field, wrestling, etc. The OHSL will cover some awards, but who will cover others that may be given out?

If the OHSL is hosting an event, and paying for some or all of these positions, a payment schedule will need to be established.



OHSL SERVICE AWARDS

1977 1978 1979 1980 1981 John Arcaro Alfred Clements Walter Norris Carl Bjork Larry Hart
Oscar Jensen Luke LePorta James Pelcher Betty Lacey William Rasbeck Edward
McCardle Mary Alice Dady Otis Sennett Royce Newell Clayton Ryan

1982 1983 1984 1985 1986

Rudy Tucci Al Kneiser John Campaqua John Griffin Joseph Wilber

Jack Morse Larry Rector Daniel Griffin

Merton
Raner

1987 1988 1989 1990 1991 Donald Merrill Jay O'Connor Mason Morenus Paul Coombs Gary
Lidster Gary Griffin Ken Huffman Derwin Jones Paul Stocker Earl Fletcher Robert Durland
Ed Wades Tony Mantella Richard Bader Richard Jones Jack Ault Dan Griffin

Lois
Haas

1992 1993 1994 1995 1996 Randolph Kinn Donald Churchill Al Kinney Rick Ellison Paul Wilson
William McEachron Lee Rittenmeyer Jerry Schrempf Kay Fleischman John Jones

Mary Alice Dady John Howes

1997 1998 1999 2000 2001 Richard Smith Larry Carr Donald King William Brown Buddy
Wleklinski Ted Kerley Tony Galeazzi Paul Hemsley Loren Newton Dan Porter James Sweeting
Robert Durland Ken Avery Alan Butler Matt Whipple

2002 2003 2004 2005 2006 Tony Galeazzi Evelyn Sammons Richard Meiss Tom Eggleston
Brad Hamer

Ann Riva Carol Moss Ron Woodruff Tom Tatham Paul Harrison Jerry Kelly
Paul Callahan

2007 2008 2009 2010 2011 Bill McEachron Dawn Field Mike Barlow April Wertheim Denise



Abbott - Tully Tamela Ray Jim Drancsak Dick Campbell Don Ridall Bob Bewley Sharon
Wilkinson

2012 2013 2014 2015 2016 Don McClure



BASEBALL

1. Pre-Season:

- a. A full roster, with numbers, should be submitted to Divisional or Conference opponents before the beginning of the season. Changes should be added as they occur during the season.
- b. The home team will draw up their ground rules and these will be reviewed prior to the game start with the visiting coaches and umpires.

2. Season:

- a. National Federation rules are to be observed.
- b. Make-up games are to be played, when mutually agreed upon by both Athletic Directors, on the following day, weather permitting. League contests will take precedence over any non-league games. In the case of multiple postponements, an attempt should be made to reschedule in the order of postponement. Changes should be made known to the assigning officer of the Umpire Association, both athletic directors, and the newspaper (Syracuse.com).
- c. Notify the home team if you must be tardy for a game. In these cases, visitors are to be permitted 20 minutes to warm-up.
- d. The home team may use the field anytime prior to the 20 minutes before the game time at which time the visitors shall be allowed the field for warm-up. This warm-up time may be used at the discretion of the coach for infield and outfield. The home team can take batting practice as long as the visiting team has 20 minutes of time for their warm-up.
- e. Scorekeepers may sit together during the contest in an area specified by the home team, but they shall compare scoring at the end of each inning. Final decision on controversial calls rests with the home scorer. The visiting team shall have responsibility for checking with the home team scorekeeper. Each coach should have available three line-up cards before each game. One for the plate umpire, one



for the visiting coach (scorekeeper), one for himself. This card should contain numbers, position, name the batting order of the starting team as well as the numbers and names of the substitutes.

3. Awards:

a. Division Champions = 18 patches and certificates b. All-League Selections – 1st Team and 2nd Team awards are given out after the season. The number of each award is based upon the awards chart in the handbook and varies depending on how many teams were in the division in a given year. Each league rep should be sure to forward this information on to the Syracuse Newspaper / Syracuse.com.

