

SPORT CODE OF CONDUCT

In an effort to provide the highest quality Sports program within the Tri-Way League, the following Code of Conduct has been adopted to help parents contribute positively to the overall enjoyment and success of our student athletes. The **National Youth Sports Safety Foundation (NYSSF)**, a non-profit educational organization dedicated to promoting the healthy development of youth in sports, convened a consensus meeting with representatives from more than thirty sports, medical, educational and professional organizations to create this **Code of Conduct** for parents and spectators to abide by at every game. Parents, fans and coaches who follow this simple code can help reinforce what sports are all about... BEING FUN FOR EVERYONE.

Preamble

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”¹

I therefore agree:

1. I will remember that children participate to have fun and that the game is for youth, not adults.⁶
2. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.⁹
3. I will learn the rules of the game and the policies of the league.^{7,3}
4. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.¹⁰
5. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.^{3,6,7,8}
6. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.^{5,2}
7. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.^{6,9}
8. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.²
9. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.^{2,5}
10. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.⁹
11. I will respect the officials and their authority during games and will never question, discuss, or confront officials at the game field.^{4,7}
12. I will refrain from coaching my child or other players during games, unless I am one of the official coaches of the team.⁴
13. I also agree that if I fail to abide by the aforementioned rules and guidelines, the team may be subject to disciplinary action that could include, but is not limited to the following:⁹
 - Verbal warning by official, head coach, and/or officer of league organization
 - Team penalized for unsportsmanlike conduct
 - Game forfeit through the official.

TRI-WAY LEAGUE

FLAG FOOTBALL RULES & REGULATIONS

PHILOSOPHY OF FLAG FOOTBALL

Flag football is not tackle football; it is not power football. It is a different concept from power football in that the offense and defense strive by speed, quickness, deception and agility to defeat the opponent. The basic concept for this game is for the ball carrier to AVOID BODILY CONTACT with the defense and for the defense to AVOID BODILY CONTACT with the ball carrier.

GENERAL INFORMATION

EQUIPMENT:

1. Mouthpieces will be used during game. A player may not play without a mouthpiece.
2. Tennis, basketball or gym shoes must be worn. Rubber cleats will be allowed. Spiked cleats or street shoes are not allowed. Players may not participate in bare feet or stocking feet.
3. No hard surface padding such as shoulder pads, hip pads or helmets will be allowed. Soft basketball kneepads or baseball sliding pads may be worn.
4. Flags (15") must be worn in the proper position at all times. Flags are to be worn on opposite hips and shorts must not have pockets. VELCRO or SUCTION STYLE FLAG BELTS ONLY. Flags are not to be of the same primary color as the shorts.
5. Players may wear National Federation-approved gloves.

POSITIONS AND NUMBER OF PLAYERS:

1. THERE SHALL BE EIGHT PLAYERS ON A TEAM. There will be a minimum of FIVE players on the line. GUARDS can't be more than 3 yards from center. Backs must be 2 yards off the line of scrimmage. On defense, any formation is allowed
2. The ends and backs are eligible pass receivers.

SUBSTITUTIONS:

Substitutions are unlimited. No substitutions shall enter the game during a down.

TIME FACTORS:

Four 10-minute running quarters. The clock shall stop for time-outs, on all penalty calls, the last two minutes of each half and emergencies only. Fumbles should not stop the clock unless the ball goes out-of-bounds during the last two minutes of each half. The clock shall be maintained by the official on the field except for Championship games where a Tri-Way timekeeper shall keep the game time on the sideline.

1. There shall be a 1 minute rest period between the 1st and 2nd, and between the 3rd and 4th quarters and 5 minutes between the 1st and 2nd halves. Teams may go to the sidelines between quarters, but must remain on the playing field.
2. At the request of any player on the field, three one-minute time-outs may be used per half. Time-outs cannot be accumulated.
3. Courtesy Rule: Whenever a team is ahead by 24 or more points:
 - a. The last two minutes of either half shall be a running clock.
 - b. Either team may only take 1 time-out in the 4th quarter.
 - c. The team in the lead may only attempt 1 point conversions.

SCORING PLAYS:

- a. Touchdown.....6 points
- b. Safety.....2 points
- c. Conversion from: 2 yard line.....1 point
5 yard line.....2 points

SAFETY - When an offensive player causes the ball to go behind his own goal line and it becomes dead in his team's possession.

- a. Fumble in ones own end zone.
- b. Ball carrier's flag is pulled in his own end zone.
- c. A dropped sideward or backward pass in the end zone.
- d. A center's snap hitting the ground in his own end zone.

For a safety, 2 points are awarded to the defensive team with the offensive team given a free kick from their own 20-yard line.

TOUCHBACK:

- a. When a kick-off or punt crosses the goal line.

THE GAME

PUTTING THE BALL IN PLAY:

- 1. The winner of the pre-game toss shall have the choice of kicking off, receiving or defending either goal or deferring these choices to the 2nd half.
- 2. Before the 2nd half starts, the captain who lost the pre-game toss or elected to defer will be given the above choice.
- 3. Between the 1st and 2nd quarters and the 3rd and 4th quarters, the teams shall change goals. Team possession, number of downs and the relative position of the ball will remain the same.

