

South Metro League Rules and Regulations

2018-2019 (8-17-18)

League Member Schools shall follow the provisions of the Colorado High School Activities Association (CHSAA), Junior High / Middle School Division, except where the South Metro League Rules have been adopted.

Member Schools: Carmel, Carson, Cheyenne, Falcon, Fountain, Fox Meadow, Horizon, Janitell, Mountain Vista, Panorama, Skyview, Sproul, and Watson

League Sponsored Activities: Basketball, Cross Country, Football, Softball, Track, Volleyball, and Wrestling. The league has agreed to look into starting baseball and soccer programs at all schools.

Optional League Activities: Cheerleading, Knowledge Bowl

General Rules and Regulations:

1. League rules and regulations must be available at all home events.
2. Supervision:
 - a. An administrator (principal, assistant principal, or dean) will be present at all home games and league tournaments.
 - b. Coaches are responsible for supervision of their athletes at all home and away contests.
 - c. Coaches and/or administrators should report any serious incidents or infractions during a contest at the time they occur to the host school site supervisor/administrator.
3. Cancellation Policy:
 - a. In the event a contest cancellation must occur, notifications to involved schools must be issued from the cancelling school no later than 3 days prior to the impacted contest when possible. Schools will remain flexible to accommodate inclement weather and unforeseen/emergency situations.
 - b. If a contest is cancelled, an attempt will be made to make up all scheduled games, especially the A team, for seeding purposes.
4. Fielding Teams:
 - a. Schools that cannot field a sport program must notify league members no later than 5 days prior to the start of the respective sport season.
 - b. Schools that cannot field a team for a game must notify the opposing team's AD 48 hour prior to the competition.
5. Officials:
 - a. Member schools shall use certified officials for games/matches. In the event that a referee fails to show, the hosting school will have the option of designating a referee that the athletic director or supervising administrator deems qualified.
6. Practices and Tryouts:
 - a. Practice start dates will be determined annually by the South Metro League (SML) athletic directors.
 - b. Coaches cannot make practices mandatory nor have tryouts prior to the official start date set by the league athletic directors (exception: cut sports, see below).
 - c. No dead period for any sport. Sports that make cuts are allowed two extra days prior to the official start date to use for the purpose of tryouts, not practice.
 - d. Football requires a 9 day practice rule. All other sports require a 5 day practice rule.

7. Large and Small divisions:
 - a. There is not a small and large school designation within the SML
 - b. The SML will follow the A/B format for all court sports, cross country, and softball. Each school may choose to follow a 7th grade / 8th grade format in place of the A/B format. Football and Track will follow a 7th grade/8th grade format.
 - c. A player will not be allowed to float between games (A/B format) on the same night.
 - d. Football will be designated by 7th and 8th grade teams. 6th graders are not permitted to participate.
8. Eligibility:
 - a. Minimum league policy for eligibility is “no pass, no play.” Students may not have an F in any class.
 - b. Individual schools may also have site-based eligibility policies.
9. League Fees:
 - a. All league schools will pay an annual league fee to cover the cost of assignors, league tournament awards, and miscellaneous expenses.
 - b. Schools that participate individually will pay an annual fee of \$550
 - c. Schools that combine teams for select sports will pay a league fee of \$400.
10. Tournament and Meet Fees:
 - a. Meet Fees: \$30 per cross-country meet. Additional fees may apply if rental fees for venues are higher. The CMJH meet at Norris Penrose Event Center will be \$60 per school.
 - b. League Meet Fees: \$50 for league cross country meet, \$100 for league track meet, and \$150 for league wrestling tournament.
11. Admission to games:
 - a. There will be no charge for athletic events
 - b. Wrestling tournament admission fees will be \$5 for adults, \$2 for students/seniors
12. Cheerleaders:
 - a. Cheerleaders are permitted to perform on the floor at home events only.
13. Developmental Sports:
 - a. Athletes who are cut from 7th / 8th grade teams may play on developmental teams
 - b. Schools that elect to participate in developmental sports will create schedules prior to the start of each season.
 - c. Schools who currently have 6th grade athletic teams will continue to play interscholastically. All league schools have the option to add 6th grade programs.
 - d. Competitive 6th grade developmental teams for volleyball, basketball, and softball. No football
14. Tie Breakers:
 - a. If an A team ends in a tie, Federation or CHSAA rules will be followed for overtime periods.
 - b. B teams may end in a tie unless specified in sport-specific rules.
 - c. Team seeded tournament tiebreaker: a) division record only, b) head to head, c) point differential among tied teams (10 point +/- max.) and (for football: fewest points allowed among tied teams), d) coin toss.
15. Playoff Format:
 - a. Playoffs: All court sports and softball will follow a playoff format for the top 8 seeded teams.
 - b. Tournaments: Wrestling teams will participate in an end-of-season league tournament
 - c. League Meets: Cross Country and Track teams will participate in an end-of-season league meet
 - d. Higher seeded teams will host and be responsible for costs.
16. Cross-Over Athletes:

- a. The league will allow crossover athletes to participate in more than one school-sponsored sport during the same season.
- b. The athlete must participate in a minimum of 50% of regular season competitions in order to be eligible to compete in the end of season league tournaments.

17. Safety Requirements:

- a. Completion of the online concussion management course is mandatory for all coaches. Athletic Directors must have a completion certificate on file for each coach annually.
- b. By law, coaches must maintain CPR/First Aid training every 2 years.

18. Sportsmanship:

- a. The hosting school will read an official sportsmanship announcement before every contest.
- b. Any player ejected from a game will serve a mandatory minimum one game suspension for the following game.
- c. Taunting, intimidation, or profanity directed toward an official, opposing player, or fan will result in the removal of the fan. The fan's home school or district will take sanctions against the fan.
- d. The following will not be allowed at competitions: artificial noisemakers, cheers which are derogatory or demeaning in nature, and signage that contains negative messages or profanity.

19. Miscellaneous/Other:

- a. Officials, scorekeepers, clock, line judges must all be adults.
- b. Athletes should come to away games dressed to participate.

Sports Specific Rules:

Football:

1. Football requires a minimum of 9 days of practice before an athlete may participate in a contest.
 - a. **3 days no contact-helmet only, 2 days light contact (bags) and 6th day begins full contact.**
2. Equipment cannot be issued for use prior to the start date.
3. Length of quarters: 7 minutes for 7th grade and 8 minutes for 8th grade.
4. Half time will be 5 minutes with an additional 3 minutes for mandatory warm-up (8 total). There will be 8 minutes between games. There are no pre-games in football.
5. Host school will play 8th grade games, while opposing school will host the 7th grade games.
6. Developmental games will immediately follow the varsity games (applies to schools who can field developmental teams).
7. Tie games for 8th grade will use the California tie breaker system: each team gets the chance to score from the opponent's 10 yard line in four downs until there is a winner). Games ending in a tie for 7th grade will end in a tie. Play-off tie breaker rule (8th grade): fewest points allowed.
8. Mercy Rule: In the second half, if at any time the score differential is 30 points or greater; the clock will run continuously for the rest of the game except for scores, penalties, injuries, and timeouts (SPIT rule)
9. If a game is postponed due to weather, the league will use the CHSAA guidelines and continue from where the game left off unless there is a mutual agreement between coaches in conjunction with Athletic Directors.
10. All teams will have a game the semi-final week.
 - a. The 7th grade team will follow their 8th graders and play the opposing 7th grade team in the semi-final week. This is the 7th grade team's 6th and final game of the season.
11. Only the top 2 teams in each division will have the opportunity to play in the championship game.
12. Keep players' boxes clear of fans and parents, with a physical boundary to keep spectators away from the playing field and sideline.
13. Schools use a TDY sized football.

Cross Country:

1. All runners will wear a computer-generated label (2 5/8" x 1") that includes the athlete's name and school.

2. Order of Races:
 - a. Boys' A, Girls A', Boys' B, Girls' B
 - b. 6th graders are allowed to run in the A or B race. There are no separate 6th grade races.
3. Scoring:
 - a. The A teams will run 6 runners each, and the top 4 will score
 - b. The B races are unlimited entries with no scoring
4. Each course will be as close to 1.5 miles as possible.
5. At individual schools' cross-country meets ribbons will be awarded 1st -20th place for A and B races.
6. A league cross-country meet will be held at the end of each season and the following awards will be given:
 - a. Team plaques for 1st and 2nd place in the A races, medals for 1st – 5th place in the A races, and individual ribbons for 6th – 20th place in the A races.
 - b. Ribbons will be given to 1st – 20th place in the B races.