5 teams in the division = 10 awards 6-7
teams in the division = 11 awards 8-9
teams in the division = 12 awards 10-11
teams in the division = 13 awards 12 or
more teams in the division = 14 awards



BOYS BASKETBALL [updated 10.2024]

1. The official rules of the National Federation of State High School Association shall apply.
2. Basketball uniforms currently being used are approved for league play; any new uniforms must conform to National Federation rules.
3. Announcement of All-League teams will be withheld until after the completion of the league.
4. Each league rep will represent the OHSL on the Section 3 Basketball Committee.
5. The host site will provide the game ball and practice balls.
6. No player may appear in more than one league game each evening (including Varsity and JV).
7. Varsity coaches shall notify the Division Chairman of all directory changes by the first committee meeting.
8. It is recommended that all schools should furnish an adult timekeeper for all home games and that the individual school scorers, both at home and away, be adults.
9. The Onondaga High School League will use the most recently approved method of selection of basketball officials.
10. League Championship teams receive 15 certificates and 15 patches



Boys Lacrosse [updated but need to add shot/possession clock info]

Regulations:

- a. Games will be played under current National Federation of State High School Association (NFHS) rules.

Shot Clock/Possession Clock:

- b. A minimum of two (2) officials shall be used for all contests. Three (3) officials is recommended, but not required.
- c. The official scorebook must be completely filled out prior to the start of the game. It must include first name, last name and jersey number for all players on both teams. Failure to do so is a technical foul.
- d. The home team shall wear white jerseys, unless notification is given to the opponent 24 hours prior to game time.
- e. Opposing teams shall shake hands after each contest
- f. League Championships will be decided by best overall league record
- g. Varsity Level contests must have an adult responsible for keeping game and penalty time. It is recommended but not required for JV and Modified levels.
- h. The playing field must be roped off or enclosed for all varsity contests. It is recommended that an official representative of the home team be responsible for crowd control.



i. All – League selection procedure

1. Coaches submit list of nominations from their own team to League Chairman
2. Chairman compiles list of nominations by position
3. List is submitted to coaches prior to completion of the season for evaluation of nominations by coaches
4. Coaches vote at the post season meeting. Coaches cannot vote for players from their own team.
5. First Team = 5 points, 2nd Team = 3 points. Highest number of points = First team (Number of selections depends on number of teams in the league as per OHSL Guidelines). Second Highest number of points = Second team. Anyone who receives a vote is Honorable Mention.



Boys Soccer [updated 9.2024]

I. Coaches responsibilities:

A. Make preseason league meeting, after rules interpretation meeting

B. Team schedule and rosters sent to all opposing league coaches prior to the first league contest.

C. Have teams ready to play at the designated and announced game time. If an emergency occurs, it is the responsibility of the team arriving late to notify their opponent immediately of the delay.

D. Each team is to furnish at least 3 game balls, a working timepiece, a working air horn, and at least 2 ball boys.

E. Coaches are to submit a team roster to the officials prior to the start of each game. Coaches should have additional copies for the media/ announcers. All bench personnel must be included. ONLY THOSE PEOPLE ON THE TEAM ROSTER ALLOWED AT THE BENCH AREA.

F. National Federation of High School soccer rules apply

G. Home school responsible for reporting game results to High School Sports Stats and media.

H. Attending the end of season meeting to pick all league team and



share concerns with league representatives for next year.

II. All-league Selection process

A. Liberty

B. Patriot

(i) After every game the coach will rate as many opposing players that they feel meets all-league standards and the goalkeeper from the opposing team. (The rating is out of 5 with 5 being the highest)

(ii) They will send the ratings to the league representative throughout the season

(iii) League rep will tabulate all the scores and bring it to the end of season meeting. There will be three teams: 1st team, 2nd team and Honorable Mention. (iv) At the end of the season meeting, the league coaches will use the ratings as a guide to choose the all-league team. The numbers of members on the team are by the OHSL rules.

(iv) If a coaches does not send in ratings and does not come to meeting, players from his team will not be considered.



Draft of New OHSL Swimming and Diving By-laws for approval

League Champion

- A. Determined by dual meet record
 - a. The winning team members are awarded OHSL patches.
 - b. OHSL patches are requested by the winning school Athletic Director.
- B. Co-champions will be named if the two teams have an identical record.

League Awards

- A. The OHSL Individual Championship Meet (Swimming and Diving events) will be used to select league all-stars honors.
 - a. First place finisher in an individual event will be named "First Team"
 - b. Second place finisher will be named "Second Team"
 - c. A swimmer or diver may only hold one spot on the all-star team. If a swimmer or divers first place, then the second place swimmer or divers moves up one spot on the team.
 - d. Relay swims do not count toward all-league honors.
 - e. Ribbons will be given 1st – 6th place in all events.
 - i. 21 of each place ribbon shall be given to the Chairman at the preseason meeting.
 - f. There are four at large bids (selected by the coaches) to cover cases where an obvious "all-star" is sick or misses the Championship Meet.
 - i. An at large bid may not be used in the case of a DQ at the meet.