DOWNS:

- 1. A team has 4 scrimmage downs to advance the ball to the next zone. If they fail to reach the next zone in 4 downs, their opponents shall gain possession of the ball at the point where the ball is declared dead on 4th down.
- 2. A team has 25 seconds to put the ball in play from the time official signals to play ball.

PUNTS:

- 1. When a team is going to punt, they must declare it to the official.
- 2. The defense must have a minimum of 4 players on the line.
- 3. Neither team shall cross the line-of-scrimmage until the ball has been punted.
- 4. All punts must be kicked at least 3 yards deep and will not be penalized for a poor snap.
- 5. The ball is dead if a punt touches the ground after having been touched by a receiver.

KICK-OFFS:

- 1. The kick-off must originate from the ground or from a plastic or rubber tee.
- 2. All kick-offs shall be made from the 30-yard line.
- 3. The receiving team must stay 10 yards from the ball and have a minimum of 4 players within 5 yards of their restraining line until the ball is kicked.
- 4. No on-side kicks shall be made. Penalty: illegal procedure.
- 5. The ball is dead if a kick touches the ground after having been touched by a receiver.

6. If the receivers fail to touch a kick-off, the kicking team may down the ball as though it were a punt, but the receivers shall retain possession. Exception: A kick that touches a receiver and without touching the ground is caught in the air by the kicking team shall be the kicking team's ball. However, they may not advance the ball.
7. Kicks out-of-bounds: the receiving team has the choice of (1) having the kicking team re-kick 5 yards back from the spot the ball was kicked, (2) putting the ball in play 20 yards from the spot the ball was kicked or (3) putting the ball put in play at the spot the ball went out of bounds.

BLOCKING & STANCES OF OFFENSE & DEFENSE:

1. OFFENSE: Must be in a 2-point stance.
Blocking:
Arms may be extended but may not repeatedly recoil. Except for feet, no part of the blocker's body shall be in contact with the ground throughout the block. Blockers shall not leave their feet when blocking.
2. DEFENSE:
Defensive players are restricted in their use of hands to pushing the shoulders and body of offensive blockers. Slapping or striking is not allowed and will be penalized.

IMPORTANT MISC. RULES:

1. If the defensive team intentionally takes a flag off an offensive player who does not have possession of the ball, they shall be penalized for delay of the game.
2. Quarterback sneaks are not allowed unless he is 3 yards from center in shotgun position. The quarterback must run outside the tackles if he takes the ball directly from the center. Other backfield players may run up the middle.
3. Unsportsmanlike Conduct - The referee may bar a player, coach, or spectator from the game for unsportsmanlike conduct, profanity, or talking back to the official.
4. Hideouts - Are illegal. All play must originate from the huddle. At the snap, all offensive players must have been within 15 yards of the ball when the whistle sounded the ball ready-for-play.
5. Runners may spin, jump or twist to attempt to avoid defensive players.
6. If a defensive player gets a passer's flag before the ball leaves the passer's hand, the passer shall be considered "downed" at the spot and the ball shall be dead.
7. A player who takes possession of the football and who had lost one or both flags prior to possession shall be considered "downed" at the spot of possession.
8. A ball carrier whose flag(s) becomes detached accidentally shall be considered "downed" at the spot where the flag detached.
9. Fumbles may not be played. The ball is dead at the runner's farthest advance if fumbled forward and, if fumbled backward, at the point the ball touched the ground.
10. Coaches and substitutes must remain on the sidelines between the 20-yard lines.

FOULS AND PENALTIES:

1. Major penalties including unsportsmanlike are 10 yards and minor penalties are 5 yards. The captain of the team against whom the violation occurs always has the option of accepting the result of the play or the penalty and replaying the down.
2. When a penalty is declined, the number on the next down is the same as if the foul had not occurred.

3. UNNECESSARY ROUGHNESS:

1. Violators involved in the following may be expelled from the game at the discretion of the officials, and WILL BE EXPELLED FOR ANY 2ND OFFENSE unless both coaches agree that the violation was intentional in nature.

- a. Major tackling violation.
- b. Punching or Swearing.

4. CHARGING: The ball carrier may not run through a defensive player, no straight-arming BUT MUST ATTEMPT TO EVADE the defensive player.

PENALTY: Loss of 10 yards
Penalty taken from the point of contact

5. TACKLING

The defensive man must not hold nor run through a ball carrier but must play the flag rather than the player.

MINOR VIOLATION: Excessive contact or holding while attempting to pull flags.

PENALTY: Loss of 5 yards - Penalty taken from the point of contact

MAJOR VIOLATION: Excessive contact or holding above the waist with no apparent intent to grab the flags

PENALTY: Loss of 10 yards - Penalty taken from the point of contact
Player may be subject to ejection on second violation

6. DELAY OF GAME

- a. Failure to snap within 25 seconds after the ball is declared ready-for-play.
- b. Unnecessarily advancing the ball after it has been declared dead.
- c. Pulling a flag unnecessarily.
- d. Any other conduct which, in the opinion of the referee, unduly prolongs the game.

