

TRI-COUNTY LEAGUE

Rules and Regulations

2016-2017

Revised 10/4/16

LEAGUE MEMBER SCHOOLS SHALL...

Follow provisions of Colorado High School Activities Association- Junior High/Middle School Division (except where other Tri-County League rules have been adopted).

General Rules/Regulations

1. Member Schools: Canon City MS, Carson MS, Cheyenne Mnt JH, Elizabeth MS, Falcon MS, Fountain MS, Fremont MS, Harrison MS, Horizon MS, Skyview MS, Woodland Pk MS, TCA.
2. Practice starting dates determined by Tri-County League (TCL) Athletic Directors.
3. Football requires a "9 Day Practice Rule." All other sports require a "5 Day Practice Rule." This follows the CHSAA rule.
4. No dead period for any sport. Coaches cannot make practice mandatory nor have tryouts prior to the start date.
5. All large division will use the 8th/7th format for all court sports. Small division will have a choice of 8th/7th or A/B format to include 6th grade. If a team is following the A/B format, a player will not be allowed to float between games on the same game night (exception: softball).
6. Developmental teams will be referred to as C team.
7. Member schools shall use certified officials for games/matches. In emergency situations, the host school administrator will determine who officiates.
8. If member schools charge an admission for athletic events, the amounts will be \$1.00 for students/seniors and \$2.00 for adults.
9. Coaches and or administrators should report any serious incidents and/or infractions during a contest at the time they occur to the person or persons in charge from the host school.
10. League sponsored activities: Knowledge Bowl, Football, Volleyball, Basketball, Wrestling, Track, Softball, Cross Country.
11. A school administrator should be present at all home games and league tournaments.
12. If a team loses players due to move outs and will have less than 3 subs, then the league will vote on allowing kids to move up.
13. The league will allow crossover athletes to participate in more than one school sponsored sport during the same season. The athlete must participate in a minimum of 50% of regular season competitions in order to be eligible to compete in the end of the season league championship.
14. If a contest is cancelled, every attempt should be made by the schools to re-schedule.
15. Coaches are responsible for supervising their athletes at all home and away matches/games.
16. 7th grade games or "B" team games can end in a tie unless specified in sport specific rules. If an 8th grade game or "A" team game ends with a tie, Federation or CHSAA rules will be followed for overtime periods.
17. 8th Grade or "A" Team Tournaments:
 - a. Separate tournaments will be held for large and small divisions in football.
(see FB rules)
Higher seeded teams will be the host team for all games and responsible for costs.
 - b. Team Seeded Tournaments Tie Breaker:
 - 1) Division Record Only
 - 2) Head to Head
 - 3) Point differential among the tied team (10 pts +/- max)
 - 4) Coin Flip
18. There will be a league fee of \$500.00 due at the first TCL meeting. This fee covers knowledge bowl, awards, assignor fees, and league meeting meals.
19. Athletic fees are as follows: League wrestling tournament is \$100.00 and all track meets, including league championship meet, is \$100. All cross country meets, including league championship meet, is \$50.00. Please mail a check one week prior to the event or bring the check to the event.
20. **League rules and regulations must be posted for all home scheduled events.**
21. Cheerleaders are allowed to cheer from the stands as long as they are in uniform at their school. They are allowed to perform at their school during the half.

Adopted Contest Rules/Regulations

FOOTBALL (2 DIVISIONS)

Large Division

Carson MS
Cheyenne Mnt JH
Falcon MS
Fountain MS
Skyview MS
The Classical Academy (TCA)

Small Division

Canon City MS
Elizabeth MS
Fremont MS
Harrison MS
Horizon MS
Woodland Park MS

1. Equipment cannot be issued for use prior to the start date: 3 days no contact-helmet only, 2 days light contact (bags) and 6th day begins full contact.
2. Length of quarters: 7 minutes for 7th grade and 8 minutes for 8th grade. Half time will be 5 minutes with an additional 3 minutes for mandatory warm-up (8 total). There will be **8 minutes between games.**
3. 8th grade game will be played first, 7th grade game will follow.
4. There will not be pre-games in football. If you have a developmental/C team a schedule will be made by your AD's and played on Thursdays.
5. Tie games for 8th grade will use the California tie breaker system (Each team gets the chance to score from the opponent's 10 yard line in four downs until there is a winner). Games ending in a tie for 7th grade will end in a tie.
6. **Mercy Rule:** In the second half, if at any time the score differential is 30 points or greater; the clock will run continuously for the rest of the game except for timeouts and injuries.
7. If a game is postponed due to weather we will use the CHSAA guidelines and continue from where the game left off unless there is a mutual agreement between coaches in conjunction with Athletic Directors.
8. The 7th grade team will follow their 8th graders and play the opposing 7th grade team in the first round of play-offs. This is the 7th grade team's 6th and final game of the season.
9. A large and small division championship game will be hosted by the division school winners.

