

***RULES GOVERNING  
THE  
PENINSULA PARISHES/SCHOOLS LEAGUE***

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***AS ADOPTED BY THE ATHLETIC DIRECTORS  
AND  
APPROVED BY THE EXECUTIVE BOARD***

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SUPERINTENDENT OF SCHOOLS***

***ELEANOR RAPP  
CONFERENCE DIRECTOR***

***ADOPTED AND APPROVED  
SEPTEMBER 4, 2007***

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# ***PENINSULA PARISHES/SCHOOLS LEAGUE***

## ***SECTION 1: CONSTITUTION AND BYLAWS***

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### **ARTICLE I:**

#### **NAME AND PURPOSE**

**SECTION 1:** The name of this organization shall be the Peninsula Parishes/Schools League, henceforth referred to as PPSL. This league will operate under the auspices and control of The Roman Catholic Welfare Corporation of San Francisco (Archdiocesan Department of Catholic Schools). This league will operate all programs in accordance with Archdiocesan policies regarding the screening and training of Athletic Directors, Coaches and other adults with regular contact with children.

**SECTION 2:** The purpose of this organization shall be to foster a spirit of cooperation and friendly competition among the Catholic parishes/schools of San Mateo County. This program shall strive to enrich our students physically and socially by developing practices of good sportsmanship, encouraging participation, and building self-esteem in all participants.

### **ARTICLE II**

#### **MEMBERSHIP**

**SECTION 1:** All Catholic parishes/parochial elementary schools in San Mateo County are eligible. The league will operate as two conferences; one for boys (baseball, basketball, track) and one for girls (volleyball, basketball, track). PPSL also sponsors cheerleading. Each conference will be divided geographically into a northern and a southern division.

**SECTION 2:** The Peninsula Parishes/Schools League recognizes the principle set forth in the Pastoral Plan that activities should be open to any member of the parish who qualifies. At the same time, the PPSL acknowledges the reality that the limitations of personnel, facilities and finances often prevent parishes from achieving this ideal.

A. Therefore, recognizing both the principle and the reality, PPSL establishes the following rules for parish participation:

All parishes in San Mateo County are eligible to sponsor teams in the Peninsula Parishes/Schools League. It is the responsibility of all parishes/schools to provide the necessary fields and facilities to accommodate practices and games.

B. The pastor and/or principal must submit a league enrollment form stating their parish's/school's intent to participate in PPSL activities for each school year. Any member parish/school wishing to withdraw from the league shall give written notice over the signature of pastor/principal. No withdrawal can be approved unless all financial obligations of the member parish/school to this league have been met.

**SECTION 3:** The Peninsula Parishes/Schools League Executive Board, henceforth referred to as the Executive Board, shall have the power to suspend a member parish/school or its representatives at a regular or special meeting, after a fair hearing of causes for suspension.

**SECTION 4:** All member parishes/schools will assume responsibility for all league fees.

**ARTICLE III**  
**PPSL EXECUTIVE BOARD**

**SECTION 1:** The League will be governed by the Executive Board.

- A. The Executive Board has authority over all questions of philosophy, membership, finance and grievances. They shall review and approve all rules, including those established by the Athletic Directors.
- B. The voting members of the Executive Board shall be made up of a Conference Director, a northern Division Representative, a southern Division Representative, and five pastors and/or principals of the participating parishes/schools. Each division should have pastor/principal representation.
- C. The Executive Board will approve the annual budget presented to them by the Conference Director and will review the budget at each scheduled meeting.
- D. The Executive Board will have a minimum of three meetings during the school year.
- E. The Executive Board will solicit nominations for a Conference Director, the Division Representatives (one representative chosen from a southern division school and the other from a northern division school) and the Pastor/Principal Representatives who will serve on the Executive Board as voting members.
- F. The Executive Board shall be governed by Robert's Rules of Order, unless otherwise provided for in this constitution.
- G. The Executive Board will appoint a secretary and a bookkeeper for the league.

**SECTION 2:** Appointments to the board.

- A. Appointments to the Board will be made when a member's two-year term expires or becomes vacant. Terms of office may be renewed by the Executive Board.
- B. Executive Board appointments will occur at the last meeting of the school year.
- C. The Executive Board shall elect a president from among its members to serve a minimum of two years.
- D. The President will:
  - 1. Call and preside over all meetings.
  - 2. Establish the agenda for Executive Board meetings.
  - 3. Appoint committees as necessary.
  - 4. Request a budget report from the league bookkeeper to be reviewed by the Executive Board at the board's scheduled meetings.
  - 5. When necessary, approve any extraordinary expenses.
- E. The Executive Board Secretary will:
  - 1. Take minutes and distribute agendas and minutes for all Executive Board meetings.

2. Send correspondence to member parishes/schools.
- F. The Conference Director will:
1. Establish the agenda for the meeting of the Athletic Directors (different meetings from Executive Board Meeting).
  2. Call and conduct the meeting of the Athletic Directors.
  3. Oversee commissioners of each sport.
  4. Select, purchase and present trophies.
  5. Attend all league championship/playoff games (or designate a representative) to settle any protests and enforce all rules.
  6. Create and present a proposed budget to the Executive Board. Bill parishes/schools for each sport.
  7. Notify pastors/principals of participating parishes/schools in the event of a protest or dispute within 72 hours.
  8. Be responsible for securing umpires and referees for all league games.
  9. Approve all expenditures.
  10. Keep record of rosters and mail copies to participating parishes/schools.
  11. Keep By-Laws, general rules and playing rules up-to-date.
  12. Distribute letters of intent and the league directory to all participating parishes/schools.
- G. The Division Representatives will:
1. Attend all Executive Board meetings.
  2. Attend all meetings of the Athletic Directors.
  3. Assist in setting stipends for all paid positions on the Executive Board with approval from the full Board.
- H. The Pastors/Principals will:
1. Attend all Executive Board meetings.
  2. Assist in setting stipends for all paid positions on the Executive Board with approval from the full Board.

## **ARTICLE IV**

### **PPSL ADMINISTRATION**

**SECTION I:** The Conference Director will preside over the PPSL league meeting which will be composed of one Boy's Athletic Director/Representative and/or one Girl's Athletic Director/Representative from each participating parish/school. This group will handle the rules of each particular sport.

**SECTION 2:** The Athletic Director(s) will be the official representative of the parish/school or anyone else he/she may so designate to represent him/her. Each member parish/school shall be entitled to one vote as long as they are represented at the meetings (if two or more Athletic Directors are present they will determine how their one vote is cast).

**SECTION 3:** Two-thirds of the member parishes/schools shall constitute a quorum. Amendments to the rules of any sport shall require a two-thirds majority vote of member parishes/schools present and approval by the Executive Board.

A. The Commissioner(s) will:

1. Assume the duties and powers of the Conference Director in his/her absence in matters pertaining to the commissioner's sport.
2. Settle protests or disputes, in consultation with the Conference Director, involving games.
3. Keep up to date records of league standings, etc.
4. Publicize league results in newspaper, if possible.
5. Organize a coaches' and officials' clinic for each sport if possible.
6. Reschedule any necessary game changes.
7. Acquire baseball fields (neutral site with lights if possible) or gyms (neutral site if possible) for playoff and championship games.
8. Attend all league playoffs and championships or send a designated representative.

B. The League Secretary will:

1. Record minutes of each meeting and send copies to each Pastor, Principal, Athletic Director, and Executive Board member within one week of the meeting.

C. The League Bookkeeper will:

1. Collaborate with the Conference Director in proposing a budget for the league, which is to be presented to the PPSL Executive Board for approval.
2. Keep a record of all income and expenses and submit a quarterly report to the Executive Board.
3. Collect fees from each member parish/school.
4. Collect or refund balances due from each member parish/school at the end of the year.
5. Issue checks approved by the Conference Director or Executive Board President.

