

## NJSIAA RULES AND REGULATIONS

### STUDENT-ATHLETE GUIDELINES

#### **Section 1 Team Status**

Student-Athlete is a properly enrolled student at a member school who has attained team status in a particular sport; i.e., sophomore, junior varsity, and varsity. Incoming freshmen are subject to all out-of-season regulations in all sports in spite of not having attained team status. Students who have completed the eighth grade are regarded as freshmen the day after their respective last day of school or June 30, whichever comes first. All team members must be listed on the eligibility report filed in a member school's office.

*CL 1: The NJSIAA Constitution, Bylaws, and Rules and Regulations apply to all freshman, sophomore, J.V. and varsity participants competing in interscholastic games and/or scrimmages; unless otherwise provided for in Junior High 9th grade Regulations. To further clarify the Junior High School Regulations intent it is recommended that 9th grade follow all references to the Junior High in the regulations.*

*CL 2: Team status will be defined as having been on the current/immediate preceding roster of a team.*

#### **Section 2 Out-of-Season Period**

The out-of-season period shall be from the end of the season as defined in Program Regulations, Section 10 until the next official starting practice date for that sport, excluding the Summer Recess, that period from the last scheduled date for NJSIAA championships in the Spring Sport Season until September 1st.

Penalty:

Any school proved guilty of violating the out of season coaching restrictions included within Student-Athlete Guidelines and Program Regulations shall be subject to the Penalties provided by Article X of the Bylaws, after a hearing by the Controversies Committee.

Out-of-Season practice is not permitted under the direction of an instructor or coach, or student leaders (i.e. captain's practices). This eliminates the use of any kind of equipment under any form of instruction. The object of this explanation is to make clear the point that there shall be absolutely no practice during the out-of-season period for a particular sport. Any subterfuge or "sharp practice" shall be construed as a violation of this rule.

If a coach leaves his/her position and subsequently has contact with a team-status Student-Athlete during the out-of-season period, that coach cannot be rehired by the school until one year has elapsed from the date of the coach's last contact with the Student-Athlete.

*CL 1:*

- a. Non-School Activities: During the out-of-season period, the NJSIAA does not restrict an individual's choice to participate in a non-school activity or in an open-gym program in which the athlete has attained Student-Athlete status, i.e., all freshmen and those sophomores, juniors or seniors who have been on the roster of the J.V. or varsity teams during the current season.*
- b. School-Related Organizations: During the out-of-season period, the school organizations such as Booster Clubs, Fathers' Club, Varsity Club and the like may not assist the Student-Athlete*

*during the out-of-season period or provide individually issued equipment, uniforms, transportation or funds related to camp or clinic attendance when same is of a participatory nature.*

*CL 2:*

- a. Coaches/Student-Athletes: Coaches may not instruct their Student-Athletes during the out-of-season period, including Open-Gym Programs. For seniors, all rules apply through the last date of the NJSIAA Spring Championships, except for those seniors who have exhausted their eligibility and will not compete interscholastically in any future season/sport. When the same sport for Boys and Girls is conducted in different sports seasons, a Student-Athlete in that sport may not serve as manager of the team of the opposite sex and will be considered a violation of the out-of-season rule. Coaches may not exchange supervisory and/or coaching duties in their sport to circumvent the out-of-season rule.*
- b. Coaches Meetings: Coaches may hold non-instructional meetings for the purpose of distributing try-out schedules, medical forms, parent permission slips, etc. to returning lettermen and prospective team candidates. Strategy or techniques may not be discussed and neither may any physical activity take place.*

*CL 3: Fund-Raising – A school may conduct any school approved fund-raising campaign at any time of the year so long as the fund-raising activity is not designed to keep Student-Athletes active in their particular sport during the out-of-season period (exclusive of seniors who have exhausted their eligibility). Exception: One day fund-raising activities such as foul-shooting contests involving basketball players; marathons involving cross-country runners; swim-a-thons involving swimmers, and the like will not be considered violations when conducted after their respective seasons have been completed.*

*CL 4: Hiring Scenarios*

*Scenario A:*

*Coach A has been coaching basketball at school A for 10 years*

*Coach A decides to take some time off at the end of the season for personal reasons*

*Coach A would like to return to coach basketball at school A.*

*Ruling: Coach A must not have worked with kids in the basketball program for a calendar year, not including the summer recess period before Coach A can be rehired.*

*Scenario B:*

*Coach A is hired by school A to coach basketball*

*Coach A is hired to coach basketball at another school the following season*

*Ruling: Coach A will be considered a “NEW” hire at the new school and not subject to the out of season contact rule before the hire.*

*Scenario C:*

*Coach A is coaching basketball at school A*

*Coach A decides to coach soccer at school A (same school)*

*Ruling: Coach A will be considered a “NEW” hire and not subject to the out of season contact rule, assuming Coach A has never coached soccer at school A (same school) previously.*

### **Section 3 Intramurals**

Although the NJSIAA philosophy relative to intramurals is that these programs should provide an opportunity for students not on interscholastic teams, nevertheless Student-Athletes are permitted to participate in all intramural activities during the out-of-season period, except those in which they have attained team status.

*CL 1: Weight-lifting or other conditioning programs during the out-of-season period are permissible when not limited to Student-Athletes.*

*CL 2: Coaches may supervise or serve as directors, including officiating of intramurals, recreational, club, camp, or open-gym programs when the school district’s Student-Athletes are not involved in their specific phase of the program during the out-of-season period.*

### **Section 4 Open-Gym Programs**

Student/Athletes are permitted to take part in this type of recreational program, but a coach of a specific sport activity in that Open-Gym Program is not permitted to be involved. Coaches may supervise Open-Gym Programs only when their Student-Athletes are not involved in that specific phase of the program during the out-of-season period. Open-Gym Programs involving a single sport in which only Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rules.

*CL: An “open-gym” program is one in which a variety of recreational type activities are offered, i.e., badminton, basketball, volleyball, table tennis, and the like. Coaches at any level may not be present when their specific sport activity is a part of the Open-Gym Program. Single sports programs in which Student-Athletes are involved are interpreted as an attempt to circumvent the out-of-season rule if those sports are not on a rotation basis with at least two or more other sports activities during a calendar week using that facility. Responsibility for monitoring Open-Gym Programs should be with the Athletic Director and Principal of the school.*

*All specific sport activities have to be recreational in nature; therefore, practice routines, such as, softball/baseball pitching, catching and batting, football place-kicking, golfing/putting, and similar routines are always interpreted as an attempt to circumvent the out-of-season rule.*

### **Section 5 Recreation and Club Programs**

The NJSIAA does not have any jurisdiction over these programs conducted by outside organizations even though school facilities are used; however, school uniforms and other individually issued equipment may not be used by Student-Athletes. Coaches may not be involved when the school district's Student-Athletes are involved in that specific phase of the program during the out-of-season period. Coaches may be spectators.

*CL: Schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athlete's participation or influence the sponsoring agency in non-school Recreation and Club Programs during the out-of-season period.*

### **Section 6 Camps or Clinics**

The NJSIAA does not restrict an individual's choice to attend any participatory camps or clinics; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any camp or clinic during the out-of-season period; this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation; and coaches may not instruct their Student-Athletes. Coaches may be spectators.