Cost of programs:



The cost of each championship meet will be spread equally among the school in attendance of each meet.

(Swimming – 3 officials; Diving -five officials).

Scheduling (when possible):

1. Cross over meets should be held in the beginning of the season, with league play toward the end.
2. Teams that have modified programs (JD and Mexico) should schedule the Varsity and Modified meets on the same day, but at different site. (The varsity team home and the Mod team away)
3. The OHSL swimming and diving meet should be scheduled on consecutive days and shall be considered as the same meet.
4. Ideally the Championship meet should be scheduled one month prior to sectionals.



REVISED 2013

OHSL BOYS TENNIS RULES (Last Revised
Spring 2012) 1. USTA rules will be followed.

EXCEPTION: "Play shall never be suspended, delayed or interfered with for the purpose of enabling a player to recover his strength, wind, or to receive instruction or advice..." The league will use the above with the following additions:

a. Coaches will be allowed to talk to players at the end of the set and at the odd game changeover during a set (except the 1st game and tiebreaks), and may not interrupt the timeliness of play. 90 seconds are allowed on changeovers, so it is the coach's responsibility to be there at the change to talk quietly through the fence during this time. Players may not yell to their coach to get attention, as this might disrupt surrounding courts. If coaches keep the talking to 60 seconds, athletes should be able to stay within the time limit. (NEW FOR 2012) ONLY the head coach or a designated assistant coach who is certified by the player's school Board of Education or Athletic Director to coach tennis may coach players on court. b. (NEW FOR 2012) Coaching at split sites may take place by mutual consent of the

coaches, if appropriate supervision is provided. c. During a match there shall be no coaching of players or calling of shots from outside

the court by teammate, parents, or others (to be enforced by respective coach).

d. If there are any distractions by spectators that are disturbing to either player or team, the coach of those players shall be responsible to say something to control the situation. e. (NEW FOR 2012) If there is a disagreement/dispute among the opposing coaches, discussion to resolve the situation should take place discreetly away from players/spectators. f. Any infraction of the above will be grounds for a protest. See Rule #14 in the OHSL

Rules. g. Infractions of USTA rules or Code of Conduct will be subject to the Point Penalty system as described in the rulebook. (NEW FOR 2012) A coach from either team may issue a code violation. 2. For the Liberty and Patriot Divisions a varsity team will consist of 7 players: 3 singles

and 2 doubles teams, with no player repeating from singles to doubles or doubles to singles. For the Freedom Division a varsity team will consist of 10 players: 4



singles and 3 doubles teams, with no player repeating from singles to doubles or doubles to singles. 3. (NEW FOR 2012) Team ladders must be submitted via email to the OHSL Chair prior to

the first match of the season. Any time the team ladder changes, a new one must be sent to the OHSL Chair to replace the outdated one. This will/could settle many disputes throughout the season should a protest involving a team's lineup arises. If no ladder is on file, a lineup protest will automatically be upheld. 4. All matches will consist of 2 out of 3 sets, 6 game sets, and using regular scoring. A 5-

minute rest period is allowed between 2nd and 3rd sets only. (NEW FOR 2012) By mutual consent of the opposing coaches a 10-game proset (tiebreak at 9-9) may be played in lieu of playing best of 3 sets. This decision would only be made prior to any matches being played.

a. Players are not allowed to leave the court area at any time unless the following occurs:

- ✓ Split sets

- ✓ Injury, whereby a 15-minute period is allowed, after which play continues or there

is a default. This injury time includes bleeding; clothing and court surfaces must be cleaned before continuing. b. Bathroom breaks will be allowed with reasonable time permitted. No coaching is

allowed during the bathroom break. c. A 12-point tiebreak will be used when the games reach 6-all in a set. A 12-point Coman tiebreak will be used when the games reach 6-all in a set in a doubles match where changeovers occur after the 1st and 5th point and every 4 points played thereafter. The first team to 7 points, ahead by 2 points, wins the game and set. 5. If rain, snow, or darkness falls before all matches have been finished, those matches

that are completed will count. The unfinished matches will be rescheduled and start at the exact point where they left off. No points, games, or sets shall be replayed. No players may be substituted from the original lineups that are exchanged. In the event that a player is sick or cannot play on the makeup date, that individual match will be forfeited. It is suggested that a set not be started if it is apparent that darkness will cause a match to be incomplete. In the event of imminent darkness and (NEW FOR 2012) by mutual consent of the coaches a 10-point tiebreaker may be played in place of a 3rd set. (The first team to 10 points, ahead by 2 points, wins the set and match.) If this match is a deciding match for a team's win, it would be



advisable to play out the 3rd set.

