

# CENTRAL ATHLETIC LEAGUE



## CONSTITUTION & BY-LAWS

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# **CENTRAL ATHLETIC LEAGUE**

## **CONSTITUTION**

### **ARTICLE I – NAME OF ORGANIZATION**

- Section 1. The name of this association shall be the Central Athletic League.
- Section 2. The league will be composed of three components:
- a) Principals
  - b) Athletic Directors
  - c) Assistant Athletic Directors

### **ARTICLE II – PURPOSE**

- Section 1. The purpose of this organization is to sponsor, control, and regulate interscholastic athletic competitions among member high schools, ensuring educational values are upheld and good sportsmanship is cultivated.

### **ARTICLE III – MEMBERSHIP**

- Section 1. Membership is limited to the following PIAA high schools: Conestoga, Garnet Valley, Harriton, Haverford, Lower Merion, Marple Newtown, Penncrest, Radnor, Ridley, Springfield (Delaware Co.), Strath Haven, and Upper Darby.
- Section 2. Applications for membership in the Central Athletic League must be submitted in writing to the league President and Vice President. Final acceptance requires secret ballot vote, with eight (8) of twelve (12) affirmative votes by the members of the Central Athletic League present at an announced meeting. with no representatives from the applying school present during the discussion or balloting.

### **ARTICLE IV – MEETINGS**

- Section 1. A minimum of four regular meetings shall be held during the school year. The President may call special meetings at their discretion.
- Section 2. Each member school's principal or designee must attend all meetings and act as the official representative with voting rights.
- Section 3. A quorum shall consist of representatives from seven (7) member schools.
- Section 4. In the event that a vote on any particular motion, other than action on a membership application, is not unanimous, a poll of the member schools shall be taken and the votes of members recorded in the minutes by the school name.

## **ARTICLE V – DUES**

- Section 1. Annual dues, determined by majority vote at the final yearly meeting, are payable upon receipt of the Treasurer's bill. Schools that fail to pay will lose League membership at the end of the school year and must follow the reinstatement procedure outlined in Article III, Section 2.

## **ARTICLE VI – OFFICERS**

- Section 1. The officers shall be the President (a current league principal), Vice-President (a current league athletic director), Secretary, and Treasurer/Executive Secretary.
- Section 2. All officers, except the Treasurer/Executive Secretary, must be representatives of member schools.
- Section 3. The President shall solicit nominations for the officers in April; with elections and installations at the last meeting in May.
- Section 4. In the event of a vacancy in the offices of President or Treasurer/Executive Secretary, the principals of the Central Athletic League may appoint a person to fill the vacancy for the unexpired term.
- Section 5. In the event of a vacancy in the offices of Vice President or Secretary, the athletic directors of the Central Athletic League may appoint a person to fill the vacancy for the unexpired term.
- Section 6. The President shall be an ex officio member of all committees.

## **ARTICLE VII – DUTIES OF OFFICERS**

- Section 1. The President presides over meetings, ensuring they follow *Robert's Rules of Order*, appoints necessary committees, and calls special meetings as needed. The president shall, when needed, appoint another league principal to serve in their absence.
- Section 2. The Vice President is the chairperson of the league athletic directors. The Vice President shall, when needed, appoint another league athletic director to serve in their absence.
- Section 3. The Secretary records and distributes minutes of all athletic director meetings, to be approved at the next regular meeting, handles correspondence as directed by the President and updates the constitution and by-laws with approved changes.
- Section 4. The Treasurer/Executive Secretary manages financial matters and maintains properly audited records. Bills must be authorized by a designated person. Financial reports are filed with the Secretary and distributed at each regular meeting. The Treasurer/Executive Secretary also serves as the official secretary to the principals and as an associate secretary to the athletic directors.

## ARTICLE VIII – SCHEDULES

- Section 1. The league shall follow all PIAA rules and any additional league rules.
- a) PIAA rule violations should be reported to the District 1 PIAA Chairman and the league President and Vice President.
  - b) League rule violations shall be referred to the membership through the league President and Vice President.
- Section 2. Scheduling: Member schools shall adhere to the individual sport schedules as adopted by the Central League during the fall of the previous school year. Dates and times of games may be changed upon mutual agreement of both schools.
- Section 3. Requests for Scheduling Exemption: Any Member School requesting an exemption from the Varsity and JV schedule to create an alternative schedule for a specific sport must submit their request in writing to the President. Requests shall be for a two-year period and must be submitted by August 1<sup>st</sup> prior to adoption of the Central Athletic League schedule for that specific sport.
- a) A committee shall be formed to review and make a recommendation to the President and the membership of the Central Athletic League regarding the “exemption to schedule” request. The committee will be composed of the Individual Sport Chairperson for the requested exemption, 2 principals, and 2 athletic directors appointed by the President of the Central Athletic League. The school applying for an exemption may not participate on the committee. If the member school seeking a scheduling exemption would hold a position on the committee the President, or his/ her designee, will select an athletic director or a principal whose school is not already represented as a replacement.
  - b) The committee shall make a recommendation to the President and the Principals regarding the exemption based on a majority vote. This recommendation shall be made within thirty (30) days of the request for an exemption.
  - c) Exemption to participation may only be granted by a two-thirds majority (rounded down to the next whole number) of the membership of the Central Athletic League.
  - d) If the Central Athletic League grants approval of the exemption the following conditions must be adhered to by the exempted school during the period of exemption:
    - i. The exempted school shall not have league voting powers in any matter pertaining to the exempted sport.
    - ii. The exempted school shall not receive any reduction in yearly dues as a result of its non-participation in the exempted sport.
    - iii. The exempted school shall not be eligible for any position in the won-loss-tied standings, All-Central League Team, nor in any championship situation for the exempted sport.
    - iv. The exempted school must submit a letter to the PIAA District 1 Committee of their intention to not participate in the PIAA District 1 Playoffs in the exempted sport.

- v. The exempted school shall not schedule contests in the exempted sport at the JV or Varsity levels with members of the Central Athletic League. The exempted school may request to play individual member schools on a case-by-case basis with each individual case voted on by a two-thirds majority (rounded down to the next whole number) approval of the membership of the Central Athletic League.

## **ARTICLE IX – AMENDMENTS**

- Section 1. The constitution may be amended at any regular meeting by seventy-five (75) percent membership vote. Member schools must be notified of proposed amendments at least two (2) weeks in advance.

# GENERAL BY-LAWS FOR ALL SPORTS

## ARTICLE I – AWARDS

- Section 1. Junior Varsity, JV-A, JV-B and Freshman teams will not keep league standings nor be presented with any league awards or trophies.
- Section 2. Central League Varsity Champions
- a) Appropriate Central League Athletic League Trophies or plaques will be awarded for League Championships. Each sport will receive a trophy for its first League Championship. Space will be provided on the trophy for a total of five championships. A new trophy will be awarded every sixth Championship.
  - b) Ties for League Championships remain as Co-champions.
  - c) Chairpersons will report the League Champion to the League Secretary.
- Section 3. Central League Varsity All Star Teams
- a) Refer to Appendix F for player limits per team.
  - b) Vote tabulations and information reviewed in the end of year meeting are to remain in the confidentiality of the coaches and are not to be released to the public unless approval is granted by the league President.

## ARTICLE II – GAMES

- Section 1. When NFHS Rules differ from League policy, we will follow the NFHS Rules unless superseded by PIAA rules.
- Section 2. The recommended official starting time is 3:45 for all afternoon games and 7PM for all varsity night games. However, any changes to start times should be communicated in advance.
- Section 3. All CAL schools are guaranteed up to 20 minutes warm-up time prior to start of varsity league contests unless there is mutual agreement to shorten the warm-up period.
- Section 4. All forfeits awarded by an official should be reviewed by the Central League.

## ARTICLE III – BY-LAWS UPDATES

- Section 1. Each Sport Chairperson will be responsible for presenting changes to their sport by-laws for league approval. Any athletic director may present changes to the general by-laws for all sports for league approval.
- Section 2. The league Secretary will update the by-laws with approved changes and include the date of their approval in parenthesis.

## **ARTICLE IV – OFFICIALS**

- Section 1. Officials having any personal involvement with a Central League school should not be assigned as varsity officials when that school is in the contest.
- Section 2. Fees for officials are determined by the Central Athletic League.
- Section 3. A rating of officials may be done by Central Athletic League coaches with the intent of helping the officials' group know their strengths and weaknesses and to avoid an existing conflict between an official and a Central Athletic League school. The Chairperson will report this information, to each school that schedules their own officials and to the league assignor at the conclusion of the season.

## **ARTICLE V - SCHOOL DISTRICT STRIKES**

- Section 1. All sports will follow PIAA Rules concerning a school district on strike.
- Section 2. Postponed games due to a school strike should be rescheduled if possible.
- a) Varsity games that cannot be rescheduled will be considered a forfeit.
  - b) Junior Varsity games that cannot be rescheduled will be canceled and not be considered a forfeit.
  - c) Freshman games will not be rescheduled and not considered a forfeit.



# **BASEBALL BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- Section 2. Regulation games are seven (7) innings in length.
- Section 3. If tied at the end of regulation, games continue under NFHS and PIAA tie-breaking guideline, with extra innings played under normal rules. All levels play extra innings if the game is tied.
- a) If teams are tied at the end of seven innings, an extra inning shall be played.
  - b) Extra innings shall be played under normal rules.
  - c) If the score is still tied after the home team has completed batting in their half of an extra inning an additional extra inning shall be played.
  - d) The team with the most runs at the end of an extra inning shall be declared the winner.
  - e) Any time the home team takes the lead in an extra inning game, the game is over.
- Section 4. Games are declared official if:
- a) 4 and 1/2 innings have been completed with the home team leading.
  - b) 5 complete innings have been played with one team leading. However, any time both teams have not completed their half of an inning the score reverts back to the previously completed inning unless the home team has tied the game (must break the tie at a later date) or gone ahead (Home team declared the winner if ahead).
- Section 5. In the event a **varsity** game must be suspended the umpire shall declare it an official game if it meets the conditions in Section 4 above. In situations where an official game cannot be declared, the game shall be continued from the point of suspension at a later time during the day of competition or the next playable day.
- Section 6. For freshman games a new inning may not start 2 hours after the first pitch unless the game is tied. If tied, a new inning may not start after 6 PM.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA Baseball season guidelines and the Central Athletic League schedule. Game dates and times can be changed by mutual agreement.
- a) Varsity/JV teams will play a sixteen (16) game league schedule. Each school will play teams in their division twice (10 games) and play each team in the other division once (6 games) for a total of 16 games. Divisions are based on state enrollment figures.
  - b) Unless PIAA reclassifications move a team from the top enrollment group to the bottom group for scheduling, the order of teams will not deviate from the previous year. After a two-year cycle, the largest team in each

scheduling group will rotate to the bottom of that group when the schedule is created.

- c) Whenever possible during the first half of the season, teams that play one another twice should reverse home and away games when fields are unplayable.
- d) Freshman schedules will be developed by the Baseball Chairperson based on the number of schools sponsoring these levels. All PIAA and CAL rules are to be followed. A fourteen (14) game schedule will be developed.

### **ARTICLE III – POSTPONEMENTS**

- Section 1. All postponed games are to be played the next day unless there is a regularly-scheduled league game already on that date.
- Section 2. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.
- Section 3. No games may be rescheduled for the last week of the season. All teams must enter the last week of the schedule with the same number of originally scheduled (14) league games played.
- Section 4. Postponed games in the week prior to a Three-Game week must be made up on Saturday if not played by Friday.
- Section 5. During a Three-Game week, Monday or Tuesday games postponed to Thursday will take priority if Wednesday's games are rained out. Saturday must be used to make up rained out games.
- Section 6. Originally scheduled league games take precedence over any rescheduled games.
- Section 7. Postponed Freshman games will not be rescheduled unless the schedule drops below ten games or both schools agree to reschedule.

### **ARTICLE IV - EQUIPMENT**

- Section 1. Baseball equipment rules shall follow those stipulated by the NFHS and the PIAA.
- Section 2. The home team provides NFHS approved game balls.