*CL 1: There are no limitations or restrictions on member schools or their Student-Athletes at any time when attendance at non-school camps or clinics is of a non-participatory nature, i.e., as an observer rather than a participant.*

*CL 2: During the out-of-season period, the NJSIAA does not restrict an individual's choice to attend a participatory camp or clinic; however, schools, school organizations, or school-related groups such as Booster Clubs may not assist the Student-Athletes' attendance at any participatory camp or clinic, this includes providing uniforms, equipment, and funds related to the camp or clinic, including transportation. Coaches may not be involved in any way with their Student-Athletes. Coaches may attend a participatory camp, clinic or competition merely as spectators however they may not be involved in any way with their school's athletes, including being a clinician, when their school's Student-Athletes attend that camp or clinic regardless of the format or the separation of stations at a clinic.*

*CL 3: During the Summer Recess, a coach or Student-Athlete may not be sponsored or supported by a school or school-related group (example: Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, recreation programs, independent play and tournaments.*

*CL 4: During the Summer Recess, interscholastic competition of any type at the site of either participant is prohibited.*

### **Section 7 Faculty Games**

Student-Athletes of a particular sport may not engage in faculty or similar games in that same sport except for those seniors who have exhausted their eligibility in that same sport.

### **Section 8 Non-School/Non-Sanctioned Games**

Student-Athletes may compete in non-school, non-sanctioned games as follows:

- A. In-Season – Local Option
- B. Out-of-Season Period – A Student-Athlete may compete on a non-school team with the approval of the school so long as individually issued school equipment, coaching, or other school services are not provided.

*CL 1: The participant competes in Non-School/Non-Sanctioned events “unattached,” i.e., not as a representative of the school and, therefore, schools, school organizations and school-related groups such as Booster Clubs, Parents Clubs or Varsity Clubs may not assist the Student-Athlete’s participation in any way.*

*CL 2: The NJSIAA does not permit the funding, in whole or in part, of participation in Non-School/Non-Sanctioned events by a Board of Education. This applies to Non-School/Non-Sanctioned events, e.g., the Dapper Dan, McDonald, and Derby Basketball Clinics, the Golden West Track Classic, and National High School baseball, tennis, wrestling, or similar games/events.*

*CL 3: The NJSIAA cooperates fully with the USOC (United States Olympic Committee) in establishing the means by which the participants are selected to represent the United States; therefore, a member school, their Student-Athletes, and their coaches do not have any restrictions placed upon them In-Season, Out-of-Season or during the Summer Recess so long as the administrator (Principal) of the member school gives approval and the USOC verifies that the activity is a part of the USOC development program and filed with the NJSIAA.*

### **Section 9 Eight Grade Contact**

High school coaches are permitted to have contact with student-athletes in grades eight and below as it pertains to camps, clinics and the like, as long as such contact does not involve high school students as it pertains to NJSIAA Bylaws, Article V, Section 4(I).

All camps, clinics and the like must be open to all. In no way may these activities be held by invitation only when they are involving high school coaches except for the summer period.

High school coaches are permitted to coach teams that involve student-athletes in grades eight and below as long as such coaching does not involve high school students as it pertains to NJSIAA Bylaws, Article V, Section 4(I).

Student-athletes in grades eight and below are not permitted to take part in activities that involve high school student-athletes as it pertains to NJSIAA Bylaws, Article V, Section 4(I), until they have graduated from the eighth grade.

## **PROGRAM REGULATIONS**

### **Section 1 Awards**

Awards are not restricted by the NJSIAA, if approved by the Board of Education, so long as they are symbolic awards, i.e., letters, sweaters, jackets, pins, trophies, other similar type awards, and rings or watches which are properly inscribed. All other awards must be approved by the local Board of Education and the NJSIAA. Student-Athletes and prospective Student-Athletes must be cautioned when competing in any program including marathons and other running events in which cash or merchandise are the awards. By refusing to accept the cash or merchandise the student absolves himself/herself from placing his/her eligibility in jeopardy.

*CL: The participant’s award or share thereof may not be assigned to another party or be accepted by another party but must be returned to the chairman of the event.*

## **Section 2 Strenuous Sports**

A player on an interscholastic athletic team shall participate in only one strenuous high school sport at a time during the regular high school sports season. A player may drop one high school sport to participate in another, but he/she may not return to a sport from which he/she withdrew.

The strenuous sports are: Baseball, Basketball, Cross-Country, Diving, Fencing, Field Hockey, Football, Gymnastics, Ice Hockey, Lacrosse, Skiing, Soccer, Softball, Swimming, Tennis, Spring Track, Winter Track, Volleyball, and Wrestling.

*CL 1: Bowling and Golf are not considered strenuous sports.*

*CL 2: Program Regulations, Section 2, Strenuous Sports, will mean a student concluding a season in one sport will not be able to participate in another sport regardless of the fact that the athlete would be able to meet the six (6) day practice rule.*

## **Section 3 Physical Examinations**

Physical examinations may be given prior to a Sports Season so that all players may be examined before the first day of practice. See State Board of Education – Rules and Regulations.

## **Section 4 Uniforms/Equipment**

Uniforms may be issued prior to the beginning of a Sports Season, if stored by the school; however under no circumstances may uniforms be worn until the first official starting day of practice for that specific sport, except for shoes which may be issued and worn two weeks prior to such official starting date of practice. No individually issued equipment of a member school, except as provided herein, may be issued or used by a student during the out-of-season period.

## **Section 5 Sports Seasons Dates**

Member schools must conduct their sports seasons within the following datelines according to practice provisions as outlined in Program Regulations, Section 6 to be eligible for NJSIAA Tournament play:

- Fall – August 14\* to December 8 (Football)  
August 12 to November 24 (all other sports)  
\*August 7 for those schools granted a regular season waiver to open double zero week.
- Winter – November 4 to March 9 (Ice Hockey)  
November 11 to March 1 (Bowling, Swimming)  
December 2\* to March 22 (Basketball, Fencing, Skiing, Winter Track, Wrestling)  
\*Monday after Thanksgiving
- Spring – March 6\* to June 13  
\*First Friday in March

If, by way of exception provided in these Bylaws, permission is granted a school to extend its season in a particular sport, the provisions of this section are extended accordingly.

- Fall – Cross-Country, Field Hockey, Football, Gymnastics, Soccer, Girls Tennis, Girls Volleyball
- Winter – Basketball, Bowling, Fencing, Ice Hockey, Skiing, Swimming, Winter Track, Wrestling
- Spring – Baseball, Golf, Lacrosse, Softball, Boys Tennis, Spring Track, Boys Volleyball



The Executive Committee must approve conducting a specific program during a season other than the designated sports season for that sport.

### **Section 6 Start of Practice**

For all strenuous sports (which excludes bowling and golf), the “first scrimmage” date must include one day of rest within the first 7 days from the first practice (6 days on and 1 day off rule). The 6 days of practice and 1 day of rest do not have to be consecutive but must adhere to the 7 day time frame. This requirement applies to all three seasons.

1. Fall – Football official practice starts on August 14, 2019. Schools that have been granted a waiver to open their regular season on double zero week will begin practice on August 7, 2019. All other fall sports official practice begins on August 12, 2019.

Reminder to follow the Heat Acclimatization Procedures which may begin before August 14, 2019, if school approval is obtained to start official school practice before August 14, 2019. For those schools that have been granted a waiver to open their regular season on double zero week, heat acclimatization may begin before August 7, 2019 upon school approval.

1. Winter – The start of the winter sports season shall be the Monday before Thanksgiving, with the exception of Ice Hockey, Swimming and Bowling (see Program Regulations, Section 5 above). The three days from the Monday before Thanksgiving up to Thanksgiving Day do not count towards the six days of practice required before scrimmages may occur. No practice is permitted for the four-day period from Thanksgiving Day to the Monday after Thanksgiving. The Monday after Thanksgiving will start as Day 1 of the pre-season count. This 3-day practice period may be used for tryout purposes only.