6. No one, other than the scheduled players, will be allowed inside the tennis playing area

unless
s:

a. an injury occurs b. a player requests someone to bring water, towel, etc. c. coaches preside on court to clear up questions on any disputed calls 7. Determining the ability of players shall be based on coach's appraisal of ability, the

record with team match play, team school ladder tournaments and the like.

Competitors playing singles or doubles on a given day must play in order of their ability. The singles and doubles must be ranked 1-3 and 1-2 (1-4 and 1-3 for Freedom Division) respectively for each match. In no way does this mean that a coach may not play better players in doubles, but the singles players in a particular match must be played in order of strength. 8. If a 1st singles or 1st doubles team cannot play because of prior injury, illness, absence,

the coach must still play athletes in order of strength. In other words the #2 and #3 players must move up respectively to #1 and #2. If there are no extra players, a 3rd singles (4th if playing 4 singles players) or 3rd doubles (2nd if playing 2 doubles teams) may be forfeited. A 1st singles or 1st doubles team cannot be forfeited to allow the 2nd and 3rd singles positions to play in their usual spots or for any other reason.

9. 1st singles and 1st doubles must play first. The remaining court space can be filled with

either singles or doubles matches assigned by the home team. If a team does not have enough players for all of the matches, then the opposing team will get those points through forfeit, as long as players from the opposing team are present to receive the forfeit.

10. Only yellow pressurized tennis balls can be used for matches with one unopened can

per match. The home team is to supply the new balls (and any scorecards, if available). Exhibition matches may use previously played balls.

11. The entire warm-up will be limited to 10 minutes (unless otherwise decided upon by the



coaches). All practice serves must be taken during this warm-up.

12. Four steps are used before coaches are put on the courts when there are questionable

line
calls:

a. The players involved must first question "the call" themselves. b. If questionable calls continue, the player may address the issue with his coach

during the match (NEW FOR 2012) even if it is not a changeover. Coach to coach discussion takes place. c. A conference occurs on court with all players and coaches involved. If not

resolved, each coach will stand at opposite net posts to overrule any incorrect calls, by appeal only. 13. Except for exhibition matches, no one shall be allowed to practice on any court directly

adjacent to a court where a match is in progress. 14. The home team shall report the final match scores to the *Syracuse Post-Standard* by

phone (470-2152) or email (hssports@syracuse.com) by 9pm that evening.

15. The league champion team in each division will be determined by having the best record

in league matches. In the event of a tie it shall not be broken, but awarded to each school.

16. The Division Tournament:

a. Each school should arrive at their designated site by 8AM for the seeding

meeting, rain or shine. b. The school of the host site is responsible for the availability of an AED,

scorecards, a room for the seeding meeting, and lavatory facilities. c. Each school may enter up to 3 singles players and 2 doubles teams in order of strength. (For the Freedom Division each school brings 4 singles players and 3 doubles teams.) If a school brings less than the required number of players,



any entry in the singles or doubles draws may be forfeited. The coach is to bring one unopened can of tennis balls for each entry in the tournament. d. All matches will be best of 3 sets, 12-point tiebreak at 6-6 (or a 12-point Coman

tiebreak in a doubles match) unless the coaches at the site agree to shorten the 1st and 2nd round matches to 10-game prossets due to inclement weather. A 10- minute warm up is allowed for anyone playing his first match of the day. Afterwards, it is a 5-minute warm up. The minimum rest time between matches is 15 minutes. e. Scoring in each draw to determine the overall winner at each site: 1st place – 7

pts, 2nd place – 5 pts, 3rd place – 3 pts, 4th place – 1 pt. The League Chair shall report the final team scores and match scores of the finals/consolations to the newspaper(s) local to the participating schools at that site. f. Seedings for each flight in each draw are to be based on winning percentage at

that position (or higher) only. For doubles entries with no/negligible doubles records, the singles record of the higher ranked player may be considered instead for seeding. Otherwise, USTA seeding protocol is to be followed.



OHSL Rules – Track & Field

1-We Follow the National High School Federation rules.

2-An athlete can enter 4 events. Alternate in a relay is an event.

3-Order of events on the track

4 x 800m
relay 110HH
100m 1600m
4x100m relay
400m 400mH
800m 200m
3200m 4 x
400m Relay

4-We score the
meet. Place Points
1 5 2 3 3 1

5-Varsity Meet must have 1
official