PENALTY: Loss of 5 yards.
Measurement taken from line-of-scrimmage.

7. FORWARD PASS

- a. A player who has crossed the line-of-scrimmage throws a pass.
- b. A player throws a pass after receiving a punt or after intercepting a pass.
- c. A passer intentionally grounds a pass
- d. A player, beyond the line-of-scrimmage, hands the ball forward or laterals forward or passes forward to a teammate.

PENALTY: Loss of down and 5 yards.
Measurement taken from point where pass was thrown.

8. FLAGS

- a. Wearing flags illegally.
- b. Flag must be a minimum of 15 inches and are not to be the same color of shorts being worn.
- c. Shirts must be tucked in at all times during game. Players shall not wear oversized shirts.

PENALTY: Illegal procedure - loss of 5 yards.
Measurement taken from line-of-scrimmage.

- d. Intentionally holding or hiding flag.

PENALTY: Illegal procedure - loss of 5 yards.
Measurement taken from spot of infraction or end of run, whichever puts the offense at the greater disadvantage.

9. PERSONAL CONTACT

Any physical non-legal contact (e.g.; holding, pushing, tripping, elbowing).

PENALTY: Personal foul - loss of 10 yards and possible disqualification.

10. OFF-SIDES

a. A player stands on or crosses the line-of-scrimmage before the ball is snapped.

b. On the kick-off, a player crosses his restraining line before the ball is kicked.

c. A player crosses the line-of-scrimmage before a punt is kicked.

PENALTY: Dead ball - loss of 5 yards.

d. The offense must have at least 5 men on the line-of-scrimmage before the ball is snapped.

PENALTY: Live ball - illegal procedure - 5 yards.

Measurement taken from line-of-scrimmage.

11. SUBSTITUTION

a. A suspended player attempts to reenter the game.

b. A substitute enters the game before the ball is dead.

c. A substituted player fails to leave the field as the ball becomes live.

PENALTY: 5 yards.

Measurement taken from line-of-scrimmage.

Note: If illegal substitute participates in the play, it is illegal participation. Loss of 10 yards from line-of-scrimmage.

12. UNSPORTSMANLIKE CONDUCT

a. A player uses abusive or insulting language to anyone involved or in attendance at the game before, during or after the event.

b. Any act of unfair play.

PENALTY: Dead ball - 10 yards from succeeding spot.

13. ILLEGAL BLOCK

a. Players may not leave their feet when blocking.

PENALTY: 10 yards using the all-but-1 principle of enforcement.

14. HOLDING

a. Offensive players may not make contact with their hands outside the anterior portion of the trunk between the neck and waist.

PENALTY: Live ball. 10 yards from the line of scrimmage.

16. FLAG GUARDING

a. The ball carrier cannot touch or protect his flags by guarding, straight-arming, holding, elbow or use of the ball.

PENALTY: 5 yards from the point of infraction

TIE SCORES:

If the score is tied at the end of the 4th quarter, overtime shall be played. Both teams will go to their sideline. The head coach, captains and officials will immediately confer in the middle of the field for a coin toss. The visiting team spokesman will call the toss. The winner may choose offense/defense/or the end of the field the ball is to be put into play. The referee will indicate the winner of the toss by tapping their shoulder. The captains will face the directions that have been chosen and the referee will indicate this with a 1st down signal. A 1-minute intermission will follow to allow coaches to confer with their team. The ball will be placed at the appropriate 20-yard line and the offensive team shall have 4 downs to score.

If the offense scores, it is entitled to a try for 1 or 2 points unless it will not affect the outcome of the game. If the defense gains possession during the offense's series, the ball becomes dead immediately and the defense begins its series at the 20-yard line. Each team will be allowed only 1 time-out per series (1 on offense and 1 on defense) regardless of unused time-outs from regulation time.

If the score remains tied after each team has had a series, then the procedure shall be repeated without another coin toss. The loser of the overtime coin toss shall be given the choice of options. If additional overtimes are needed, the options shall be alternated between teams. After the referee signals the directions chosen, a 1 minute intermission shall occur for the teams to confer. Again, each team will be allowed 1 time-out per series. Again, the ball will be placed at the 20-yard line.

The offense will begin a new series at the appropriate penalty spot if the penalty award is an automatic 1st down.

DUTIES OF OFFICIALS:

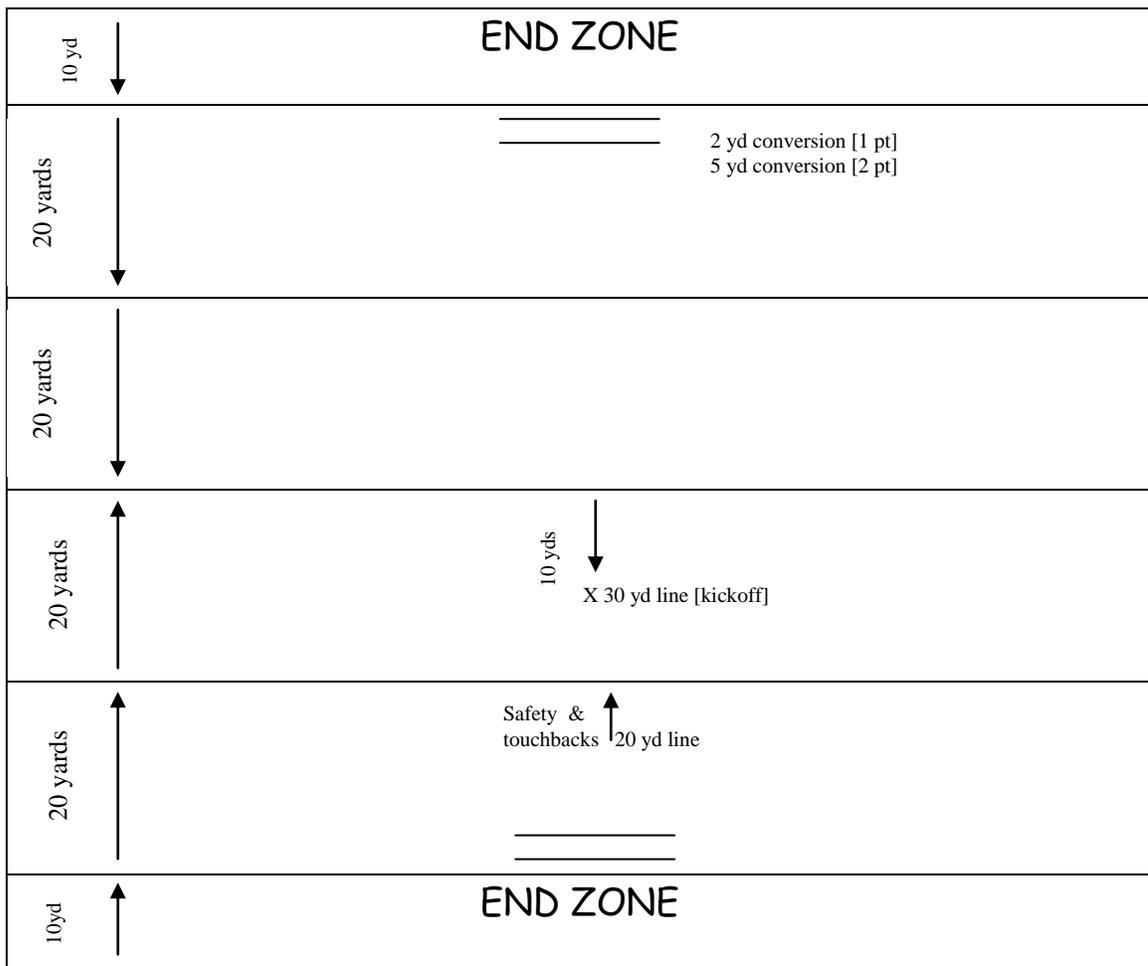
1. Report 15 MINUTES before game time.
2. Enforce all rules.
3. Be in proper uniform.
4. Inspect equipment (flags, shoes, mouthpieces, shorts and shirts) prior to game.
5. Act in a responsible, professional manner before, during and after the game.
6. Two [2] officials for regular season games, each team has the option to ask for 3 officials but must pay the extra official.
7. Four [4] officials will be at the Championship game and are paid by the league.

FIELD REQUIREMENTS:

1. All fields must comply with the physical requirements set forth in the by-laws.
2. If a visiting school goes to a field that is not in compliance, they will still play the game, but the home school will lose by forfeit.

FLAG FOOTBALL – All fields must be in compliance with specifications outlined herein.

1. **PLAYING FIELD** – The field is 80 yds long and 40 yds wide.
2. **END ZONE** - The end zone at each end of the field shall be 10 yds deep.
3. **FIRST DOWN ZONES** – Starting at the end zone a line shall be drawn across the width of the field or markers placed on the sidelines at 20 yd intervals.
4. **EXTRA POINT DISTANCES** – The 1 point conversion shall be 2 yds from the end zone and the 2 point conversion shall be 5 yds from the end zone. If possible a line shall be drawn 5 yds in width to indicate both distances.
5. **SIDELINE MARKER** – Markers shall be placed on both sides of the field at each 20-yard zone line.
6. **SAFETY ZONE** - Safety zone a minimum of 6' on each sideline and behind the end zone.