D. The League Scheduler will:

1. Set-up schedules.
2. Send schedules to member parishes/schools.

**SECTION 4:** Local Responsibility.

The pastor and/or principal will accept responsibility and maintain supervision over all teams in their parish/school. Each year, they will appoint an Athletic Director(s) (or designate a representative for each sport) to act as a liaison between the parish/school and the league and to serve as a voting member at PPSL General League Meetings.

**SECTION 5:** Meetings

- A. Regular league meetings of the Athletic Director(s) shall be held prior to each season.
- B. Special meetings of the Athletic Director(s) will be called by the Conference Director when needed.
- C. The meetings shall be governed by Robert's Rules of Order, unless otherwise provided for in this constitution.

**ARTICLE V**

**FINANCES**

**SECTION 1:** The league shall pay for stipends, officials, trophies and operational expenses.

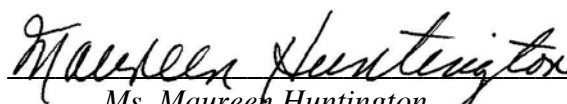
**ARTICLE VI**

**AMENDMENTS**

**SECTION 1:** The Constitution and By-Laws, or any section thereof, may be amended or repealed by a two thirds vote of the Executive Board, if also approved by the Superintendent of Catholic Schools. The same may also be amended at any time by the Superintendent of Catholic Schools, acting alone, in accordance with the policies and procedures of the Archdiocesan Department of Catholic Schools.

**SECTION 2:** Any proposed amendment to the Constitution and By-Laws, must be submitted at least two weeks in advance of the Executive Board meeting.

Approved by:

 Date: 8-20-07  
Ms. Maureen Huntington  
Superintendent of Schools

# ***PENINSULA PARISHES/SCHOOLS LEAGUE***

## ***SECTION 2: ELIGIBILITY RULES***

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**2.1 STUDENT ENROLLMENT:** Eligibility for participation on a PPSL member athletic team shall be established on the following criteria in the priority shown:

- a). A student enrolled in a PPSL member parish/school shall be eligible to play for that PPSL member parish/school only.
- b). A student not enrolled in a PPSL member school may establish eligibility through a PPSL member parish with the written certification and approval of the Pastor of the PPSL member parish, that the student is either:
  - 1). Enrolled and actively participating in the religious education program of the PPSL member parish, or
  - 2). A student may establish eligibility through a guardian's parish. The student must be enrolled in a Catholic private or parochial school that is not a member of the PPSL. The student's primary legal guardian must be a member of the PPSL member parish in which the student wishes to establish eligibility.

Furthermore, such student must demonstrate to the satisfaction of the Executive Board that he/she is not a participant in any other Catholic sponsored athletic league, including but not limited to the Catholic Youth Organization (CYO).

**2.2 EXCLUSIVE PARTICIPATION:** A student must not be a participant in another athletic league that, at the sole discretion of the Executive Board, is a "school sponsored" athletic league in any sport. The "season" for any sport must not reasonably coincide with the "season" for the PPSL sport for which eligibility is sought.

**2.3 SPORT AVAILABILITY:** Permission may be granted to a student enrolled in a PPSL member school to participate in the athletic program of a different PPSL member school. This permission may be granted by the Conference Director or the Executive Board and will only be granted with the written approval of the principals of both involved schools. This permission may only be granted if a specific sport is not offered or provided by the PPSL member school in which the student is enrolled.

**2.4 PENALTIES:** The penalty for any violation of the Eligibility Rules will result in the offending participant being declared ineligible for that sport for the entire season. Any event in which an ineligible player participates will result in the forfeiture of that event by his/her team.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board. The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

# ***PENINSULA PARISHES/SCHOOLS LEAGUE***

## ***SECTION 3: GENERAL RULES***

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- 3.1 DEADLINES:** Prior to the start of each sport season, the Conference Director will set a date which will be used as a deadline for all member parishes/schools to submit the number of teams, the grade level of teams, and the number of participants that they wish to sponsor. No teams will be added after the deadline. Any member that wishes to drop a team(s) after the deadline may do so but will be subject to the following penalties. The members dropping a team(s) will pay 100% of the fee charged for each participating team in addition to a \$100.00 re-scheduling fee.
- 3.2 GENDER:** Boys may not be on the roster of any team or participate in any activity designated as a girls' sport. Girls may not be on the roster of any team or participate in any activity designated as a boys' sport. *PENALTY:* Forfeiture of the game(s).
- 3.3 SKILL LEVELS:** Participants in the 4<sup>th</sup> grade may not be divided according to skill levels. Participants in grades 5 through 8 shall be placed on teams according to skill levels. Athletes with higher skill levels must participate on the strongest level available to their grade levels. Complaints regarding stronger players participating at inappropriate levels must be made to the League Commissioner. The League Commissioner shall gather information and present the complaint to the Conference Director. The Conference Director will present the complaint to the Executive Board for their review. The decision of the Executive Board shall be final.
- 3.4 PARTICIPATION:** Any participant(s) who drop(s) from a team after the deadline date (see rule 3.1 above) will not be allowed to participate in the same sport the following season. Upon the written recommendation of a pastor or school principal, the participant may petition the PPSL Executive Board to have this rule waived. The name of any participant who drops from a team must be immediately reported to the PPSL League Commissioner of that sport. The League Commissioner will notify the Conference Director. Participants must participate in at least 50% of league games in order to be eligible to participate in playoff and/or championship games. Exceptions may be made only for academic or medical reasons and must be approved by the Conference Director or the Executive Board. *PENALTY:* Forfeiture of the game(s).
- 3.5 TEAM PARTICIPTION:** No team of a member parish/school will be allowed to participate in any league not sponsored by the PPSL. Also, no member parish/school or its affiliates may pay for the participation in any league event not sponsored by the PPSL. The only exception will be:
- Team members may participate in non-league sponsored tournaments only with prior approval of pastor and/or school principal. Practice games scheduled between member and non-member parishes/schools.
- 3.6 ROSTERS:** Each eligible participant must be assigned to the roster of a specific team in a specific division. No team members may be placed on a roster after the team's first league game. An exception to this rule may be made for a transfer student. The application, for the addition of a transfer student, shall be made by the: Athletic Director, the Pastor/Principal, or the Commissioner of the member parish/school

involved to the Conference Director. Once the final rosters have been submitted to the PPSL League Secretary, the participants must remain on that team for the entire season. Team rosters must be submitted to the PPSL League Secretary one (1) week prior to the first league game. The deadline date for track roster(s), will be set by the Track League Commissioner at the annual track meeting. The rosters may not be handwritten and must include the grade, first names, and last names of all participants. The rosters must include the first and last names of all coaches and must be signed by school principals. If any Religious Education students wish to participate, their pastors must also sign the rosters. **PENALTY:** Forfeiture of game(s).

- 3.7 FORFEITURE PREVENTION:** An exception may be made to Rule #3.6. If a team needs to add a participant to prevent a forfeit, that participant may only be “pulled up” once per season. For purposes of this section a season shall include all league games, playoff games, and championship games. A participant may be “pulled up” by more than one qualifying team during a season. “Pulled up” players must be on the roster of another team from the parish/school requesting “the pull up”. When participants are “pulled up” to prevent a forfeit, no more that the minimum amount of required players may be in the official scorebook. When School Sport Commissioners “pull up” participants they must report the name of each player “pulled up” to the League Sport Commissioner. **PENALTY:** Forfeiture of the game(s).
- 3.8 GAME PARTICIPATION:** Each team member present must participate in every game played. Each team member must participate in that portion of the game required by the specific PPSL rules governing that sport. Participants that are unable to achieve the required amount of participation because of medical reasons may be granted a waiver. A request for limited participation, due to medical reasons, may be granted by the Conference Director. A waiver will only be granted upon the receipt of a written note from the participant’s doctor. This note will be kept on file by the Conference Director. A coach must notify the opposing coach at any time that a participant is unable to participate for any reason. The non-participating player may sit on the bench with his team. **PENALTY:** Forfeiture of the game(s).
- 3.9 AGE REQUIREMENT:** Children in grades K-3 are not allowed to participate in PPSL activities. These children may not participate in any practice, training, or any PPSL athletic event. Fourth grade teams may participate in league games, but these games will be considered training league games. No game scores will be recorded and no league standings will be maintained for training league teams.
- 3.10 PLAYOFFS:** Division playoffs and North/South championships will be held for the Varsity, Junior Varsity, Sharks, Eagles and 6<sup>th</sup> grade Lions Divisions.
- 3.11 AWARDS:** The PPSL will provide awards to teams winning the division and to teams winning the league championship.
- 3.12 TOURNAMENTS:** The PPSL will sponsor a Varsity basketball tournament for both boys and girls each season.
- 3.13 BEHAVIOR:** Each member parish/school shall designate a representative to supervise the conduct of participants and spectators at its home events. Illegal drugs, alcoholic beverages, and smoking will not be allowed on the benches, fields, courts, or in the stands at any PPSL event. Coaches, Athletic Directors, and

designated representatives will be responsible for the behavior of their teams and fans at all times.

