

NAML Athletic Plans 2021 – 2022

FALL

NOTE: The maximum gate that can be charged for a NAML event is \$2 for adult and \$1 for student. This was passed a number of years ago and then confirmed two years ago.

Cross Country

Cross Country is a championship single event sport within NAML. Teams are encouraged to participate in Cross Country meets throughout the season, but it is not a requirement.

Rules

- The distance for both boys and girls shall be 2 miles
- Jewelry, hair beads, and electronic devices are not allowed in competition
- Sun glasses and hats are permitted
- A non GPS watch is allowed. Bobby pins, barrettes and hair clips, no longer than 2 inches may be worn to control a competitor's hair.
- Schools may have as many runners as they like for the meet.
- The top 3 finishers for A and top 5 finishers for AA will count in the team scoring. 5 for the A and 7 for the AA will be counted in the finish order for the sake of scoring. (Sometimes referred to as Pushers or displacers).
- All competitors that finish the race will be ranked in order of finish, receiving the number of points for their finishing place and that number will be used in the team scoring. Any team that doesn't finish the race with the required minimum to count in the team standings, all members of that team shall be discarded and the team scores re-ranked
- For individual medals all runners for a school will count.
- Ties in team scoring shall be resolved by comparing the placement of the next non counting runner on each of the tying team – If one team does not have another runner, the team that does will be declared the winner.
- Any additional rules beyond the above, NAML will follow NFHS rules.

Softball

Softball is to be played with a regular season followed by playoffs for the NAML Championship. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings. Number of teams making the playoffs and regions will be determined at the scheduling meeting.

Playoffs- Week of October 6. Mon, Tues, Thurs

- Tie-breaker scenario for seeding if teams have the same record will be
 - A. H2H games won between the tied teams
 - B. Run differential between the tied teams from their 2 games that season (cap of 7 runs)
 - C. Moving down the standings in place order, how the teams did against each of the other teams (H2H first, then run differential)
 - D. Record vs common NAML opponents outside of region
 - E. Record against common non-NAML opponents outside the region
 - F. Coin Flip

Rules

- NAML Softball will follow NFHS rules with the following exceptions:
 - No Metal Cleats
 - Mound will be 40 feet
 - Games must be at least 1 ½ hours long unless Mercy Rule is invoked.

Volleyball

Girls

Volleyball is to be played with a regular season followed by playoffs for the NAML Championship in 7th and 8th grade divisions. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings. The number of teams making the playoffs will be determined at the scheduling meeting.

- 8th grade teams may consist of players in 8th grade and under. 7th grade teams may consist of players in the 7th grade and under. 8th graders may NOT play on 7th grade teams. A player who qualifies may play on both teams during the season, but only 1 team during the playoffs. In the case of players that played on both teams during the regular season they must play in half of the region matches for the team they will play on in the playoffs.
- Tie-breaker scenario for seeding if teams have the same record will be
 - A. H2H games won between the tied teams
 - B. Sets won between the tied teams
 - C. Points scored between the tied teams
 - D. Moving down the standings, how the teams did against each of the other teams (H2H first, then sets, then points)
 - E. Record vs common NAML opponents outside of region
 - F. Record against common non-NAML opponents outside the region
 - G. Coin Flip

Rules:

NAML will play by NFHS rules with the following exceptions:

- Each match is best 2 of 3 sets to 25 points (must win by 2), using rally scoring. **The third set is also played to 25.**
- Official scorer, libero tracker, timer/electronic scorekeeper and line judges shall be the responsibility of the home team (although we recommend that each school have a line judge, home teams please be prepared to do both.)

Boys Boys volleyball will follow the same rules as the girls except that there will be no regular season and there will be a one day tournament. If there are enough teams there will be two divisions (7th and 8th). Tournament brackets and formats will be determined by the number of teams participating.

Flag Football

Flag Football is a single event championship tournament to take place between the Fall and Winter seasons. There will be 4 divisions (8th Boys, 7th boys, 8th girls and 7th girls).

RULES

GENERAL INFORMATION

2 Teams each, having 8 players on the field at a time. (A minimum of 6 players to avoid default)

Time Outs: Each team has 2 time outs per half, 1 minute each (none carry over). *One T.O. for overtime

2 Halves divided by a 5 minute halftime. Each half is 18 minutes (running clock) followed by 7 plays.

Clock stops for time-outs and injuries (and officials discretion).

Coin Toss: Visiting team makes the call. Winner of toss to decide (Ball, Goal or Defer). There is No automatic change of direction at the Half.

Kick-Offs will take place from the 30 yard line of kicking team / Onside kicks are legal/Kick-Offs DO count as a play in the play series (unless it is the last play of the series, add one extra play if a touchdown was not scored)

Sonic type flags will be used (suction cup style). Flags must be at least 12 inches in length not counting the hitch mechanism. Flags will be a contrasting color to the shorts and may not be rolled, curled or frayed.

I. **EQUIPMENT/FIELD**

Section A: **THE BALL:**

Each team will provide their own ball. Either a "junior" size football or a "youth" size football. The ball will be leather or synthetic leather. The Offense will always be allowed to play with their own ball. Coaches can decide to use the same ball for both teams.

Sections B: **UNIFORMS:**

Jerseys: Teams will have shirts/jerseys that match. Numbers are suggested but not required. Jerseys should be contrasting in color to the opposing team. Pinnies should be worn if needed. All shirts/jerseys MUST be tucked in and not covering any part of the flag.