Volleyball:

1. Net height is 7' 4 1/8" (same as high school regulation)
2. Warm up time is 4 minutes guest, 4 minutes host, 2 minutes serving
3. Home team will provide warm-up balls, a minimum of 6
4. Rally Point Scoring:
 - a. Played to the best 2 out of 3 games
 - b. The first two games are played to 25 points
 - c. The third game is played to 15 points
 - d. Teams must win by 2 points with a cap of 27 points
 - e. The third game will be capped at 20 points
 - f. There will not be a cap during the league playoffs
 - g. A net serve is playable
5. There will not be a libero position in league matches or tournaments.
6. There will be league playoffs for the top 8 A teams at the end of the season.
 - a. Team plaques will be awarded for 1st and 2nd place.

Basketball:

1. Length of quarters is 7 minutes for A teams and 7 minutes for B teams.
2. Halftime is 7 minutes for both teams.
3. There is a 10 minute warm up between games.
4. No one is allowed on the court at any time except for players in uniform.
5. Boys will use boys' basketballs (30") and girls will use girls' basketballs (29.5").
6. **20 Point Rule:** Once a team acquires a lead of 20 points, there will be no full court pressure, to include no half-court trapping.
7. **Mercy Rule:** If at any point in the game the point differential is 25 points the clock will run continuously for the remainder of the game, regardless of score, except for timeouts, free throws, injuries, and between quarters.
8. **Overtime Rules:**
 - a. First overtime is 2 minutes.
 - b. Second overtime is 2 minutes.
 - c. A team games may not end in a tie.
 - d. Teams may press the entire time.
9. There will be league playoffs for the top 8 A teams at the end of the season.
 - a. Team plaques will be awarded for 1st and 2nd place.
10. *"C" Team or developmental team rules: Each school will play two games. The games will have two 20-minute halves with a running clock. The clock will stop at appropriate times during the last two minutes of each half (unless a team is winning by 20+ points).*

Wrestling:

1. Teams may consist of 6th, 7th, and 8th graders.
2. Length of Periods:
 - a. Varsity - 60 seconds, 90 seconds, 90 seconds
 - b. JV – three 60 second periods
3. Weight Classifications:
 - a. 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 150, 160, 170, 185, HWT (275lb maximum). A match is defined as 20 bouts.
 - b. Coaches will discuss athlete safety when there is a huge discrepancy in the HWT match up.
4. Weigh-ins will occur at all league matches.
 - a. The officials will draw the weight class that is to be weighed. This will also be the weight class that wrestles first.
 - b. One wrestler from the drawn weight class will be weighed from each school. If either wrestler does not make their weight, they will be scratched, and the entire team will be weighed before the match.
 - c. If there is not a wrestler from either school in the drawn weight class, then the official must draw again.
 - d. There will be a 2lb weight allowance for the duration of the season.
 - i. Above 2lbs will scratch if chosen to weight in
 - ii. Above 2lbs at site-based non-official weigh-ins (prior to the start of the meet) can wrestle up
5. There will be a league tournament at the end of the season.
 - a. Head coaches or a representative must attend the seeding meeting on the Friday prior to the league tournament.
 - b. The league tournament will have weigh-ins the morning of the tournament. Athletes missing weight that morning will be scratched.
 - c. Tournament Seeding Rules:
 - i. Wrestlers must have at least 2 league matches (exhibition or varsity) to be seeded in the tournament.
 - ii. Seeding will be determined by the following:
 1. Number of wins at varsity league matches (10 maximum & exhibition does not count) at the weight to be wrestled in the tournament, including one weight class up or down (for example, if a wrestler is going to wrestle 100 lbs. in the tournament, he includes varsity wins at 95, 100, and 105 lbs.)
 2. Head to Head
 3. Number of wins at weight class to be wrestled
 4. Number of wins in actual wrestled matches (excluding forfeits)
 5. Pins
 6. Tech falls
 7. Major decisions
 8. Coin flips
 - iii. Once the bracket is set according to the above criteria, head to head competition will be considered to readjust the bracket. Wrestlers can only be moved up or down 1 position (for example, once the bracket is set using the seeding criteria, if the #5 seeded wrestler has beaten the #4 wrestler in head to head competition during a season match (excluding tournaments), the two wrestlers will be switched in the bracket.) This adjustment will only happen with wrestlers who are seeded one position from each other. Wrestlers' position can only be adjusted once using the above criteria.
 - iv. The tournament will utilize an 16-man bracket