**3.14 SPORTSMANSHIP:** The Athletic Director or designated representative from the home team has the authority to eject any spectator from the premises for any sportsmanship violations. The referee or umpire has the authority to eject any player, coach, parent, or spectator from the premises for any sportsmanship violations. When any player, coach, parent, or spectator is ejected from the premises and refuses to leave, the game or event will be forfeited. Any player, coach, parent, or spectator that is ejected from a game or event is automatically prohibited from attending that team's next league game.

**3.15 SPORTSMANSHIP REVIEWS:** Sportsmanship violations and misconduct violations will be reviewed by the Conference Director. Further actions may be taken by the Executive Board and may include banning the violator from attending games or events for the remainder of the season or even permanent exclusion from all future PPSL events.

**3.16 PROTESTS:** All protests must be made at the time of the alleged infraction(s), opposing coaches, and game officials must be made aware of the protest at the time of the alleged infraction. The League Sport Commissioner must be notified by 10:00 P.M. of the day of the contested event. The informal notification must be followed by a written protest filed with the League Sport Commissioner and the Conference Director within 72 hours of the completion of the event. The Conference Director will notify the pastors/principals of the parishes/schools involved by telephone. Copies of the written protest will be sent to the pastor/principal of the parishes/schools involved by the Conference Director. The Conference Director will review the protest, consult with the North and South League representative(s), and make the final determination.

- Protests at playoff and league championship games must be made to the official on-site league representative at the time of the infraction, prior to the completion of the game or event. A final decision will be made by the official on-site league representative.

**3.17 SCHEDULE CHANGES:** Changes in the time or place of scheduled league games may only be made with the approval of the League Commissioner of that sport or the Conference Director. Approval for changes will not be granted except for conflicts with parish/school functions or activities. Any extra costs associated with the changes in time or place of scheduled league games will be paid by the team requesting the change. *PENALTY:* Forfeiture of the game(s).

**3.18 TEAM COMPOSITION:**

- 8<sup>th</sup> Grade Varsity (may have 8<sup>th</sup> and 7<sup>th</sup> grade participants)
- 7<sup>th</sup> Grade Junior Varsity (may have 7<sup>th</sup> and 6<sup>th</sup> grade participants)
- 7<sup>th</sup> & 8<sup>th</sup> Grade Sharks (may have 8<sup>th</sup>, 7<sup>th</sup>, & 6<sup>th</sup> grade participants)
- 6<sup>th</sup> Grade Eagles (may have 6<sup>th</sup> and 5<sup>th</sup> grade participants)
- 5<sup>th</sup> Grade Cubs (may have 5<sup>th</sup> grade participants only)
- 5<sup>th</sup> & 6<sup>th</sup> Grade Lions (may have 6<sup>th</sup> and 5<sup>th</sup> grade participants)
- 4<sup>th</sup> Grade Training (may have 4<sup>th</sup> grade participants only)

Parishes/schools must have a minimum of six (6) participants on their teams in order to submit rosters for Volleyball and Basketball teams. There must be a minimum of nine (9) participants in order to submit a roster for Baseball teams. Parishes/schools must have Varsity and Junior Varsity teams in order to submit a roster for a Sharks team. Parishes/schools must have Eagles and Cubs teams in order to submit a roster for a Lions team. Written requests for exceptions to this rule must be submitted by the Athletic Director(s)/Sport Commissioner(s) to the Conference Director at least seven (7) days prior to the league meeting for that specific sport. At the league meeting, the members in attendance may also give input whether or not to allow the exception. The Conference Director, will bring their recommendations to the Executive Board for their review. The decision of the Executive Board regarding the request for the exception will be final.

**3.19 PRACTICE:** Baseball and Volleyball teams may not begin practicing before August 1<sup>st</sup>. Supplemental Summer Insurance forms and Permission forms must be properly completed prior to this date. Practice may not begin for a subsequent sport until the day after the final league game of the preceding sport. Playoffs are not considered part of the regular league games. **PENALTY: Forfeiture of the game(s).**

Prior to the end of the school year, a three (3) day Baseball/Volleyball evaluation tryout may be held.

**3.20 DIVISIONS:** Sharks and Lions divisions with ten (10) or more teams will be split into North and South divisions. The composition of the North and South divisions will be chosen by the League Scheduler and approved by the Conference Director.

**3.21 TBA SCHEDULING:** The League Scheduler and the Conference Director will set time limits for the scheduling of TBA (To Be Announced) games. Home teams are responsible for the scheduling of TBA games. Any TBA game or games not scheduled within the designated time frame will result in forfeit(s) to the home team.

**3.22 RULE CHANGES:** Proposed changes or additions to the existing rules must be submitted in writing to the Conference Director by the deadline set by the Conference Director. The proposed changes will be included on the agenda for the “end of the year meeting” in May. Until the formal adoption of the track rules, any proposed changes or additions to the track rules may be submitted for consideration at the PPSL track meeting.

**3.23 FORFEIT SCORES:** Forfeit scores will be recorded as six (6) points for the winning team and minus six (-6) points for the team that forfeited.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board. The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 4: BASEBALL RULES***

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**4.1 TEAMS:** Each member parish/school may be represented by the following teams:

- Varsity (8<sup>th</sup> & 7<sup>th</sup> graders)
- Junior Varsity (7<sup>th</sup> & 6<sup>th</sup> graders)
- Eagles (6<sup>th</sup> & 5<sup>th</sup> graders)
- Cubs (5<sup>th</sup> graders only)
- Training (4<sup>th</sup> graders only).

**4.2 SKILL LEVELS:** {*General Rule, 3.3*}, states that students in grades 5 through 8 be placed on teams according to skill levels. Baseball is an exception to this rule because there are no upper and lower divisions within each grade. If a member parish/school sponsors two teams in the same grade, the teams must be split as equally as possible, according to the players' skill levels.

**4.3 STARTING:** The starting time for all games will be the scheduled game time; or no more than ten (10) minutes after the end of the preceding game. All players must be present and listed in the official scorebook (last names and jersey numbers) at the start of the game. Players arriving late to a game may not participate in that game. There will be no exceptions to this rule.

**4.4 MOVING PLAYERS TO PREVENT A FORFEIT:** Players may be "pulled up" in order to prevent a forfeit in the following manner. The Varsity may "pull up" from another Varsity team or a Junior Varsity team. The Junior Varsity may "pull up" from another Junior Varsity team or from an Eagles team. The Eagles may "pull up" from another Eagles team or a Cubs team. The Cubs may "pull up" from another Cubs team. Training teams may "pull up" from other Training teams.

**4.5 UMPIRES:** When there is only one (1) umpire present, he/she must stand behind the home plate to call the game.

**4.6 EQUIPMENT:** All batters and base runners shall wear protective headgear. If batters or base runners refuse to wear protective headgear, an out will be called. Players cannot wear steel spiked shoes.

**4.7 TIME LIMIT:** No inning may start after the time limit unless the score is tied. Teams may play only one "extra" inning in an attempt to break the tie score. Games may end in a tie. Playoff or Championship games will be played until there is a winner. There will be no time limit for Playoff or Championship games.

