

Archdiocesan Interscholastic Athletic League Handbook of Procedures

Rules for Admission into the AIAL

1. The chief administrator or principal of a school interested in joining the AIAL requests acceptance into the League in writing. Such request shall be directed to the President indicating a willingness to follow the AIAL rules and guidelines.
2. The Commissioner shall determine to which classification and district the new member school would logically be assigned.
3. The Executive Board is empowered to accept the applying school for a one year probationary period. Schools on probation may not compete for honors nor advance to play-off competition in any sport that provides for such honor. Individuals from such schools may receive individual awards or honors.
4. After the probationary period, full admission will be voted upon by the governing body. A two-thirds (2/3) majority of those schools voting shall be required for admission.

General Meetings

Seventy percent (70%) representation of the voting members shall constitute a quorum at any meeting.

Absences

1. After two consecutive unexcused absences, a school will automatically be placed on probation for one calendar year.
2. Reinstatement from probation must be by a two-thirds (2/3) majority vote of the Governing Body.

Order of Business

The regular order of business of the AIAL meetings shall be as follows:

1. Prayer
2. Roll call
3. Minutes from previous meeting
4. Financial report
5. Superintendent's report
6. Old business
7. New business
8. Committee reports/Appointment of Committees
9. Election of officers (Final meeting)
10. Adjournment

General Rules

1. **Equipment/Game Balls:** Playing equipment will be determined at the regular meeting by the membership. The designated Home team will be responsible for providing the game officials with the approved game ball displaying the NFHS symbol. Should the designated Home team fail to furnish the appropriate game ball; the visiting team will have the option of providing the necessary game ball. In the case where neither team can furnish an approved game ball, the administrators and/or head coaches will determine what ball will be used.
2. **Officials:** In all season assignments, the Commissioner or Sports Coordinator shall be responsible for contracting officials at the beginning of the season. The officials used must be members of an AIAL approved official's association. Official's fees will be paid by the designated home team. The home team contacts the officials' association in an emergency and informs the Commissioner of this exception. In the event a coach, student athlete or audience member is ejected from an athletic contest, then the official making the ejection must complete and submit an Ejection Incident Report prior to receiving payment for officiating services.

3. **Schedules:** Master schedules will be made by the Commissioner. It will be the duty of the coaches to arrange their schedules and submit a final copy to the Commissioner by the date listed on the official calendar.
 - a. Game days originally agreed upon, either by district schedule or agreement between schools can only be changed by mutual agreement of the schools involved. Change is only valid when agreed upon in writing by both schools.
 - b. If a school forfeits a district game, and does not play that game,
 - i. The forfeiting school shall not be eligible for the playoffs.
 - ii. None of the games involving the team cancelling the game will count towards the district standings. It is as if the team was never a part of the district.
 - iii. The individual players on the team are still eligible for consideration for all-district.
 - iv. If the game is played and later ordered to be forfeited by the Executive Board or if the school willingly forfeits the game after discovering an ineligible player, or some other rule violation, the team is not automatically removed from the playoffs.
 - v. The team's won/loss record for district play, including any losses due to the forfeiture of teams that have played, shall be considered to determine if the team qualifies for a playoff berth.
 - c. Schools shall not forfeit any district games in order to play non-district games. Schools in violation of this provision will be subject to the range of penalties.
 - d. If a contest cannot be played as scheduled or completed as defined by the governing rules of the activity and the visiting team was not notified in advance of the situation or if the situation occurs during the contest
 - i. Earnest effort should be expended to find an acceptable playing site so that the game may be played without additional travel expenses for team and fans.
 - ii. A host school does not have to forfeit the contest unless the Executive Board rules that they have been negligent
 - iii. If the contest is rescheduled, the home team will host the game at a mutually agreed date and time and reimburse the visiting school 50 cents per mile.
 - iv. By mutual agreement, the visiting team may host the make-up game and no travel allowance shall be required.
 - v. If at the time of game stoppage one team has outscored the other, the losing coach may choose to accept the score as final.

4. **Weather:** Postponement of outdoor games due to bad weather is permissible when agreed upon by the administrators of the respective schools and the Commissioner. If administrators are not available, then a brief statement signed by both coaches will be allowed. If lightning is imminent, the game shall be temporarily suspended and postponed if necessary. A game will be rescheduled at the earliest possible date agreed upon by both schools.
 - a. Lightning - In the absence of Lightning Detectors or Predictors, AIAL rules are as follows:
 - i. When thunder is heard or cloud to ground lightning is observed, the storm is close enough to strike your location with lightning. Suspend play and take shelter immediately. Safe shelter does not include dug-outs, out-houses, or sheds. Shelter must be a habitable structure or vehicle.
 - ii. Thirty Minute Rule: Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.
 - iii. After beginning application of the 30 minute rule, any subsequent thunder or flash of lightning shall reset the clock and teams shall wait an additional 30 minutes from that point prior to resuming play.
 - iv. A school that following the above guidelines shall not be required to forfeit contests.
 - b. Temperature

- i. In the event the outside temperature or heat index reaches 100 degrees as determined by the home team or event host, inter school contests shall not be played without the mutual consent of all teams involved in the contest.
- ii. In the event the outside temperature or chill factor reaches 32 degrees as determined by the home team or event host, inter school contests shall not be played without the mutual consent of all teams involved in the contest.
- iii. In the event that the heat index is greater than 101, outdoor contests or practices must be canceled or moved indoors.