Tri-Way League Volleyball Rules

1. The dimensions of the court and height of the net (7' 4 ¼") must be in compliance with specifications outlined in by-laws. A genuine or simulated smooth leather ball must be used for games. All panels of the ball shall be solid white, or a maximum combination of 3 colors (with each panel being a solid color) and of which at least 1/3 of the panels shall be solid white. No beach, suede, or rubber volleyballs are to be used for games. It shall measure at least 25 inches but no more than 27 inches in circumference, with a weight of 9-10 ounces. Teams in the Tri-Way league shall follow CIF regulations with the exception of special league rules that follow.
2. If a visiting school goes to a court that is not in compliance, they will still play the game, but the home school will lose by forfeit.
3. Best 2 out of 3 games constitutes a Match. It is required that a "friendship" game be played if one team wins the first two games (except in playoffs). The purpose of the "friendship" game is to give playing time to players that don't get into the regular games. Starters should not play unless you don't have enough to field a team. The exception to this rule would be the use of a setter. A coach could use their starting setter and rotate them out when it is her time to serve or she could serve underhand.
4. A 5 minute "hitting" time and a 2 minute "serving" time will be announced by the official prior to the first game, with one team using the court at a time. The other team could use this time to warm up on the side, help shag balls for the other team, or get final instructions from their coach.
5. Prior to the first game, starting players must start on the back line and are required to greet the opposing team at midcourt via opposite sidelines. Players must retreat to the back line after each game and proceed to opposite sides via opposite sidelines upon the official's whistle. Two minutes will be allowed between games.
6. A maximum of two time-outs per game allowed.
7. Championship games will be played using rally scoring; best of 3 games to 25 constitutes a match.
8. Only rubber sole shoes may be used and all players are required to wear kneepads.
9. No jewelry allowed during a game. Soft hair bands are allowed.
10. Each team must provide a player to "call lines" for each game. Tri-Way league will provide officials to "call lines" at the championship game.
11. Home team must provide a knowledgeable adult scorekeeper with at least a flip score chart. The scorekeeper will also keep count of time-outs, substitutions, and make sure that the teams have rotated properly. This will insure that the correct server is serving at the proper time. A proper lineup card that includes the coach's names [up to two] must be submitted. The home team must keep an official scorebook.
12. Substituting: The substitute must stand inside the 10' line on the sideline in front of her team's bench and wait to be exchanged with the player in the game. There will be a maximum of 18 substitutions.
13. It is not required to switch sides when the first team reaches 7 in the 3rd game of a match if the match is being played indoors. Teams will be required to switch sides at 7 if the match is being played outdoors and this is the deciding game.
14. All volleyball nets must have antennas.
15. Libero information is below.

General Information:

- No school is required to use the libero.
- Schools can decide whether or not to use the libero in a game or match.
- It does not require league adoption in order to use the libero.
- If used, the libero does not have to be put in during an entire match.
It can be used in one, some or all games of a match.
- A different libero can be designated for each game.
The designation must be made on the line up sheet when it is submitted before the game.
- There are unlimited libero replacement but only 18 substitutions per game.
- Tracking will be mandatory by schools using the libero.

The libero is a back-row player and is not allowed to complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net. Only one libero may be designated per game.

The libero when used:

- (one) must be designed on the lineup sheet prior to each game.
- must enter game after starting lineup has been checked.
- may exercise one replacement per dead ball.
- must enter and exit game between the attack line and the baseline.
- may be the team captain.
- may be used as an exceptional substitution for an injured player if no other legal substitutes are available.
- shall not replace a disqualified teammate.
- shall not block or attempt to block.

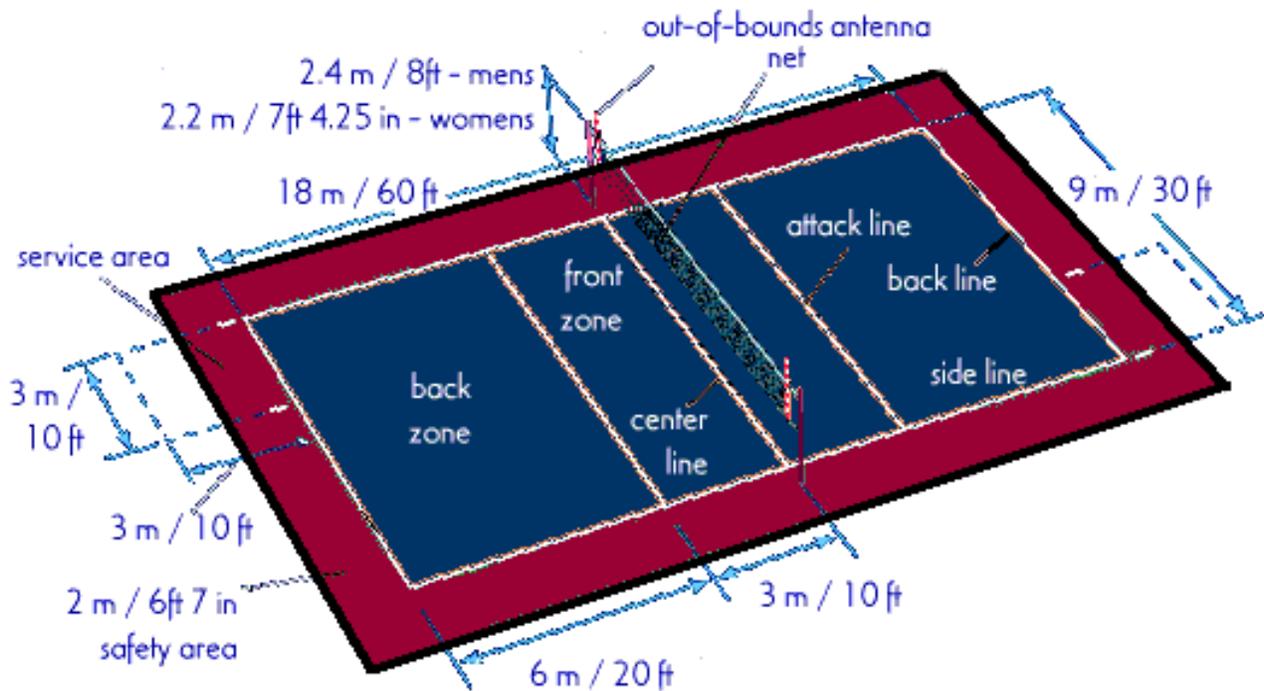
- shall not set the ball using overhand finger action while in front of the attack line extended, for an attack above the height of the net.