Shorts: should NOT have pockets and must be of a contrasting color to the flags worn.

General: No jewelry, casts/splints, baseball caps, helmets, or metal braces.

Shoes: All players must have either flat soled or soft soled soccer/football type cleats. All cleats must be less than ½ inch.

Flags: Players are required to wear a one-piece belt with two SONIC flags (suction type). This belt must be worn snugly around the waist with a flag on each hip. The flags MUST be at least 12 inches in length and free from any obstruction. The 12 inch length does not include the "hitch/plastic" portion. Flags must be unaltered in any way (except cut to legal length). Flags must be in good shape (not torn or tattered) and cannot be rolled/curled in any way. If a player receives the ball and is wearing one flag, no flags or is wearing the flags incorrectly, he will be downed where he received the ball.

Note: If any player has improper equipment/attire, said player may not play in the game until he is in compliance with the rules. If discovered during the game, this constitutes a uniform violation for the offending team (5 yards penalty).

Section C: **FIELD:**

Markings: The field shall be a rectangular area 100 yards long by 40/45 yards wide. This area will be divided into 8 zones (including end zones). Respective lines to gain for a 1st down should be 10yd line, 20 yd line, 40 yd line, 20 yd line, 10 yd line. The end zones will be 10 yards deep and the field should have a total of 6 zones that are 10 yards deep (including end zones) and 2 zones that are 20 yards deep. The side lines and end lines are out of bounds. The entire width of each goal line shall be part of the end zone.

Note: A player's hips (flags) shall determine where his forward progress ends (not the BALL). Also, a player that steps out of bounds during the play (without the ball) is eligible to catch the ball if he gets both feet inbounds before touching/catching the ball (similar to basketball).

Team Areas-Players and Coaches will stay between the 20 yard lines (excluding time-outs and injuries). Repeated warnings about this rule will result in a sideline penalty (5 yards).

II START OF GAME / KICKOFF

After the coin toss, kicking team will place the ball along their 30 yard line. A tee can be used or the ball may be kicked from the ground with a holder. Holder may place the ball on his foot (ball of said foot will be on the ground)

1. If a touchback occurs, receiving team will start with the ball on the 20 yard line.
2. If the ball travels 10 yards it is considered "live" and can be downed by contact or picked up and advanced by either team. Players SHOULD NOT dive on the ball! Any player contact (body) constitutes possession!
3. If the ball does not travel 10 yards, it will belong to the receiving team where it is downed.
4. If the "live" ball travels out of bounds, the receiving team can choose from the following: A 5 yard penalty and re-kick, start with the ball on their own 35 yard line, start with the ball where it went out of bounds.

III LENGTH OF GAMES AND TIME OUTS:

Periods: The game shall be played in two halves, 18 minutes in length. In all games the clock will run continuous unless stopped by the referee for an injury or time out. At the end of the 18 minutes, the referee will inform both teams that the 7 play period has begun. Extra points will not count as a play. Kick-Offs will count as a play.

When the referee declares the ball ready for play (whistle blows), the offense has 25 seconds to put the ball into play (snap or kick-off).

Halftime will last 5 minutes.

Timeouts: Each team will be given 2 timeouts per half (cannot be carried to second half or overtime). Timeouts will be 1 minute in length. Each team will be allowed 1 timeout during overtime. Timeouts can be called by players on the field or coaches. A team may call a timeout to change their option on a P.A.T or 4th down (punt/play).

IV SCORING:

6 POINTS: Touchdown, hips in which both flags are attached must be on or in advance of the goal line before any points can be awarded.

P.A.T. (point after touchdown) **1 point** - run or pass from the 3 yard line, **2 points** – run or pass from the 10 yard line. Teams must declare before the official can mark the ball ready for play. Once the ball is declared ready for play, a team can only "re-declare" if they use a timeout. The clock continues to run during the P.A. T. however, it does not count as a play during the play period.

2 POINTS: Safety (punt or place-kick the ball from 20 yard line)

2 POINTS: Defense returns attempted P.A.T. for a touchdown

Mercy Rule: If a team is trailing by 17 or more points at the beginning of the final 7 play period, the coach of the team behind can decide to end the game. If games are behind schedule, the referees and home team can decide to end the game.

V PLAYERS AND SUBSTITUTIONS:

Players: each team should have 8 eligible players on the field during the game. A team may field no less than 6 players at any time.

Substitutions: Teams may substitute freely as long as players being substituted are off the field prior to the snap of the football or are out of the area of the play and departing the field in haste.

Sleepers: Sleepers on substitutions will not be allowed on any play. No player may line up closer than 5 yards to the sideline unless he came out of the huddle or unless he was on the field of play during the previous play and did not leave the field of play.

VI Player Behavior

Any verbal badgering of officials or derogatory language between opposing players will NOT BE TOLERATED!

First derogatory action or language should be penalized 10 yards (Unsportsmanlike Conduct) and captain warned.

Second derogatory action or language will cause players to be disqualified plus 10 yard penalty.

Sideline players are subject to the same disqualification for abusive, obscene or badgering language to either opposing players or officials. If the captain or coach of the penalized team cannot control the actions of his players, game can be forfeited.

Fake Excessive Contact-Any player, who in the judgment of officials, fakes excessive contact for the sole purpose of drawing a penalty may be warned once by the officials and then penalized for unsportsmanlike conduct on the next offense. A warning to one player may be applied to a team as a whole if the officials so state that this warning is to the team.