Travel: In the event of snow, ice or other weather conditions affecting travel, consideration should be given to the travel involved before and after a contest. A school that determines travel conditions to be unsafe shall not be required to forfeit contests.

5. **AD/Coach Certification Training:** All Athletic Directors and coaches (all levels of middle school participation, full-time, part-time or volunteer) must complete the AIAL Coach Training ANNUALLY, prior to the start of their sports season. The names of all coaches who complete the AIAL Coach training shall be submitted to the League Commissioner. It is the joint responsibility of the coach and athletic director to insure that the Coach training and any other training are completed annually prior to the start of the individual's middle school coaching duties. Failure to maintain any and all necessary personnel documentation will result in disciplinary action taken by the AIAL Executive Board. Disciplinary action taken may range from forfeiture of athletic contests to League suspension.

a. Annual Training of ALL Coaches will include:

- i. Student Eligibility
- ii. Contest Officials
- iii. Game Administration
- iv. Removal from a Contest
- v. Reporting Game Scores
- vi. Fan Behavior
- vii. Concussion in Sports
- viii. First Aid Review (Not CPR/AED Training)
- ix. Sudden Cardiac Arrest
- x. Blood Borne Pathogens
- xi. Heat-Acclimatization & Hydration Safety

b. Coaches with less than five (5) years' experience coaching in public or private schools must complete the Fundamentals of Coaching, Sportsmanship & a Sport specific course through the National Federation of State High School Associations (NFHS)

c. Exceptions to b. with approval from the Executive Board: 1. Coaches with more than five (5) years coaching experience in either public or private school; 2. Verifiable college courses representing the curriculum listed in b.

6. **Sportsmanship:** Keeping the AIAL's philosophy regarding the expectations of coaches in mind, the following limitations on the number of coaches allowed per team is as follows: Tackle Football (6-man & 11-man)– Head Coach, (3) Assistant Coaches: Cross-country, Soccer, Volleyball, Basketball, Track and Field, Baseball Softball, Tennis, Golf – Head Coach, (2) Assistant Coaches.

Effective August 2004, the AIAL will implement the following policy regarding coaches' conduct during athletic contest. This is to insure that all Athletic Directors and coaches adhere to the guidelines given in the Expectations of Coaches on page 1 of the AIAL Constitution and Handbook. Any AIAL Athletic Director or coach who receives a reprimand for unsportsmanlike conduct (ex. Technical foul, yellow card, etc.) which does not result in an ejection must report the incident to the League Commissioner within thirty-six (36) hours after the incident. The opposing school is also responsible for notifying the League Commissioner. The violating school's Athletic Director will be responsible for submitting an AIAL Athletic contest incident report to the

League Commissioner signed by both the Athletic Director and Principal. This information will be made available to the AIAL Executive Board for review and further action.

Ejections: Conditions requiring the removal from a contest shall be determined by NFHS or outlined in the published Athletic Plan for that sport.

- a. Any coach or player ejected from, or not allowed to continue participation in, a contest or in football receiving three or more 15 yard unsportsmanlike penalties during a contest, must complete the following:
 - i. File an Incident Report with the League Commissioner within 24 hours of the contest.
 - ii. Both schools involved in the contest must report any ejection occurring in the contest.
 - iii. Schools who fail to report an ejection are subject to further sanctions.
- b. Penalties/Sanctions for Ejections will be as follows:
 - i. Coach who has documented AIAL Coach Training shall receive:
 1. Private Reprimand
 2. Suspension from the next two (2) scheduled contests (**single game or tournament game**) as shown on the schedule submitted prior to the season.
 3. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include another 2 game suspension
 - ii. Coach who has no documented AIAL Coach Training shall receive:
 1. Public Reprimand – Coach
 2. Public Reprimand – Athletic Director
 3. Suspension from three (3) scheduled contest (**single game or tournament game**) as shown on the schedule submitted prior to the season.
 4. Coach must complete the required AIAL Coach Training in addition to NFHS *Teaching and Modeling Behavior* or similar course prior to the next scheduled contest as shown on the schedule submitted prior to the season.
 5. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include an additional 2 game suspension
 - iii. The two game suspensions do not allow the violating coach to assist with any other teams during the term of the suspension. An ejection that occurs during any AIAL play-off tournament will result in suspension from coaching any team for the remainder of the tournament.
 - iv. Any student-athlete ejected from, or not allowed to continue participation in, a contest shall be suspended from the next scheduled **contest (single game or tournament game)** as shown on the schedule submitted prior to the season and the following steps taken:
 1. The Incident report must be filed with the Commissioner within 24 hours of contest.
 2. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include 2 game suspension
 - v. In the event of an ejection, or a coach or student not being allowed to continue participation in a contest, the School shall be responsible for the following:
 1. If three ejections, coaches and players combined, are received in a sport during the season, the coaches and athletic director will be required to meet with the Executive Board.
 2. If five ejections, coaches and players combined, are received by a member school during the school year, the athletic director and coaching staff of the member school will be placed on Probation for the following school year.
 3. A school on probation that has any further violations will be required to forfeit contests, thus not be allowed to participate in playoffs.