Additional Information regarding “Transitioning to Libero Player” can be found on the National Federation www.nfhs.org web site and link to sports rules and information and then volleyball.

You can access the revised scoring sheet with placement for libero number and new tracking sheet on the CIF Southern Section web site on the front page at www.cifss.org

VOLLEYBALL - All courts must be in compliance with specifications outlined herein.

1. **CEILING HEIGHT** - The playing space is free from any obstructions to a height of 23' from the playing surface.
2. **PLAYING COURT** - The playing court measures 60' x 30').
3. **CENTER LINE** - The axis of the center line divides the court into two team courts measuring 30' by 30' each.
4. **BOUNDARY LINES** - Two sidelines and two end lines mark the playing court. All boundary lines are drawn inside the dimensions of the playing court. All lines on the court are 2" wide.
5. **ATTACK LINES** - Attack lines are drawn in each team court so that the edge of the attack line farthest from the center line is 10' from the axis of the center line.
6. **AREA AROUND THE COURT (SAFETY ZONE)** - The free zone surrounds the court with a recommended minimum width of 6'.
7. **NET HEIGHT** - 7' 4 1/8" for women. The official height measurement is made in the center of the net. The height of the net at the sidelines can be no more than 3/4" higher than the official height.



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TRI-WAY LEAGUE

BASKETBALL RULES

CIF rules with Tri-Way league modifications

Timekeeping:

- Four - ten minute quarters, running time.
- 10 second count in the back court.
- Girls front court – 5 second closely held ball will result in violation.
- Boys front court – 5 second closely held or dribbling ball will result in violation.
- Last two minutes of the 4th quarter will be stop time if there is a 10 point or less lead any time during that 2 minute period. If during these two minutes the lead becomes 11 points or more, the clock will still stop.
- Overtime is two minutes, stop time.
- Halftime is 5 minutes; between quarters is 1 minute (if time permits).
- Timeouts: 3 - one minute plus 2 - thirty second. 1 extra one-minute timeout during overtime plus carryover of any remaining timeouts.
- Playoffs: Championships – 8-minute stop clock.

Foul Shots: 1 and 1 on the 7th team foul, 2 shots on the 10th team foul.

Possession: Jump ball at beginning of game, then alternate possessions.

Uniforms:

- Numbers must be seen clearly on uniforms, front and back.
- Jerseys must be tucked in and shorts pulled up.
- No jewelry while playing.
- Girls must wear “soft” hairpiece if hair is pulled up.
- Rubber soled shoes only.
- If the visiting team comes with the same color shirt, it is up to the home team to remedy the situation. This can be done with pennies or with obtaining a different color jersey.

Record keeping:

- Home team’s book is the “official” book. Please reconcile at the end of every quarter. A knowledgeable adult must keep score in the official book.

- Home team provides timekeeper. A clock must be visible to players and coaches either situated at the scorer's table or up on the wall. A hand held stopwatch is not an acceptable time keeping device.
- 3- point shot allowed if court has 3- point line.
- Full size ball for boys; 28.5 size for girls.
- Substitutes must check in at scorer's table and wait for referee's permission to enter. On multiple free throws, sub enters before last shot only.

Technical Fouls:

- Any technical foul will result in 2 shots for other team plus possession of ball.
- Two technicals on same player or coach will result in dismissal from game. That player or coach is also suspended from the following game.
- Three unsportsmanlike technicals on one team results in forfeit.

Inclement Weather:

- If a game is rained out once it has begun, the game will be rescheduled and resumes at the same game time it was called with the same score. Both coaches and referee will sign the official book at that time to avoid controversy.

Court Requirements:

All courts must comply with the physical requirements set forth in the by-laws. If a visiting school goes to a court that is not in compliance, they will still play the game, but the home school will lose by forfeit.