Begging a Call-During a play, if a possible infraction occurs and players or coaches from either team on the field or on the sideling begin yelling out or “begging a call,” a penalty of 5 yards can be tacked on or subtracted from the end of the play. This penalty will be marked off as a dead ball foul even if it occurred while play was in progress.

Protest-Judgment calls/interpretations of rules are not open for protest. Mis-enforcements of penalties may be questioned but not protested. Player eligibility can be protested and needs to go to the President of the NAML.

VII PLAYING REGULATIONS:

Centering: The ball must be centered between the legs and travel at least 1 yard backwards or laterally. A snap that hits the ground (bouncing or rolling) may be fielded by the quarterback as long as it is not fumbled or travels behind the quarterback. Rules for centering are different during a punt (see punting).

Punting: A team MUST declare it's intentions to punt on 4th down. The punter may take a direct snap from the center if desired. **The Kicker will be allowed to punt the ball even if he fumbles before the punt!** The defense must have 5 players on the line of scrimmage, those players must remain on the line until the play is concluded or the ball carrier advances the ball past the line of scrimmage. Offensive players must remain on the line of scrimmage until the ball is kicked. Illegal Formation will be called if teams do not follow these rules. If the defensive players move illegally after the ball is kicked (punted), the infraction will be enforced as a down-field blocking rule. The Punt will count as a play during the 7 play series but cannot be the last play of the series (add an 8th play) unless a touchdown is scored.

Huddle: After the official marks the ball ready for play, the offense has 25 seconds to snap the ball or be penalized 5 yards for delay of game. It is not necessary to huddle but if the offense substitutes without a huddle, please see sleeper plays.

Shifts and Motion: Players may shift to make different formations as long as they are “set” for at least one full count before the ball is snapped. Only one player may be in motion while the ball is being snapped.

Line of Scrimmage / Offsides: The offense may have any number of players on the line of scrimmage. Any movement towards the line of scrimmage immediately before the snap of the ball or once all players are set will result in offensive offsides. The defensive line of scrimmage will be 1 yard in front of the offensive line of scrimmage. No defender will be allowed to line up directly in front of the football (3 yd buffer). Defenders on the line of scrimmage will be at least 1 yard to the left or right of the ball. If the defense jumps into the neutral zone once the center has touched the ball, the defense will be called for offsides. Offsides on Offense or Defense will be a dead ball penalty and called immediately. The official watching the line of scrimmage for both teams should point towards the team that is lined up offsides so as to allow that player to get back onside before the snap and avoid a penalty.

Fumbles: Fumbles are a dead ball and is marked where the ball hit the ground. (The only exception is listed above in regards to a snap from the center.)

Rushing / Screening (blocking): This is a Non-Contact sport and neither offensive or defensive players are allowed to initiate contact. Blockers will keep their arms by their side and hands behind their backs while they “screen” the defenders. Blocking may ONLY be done on or behind the line of scrimmage. Blocking, screening or setting picks downfield will result in a penalty. Defenders MUST go around blockers. They may not use their hands to touch, push or move the blockers.

OFFENSE: If a pass is caught by the defender and offensive player at the same time, the offensive player will receive credit for the catch. If the Quarterback’s arm is in motion while a defender is pulling the flag, the pass will be allowed to count. Only one foot needs to be inbounds for a catch to be complete although a foot touching out of bounds during a catch will be considered incomplete. The ball carrier is considered down when his flag is pulled, he steps out of bounds, if he falls to the ground or if his flag is off when he receives the ball. Putting his free hand on the ground does NOT make the ball carrier down. Spinning is allowed as long as no contact is made. Diving is ILLEGAL and will be penalized. Jumping or leaping is allowed as long as no contact is made. All players are eligible receivers.

DEFENSE: Defensive players may not try to strip the ball from the ball carrier. Rushers may not make contact with the arm/hand of the quarterback. No player may line up in front of the center (3 yrd buffer zone) or within 1 yard to the left or right of the center. NOTE: Blocking a pass that is still in the QB’s hand is considered unnecessary roughness to the QB. **rushers should go for the flag, not the ball**

7 PLAY SERIES: The point after touchdown try is the only play that does not count as a play during the 7 play series. Punts and Kick-Offs will count as a play but if they are the 7th play of the series, the receiving team will be allowed one additional play from the line of scrimmage (anotherwords, an 8th play) if they do not score from the punt or kick-off.

QUICK WHISTLE: If the official whistles the play dead prematurely, the offense shall have the choice of (1) accepting the ball where it was whistled dead or (2) replaying the down

VIII PENALTIES: All penalties will be marked 5 or 10 yards. Players may be ejected for their conduct if deemed necessary by the officials (Safety is paramount to the players).

In order to establish a simple philosophy in assessing penalties, these general guidelines will be followed:

1. All ACCEPTED PENALTIES: Are marked from the End of Run (E.O.R.), Line of Scrimmage (L.O.S.) or Point of Infraction (P.O.I). The Down may or may not be replayed.
2. ALL REFUSED PENALTIES: The ball stays where it was blown dead and the down is NOT replayed.
3. ALL LIVE BALL FOULS: Will be captain's choice. **"LBF" Result of play or penalty**
4. ALL DEAD BALL FOULS: No Choice. **"DBF" penalty enforced**
5. NON-CONTACT PENALTIES: Will be 5 yard penalties. (Ex, offsides, uniform violation,
6. PENALTIES INVOLVING CONTACT: Will be 10 yard penalties. (Ex: Charging, Holding, Flag Guarding)
7. UNSPORTSMANLIKE PENALTIES: Will be 10 yard penalties as well as AUTOMATIC FIRST DOWNS.
8. DEFENSIVE PASS INTERFERENCE IN THE END ZONE: Ball placed on the 1yrd line, automatic 1st down.
9. Neither Half can end on a defensive penalty, unless the offense declines the penalty.
10. A first down will not be awarded if the offensive penalty brings the ball back behind the first down zone.
11. Half the distance to the goal will be used when penalties occur on or inside the 10 yard line.
12. During the 7 play series, defensive penalties that are accepted by the offense will not count as a play.