4. A coach or player deliberately coming into physical contact with, or threatening to harm an official shall receive a minimum five (5) game suspension.

7. Concussions:

- a. Each AIAL athletic director and coach will receive training in Concussion Management on an annual basis. Any player who shows signs, symptoms or behaviors associated with a concussion:
 - i. Must be removed from the contest and see a physician to get approval for return to play.
 - ii. May not return to play on the same day
 - iii. Shall not return until completing at 7 day return to play protocol that requires the athlete to complete a progression of exercises at increasing intensities each day while remaining symptom free. The athlete must be cleared to play by an appropriate health-care professional as determined by the school administrator.
 - iv. If an athlete shows signs or symptoms while completing return to play protocol, they must stop immediately and return to treating physician before resuming return to play.
- b. Written clearance must be obtained from the appropriate health care professional prior to student participation in any:
 - i. Practice
 - ii. Scrimmage
 - iii. Athletic Contest
- c. A report of all concussions will be made to the League Commissioner.

8. League champions will be determined as follows:

Football	League won/loss record or playoff between first and second half winners.
Cross-country	Lowest team total each division Point total taken from the top five (5) runners from each school in each division
Volleyball	B-Division – League or district won/loss record A-Division – Single elimination playoff tournament - top six (6) teams in each classification; three (3) teams from each district where applicable (Girls)
Soccer	A-Division – Single elimination playoff tournament – top four (4) teams or three (3) teams from each district where applicable
Basketball	B-Division – League or district won/loss record A-Division – Single elimination playoff tournament – top six (6) teams in each classification; three (3) teams from each district where applicable (Boys and Girls)
Track	Highest team total in each classification and division
Baseball	A-Division – Single elimination playoff tournament – top six (6) teams in each classification, three (3) teams from each district where applicable
Softball	A-Division – Single elimination playoff tournament – top six (6) teams in each classification, three (3) teams from each district where applicable
Tennis	League won/loss record

Golf The AIAL Executive Board and Sport Coordinator(s) will establish annual guidelines

In those sports which have District play established, District champions will be determined by the best won/loss record based on those games played within the district.

9. Awards shall be issued at the end of each sport season. Awards are as follows:

Cross-country League champion and runner-up team trophy in each division
 1st and 2nd place individual trophy or medal in each division
 3rd thru 6th place ribbons in each division

Football League champion and runner-up team trophy
 Individual Champion medals
 Twenty-seven (27) All-League/District selections (A division)

Golf/Tennis League champion and runner-up team trophy
 Individual division champion and runner-up

Soccer 1st and 2nd place team trophy (B and A division regular season)
 Twenty-seven (27) All-League/District selections (A division)
 League champion and runner-up team trophy (A division playoffs)
 Individual Champion medals
 Eleven (11) All-Tournament selections (A division playoffs)

Volleyball District/Conference champion and runner-up team trophy
 (B and A division regular season)
 Fifteen (15) All-League/District selections (A division)
 League champion and runner-up team trophy (A division playoffs)
 Individual Champion medals
 Nine (9) All-Tournament selections (A division playoffs)

Basketball District/Conference champion and runner-up team trophy
 (B and A division regular season)
 Fifteen (15) All-League/District selections (A division)
 League champion and runner-up team trophy (A division playoffs)
 Individual Champion medals
 Nine (9) All-Tournament selections (A division playoffs)

Track League champion and runner-up team trophy in each division
 1st, 2nd and 3rd place medals/4th thru 6th place ribbons (A division)
 1st thru 6th place ribbons (B division)
 Medals for those participants who set new League records

Baseball/
Softball District/Conference champion and runner-up team trophy
 (B and A division regular season)
 Fifteen (15) All-League/District selections (A division)
 League champion and runner-up team trophy (A division playoffs)
 Individual Champion medals
 Nine (9) All-Tournament selections (A division playoffs)

All Tournament selections will be voted on by those coaches whose teams are participating in the playoff tournament.