### **ARTICLE V - OFFICIALS**

- Section 1. Officials will be assigned by an assignor approved by the league Athletic Directors.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. League standings are based on two points per win. The team with the highest point total from the 16 scheduled games is declared the Central League Champion. First place ties result in Co-champions.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Basketball Steering Committee. All league games must be completed prior to the district seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. Special Circumstances shall be considered by a committee comprised of:
- a) The League Coordinator
  - b) The League President (Principal)
  - c) The League Chairman (Athletic Director)
  - d) Two Athletic Directors whose teams are not involved in the outcome of the decision.
- Section 2. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Nominations for position players, pitchers and a designated hitter will be received and voted upon by all coaches. A coach can nominate his own players but not vote for them.
- Section 3. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

# **BASKETBALL BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League shall follow NFHS and PIAA rules.
- a) Varsity quarters: eight minutes.
  - b) Junior varsity quarters: seven minutes.
  - c) Freshman quarters: six minutes.
- Section 2. If a game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods. All levels play overtime if the game is tied.
- a) Varsity and JV OT periods: four minutes in length with 1-minute breaks between periods. If tied at the end of OT, another period will be played.
  - b) Freshman OT periods: three minutes in length with 1-minute breaks between periods. If tied at the end of OT, another period will be played.
- Section 3. If a **varsity** game is suspended it will continue from the point of suspension on the same day or the next playable day, unless teams agree to terminate the game with the existing score.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA basketball season guidelines and the Central Athletic League schedule. Game dates and times can be changed by mutual agreement
- a) Varsity/JV teams play a 16-game league schedule, with division teams played twice (10 games) and other division teams played once (6 games). Divisions are based on state enrollment figures.
  - b) Home and Away sites alternate yearly, with schedule rotation in even-numbered years (based on the end of school).
  - c) Varsity/JV Girls play at the opposite site of Boys.
  - d) Freshmen schedules align with their varsity schedule dates and sites.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. Schedule changes and make-up games are rescheduled by mutual agreement and should be played during the same week as the postponement or regular schedule.
- Section 2. Back-to-back games are routine at tournaments and should not prevent play, but no team should play three games in a row.
- Section 3. League games should take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.
- Section 4. If both schools permit, make-up games may be arranged on Sundays, following the PIAA rule that players must have a day off within the following week.

## ARTICLE IV - EQUIPMENT

- Section 1. Basketball equipment rules shall follow those stipulated by the NFHS and the PIAA.
- Section 2. The home team wears light jerseys; the visiting team wears dark jerseys.
- Section 3. The home team provides NFHS approved game balls.

## ARTICLE V - OFFICIALS

- Section 1. Officials will be assigned by an assignor approved by the league Athletic Directors.
- Section 2. The home team provides a timer/scoreboard operator.

## ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS

- Section 1. A League champion will be determined through a six-team playoff system.
- a) Hosting schools must send a financial report to the league treasurer, including total tickets sold, game worker disbursements, security payments, and net receipts. Game workers should be paid their usual rate.
  - b) The league is responsible to pay for officials.
  - c) The league sets admission prices, and Central League passes are accepted.
  - d) The top two seeds will receive a first-round bye. The 3/6 and 4/5 games will be played at the end of the season at the site of the higher seed. Once the first-round games are complete, in case of an upset, teams will re-seeded. The semi-finals will be played at the higher seed and the finals will take place at a neutral site.
- Section 2. Tie Breaking Procedures for CAL tournament seeding (All ties are broken in descending order)
- a. Two-Way Tie: Head-to-Head Competition**
    - i. If teams have split games, examine their records against first place team, second place team, third place team, etc. The team with the best record against the highest ranked team will be awarded the higher seed.
  - b. Three-Way Tie (Same Division): Head-to-Head Competition**
    - i. If teams have split games, examine their records against first place team, second place team, third place team, etc. The team with the best record against the highest ranked team will be awarded the higher seed.
    - ii. If the teams are still tied from above (i), then the District point system will be used to break the tie.
  - c. Three-Way Tie (Different Divisions):**
    - i. Compare records of the two teams in the same division and use criteria for two team tie to determine the higher seed. Once that is

determined compare head-to-head record against remaining team to determine higher seed.

- ii. Use head-to-head record of remaining teams to determine next seed.

**d. Four-Way Tie:** Use the same procedures as in a or b above.

Section 3. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Basketball Steering Committee. All league games must be completed prior to the district seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.

- a) First, Second and Honorable Mention team size is outlined in Appendix F.
- b) Each coach can nominate up to 5 players from their team.
- c) Chairman compiles a list on which coaches will vote for the top twelve players in the league.
- d) Based on points from 12 down to 1, the final selections will be tallied.
- e) The top six picks will be first team All Central, the next six will be Second-team All Central and all other players receiving at least one vote will be on the Honorable Mention team
- f) Each School should have at least one player on the Honorable mention team.
- g) Coaches may not vote for their own players.

Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches rank three teams for the sportsmanship, award giving 5 points for first place, 3 points for second place and 1 point for third place. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.

# **CHEERLEADING BY-LAWS**

## **Section 1. Football and Basketball Game Guidelines**

- a) Each varsity team in the league must cheer at games during the varsity football season.
- b) Each team will follow the direction of their School and Athletic Director regarding basketball season.
- c) All teams must follow the PIAA rules as far as cheering, tumbling and stunting during time-outs and quarters.

## **Section 2. CAL Cheer Championships**

- a) General Rules
  - i. There are currently twelve (12) schools eligible to compete in the Central League Cheerleading Championships. The League strongly encourages full participation of every squad.
  - ii. Each school must have at least one Head or Assistant Coach present at each scheduled league meeting. There will be a minimum of three meetings, one in November, January and February unless otherwise noted. When there are items to be voted upon, each school is entitled to one vote and the League Cheerleading AD will break ties when necessary.
  - iii. Funding for the CAL Championship will derive from the ticket gate. The host school is responsible for the accounting of the gate, and sending the net total directly to the CAL treasurer. Items required for the tournament that are purchased in advance by individual cheer programs, including but not limited to (DJ, UCA Judges, trophies, flowers) will be compensated by the CAL treasurer via formal itemized invoices. The host school may request compensation from the CAL treasurer for ticket workers and security as needed and if the cheer organization does not provide volunteers.
  - iv. Hosting schools must send a financial report to the league treasurer, including total tickets sold, game worker disbursements, security payments, and net receipts. Game workers should be paid their usual rate.
  - v. The host of the Championships will rotate each year on a volunteer basis however each school will be responsible for taking on a job or responsibility for the event. If no school volunteers then it will go to the AD's as to who is willing to host.
  - vi. All team members must attend the school or district for which they are competing according to school district eligibility regulations.
  - vii. All team members must be academically eligible in accordance with their school standards in order to compete.
  - viii. All teams must present their Athletic Directors with an official team roster that will be sent to the League Chairperson for cheerleading. All rosters must be turned in by November. Rosters must specify the starting line-up and alternates. If there is a significant change to the roster submitted, it must be discussed and voted on at the January meeting.

- ix. Coaches are allowed to pull up members from a Freshman or JV team as they deem necessary at any time during the season.
- x. Teams are not allowed to add individuals that are already included as part of their roster without an “official tryout”. This includes transfer students who cannot be denied a “tryout” however it must be an official process and not a case where the student is just “placed” on a team. Tryouts are limited to two per year.
- xi. Athletic Directors must be notified of any additions to a team’s program.
- xii. Any team found competing with ineligible or illegal athletes will be disqualified from the competition.
- xiii. All-Central Cheer will be selected by the individual coach following the CAL Championship utilizing the format below:
  - 1. Category 1: Teams with Varsity, JV, and/or game day
    - a. 1 x 1st Team
    - b. 1 x 2nd Team
    - c. 1 x Honorable Mention
  - 2. Category 2: Teams with Sideline only
    - a. 1 x 2nd Team
    - b. 1 x Honorable Mention
  - 3. Category 3: Competitive Based Accolades
    - a. Top 5 Varsity teams at Cal Championship will receive an additional 1st team cheerleader.
- b) Central League Competition Divisions
  - i. The breakdown of divisions is as follows: JV, Varsity and Gameday.
  - ii. The number of members on a team is determined by the coach of the individual team however the presently agreed upon maximum is thirty (30).
  - iii. Teams must enter the division that is sanctioned and recognized by their school as their “official school team”. This means that whatever your school recognizes as your Freshman, JV or Varsity team is the division that team must enter for the Central League Championships.
- c) Safety Rules and Guidelines
  - i. All competing schools will be given a warm-up before they perform their routine.
  - ii. All teams must demonstrate all skills they will perform during the competition during the warm-up time so they are “cleared” for legality by the safety judge before they take the floor. If the safety judge calls a move illegal then the competition will pause for the head judge to come in and give a second opinion.
  - iii. Coaches should send any skills in question to UCA at UCARules@varsity.com prior to competition.
  - iv. All routines are two minutes and thirty seconds (2:30) with a five (5) second overall grace period. Anyone 1-5 seconds over will receive a 1-point deduction. Anyone 6 or more seconds over will receive a 2-point deduction (per UCA guidelines). Music cannot exceed one minute and forty-five seconds (1:45). Routines will be timed on the floor and deductions, if necessary, will apply.



- v. In addition to the above, the Central League follows UCA/AACCA Safety Rules and Guidelines. Please visit [www.varsity.com](http://www.varsity.com) and [www.aacca.com](http://www.aacca.com).
- d) Event Awards
- i. The number of awards given per division will depend on the number of teams.
  - ii. Only Varsity teams are eligible for the Central League Championship Bowl.
  - iii. The winner of the Central League Champions will be the Varsity team that holds the highest score at the event that year.
  - iv. The Central League Champions will keep the Championship Bowl for the period of one year and return it on the day of the next annual championship.
  - v. The Spirit Award will be given to the team with the highest number of votes on that day.

# **CROSS COUNTRY BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- Section 2. If a meet must be suspended because of conditions which make it impossible to continue, the meet will be rescheduled on the earliest agreeable date for all schools. Termination due to inclement weather should occur if runner safety is at risk, and it becomes the home coach's responsibility once the meet has started.
- Section 3. All scoring is based on dual scoring -- within a double dual/triple dual meets.
- Section 4. Maps of the courses and other pertinent information relating to a meet should be provided before the season begins. The visiting teams may preview away courses.
- Section 5. All ties will be broken according U.S. Track Federation procedures.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA cross country season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Meets will be scheduled for Tuesdays and Wednesdays.
  - b) Boys and Girls teams will compete against all other teams in the league.
  - c) During odd-numbered seasons GIRLS teams will participate first. During even-numbered seasons BOYS teams will participate first.
- Section 2. Schools are divided into 3 groups based on size of team for meet management purposes. Reevaluation of the size of teams will take place every two years. After reevaluation:
- a) **Large Teams** – Assigned numbers 1 through 4. **Medium Teams** - Assigned numbers 5 through 8. **Small Teams**– Assigned numbers 9 through 12.
  - b) Next year rotate 1-4 to 9-12, 5-8 to 1-4, and 9-12 to 5-8.
- Section 3. Competition schedule:
- |  |                                    |
|--|------------------------------------|
| Week 1: Tuesday: 1 – 9 – 3 – 2 – 5 – 10  | Wednesday: 6 – 7 – 11 – 4 – 8 – 12 |
| Week 2: Tuesday: 1 – 9 – 3 – 6 – 7 – 11  | Wednesday: 2 – 5 – 10 – 4 – 8 – 12 |
| Week 3: Tuesday: 2 – 5 – 10 – 6 – 7 – 11 | Wednesday: 1 – 9 – 3 – 4 – 8 – 12  |
| Week 4: Open for Rain dates.             |                                    |
- Section 4. Scoring schedule:
- |  |                                   |
|--|-----------------------------------|
| Week 1: Tuesday: 1–9–3 score vs 2–5–10 | Wednesday: 6–7–11 score vs 4–8–12 |
| Week 2: Tuesday: 1–9–3 score vs 6–7–11 | Wednesday: 2–5–10 score vs 4–8–12 |

Week 3: Tuesday: All teams score vs each other. Wednesday: All teams score vs each other.

### **ARTICLE III – POSTPONEMENTS**

Section 1. Postponed meets must be rescheduled at the earliest agreeable date for all schools.

### **ARTICLE IV - EQUIPMENT**

Section 1. Cross country equipment rules shall follow those stipulated by the NFHS and PIAA. Electronic timing will be used for each meet.

### **ARTICLE V - OFFICIALS**

Section 1. The Cross-Country Chairman will assign each school responsibilities for assisting officials at league meets. The Chairman is responsible for hiring and paying these officials, including timer and chute workers.

### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

Section 1. The Central League will hold a championship meet with randomly assigned starting positions.

Section 2. The league championship is awarded to the team accumulating the highest point total from:

- a) Each meet will be scored as a dual meet –within a double dual/triple dual meet. One (1) point will be awarded for each league win.
- b) Each team defeated by a school at the league championship meet. Two (2) points for each team defeated.
- c) Final standings will be determined by the highest number of points accumulated by 2a. and 2b. above.
- d) A team with an undefeated double dual/triple dual meet season will be declared co-champion.

Section 3. Teams Entering District Competition:

- a) All Central League members are invited to compete in the District One Championship due to the open format.
- b) Individual runners are eligible to compete if their teams do not participate in District competition.
- c) All league meets must be completed before the district seeding meeting.

## ARTICLE VI – LEAGUE AWARDS

- Section 1. The Central League champion(s) shall receive a trophy or a plaque.
- Section 2. All-League recognition will be determined by the league for the first twenty-one (21) finishers at the CAL Cross Country Championship Meet.

|                          |   |
|--------------------------|---|
| CAL 1 <sup>st</sup> TEAM | 1st-7th finish                            |
| CAL 2 <sup>nd</sup> TEAM | 8th-14 <sup>th</sup> finish               |
| HONORABLE MENTION        | 15 <sup>th</sup> -21 <sup>st</sup> finish |

Refer to Appendix F for player limits per team.

- Section 3. All coaches receive a ballot listing all Central League teams. Coaches will rank three teams for the sportsmanship award, giving 5 points for first place, 3 points for second, and 1 point for third. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.

# **FIELD HOCKEY BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League shall follow NFHS and PIAA rules.
- a) **Varsity games:** Four quarters of fifteen (15) minutes each. Two-minute breaks between quarters 1 & 2 and 3 & 4. Halftime: 10 minutes maximum.
  - b) **Junior varsity games:** Four quarters of twelve (12) minutes each. Two-minute breaks between quarters 1 & 2 and 3 & 4. Halftime: 6 minutes maximum.
  - c) **JVB games:** Four quarters of twelve (12) minutes each. Two-minute breaks between quarters 1 & 2 and 3 & 4. Halftime: 5 minutes maximum.
- Section 2. If a **varsity** game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods. Prior to the start of the overtime, there shall be a 5-minute intermission. Regular season games tied after overtime stand as a tie.
- Section 3. If a **varsity** game must be suspended it shall be declared an official game if one complete half has been played and one team has scored. If not, the game resumes from the point of suspension at the next playable time.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA field hockey season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Varsity/JV teams: Eleven (11) game round robin league schedule.
  - b) Home and Away sites alternate yearly, with schedule rotation in odd-numbered years (based on the end of school).
  - c) JVB schedules will be developed by the Field Hockey Chairperson based on school participation.
  - d) JVB teams: Max 5 practice/game days per week, max 2 games per week (exceptions for the last week or makeup games).

## **ARTICLE III – POSTPONEMENTS**

- Section 1. Postponed games are played the next day unless a league game is scheduled. Rescheduled games become scheduled games.
- Section 2. If postponing a game causes a team to play four league games in one week, it will be rescheduled to the next available date
- Section 3. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

## **ARTICLE IV - EQUIPMENT**

- Section 1. Field hockey equipment rules shall follow those stipulated by the NFHS and PIAA.
- Section 2. The home team wears dark jerseys; the visiting team wears white jerseys.
- Section 3. Home team provides NFHS approved game balls and, for varsity games, ball people on both sides of the field.

#### **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.
- Section 2. Two officials for each Varsity and JV game; if possible, two for each freshman/JVB game.
- Section 3. Home team provides a timer for varsity games.

#### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. League standings are based on three points per win, one point per tie, and zero points per loss. The team with the highest point total from the scheduled 11 games is declared the Central League Champion. First-place ties result in Co-champions. Coaches are responsible for emailing in their scores to the chairperson after each game so that accurate records can be kept.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Field Hockey Steering Committee. Two Central League reps attend the seeding meeting. All league games must be completed before the seeding meeting.

#### **ARTICLE VII – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Each coach will nominate their own players for All Central consideration. The players should be ranked 1 to 5 with 1 being their top player. A maximum of five players in addition to one goalkeeper from each school may be nominated. Coaches can nominate fewer than five players if statistics do not support a nomination.
  - c) All nominations will then be compiled and sent to all coaches. Each coach will select, excluding their own players, the top 11 players and top goalkeeper in the league. Each of these players will be marked with 10 points. Then the next 11 players and goalkeeper will be marked with 5 points.
  - d) The top 11 field players and the goalie with the most points earned are automatically placed on 1<sup>st</sup> Team All Central League. There can be no more than 12 players on this team

- e) The next top 11 field players and the next goalie with the most points earned will be placed on 2<sup>nd</sup> Team All Central League. There can be no more than 12 players on this team
- f) The remaining players on the list will be considered for Honorable Mention All Central League. For a player to earn Honorable Mention they must receive at least one vote from a coach other than their own. If one team in the league does not get any players on any of the three teams, the coach of that team will select one of their players to be placed on the Honorable Mention team.
- g) Tie Breaking Procedures - In the event of a tie on any of the All-Central Teams, all of the coaches will resolve the tie by voting. All coaches will vote for one of the two players involved in the tie. The player with the most votes will be assigned to the appropriate team. If a tie still remains after the coaches' vote, the players' stats will be evaluated in order to end the tie.

Section 2. All coaches receive a ballot listing all Central League teams. Coaches will rank three teams for the sportsmanship award, giving 5 points for first place, 3 points for second, and 1 point for third. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.

# **FOOTBALL BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League shall follow NFHS and PIAA rules.
- a) Varsity quarters are twelve minutes in length.
  - b) Junior varsity quarters are ten minutes in length.
  - c) Freshman quarters are nine minutes in length.
- Section 2. If a **varsity** game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods for league and non-league games.
- Section 3. In the event a **varsity** game must be suspended the game will resume from the point of suspension on the same or next playable day unless three quarters have been completed, in which case the game is official or teams agree to terminate the game with the existing score.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA football season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Varsity/JV teams will play a nine (9) game league schedule. Each school will play teams in their division (5 games) and play predetermined teams in the other division (4 games) for a total of 9 games. Divisions are based on state enrollment figures.
    - i. For divisional games the Home and Away sites are changed each year and the schedule is rotated every two years. Rotation occurs in odd-numbered years (based on the end of school).
    - ii. For inter-divisional games the Home and Away sites are changed each year for schools playing each other in consecutive years and the schedule is rotated every year to ensure each school will play every other league school at least once every two years.
  - b) JV teams play at opposite site of the varsity game on the Monday following the varsity game.
  - c) Freshmen schedules will follow the varsity schedule in terms of opponents and game location.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. Postponed games should be rescheduled for the next available day.
- a) All varsity games must be played.
  - b) Junior Varsity games that cannot be rescheduled at a mutually agreed date will be canceled.
  - c) Every effort should be made to reschedule freshman games and avoid forfeiture.



## **ARTICLE IV - EQUIPMENT**

- Section 1. Football equipment rules follow those stipulated by the NFHS and PIAA.
- Section 2. The home team wears non-white jerseys; the visiting team wears white jerseys.
- Section 3. Each team will provide game balls for all games. The officiating crew shall secure these balls before each game to ensure each ball is properly inflated and in satisfactory condition.

## **ARTICLE V - OFFICIALS**

- Section 1. Officials will be assigned by an assignor approved by the league Athletic Directors.
- Section 2. The number of PIAA registered officials assigned by the league assignor will be as follows:
- a) Varsity – Six
  - b) Junior Varsity – Four
  - c) Freshman - Four
- Section 3. Home team provides a chain crew. The chain crew for varsity games must consist of adults. For junior varsity and freshman games, the host school will supply the chain crew, preferably adults.
- Section 4. Home team provides a timer/scoreboard operator.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. League standings are based on two points per win. The team with the highest point total from the scheduled nine games is declared the Central League Champion. First place ties result in Co-champions.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Football Steering Committee. All league games must be completed before the seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Coaches should keep notes on outstanding opponents throughout the season for reference in making final selections.
  - c) Coaches must rate their own players and submit a list to the statistician by a given date.
  - d) A master list composed of each team's ratings will be compiled and sent to all coaches for final voting.

- e) At a specified date, coaches will meet and hand in their ballots for a first and second team. No coach may choose players from their own team.
- f) Ten (10) points will be awarded to first team selections and five (5) points will be awarded to second team selections.
- g) Each player will receive a final rating made up of the total of all first and second team points plus the original rating score given by his own coach. The football coaches will select a player or players having the greatest number of points in each position as a member of the All-Central Athletic League first team. The player or players having the next highest point rating in each position will be selected as a member of the All-Central Athletic League second team. All other players having received at least one (1) vote from a coach other than his own will be selected as a member of the All-Central Athletic League honorable mention team.
- h) In the case of first team ties the next highest point total for a player would qualify him for the second team.

Section 2. All coaches receive a ballot listing all Central League teams. Coaches will rank three teams for the sportsmanship award, giving 5 points for first place, 3 points for second, and 1 point for third. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.

## **ARTICLE VII – SCOUTING, FILMING AND USE OF PORTABLE PHONES**

Section 1. Varsity level.

- a) No coach may scout a school in a scrimmage unless receiving prior approval from the coach of the school involved.
- b) Coaches, or their designees, scouting a football game must position themselves where spectators are allowed.
- c) Telephones, headphones, or portable radios may be used by teams during games. Coaches may use telephones, headphones or portable radios in home stands when they are the visiting team, but not in the press box.
- d) All schools may film or tape games home and away. Coaches may exchange films/tapes of league games. These films/tapes should not be duplicated.

# **GOLF BY-LAWS**

(Updated 8/15/25)

## **ARTICLE I - RULES OF PLAY**

- Section 1. The USGA Golf Rules shall be the official rules of play for the Central Athletic League.
- Section 2. Local rules compliance at individual golf courses will be accepted.
- Section 3. Spectators are not permitted on the golf courses during any competitions. This is based on the guidelines established by local country clubs.
- Section 4. Start of Play procedures:
- a) Home coach will hand out any special course information to the away team before the start of the match.
  - b) Coaches should determine groupings that will expedite play on their particular course.
  - c) Golfers must be paired with their opponent, introduced to each other and scorecards prepared.
- Section 5. Match procedures:
- a) All players must play the same nine holes in medal play format.
  - b) The selection of the nine holes is the responsibility of the home team and should be clarified with the visiting team before the match begins.
  - c) Each player must complete every hole. No putt may be conceded.
  - d) Players should be ranked in the interest of time and level of competition and be paired with his/her opponent.
  - e) Each player must submit to his coach at the end of the match a scorecard with hole-by-hole scoring, which is in total agreement with his/her opponent's card.
  - f) The team scoring will be determined by the total of the five lowest scores from an eight-player team.
  - g) Low team total wins the match.
  - h) When girls compete in Central League play, they play the new 85% rule. Females tee off using 85% of the yardage or as close as possible. Coaches will decide the yardage before the match begins.
  - i) In regular season matches, if the best five scores from each team are tied, the tie will be broken by going to the 6<sup>th</sup> score, then 7<sup>th</sup> score and then the 8<sup>th</sup> score. If tied after that, the match is a tie.
  - j) Laser range finders are permitted.
  - k) Coaching is permitted from green to tee.
  - l) The number of coaches permitted to discuss/coach with their team must be equal.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA golf season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement. This would also include rain dates.
- a) Varsity teams will play an eleven (11) game round robin league schedule.
  - b) Home and Away sites are changed each year and schedule is rotated every two years. Rotation occurs in even numbered years.
  - c) Tri-matches are approved as long as all schools agree.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. Postponed matches must be rescheduled at the earliest possible date agreeable to both schools. If a rescheduled match cannot be played on the home team site a neutral site for the contest will be found. Site will be determined by the chairperson at the expense of the home team.
- Section 2. In the event of lightning, the match will automatically be suspended. Match can continue after thirty (30) minutes of no lightning and upon agreement of the golf coaches. If the match cannot be continued, see Section 4 of this article.
- Section 3. Once the match has begun, termination due to inclement weather other than lightning is by mutual agreement of the coaches.
- Section 4. Terminated matches shall be replayed from the beginning.
- Section 5. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

## **ARTICLE IV – EQUIPMENT**

- Section 1. The rules regulating golf equipment will be those stipulated by the U.S.G.A

## **ARTICLE V - OFFICIALS**

- Section 1. Coaches should settle all disputes on the course.
- Section 2. All appeals or protests shall be forwarded to their respective Athletic Directors the first school day following the match. The golf chairperson should also be notified to help settle the dispute.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. Team match play results are reported to the Central League golf chairperson on the evening of the match. Copies of all team match play results shall be given to the chairperson at the middle and at the end of the season.