**4.8 HOME TEAM RESPONSIBILITY:** The home team shall provide the following items:

- Baseballs for league games (Wilson 1060, 1072, 1074, 1082 or the equivalent).
- Bases and a pitcher's slab
- A qualified scorekeeper. When a home team scorekeeper is deemed unqualified by an umpire to keep the official scorebook, the visiting team's scorekeeper becomes the official scorekeeper and shall maintain the official scorebook.

- The home team Athletic Director or Baseball Commissioner must report the scores to the League Baseball Commissioner no later than 24 hours after the completion of the final game of that day. *PENALTY:* Forfeiture of all games played that day.

**4.9 DESIGNATED HITTER:** No designated hitters will be allowed.

**4.10 SLIDING:** A base runner must slide or make an attempt to avoid contact with other players at all bases and at home plate.

**4.11 INTENTIONAL WALK:** A team may intentionally walk a player, without pitching, by notifying the umpire.

**4.12 PITCHING LIMITS:** Varsity and Junior Varsity Divisions see rule 4.15.6 – Eagles and Cubs Divisions, see rule 4.16.6.

- The baseball commissioners, at the June 6<sup>th</sup> Baseball meeting, voted to adopt the Little League and the Pony League pitch count rules. It will be the responsibility of the HOME TEAM to keep the pitch count. A pitching log will be used for all division playoff and championship games.
- The pitch count will be enforced in all divisions for all league games as well as all division playoffs and the North - South Championship games.

Exception to the pitching rules may be granted for Playoff and Championship games only with the approval of the Conference Director and/or the Executive Board members.

**4.13 PITCHING:** Once a coach removes a participant from the pitching position, the player may not return as a pitcher during the remainder of the game. Coaches are allowed two (2) visits to a pitcher per inning. On the second (2<sup>nd</sup>) visit the pitcher must be removed from pitching but may remain in the game at another position.

**4.14 COACHING:** Coaches must remain within the designated coaching boxes or dugouts during the course of the game.

#### **4.15 VARSITY & JUNIOR VARSITY DIVISIONS**

**4.15.1 RULES:** The *Pony League Rules* shall apply with the exceptions listed below.

**4.15.2 PARTICIPATION:** All participants must play two (2) consecutive full innings.

**4.15.3 FIELD MEASUREMENTS:** The bases must be eighty (80) feet apart. The pitcher's slab must be fifty-four (54) feet from home plate. Bases shall be tied down, if possible.

**4.15.4 INNINGS:** Games shall consist of seven (7) innings. If a game is called for any reason, it shall be a complete game if five (5) innings have been completed [four and a half (4 ½) innings if the home team is ahead].

**4.15.5 TIME LIMIT:** The time limit will be two (2) hours and fifteen (15) minutes from the starting time of the game. No inning will start after the time limit is reached.

**4.15.6 PITCHING:** A maximum of 90 pitches allowed per game, when a pitcher reaches 90 pitches he must be removed as a pitcher.

**ADDITIONAL GUIDELINES:** Pitchers must adhere to (1) one day rest after a total of 31 pitches in a game, (2) two days rest after 61 pitches in a game and (3) three days rest after a total of 90 pitches in a game. **PITCHING LIMIT EXCEPTION: SEE RULE # 4.12.**

**4.15.7 SCORING:** A game shall be called at the end of five (5) innings [four and a half (4 ½) innings if the home team is ahead]; if one team is ahead by twelve (12) or more runs. This rule applies to league games only.

**4.15.8 STARTING:** All games must begin with a minimum of nine (9) players per team. A game may not continue with fewer than eight (8) players per team.

**4.15.9 SUBSTITUTION:** It will be permissible for a starting player to re-enter a game one (1) time. Re-entry must be in the same batting position as previously held. A substitute who is removed from a game may not re-enter. If a player is injured or becomes ill during the game and is removed, a substitute player may re-enter the game for the injured or ill player. If the injured or ill player is able to resume playing, he must re-enter the game in his original place in the batting order.

#### **4.16 EAGLES & CUBS DIVISIONS**

**4.16.1 RULES:** The Little League Rules shall apply with the exceptions listed below.

**4.16.2 PARTICIPATION:** All players must bat in a continuous rotation and each player must play at least two consecutive innings in the field. Defensive players may exit and re-enter the game without restriction. If a player leaves a game for any reason other than injury or illness, that player's spot in the continuous batting order will be considered an automatic out throughout the remainder of the game.

**4.16.3 FIELD MEASUREMENTS:** The bases will be sixty (60) feet apart. The pitcher's slab shall be forty-six (46) feet from home plate. The bases shall be tied down, if possible.

**4.16.4 INNINGS:** Games shall consist of six (6) innings. If a game is called for any reason, it shall be a complete game if four (4) innings have been completed [three and a half (3 ½) innings if the home team is ahead].

**4.16.5 TIME LIMIT:** The time limit will be one (1) hour and fifty (50) minutes from the start of the game. No inning will start after the time limit is reached.

**4.16.6 PITCHING:** Eagles Division: A maximum of 85 pitches allowed per game, when a pitcher reaches 85 pitches he must be removed as a pitcher.

Cubs Division: A maximum of 75 pitches allowed per game, when a pitcher reaches 75 pitches he must be removed as a pitcher.

**ADDITIONAL GUIDELINES FOR EAGLES AND CUBS DIVISIONS:** Pitchers must adhere to (1) day rest after a total of 21 pitches in a game, (2) two days rest after a total of 41 pitches in a game and (3) days rest after a total of 61 pitches in a game. **PITCHING RULE EXCEPTION SEE RULE # 4.12.**

**4.16.7 SCORING:** A game shall be called if one team is ahead by ten (10) or more runs at the end of four (4) innings [three and a half (3 ½) innings if the home team is ahead]. This rule applies to league games only.

**4.16.8 STARTING:**

- **EAGLES:** All games must begin with a minimum of nine (9) players per team.
- **CUBS:** All games must begin with a minimum of eight (8) players per team.
- A game may not continue with fewer than eight (8) players.

**4.16.9 BASE RUNNERS:** Base runners may not leave their bases until after a pitch crosses home plate. If an umpire rules that any runner leaves his base before a pitch crosses home plate, the runner will be called "out" and a "no pitch" will be called.

**4.16.10 DROPPED THIRD STRIKE:** A batter will be automatically out if the catcher drops a third strike. The ball will remain live and in play.

**4.16.11 BATS:** The circumference of the barrel of a bat may not exceed two and a quarter (2 ¼) inches at any point.

#### **4.17 TRAINING DIVISION(4TH GRADE)**

- 4.17.1 RULES:** The *Little League Rules* shall apply with the exceptions listed below.
- 4.17.2 PARTICIPATION:** All players must bat in a continuous rotation and each player must play at least 2 consecutive innings in the field. Defensive players may exit and re-enter the game without restriction. If a player leaves a game for any reason, other than injury or illness, that player's spot in the continuous batting order shall be considered an automatic out throughout the remainder of the game.
- 4.17.3 FIELD MEASUREMENTS:** The bases shall be sixty (60) feet apart. The pitcher's slab shall be forty-six (46) feet from home plate. The bases should be tied down, if possible.
- 4.17.4 INNINGS:** A game will consist of six (6) innings. No player may bat more than once per inning.
- 4.17.5 TIME LIMIT:** The time limit will be one (1) hour and fifty (50) minutes from the start of the game. No inning will start after the time limit is reached.
- 4.17.6 PITCHING:** Coaches will pitch to their own players. A batter will be ruled out after either being thrown seven pitches or having taken three swinging strikes. The home team will draw a circle 18 feet in diameter using the pitchers slab as a center. Play is stopped when a defensive player gains possession of a thrown ball within the circle. Runners will then advance or return to whichever base is nearest. One player on defense must begin each play with at least one foot inside the eighteen (18) foot circle.
- 4.17.7 SCORING:** This is an instructional league. No scores or standings will be kept by anyone.
- 4.17.8 BUNTING:** No bunting will be allowed. Any pitch that a player attempts to bunt will be considered a missed strike.
- 4.17.9 BASE RUNNERS:** No base stealing will be allowed.
- 4.17.10 DROPPED THIRD STRIKE:** The batter is automatically out on a dropped third strike and the ball is dead.
- 4.17.11 BATS:** The circumference of the barrel of a bat may not exceed two and a quarter (2 ¼) inches at any point.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.  
The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