10. The winning teams will contact the Commissioner to report scores from completed games. Failure to report scores on a WEEKLY basis will result in the assessment of a \$25.00 fine for the first offense and a \$35.00 fine for every offense thereafter.
11. Starting dates for practice and games will be set by the Commissioner. No member school is allowed to begin practice in any sport before the set date.
12. The AIAL will reimburse the League officers for any League related expenses that they may incur. Officers will keep a record of these expenses and make them available to the Treasurer.
13. The AIAL under the direction of the League Commissioner and Treasurer will compensate those individuals selected to assist with any AIAL Championship tournament or event.
14. In keeping with an atmosphere of sportsmanship, all noisemakers will be prohibited in gym facilities during season games, tournaments and playoffs.
15. VIDEO/FILMING: *Non-District and District Contests by Schools*
 - a. It is a violation to videotape or film a non-district or district athletic contest in which your school or team is not competing unless prior written consent of the two schools involved has been obtained.
 - b. A school does not have to obtain permission to film or tape a non-district or district contest in which it is competing. However, the film or videotape may not be utilized until after the contest has been completed.
 - c. Films and video become the property of the school doing the filming.
 - d. A coach that violates the rules of video/filming shall serve a probation or suspension set by the Executive Board. If the violation is acted out by a parent, student or fan, the head coach will be held responsible and serve a probation or suspension.

16. Tiebreaker:

Where time allows the League Executive Board may authorize a single game to resolve a tie. The one game playoff is for "A" division only. Where time does not permit scheduling to resolve a tie the following will be the deciding factor:

1st tiebreaker – Head to head match-up

2nd tiebreaker- Positive point system (Use of scores from head to head match-up)

3rd tiebreaker – Coin toss

(The use of a coin toss will involve a representative from each school or their designee and the League Commissioner.)

Each Classification will have the ability to set parameters on tie breaker procedures at the beginning of the season.

Off Season/Summer Athletic Participation

Regulations covering off season and/or summer athletic participation and attendance at summer athletic camps are to be observed. The purpose of these rules is to safeguard the eligibility of student-athletes by providing students, parents, and school coaches a copy of applicable regulations.

1. Schools Personnel's Involvement with Non-School Competition

The AIAL rules restrict school team sports coaches from coaching student-athletes from their school in non-school athletic activities.

Baseball, Basketball, Football, Flag Football, Soccer, Softball or Volleyball teams:

B-Division or A-Division coaches shall not provide instruction in a non-school camp or clinic or coach a non-school team on which B-Division or A-Division students from his/her school are involved, other than his/her own adopted or birth children. School coaches shall not require student-athletes to participate in non-school activities. Participation in non-school activities is strictly voluntary and can never be used as a prerequisite for trying out for a school team.

- It is a violation for school coaches to specify to a non-school coach what offense to use, which drills to use or which students should participate or not participate on a specific team.
- It is a violation for a school coach to ask school players to participate on any non-school team or to play on a specific non-school team.
- It is a violation for a school coach to make arrangements with another coach to hold competitions or scrimmages for their teams.

The penalties that may be imposed by the AIAL Executive Board on member schools and their coaches who violate any off-season or summer participation guidelines are reprimand or suspension for a period of one day to three years. The Executive Board may not impose forfeiture of contest unless the school or coach is already on probation for a previous violation.

2. Leagues Organized by School Personnel

School coaches may assist in organizing, selecting coaches, and may supervise school facilities for non-school activities. School coaches shall not coach or instruct student-athletes from their school in the team sports of baseball, basketball, Football, flag football, soccer, softball, or volleyball. For non-school competition school coaches shall not schedule practices or contests for student-athletes from their school. There is no limit on the number of students from the same school on the same team/squad if school coaches are not coaching any of their own student-athletes.

3. Camps and Clinics

Camps that school personnel may work with their own student-athletes:

The school may sponsor the following type of camp during the summer: all student-athletes may attend one camp, in which instruction is given in each team sport, and which a coach from their school works with them, under the following conditions.

- a. Attendance at each type of sports camp is limited to no more than five consecutive days.
- b. Contact football activities are not permitted in these camps.
- c. Fees for all student-athletes shall be paid by the student and/or their parents.
- d. The school may furnish school owned equipment, with the following restrictions:
 - i. The schools may not furnish any individual baseball, basketball, football, soccer, softball, or volleyball player equipment including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball, basketball and soccer camps.
 - ii. For football camp, the school may furnish hand dummies, stand up dummies, passing and kicking machines and footballs. Use of any other football equipment, including helmets and contact equipment is prohibited.
 - iii. For baseball and softball camps, the school may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. Use of any other baseball or softball equipment is prohibited.

4. Private Instruction

School coaches are prohibited from providing instruction to student-athletes from their own school in team sports in the off-season and during the summer. Parents who serve as school coaches are not prevented from instructing their own adopted or birth children during these times.