- Section 2. A Central League champion or champions will be declared at the completion of the league schedule based upon dual league records. If two or more teams are tied for first place, they are champions equally (Co-champions, Tri-champions, etc.).
- Section 3. The Central League will have a qualifying tournament each year.
- a) This is an individual tournament with invitations going out to the top 72 male golfers plus female golfers. Invitations will be determined by coaches' nominations from the league differential. At least one player from each school will be invited automatically.
    - i. Male players should be scoring on average no more than 8 over par for nine holes.
    - ii. Female players should be scoring on average no more than 50 for nine holes.
    - iii. Any exceptions will be decided by the golf chairperson in conjunction with the golf coaches.
  - b) A medal or plaque will be given to the low medalist male and female players.
- Section 4. Teams Entering District Competition:
- a) The District 1 Team Championships will include the League champion (decided by league record) and the league runner up. Tie-breaking procedure below.
  - b) If there is a female team, they may be invited by the District One Golf Steering Committee to participate in the district tournament provided the team can shoot the District 1 qualifying score.
  - c) If there is a tie between teams eligible to enter the district tournament the following tie-breaking procedure will be used:
    - i. Head-to-head record.
    - ii. Final dual match record in league play.
    - iii. Best five versus best five at the Central League Tournament.
    - iv. Lowest player's score from the teams tied in the Central League Tournament.
- Section 5. Players Entering District Competition:
- The Central League tournament is used to determine the athletes eligible for district competition based on their order of finish. The District One Golf Steering Committee will determine which of these athletes are chosen to participate

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League teams will be determined based on the score differentials for regular season matches\*:
- a) Each coach is responsible for calculating their players' differential score and must enter the score in the document after each match.
  - b) Coaches must use the course rating and slope provided on the league shared document to ensure uniformity. If a course is not listed, you should obtain the slope and rating of the course by using the USGA Course Rating and Slope Database. ([National Course Rating Database, usga.org](http://NationalCourseRatingDatabase.usga.org))
  - c) The league will award First Team, Second Team and Honorable Mention to the top performers. Refer to Appendix F for player limits per team.

- i. The top 10 players with the lowest differential score will be awarded First Team All Central League honors. The top performer will be named league MVP.
  - ii. The next 10 players will be awarded Second Team All Central League honors.
  - iii. The following ~~10~~ players will be awarded Honorable Mention All Central League honors based on coach recommendation.
  - iv. Any player who finishes out of the top 30 in regular season play, but qualifies for the PIAA District 1 Tournament and/or PIAA State Tournament ~~shall~~ can also be awarded Honorable Mention All Central League honors.
- d) A player must compete in over 50% of the league matches to be considered for All League honors.

Section 2. All coaches receive a ballot listing all Central League teams. Coaches will rank three teams for the sportsmanship award, giving 5 points for first place, 3 points for second, and 1 point for third. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.

# **LACROSSE – BOYS BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- a) Varsity games will consist of four quarters. Each quarter shall be twelve (12) minutes.
  - b) Junior varsity games will consist of four quarters. Each quarter shall be ten (10) minutes in length.
  - c) JVB/Freshman games will consist of four quarters. Each quarter shall be eight (8) minutes in length.
- Section 2. If a **varsity** game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods..
- a) Overtime periods are four minutes in length with a 2-minute intermission between each period.
  - b) The first goal wins (sudden victory).
- Section 3. If a **varsity** game is suspended games interrupted before half-time will be resumed at the point of stoppage. Games interrupted after the first half will be resumed at the point of stoppage unless both teams agree to end the game.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA boys lacrosse season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Varsity/JV teams will play an eleven (11) game round robin league schedule.
  - b) Home and Away sites alternate yearly, with schedule rotation every two years. Rotation occurs in even-numbered years (based on the end of school).
  - c) Varsity/JV Boys Lacrosse teams play at the opposite site of Varsity/JV Girls Lacrosse.
  - d) JVB/Freshman schedules are developed by the Boys Lacrosse Chairperson based on school participation, following all PIAA and CAL rules. JVB/Freshman teams may schedule a maximum of 16 games.
- Section 2. League games will be played on Tuesday and Thursday whenever possible.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. All postponed games are to be played on the earliest possible date agreeable to both schools. All postponed league games must be made up at least two days before the playoffs begin.
- Section 2. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

## **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating Boys Lacrosse equipment follow those stipulated by the NFHS and the PIAA.
- Section 2. The home team wears white jerseys; the visiting team wears dark jerseys.
- Section 3. The home team will provide NFHS approved game balls.

## **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.
- Section 2. Three officials shall be contacted for each Varsity game. Two officials shall be contracted for each JV/JVB game.
- Section 3. The home team provides a timer for varsity games.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. The standings of the schools in the Central League shall be determined by the team win-loss record in games played. If multiple teams are tied for the league championship the title of league champion will be shared.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Boys Lacrosse Steering Committee. All league games must be completed before the seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition. First, Second and Honorable Mention team size is outlined in Appendix F.
- Section 2. All coaches receive a ballot listing all Central League teams. Coaches will rank three teams for the sportsmanship award, giving 5 points for first place, 3 points for second, and 1 point for third. Coaches cannot vote for their own school. The league chairperson tallies the results and reports them to the league's Athletic Directors.



# **LACROSSE – GIRLS BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows USWLA , NFHS and PIAA rules.
- Varsity games will consist of four quarters. Each quarter shall be 12 minutes. Time between quarters is 2 minutes and up to 10 for halftime.
  - Junior varsity games will consist of four quarters. Each quarter shall be 10 minutes in length. Time between quarters is 2 minutes and up to 10 for halftime.
  - JVB games will consist of four quarters. Each quarter shall be 10 minutes in length. Time between quarters is 2 minutes and up to 10 for halftime.
- Section 2. If a **varsity** game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods.
- Prior to the start of the overtime, there shall be a 5-minute intermission and the visiting team will call the coin toss for choice of ends. (alternating possession will continue from regulation)
  - The winner will then be decided in “sudden victory” stop-clock overtime period of no more than six (6) minutes in length, with the teams changing ends after three (3) minutes (with no delay for coaching or substitution).
  - If the game remains tied at the end of the overtime period it shall be declared a tie game with each team receiving one point.
  - Note: Team time-outs do NOT carry into overtime. Each team is permitted one time-out during the entire duration of the overtime.
- Section 3. Once play begins officials have the authority to interrupt or delay the game due to dangerous weather or field conditions. The officials’ decision is final. Only **varsity games** will be suspended/rescheduled.
- Games are considered legal and complete if three quarters of playing time has elapsed.
  - An interrupted game continued same day will restart from point of interruption.
  - If a suspended game is replayed on another day, it must be played from the point of interruption.
  - A suspended game may be considered complete by mutual agreement of the coaches. The game score will stand as the score at the time of termination.

## **ARTICLE II – SCHEDULES**

- Section 1. Member schools shall follow PIAA girls lacrosse season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- Varsity/JV teams will play an 11-game round robin league schedule.
  - Home and Away sites alternate yearly, with schedule rotation every two years. Rotation occurs in even numbered years.

- c) Varsity/JV Girls Lacrosse teams play at the opposite site of Varsity/JV Boys Lacrosse.
- d) JVB schedules are developed by the Girls Lacrosse Chairperson based on school participation, following all PIAA and CAL rules. JVB teams may schedule a maximum of 16 games.

Section 2. Varsity and JV league games will be played on Tuesday and Thursday whenever possible. JVB games will be played on Monday and Wednesday whenever possible.

Section 3. All Central League games starting time is 3:45 for Varsity. However, schools may agree to an alternate starting time arranged by Athletic Directors of the two schools.

### **ARTICLE III – POSTPONEMENTS**

Section 1. Postponed varsity games are to be played on the next day (including Saturday).

Section 2. The Girls Lacrosse Chairperson shall be notified of schedule changes.

Section 3. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

### **ARTICLE IV - EQUIPMENT**

Section 1. The rules regulating Girls Lacrosse equipment follow those stipulated by the NFHS and the PIAA.

Section 2. The home team wears white jerseys; the visiting team wears dark jerseys. Home team will wear pinnies if their tops are the same color as the visiting teams.

Section 3. The home team will provide NFHS approved game balls.

### **ARTICLE V - OFFICIALS**

Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.

Section 2. Three officials shall be contacted for each Varsity game. Two officials shall be contracted for each JV/JVB game.

Section 3. The home team provides a timer for varsity games.

### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. The Central League Champion shall be determined as follows:
- a) The League record of each team shall be evaluated based upon 3 points for each win, one point for each tie, and 0 point for each loss. The team with the highest point total for the approved league schedule shall be declared the

Central League Champion. If two or more teams finish in a tie for first place, the teams shall be declared co-champion or joint-champions.

- b) The League Secretary will be notified of the final league standings in the sport by ranking.

Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Girls Lacrosse Steering Committee. All league games must be completed before the seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

Section 1. The Central League champion(s) shall receive a trophy or a plaque.

Section 2. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.

- a) First, Second and Honorable Mention team size is outlined in Appendix F.
- b) All-Central 1<sup>st</sup> and 2<sup>nd</sup> teams will have 14 field players and one goalie.
- c) Each coach shall make note after each contest regarding outstanding opponents. These notes should be kept for reference in making final selections.
- d) Each coach will nominate, in rank order, up to a maximum of 6 field players and 1 goalie. These nominations, along with key points about each player should be submitted to the Chairperson by the assigned date.
- e) The Chairperson will copy the information and mail each school a copy of all nominations along with the final ballot.
- f) Each coach will select, excluding their own, the top 14 players and top goalkeeper.
  - i. Each coach will select, excluding their own, the top 14 players and top goalkeeper. Each of these players will be given 15 points.
  - ii. Then the next 14 players and the second selected goalkeeper will be given 10 points.
  - iii. The process will be repeated for a third set of players with 5 points being given. All slots must be filled. These rankings are to be sent to the chairperson prior to the post-season meeting.
- g) All rankings will be placed on a master tally sheet and totaled.
- h) A player must receive a minimum of 25 points (5 votes) to be placed on the Honorable Mention team.
- i) Coaches will meet and review the rankings; —adjustments will be reviewed and voted on by coaches-selections will be named following a review of the master tally sheet.
- j) Each school must have representation on one of the teams. If this is not voted, an honorable mention will be appointed.

Section 3. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

# **SOCCER BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- a) Varsity games will consist of two halves. Each half shall be forty (40) minutes.
  - b) Junior varsity games will consist of two halves. Each half shall be thirty-six (36) minutes in length.
  - c) Freshman/JVB games will consist of two halves. Each half shall be thirty (30) minutes in length.
- Section 2. If a **varsity** game is tied at the end of regulation, it will follow NFHS and PIAA tie-breaking guidelines with overtime periods.
- a) Prior to the start of the first overtime, there shall be a 5-minute intermission.
  - b) Each overtime period is ten minutes in length. Normal rules of play shall continue for the overtime period. In any OT period first goal wins
  - c) If the score is still tied after the first overtime period there will be a two-minute intermission followed by a second ten-minute overtime period.
  - d) If a tie still exists after two overtime periods the game ends in a tie.
- Section 3. If a **varsity** game must be suspended it is declared an official game if one complete half or more has been played and one team has a greater number of goals. If not, the game continues from the point of suspension on the same day or the next playable day.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA soccer season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Varsity/JV teams will play an eleven (11) game round robin league schedule.
  - b) Home and Away sites alternate yearly, with schedule rotation every two years. Rotation occurs in odd-numbered years (based on the end of the school year).
  - c) Varsity/JV Girls Soccer teams (along with Varsity/JV Field Hockey) play at the opposite site of Varsity/JV Boys Soccer.
  - d) Freshmen/JVB schedules are developed by the Soccer Chairperson based on school participation, following all PIAA and CAL rules.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. All postponed games are to be played on the following date unless there is a scheduled league game. Once a game has been rescheduled, it now becomes a scheduled game.