MOST COMMON PENALTIES CALLED

OFFSIDES DBF: **5 yds** from L.O.S. , (Defense is offsides if they jump into the neutral zone once the offense is set). Also see illegal procedure, illegal shift, illegal formation, encroachment etc...

FLAG GUARDING LBF: **10 yds** from P.O.I. (or L.O.S. if it occurs behind the L.O.S.) and loss of down. Also protecting flags.

DOWN FIELD SCREENING/BLOCKING LBF: **5 yds (10 yds** if contact is made) from P.O.I. and loss of down. Also setting picks.

ILLEGAL SCREENING/BLOCKING LBF: **5 yds (10 yds** if contact is made) from L.O.S. and loss of down.

ILLEGAL RUSH LBF: **10 yds** from L.O.S. and repeat the down.

OFFENSIVE PASS INTERFERENCE LBF: **10 yards** from L.O.S. and loss of down.

DEFENSIVE PASS INTERFERENCE LBF: **10 yds** from L.O.S. and automatic first down.

DELAY OF GAME DBF: **5 yds** from L.O.S. repeat down.

ILLEGAL PARTICIPATION/TO MANY PLAYERS ON THE FIELD LBF: **5 yds** from L.O.S. and repeat down or take the result of the play

HOLDING THE BALL CARRIER: **10 yds** from E.O.R. (or L.O.S. if ball is not advanced past the L.O.S.)

****NOTE,** If the defender momentarily grabs the shirt, shorts or flag belt of the ball carrier and IMMEDIATELY let's go so as not to affect the runners progress, then no penalty will be enforced.

STRIPING THE BALL: **10 yds** from P.O.I., E.O.R. or L.O.S., whichever more greatly rewards the offense . It is NOT considered stripping the ball when both offensive and defensive players are trying to catch the same pass. If both players struggle for the ball and the defense wins, possession will be given to the offense at the point where both players had possession.

ILLEGAL FORWARD PASS: **5 yds** from P.O.I. and loss of down. Also illegal advancement.

INTENTIONAL GROUNDING: **5 yds** from P.O.I. and loss of down. Judgment of Referee (if QB throws ball directly to the ground or in front of the line of scrimmage when no receiver is in the area). The defense must be close to sacking the QB before intentional grounding can be called.

IX OVERTIME: In a nutshell, each team will be given two attempts to score from the 10 yard line (2 point conversion), if the score is still tied each team will take two attempts from the 3 yard line (1 point conversion).

The team winning the “overtime” coin toss will have the option to select ONE of the following:

1. Choose to play Offense or Defense.
2. Choose which end zone both teams will use during the overtime.

The team playing offense first will have two successive tries to score an extra point from the 10-yard line (2 points). Penalties will be in force, which may allow for more than two opportunities. Two points will be awarded for each successful try (up to 4 points possible). The team playing defense first will then be given two separate opportunities to score from the 10-yard line.

If the score is still tied after both teams get their two tries, then each team will be given two opportunities to score from the 3-yard line. The team playing offense first from the 10 yard conversions will play defense first from the 3 yard line. If the game is still tied, the teams will alternate possessions from the 3-yard line until one team scores and the other fails to score.

Interceptions can be run back for 2 points as defined in the rulebook for regular PAT's. The offense throwing the interception will still get their second attempt if conclusion is in doubt.

WINTER

Basketball

Basketball is to be played with a regular season followed by playoffs for the NAML Championship in 7th and 8th grade divisions. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings (unless teams agreed in writing that the first counts).

RULES

All basketball games will be played according to the rules published by the “National Federation of State High School Associations”, with the following exceptions:

GENERAL INFORMATION:

NEW: According to the vote on Nov 5, NAML will play by the 6/8 team fouls rule per quarter (the same as GHSA).

➤ Roster:

1. 7th grade teams can only consist of 7th graders and below and 8th teams can consist of 8th grade and below.
2. The 5 quarter rule is in effect if there are (girls/ boys) 7th / 8th games on the same day.
3. In the case of players that played on both teams during the regular season they must play in half of the region matches for the team they will play on in the playoffs.

➤ 7th grade games will be played using six (6) minute quarters. 8th grade games will be played using seven (7) minute quarters.

➤ **MERCY RULE: Running Clock will be used when:**

1. Beginning in the second half, if the point differential is 30 points or more, the game clock shall run continuously for the remainder of the game except for an official's time-out (5-8-2, 4), a charged time-out (5-8-3), time between quarters (5-5-1), or the administration of free throws. The clock shall stop for free throws, once the official signals the number of free throws to the scorers' table. The clock will then restart as it would normally.
2. Once the running clock has been initiated, the clock will continue to run even if the point differential drops below 30 points.

➤ Admission fee for all NAML events cannot exceed \$2 for Adults and \$1 for students.