Ice Hockey – November 4<sup>th</sup>

Bowling and Swimming – November 11<sup>th</sup>

All other winter sports – December 2<sup>nd</sup>

2. Spring – First Friday in March (March 6<sup>th</sup>)

### **Section 7 Practices/Scrimmages/Games/Meets**

A student shall not be permitted to participate in a scrimmage or a game (interschool) in any strenuous sport until he/she has completed six days of practice in that sport (days of 24 hours, not sessions) and one day of rest. Practices during the Summer Recess prior to the official opening of the Sports Season cannot be counted to fulfill this requirement. The above restriction will be waived for Student-Athletes who are members of a team participating in competition after the start of the next season provided the athlete becomes a practicing member within three (3) practice days.

*CL 1: Summer Recess practices do not count for “six-day” interschool scrimmage or game provisions. Only those practices from the official opening of the Sports Season may be counted to fulfill this requirement.*

*CL 2: Sunday practices may be counted only if approved by the local Board of Education.*

*CL 3: A practice is defined as a session where a team is assembled and involved in physical activity to enhance the participant's physical condition. Practices of any kind for individuals, partial or entire teams, on days when the team is involved in interscholastic scrimmages or games-meets will not count toward satisfying the six (6) day rule.*

*CL 4: It is a local option for schools to permit ineligible students to practice or compete in interscholastic scrimmages. An ineligible student may not participate in an interscholastic regular season contest or scrimmage. Such practices will count to satisfy the six (6) day practice rule. The above is applicable provided the school meets the medical examination and parental permission as required by the State Board of Education.*

Interscholastic scrimmages, excluding baseball, tennis, softball and golf, are to be limited to the number of games, meets, or matches permitted in the sport during the regular season. The rule regarding numbers of contests on consecutive days will be enforced.

No more than four (4) schools shall be permitted to take part in a joint interschool scrimmage.

*CL 1: Scrimmages during the regular season count toward the allowable number of games.*

*CL 2: The host school may not invite any more than three (3) schools to participate in a scrimmage at its site(s).*

No scrimmages shall be permitted after the "End of Season" as defined in Program Regulations, Section 10.

Definitions:

"Interscholastic scrimmages" are provided as an opportunity to experience controlled game conditions for both coaches and players. A scrimmage must provide for voluntary interruption of the "scrimmage game" for instructional purposes, must not have recorded scoring, results, spectator admission must be on a complimentary basis only, and the event cannot be conducted in such a manner as to advance a team or individual to another level of scrimmage competition.

*CL 1: Whenever team(s) or individual(s) from two or more schools practice at the same site, it will be designated as a scrimmage unless some extraordinary circumstance has been approved by the NJSIAA.*

"Regular season games" are those games, meets, or matches that are not statewide championship playoff contests. "Playoff games" are those games, meets, or matches that comprise the Statewide Championship Tournament. Regular season games include conference games, non-conference games, and games played at tournaments and invitationals. Regular season games count toward the total number of games in which a school can participate during a sports season.



### **Section 8 Opening Dates**

Start of regular schedule opening dates are as follows:

1. Fall (after six days of practice)
  - a. Football – September 5, 2019\*
  - b. All other sports – September 3, 2019

\*For those schools granted a waiver to open their regular season on double zero week, their opening date is August 29, 2019.
2. Winter
  - a. Ice Hockey – November 29, 2019
  - b. Bowling – November 23, 2019
  - c. Swimming – December 1, 2019
  - d. Basketball, Fencing, Winter Track, Wrestling – December 19, 2019
  - e. Skiing – January 1, 2019
3. Spring
  - a. Boys and Girls Lacrosse – March 25, 2020
  - b. All other sports – April 1, 2020

### **Section 9 Contest Rules**

All contests involving member schools must be played according to the rules of the National Federation of State High School Associations (NFHS). This applies to all sports for which rules are formulated by that Association, with the following exceptions:

Bowling	–	US Bowling Congress
Fencing	–	United States Fencing Association
Golf	–	USGA
Girls Lacrosse	–	United States Women’s Lacrosse Association
Skiing	–	NCAA
Tennis	–	USTA

Rules indicated will govern all sports unless modified by NJSIAA.

### **Section 10 End of Season**

All teams may participate in interscholastic contests up to the final championship in their respective sports, with the exception of basketball and wrestling. Equipment should be stored and practice terminated for the out-of-season period upon completion of the schedule. Individual competition shall terminate with the end of said competition.

### **Section 11 Summer Recess**

**Practice** – That period from the last NJSIAA scheduled championship to September 1st, all restrictions are rescinded for practice for all sports. Schools may issue any and all equipment for practice use during the summer recess and the local school district may determine to what extent the school, the coaches, and the students are to be involved in the “summer recess” program.

**Games/Scrimmages** – Interscholastic competition is not permitted outside of the dates provided for in Program Regulations, Sections 7, 8 and 10; therefore, a school may not sponsor a team/individual, pay entry fees, provide transportation, or in any way have a team/individual represent their school outside of the seasonal datelines for that sport in competition against other schools. School equipment may be provided. A coach/team or -Student-Athlete may not be sponsored or supported by a school or school-related group (example: Booster Club) when team-interscholastic or individual competition takes place as part of the activity in camps, clinics, recreation programs, independent play, or tournaments.

Scrimmages consistent with the Early Season Opening or Regular Season Opening provisions are permitted.

Non-School Teams – A member of a high school’s coaching staff may not be involved in any way with a non-school team on which there are team members who participated on the freshman, junior varsity, or varsity team of the coach’s high school team(s) in that sport until the day after the date of the latest scheduled date for NJSIAA Championships in the Spring Sports Season.

### **Section 12 Alumni Games**

Alumni games count as part of the schedule in all sports, but they may not be included when submitting records for tournament consideration.

### **Section 13 Tournament Entry**

Member schools are to download the appropriate entry forms from [www.njsiaa.org](http://www.njsiaa.org) for state tournament competition. Tournament regulations will be posted no earlier than four weeks before the tournament date. NO entries **or Tournament Refusal Forms** which are postmarked after the cut-off date will be accepted unless accompanied by a late fee established by the NJSIAA.

*CL 1: A late fee charge of \$50.00, when a school’s game or meet schedule or tournament entry form is late (beyond the established deadlines but prior to the pairings, seeding or heat meeting), is to be paid before the contestant or team is allowed to participate. If the entry is received after the seeding but prior to the first game of the tournament, an administrative fee of \$150 will be assessed the school.*

### **Section 14 Video Taping and Filming**

Electronic Communication equipment, including but not limited to computer, film television and video tape is permissible according to the NFHS rules for the sport in question. Videotaping of scrimmages is a local option. No video or audio recording may be used to review or challenge the decision of a sports official, unless it is an approved game following the Football Video Replay protocol.

### **Section 15 Maximum Games-Waiver**

A waiver of the maximum game limitation is granted in all sports, except football, only when one additional game is needed to decide a county, conference or tournament championship.

### **Section 16 Withdrawal/NJSIAA Tournaments**

Any member school and/or Student-Athlete withdrawing from competition after having officially entered an NJSIAA tournament in any sport will be disqualified from all remaining NJSIAA tournament competition in that sport in that season and barred from participating in NJSIAA tournament competition in that sport during the next school year unless truly extraordinary circumstances were present.