(Approved by the AIAL Executive Board May 12, 2016)

Athletic Plan – Cross-Country

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all AIAL meets.
3. The AIAL meet is to be scheduled during the last week in September.
4. Students may participate in open and progressive meets and/or recreational meets during the summer.
5. Girls and Boys will compete separately.
6. The distance is approximately one and one-half miles (1 ½).
7. A team is comprised of a maximum of seven (7) runners per division, with a minimum of five runners to compete for team awards.
8. Each school participating is to have two representatives (coaches preferred) available to help where needed.
9. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Soccer

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school team or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular schedule and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
7. A school team must play all regular season or District games (where applicable) to be eligible for Playoff honors. A forfeited regular season or District game will result in suspension from AIAL League playoffs.
8. The AIAL playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the last day of October. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
9. Playoff structure will be as follows:
(Single elimination format)

First round	1 st place finisher vs. 4 th place finisher
	2 nd place finisher vs. 3 rd place finisher
Final round	League Championship between first round winners
10. Assistance with Crowd Control at the League tournament:
Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.
11. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Volleyball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school team or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments in a season. EXCEPTION: “B” Division teams are allowed four (4) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular season and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.

EXCEPTION: An additional; game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.

6. Both “B” and “A” divisions will be using the scoring format listed below:
 - 2 out of 3 to 25 points (cap at 30)
 - 3rd game to 15 (no cap)
 - The let serve shall be allowed
 - Each team shall be allowed two time-outs per game
 - By mutual consent, teams may play the third game of a match even if the same team has won the first two games. Any student who has not played in the first two games must be allowed to participate in the entire third game.

Warm-up procedures: It is recommended that schools use a ten minute warm-up procedure. Each team will have the court for four minutes. Both teams will share the court for the last two minutes for serves.

7. No team or contestant shall play in more than three (3) matches per calendar day, except contestants or teams may play four (4) matches per calendar day in a one day tournament scheduled on a Saturday.
8. Boys may not compete on girls Volleyball teams.
9. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
10. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
11. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the last day of October. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.

12. A-Division playoff structure will be as follows:
(Single elimination format)

Class A

District 2 #3 vs. District 3 #2
Winner vs. District 2 #1

District 3 #3 vs. District 2 #2
Winner vs. District 3 #1

Class AA

District 4 #3 vs. District 5 #2
Winner vs. District 4 #1

District 5 #3 vs. District 4 #2
Winner vs. District 5 #1

13. Assistance with Crowd Control at the League Tournament:

Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

14. Reminder – National Federation of State High School Association rules will be followed.

15. Schools are permitted to use one libero player in each set, according NFHS rules. The libero must be in a solid color uniform that is contrasting in color from the rest of her teammates.
16. Only an adult or high school aged student is permitted to keep official score. It is the responsibility of the Athletic Director to ensure that the scorekeeper is trained.

1. Check the official AIAL Calendar for pertinent dates
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team or student shall compete in more than twenty-five (25) games during the season. This includes the AIAL Playoff tournament.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
6. *EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.*
7. Boys may not compete on girls Softball teams.
8. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
9. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
10. Games shall be six (6) innings or 105 minutes (1 hour, 45 minutes). Where two games are scheduled **or due to facility constraints**, six (6) innings or seventy-five (75) minutes will be permitted provided both administrators and/or head coaches agree.
 - Regulation game: Provided four (4) innings have been completed
 - The following run rule will be in effect: 15 run lead after 3 innings or 10 run lead after 4 innings
11. Bat Rule: Batters may use any Fastpitch Softball Bat that has the "ASA" stamp on it. There is no requirement on the drop of the bat. The stamp "ASA" has to be visible/legible on the bat. If a bat is in question, the Head Coach can approach the umpire of the game to confirm the bat meets AIAL rules.
12. Ball Rule: Game balls used must be a 12" Optic Yellow ball and have the "NFHS" stamp on it. Any brand of softball is allowed as long as it has the stamp visible.
13. Steel cleats/spikes are prohibited.
14. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the second Friday in May. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
15. A-Division playoff structure will be as follows:

16. Class A and Class AA (Single elimination format)

Class A

District 2 #3 vs. District 3 #2
Winner vs. District 2 #1

District 3 #3 vs. District 2 #2
Winner vs. District 3 #1

Class AA

District 4 #3 vs. District 5 #2
Winner vs. District 4 #1

District 5 #3 vs. District 4 #2
Winner vs. District 5 #1

17. Assistance with Crowd Control at the League Tournament

18. Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

19. Reminder – National Federation of State High School Association rules will be followed

Athletic Plan – Tackle Football (11-man)