# ***PENINSULA PARISHES/SCHOOLS LEAGUE***

## ***SECTION 5: VOLLEYBALL RULES***

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- 5.1 GOVERNING RULES:** The National Federation of State High School Association Rules shall apply with the exceptions listed below.
- 5.2 LOCATIONS:** All league volleyball games must be played in an indoor gym.
- 5.3 GAMES:** All teams will be guaranteed at least seven (7) league games.
- 5.4 STARTING:** The starting time for all matches will be the scheduled game time; or no more than five (5) minutes after the end of the preceding match. All participants must be present and listed by last name and jersey number on the official score sheet at the start of a match. Players arriving late may not participate in a match that has begun. There will be no exceptions to this rule.
- 5.5 REFEREES:** The PPSL will schedule two (2) referees for Varsity, Sharks & J.V. divisions. If only one referee is present that referee will officiate the game/match. In all divisions, if no official referees are present and both teams agree, a volunteer referee or referees may be used. A game or match may not be protested because of a decision or call made by any such mutually agreed upon volunteer referee.
- 5.6 PREVENTING FORFEITS:** “Pulling up” players to prevent a forfeit must be done in accordance with ***General Rule 3.7***. Players may be “pulled up” to make six (6) to prevent a forfeit as follows:
- Varsity can pull from 8<sup>th</sup> Sharks, Jr. Varsity or 7<sup>th</sup> Sharks.
  - 8<sup>th</sup> Sharks can pull from 8<sup>th</sup> Sharks, Jr. Varsity, 7<sup>th</sup> Sharks, or Eagles.
  - Jr. Varsity can pull from Eagles or 7<sup>th</sup> grade Sharks.
  - 7<sup>th</sup> Sharks may pull from 7<sup>th</sup> Sharks, Eagles or 6<sup>th</sup> Lions.
  - Eagles may pull from 6<sup>th</sup> Lions, Cubs and 5<sup>th</sup> Lions.
  - 6<sup>th</sup> Lions can pull from 6<sup>th</sup> Lions, Cubs or 5<sup>th</sup> Lions.
  - Cubs may pull from 5<sup>th</sup> Lions.
  - 5<sup>th</sup> Lions may pull from Cubs or 5<sup>th</sup> Lions.
- 5.7 UNIFORMS:** Uniforms must have numbers on the front and back of jerseys. No technical violation will be called for illegal numbers. All players on a team shall wear matching like-colored uniforms consisting of jerseys and shorts. Tee shirts may only be worn under uniform jerseys. Tee shirts shall be the same color as the jersey or white. All team members that choose to wear tee shirts under their uniforms must wear the same color. They must all be white or they must all be of a like-color. Like-color is defined as matching the main color of the jersey and not the trim color on the jersey or shorts. Different shades of the same color will be permitted. Players shall not wear undergarments or tights that extend below the uniform shorts unless they have written medical authorization or written permission from their pastor or school principal. Biker shorts or compression shorts may be worn. They must be worn under the uniform shorts unless the biker or compression shorts are the official team uniform. Any biker or compression shorts worn must be the same color as the dominant color of the uniform shorts.

**5.8 PLAYERS' RESPONSIBILITIES:** Decorative wristbands are not allowed nor are medical wristbands that have been decoratively altered. Players may not wear jewelry, decorative hair accessories, or have body-piercing appliances of any sort. "Friendship bracelets" made of string are not allowed. Long hair must be tied back. Players must wear shoes with non-marking soles. Gum chewing is not allowed.

**5.9 COACHES:** Coaches are extensions of the school and faculty and must wear appropriate clothing when coaching. Only two (2) coaches, one (1) scorekeeper, and the participants are allowed on a team bench. Coaches must wear shoes with non-marking soles. Coaches shall remain seated on the bench during the match except to:

- Request a timeout.
- Stand at the bench to greet a replaced player.
- Confer with players and /or officials during a timeout.
- Spontaneously react to an outstanding play by a member of their own team.
- Attend to an injured player with the permission of a referee.

**5.10 NET HEIGHTS:** The Varsity, Sharks, Junior Varsity, Eagles, and 6<sup>th</sup> Grade Lions matches must be played with the tops of the nets a minimum of 6 ft, 8 in. and a maximum of 7 foot, 0 in. from the floor. The 5<sup>th</sup> Grade Cubs and Lions matches must be played with the tops of the nets a minimum height of 6 ft., 6 in. and a maximum height of 6 ft., 8 in. from the floor.

**5.11 HOME TEAM RESPONSIBILITIES:**

- The home team must provide a visible scoreboard, a qualified scorekeeper and a scorebook.
- The home team scorekeeper is considered the official scorekeeper and shall keep the official scorebook. Referees shall have the authority to judge if the scorekeeper is qualified. Whenever a discrepancy occurs between the official scorebook and the visible scoreboard, the official scorebook shall prevail. When the home team scorekeeper is deemed unqualified by a referee to keep the book, the visiting team's scorekeeper becomes official scorekeeper and their scorebook becomes the official book.
- The home team shall provide a solid platform for the referee.
- The home team must provide a white leather game ball. The game balls for 6th, 7th and 8th grade matches shall be without laces and have covers consisting of 12 or more pieces of white leather. Suede leather balls are not permitted. Fifth (5th) grade Cubs and Lions teams may play with a "Volley Lite" ball. Game balls shall measure a minimum of 25 inches and a maximum of 27 inches in circumference. Game balls shall have an inflation weight of between 9 and 10 ounces. A game ball shall possess a NFHS authentication mark.
- The home team shall select its team bench.
- Home team Athletic Directors or Volleyball Commissioners must call in the scores to the League Volleyball Commissioner no later than 24 hours after the completion of their final game of the day. *PENALTY:* Forfeiture of all games played that day.

- 5.12 LINE JUDGES:** The home team and the visiting team shall each provide a line judge. The line judges must be of high school age or older. They shall stand near the intersections of the sidelines and the end lines opposing the serving areas. They shall position themselves so they have a clear view of both their end line and their sideline. The referee(s) may overrule any decision(s) made by the line judges. Coaching and/or cheering from the line judge position shall not be allowed.
- 5.13 MATCH CONFERENCES:** The coach and captain from each team shall attend a pre-match conference with the referee. A coin toss shall be conducted prior to the start of the first game of the match. The visiting team captain shall call the toss. The winner shall choose either to serve or receive. Prior to the start of the deciding game of a three (3) game match, a referee shall conduct another coin toss. The captain of the home team shall call the toss. The winner of the coin toss shall choose either to serve, to receive, or a playing side of the court. The loser of the coin toss will choose from the remaining options. Note: There will be no changing of playing sides during any game.
- 5.14 PLAYABLE OVERHEAD OBSTRUCTIONS:** A ball striking the ceiling or an overhead obstruction (including ceiling beams), above a playable area, shall remain in play. The ball must contact the ceiling or obstruction on the side of the net that is occupied by the team that last touched the ball and the ball must have been legally played. The height of the ceiling or overhead obstruction is not relevant.
- 5.15 MATCHES :** All matches shall be won by the team that wins two (2) of three (3) games. All games must be won by two (2) or more points. Games one (1) and two (2) shall be played to 25 points with no upper limit on the number of points required for a win. If a third (3<sup>rd</sup>) and deciding game shall be required, it shall be played to 15 points with no upper limit on the number of points required for a win.
- 5.16 RALLY SCORING:** In rally scoring, the term “side-out” has been replaced with the term “loss of rally”. Any “loss of rally” results in a point for the opponent. If the serving team wins a rally, it scores a point and continues to serve. If the receiving team wins a rally, it scores a point and gains the serve. Each time a team gains the serve, it must rotate one position clockwise before serving.
- 5.17 TIME OUTS:** Each team is limited to two (2) time outs per game. An extra time out will be allowed should teams be tied at a score of 24 to 24 during the first two (2) games of a match. An extra time out will be allowed if teams should be tied at a score of 14 to 14 during a third (3<sup>rd</sup>) game.
- 5.18 ROTATION FOR VARSITY, SHARKS AND JUNIOR VARSITY:** Every team member present at the match must play in rotation. A team’s term of service begins when a player assumes the right back position as the server and ends when a “loss of rally” is awarded. When “loss of rally” occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates. The minimum number of girls rotating in and out of play will be determined by the size of the smaller team. Team(s) with larger numbers of players may rotate in and out more than the minimum number of players if they choose to do so. Players not participating in the first game of a match must start in the second game of a match.