- Section 2. Any postponed game that could cause a school to play four (4) league games in one week shall be rescheduled to the next available common date.
- Section 3. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

#### **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating soccer equipment follow those stipulated by the NFHS and the PIAA.
- Section 2. The home team wears dark jerseys; the visiting team wears white jerseys.
- Section 3. The home team will provide three (3) NFHS approved game balls. For varsity games ball people are recommended for both sides of the field.

#### **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.
- Section 2. Two officials shall be contacted for each Varsity and JV game, and if possible, two (2) officials for each freshman/JVB game.  
a) When only one official shows up for a varsity game, it is recommended that a second official be used from the JV game.
- Section 3. The home team provides a timer for varsity games. Referees keep official time on the field.

#### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. Teams will receive 3 points for a win and 1 point for a tie. The team with the most league points at the conclusion on the schedule will be awarded the title of league champion. If multiple teams are tied for the league championship the title of league champion will be shared.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Soccer Steering Committee. All league games must be completed before the seeding meeting.

#### **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.  
a) First, Second and Honorable Mention teams size is outlined in Appendix F.  
b) Each coaching staff shall rank their own top eleven (11) field players and send a copy of this to each coach in the league one week prior to the end of the regular season. The names on these lists will be the players nominated for selection onto the all-league teams.

- c) Each player on this ranking shall receive points towards selection based on the formula:  
#1 player--10 points, #2 player--9 points, #3 player--8 points, Etc.
- d) At the completion of league play each coaching staff will select a 1st and 2nd team all-league. Only opponents can be used in this selection. Each player on these lists shall receive points towards selection based on the formula:  
1st team selection - 10 points                      2nd team selection - 5 points.
- e) Each coach shall bring their selections to the end of the season meeting for tabulation and announcement of all-league selections. The eleven field players with the highest point totals will be named to the All-Central League 1st team. The eleven players with the next highest totals will be named to the All-Central League 2nd team. If there is a tie for the eleventh spot for either team, or a league coach feels that one of his players, falling short of the necessary points, deserves reconsideration, a discussion and vote by the coaches will take place.
- f) Goalkeeper selection: The coaches will nominate goalkeepers separately at the end of the season meeting and a separate vote will be taken.
- g) The Honorable Mention selections are chosen from the remaining players who have received a vote as well as up to two nominees from a school that has no representation on either first or second team.
- h) The All-Central League Soccer teams will be released to the media and other interested parties by alphabetical order of schools, listing the player's name, position, and grade.
- i) Any selections that are requested for subsequent All-Select/All-State teams (including All-Stars) shall be chosen by separate voting at the end of the season meeting. Nominations will be taken from each coach with a maximum of two from each team. The players nominated must be the two top rated players on each team. Goalkeepers can be included as one of the two nominations if the coach chooses.

Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

# **SOFTBALL BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- Section 2. A regulation game is seven (7) innings.
- Section 3. If tied at the end of regulation, games continue under NFHS and PIAA tie-breaking guidelines with extra innings played under normal rules. All levels play extra innings if the game is tied at the end of regulation.
- a) If teams are tied at the end of seven innings an extra inning shall be played.
  - b) Extra innings shall be played under normal rules except as specified in “f” below.
  - c) If the score is still tied after the home team has completed batting in their half of an extra inning an additional extra inning shall be played.
  - d) The team with the most runs at the end of an extra inning shall be declared the winner.
  - e) Anytime the home team takes the lead in an extra inning game the game is over.
  - f) Starting in the 10th inning the batter making the last out of the previous inning starts on second base.
- Section 4. Games are declared official if:
- a) 4 and 1/2 innings have been completed with the home team leading.
  - b) 5 complete innings have been played with one team leading. However, anytime both teams have not completed their half of an inning the score reverts back to the previously completed inning unless the home team has tied the game (must break the tie at a later date) or gone ahead (Home team declared the winner if ahead).
  - c) One team is ahead by 15 runs after three innings.
  - d) One team is ahead by 10 runs after five innings.
- Section 5. In the event a **varsity** game must be suspended the umpire shall declare it an official game if it meets the conditions in Section 4 above. In situations where an official game cannot be declared, the game shall be continued from the point of suspension at a later time during the day of competition or the next playable day.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA softball season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) Varsity/JV teams will play a sixteen (16) game league schedule. Each school will play teams in their division twice (10 games) and play each team in the other division once (6 games) for a total of 16 games. Divisions are based on state enrollment figures.

- b) Unless PIAA reclassifications move a team from the top enrollment group to the bottom group for scheduling, the order of teams will not deviate from the previous year. After a two-year cycle, the largest team in each scheduling group will rotate to the bottom of that group when the schedule is created.
- c) Whenever possible during the first half of the season team, teams that play one another twice should reverse home and away games when fields are unplayable.
- d) JVB schedules are developed by the Softball Chairperson based on school participation, following all PIAA and CAL rules.

### **ARTICLE III – POSTPONEMENTS**

- Section 1. Postponed varsity games are to be played on the next day (including Saturday).
- Section 2. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

### **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating Softball equipment follow those stipulated by the NFHS and the PIAA.
- Section 2. The home team will provide NFHS approved game balls.

### **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.

### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. League standings are based on two points per win. The team with the highest point total from the 16 scheduled games is declared the Central League Champion. First place ties result in Co-champions.
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Softball Steering Committee. All league games must be completed before the seeding meeting.

### **ARTICLE VI – LEAGUE AWARD**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
  - a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Coaches will mail in their nominations to the Softball Chairperson. There is no set limit to the numbers of players who can qualify. Each coach should rank the players in the order of value to their team.
  - c) Non-league games will not be counted in the statistics.



- d) A list of the nominations will be mailed to all coaches for review and evaluation.
- e) Coaches will email in their selections to the softball chairman. You can select:
  - i. 3 catchers (Ranked from 3 to 1)
  - ii. 3 pitchers (Ranked from 3 to 1)
  - iii. 6 infielders (Ranked from 6 to 1)
  - iv. 5 outfielders (Ranked from 5 to 1)
  - v. 3 utility players (Ranked from 3 to 1)
  - vi. 3 designated hitters (Ranked from 3 to 1)
- f) Coaches do not vote for their own players. Each of your own nominees receives 3 points from you.
- g) Coaches should consider the following factors should be used in nominating and selecting players:
  - i. Member of the varsity team
  - ii. Has demonstrated outstanding skill
  - iii. Has consistently contributed to the success of the team

Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.


# SWIMMING BY-LAWS

## ARTICLE I - RULES OF PLAY

- Section 1. The Central Athletic League follows NFHS and PIAA rules.
- Section 2. All league meets are co-ed. Order of events follows the NFHS Rulebook. The championship meet order may follow District and State formats.

## ARTICLE II - SCHEDULES

- Section 1. Member schools shall follow PIAA field swimming season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement.
- There will be two divisions of teams based on results (combined boys/girls) from previous two seasons.
    - Division A = 1, 3, 5, 7, 9, 11
    - Division B = 2, 4, 6, 8, 10, 1
  - There will be 7 Dual Meets per Season (one meet per week). 5 meets within each division and 2 crossover meets.
  - Divisions are reseeded in odd years, for example, in Fall 2023, scores from 2022(end) season and 2023(end) season are combined to reseed the standings for 2025(end) and 2026(end).

|  CAL SWIMMING & DIVING SCHEDULE |                 |                 |
|--|-----------------|-----------------|
| SCHEDULE TEMPLATE  |                 |                 |
| DIV A  | DIVISION MEETS  | CROSSOVER MEETS |
| 1  | 3, 5, 7, 9, 11  | 2, 6            |
| 3  | 1, 5, 7, 9, 11  | 4, 8            |
| 5  | 1, 3, 7, 9, 11  | 6, 10           |
| 7  | 1, 3, 5, 9, 11  | 8, 12           |
| 9  | 1, 3, 5, 7, 11  | 10, 2           |
| 11   | 1, 3, 5, 7, 9   | 12, 4           |
| DIV B  | DIVISION MEETS  | CROSSOVER MEETS |
| 2  | 4, 6, 8, 10, 12 | 1, 9            |
| 4  | 2, 6, 8, 10, 12 | 3, 11           |
| 6  | 2, 4, 8, 10, 12 | 5, 1            |
| 8  | 2, 4, 6, 10, 12 | 7, 3            |
| 10   | 2, 4, 6, 8, 12  | 9, 5            |
| 12   | 2, 4, 6, 8, 10  | 11, 7           |

| YEAR 1  | A @ H  | A @ H  | A @ H  | A @ H  | A @ H  | A @ H   |
|---------|--------|--------|--------|--------|--------|---------|
| MEET 01 | 1 @ 9  | 2 @ 10 | 3 @ 7  | 8 @ 4  | 11 @ 5 | 12 @ 6  |
| MEET 02 | 3 @ 1  | 4 @ 2  | 7 @ 5  | 6 @ 8  | 9 @ 11 | 10 @ 12 |
| MEET 03 | 1 @ 4  | 2 @ 3  | 5 @ 8  | 7 @ 6  | 9 @ 12 | 11 @ 10 |
| MEET 04 | 11 @ 1 | 12 @ 2 | 5 @ 3  | 4 @ 6  | 7 @ 9  | 10 @ 8  |
| MEET 05 | 1 @ 2  | 3 @ 4  | 6 @ 5  | 8 @ 7  | 9 @ 10 | 12 @ 11 |
| MEET 06 | 5 @ 1  | 2 @ 6  | 9 @ 3  | 10 @ 4 | 7 @ 11 | 8 @ 12  |
| MEET 07 | 1 @ 7  | 8 @ 2  | 3 @ 11 | 4 @ 12 | 5 @ 9  | 6 @ 10  |

| YEAR 2  | A @ H  | A @ H  | A @ H  | A @ H  | A @ H  | A @ H   |
|---------|--------|--------|--------|--------|--------|---------|
| MEET 01 | 9 @ 1  | 10 @ 2 | 7 @ 3  | 4 @ 8  | 5 @ 11 | 6 @ 12  |
| MEET 02 | 1 @ 3  | 2 @ 4  | 5 @ 7  | 8 @ 6  | 11 @ 9 | 12 @ 10 |
| MEET 03 | 4 @ 1  | 3 @ 2  | 8 @ 5  | 6 @ 7  | 12 @ 9 | 10 @ 11 |
| MEET 04 | 1 @ 11 | 2 @ 12 | 3 @ 5  | 6 @ 4  | 9 @ 7  | 8 @ 10  |
| MEET 05 | 2 @ 1  | 4 @ 3  | 5 @ 6  | 7 @ 8  | 10 @ 9 | 11 @ 12 |
| MEET 06 | 1 @ 5  | 6 @ 2  | 3 @ 9  | 4 @ 10 | 11 @ 7 | 12 @ 8  |
| MEET 07 | 7 @ 1  | 2 @ 8  | 11 @ 3 | 12 @ 4 | 9 @ 5  | 10 @ 6  |

## ARTICLE III – POSTPONEMENTS

- Section 1. Postponed meets will be rescheduled to the next available date, provided that:
- a) Neither school is forced to swim on three consecutive days.
  - b) Officials are available.

#### **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating Swimming equipment shall be those stipulated by the NFHS and the PIAA.

#### **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.

#### **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. The champion of the Central League shall be determined by the team with the highest score from the combination of points from dual meets and team scoring from CAL Swimming and Diving Championships. If multiple teams are tied for the league championship the title of league champion will be shared.
- a) Points for dual meets are assigned as twenty (20) points per win and ten (10) points per tie.
- Section 2. Players Entering District Competition: The District One Swimming & Diving Steering Committee has established qualifying standards for entry into district competition. Using these standards, the committee shall determine which athletes are selected to participate and their seed within the competition.