➤ Tie Break Rules:

1. H2H games won between the 2 tied teams
2. Point differential between tie teams, max of 10 per game
3. Moving down the standings, how the teams did against each of the other teams
4. Record versus common NAML opponents outside of region
5. Record versus common non-NAML opponents outside of region
6. Coin Flip

Bowling

1. Players from different schools will make up each playing group, preferably a foursome
2. Each School Team will consist of a maximum of 4 bowlers three are required for a team score).
3. Each bowler will bowl 2 individual games, with their combined score to be used in the team scoring.
4. School Team scoring - add up the three highest scoring team members (highest combined 2 game totals) and the team with the highest combined score will be the winner.
5. A scorecard will be used for each playing group, with one individual responsible for keeping score for all players – after each game and before the scores are deleted from the bowling screen, the scorer will get with all players on their lane and record each score. They will do this for both games; the scorer will total the scores and turn in once complete.
6. Bumpers will not be used
7. Tie break. In the event two teams are tied:
 - a. The highest two game score of the 4th bowler for each team (in the event one team did not have a 4th bowler the team with 4 wins)
 - b. The team that has the highest individual game score for a single bowler
 - c. In the event that both teams had a bowler with the same high individual game, go to next highest score, etc, etc.

DODGEBALL

Dodgeball will be a single championship tournament to be held between the Winter and Spring seasons for A and AA. There will be 4 divisions (8th Boys, 7th boys, 8th girls and 7th girls).

RULES

Roster:

- A. Each Team must provide a Team Roster (including name and grade).
- B. Players may only play on one team (you may not play on both the 7th and 8th grade teams).
- C. 7th grade teams may NOT have 8th graders on the team.

Games/Match:

- A. The total number of games played and the bracket format will be determined by the number of teams entering the competition.
- B. Each Team may start each game with 6 Team Members on the Court. Each game lasts up to 3 minutes (ending early if all Team Members on a single Team are eliminated).
- C. If the game is tied after 3 minutes, play restarts (players against their respective back wall, balls reset) with the same players left on the court at the end of regulation. Sudden death play resumes until the next Team Member of either Team is eliminated. The same team members who were on the court at the end of regulation will be the ones partaking in sudden death. No 'sudden death' substitutions will be allowed.

D. In a one on one scenario; If the last remaining Team Members from both sides are eliminated simultaneously (balls hit opposing Team Members at the same time), play continues sudden death with the last Team Members on the court until the next Team Member of either Team is eliminated. If balls are released but both opposing Team Members are hit at different times, the Team Member hit first at the discretion of the Official will be considered out provided the ball becomes dead immediately thereafter. If the ball remains live (ie pops up in the air) the Team Member who catches the deflected ball is considered safe. If both Team Members are struck and both balls pop up and are then caught, both Team Members will remain safe and the game will continue.

E. The Official for each match keeps the official time.

F. The winning Team of each game is the Team with the last remaining Team Member on the court or the Team with the most Team Members left on the court at the conclusion of the game.

G. At the beginning of every game, each Team starts with 2 balls on their respective side of the court and 1 ball in the middle. The ball in the middle will be placed in the neutral zone in the center of the court (no rolling; use rubber band if necessary to hold in place). Play begins when the Official blows the whistle.

H. The object of the game is to throw the ball at the opposing Team and to have contact with one or more of the opponent's Team Members. Any Team Member contacted by the ball on the fly is out of the game (provided the ball is not caught before it becomes dead).

I. Once the ball makes contact with any part of the court or building, the ball is dead.

J. If the ball is caught on the fly by the opposing Team, the Team Member throwing the ball is out of the game, and any Team Member that came into contact with the ball prior to the catch remains in the game.

K. Catch-ins will be in effect. If a ball is caught by a Team Member, not only is the Team Member who threw the ball out, but a Team Member of the Team that caught the ball may come in (if there are currently less than 6 Team Members on the court for that Team). The incoming Team Member may walk down the side pad closest to their entry point, protected against being hit until they enter the trampoline. The incoming player may remain on the side pad, protected, for no more than 5 seconds as they enter the court (at the referee's discretion). If a player does not enter the court in a timely manner, they risk becoming 'fair game' before entering the trampoline, at the referee's discretion.

L. If a Team Member attempts to block a ball with a held ball and drops the held ball, that Team Member will be ruled out. If a Team Member blocks a shot, does not drop the ball he/she is blocking with, but deflects the incoming shot into him/herself and/or another teammate, then he/she and/or the teammate will be ruled out. Likewise, if the incoming shot is deflected and then caught by a teammate prior to it becoming dead, then the person who threw the ball will be ruled out.

M. If two (or more) balls are thrown by opposing players and they collide, all balls involved in the collision will be ruled dead on contact. If two (or more) balls are thrown by teammates and they collide before crossing center court, they will be ruled dead. However, if they collide once they are across mid court, they will remain live balls until caught or hitting an opposing player or the court.

N. Once a Team Member is knocked out, that Team Member must immediately leave the court and stand in each Team's designated "out" area (off the court, generally on the viewing platform or deck). When a player leaves the court they should cup their ears and walk off quickly so as to not interfere with the play. Should a player, at the discretion of the official, interfere with the play when walking off the court (waving arms, intentionally taking their time, etc), play may be blown dead and the captain of the team that was interfered with may select one player on the interfering team to be ruled out and be removed from the court. If a player walking off the court is unintentionally hit with a ball, then the ball

will be ruled dead at the discretion of the official. Any Team Member leaving the playing area to retrieve a ball thrown outside the regulation playing court will be deemed out. Officials will retrieve the ball and place it in the “neutral” zone.