GIRLS VOLLEYBALL

1. There will be an 8th grade or "A" team league tournament at the close of the season. Plaques for first and second will be given.
2. Height of the net is 7'4 1/8" (same as high school)
3. Warm up times: 4, 4, 2 minutes.
4. Rally point scoring- 25, 25, 15 for all league games and tournaments.
5. During regular season play, winning will be by 2 points with a cap on the score of 27, 27 and 20 for the match.
6. During league tournament play there **WILL NOT** be a cap.
7. There will not be a Libero position in league matches or tournaments.
8. Home team will provide warm-up balls, a minimum of 6.

BOYS & GIRLS CROSS COUNTRY

1. Team races and order of races: Boys' A, Girls' A, Boys' B, Girls' B
2. "A" Teams will run 6 runners and 4 will score-*all schools will follow this format*
3. League Championship Meet at the end of the season (team plaques for 1st and 2nd, Individual Medals for 1st - 5th and individual ribbons for 6th – 20th will be provided).
4. The host school will have the course as close to 1.5 miles as possible.
5. 6th graders are allowed to run in the "A" or "B" races. There are no separate 6th grade races.

BOYS & GIRLS BASKETBALL

1. Length of quarters is 7 minutes for AND half time is 7 minutes for both teams.
2. No one is allowed on the basketball court **at any time** other than players in uniform.
3. **20 Point Rule – Once a team acquires a lead of 20 points- There will be NO full court pressure to include NO half-court trapping.**
4. There will be an 8th grade or “A” team league tournament at close of season. Plaques for first and second place will be given.
5. Boys’ will use boys’ size basketballs and Girls’ will use girls’ size basketballs.
6. Overtime:
 - a. First overtime is 2 minutes.
 - b. Second overtime is 2 minutes
 - c. 8th grade or “A” team may **not end** in a tie.
 - d. May press the entire time.
7. **Mercy Rule:** At any point if the score differential between teams is 25 or greater the clock will run continuously for the rest of game except for time-outs, between quarters, injuries and free throws.
8. **“C” Team (developmental) Rules:** Each school will play 2 games. The games will have two 20-minute halves with a running clock. The clock will stop at appropriate times during the last two minutes of each half (*unless a team is winning by 20+ points*).

GIRLS SOFTBALL (CHSAA Fast Pitch Softball Rules)

1. Softball will go to a combined team format. There will be an “A” team and a “B” team. Both teams may be mixed 6th, 7th, and 8th grade. **Exception** to General Rules/Regulations # 5 players are allowed to move between the “A” and B” teams; however, the player cannot play in the same position for both games.
2. “A” team game will play first followed by the “B” team. Teams are expected to play the 2 games.
3. There will be play-offs for the “A” team at the end of the season, 7 innings with no time limit.
4. Switching half-innings after: 3 outs or 9 batters (ball in front of lead runner at the base play is called dead). **Mercy Rule:** 20 runs after 3rd inning, 10 runs after 4th inning.
5. The “A” game will not start a new inning after 80 minutes of play (final inning to be completed with the home team at bat unless the home team has the lead). If the “A” game is tied at the end of regulation, the last batter will be placed on second to start the next inning of play. The “B” game will not start a new inning after 65 minutes of play (final ining to be completed with the home team at bat unless the home team has the lead). “B” game can end with a tie (see general rule 16).
6. There will be a 10-minute warm-up period between the “A” and “B” games.
7. High school re-entry rule applies: If swapping positions, you can swap as often as you like. Substitutes may re-enter one time after they are taken out but they must go back in the same spot in the lineup they were in before.
8. Helmets must be worn by the batter, runners, & all student base coaches. Rubber cleats only.
9. No spectators on the field at any time.
10. The top 8 teams will go to play-offs.
11. **“C” Team Game(s):** drop dead, 60-minute time limit

Field Dimensions:

60 feet to bases

43 feet to pitching runner with 16ft circle

12” ball Optic yellow

WRESTLING

1. Teams may consist of 6th, 7th and 8th graders.
2. Length of periods= A/Varsity-1st period 60 seconds, 2nd and 3rd period will be 90 seconds. Exhibition (JV/B)- 3- 1 minute periods.
3. Weight classifications: 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 150, 155, 165, 175, 185, Hwt (275 # Maximum). A match will be defined as 22 bouts
4. There shall be a 2-pound weight allowance all year.
5. Weigh-ins will occur at all league matches. The officials will draw the weight class that is to be weighed. This will also be the weight class that wrestles first. One wrestler from the "drawn" weight class will be weighed from each school. If there isn't a wrestler from each school in the weight class drawn, then the official must draw again. If either wrestler does not make their weight they will be scratched and the entire team will be weighed before the match.
6. There will be a League Tournament at the end of the season. 1st, 2nd, and 3rd place team plaques will be awarded. 1st, 2nd, and 3rd place medals will be awarded to individual wrestlers.
7. The League Tournament will have weigh-ins the morning of the tournament. Athletes missing weight that morning will be scratched.
8. Coaches or a representative are required to attend the seeding meeting on the Friday prior to the league tournament.
9. Tournament seeding rules:
 - a. Wrestlers must have at least 2 league matches (exhibition or varsity) to be seeded in the tournament.
 - b. Seeding will be determined by the following:
 - i. Number of wins at varsity league matches (10 maximum & exhibition does not count) at the weight to be wrestled in the tournament, including one weight class up or down (for example, if a wrestler is going to wrestle 100 lbs. in the tournament, he includes varsity wins at 95, 100, and 105 lbs.)
 - ii. Head to Head
 - iii. Number of wins at weight class to be wrestled
 - iv. Number of wins in actual wrestled matches (excluding forfeits)
 - v. Pins
 - vi. Tech falls
 - vii. Major decisions
 - viii. Coin flips
 - c. Once the bracket is set according to the above criteria, head to head competition will be considered to readjust the bracket. Wrestlers can only be moved up or down 1 position. (For example, once the bracket is set using the seeding criteria, if the #5 seeded wrestler has beaten the #4 wrestler in head to head competition during a season match (excluding tournaments), the two wrestlers will be switched in the bracket.) This adjustment will only happen with wrestlers who are seeded one position from each other. Wrestlers' position can only be adjusted once using the above criteria.
 - d. The tournament will utilize an 8 man bracket
 - e. Once the bracket is set, there will be a draw for JV wrestlers to fill each bracket. There will be one draw per weight until all schools have been given the opportunity to add additional wrestlers.
 - f. All day admission for the league tournament is \$2.00 for students and \$5.00 for adults.

BOYS AND GIRLS TRACK

Allowing 6th graders is up to the individual school. If 6th graders are allowed, they will be placed on the 7th grade team.

1. Team Divisions: 7th girls, 8th girls, 7th boys, 8th boys
2. There will be a 7th & 8th grade league track meet at the end of the season. Plaques – first through third places are awarded at each level: 7th girls, 8th girls, 7th boys, 8th boys
3. Number of participants entered per event at league meets is limited to 3 (host school may enter more of their own participants. The host school may enter a second relay team and a fourth participant in all field events except high jump. **(Only 3 may score.)**)
4. Maximum number of events per participant may not exceed 4.
5. The field is allowed one false start. The next false start results in disqualification for that individual.
6. A \$100 entry fee for each school for scheduled league meets.
7. Ribbons awarded for 1st–6th for individuals and relay teams and team plaques awarded for 1st–3rd at league meets.
8. The league championship scoring: If running more than 7 teams and have a track of 8 lanes, need to score 8 positions. (10, 8, 6, 5, 4, 3, 2, 1)

800 AND 1600 METER RUNS:

1. All schools will run grade level girls and boys together (Ex: 7th girls & boys will run together)

HIGH JUMP:

1. 5 minutes after the final call all warm-ups and steps will conclude.
2. If an athlete checks-in and then checks out from the high jump (to go to another event) the athlete will jump at the current height upon their return.