This applies to teams with larger numbers of players that are matching the size of their rotation to the size of the rotation of teams with smaller numbers of players. If a third (3<sup>rd</sup>) game is required, it may be played by any combination of girls in rotations of matching size. Varsity, Sharks, and J.V. teams may change serving order after each game is completed.

- 5.19 ROTATION FOR EAGLES, CUBS AND LIONS:** Every team member present must play in rotation. All girls must play in a continuous rotation regardless of the number of girls on the smaller team. Continuous rotation shall be maintained throughout the entire match. Players may not change positions after each game. After one (1) individual serves five (5) consecutive points, a rotation on the serving side shall occur. The five consecutive serves may take place during the course of two games. The server shall then rotate out and a new player will rotate in at the center back position.
- 5.20 SERVING FOR EAGLES, CUBS AND LIONS:** The five (5) second serving rule does not apply in these leagues. Servers are allowed to serve from a position forward of the end lines in these leagues. Servers in the Eagles and Sixth (6<sup>th</sup>) Grade Lions leagues may serve from a point no more than three (3) feet forward from the end lines. Servers in the Cubs and Fifth (5<sup>th</sup>) Grade Lions leagues may serve from a position no more than six (6) feet forward from the end lines. These serving positions shall be marked with tape if possible. If the taping of gym floors is not permitted, referees will use their own judgment.
- 5.21 SERVING FOR ALL DIVISIONS:** Let serves are allowed. A let serve happens when a ball is served, touches the net, goes over the net, and remains in bounds. Contact for a serve must be made while the ball is held or tossed up into the air. Contact for a serve may not be made during a drop or a bounce.
- 5.22 SERVING OUT OF ORDER:** When a person is discovered to have served out of rotation, and this has been verified by the official scorekeeper, a “loss of rally” shall be immediately awarded to the opposing team. When a person serving out of rotation is discovered prior to the contact of the first serve by an opposing team, all points earned by the improper server shall be cancelled and the serve awarded to the opposing team. When a person serving out of rotation is not discovered until after the first serve has been made by an opposing team, there shall be no cancellation of points. Proper rotating order as recorded on the official score sheet shall be regained immediately.
- 5.23 INJURIES:** If a player is injured and is removed from a game, a rotation shall occur on her side. If the injured player becomes able to resume playing, she must wait for her turn in rotation to re-enter the match. No “loss of rally” will occur as the result of an injury to a player.
- 5.24 LEAVING A MATCH:** Players present at the start of a game/match must remain and compete until the end of the game/match. Exceptions to this rule are made for injured players. Should a non-injured player leave prior to the end of a game/match, a “loss of rally” shall be awarded to the opponent each time the vacant position is the right back position. (Serving Position).

- 5.25 SPIKE LINE:** The ten-foot spike line should be marked by tape. If taping is not possible, referees will use their own judgment.
- 5.26 ENDING THE GAME:** Following the end of each game, a referee must verify the score by signing the official score sheet. The game becomes official when the scoresheet is signed and the score may not be changed after it is signed. Teams shall not be required to remain on the court while the referee verifies the score after each game of the match.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.  
The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 5: VOLLEYBALL RULES***  
***FOURTH GRADE TRAINING***

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- 5.27 **RULES:** The National Federation of State High School Association Rules and the PPSL volleyball rules governing the Eagles, Cubs, and Lions division teams shall apply with the exceptions listed below.
- 5.28 **PULLING PLAYERS.** Fourth (4<sup>th</sup>) Grade training teams may only “pull” from another training team if an additional player is needed to meet the minimum number of players required to start a game.
- 5.29 **GAME LENGTHS.** Teams will play two (2) twenty-minute games.
- 5.30 **SCORING.** This is an instructional league. No scores or standings will be kept by anyone.
- 5.31 **BALLS REQUIRED.** A Soft Serve regulation size training ball, or a Volley Lite ball may be used.
- 5.32 **REFEREES.** The PPSL will assign referees.
- 5.33 **NET HEIGHT.** The minimum height of the net shall be six (6) foot, (6) inches and the maximum height of the net shall be six (6) foot, six (8) inches from the floor.
- 5.34 **SERVING:** An underhanded server may be allowed to move up to the ten (10) foot spike line if necessary. An overhand server must serve from a position no more than six (6) feet forward from the end line. The court shall be marked by tape if possible. If taping is not permitted, referees will use their own judgment.
- 5.35 **SERVING TIME LIMIT.** The five (5) second serving rule does not apply.

The above rules were adopted by ALL 17 member schools and approved by the PPSL Executive Board.

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 6: BASKETBALL RULES***

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- 6.1 GOVERNING RULES:** The National Federation of State High School Association Rules shall apply with the exceptions listed below.
- 6.2 LOCATIONS:** All league basketball games must be played in an indoor gym.
- 6.3 GAMES:** All teams will be guaranteed at least seven (7) league games.
- 6.4 STARTING:** The starting time for all games will be the scheduled game time; or no more than five (5) minutes after the end of the preceding game. All participants must be present and listed by last name and jersey number in the official score book at the start of a game. Players arriving late may not participate in a game that has begun. There will be no exceptions to this rule.
- 6.5 DISCIPLINARY ACTIONS:** Before the start of any game a coach must notify the opposing coach when any player in attendance is not eligible to participate in a league game due to disciplinary action imposed by their school sports policy.
- 6.6 REFEREES:** If PPSL assigned referees are not present, teams may use volunteer referees. Both teams must agree to use the volunteer referees and the game may not be protested due to a decision or a call made by the volunteer referees.
- 6.7 PREVENTING FORFEITS:** A player may fill in only once per season per team, a season shall include playoffs and all championship games. Athletic Directors must report to the league commissioner the name of each player pulled up. A coach must notify the opposing coach when pulling up a player. "Pulling up" players to prevent a forfeit must be done in accordance with ***General Rule 3.7 (FORFEITURE PREVENTION)***. Players may be "pulled up" to make six (6) to prevent a forfeit as follows:
- Varsity can pull from 8<sup>th</sup> Sharks, Jr. Varsity or 7<sup>th</sup> Sharks.
  - 8<sup>th</sup> Sharks can pull from 8<sup>th</sup> Sharks, Jr. Varsity, 7<sup>th</sup> Sharks, or Eagles.
  - Jr. Varsity can pull from Eagles or 7<sup>th</sup> grade Sharks.
  - 7<sup>th</sup> Sharks may pull from 7<sup>th</sup> Sharks, Eagles or 6<sup>th</sup> Lions.
  - Eagles may pull from 6<sup>th</sup> Lions, Cubs and 5<sup>th</sup> Lions.
  - 6<sup>th</sup> Lions can pull from 6<sup>th</sup> Lions, Cubs or 5<sup>th</sup> Lions.
  - Cubs may pull from 5<sup>th</sup> Lions.
  - 5<sup>th</sup> Lions may pull from Cubs or 5<sup>th</sup> Lions.
- 6.8 UNIFORMS:** Uniforms must have numbers on the fronts and backs of jerseys. No technical foul will be called on a player for wearing illegal numbers. If there is a conflict of colors, the home team will have the obligation to change to an acceptable color. All players on a team shall wear matching colored uniforms consisting of shirts and shorts. Tee shirts may be worn under uniform shirts and must be of a like-color or white only. Like-color is defined as a color matching the primary color of the shirt. All team members who choose to wear tee shirts under their uniform must wear the same color tee shirts. They must all be white or they must all be of a like-color. Tee shirts of different shade of the same color will be permitted. Players shall not wear undergarments or tights which extend below the

uniform shorts unless they have written permission from a principal, a pastor, or a licensed medical practitioner. Biker shorts or compression shorts may be worn. They must be worn under the uniform shorts unless the biker or compression shorts are the official team uniform. The biker or compression shorts must be the same color as the primary color of the uniform shorts.