### **Section 17 Withdrawal/Infectious Diseases**

School administrators should rely solely upon the advice of the school’s medical inspector in determining the action to withdraw a team from competition when a member is diagnosed as having an infectious disease.

### **Section 18 60% State Competition Rule**

All NJSIAA tournament team entry forms must reflect competition to no less than 60% with New Jersey schools. If a team does not meet the criteria by the cut-off date, with the exception of football which will be based on a 10-game schedule throughout the season, it will forfeit its entry into the NJSIAA tournament.

### **Section 19 Specific Sports Regulations Penalties**

To promote fairness in competition and the health and safety of student athletes, no NJSIAA member school will be eligible to participate in any NJSIAA Championship Tournament if it has violated the Specific Sports Regulations for the sport, involving the start of practice, the start and ending of the sport season and the maximum contests permitted during the regular season. The application of this standard is non-appealable.

### **SPECIFIC SPORT REGULATIONS**

Notes:

1. A week is defined as from 12:01 A.M. Sunday to Saturday midnight.
2. A regularly scheduled game is one which has been contracted by mutual consent of the participating schools and approved by their respective Boards of Education and by the schools' Principals.
3. Member schools may schedule games or scrimmages with any school accredited by its regional accrediting agency and having athletic eligibility standards similar to the New Jersey State Interscholastic Athletic Association. Member schools may schedule regular season games or scrimmages with non-member schools, or with member schools of the New Jersey Association of Independent Schools; however, in such case, any waiver of the NJSIAA eligibility rules must be agreed upon and set forth in the contract. Under this section, competition is limited to teams (or individuals) whose participants are in the first year of post-high school matriculation. Waiver of NJSIAA eligibility rules will not be granted for sanctioned tournaments.

*CL 1: Member schools may not compete with "club" teams. Competition is not permitted with teams composed of post-high school students (private schools, junior colleges, colleges) whose participants are beyond the first year of post-high matriculation or are beyond the first year since graduating from high school. All Independent Schools holding dual membership (NJSIAA and NJISAA) must adhere to all regulations provided for by the NJSIAA Constitution, Bylaws and Rules and Regulations and they may not be waived.*

*CL 2: A school is permitted to sponsor only one team at the varsity level. A and B teams at the varsity level are not permitted in any sports.*

4. Disqualification
  - a. Any Student-Athlete or coach disqualified before, during or after an interscholastic event for unsportsmanlike and flagrant verbal or physical misconduct will be disqualified from the next two (2) regularly scheduled games/meets, with the exception of football which will carry a one (1) game disqualification, at that level of competition and all other game(s)/meet(s) in the interim at any level in addition to any other penalties which the NJSIAA or a league/conference may assess.

*CL 1: Once a coach/player has been disqualified, NO appeals will be honored from the player, coach, official or any other party. Disqualification is a judgement call and officials must be certain the act warrants disqualification. All complaints against an official must be directed to the official's Chapter Secretary and the NJSIAA.*

*CL 2: Scrimmages are not considered part of the disqualification rule.*

*CL 3: The National Federation Rules do not permit a wrestler to continue to participate in a tournament if there is a flagrant disqualification. The NJSIAA rule requires a two-match sit-out. Even though the wrestler is not permitted to wrestle in the remainder of that tournament, said wrestler may fulfill the two-match disqualification, provided his team continues to wrestle in scheduled events.*

*CL 4: A second disqualification for an individual in any game/meet/match supersedes NFHS rules in this regard.*

- b. A disqualified player or coach may not be present at any contest in that sport during the period of disqualification. Definition of not being present at the site means the disqualified player or coach is not to be present in the locker room, on the bus, on the sidelines, in the stands or site area before, during or after the game/meet.
  - 1. In team sports any player/coach in violation of this provision will be cause for forfeiture of those games during the period of disqualification.
  - 2. In individual sports the event or events in which the player previously participated while having been disqualified will be forfeited. The team will lose the highest points awarded in each event noted herein.
- c. Should a coach/player be disqualified from the final game/meet of the season, said disqualification will carry over to the next year in that sport. In the case of the Student-Athlete, the same degree of penalty shall apply if said athlete retains eligibility in that sport.
- d. Any player/coach disqualified a second time in single or multiple sports will have the penalty doubled (i.e., in football – disqualified for two (2) games; all other sports – four (4) games). Disqualifications will count for 365 days from the date of the first disqualification.
- e. Any player with two or more disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
- f. Any varsity team accumulating three or more player or coach disqualifications for flagrant unsportsmanlike conduct prior to the team’s participation in an NJSIAA tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.
- g. Single/multiple sports – on the third offense; players disqualified will be suspended indefinitely, and must apply, in writing, to the NJSIAA through the office of their Principal for reinstatement. Disqualifications will count for 365 days from the date of the first disqualification.
- h. Any coach disqualified a second time within 365 days from the date of the first disqualification will be required to appear before the Controversies Committee with the Principal and the Athletic Director.
- i. Any coach who is disqualified and/or has three or more players on a team disqualified during the course of the preceding school year must complete the NFHS Teaching and Modeling Behavior course. This course license must be obtained from NJSIAA with the course completion certificate due to NJSIAA within sixty (60) days of initial NJSIAA notification of the disqualification requirement.

*CL 1: Coaches/players who do not fulfill their penalty in a sport at their present school will be disqualified for the same length of time in their subsequent coaching assignment/sport participation at another school.*

*CL 2: Seniors who are disqualified from their last game or next to last game will serve the penalty in a subsequent sports season according to the penalty provision of that subsequent sport. When seniors are disqualified from their last game of their high school careers, and are unable to fulfill the penalty, member schools are required to take proper administrative action to discipline the offending student.*

*CL 3: Seniors who quit a sport and have not fulfilled their penalty in that sport, must serve it in the new sport before beginning playing in the new sport.*

## **Baseball**

Section 1 Rules National Federation shall govern all NJSIAA games

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 29, 2020 is not eligible for post-season play (see Article V, Section 4. K (2).c)

Section 6 Maximum Games A member school may play twenty-five (25) games including regular season and tournament games, plus one additional tournament, plus the State Tournament.

*CL: Scrimmages during the regular season count toward the allowable number of games.*

## **Basketball**

Section 1 Rules National Federation edition of the Basketball Rules of the United States and Canada shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided in Program Regulations, Section 8.

Section 4 End of Season No interscholastic games may be played after the start of the State -Tournament.

Section 5 Transfers Any transfer on or after January 24, 2020 not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interscholastic scrimmages are to be limited to three (3) per week until the Start of the Regular Schedule (Program Regulations, Section 8). Thereafter, until the start of the State Tournament, schools are limited to the maximum number of games as provided for in Section 7. This does not include games or scrimmages during the State Tournament. (While a school is competing in the State Tournament,

it may schedule with teams entered in the tournament one (1) scrimmage during any week in which it has only one (1) or two (2) games and two (2) scrimmages during any week in which there are no games. These scrimmages will not count in the total number of allowable games.)

Section 7 Games Per Week Not more than a total of three (3) basketball games may be played per week beginning with the week of the Start of the Regular Schedule (Program Regulations, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8 Maximum Games A member school has the option of playing one of the following maximum-game schedules, including interschool scrimmages and postponed games from the start of the Regular Schedule to the start of the State Tournament:

- Option 1 Twenty (20) regular scheduled games, plus two (2) tournaments, plus the State Tournament; or
- Option 2 Twenty-two (22) regular scheduled games, plus one (1) tournament, plus the State Tournament; or
- Option 3 Twenty-six (26) games, including all regular season and tournament(s), plus the State Tournament.