#### **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition. The meeting to select All Central League will be held after the PA. State Meet.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) CAL First Team: Athletes must swim a minimum of six central league meets. A maximum of fifteen athletes and two divers will be selected based on the total power points earned and a vote of varsity coaches. All state qualifiers are selected to the first team.
  - c) CAL Second Team: Athletes must swim a minimum of six central league meets. A maximum of fifteen athletes and two divers will be selected based on the total power points earned and a vote of varsity coaches.
  - d) CAL Honorable Mention: Athletes will be selected by vote of the varsity coaches.
- Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may

not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

## **ARTICLE VII – C.A.L. INDIVIDUAL DIVING CHAMPIONSHIP MEET**

- Section 1. A spectator admission fee will be charged for the event. CAL guidelines will be followed.
- Section 2. The meet will be scheduled the week prior to the District seeding meeting (Dependent upon pool availability/officials).
- Section 3. Divers complete eleven dives.
- Section 4. Hosting schools must send a financial report to the league treasurer, including total tickets sold, game worker disbursements, security payments, and net receipts. Game workers should be paid their usual rate.

## **ARTICLE VIII – C.A.L. INDIVIDUAL SWIM CHAMPIONSHIP MEET**

- Section 1. A spectator admission fee will be charged for the event. CAL Guidelines will be followed.
- Section 2. The meet shall be held prior to the District seeding meeting.
- Section 3. The Boys/Girls order will alternate every other year
- Section 4. Individual event entry guidelines are as follows:
  - a) No event shall exceed 60 total entries; if an event has more than 60 entries, only the Top 60 times shall qualify for the event.
  - b) All schools are entitled to two (2) entries per event, regardless of the swimmer/diver meeting the qualifying time/score.
  - c) If a school's number of entries for an event exceeds their entitled two (2) events, all entrants must have the qualifying time/ score. Each school is permitted an unlimited number of participants in an event provided each entrant meets the qualifying time/score.
  - d) All swimmers/divers can do a maximum of four (4) total events (including relays). Swimmers/divers can do a maximum of two (2) individual events.
  - e) If a swimmer qualifies for Central League Champs in an individual event, they cannot swim at the Silver Meet.
  - f) If a swimmer qualifies for Centrals in only one (1) individual event during the regular dual meet season, he/she can enter a 2nd bonus event at Centrals (regardless of having a qualifying time in that event).
  - g) Swimmers/divers who have multiple qualifying times can only enter events for which they have a qualifying time/score.
  - h) Coaches need to enter the divers who will compete in Centrals in their entry file (Event #12).
- Section 5. Relay event entry guidelines are as follows:
  - a) There are no qualifying times for relays.

- b) All teams can enter a maximum of two (2) relays per relay event.
- c) Silver Meet swimmers can swim relays ONLY at Centrals.
- d) Entry times for "A" Relays should be your team's BEST time from the season (do not use a composite time unless you are entering a relay slower than your season's best time)
- e) All "B" Relays must have an entry time; coaches need to use their best judgement if compiling a "composite" time that would reflect the four swimmers who will compete in the relay.
- f) Relay cards must be submitted prior the start of Heat 1 of the Relay Event (if they are different than what is listed in the program).

Section 6. Senior exemptions for the CAL Meet

- a) If a senior member of a team does not have a qualifying time for Central League Champs, coaches can enter that senior member into one (1) of the following:
  - i. Two (2) individual events at the Silver Meet OR
  - ii. One (1) individual event at the Central League Championship Meet

Section 6. Scoring the CAL Meet

- a) A maximum of four (4) swimmers/divers per school can score in an individual event.
- b) The Top Sixteen (16) finishers in each event, including relays, will score in the meet.
- c) Scoring for Relay events will be as follows:  
40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.
- d) Scoring for Individual events will be as follows:  
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- e) The Top Eight (8) finishers in each event will be recognized with a certificate from the Central League

Section 8. The host school will be determined at the preseason meeting.

Section 9. Hosting schools must send a financial report to the league treasurer, including total tickets sold, game worker disbursements, security payments, and net receipts. Game workers should be paid their usual rate.

## **ARTICLE IX – C.A.L. SILVER MEET**

Section 1. A spectator admission fee will be charged for the event. CAL Guidelines will be followed.

Section 2. This is a junior varsity meet for swimmers who will not participate in the CAL Championships. No swimmer may swim in the CAL Championship if they have already participated in the Silver Meet.

Section 3. The host school will be determined at the preseason meeting.

Section 4.      Hosting schools must send a financial report to the league treasurer, including total tickets sold, game worker disbursements, security payments, and net receipts. Game workers should be paid their usual rate.

# **TENNIS BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows USTA, NFHS and PIAA rules. The USTA's umpire manual entitled "A Friend at Court" shall be used as a supplemental interpretation of the Tennis Rules.
- Section 2. Four or more courts shall be provided by the home school with all nets having center straps.
- Section 3. All matches shall consist of three singles and four doubles. No repetition of players in the doubles will be permitted.
- Section 4. Individual matches shall be decided by the best-of-three sets with a tiebreaker game being played when a set reaches 6-6. At "six all" the twelve-point tiebreaker shall be in effect.
- Section 5. All players must be on the courts and ready to play within thirty (30) minutes of the time the match is scheduled to start. Forfeiture of individual matches shall result from the violation of this rule unless previous arrangements have been made between the coaches concerned.
- Section 6. Coaches are responsible for the appearance, dress and conduct of team players on and off the courts. All players are required to wear appropriate tennis attire (i.e. school-issued tennis shirt and tennis shorts or tennis skirt).
- Section 7. Unless mutually agreed upon by both coaches at least 24 hours prior to the match, the following order of play will be used: 1<sup>st</sup> singles, 2<sup>nd</sup> singles, 3<sup>rd</sup> singles, 1<sup>st</sup> doubles, 2<sup>nd</sup> doubles, 3<sup>rd</sup> doubles and 4<sup>th</sup> doubles
- Section 8. A warm-up period not to exceed fifteen (15) minutes may precede each match.
- Section 9. All practice serves must be taken prior to the beginning of the match.
- Section 10. Before matches officially begin, all non-participants in the matches on the courts must be removed from enclosed or semi-enclosed areas adjacent to the playing surface.
- Section 11. If a player is injured during the warmup and cannot continue, a substitution may be made by a player not already in the line-up.
- Section 12. Coaching comments may be made at the end of sets for one (1) minute. Coaching comments must not be disruptive to the other players and must be made within the time frame as specified in the USTA rules about continuous play. In addition, brief coaching comments may be made at the change of ends.

- a) A player may not leave the court for coaching purposes until the split set score occurs or unless it is impossible for the coach to talk to the player on the court at the end of the first set.
  - b) A five (5) minute break may occur at split sets.
  
- Section 13. Prior to the start of the first league match, a team singles ladder based on intra-squad challenges must be submitted to the league chairperson. All players are to be rated on this ladder.
  
- Section 14. Prior to the beginning of each team match, coaches shall exchange:
  - a) A team line-up for the match;
  - b) A team singles ladder based on intra-squad challenges played up to the date of the match involved. All players are to be rated on the singles ladder.
  
- Section 15. Match play shall consist of the top three (3) singles players present and the top four (4) doubles teams present.
  - a) Coaches must play their best player of the three singles players designated for each match at the number one singles position, second best at number two, etc., unless the #1 or #2 player is absent. Any players below second may be substituted at the spot of the absent player. The same philosophy must also be used in placing the doubles teams in the lineup. The coach has the option of keeping doubles teams intact.
  - b) If the #3 singles player is absent, the coach has the prerogative of leaving his/her doubles teams intact and playing the next single player who will not disrupt the #1, #2, #3 or #4 doubles teams.
  - c) If the #1, #2, #3 or #4 doubles teams are absent, the coach must move up to next doubles team from his/her doubles ladder.
  - d) If one-half of a varsity doubles team is absent, the coach may provide a substitute partner, but the new team must play in the original spot occupied by the team if there were not absentees, or no more than one (1) position lower, or not play at all. In the event of the last option being used, the next best doubles team(s) from the doubles ladder fills in the vacant doubles spot(s).
  
- Section 16. Excluding absences, team lineup may not change more than twice per week.
  - a) All lineups must be justified through played-ladder challenges.
  - b) Varsity challenges should be the best-of-three sets.
  - c) The coach must have available for inspection a team log of all singles and doubles challenges played. Dates and scores must be part of this log.
  - d) An injured player returning to the lineup must return to his/her original singles and/or doubles position. The only exception to this rule would be if a challenge match is played and a new position is established.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA tennis season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.



- a) Varsity/JV teams will play an eleven (11) game round robin league schedule.
  - b) Home and Away sites alternate yearly, with schedule rotation every two years. Rotation occurs in even-numbered years (based on the end of school).
- Section 2. Scrimmages must follow all the rules and regulations of the PIAA. They may occur at any time and are not to be counted as part of the season's record.

### **ARTICLE III – POSTPONEMENTS**

- Section 1. If a change in schedule is necessary, a twenty-four (24) hour notice must be given and agreed to by both schools.
- Section 2. If a change is necessary because of inclement weather, the match will be rescheduled at a later date agreeable to both schools.
- Section 3. The coach of the home school shall make the decision to stop a match due to adverse playing conditions
- Section 4. In case a match is interrupted by adverse conditions and postponed to a later date, the match shall resume from the point of postponement with the previous score and line-up holding good in those matches where any point had been played. In case a player is absent for a rescheduled match, the point is forfeited. Upon agreement of the coaches, an exception to this rule may be suggested if the progress of the match is nearing completion or if the status of a player or team is not affected.

### **ARTICLE IV – EQUIPMENT**

- Section 1. The rules regulating tennis equipment will be those stipulated by the U.S.T.A. and the PIAA.
- Section 2. The home team shall provide a new can of NFHS approved balls for each varsity match.
- Section 3. The nets shall be kept in good repair and shall be anchored by center straps.

### **ARTICLE V - OFFICIALS**

- Section 1. The individual players shall cast their own lines and score their own games.
- a) Line calls are the sole judgment of the person responsible for making that call.
  - b) In the event that a discrepancy in game or set scores occurs, players are to confer immediately and review individual points played. If an agreement on score cannot be reached by either player, the coaches shall assist the players in ascertaining the correct score. If an impasse arises, play shall be continued from the last point in the match that both players agree to.

- Section 2. All appeals or protests shall first be directed by the coach concerned to the Central League tennis chairperson. Subsequent appeals shall follow Central Athletic League appeals procedures.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. All team match play results shall be telephoned in to the Central League tennis chairperson on the evening of the played match. Copies of all team match play results shall be given to the chairperson at the middle and at the end of the season.
- Section 2. The team with the best win-loss record in league matches is declared the Central League Champion. Ties result in Co-champions.
- Section 3. Teams Entering District Competition:
- a) All league games must be completed prior to the district seeding meeting.
  - b) No team may be denied entrance to the District Tournament by a tie-breaking system. A team may only be eliminated by head-to-head competition.
  - c) Tie Breaking Procedure for Seeding in District Team Tournament: This tie-breaking procedure should be used to determine which teams need to play head-to-head in case of elimination.
    - i. Examine the head-to-head results for the teams that are tied
    - ii. Examine the number of individual matches won against all tied opponents.
    - iii. Examine the number of sets lost against all tied opponents. The team with the fewest number of sets lost will receive the higher seed.
    - iv. Examine the total number of individual matches won in league competition.
    - v. If neither i, ii, iii or iv determine the higher seed, then a coin toss shall make the determination.

### **EXAMPLE: 3 teams tied, teams 1, 2 & 3**

- (1) District accepts 3 – they all go and are seeded by the above procedure.
  - (2) District accepts 2 – the tie-breaking procedure determines seeds #1, #2, & #3. Seed #1 goes into tournament and seeds #2 and #3 play head-to-head to determine who goes into tournament.
  - (3) District accepts 1 – the tie breaking procedure determines seeds #1, #2 & #3. Seeds #2 & #3 play head-to-head. The winner plays seed #1, to determine who goes into tournament.
- d) The District One Tennis Steering Committee will determine district seeding.
- Section 4. Players Entering District Competition - The Central League will hold singles and doubles tournaments to determine the athletes eligible for district competition based on their order of finish. The District One Tennis Steering Committee will determine which of these athletes are chosen to participate and their seed within the tournament.

- Section 5. At post-season contests, if the coach is unable to attend, there must be a representative from the school to attend the contest with the athlete. If none is there, the athlete will be disqualified. A note from the Principal or Athletic Director indicating the adult to represent the athlete is needed prior to the start of the contest.