- v. Once the bracket is set, there will be a draw for JV wrestlers to fill each bracket. There will be one draw per weight, and all schools will be given the opportunity to add additional wrestlers at each weight class per drawing.
 - vi. All day admission for the league tournament is \$5.00 for adults and \$2.00 for students and seniors.
- d. League Tournament Awards: Team points are allowed for 1st-4th place. Team plaques will be awarded for the 1st – 3rd place teams. 1st – 3rd place medals will be awarded to individual wrestlers.

Softball:

1. Girls' softball follows CHSAA fast pitch softball rules.
2. There will be an A team and a B team. Both teams may be mixed 6th, 7th, and 8th grade.
3. The A team game will play first, followed by the B team. Teams are expected to play both games.
4. **Switching half-innings:** after 3 outs or 9 batters. On the 9th batter, the inning ends when an out is recorded or the ball is returned back to the pitcher and the official calls time (except in the last inning which ends at 3 outs).
5. **Mercy Rule:** 20 runs after 3rd inning, 10 runs after 4th inning.
6. The A game will not start a new inning after 80 minutes of play (final inning to be completed with the home team at bat unless the home team has the lead).
 - a. If the A game is tied at the end of regulation, the last batter will be placed on second to start the next inning of play.
7. The B game will not start a new inning after 65 minutes of play (final inning to be completed with the home team at bat unless the home team has the lead).
 - a. The B game can end with a tie.
8. There will be a 10-minute warm-up period between the A and B games.
9. High school re-entry rule applies: If swapping positions, you can swap as often as you like. Substitutes may re-enter one time after they are taken out but they must go back in the same spot in the lineup they were in before.
10. Helmets must be worn by the batter, runners, and all student base coaches.
11. Rubber cleats only.
12. 12" ball Optic yellow game ball
13. No spectators on the field at any time.
14. There will be playoffs for the top 8 A teams at the end of the season, 7 innings with no time limit.
15. **Field Dimensions:** 60 feet to bases; 43 feet to pitching runner with 16ft circle
16. *"C" Team or developmental team rules: drop dead, 60-minute time limit*

Track:

1. Team Divisions: 7th girls, 8th girls, 7th boys, 8th boys. All athletes must compete in their own division.
 - a. 6th graders are allowed to participate and will be placed on the 7th grade team. There are no separate 6th grade races.
2. The maximum number of events per participant may not exceed 4.
3. The maximum number of participants entered per event at track meets is 4 per school. Only 2 athletes per school may be entered at the League Meet. Only 2 athletes may be entered from each school in the 800 and 1600 meter run at the league meet. 3 athletes per school may be entered in field events at track meets and only 2 athletes per school may be entered in field events at the league meet.
4. Each school is allowed to enter two relay teams per event (only 1 scores). Only one relay team may be entered at the league track meet.
5. Field events may begin 15 minutes prior to the start of the track meet.
6. The field is allowed one false start. The next false start results in the disqualification for that individual athlete.
7. Scoring will be consistent at all league track meets.