*CL: Teams using options (1) or (2) may exceed the 26 games total provided their regular schedule is limited to either of the options, i.e., 20 in (1) or 22 in (2). Option 3 may be used by teams not playing in any tournaments or playing in more than two tournaments. Option 3 also may be used by teams who are eliminated in tournaments, i.e., County – Conference – League – and wish to schedule games to get to a twenty-six maximum total.*

Section 9 Quarters per Day, per Week Basketball player shall play no more than five (5) quarters during the same calendar day, with a maximum of fifteen (15) quarters per week. This would include freshman, sophomore, junior varsity, and varsity competition. If a school selected the four games per week option in Section 7 (above), no player's maximum quarters per week shall exceed twenty (20).

*CL: Violations of this section result in ineligible participation and forfeiture of the game.*

## **Bowling**

Section 1 Rules US Bowling Congress Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after December 27, 2019, not eligible for post-season play (see Article V, Section 4. K. (2).c)



## **Fencing**

Section 1 Rules United States Fencing Association Rules shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after January 3, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

## **Field Hockey**

Section 1 Rules National Federation Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after September 24, 2019 not eligible for post-season play (see Article IV, Section 4. K (2).d)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Program Regulations, Section 7 Practices/Scrimmages/Games/Meets.

Section 7 Games Per Week Not more than a total of three (3) field hockey games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. Any tournament game, exclusive of NJSIAA Tournament play, scheduled for a Saturday, cancelled and rescheduled for Sunday, shall count as one of the three games in the week in which it was originally scheduled. If three games are previously scheduled for the coming week, the Tournament game will be permitted as a fourth game. You may play one four-game week.

Section 8 Maximum Games A member school may play:

Option 1 Sixteen (16) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus two (2) tournaments, plus the State Tournament.

Option 2 Eighteen (18) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus one tournament, plus the State Tournament.

Option 3 Twenty (20) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus the State Tournament.

A tournament shall be of the single elimination type not to exceed thirty-two (32) teams, limited to a maximum of five (5) games. A tournament shall be of single elimination type, not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

Section 9 Halves Per Day A field hockey player shall play in no more than three (3) halves during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the second half.

## **Football**

Section 1 Rules National Federation Football Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after half of the season not eligible for post-season play (see Article V, Section 4. K (2).c)

- a. Start 8/29/19 = October 4<sup>th</sup>
- b. Start 8/30/19 = October 4<sup>th</sup>
- c. Start 8/31/19 = October 5<sup>th</sup>
- d. Start 9/5/19 = October 7<sup>th</sup>
- e. Start 9/6/19 = October 8<sup>th</sup>
- f. Start 9/7/19 = October 8<sup>th</sup>
- g. Start 9/12/19 = October 11<sup>th</sup>
- h. Start 9/13/19 = October 11<sup>th</sup>
- i. Start 9/14/19 = October 12<sup>th</sup>

Section 6 Scrimmages Football scrimmages will be permitted twice per week. Scrimmages during the regular season count toward the allowable number of games.

Section 7 Games Per Nine Days, Per 24-Hour Period It is recommended that a player participates in no more than two football games during any nine-day period; however, a player may not participate in more than one scheduled game during a twenty-four (24) hour period. This includes freshman, sophomore, junior varsity and varsity competition. A team may not play more than two football games in a period of nine days. The 24-hour period begins with the start of the first game until the start of the next contest.

Section 8 Maximum Games A member school may play no more than ten (10) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets).

Section 9 Postponed/Suspended Games Member schools must play a postponed game no later than Tuesday of the following week (Monday if either team is scheduled to play on the following Friday.) This rule also applies to suspended games which are to be continued according to Conference or NJSIAA procedures.

Section 10 Play-off Games Member schools may, with Executive Committee approval, play play-off games to break a tie for league or conference championships so long as the maximum number of games either school plays during that season does not exceed ten games, including the play-offs. Such play-off must be

played no later than ten (10) days after Thanksgiving. This provision is not applicable to the NJSIAA Football Play-off resolution.

Section 11 Tie-Breaking Procedure During the regular season member schools must use the 25 yd. line in the Football Overtime Tie-Breaking Procedure when a scheduled varsity game ends in a tie. If a tie remains after each team has played three (3) series, the results will remain a tie. The procedure may be used at the sub-varsity level when approved by the schools/conference prior to the game.

## **Golf**

Section 1 Rules The United States Golf Association Rules shall govern all NJSIAA matches. All matches must play summer rules and enforce stroke and distance for all lost balls for all matches. Coaches are encouraged to teach your players the proper use of a provisional ball in order to keep play moving.

Note 1: Concerning playing the ball down – Under extreme course conditions Coaches and/or Club Pros may make the recommendation to lift clean and place one club length, no closer to the hole. This recommendation may not be used to speed up the pace of play. This modification must be noted on the entry form each match. See Appendix 1, USGA Rules of Golf.

Note 2: In the extreme case a host course will not let a team use USGA Rule 27 concerning stroke and distance for lost balls and balls hit out of bounds, teams are required to do the following:

1. Download the NJSIAA Letter and get it signed by the Club Pro or Course Manager. A copy of this letter must be sent to the State Rules Interpreter and kept by the coach. This letter states that Course is forbidding the Varsity Golf team from playing by The USGA Rules of Golf concerning lost balls and balls out of bounds.
2. Out of bounds – Players must add a 2 stroke penalty and drop within two club lengths from the point the ball crossed the boundary (white) stakes lining the course. Lost ball – 2 stroke penalty – Drop a ball the nearest point where the ball was thought to have been lost.

This provision is to be used on a course by course basis only and is not to be adopted by a conference as a whole.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 20, 2020 is not eligible for post-season play (see Article V, Section 4.K (2).c)

Section 6 Team A team shall consist of a minimum of four (4) players and a maximum of six (6) players.

Section 7 Match An interscholastic match shall consist of nine (9) holes; if a match is not completed, the winner will be based upon those holes completed by all players of the teams. If less than five (5) holes have been completed by the teams, the match will be replayed.

*CL: The girls will use the same tee as the boys in State, Sectional, and Championship Tournaments. During the regular season, girls will use the next forward tee which includes all conference, county, etc. tournaments that take place during the regular season.*

## Section 8 Scoring

Type of play – Medal (stroke) Play

The winner of the match will be the team with the lowest total strokes for any 4 out of six players. In case of a tie each team will add their 5<sup>th</sup> lowest score to the team total, if still a tie, the 6<sup>th</sup> lowest score will be added to the team total. If both teams are tied after using 6 members, the team with the low medalist is the winner. If the low medalist is a tie, then the match is a tie.

Note: All conferences MUST play medal play to decide their teams' wins and losses.

## **Gymnastics**

Section 1 Rules National Federation Girls Gymnastics Rules unless modified shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after October 3, 2019 is not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Meets Per Day A competitor shall not compete in more than one (1) meet during the same calendar day.

Section 7 Meets Per Week Not more than a total of three (3) meets may be held per week (including scrimmages, as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), and they may not be held on consecutive days. You may play one four-game week.

Section 8 Postponed Meets One postponed meet per week may be worked into the scheduling, but under no circumstances shall meets be held on three (3) consecutive days.

Section 9 Maximum Meets An individual may participate in only fifteen (15) meets per season, plus the State Tournament.

## **Ice Hockey**

Section 1 Rules National Federation Ice Hockey Rules, with the following exceptions, shall govern all NJSIAA games.