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team shall participate in more than ten (10) games during the regular season.
4. Only one scrimmage or one practice game is permitted prior to the start of the regular season. This must take place at least seven (7) days prior to the first regular season game. The last week of the season will be reserved for any make-up games due to weather or circumstances that deemed to be necessary to reschedule a regular season game.
5. The AIAL Tackle Football Program is open to students (boys and girls) in grades 6 – 8 of a member school. To be eligible for 11-man competition a team must have a minimum of 16 players.
6. 11-man: Any player who weighs over 155 lbs. at the official weigh-in is eligible to play the positions of center, guard, or tackle ONLY on offense.
7. 11-man: All players will be weighed prior to the first game of the regular season as set by the League Commissioner and/or Football Sports Coordinator and also when a challenge is requested. A school requesting a challenge must use the following format: A written request stating the player(s) name(s) and position(s) signed by the Principal and Athletic Director of the school submitting the challenge must be submitted to the League Commissioner no later than the Monday before the scheduled game. The athlete(s) in question will be weighed by the League Commissioner or his/her designate at the earliest date possible prior to the scheduled game. No athlete's weight can be challenged more than two (2) times during any football season. The weight limit of 155 lbs. is allowed a seven (7) pound increase after the official weigh-in. If a player exceeds the seven (7) pound limit, the player will only be eligible for the positions outlined in Section #6.
8. Mandatory Practice Guidelines: The first four (4) days of practice (four-day acclimatization period) shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted and practice cannot exceed three (3) hours. All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.
After the four-day acclimatization period, schools may not schedule more than three contact practices in any two-day period, nor more than two (2) practices in any one (1) day. If two practices are scheduled on day one, day two is limited to one practice session. On days when two (2) practices are held, the padded session shall not last longer than three (3) hours, and the the other session shall not last longer than two (2) hours and shall have no player equipment, including helmets and no contact. A minimum break of at least two (2) hours between sessions must be taken. On days when one (1) practice is held the session shall not last longer than three (3) hours. The following activities are considered practice activities or practice: on field practice, sport specific instruction, and mandatory conditioning. The following are not considered practice activities: film study, meetings, water breaks, rest breaks, or injury treatment.
9. No team shall hold football practice or training during the off-season. The week prior to the start of practice will be designated at Strength & Conditioning for the football season. These workouts shall be conducted by the coaching staff on the football field. Footballs, speed, agility and weight equipment may be used. No helmets are allowed. Coaches are not allowed to issue any football equipment prior to the starting date or at the close of football season.

10. A school team must play all regular season games to be eligible for Championship honors (League Champion and League Runner-up). A forfeited regular season game will result in removal of any championship honors.
11. Each school participating in the AIAL Tackle Football program will be required to have a principal or their designee for crowd control at regular season football games, home and away. This person cannot be a member of the Football coaching staff. This person is responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area. This person will be present at the officials' meeting at mid-field before the game, and should be counseled by coaches and officials at any point during the game if necessary.
12. All schools should refer to #9 in the General Rules of the AIAL Handbook for guidelines for weather safety. No school shall conduct outdoor practices or games if the Heat Index exceeds 101.
13. All coaches are responsible for knowing and following the rules outlined in the AIAL Constitution & Handbook; including but not limited to, coaching certifications, scheduling, sportsmanship and safety.
14. **11-man:** Reminder – National Federation of State High School Association rules will be followed with the following exceptions:
 - a. Extra point conversions: Conversion by field goal – 2 points, conversion by run or pass – 1 point.
 - b. In the event of a tie at the end of regulation, an overtime period will be implemented with each team having an opportunity to score starting at the 25 yard line. If a tie remains after the first overtime, a second overtime will be played. If a tie remains after the second overtime period, the game will be recorded as a tie game.
 - c. No form of communication with coaches in the stands (i.e., headsets or cell phones).
 - d. No recording or use of video for scouting purposes. The exchanging or sharing of any videos with other schools is prohibited for any reason.
 - e. Practice time is limited to two (2) hours on the field for any given day. Practice is also limited to 10 hours a week after school starts (12 hours a week before school starts).
 - f. Each team is limited to only the six (6) coaches on the football eligibility list to coach on the sidelines during a game. After the prayer, communications of any time are not allowed between sideline coaches and other coaches (including halftime).
 - g. A team is allowed to have two (2) medical assistants and one (1) photographer on sideline during a game. These individuals must be identified prior to the start of the game and cannot assist in coaching. Their sole purpose is to assist/help with medical situations.
 - h. At all home football games, a faculty administrator or designated person is required to be present during the entire game.
 - i. All players must have the appropriate numbers for the offensive position they play. Lineman must wear a number that is between 50 – 79.
 - j. Each school is required to have a white and colored jersey for each player.