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League Singles/Doubles selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Each coach sends nominations to the chairperson by the date of the league doubles tournament. Nominated players must have played in at least five (5) regular season matches to be eligible for consideration;
  - c) Chairman compiles a ballot on which coaches will vote/discuss and return to Chairperson;
  - d) There will be a maximum of five first team singles players and five second team players. Honorable Mention will consist of all student athletes receiving a vote but not achieving first or second team. Each school may have one athlete on Honorable Mention (singles or doubles.)
  - e) There will be a maximum of five first team doubles teams and five second team teams. Honorable Mention will consist of all student athletes receiving a vote but not achieving first or second team. Each school may have one athlete on Honorable Mention (singles or doubles.)
  - f) Coaches may not vote for their own players.
- Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

# **TRACK & FIELD BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League shall function under the rules as recommended by the NFHS and the PIAA.
- Section 2. In the event a meet must be suspended because of conditions which make it impossible to continue play, it shall be continued from the point of interruption.
- Section 3. Meet Procedures, Rules and Regulations
- a) Entry procedures for Mega Meets
    - i. Entries must be submitted via Milesplit.
    - ii. Each athlete may participate in a maximum of four events.
    - iii. The number of entries in all track and field events will be decided by the coaches at the pre-season coaches meeting. However, the rule for relays is constant where if more than one relay team is entered in a race, the coach of that school must designate which relay team is their scoring relay before the start of that race.
  - b) Order of Events
    - i. The NFHS Rule Book has a suggested order of events. The Central League track/field coaches may alter the order of events at their pre-season meeting.
    - ii. Throwing events may occur in any order, but not simultaneously. These events are the shot, discus and javelin.
    - iii. Jumping events may occur simultaneously except the long and triple jump. The long jump must be contested before the triple jump.
  - c) Scoring
    - i. All meets will be scored as double dual meets.
    - ii. Scoring for all events will be as follows: 1st place is 5 points; 2nd place is 3 points and 3rd place is 1 point. Ties will be scored as follows: first place tie: each athlete receives 4 points and no points are awarded for 2nd place; second place tie: each athlete receives 2 points and third place is not awarded; 3rd place tie: each athlete receives  $\frac{1}{2}$  point.
    - iii. If a school has no entries for an event, the points are forfeited to the school that competes in the event and finishes the event.
  - d) Lane Assignments
    - i. Track events: Heats and lanes are seeded like an invitational meet with the FASTEST runners being placed in the first heat
    - ii. Open Pits can be used in the long and triple jump.
  - e) General Meet Procedure Rules
    - i. PIAA meets must be performed in metric as of March 1, 1980. Official rule book for meets is the NFHS of Track and Field Rules for High Schools
    - ii. Each visiting team is guaranteed a 20-minute warm-up. It is the hosts school's responsibility to make sure all officials are aware of this rule and abide by it.

- iii. The host school is required to inform all visiting coaches of pertinent information regarding their facilities before the season begins. This information should include:
  - a. Order of Events.
  - b. Location of field events and restricted practice areas.
  - c. Number of lanes available.
  - d. Spike size allowed.
  - e. Number of hurdle lanes for each hurdle race.
  - f. Host school must provide water for all participants.
- iv. Each coach will exchange a written line up for all events prior to the start of each meet. This line up may be changed as the meet progresses or as injuries occur.
- v. FAT system will score all league meets as “double duals”.
- vi. The PIAA meet official is the meet referee and must remain until the end of the meet.
- vii. Any disagreement in the score after the meet is over should be reported to the League Chairperson within 48 hours of the end of the meet.
- viii. The Starter must instruct all runners of the location of the start and finish of each race.
- ix. Field Events:
  - a. Host school is responsible for having all field event sites safe and ready for competition.
  - b. Special leniency will be given to any athlete excused from a field event to run the 3200-meter run or an event that is located at a distance.
  - c. High Jump:
    - 1. For Girls the bar will start at 4’0” and will be raised every 2 inches until 5’0” and then raised at one-inch intervals. This plan may be altered if all coaches agree.
    - 2. For Boys the bar will start at
  - d. Pole Vault:
    - 1. For Girls the bar will start at 6’0” and will be raised every 6 inches until 8’6” and then raised at three-inch intervals. This plan may be altered if all coaches agree.
    - 2. For Boys the bar will start at ?

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA Track & Field season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement, including rain dates.
- a) The varsity schedule will consist of 3 league mega-meets with six teams competing per meet. At the first 2 Mega meets a team will only score against 3 teams while competing against all 6 teams. On the last Mega meet a team will compete and score against all 5 teams.
  - b) Sites are changed each year and schedule is rotated every two years. Rotation occurs in even numbered years (based on the end of the school year).

- c) Boys and Girls teams run on the same day at different sites.
- d) There will be two JV meets for boys only and two JV meets for girls only. The day of the meets will be decided by the host school.
- e) The Central League Individual Championship Meet will be held the week prior to the District Meet.

### **ARTICLE III – POSTPONEMENTS**

- Section 1. All postponed games are to be played on the next available date agreeable to all schools. Every effort is to be made to prevent teams from competing on consecutive days. Friday meets should be avoided due to all teams participating in Saturday Invitationals.
- Section 2. If the meet has already started, it will continue from the point where it was stopped.
- Section 3. League meets take precedence over non-league meets. Non-league meets should be rescheduled if necessary to accommodate the league schedule.

### **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating Track & Field equipment shall be those stipulated by the NFHS and the PIAA.

### **ARTICLE V - OFFICIALS**

- Section 1. The following officials should be hired for each league meet:
  - a) One Starter
  - b) FAT system and operator.
  - c) Two judges for the shot, discus and javelin
  - d) Two judges for the long, triple and high jump
  - e) One judge for the pole vault
  - f) One FAT assistant to act as Line clerk/Clerk of Course.
- Section 2. In accordance with PIAA regulations, each school must have at least one registered PIAA official per meet. This official will act as the Meet Referee throughout the entire meet and will sign the score book at the end of the meet.
- Section 3. Each school is responsible for instructing their hired officials on all Central League rules and NFHS rules prior to the beginning of each season.
- Section 4. All officials must be adults. No students, athletes or managers may perform in any officiating responsibilities. Students/athletes are only allowed to assist in pulling the tape through, returning implements, raking jumping pits, replacing the bars for HJ and PV, moving PV standards and handing out hip numbers.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. The Central League Champion is a combination of league meet wins and points scored in the League Championship meet.
- a) League meet wins are 15 points each win and 10 points for ties.
  - b) At the League Championship points will be scored from 1st place through 8th place. Points will be given to the winners as follows: 10,8,6,5,4,3,2,1.
- Section 2. Players Entering District Competition - The District One Track & Field Steering Committee has established qualifying standards for entry into district competition. Using these standards, the committee shall determine which athletes are selected to participate and their seed within the competition.

## **ARTICLE VII – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end using the results from the First PIAA league day of competition to the STATE Meet. The top three finishers will be recognized for the First, Second and Honorable Mention teams.
- Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

## **ARTICLE VIII – C.A.L. INDIVIDUAL CHAMPIONSHIP MEET**

- Section 1. Scoring will take place for both Boys and Girls.
- Section 2. There will be two meet directors - one for the girls and one for the boys. These two directors will run the meet jointly.
- Section 3. The girls and boys will run on the same day. (alternating races and field events)
- Section 4. All coaches will assist in officiating the meet or their team will not participate.
- Section 5. The rules for this meet will be established jointly by the girls/boys coaches.
- Section 6. A starter, meet referee and 10 officials will be hired to officiate at this meet along with an FAT system and operator. Officials for this meet will be paid from the Central League treasury.
- Section 7. Standards for this meet were established by the Central League Girls' Coaches for female athletes and by the Central League Boys' Coaches for male athletes.
- Section 8. Two athletes from each school may participate in each event. If more than two athletes wish to participate then ALL athletes must meet the qualifying standards up to three maximum participants.

- Section 9. Individual schools may provide certificates for 7th and 8th place finishers. Coaches will provide medals for finishers from 1st place through 6th place.

#### **ARTICLE IX – C.A.L. JUNIOR VARSITY MEETS**

- Section 1. JV meet dates are decided by each school. Each coach will help officiate or their team may not participate in the meet.
- Section 2. Athletes competing in this Junior Varsity Meet may NOT compete in the Central League Individual Championship Meet unless it is to replace an Injured and/or ill relay runner.
- Section 3. Junior Varsity Meets do NOT count in the 16 meets allowed per season.



# **VOLLEYBALL BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and the PIAA rules.
- a) Varsity matches will be best of five games.
  - b) Junior varsity matches will be best of three games.
  - c) Freshman/JVB matches will be best of three games.
- Section 2. In the event a **varsity** match must be suspended it shall be continued from the point of interruption unless the teams agree to terminate the match with the existing score.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA volleyball season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement.
- a) Varsity/JV teams will play an eleven (11) game round robin league schedule.
  - b) Home and Away sites alternate yearly, with schedule rotation every two years. Rotation occurs in odd-numbered years (based on the end of the school year).
  - c) Freshmen/JVB schedules will be developed by the Volleyball Chairperson based on the number of schools sponsoring these levels. All PIAA and CAL rules are to be followed.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. All postponed games are to be played on the earliest possible date agreeable to both schools.
- Section 2. League games take precedence over non-league games. Non-league games should be rescheduled if necessary to accommodate the league schedule.

## **ARTICLE IV – EQUIPMENT**

- Section 1. The rules regulating Volleyball equipment shall be those stipulated by the NFHS and the PIAA.
- Section 2. Home team supplies NFHS approved game balls.

## **ARTICLE V – OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.
- Section 2. For varsity matches the home team provides a timer/scoreboard operator, libero tracker, and line judges if officials do not provide them.

## **ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS**

- Section 1. The team with the best win-loss record in league matches is declared the Central League Champion. Ties result in Co-champions
- Section 2. Teams Entering District Competition: District seeding is determined by the power ranking system used by the District One Volleyball Steering Committee. All league games must be completed before the seeding meeting.

## **ARTICLE VI – LEAGUE AWARDS**

- Section 1. All-League selections will be determined at season's end by the leagues' coaches. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) First, Second and Honorable Mention team size is outlined in Appendix F.
  - b) Each coach can nominate up to 5 players from her/his team and send those nominations to the chairperson.
  - c) Chairperson will compile a list of all nominees' and coaches will vote for the top 14 players in the league. Points are assigned from 14 down to 1 for each pick.
  - d) The top 8 picks will earn First-team All Central, the next 8 will earn second team All Central and all other players that receive votes will be named to the Honorable mention team.
  - e) Coaches may not vote for their own players.
- Section 2. All coaches will receive a ballot listing all of the Central League teams. Coaches will be asked to rank three teams for the sportsmanship award giving 5 points for first place, 3 points for Second place and 1 point for Third place. Coaches may not vote for their own school. The league chairperson will tally the results and report them to the league's Athletic Directors.

# **WRESTLING BY-LAWS**

## **ARTICLE I - RULES OF PLAY**

- Section 1. The Central Athletic League follows NFHS and the PIAA rules.
- Section 2. If during the regular season two teams are tied at the end of regulation, the winner of the match will be determined under the tie breaking guidelines established by the NFHS and the PIAA.
- Section 3. In the event a **varsity** match must be suspended it shall be continued from the point of interruption unless the teams agree to terminate the match with the existing score.

## **ARTICLE II - SCHEDULES**

- Section 1. Member schools shall follow PIAA wrestling season guidelines and the Central Athletic League schedule. Dates and times may be changed by mutual agreement.
- a) Varsity/JV teams will play an eight (8) game league schedule. Teams will be divided into big and small schools' divisions for scheduling only:  
Big: UD, HAV, RID, CON, GV, SH  
Small: PC, LM, RAD, MN, SFD, HAR
  - b) Each team will wrestle the 5 other teams in their division and have three crossover matches against half of the other division. Each team will wrestle all 11 other teams in a 2-year cycle.

## **ARTICLE III – POSTPONEMENTS**

- Section 1. Postponed varsity games are to be held on the next available day.

## **ARTICLE IV - EQUIPMENT**

- Section 1. The rules regulating Wrestling equipment follow those stipulated by the NFHS and the PIAA.
- Section 2: The home team provides NFHS-approved wrestling mats and ensures they are properly set up and safe for competition.

## **ARTICLE V - OFFICIALS**

- Section 1. Officials are assigned by an assignor approved by the league Athletic Directors.
- Section 2. Officials will be paid for the normal number of varsity and junior varsity bouts.
- Section 3: For varsity matches the home team provides a timer/scoreboard operator and an official scorer.