1. The game shall consist of three periods of 15 minutes. An exception may be allowed when participating out of state.
2. On a disqualification penalty, the player shall be put in the custody of the coach on the bench.
3. There shall be no overtime periods, except in playoffs, regular season tournaments, or when playing out of state.

*CL: Overtime will be permitted during the regular season only when playing out of state for purposes of complying with the host state's rules.*

4. There shall be no limit to non-playing personnel on the bench, but the coach is responsible and must suffer the penalty if any bench disturbance occurs.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season No interscholastic games at any level (sub-varsity or varsity) other than the NJSIAA Tournament may be played after the Saturday after completion of the preliminary round of the NJSIAA Tournament.

Section 5 Transfers Any transfer on or after January 5, 2019 not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date, scrimmages will be subject to the provisions of Program Regulations, Section 7 Practices/Scrimmages/Games/Meets.

*CL: Scrimmages during the regular season count toward the allowable number of games*

Section 7 Periods Per Day An ice hockey player shall play in no more than three (3) periods during the same calendar day, with a maximum of twelve (12) periods per week. If a school elects to play a four (4) game week an individual player may not exceed fifteen (15) periods. This would include any combination of sub-varsity and varsity competition. NOTE: Overtime periods are a continuation of the third period.

Section 8 Games Per Week Not more than a total of three (3) ice hockey games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, play-off series, and tournament games), but games may not be played on three (3) consecutive days. You may play one four-game week.

Section 9 Maximum Games A member school may play a total of 26 ice hockey games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets). This would include play-off series and tournaments. The State Tournament would be in addition to the 26 games.

Section 10 Play-offs A play-off series shall be of a single elimination type not to exceed eight (8) teams and limited to a maximum of three (3) games.

Section 11. Championship Eligibility. A student competing on an interscholastic ice hockey team must play as a member of his/her high school team in at least 50% of the school's total games to be eligible for the NJSIAA Championship Tournament.

*CL: This means a student must play in at least 50% of the school's games up to and including the cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations Extraordinary circumstances (i.e. injuries or participation on US National teams) will be reviewed on a case by case basis for the purposes of this clarification.*

## **Boys Lacrosse**

Section 1 Rules National Federation Boys Lacrosse Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 22, 2020 not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date.

*CL: Scrimmages during the regular season count toward the allowable number of games.*

Section 7 Games Per Week Not more than a total of three (3) lacrosse games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8 Maximum Games A member school may play eighteen (18) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets) plus one tournament, plus the State Tournament or twenty (20) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets) plus the State Tournament.

Section 9 Duration of Play A player shall play in no more than six (6) quarters during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition.

## **Girls Lacrosse**

Section 1 Rules United States Women Lacrosse Association Rules, endorsed by the NFHS, shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 19, 2020 not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date.

*CL: Scrimmages during the regular season count toward the allowable number of games.*



Section 7 Games Per Week Not more than a total of three (3) lacrosse games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8 Maximum Games A member school may play eighteen (18) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets) plus one tournament, plus the State Tournament or twenty (20) games (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets) plus the State Tournament.

Section 9 Duration of Play A player shall play in no more than three (3) halves during the same calendar day. This would include freshman, sophomore, junior varsity, and varsity competition.

## **Skiing**

Section 1 Rules NCAA Skiing Rules shall govern all NJSIAA meets with the following modifications for safety and scoring.

1. Meets shall consist of either the Giant Slalom (2 runs), or the Slalom (2 runs), and shall be so noted in the contract.
2. The order of team competition shall be determined by lot drawing. In tournament competition there shall be two (2) drawings; one for Giant Slalom, and one for Slalom, to determine the order of team competition.
3. A maximum of six (6) racers per team may compete in each meet.
4. Team scoring shall be based on a team's best four (4) finishers whose total time is reflected as a percentage of the first four (4) finishers in the meet.
5. It is required that all team members wear helmets for all practices and meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule First week of January

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after January 30, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages The six practice days (Program Regulations, Section 7 Practices/Scrimmages/Games/Meets) shall cover a period of three (3) calendar weeks before the opening meet. Each of these practices shall involve physical activity and at least three (3) practices must consist of skiing on snow.

Section 7 Maximum Meets A member school may compete in a maximum of fifteen (15) ski meets including interschool scrimmages, regular meets, postponed meets and invitational meets. The NJISRA Championship Race is not to be included as part of the fifteen-meet maximum. A ski meet is defined as any event in which one entry fee per team is paid (including two-races), is not separated by more than 48 hours, and where the two day combined results determines the winner of the meet or tournament.

## **Soccer**

Section 1 Rules National Federation Soccer Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after October 1, 2019 is not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter, including the week of the first starting date.

*CL: Scrimmages during the regular season count toward the allowable number of games.*

Section 7 Games Per Week Not more than a total of three (3) soccer games may be played per week beginning with the week of the start of the regular schedule (this includes interschool scrimmages, regular games, postponed games, and tournament games), but games may not be played on three (3) consecutive days. This section does not apply to State Tournament scheduling. You may play one four-game week.

Section 8 Halves Per Day A soccer player shall play in no more than three (3) halves during the same calendar day, with a maximum of nine (9) halves per week. If a school elects to play one four (4) game week, an individual may not exceed twelve (12) halves in that four-game week. This would include any combination of freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the second halve.

Section 9 Maximum Games A member school has the option of playing one of the following maximum game schedules:

- Option 1 Sixteen (16) games (including scrimmages, see Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus two (2) tournaments, plus the State Tournament; or
- Option 2 Eighteen (18) games (including scrimmages, see Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus one (1) tournament, plus the State Tournament; or
- Option 3 Twenty (20) games (including scrimmages, see Program Regulations, Section 7 Practices/Scrimmages/Games/Meets), plus the State Tournament.

A tournament shall be of the single elimination type not to exceed thirty-two (32) teams, limited to a maximum of five (5) games.

Section 10 Championship Eligibility A student competing on an interscholastic soccer team must play as a member of his/her high school team in at least 50% of the school's total games to be eligible for the NJSIAA Championship Tournament.

*CL: This means a student must be eligible to play in at least 50% of the school's games up to and including cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations. Extraordinary circumstances (i.e. injuries or participation on US National teams) will be reviewed on a case by case basis for the purposes of this clarification.*

## **Softball**

Section 1 Rules National Federation Softball Rules shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 22, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Maximum Games A member school may play twenty-five (25) games including regular season and tournament games, plus one additional tournament, plus the State Tournament.

Section 7 Scrimmages Scrimmage during the regular season count toward the allowable number of games. However, while a school is competing in the State Tournament, it may schedule with teams entered in the tournament one (1) scrimmage during any week in which it has only one (1) or two (2) games and two (2) scrimmages during any week in which there are no games. These scrimmages will no count in the total number of allowable games.

## **Swimming**

Section 1 Rules National Federation Swimming Rules shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after January 3, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Meets Per Week Not more than a total of three (3) swimming meets may be held per week beginning with the week of the Start of the Regular Schedule (Program Regulations, Section 8) to the start of the State Tournament (this includes interschool scrimmages, regular meets, postponed meets, and invitational meets), but meets may not be conducted on three (3) consecutive days. This section does not apply to State Tournament scheduling.

Section 7 Maximum Meets A member school may compete in twenty-three (23) meets (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meet), and the State Tournament. All championship meets count toward the total of twenty-four. You may play one four-game week.