Athletic Plan – Tackle Football (6-man)

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team shall participate in more than ten (10) games during the regular season.
4. Only one scrimmage or one practice game is permitted prior to the start of the regular season. This must take place at least seven (7) days prior to the first regular season game. The last week of the season will be reserved for any make-up games due to weather or circumstances that deemed to be necessary to reschedule a regular season game.
5. The AIAL Tackle Football Program is open to students (boys and girls) in grades 6 – 8 of a member school. To be eligible for 6-man competition a team must have a minimum of 9 players.
6. 6-man: All players are eligible to handle the ball on offense. There is no weight limit to who may handle to ball on offense.
7. **Mandatory Practice Guidelines:** The first four (4) days of practice (four-day acclimatization period) shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted and practice cannot exceed three (3) hours. All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.
After the four-day acclimatization period, schools may not schedule more than three contact practices in any two-day period, nor more than two (2) practices in any one (1) day. If two practices are scheduled on day one, day two is limited to one practice session. On days when two (2) practices are held, the padded session shall not last longer than three (3) hours, and the the other session shall not last longer than two (2) hours and shall have no player equipment, including helmets and no contact. A minimum break of at least two (2) hours between sessions must be taken. On days when one (1) practice is held the session shall not last longer than three (3) hours. The following activities are considered practice activities or practice: on field practice, sport specific instruction, and mandatory conditioning. The following are not considered practice activities: film study, meetings, water breaks, rest breaks, or injury treatment.
8. No team shall hold football practice or training during the off-season. The week prior to the start of practice will be designated at Strength & Conditioning for the football season. These workouts shall be conducted by the coaching staff on the football field. Footballs, speed, agility and weight equipment may be used. No helmets are allowed. Coaches are not allowed to issue any football equipment prior to the starting date or at the close of football season.
9. A school team must play all regular season games to be eligible for Championship honors (League Champion and League Runner-up). A forfeited regular season game will result in removal of any championship honors.
10. Each school participating in the AIAL Tackle Football program will be required to have a principal or their designee for crowd control at regular season football games, home and away. This person cannot be a member of the Football coaching staff. This person is responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area. This person will be present at the officials' meeting at mid-field before the game, and should be counseled by coaches and officials at any point during the game if necessary.

11. All schools should refer to #9 in the General Rules of the AIAL Handbook for guidelines for weather safety. No school shall conduct outdoor practices or games if the Heat Index exceeds 101.
12. All coaches are responsible for knowing and following the rules outlined in the AIAL Constitution & Handbook; including but not limited to, coaching certifications, scheduling, sportsmanship and safety.
13. **6-man:** Reminder – University Interscholastic League (UIL)/NCAA rules will be followed with the following exceptions:
 - a. Length of quarters is 8 min. running clock, time only stopping in the 2nd and 4th quarters.
 - b. In the event of a tie at the end of regulation, an overtime period will be implemented with each team having an opportunity to score starting at the 25 yard line. If a tie remains after the first overtime, a second overtime will be played; both teams must go for 2 on the extra point conversion. If a tie remains after the second overtime period, the game will be recorded as a tie game.
 - c. No form of communication with coaches in the stands (i.e., headsets or cell phones).
 - d. No recording or use of video for scouting purposes. The exchanging or sharing of any videos with other schools is prohibited for any reason.
 - e. Practice time is limited to two (2) hours on the field for any given day. Practice is also limited to 10 hours a week after school starts (12 hours a week before school starts).
 - f. Each team is limited to only the six (4) coaches on the football eligibility list to coach on the sidelines during a game. After the prayer, communications of any time are not allowed between sideline coaches and other coaches (including halftime).
 - g. A team is allowed to have two (2) medical assistants and one (1) photographer on sideline during a game. These individuals must be identified prior to the start of the game and cannot assist in coaching. Their sole purpose is to assist/help with medical situations.
 - h. At all home football games, a faculty administrator or designated person is required to be present during the entire game.
 - i. All players may be allowed any single or double digit number, for all players are eligible receivers.
 - j. Each school is not required to have a white and colored jersey for their team, the home team must coordinate their jersey color with the opposing team.

Athletic Plan – Basketball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments during the season. Exception: “B” Division teams are allowed four (4) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular season and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two (2) scheduled league or non-league games per calendar week.
EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday except during a school holiday.
7. All games will be played using a six (6) minute stop clock unless agreed upon by both coaches to use an eight (8) minute running clock.
8. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
9. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed by the second Saturday in February. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
10. A-Division playoff structure will be as follows:
(Single elimination format)