## ARTICLE VI - CHAMPIONSHIPS, PLAY-OFFS, DISTRICT SEEDS

- Section 1. The League championship will be determined by a points system combining the regular season dual meets and the team standings of the league tournament. In the case of a tie, there will be Co-champions.
- a) Dual meets - 2 points for every win
  - b) League Tournament points
    - 1st place - 8 points
    - 2nd place - 6 points
    - 3rd place - 4 points
    - 4th place - 3 points
    - 5th place - 2 points
    - 6th place - 1 point
- Section 2. Teams Entering District Competition: Each school is eligible to submit their team for entry into the district playoffs. The District One Wrestling Steering Committee will determine which of these teams are chosen to participate and their seed within the tournament.
- Section 3. Players Entering District Competition: Each school is eligible to submit their wrestlers for entry into the district playoffs. The District One Wrestling Steering Committee will determine their seed within the tournament.

## ARTICLE VI – LEAGUE AWARDS

- Section 1. The all-league selection will take place at an end of the season coach's meeting. Each school's head coach, or designee, is required to attend this meeting to present their all-league candidates. Lack of attendance/participation by a coach could be detrimental to an athlete who deserves recognition.
- a) Refer to Appendix F for player limits per team.
  - b) Each wrestler is eligible to be nominated for an all-league award at the weight class in which they wrestled the **majority** of their league contests.
  - c) Each weight class (13) will receive a first team, second team, and honorable mention award based on the wrestler's league record. In cases of a tie, the following procedure will be applied in order to distinguish between the two athletes:
    - Head-to-head competition.
    - Vote by the league coaches to establish the award winner.
    - Co-award winners will be selected for the designated award.
- Section 2. Each coach will vote for the top three schools that demonstrated the best sportsmanship. The most first place votes will determine the winner. Coaches may not vote for their own school. In cases of a tie, the following procedures will be applied in order to distinguish between the two schools:
- a) Compare the number of second place votes.
  - b) Compare the number of third place votes.
  - c) Co-award winner will be selected.

Section 3. A coach of the year award will be voted on by the head coaches. Coaches may not vote for themselves. In an event of a tie, co-coaches of the year will be awarded.

# **APPENDIX A**

## **Central Athletic League History**

### Formation of the League

The Central Athletic League was formed in the spring of 1967 when nine schools withdrew from the Philadelphia Suburban Athletic Conference. Those schools were: Conestoga High School, Harriton High School, Haverford High School, Lower Merion High School, Marple Newtown High School, Penncrest High School, Radnor High School, Springfield High School and Upper Darby High School. The first league scheduled events were contested in the fall of 1967.

The new league, commonly referred to as the Central League, was led by:

President, William Beam, principal of Lower Merion High School  
Secretary, Mary Carter, principal of Radnor High School  
Treasurer, R K. Smith, principal of Springfield High School

Speaking for the newly formed league, Beam cited three primary reasons the nine schools departed the Suburban Conference:

- 1) The Suburban Conference had grown too large in the number of member schools.
- 2) The Suburban Conference encompassed a vast geographic area.
- 3) The Suburban Conference was comprised of schools with too many diverse problems.

Further, Beam went on to say, “We believe that a much stronger athletic program can be developed more independently than in conjunction with the Suburban Conference.”

The Central League was immediately sanctioned by the Pennsylvania Interscholastic Athletic Association and therefore could send league champions to District 1 and PIAA championships.

In 1969 Harriton High School withdrew from the Central League and Ridley High School was admitted to maintain a nine-school league. The league expanded to ten schools in 1983 when Strath Haven High School was admitted. In 2008 the league expanded to 12 schools when Harriton High School was re-admitted along with Garnet Valley High School.

# **APPENDIX B**

## **Role of Sport Chairpersons**

### **Guidelines:**

The chairperson of a sport is responsible to the principals of the League for the coordination of that particular sport. At the conclusion of the season the Chairperson will report to the League President the final standings, the Central League champion and the Sportsmanship voting results.

### **Responsibilities:**

- A. Organize the home and away schedule for that activity. This master schedule must be presented to the athletic directors for suggestions and approval.
- B. Resolve problems within their sport. If a problem arises during the season, the schools involved must report the issue to the Chairperson. The Chairperson will organize the report to be presented to the principals for a Final Decision. Initiate the Steps for Conflict Resolutions if needed.
- C. Arrange for an assignor of officials if required for the chairperson's sport, and use the following procedure:
  - 1. The Chairperson will recommend an assignor to the athletic directors of the league.
  - 2. The assignor recommended by the Chairperson must be approved by the majority of the athletic directors and presented to the principals for their approval.
- D. Organize and run the pre- and post-season meetings. Pre-season meetings must be held at least ten days prior to the first regular season playdate.
- E. Arrange for league representatives on the district steering committee.
- F. Organizing league championship games or meets.
- G. Collect scores of all regular-season contests for their sport. Home coaches should report scores to the chairperson no later than the day after their contest.
- H. Keep track of league standings and report them to the CAL Secretary and League Athletic Directors at the end of the season.
- I. Organize and supervise End-of-Season awards and report the results to the CAL Secretary and League Athletic Directors.
  - 1. All-League selection is the responsibility of each chairperson of each sport.
    - a. All-League teams are determined by the coaches as per their sport by-laws and team size limits as outlined in Appendix F.
  - 2. Sportsmanship Selection – Chairperson will issue ballots to all schools at the conclusion of the season. The Chairperson tallies all ballots and reports results for first, second and third place.

# **APPENDIX C**

## **Steps for Conflict Resolution**

STEP 1. Problems or conflicts will be solved initially between the schools involved, within the league.

STEP 2. If the schools involved cannot agree, the chairperson of the sport for which there is conflict, will offer a solution. One of the schools involved must file a written request with the chairperson so that it is received within three days of an incident or disagreement. The chairperson will then have three days to render a decision or course of action.

STEP 3. If any of the schools remain dissatisfied with the solution offered by the chairperson, they may appeal to a three-member panel of athletic directors. The appeal must be done so that it is received within five days of the date the chairperson rendered a decision and must be submitted in writing to the current president of the Central League Athletic Directors.

The three-member panel will be comprised of: 1) the president of the Central League athletic directors, 2) the secretary of the Central League athletic directors and 3) the chairperson of the sport. However, if the chairperson is not the athletic director, then the athletic director of the school represented by the chairperson shall serve on the three-member panel.

Should one of the athletic directors on the panel also be involved in the dispute as athletic director, then he/she will be replaced by the athletic director of the school who was past-president. If two, or more, athletic directors are involved in the dispute, prior past presidents will be called as needed.

The decision of the appeal to the athletic directors must be completed within seven days following the president's receipt of request for appeal.

STEP 4. As a last resort, if a solution cannot be reached in step three, a three-member panel of principals shall be convened. The three-member panel will be comprised of: 1) the president of the Central League, 2) the vice president of the Central League and 3) the principal of the school in charge of the sport.

The appeal must be made within five days of the date of the athletic directors rendered a decision and must be submitted in writing to the current president of the Central League principals.

Should one of the principals on the panel also be involved in the dispute, then he/she will be replaced by the principal of the school who was past president. If two, or more, principals are involved in the dispute, prior past presidents will be called as needed.

The decision of the principals must be completed within ten days following the president's receipt of the request for appeal.



### **Editorial Comments on Conflict Resolutions:**

1. When approved by the Central League principals on September 11, 1996, it was understood that conflicts between schools would be at a minimum. Solutions to most problems were logical, especially when following present Central League guidelines, including one previously approved by the principals stating that the home team decides in the case of disagreements. Hence, “Step 1” of the Steps for Conflict Resolutions.
2. P.I.A.A. has their own procedures for protests of athletic contests and the Central League cannot circumvent that.
3. In the event that conflicts do occur which cannot be solved, the policy, “Steps for Conflict Resolutions” does spell out some logical steps utilizing the appeal process. What is missing is a component.
4. It was determined that most of the conflicts should be handled by the appeal athletic director’s level using the appeal to the principals as a last resort.
5. It was originally felt that second level of appeal (to the athletic directors) should be just that. Those persons hired by their individual schools to direct the athletic department were deemed the ones to judge the case at that level. That is why chairpersons were not in the three at this level, but rather three different people.
6. It is assumed that all the facts will be collected at each level of the process and passed on to the president at the next level of appeal.

# **APPENDIX D**

## **Job Description for Central League Assignors**

Each assignor for the Central Athletic League will:

1. Provide each school with names, address and accurate telephone numbers of all officials assigned to contests and scrimmages.
2. Assign officials for all league and non-league contests, including scrimmages, for varsity, junior varsity, and freshman/JVB using the approved scheduling platform and league-approved rates.
3. Select officials from the widest possible area of chapters.
4. Reassign officials whenever contracts are returned.
5. Meet with chairpersons at the start or at the end of the season for the purpose of evaluation of officials and procedures used.
6. Assign officials for play-offs and tournaments when required.
7. Accept only fees paid by the league.
8. Complete and send all assignments to athletic directors by the first legal practice date of the season.
9. Reschedule events only after receiving the approval of the athletic director from the home school requesting a change in game information.
10. Notify athletic directors of any changes in assigned officials for a game.

When events are postponed, the athletic director should contact the Assignor and officials who were originally scheduled for that event. The assignor will reassign open slots.

# **APPENDIX E**

## **CAL Wrestling Protocol for Contagious Skin Conditions**

(Staphylococcus and Herpes Gladiatorum)

When a Central League Wrestling team member has received a contagious skin condition diagnosis, the following procedures will be followed:

- 1) The Athletic Director (AD) will contact, via phone, the Central League Wrestling Chairperson. Give them the following information:
  - a) Wrestler's weight class
  - b) Date of 1<sup>st</sup> sign of symptoms
  - c) Diagnosis
- 2) The Athletic Director (AD) will contact past non-league opponents and the League Chairperson. Chair will send the above information to all CAL AD's and Coaches. \*\*\*AD's will forward to their Trainers.
- 3) Affected school will thoroughly disinfect the wrestling room (headgear, etc.), weight room (if used by team in last 10 days) and team room.
- 4) Prior to resuming matches, the School Athletic Trainer/ Physician must complete a thorough skin check on each wrestler and certify that they are without skin lesions or symptoms.
- 5) The policies/procedures of an individual school must be taken into account in regards to a rescheduled date of a match.

These recommendations are being made in order to protect the student-athletes of the Central Athletic League.

# APPENDIX F

## CAL All League Teams Guidelines

| SPORTS          | # OF PLAYERS             | 1ST TEAM         | 2ND TEAM         | HONORABLE |
|-----------------|--------------------------|------------------|------------------|-----------|
|                 | ON FIELD                 | ALL-CENTRAL      | ALL-CENTRAL      | MENTION   |
| <b>FALL</b>     |                          |                  |                  |           |
| FOOTBALL        | 11 off/11 def            | 26               | 26               |           |
| BOYS' SOCCER    | 10 plus goal             | 12               | 12               |           |
| GIRLS' SOCCER   | 10 plus goal             | 12               | 12               |           |
| FIELD HOCKEY    | 10 plus goal             | 12               | 12               |           |
| VOLLEYBALL      | 7                        | 8                | 8                |           |
| GOLF            |                          | 10               | 10               | ~10       |
| GIRLS' TENNIS   | 10                       | 10               | 10               |           |
| CROSS COUNTRY   | 7                        | 7                | 7                |           |
| <b>WINTER</b>   |                          |                  |                  |           |
| BASKETBALL      | 5                        | 6                | 6                |           |
| WRESTLING       | <del>14</del> 13 Weights | <del>14</del> 13 | <del>14</del> 13 |           |
| SWIM/DIVING     | each event               | 15               | 15               |           |
| INDOOR TRACK    |                          | 0                | 0                |           |
| CHEER           | ~24                      | 17               | 12               | 12        |
| <b>SPRING</b>   |                          |                  |                  |           |
| BASEBALL        | 9 plus spec.             | 12               | 12               |           |
| SOFTBALL        | 9 plus spec.             | 12               | 12               |           |
| GIRLS' LACROSSE | 11 plus goal             | 15               | 15               |           |
| BOYS' LACROSSE  | 10 plus goal             | 15               | 15               |           |
| BOYS' TENNIS    | 10                       | 10               | 10               |           |
| TRACK           | 18 events                | 15 plus 3 relays | 15 plus 3 relays |           |