*CL 1: Schools with a declared separate boys team and girls team may not swim as a combined team unless swimming against a declared combined team. Declared combined teams may not swim as a separate boys team or a separate girls team in interscholastic meets.*

*CL 2: Diving will not be included as an event during the regular season, the NJSIAA Power Points championship or in the NISCA Power Points for qualification for the team championship competition. Conferences may include Diving in conference meets. Schools may include Diving in non-conference meets by written agreement of the competing schools.*

*CL 3: Scrimmages during the regular season count toward the allowable number of games.*

**Section 8 Championship Eligibility** A student competing on an interscholastic swimming team must swim as a member of his/her high school team in at least 50% of the school's total meets (while he/she attends said school) to be eligible for the NJSIAA Championship Meet.

*CL 1: This means a student must swim in at least 50% of the school's meets up to and including cut-off date while he/she was properly enrolled and eligible at said school according to NJSIAA regulations.*

*CL 2: Late entries will not be accepted as outlined in Program Regulations, Section 13.*

*CL 3: Once schools declare their swim teams as either separate boys, separate girls or combined/co-ed, those declared teams will remain as such during the state tournament classification process. As in regular season competition, combined/co-ed teams will be grouped with boys teams and not grouped with girls teams to determine classification group size. Boys teams and combined/co-ed teams will be classified together in their A, B, and C groups, according to the Northing System. Girls teams will be classified separately (without including combined/co-ed teams) in their A, B, and C Groups according to the Northing System.*

## **Section 9 Officials**

A minimum of three (3) NJSIAA registered officials is required for all championship swimming meets. Four (4) officials will be assigned to the sectional state semifinals and finals.

A minimum of two (2) NJSIAA registered officials shall be used for all other varsity meets.

## **Girls Tennis (Fall)**

**Section 1 Rules** United States Tennis Association Rules shall govern all NJSIAA matches.

**Section 2 Start of Practice** Provided for in Program Regulations, Section 6.

**Section 3 Start of Regular Schedule** Provided for in Program Regulations, Section 8.

**Section 4 End of Season** Provided for in Program Regulations, Section 10.

**Section 5 Transfers** Any transfer on or after September 18, 2019 not eligible for post-season play (see Article V, Section 4. K. (2).c)

**Section 6 Officials** If officials are used for regular season varsity matches they must be registered with the NJSIAA.

Section 7 Equipment Only approved USTA tennis balls shall be used, and new tennis balls must be provided for each match.

Section 8 Meet An interscholastic meet shall consist of five matches: a First Singles match, a Second Singles match, a Third Singles match, a First Doubles match, and a Second Doubles match. The team winning the majority of the five matches shall be the winner of the meet. A school may not schedule or participate in more than one full meet at the end of a regular school day. Prior unfinished meet make-ups will be allowed.

Section 9 Match A match shall consist of the best of three sets. The player(s) winning two sets shall be the winner of the match.

1. Participation: No player shall play twice, i.e., a team shall consist of at least seven (7) players.
2. Line-up: Each coach shall establish his/her lineup in writing before the match begins. The coach is obligated to present his/her strongest lineup in proper order at the time and place the match is played. This means that the best player scheduled to play at this time must play 1st Singles, the next best 2nd Singles, and the third best 3rd Singles. From the remaining members of the squad, two doubles teams are to be selected with the stronger doubles combination playing 1st Doubles and the weaker playing 2nd Doubles.
3. Substitution: Substitutions will be permitted after the outcome of the meet has been decided; however, Article 1 shall still apply.
4. Interrupted Play: The continuation of interrupted play shall begin at the exact point it was discontinued with regard to score, the person serving, and the side of the court each player was on.
5. Forfeit: In case of injury to a player, the match shall be forfeited if the player cannot continue after fifteen (15) accumulative minutes.
6. Between Sets: Play shall be continuous from the first service to the completion of the match; except that a three (3) minute rest period shall be permitted between the first and second sets, and a ten (10) minute rest period shall be permitted between the second and third sets.
7. Coaches shall teach and demonstrate the ethics of tennis.
8. Tie-Breaker – Sets which reach a 6-6 score shall be decided by playing a 12 point tie-breaker.

## **Boys Tennis (Spring)**

Section 1 Rules United States Tennis Association Rules shall govern all NJSIAA matches.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 19, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Sections 6 through 9 - Same as Girls Tennis.

## **Cross Country, Winter Track and Spring Track**

Section 1 Rules National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA cross-country, winter track and spring track meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

### **Cross Country:**

Section 4 End of Season As provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after October 7, 2019, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Meets Per Day A competitor shall not compete in more than one meet during the same calendar day.

*CL: When there are multiple divisions in a meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may compete in each of the divisions if the contestant does not violate National Federation Participation Rule, which limits the number of events in which a contestant may compete in a given meet, provided that the contestant does not compete more than once in the same event on that date.*

Section 7 Meets Per Week A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/Games/Meets, and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.)

Section 8 Postponed Meets One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

### Section 9 Officials

It shall be required that at least three (3) NJSIAA registered track officials be used to officiate in any County, Conference, Invitational, Championship or NJSIAA meets involving four or more teams. Whenever possible, all officials in these meets should be registered.

In all dual and triangular Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

In all dual and triangular Winter Track and Spring Track Meets there shall be at least two (2) NJSIAA registered track officials; one official to supervise Running Events and designated Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10 Jewelry Effective September 1, 2018, the NJSIAA will no longer adhere to the NFHS Rules and Regulations regarding watches, specifically NFHS Rule 4-6-5 Note #2. Watches will not be permitted at any NJSIAA regular season or post-season event.



Section 11 Standard Distances/Cross Country Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Freshman: 3500 meters

Junior Varsity or Novice: 5000 meters

Varsity: 5000 meters

**Winter Track:**

Section 4 End of Season As provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after January 2, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Sections 6 through 10 Same as Cross Country

Section 11 Number of Contestants

Dual Meet Competition: Each team shall be entitled to five (5) entries per event. NOTE: This will also apply to Spring Track.

Triangular Competition: Each team shall be entitled to four (4) entries per event.

Open, Conference and Championship Meets: Entries determined by sanctioning body or Meet Director.

Section 12 Standard Events – Boys As follows: 55 m, 55 m high hurdles (39 inch) 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump, and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

Section 13 Standard Events – Girls As follows: 55 m, 55 m hurdles (33 inch), 400 m, 800 m, 1600 m, 3200 m, 1600 m Relay, Shot Put, High Jump and Pole Vault. Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule.

**Spring Track:**

Section 4 End of Season As provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 29, 2020 not eligible for post-season play (see Article IV, Section 4. K. (2).d.)

Sections 6 through 10 Same as Cross Country.

Section 11 Same as Winter Track.

Section 12 Standard Events – Boys As follows: 100 m, 200 m, 400 m, 800 m, 1600 m, 3200 m, 110 m high hurdles (39 inch), 400 m intermediate hurdles (36 inch), 1600 m Relay, Pole Vault, High Jump, Long Jump, Triple Jump, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract, or points shall be forfeited for departure from this rule. Open, Conference and Championship meets must receive NJSIAA approval for departure from this rule.

Attention: 400 m intermediate hurdles (36 inch) Hurdle Spacing

No. of Hurdles	Hurdle Height	Starting Line to First Hurdle	Between Hurdles	Last Hurdle to Finish Line
10	36"	45 m	35 m	40 m

Section 13 Order of Events – Boys The order of events, unless agreed upon and listed in the contract, shall be: 110 m high hurdles (39 inch), 100 m, 1600 m, 400 m, 400 m intermediate hurdles (36 inch), 800 m, 200 m, 3200 m, 1600 m Relay.