- a. Full Meet (8): 10-8-6-5-4-3-2-1
 - b. Quad Meets: 6-4-3-2-1
 - c. Tri Meets: 5-3-2-1
 - d. Dual Meets: 5-3-1
8. There will be a league track meet at the end of the season. Team plaques for 1st – 3rd places will be awarded for each division: 7th girls, 8th girls, 7th boys, 8th boys. Ribbons will be awarded for 1st-6th place for each division: 7th girls, 8th girls, 7th boys, 8th boys.
9. **Adopted league order of events:** 7th girls, 8th girls, 7th boys, 8th boys
- a. 1600m run
 - b. 100m hurdles (girls) – 30” high-starting line to first hurdle = 13m (42’8”), between hurdles = 8.5m (27’10 3/4”), last hurdle to finish = 10.5m (84’5 1/2”)
 - c. 110m hurdles (boys) – 33” high-starting line to first hurdle = 13.176m (45’), between hurdles = 9.144m (30’), last hurdle to finish = 13.988m (45’10 5/8”)
 - d. 100m dash
 - e. 800m relay
 - f. 400m dash
 - g. 400m relay
 - h. 800m run
 - i. 200m dash
 - j. 1600m relay

800 AND 1600 Meter Runs:

1. All schools will run the same genders together (Ex: 7th girls & 8th girls will run together)

High Jump:

1. 5 minutes after the final call all warm-ups and steps will conclude.
2. If an athlete checks-in and then checks out from the high jump (to go to another event) the athlete will jump at the current height upon their return.
3. Starting Height:
 - a. Girls – 3’8”
 - b. Boys – 4’
4. Height Increments:
 - a. The height will go up 2 inches until the final four (or less) competitors. The height will then increase by 1 inch intervals.

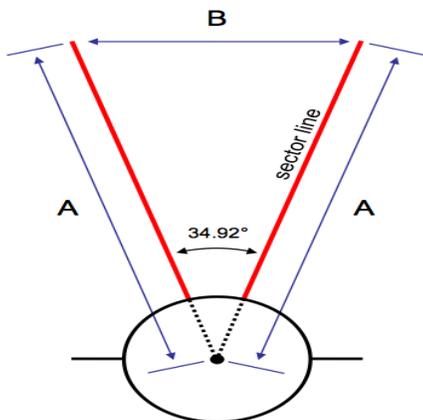
Shot Put and Discus:

1. Hosting school will provide 4 shot-puts and 4 discus
 - a. All athletes will use a rubber, junior discus (1 kilo).
 - b. Boys will use an 8lb shot. Girls will use a 6lb shot.
2. Pits:
 - a. Tri/Quad Meets: At tri/quad meets, throwing pits will be open 45 minutes for girls and 45 minutes for boys.
 - b. League Meet: 90 minutes for one gender (both grades) at shot put and discus while the opposite gender is at long and triple jump. Then there will be another 90-minute time slot to rotate the opposite gender through the shot/discus and long/triple
 - i. Example: 7/8 Girls at shot and discus 3:30-5:00 and 7/8 Boys long and triple 3:30-5:00 AND then 7/8 Girls long and triple 5:00-6:30 AND 7/8 boys shot and discus 5:00-6:30
3. Throwers will receive 4 successive throws, 1 warm-up and 3 flagged throws.
4. When measuring throws, the furthest/longest throw will be measured UNLESS it is too hard to determine then all three throws will be measured. Measurement shall be from the inside edge of the stop board,

measured along the extended radius of the circle (shot put). Measurement shall be from the nearest edge of the mark made by the discus to the inside edge of the throwing circle (Discus).

5. Athletes can touch the inside of the toe board, they cannot touch the top or outside.
6. Measurement of sector: A 34.92 degree shall be marked on the ground (diagram below).

Shot Put, Discus, Hammer & Weight Throw Sector Angle



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

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

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

Note: see Page 8 before painting the sector lines.

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

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Long and Triple Jump:

1. 5 minutes after the final call all warm-ups and steps will conclude.
2. Pits:
 - a. Tri/Quad Meets: At tri/quad meets, jumping pits will be open 45 minutes for girls and 45 minutes for boys.
 - b. League Meet: 90 minutes for one gender (both grades) at long and triple jump while the other gender is at shot put and discus. Then there will be another 90-minute time slot to rotate the opposite gender through the long/triple and shot/discus.
 - i. Example: 7/8 Girls at shot and discus 3:30-5:00 and 7/8 Boys long and triple 3:30-5:00 AND then 7/8 Girls long and triple 5:00-6:30 AND 7/8 boys shot and discus 5:00-6:30.