O. The “neutral” zone is the tumble track and/or pads that divide the playing court in half. A Team Member may go/step into this area to retrieve a ball, but may not throw the ball from/in this area (in which case they will be ruled out). A Team Member will also be ruled out by the Official if the Team Member crosses over into the other Team’s zone for any reason, including to retrieve a ball, or if the Team Member is hit with a ball while in the “neutral” zone. If momentum takes a player who is throwing a ball into the neutral zone AFTER the throw has been released, they will not be ruled out UNLESS momentum causes them to break the plain into the other team’s zone.

P. There are no time outs during the game/match. Only the Official can call a time out, signified by a double blow of the whistle.

Q. Those Team Members wearing glasses must either remove the glasses or play with safety goggles on top of the glasses (unless the specific type of glasses have been deemed ‘acceptable’ by the official and/or tournament coordinator).

R. All uniforms, footwear (Sky Zone Shoes and SkySocks) and other equipment must be approved by the Official prior to the start of the match.

S. No gloves (or excessive taping of the hands, at the discretion of the official) may be used by participants.

Misc. Violations:

A. Players must attempt to keep the game moving. Holding the ball for excessive periods of time (or failing to pick up balls on their side of the court and keep play moving) will not be permitted. This will be at the discretion of the official. If the official determines play is not moving and a team or teams are stalling, a warning will be called which will initiate an immediate 3-second count. If the offending player does not release the ball within the 3-second count, the offending player will be ruled out. Delay of game may also be called if players on one side are passing/throwing the ball back and forth without engaging the opposing team.

B. Delay of game may also be called at the discretion of the referee if a player stands on the back pad, adjacent to the back wall, for any period of time longer than it takes to pick up, throw, catch, block or avoid a ball. Players must attempt to keep the game moving at all times and risk being ruled out if a delay of game violation is called.

C. Suicides are never allowed.

D. “Pinching” or “crushing” the ball will not be permitted. One warning per match may be given by the official, and upon a second (and subsequent) violation(s) the player will be ruled out at the official’s discretion. Any throws deemed a “pinch” or “crush” of the ball by the official will be ruled dead.

E. Headshots are not encouraged, but are allowed as an acceptable “hit.”

F. Kicking a dodgeball across the court will not be permitted. If any participant kicks a ball across the court and the kicked ball hits anyone on the opposing team, they will not be ruled out. If a participant repeatedly kicks the ball across the court after a warning, the official may eject the offending participant from the game.

Master Rule

If a play or situation should occur for which there is no written rule or basis for ruling by the official, then it will generally be assumed that the play didn’t happen, at the official’s discretion, and play will be blown dead and reset.

Excessive and/or vulgar arguments or language or any other unsportsmanlike conduct will not be tolerated and will be grounds for the following penalties, as determined at the discretion of the Official and Tournament Director:

1. Verbal warning
2. Forfeiture of the current game
3. Forfeiture of the current match
4. Disqualification of the Team from the Tournament.

Certain conduct (such as physical contact with a Team Member of another Team or with any spectator, Official or Tournament employee; violence; threats; etc.) are grounds for the immediate, automatic disqualification of a Team from the Tournament, again at the discretion of the Official and Tournament Director.

SWIMMING

Swimming is a championship single event sport within NAML. Teams are encouraged to participate in Swimming meets throughout the season, but it is not a requirement.

- Boys and girls compete for separate championships in each class.
- The National Federation Swimming Rules shall be the official rules for swimming.
- Rules and Restrictions for NAML Meet Entries:
 1. A school may enter only one (1) relay team per event.
 2. A school may not have more than four (4) entries in an event in which the contestants compete as individuals.
 3. A contestant may enter a maximum of four (4) events, no more than two (2) of which are individual events.
- A coaches' meeting will be held at the site preceding the swimming competition.
- Only the coaches/faculty members listed on the entry form will have access to the pool deck.
- ORDER OF EVENTS: (boys events precede girls events)

1. 200-yard Medley Relay
2. 200-yard Freestyle
3. 200-yard Individual Medley
4. 50-yard Freestyle
5. 100-yard Butterfly
6. 100-yard Freestyle
7. 500-yard Freestyle
8. 200-yard Freestyle Relay
9. 100-yard Backstroke
10. 100-yard Breaststroke

11. 400-yard Freestyle Relay

WRESTLING

Wrestling is a championship single event sport within NAML. Teams are encouraged to participate in Cross Country meets throughout the season, but it is not a requirement.

RULES

NAML will follow the NFHS Wrestling Rules.

- Weight classifications shall be as follows:

106 lbs. 132 lbs. 160 lbs. 195 lbs.

113 lbs. 138 lbs. 170 lbs. 220 lbs.

120 lbs. 145 lbs. 182 lbs. 285 lbs.

126 lbs. 152 lbs.