**6.9 PLAYERS' RESPONSIBILITIES:** Players cannot wear jewelry, barrettes, pins, friendship bracelets or piercing appliances. Players may not chew gum. Fingernails must be trimmed to a length acceptable to the referees. Long hair must be tied back. Players must wear shoes with non- marking soles.

**6.10 COACHES:** Coaches are representatives of the school/parishes and must wear appropriate clothing while coaching. Coaches may enter the court during time outs and between periods of play. Head coaches may be off the bench in front of his/her seat within the confines of the designated coaching box, within three (3) feet of the team bench, to give instructions to his/her players. Two coaches, one scorekeeper, and rostered players are the only persons allowed on a team bench. All persons on a team bench must wear shoes with non-marking soles.

**6.11 HOME TEAM RESPONSIBILITIES:** The home team book is considered the official score. Whenever a discrepancy occurs between the official scorer, the visiting scorer or the visible scoreboard, the official book shall be considered the official score. Should the referee(s) determine that the home team scorer is unqualified to keep the book; the visiting scorer will assume the duties of the official book and become the official scorer.

- The home team must provide a visible scoreboard, a qualified scorekeeper, a qualified timer, a score book, a horn and a directional arrow.
- **GAME BALL:** The home team must provide the game ball. All girls' teams and boys' Cubs and 5th Lions teams will use the girls' WBL leather ball (girls' size). A list of approved balls is printed in the Official High School Rule Book. The boys Varsity, Junior Varsity, Sharks, Eagles and 6th Lions teams will use a regular men's' size leather ball. A list of approved balls is printed in the Official High School Rule Book.
- **REPORTING SCORES:** Home team Athletic Directors or Sport Commissioners must report the game scores to their League Commissioner no later than 24 hours after completion of the final game of a day.

**6.12 THREE POINT PLAY:** The three point play rules are in effect.

**6.13 CLOCK RULES:** There will be no thirty (30) second clock. The ten (10) second rule and the back court rules will be in effect.

**6.14 COMPETITION RULES:** The Varsity, Junior Varsity, Sharks, Eagles, Lions and Cubs divisions will be subject to the PPSL Competition Rules.

- This rule shall be invoked when one team achieves a lead of 15 or more points.
- This rule shall remain in effect until the point differential has been reduced to 10 points or less.
- While the Competition Rule is in effect, the team with the lead shall:
  - a) Discontinue the use of any press on any in-bound pass past the 3 point arc.

- b) Upon a loss of ball control, must not attempt or establish any defense at or beyond the 3 point arc.
- When the team with the lead does not abide by Rule 3 above, the referees will issue a warning, and on subsequent violations will call a technical foul on the bench and award two (2) free-throws and possession of the ball to the opposing team. Alternatively, when the team with the lead does not abide by Rule 3 above, the referees will issue a warning and on subsequent violations will call a technical foul on the defensive player violating the Competition Rule and award two (2) free throws and possession of the ball to the opposing team. A technical foul called on a player for violation of the Competition Rule shall count only as a personal foul.

**6.15 LIONS AND CUBS:** No pressing will be allowed on any inbound pass taken in the back court. Once possession of the ball is established, the defensive players must position themselves behind the mid-court line on the side of the court that they are defending. If this rule is violated, the possession of the ball will be returned to the in bounding team at the place where the play started. A warning will be given to the defense. One warning will be allowed per team per quarter. Any subsequent violations of this rule in the same quarter will be called as technical fouls on the defense. Exception: This rule will not be in effect for: the final minute of the fourth (4th) quarter of regulation play, the final minute of a first over-time period, or during any part of a sudden death overtime period.

**6.16 CHANGE OF POSSESSION:** All games will begin with a jump ball at center court. All overtime periods will begin with a jump ball at center court. At all other times during a game, the possession of the ball will alternate. The official scorekeeper will be responsible for seeing that the ball is being alternated correctly.

**6.17 LENGTH OF QUARTERS:** The Varsity and Eighth (8th) grade Sharks teams shall play seven (7) minute quarters. The Junior Varsity, the Seventh (7th) Grade Sharks, the Eagles, and the Sixth (6th) Grade Lions teams shall play six (6 minute) quarters. The Fifth (5th) Grade Lions and the Cubs teams shall play five (5) minute quarters. The length of the half time break for all games will be five (5) minutes. The time between games will be 5 minutes.

**6.18 PLAYING TIME:** All players must play one complete quarter. A complete quarter is defined as the time from the start of a quarter through the end of the same quarter. It will be the responsibility of the official scorer to notify the coaches and referees at half time of the players who have not yet played their complete quarter. The remaining playing time of a player, who is removed from the game due to an injury and is able to re-enter the game, will be left to the discretion of his/her coach.

**6.19 TIME OUTS:** Each team will be allowed three (3) time outs per regulation game. A two minute time out will be allowed for an injury and will not be charged to a team. Each team will be allowed a one (1) minute time out in overtime. Any time outs remaining to a team after regulation play is completed may be used during the overtime periods. One (1) additional one (1) minute time out will be allowed during a “sudden death” overtime period.

- 6.20 TIE GAMES:** If any game has a tie score at the end of regulation play, one overtime period shall be played. An overtime period shall be two (2) minutes long. If a game is still tied at the end of the first overtime period, “sudden death” overtime will take place and the first team that scores two (2) points will be the winner.
- 6.21 ENDING THE GAME:** At the end of the game, the referee will verify the score by signing the official scorebook. The game will become official when the scorebook is signed. No change of score shall be made after the referee signs the scorebook. Teams shall not be required to remain on the court during the referee’s verification of the final score.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.  
The penalty for ANY infractions of the above rules will be an automatic forfeiture of game(s).

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 6: BASKETBALL RULES***  
***FOURTH GRADE TRAINING***

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- 6.22 RULES:** The National Federation of State High School Association Rules and PPSL Girls and Boys Basketball Rules for the Cubs and Fifth (5th) Grade Lions shall apply with the exceptions listed below.
- 6.23 SCORING:** This is an instructional league. No scores or standings will be kept by anyone.
- 6.24 PLAYER PLAYING TIME:** On teams composed of ten (10) players or less, each player will play a minimum of two (2) complete quarters. On teams composed of eleven (11) players or more, each player will play a minimum of one (1) complete quarter. A complete quarter shall consist of that period of time from the start through the end of the same quarter. Remaining playing time should be shared as equally as possible among all players.
- 6.25 MOVING PLAYERS:** Training teams can only pull from other training teams and shall be done only in order to make six (6) players on a team. Schools that have two (2) or more training teams may move a player only once per season to make the sixth (6th) player on another training team. A player may be pulled more than once only if all other available players have been pulled at least once.
- 6.26 GAME LENGTHS:** A game shall consist of four (4) quarters of eight (8) minutes length each and shall be played with a “running clock”.
- 6.27 FREE THROWS:** Players will be allowed to shoot free throws from a point no more than three (3) feet closer than the regulation free throw line. The clock will be stopped for the first free throw of each game. The clock will be restarted when the player completes his/her first free throw.
- 6.28 BACK COURT PRESSURE:** No backcourt pressure will be allowed. Once a ball is rebounded, the defense must return to behind the mid-court line on the side of the court that they are defending.
- 6.29 BALLS REQUIRED:** A woman’s size WBL leather ball will be used.
- 6.30 REFEREES.** The PPSL will assign one referee.
- 6.31 COACHES:** Only two (2) coaches will be allowed on the team bench.