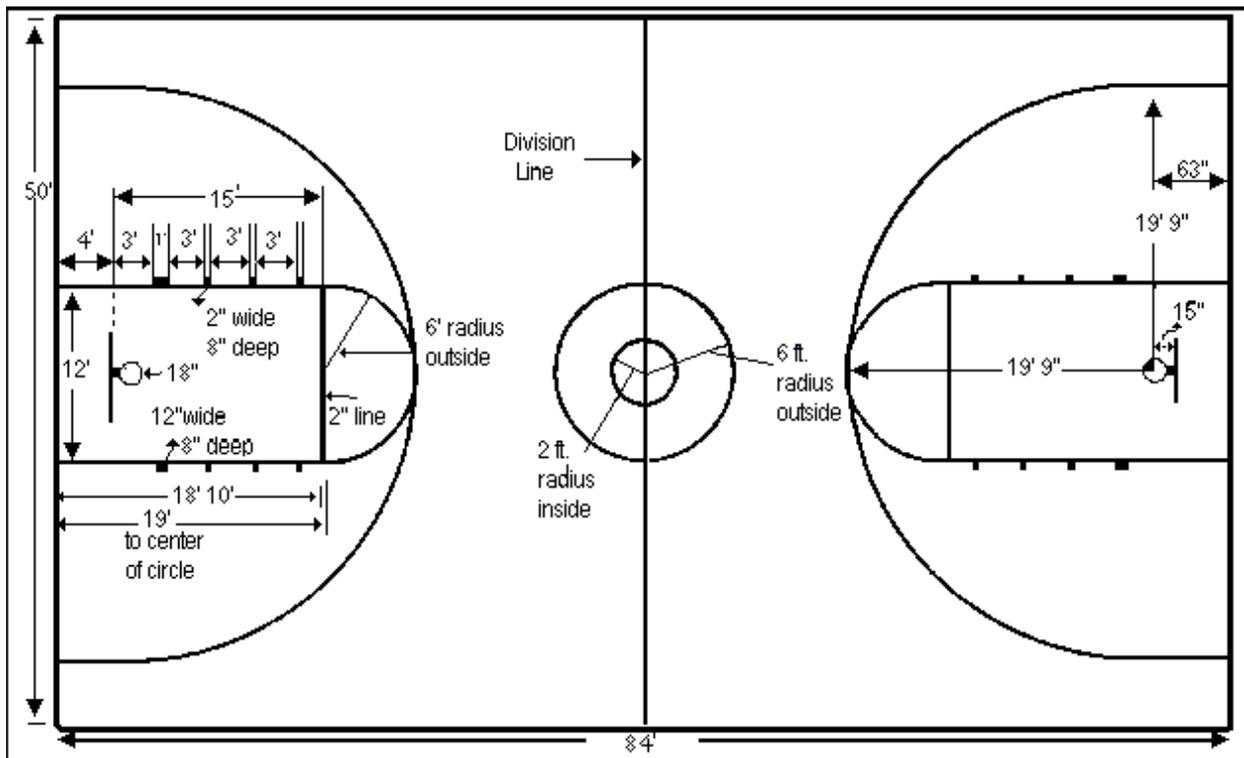
Courtesy Rule:

- When a team is ahead by 15 points or more, then that team cannot full court press or play with a half court trap. As soon as the lead is 14 points or below, the team may then resume their press or half court trap.
- When a team is 25 points ahead, the top 2 scorers should either be pulled out of the game or told not to shoot anymore.
- All "second string or bench players" should be allowed to try to score.
- Players should not deliberately stall or hold the ball.
- If the game is still going over the 25-point differential, the coach will make the necessary adjustments to assure that the point spread stays at 25 points or below.

If the coach and the athletic director do not feel that the necessary adjustments were made, then the A.D. can make a complaint to the rules committee. The rules committee will ask to see the scorebook for the game to see how evenly the scoring was among the team members. After reviewing the scoring, if it is determined that the scoring was not as even as it could have been, then the rules committee will follow procedures that are in the By-Laws to handle these concerns.

BASKETBALL COURT - All courts must be in compliance with specifications outlined herein.

1. **PLAYING COURT** - The court is 94 to 84 ft long and 50 ft wide. Half court is half the distance of the full court.
2. **FREE THROW LINE** - The free throw line is 15 ft from the line to the backboard.
3. **HEIGHT OF BASKET** - The distance from the ground to the rim is 10 ft.
4. **3 POINT LINE** - The 3 point arc is 19 ft 9 in. (The straight part extends 63 in out from the baseline before the arc begins).
5. **FREE THROW LANE** - The key is 12 feet wide (the width of the free throw line) the backboard should extend 4 feet out over the baseline. The 12 ft wide free throw line forms the center of a circle with a 6 ft radius. The markings on the lane lines are indicated in the diagram.
6. **SAFETY ZONE** - Safety distance, 3' unobstructed behind the back boundary line and a minimum of 6' on each sideline or between courts.



Tri-Way League 2009 Soccer Rules & Regulations

Tri-way Soccer Rules generally follow CIF rules (see Part II notes, below). The following are League rules (in conjunction with or as modifications to CIF rules).

PART I: TRIWAY RULES

- A. Game Duration** (start time is 3:00 this year) UNLESS SCHOOLS NOTIFY US DIFFERENTLY. Referees should always phone schools on game day.
1. Thirty minute halves running time (no stoppage time added except for penalty kicks when normal time has expired before a kick may be taken at end of a half)
 2. Five minute half-time

3. If tie, in regular season, go directly to penalty kicks.
4. If tie in play-offs, go to one 5 minute regular overtime (2 1/2 min. halves)
If still no winner, go to kicks from the penalty mark.