SHOT PUT AND DISCUS:

1. Open pit= 1 1/2 hours for one gender (both grades) at shot put while the opposite gender is at discus. Then there will be another 1 ½ hour time slot to rotate the opposite gender through the shot and discus (Example: 7/8 Girls shot 3:30-5:00 and 7/8 Boys discus 3:30-5:00 AND 7/8 Girls discus 5:00-6:30 AND 7/8 boys shot 5:00-6:30). ***This will be the order at all meets.***
2. Throwers will receive 4 successive throws, 1 warm-up and 3 flagged throws.
3. When measuring throws, the furthest/longest throw will be measured UNLESS it is too hard to determine then all three throws will be measured. Measurement shall be from the inside edge of the stopboard, measured along the extended radius of the circle (shot put). Measurement shall be from the nearest edge of the mark made by the discus to the inside edge of the throwing circle (Discus).
4. Athletes can touch the inside of the toe board, they cannot touch the top or outside.

Measurement of sector: A 34.92 degree sector shall be marked on the ground (diagram below).

ADOPTED LEAGUE ORDER OF EVENTS

7TH GRADE GIRLS

100m Low Hurdles
Hurdles placed 30" high, starting line to first hurdle = 13m (42'8"), between hurdles = 8.5m (27'10 3/4"), last hurdle to finish = 10.5m (84'5 1/2")
100m Dash
800m Relay
1600m Run
400m Relay
400m Dash
800m Run
200m Dash
1600m Relay

8TH GRADE GIRLS

100m Low Hurdles
100m Dash
800m Relay
1600m Run
400m Relay
400m Dash
800m Run
200m Dash
1600m Relay

7TH GRADE BOYS

110m Low Hurdles

Hurdles placed 33" high, starting line to first hurdle = 13.176m (45'), between hurdles = 9.144m (30'), last hurdle to finish = 13.988m (45'10 5/8")

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

8TH GRADE BOYS

110m Low Hurdles

Hurdles placed 33" high, starting line to first hurdle = 13.176m (45'), between hurdles = 9.144m (30'), last hurdle to finish = 13.988m (45'10 5/8")

100m Dash

800m Relay

1600m Run

400m Relay

400m Dash

800m Run

200m Dash

1600m Relay

FIELD EVENTS

Long Jump – Order: 7th girls, 7th boys, 8th girls, 8th boys

Triple Jump – Order: 8th boys, 8th girls, 7th boys, 7th girls

High Jump – Order: 7th girls, 8th girls, 7th boys, 8th boys

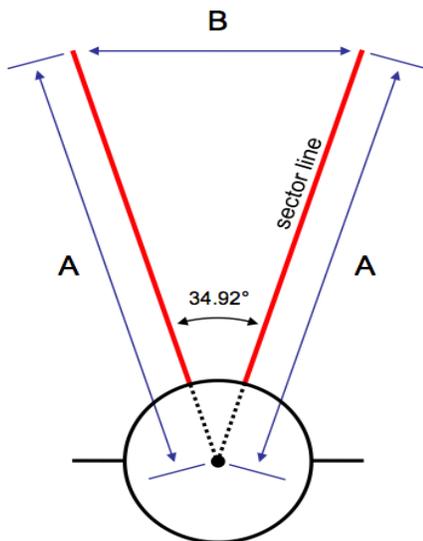
Heights: 7th girls – 3'8"; 8th girls – 4'; 7th Boys – 4'2"; 8th Boys – 4'8"

Height will go up 2 inches until final 4 (or less) competitors. Then it will go up by 1-inch intervals.

Shot Put (stamped 8lb.) – 90 minute open pits (7/8 grade girls start at shot put for the first 90 minutes of the meet. 7/8 grade boys are at shot put for the second 90 minutes of the meet.)

Discus (Junior Discus, rubber, 1 Kilo) – 90 minute open pits (7/8 grade boys start at discus for the first 90 minutes of the meet. 7/8 grade girls are at discus for the second 90 minutes of the meet.)

Shot Put, Discus, Hammer & Weight Throw Sector Angle



The shot, discus, hammer & weight throw sector is **34.92°**. This angle was chosen due to its simple geometry.

Create two sector hairlines (using a tape measure or string) of length "A" that start at the center of the circle. The other ends of the sector lines are separated by the distance "B" as given in the table at right. The distance "B" goes straight across; it is not curved.

In short, "B" is 60% of any length of "A".

Note: see Page 8 before painting the sector lines.

A	B
50 ft	30 ft
60 ft	36 ft
100 ft	60 ft
150 ft	90 ft
175 ft	105 ft
200 ft	120 ft
X	(0.6)*X