- The NAML does not approve any practice that endangers the health and safety of wrestlers. Crash dieting, the use of diuretics and other drugs for weight education, the use of sweat box, any type of vinyl or plastic sweatsuit or bag, hot showers, whirlpool, or any other type of artificial heat device for weight reduction is prohibited.
- For school day meets only, teams will weigh-in at their respective schools prior to the start of the school day. An administrator must supervise the weigh-in to be certain all NAML and National Federation rules are met. Weigh-ins will take place within one hour of the time school begins.
- Only two (2) certified coaches (affiliated with the school of the athlete on the mat) will be allowed at mat side during regular season tournaments and at the Area, Sectional and State Finals tournaments.
- Communicable Skin Disorders:
- The NAML strongly recommends that wrestling mats be left unrolled during the competitive season, and be disinfected a minimum of three (3) times per week with a medically-approved cleansing solution. In the event an athlete develops a skin disorder or skin lesion that is considered contagious, the school must complete and provide the "Physician's Release for Wrestler to Participate" form. No other form of documentation will be accepted at the site of the competition. The release form is to be presented by the coach at the weigh-in or prior to competition. NOTE: The form and information can be found on the GHSA web site (www.ghsa.net).
- When a coach is charged with a flagrant misconduct penalty, that individual must go to a location outside the "sight and sound" of the competitive area, and can have no interactions with wrestlers or any other team personnel (removal from premises).

Spring

Baseball

Baseball is a NAML championship event for boys in classes A through AA, with both 7th and 8th grade divisions. Regular season games are required for tournament play with the NAML tournament held during spring tournament week. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings. Number of teams making the playoffs and regions will be determined at the scheduling meeting.

RULES

All NAML baseball games shall be conducted in accordance with GHSA Rules. With the following exceptions:

- BAT:- Up to drop 8.5 with BBCOR or USSSA 1.15 stamp
- LINEUP: NAML schools may bat 9 or 10 players at the coach's discretion. The 10th batter is an Extra Hitter (EH) and may not play the field.
- FIELD: The mound is 54 feet from the plate. Bases are 80 feet.
- Defense: If BOTH coaches agree teams may have free defensive substitutions to allow more kids to play.
- Time/Inning: We realize that some schools have time limitations. But regardless of the time limit four innings (3 ½ if home team is ahead) must be played in order for a game to count, that also applies to games shortened due to weather. (Games decided by mercy rule do not need to meet minimum inning requirement.) Playoff games need to be played to 7 innings, unless Mercy Rule is invoked.
- Extra Innings:
NAML regular season games will have the following format for extra- inning games (to help prevent ties): If, at the end of the time limit or 7 innings, extra innings will be played with each team, starting each inning with a runner (the player who made the last out of the last inning or an "available" pinch-runner...substitution rules apply) on 2nd base and each batter will begin with a count of 1 ball and 1 strike.
NAML Post Season extra innings will be played as without the regular season tie break.
- Pitching: Pitchers are not allowed to pitch more than 9 innings in a week.

Regular season standing tie-break is as follows:

- A. H2H games won between the tied teams
- B. Run differential between the two tied teams from their two games that season.
- C. Moving down the standings, how the teams did against each of the other teams (repeat steps 1 and 2)
- D. Run differential against the next highest seeded team.
- E. Record verses common NAML opponents outside region
- F. Record verses common non-NAML opponents outside of region

G. Coin Flip

Disc Golf

1. Players from different schools will make up each playing group, preferably a foursome
2. Each School Team will consist of a maximum of 4 players (three are required for a team score).
3. School Team scoring - add up the three lowest scoring team members and team with the lowest combined score will be the winner.
4. A scorecard will be used for each playing group, with one individual responsible for keeping score for all players – after each hole, the scorer will call out each name and they will indicate their score for the hole and it shall be recorded – any discrepancies will be discussed as a group, thinking through the shots, and score determined amongst the group. The scorer will total the scores and turn in at the end of the round.
5. Maximum score of double par on any hole. Circle the score on scorecard if player had to pick-up.
6. Tee Shots – the first hole will be in order based on how written on the scorecard, afterwards in order of lowest score on the previous hole, like in Golf.
7. The player farthest from the hole out area always throws first and remaining players stay behind that person to make sure they aren't hit with an errant throw – to speed up play, players may go to their disc and get ready to play as long as it is not in an area where they could get hit by another players disc – players should call heads up before they throw.
8. Player must play from where the disc lands and keep 1 foot on that location during the entire throw (ie no jumping). Exception – if disc lands below the playing surface, ie crevice or creek, the disc can be thrown from the surface level directly above where it landed, or backwards if that spot would be in the air. If a disc lands in a tree or bush, it can be thrown from directly below the spot where it landed in the tree or bush – if disc landed less than 2 meters in the air, no penalty stroke is assessed, if higher than 2 meters, a 1 stroke penalty shot is assessed.
9. Lost Disc – all players must help look for and there is a maximum of 3 minutes to search. If not found, re-throw from the previous spot with a 1 stroke penalty
10. To hole out, disc must be in the basket, on top does not count as a hole out.

Golf

Golf is a NAML championship event for boys, for girls, or for a co-ed combination held in classes A through AA. There will be an individual competition score kept during the team tournament. No regular season matches are required for tournament play with the NAML tournament held during spring tournament week.

RULES

All NAML golf matches shall be conducted in accordance with the "Rules of Golf" as published by the United States Golf Association (USGA). <http://www.usga.org/Rule-Books/Rules-of-Golf/Rule-01/> with the following exceptions:

- The best three (3) scores of four count as the team score for boys, girls, or co-ed.
- Players on a girls or co-ed team will use the tee boxes designated for ladies in regular-season and tournament play.
- The cost per match will be determined by schools and their host golf course. Schools may choose to cover cost for other schools, or communicate to other schools the cost in advance of each match.
- Players may use push/pull carts in regular season and post season matches. Motorized carts or caddies are not permitted.
- Range finders and GPS devices will be allowed in match and tournament play.
- If a coach receives information from an "artificial device" (as defined by USGA rules) and passes that information on to a player during competition, it is grounds for disqualification.
- A maximum of two (2) golf coaches may confer with their golfers between each green and the next tee box so long as there is no delay in play. NOTE: Conversations with or suggestions from any other person is prohibited.
- There are no playoff holes in NAML Golf during any the regular season match or tournament play with the exception of individual golf scores with regard to final individual tournament scores. In the event of a tied team score, the fourth golf score will be counted.
- Parents may walk course to watch players, but may have NO interaction.
- Maximum score of double par on any hole. Circle the score on scorecard if player had to pick-up.