B. Substitutions

1. Either team unlimited between halves, on goal kicks, and after a goal
2. Only team in possession on throw-in or corner kick, nonreciprocal
3. For injury or caution opposing team also may substitute unlimited number
4. Substitutes enter at halfway line with referee approval
5. Cautioned player must be substituted out
6. Player sent off for a second yellow may be substituted except when second yellow is for unsporting conduct. (See next page)

C. Equipment

1. No metal cleats, i.e., rubber or other soft soled cleats only
2. Shinguards (to be under stockings) are mandatory.

D. Serious incidents (red cards, injuries, etc.)

1. Send a written report to Harvey Grody (Assignor) and phone on same day
2. Referees keep a written record of all games.

E. Field Requirements

3. All fields must comply with the physical requirements set forth in the by-laws.
4. If a visiting school goes to a field that is not in compliance, they will still play the game, but the home school will lose by forfeit.

NOTE REGARDING REFEREE UNIFORM: Referee jersey = GOLD is primary, alternate colors when appropriate. Patch (badge) should be a USSF badge. If not available, use other current badge; note, however, these matches are unaffiliated games.

NOTE REGARDING GAME CARDS AND ROSTERS: There are no game cards to turn-in; however, get a roster per team, name of coach(es).

PART II: RELATED (SELECTED) HIGH SCHOOL RULES TO NOTE AND TRIWAY MODIFICATIONS*

A. CLEAR POSSESSION: Any stoppage by referee for an injury to be restarted with IFK for the team in possession (if clear possession) otherwise drop ball.

B. SUBSTITUTIONS: Players leave on same touchline as team bench or same half as bench if both teams on same touchline. Teams should be on opposite touchlines. Permission by referee to enter always required even after a goal. See also D. below

C. THROW-IN: Not entering field, the opponents get the TI

D. DISQUALIFICATION OF PLAYERS:

1. Red card (ejection) and team may not substitute (i.e., team plays short)—exception: red card for taunting is an automatic disqualification; however, team may substitute--see note, below.

2. For a second yellow (2d caution) disqualification is for "persisting in misconduct." A team may substitute for disqualified player under this type of a disqualification (except when second yellow is for a second unsporting conduct--see (b) below). *Referee will show yellow first then red card, i.e., use FIFA procedure rather than CIF showing both cards simultaneously!

(a) Note regarding a player disqualified for taunting: taunting an automatic disqualification, but both cards are to be shown to indicate that a substitution may be made. *Show the red first, then yellow card to indicate a substitution is o.k.!

(b) Substitution for a second yellow is allowed only if the second caution is for delay, dissent, incidental foul language, and entering/leaving field without permission. Where second yellow is for a second unsporting behavior misconduct, the player is disqualified for "persisting in misconduct," the red card is shown, and no substitution is allowed (i.e., a second unsporting conduct caution is considered "serious foul play," thus no substitution).

E. FREE KICKS: Ball in play when it moves.

F. PENALTY KICK:

Normally, in high school, time stops at taking of a PK. For Triway League, however, no stopping time for PK when time remains. Add time only to allow taking of a PK if regular time has expired, i.e., do not end the game on a penal foul without taking the PK. Game ends as soon as PK is completed (no follow up or additional play).

Reminder: goalkeeper may move vertically along goal-line but not forward.

G. BENCH PERSONNEL (SUBSTITUTES, COACHES) MISCONDUCTS—RESTARTS:

These personnel are treated the same as if they were players regarding misconduct restarts, i.e., IFK from where ball was when play if play was stopped to

administer a caution. Yellow card is shown to bench personnel.

H. TRICKERY ON KICKBACK TO KEEPER: No caution and no action by referee unless the

keeper handles the ball. If keeper handles, then merely IFK for opposing team.

I. HAIR CONTROL: No head scarves.

J. GOALKEEPER: 6-seconds rule applies.

SOCCKER - All fields must be in compliance with specifications outlined herein.

1. **Dimensions.** The field of play shall be rectangular, its length being not more than 110 yards nor less than 95 yards and its breadth not more than 60 yards nor less than 45 yards. The length shall in all cases exceed the breadth.
2. **Marking.** The field of play shall be marked with distinctive lines, not more than 5 inches in width (not by a V-shaped rut). A flag on a post not less than 5 ft. high shall be placed at each corner. A halfway-line shall be marked out across the field of play. The center of the field of play shall be indicated by a suitable mark and a circle with a 10 yards radius shall be marked round it.
3. **The Goal-Area.** At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 6 yards from each goal-post. These shall extend into the field of play for a distance of 6 yards and shall be joined by a line drawn parallel with the goal line.
4. **The Penalty Area.** At each end of the field of play two lines shall be drawn at right-angles to the goal-line, 18 yards from each goal-post. These shall extend into the field of play for a distance of 18 yards and shall be joined by a line drawn parallel with the goal line. A suitable mark shall be made within each penalty area, 12 yards from the mid-point of the goal-line, measured along an un-drawn line at right-angles thereto. These shall be the penalty-kick marks. From each penalty-kick mark an arc of a circle, having a radius of 10 yards, shall be drawn outside the penalty area.
5. **The Corner-Area.** From each corner-flag post a quarter circle, having a radius of 1 yard, shall be drawn inside the field of play.