Section 14 Standard Events – Girls As follows: 100 m, 200 m, 400 m, 400 m Relay (optional), 800 m, 1600 m, 3200 m, 100 m hurdles (33 inch), 400 m hurdles (30 inch), 1600 m Relay, High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Shot Put, and Javelin (rubber tipped). Any variations must be by mutual consent and listed in the contract or points shall be forfeited for departure from this rule. Open, Conference, and Championship meets must receive NJSIAA approval for departure from this rule. State Championships will contest and score the triple jump and pole vault.

Section 15 Order of Events – Girls The order of events, unless agreed upon and listed in the contract, shall be: 100 m hurdles (33 inch), 100 m, 1600 m, 400 m, 400 m hurdles (30 inch), 800 m, 200 m, 3200 m, 1600 m Relay. If 400 m Relay, is included, the contract must also indicate the placement in the order of events.

### **Girls Volleyball (Fall)**

Section 1 Rules National Federation Volleyball Rules shall govern all NJSIAA games.

*CL: Tournaments (single or multiple days) will not be played using the three-out-of-five (3 of 5) match format. The two-out-of-three (2 of 3) match format may be modified as per Note 2 of Rule 1-2. Also, games may be modified requiring fewer points to win but not raised to require more points to win.*

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Season Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for Program Regulations, Section 10.

*CL: Final championship for fall volleyball is the Tournament of Champions; therefore, matches can be played up to the finals of the TOC.*

Section 5 Transfers Any transfer on or after September 30, 2019, is not eligible for post-season play (see Article V, Section 4. K. (2).c)

### **Boys Volleyball (Spring)**

Section 1 Rules National Federation Volleyball Rules shall govern all NJSIAA games.

*CL: Tournaments (single or multiple days) will not be played using the three-out-of-five (3 of 5) match format. The two-out-of-three (2 of 3) match format may be modified as per Note 2 of Rule 1-2. Also, games may be modified requiring fewer points to win but not raised to require more points to win.*

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Season Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers Any transfer on or after April 24, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

## **Wrestling**

Section 1 Rules National Federation Wrestling Rules, unless modified herein, shall govern all NJSIAA meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

*CL 1: No varsity meets, regular season or tournament, may be scheduled during or after the week of the District Tournament without NJSIAA approval unless said meet had been scheduled during the last week of the regular season and postponed.*

*CL 2: Junior varsity and/or freshman wrestlers may not compete in matches or tournaments during the weeks of the District and Region tournaments.*

*CL 3: No junior varsity or freshman matches or tournaments shall be permitted after the District tournament.*

Section 5 Transfers Any transfer on or after January 15, 2020, not eligible for post-season play (see Article V, Section 4. K. (2).c)

Section 6 Scrimmages Interschool scrimmages are to be limited to three (3) per week until the first starting date; thereafter including the week of the first starting date, scrimmages will be subject to the provisions of Program Regulations, Section 7 Practices/Scrimmages/Games/Meets.

*CL: Scrimmages during the regular season count toward the allowable number of matches.*

Section 7 Postponed Meets Any postponed meet may be added to the regular scheduling as noted in Section 8 Maximum Meets.

Section 8 Maximum Meets A team may not schedule nor may a wrestler participate in more than four weigh-ins per week. A team may schedule only one event involving more than four teams during the week. A two-day tournament with a weigh-in each day will count as one weigh-in.

NOTE: Make-up matches must fall within the four weigh-in regulations.

*CL 1: A weigh in counts only if the wrestler appears on the mat to accept forfeit or to compete.*

*CL 2: A wrestler may not compete in MORE than a maximum of 30 sub-varsity and/or varsity matches during the regular season (exclusive of the NJSIAA Tournament, Team and Individual). Teams not qualifying for or being eliminated from the Team Tournament may compete consistent with Section 8 Maximum Meets and such meets during the week of the Team Tournament will not count towards the maximum thirty (30) sub-varsity and varsity matches governing a wrestler. Thirty (30) sub-varsity and varsity matches are exclusive of NJSIAA Tournaments, both Individual and Team.*

*CL 3: No matches, regular season meets or tournaments may be scheduled during or after the week of the District Tournament, but a school may schedule interschool "workouts" (excluding match format-scoring, no officiating and no weigh-ins) the week of the Districts through the week of the State Finals.*

*CL 4: Two-day tournaments that are held on a Saturday and a Sunday will be considered as a tournament for the week of the initial day the tournament starts (in this case Saturday). A weigh-in for a two-day tournament starting on Saturday will count for the week the tournament started (in this case Saturday) and will not impact weigh-ins for the following week.*

#### Section 9 Weight Certification

**See Wrestling Regular Season Regulations.**

Weight Classes: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Section 10 Weight Classification Each Match – A wrestler's actual weight, minimum certified weight, and weight class at which the wrestler participated must be recorded in the team's scorebook. If there is no scorebook the official will record final score on the Wrestling weigh in sheet(s) and these form(s) will become the official document(s) of the meet.

Section 11 Skin Infection/Contagious Disease Before being permitted to wrestle, any wrestler previously judged not fit to wrestle must present, at weigh in, the original NJSIAA skin lesion form signed by-an MD, DO, PA or APN, certifying that an exam took place pertaining to that condition within the last seven (7) days, clearing that contestant for competition.

*CL: Before the dual/individual meet begins, the referee shall perform skin checks, or verify skin checks have been performed by a designated, on-site, meet appropriate health professional. NFHS Rule 3-1-4a; 3-1-5a.*

Section 12 Equipment Headgear – It is mandatory that all wrestlers wear a protective headgear at all times during practice and while participating in a match.

#### Section 13 Disqualifications

1. Any player with more than two flagrant disqualifications in the current season, prior to the start of an NJSIAA tournament, will be ineligible to compete in said tournament.
2. Any varsity team accumulating more than two player and/or coach disqualifications for flagrant unsportsmanlike conduct prior to the start of a tournament will not be permitted to participate in same. Seeded teams will forfeit their right to compete if a disqualification limit is reached prior to the start of the tournament for the team.

*CL: Teams with more than two flagrant disqualifications cannot win a District Team Championship Title.*

## NJSIAA IMPOSED FINES

The following fines may be imposed by the NJSIAA Staff:

Description	Amount
<b>General:</b>	
<b>Disqualified Coach</b>	\$100
<b>Classifications (1)</b>	\$150
<b>Tournament entry (2)</b>	\$150
<b>Tournament refusal after deadline</b>	\$150
<b>Tournament refusal after seeding (3)</b>	\$300
<b>Sports Specific:</b>	
<b>Late Entry/Day of Entry (4)</b>	\$150
<b>Timely reporting of results (5)</b>	\$150
<b>Event no-show (6)</b>	\$150

**General:**

- (1) Updates to classifications after deadline per season (Fall Aug. 1<sup>st</sup>, Winter Nov. 1<sup>st</sup>, Spring Mar. 1<sup>st</sup>)
- (2) Seeding with outstanding membership requirements or outstanding invoices > 90+ days past due.
- (3) Additionally disqualified from next year's tournament.

**Sports Specific:**

- (4) Cross Country, Winter Track and Spring Track tournament regulations. Fine is assessed per B/G team.
- (5) Results reporting requirements per the Wrestling and B/G Swimming tournament regulations.
- (6) B/G Tennis, additionally disqualified from next year's tournament.

Annually, the Finance Committee will review the fines collected and approve the amounts to be contributed to the annual scholar athlete scholarship account.