The above rules were adopted by ALL 16 member schools and approved by the PPSL Executive Board.

# ***PENINSULA PARISHES/SCHOOLS LEAGUE***

## ***SECTION 7: PLAYOFF RULES***

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- 7.1 DIVISION PLAYOFFS:** Division playoffs will be held for the Varsity, Junior Varsity, Sharks, Eagles and Sixth (6th) Grade Lions leagues. A 5th grader currently participating in a sport is eligible to be “pulled up” for playoff or championship games.
- 7.2 HOME TEAMS:** The team with the highest league standing will be designated as the home team for all division playoff games.
- 7.3 FORMAT:** There will be no “point system” utilized in the playoff format. In the playoff format, the first place team plays the fourth place team and the second place team plays the third place team. The winners of these games advance to the division championships. The winners of the division championships advance to the North/South Championship. The South will be the home team on even numbered years and the North will be the home team on odd numbered years.
- 7.4 NORTH/SOUTH DIVISIONS:** When there is a combined North/South division, the team with the highest league standing will be the designated home team in each playoff game. In combined North/South divisions with twelve (12) or more teams, the top six (6) teams will advance to the playoffs. Playoff games will then be played as follows:
- First:* The third place team will play the sixth place team, and;  
The fourth place team will play the fifth place team.
  - Then:* The first place team will play the lowest seed team winner, and;  
The second place team will play the highest seed team winner.
  - Then:* The two (2) remaining teams will play for the North/South Championship.
- 7.5 FORFEIT SCORES:** A forfeit score will be recorded as plus (6) points for the winning team and minus (6) points for the team who forfeited.
- 7.6 TIE BREAKING FORMULA:** The following formula will be used to break ties of two (2) or more teams. As soon as one (1) team has broken the tie, (with three or more teams tied) the tie breaking formula will restart at #1 for the remaining teams. Ties will be broken in the order listed below:
1. By the head to head record among the teams tied
  2. By the best record against the top team in the standings
  3. By the best record against the next team in descending order in the standings
  4. By the highest total net scores (margin of runs/points in a win minus the margin of runs/points allowed in a loss) among the teams tied
  5. By the highest total net scores (margin of runs/points in a win minus the margin of runs/points allowed in a loss) against the next team in descending order in the league standings
  6. By a coin flip
- FOR UNBALANCED DIVISIONS:** The tie breaking formula will begin with #4 when:
- Any team in a division plays a team within that division twice.
  - Any team in a division does not play every other team within that division.
  - As soon as one (1) team has broken the tie, (with three or more teams tied) the tie breaking formula will restart at #4 for the remaining teams.

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 8: TRACK RULES***

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**8.1 GENERAL RULES:** The track rules are being revised and will be ready soon.

***PENINSULA PARISHES/SCHOOLS LEAGUE***  
***SECTION 9: CHEERLEADING RULES***

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- 9.1 DIRECTOR:** Every parish or school shall have a Spirit or Cheerleading Director (as approved by the pastor and/or principal) to oversee the cheerleading program and its coaches.
- 9.2 PARENT/STUDENT MEETINGS:** Prior to the formation of new cheerleading squads, the parish/school director shall meet with interested students and parents, to discuss roles and expectations, program rules, eligibility, and the cost of uniforms and other expenses.
- 9.3 CHEERLEADING SEASON:** The cheerleading season will run from September through May. Cheerleaders may participate in competitions, clinics or other events at the discretion of the Cheerleading director and with the approval of the pastor and/or principal.
- 9.4 UNIFORMS:** Uniform selection and expense shall be discussed with and approved by the pastor and/or principal. Fundraising may be utilized as a means of reducing the cost of individual uniforms. The pastor and/or principal shall approve all fundraisers.
- 9.5 PARTICIPATION:** Cheerleading squads will be open to any seventh (7<sup>th</sup>) or eighth (8<sup>th</sup>) grade student (male or female), who meets the parish/school academic requirements set by the pastor and/or principal.  
The Eighth (8<sup>th</sup>) grade squad shall be called the Varsity Squad and the Seventh (7<sup>th</sup>) grade squad shall be called the Junior Varsity squad.
- 9.6 DIVIDING SQUADS:** Squads may be divided into cheer and dance teams only as a means of splitting a very large group. No tryouts shall be held to determine the two groups. Splitting a squad will be at the discretion of the pastor/principal and/or director and should be dealt with in the fairest possible manner.
- 9.7 PRACTICES:** Practice times and length of practice will be limited to no more than (3) three hours per week, and must be held at the school site or at an approved gym site. Additional practices may be scheduled to prepare for spirit competitions and these additional practices must be approved by the pastor and/or principal.  
Practices shall not conflict with other parish/school sports practices that cheerleaders must attend. Each practice shall begin with a warm-up period. Water breaks must be given when necessary to avoid dehydration. Cheerleaders may begin practice on August 1<sup>st</sup>. If practices are held between August 1<sup>st</sup> and the first day of school, permission forms must be completed and Supplemental Summer Insurance must be purchased. **(SUNDAY PRACTICES MAY NOT START UNTIL 12:00PM, No Exceptions)**.
- 9.8 CHEERING:** Cheerleading duties for individual teams may be shared by Junior Varsity and Varsity squads. The Cheerleading Director will decide which squad(s) will participate at a specific game. Cheering at girls basketball games will also be at the discretion of the director. Cheerleaders will join basketball teams and coaches when reciting the prayer prior to all basketball games.
- 9.9 STUNTS:** No pyramids, tosses, cartwheels, forward rolls, round offs, gymnastic moves or stunts may be practiced or performed at any time.

- 9.10 ROUTINES:** Half-time routines shall be no longer than one minute. Dance and cheer routines, as well as accompanying music, shall be appropriate. The visiting teams' cheerleaders shall perform first.
- 9.11 GAMES/SPORTSMANSHIP:** Squads shall observe proper cheerleading etiquette throughout all of the games. Squads shall alternate turns cheering. No vulgarity or negative cheering toward opposing teams or squads shall be permitted. No booing or stomping of feet or any other inappropriate activities shall take place during a game. Squads shall continually show good sportsmanship and exhibit positive behavior toward other squads and teams. No shaking of pom-poms will be allowed during free throws.
- 9.12 CHEERLEADERS' RESPONSIBILITIES:** Cheerleaders will abide by the food and beverage rules of each gym. No cheerleader shall be allowed to chew gum. No necklaces, bracelets, anklets, or dangling earrings may be worn. Make-up will be allowed only for cheerleading competitions.
- 9.13 SUPERVISION:** Each squad shall have a director, coach, or parent supervisor in attendance at every game. Representatives shall supervise squad behavior and conduct throughout the games and shall remain with the squad until every member has left in the company of a responsible adult.
- 9.14 UNSPORTSMANLIKE CONDUCT:** The Cheerleading Director is responsible for the behavior of their squad(s) at all games. The Athletic Director or designated representative from the home team has the authority to eject any fan/spectator from the premises for any unsportsmanlike conduct. The referee has the authority to eject any coach, parent, fan or player from the premises for any unsportsmanlike conduct. If the coach, parent, fan or player refuses to leave, the match or game will be forfeited.

***THE ABOVE RULES WERE VOTED BY ALL MEMBER SCHOOLS AND APPROVED BY THE PPSL EXECUTIVE BOARD. EACH SCHOOL IS RESPONSIBLE FOR FOLLOWING THE CHEERLEADING RULES. ANY SCHOOL NOT FOLLOWING THESE RULES WILL BE SUBJECT TO DISCIPLINARY ACTION BY THE PASTOR AND/OR PRINCIPAL. REPEATED VIOLATIONS WILL BE BROUGHT TO THE ATTENTION OF THE PPSL EXECUTIVE BOARD.***