Soccer

Soccer is a NAML championship event for boys and girls in classes A through AA, Regular season games are required for tournament play with the NAML tournament held during spring (or fall) tournament week. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings. Number of teams making the playoffs and regions will be determined at the scheduling meeting.

RULES

All soccer matches will be played according to the rules published by the National Federation.

<http://www.nfhs.org/activities-sports/soccer/>

Exceptions specific to all NAML competitions include:

- Game halves are 30 minutes
- ALL overtimes in the Region games and NAML playoffs are played accordingly:
 1. 5 minute overtime (full 5 minutes-even if one scores)-Silver Rule
 2. Second 5 minute sudden death OT- Golden Rule
 3. Penalty kicks
- Regular season standings tie-break is as follows:
 - A. H2H Games won between tied teams.
 - B. Goals differential H2H between the tied teams
 - C. Moving down the standings, how the teams did against each of the other teams (repeat A and B)
 - D. Record verses common NAML opponents outside of region
 - E. Record verses common non-NAML opponents outside of region

Tennis

Tennis is to be played with a regular season followed by playoffs for the NAML Championship. It is to be played as a single or double round robin sport, TBD at the scheduling meeting. If a single round robin and the teams play twice, the second contest counts for the NAML standings. Number of teams making the playoffs and regions will be determined at the scheduling meeting.

RULES

NAML tennis matches will be played according to tennis rules published by the U.S. Tennis Association (USTA).

http://assets.usta.com/assets/1/15/2014FAC_final.2.pdf

Exceptions specific to all NAML competitions include:

- There will be continuous play except that a coach may talk to players as they change ends of the court after a game, but the players must stay on the court.
- In regular season play and in the NAML tournament, the 8-game Pro Set format is followed.
- A host school must have a minimum of 4 courts available, unless both teams agree to using fewer courts.
- 8-Game Pro Set: First player to win 8 games by a margin of 2 games (ie, 8-5, 8-6, 9-7) wins the set - if score gets to 8-8, the 12-point tie-breaker (First to 7 points- must win by two) is used.
- The format for all NAML tennis matches shall be three (3) singles matches and two (2) doubles matches. A player may play in either one (1) singles match or one (1) doubles match. No player is permitted to play in both a singles and a doubles match. Substitution is not permitted once a match has begun. If any injury occurs during play that prevents a player from completing the match, that player defaults and the opponent is awarded the victory.
- A NAML Tournament roster may NOT be changed once submitted for tournament play
- Stacking of one's lineup is strictly prohibited in any regular-season match, invitational tournament or state tournament match. An **obvious** attempt to stack a lineup (i.e., use a player or doubles team below their relative ability level on the team) may result in the immediate disqualification of the entire team.
- All team matches shall be the best three of five (3 singles/2 doubles) matches, using the 12-point tie-breaker.
- All five matches should be completed during the regular season. Exhibition matches may occur when time/space allows and schools have communicated in advance.
- In NAML Tournament matches will end once a team has won three (3) matches.

- Hard court surfaces MUST be used during regular season and tournament play. Any other court surface must be approved in advance by NAML.
- Regular season tie-break is as follows:
 - A. H2H Matches between teams
 - B. H2H Lines won
 - C. H2H Games won
 - D. Going Down standings how each team did vs each team (repeat A,B,C)
 - E. Record vs Common non-region NAML opponents
 - F. Record vs Common non-NAML opponents
 - G. Coin Flip

Track and Field

Track and Field is a NAML championship event for boys and girls teams in classes A through AA. No regular season meets are required for tournament play with the NAML tournament held during spring tournament week.

RULES

All NAML Track meets will be run in accordance with the rules published in the National Federation Track and Field and Cross Country Rule Book. Scoring for the championship meet will be determined by the number of schools participating in accordance with NFHS rules.

<http://www.nfhs.org/content.aspx?id=10377>

Exceptions specific to all NAML competitions include:

- Each school is allowed a maximum of 3 participants per individual event (Distance events may have more than 3 allowed). Each school is allowed a maximum of 2 relay teams per event.
- An individual may run on both the 4x100 and 4x400 relay teams, relay teams are not considered individual events.
- An athlete may compete in no more than 3 individual events. Once again, relay teams are not considered individual events.
- Shot Put- Girls use 6 lb. shot, boys 4K.
- Hurdle Heights: Girls 30". Boys 33".

Ultimate Frisbee

Ultimate Frisbee is a NAML championship event for boys and girls teams in classes A through AA. No regular season matches are required for tournament play with the NAML tournament held the week after spring tournament week. There will be 4 divisions (8th Boys, 7th boys, 8th girls and 7th girls).

RULES

NAML follows the *The Official Rules of Ultimate 11th Edition*

http://www.usultimate.org/resources/officiating/rules/11th_edition_rules.aspx

With the following exceptions:

1. Length of games and tournament format will be determined by number of teams participating