Class A	Class AA
District 2 #3 vs. District 3 #2	District 4 #3 vs. District 5 #2
Winner vs. District 2 #1	Winner vs. District 4 #1
District 3 #3 vs. District 2 #2	District 5 #3 vs. District 4 #2
Winner vs. District 3 #1	Winner vs. District 5 #1
11. Assistance with Crowd Control at the League Tournament:
Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their school’s area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.
12. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Baseball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team or student shall compete in more than twenty-five (25) games during the regular season. This includes the AIAL Playoff tournament.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
Exception: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
7. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
8. Games shall be six (6) innings or 105 minutes (one hour, 45 minutes). Where two games are scheduled, six (6) innings or seventy-five (75) minutes will be permitted provided both administrators and/or head coaches agree.
Regulation game: Provided four (4) innings have been completed.
The following run rule will be in effect: 15 run lead after 3 innings or 10 run lead after 4 innings
9. Bases shall be a minimum of eighty (80) feet apart and a maximum of ninety (90) feet apart. The pitching rubber shall be no less than fifty-six (56) feet from home plate. Should the above-mentioned distances be less than the minimum standards set, the visiting team may measure or request that the area(s) in question be measured by the home team. Should either area fall below the minimum distance, the home team will be responsible for correcting the error or be subject to rescheduling the game on another date.
10. Bat Rule: Batters may use any Adult, High School or College bat that is 5 ounces lighter than their length. The drop of the bat (-5) must be visible/legible on the bat. The bat can either have a certification rating of BESR or BBCOR, both which also has to be visible/legible on the bat. If a bat is in question, the Head Coach can approach the umpire of the game to confirm the bat meets AIAL rules.
11. Ball Rule: Game balls used must be a regulation size ball (5in – 9oz) and have the “NFHS” stamp on it. Any brand of baseball is allowed as long as the stamp is visible at game time.
12. **Pitching rule: NFHS 6-2-6 Pitchers are limited to the number of pitches thrown and required rest period between pitching appearances. Only game pitches will count. (Not warm up pitches). Pitchers must have 1 day of rest after throwing 21-35 pitches; 2 days of rest after throwing 36-50 pitches; 3 days of rest after throwing 51-65 pitches; 4 days of rest after throwing 66-85 pitches; and may not exceed 85 pitches. A day of rest is defined as full day of rest regardless of pitcher’s appearance in the game. (i.e.: A pitcher throws 36 pitches on Tuesday evening. Rest days are Wednesday and Thursday, and the pitcher is eligible to pitch on Friday evening.) Designated pitch counter for each team must be introduced to the umpire before the game. Once the pitcher reaches the maximum amount of pitches, the pitcher will be allowed to finish the batter before a substitution is required. Violation of this rule will result in the removal of the pitcher from the line-up for the remainder of the game. An incident report should be filed on the head coach of a team using ineligible pitchers. Pitch Count Form must be completed and signed**

by both teams and sent to the Sport Coordinator after each contest. Record of pitch count can be viewed by all school in score reports on Rank One.

13. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the second Friday in May. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.

14. A-Division playoff structure is as follows:

Class A and Class AA (Single elimination format)

Class A (District 2 and 3 combined)

Class AA

#3 Seed vs. #6 Seed

District 4 #3 vs. District 5 #2

Winner vs. #2 Seed

Winner vs. District 4 #1

#4 Seed vs. #5 Seed

District 5 #3 vs. District 4 #2

Winner vs. #1 Seed

Winner vs. District 5 #1

15. Steal cleats/spikes are prohibited.

16. **One Head Coach and two assistance coaches are allowed to coach during a game. Only coaches are allowed in the dugout area.**

17. Assistance with Crowd Control at League Tournament:

- i. Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

18. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Team Tennis

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. School teams must carry at least three (3) boys and three (3) girls on the squad.
4. No team or contestant shall compete in more than two matches per calendar week.
Exception: An additional match may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.

Match play will consist of:

<u>Girls</u>	<u>Boys</u>
#1 Singles	#1 Singles
#2 Singles	#2 Singles
#1 Doubles	#1 Doubles
#1 Mixed doubles	

All matches will consist of one set. No tiebreaker / first one to reach six games. No add scoring.

5. Team scoring will be recorded by the total number of games won by each school.
In case of a tie at the end of all matches, a mixed doubles match will determine the outcome with a 12 point tiebreaker. **If a school does not have enough players to compete in all 7 matches during match play, each match that cannot be played is considered a forfeit. A forfeit will eliminate the school from competing for the team league championships, but will not eliminate an individual from the league tournament.**
6. All players are limited to two matches with the exception of the mixed doubles tiebreaker where necessary.
7. After the official match is decided, schools are encouraged to set up friendly non-competitive games between additional players using the best of five games format. This will give up & coming players the opportunity to participate.
8. The schedule will limit all to one head to head match.
9. During the month of March, a singles and doubles tournament will be played allowing all schools to enter two participants/teams.

Individual tournament

Two (2) boys singles, two (2) girls singles, one (1) boys doubles, one (1) girls doubles,
one (1) mixed doubles
Participants limited to two (2) events.

10. Practice may begin during the month of November. Match play will begin during the month of January.

Athletic Plan – Golf

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled tournaments.
3. The AIAL Golf tournament will be held during the month of April or May depending on the availability of a facility.
4. Girls & Boys will compete separately in 3 divisions (Masters, Champions and 1st Flight).
5. Tournament guidelines regarding individual and team play will be set by the Golf Coordinator.

