Statewide Athletics Committee Manual

Includes
Purpose
Organization
Tournament Policies & Playing Rules
Special Event Policies & Competition Rules
Forms

Revised January 2020

North Carolina Recreation & Park Association

swac
North Carolina Recreation and Park Association
Statewide Athletics Committee

PURPOSE

The Statewide Athletics Committee (SWAC) is under the oversight of the North Carolina Recreation and Park Association and is made up of recreational athletics professionals from across the state.

SWAC's purpose is as follows:

- To promote interest and participation in recreational athletics.
- To conduct team tournaments at the sectional and state levels in sports
- Sponsored by NCRPA member agencies and as determined by SWAC.
- To develop, promote and sponsor athletics special events and conduct sectional and state competitions for those events.
- To cooperate and, when possible, coordinate activities with agencies and organizations that conduct, promote and sponsor sports events and recreation activities on a statewide basis.
- To exchange ideas for the improvement of recreational athletics.

ORGANIZATION

SECTION 1.0 COMMITTEE

Article 1.1 Structure

A. The Statewide Athletics Committee consists of the following members:

1. Steering Board
   - Chair
   - Vice-Chair (serves as Chair Elect)
   - Past Chair
   - At-Large Position
   - Sectional Representatives (4)

2. General Membership
   - Special Event Coordinators
   - Sport Coordinators

B. Committee members serve two-year terms, to take effect after the winter meeting.

C. Committee Chair chosen by the Steering Board.

D. Sectional Representatives and Special Event Coordinators are selected at the SWAC winter meeting by present SWAC committee.

Article 1.2 Qualifications

A. Chair

1. Member in good standing of NCRPA

2. Must have served a minimum of one term as a Sectional Representative or sports coordinator. Board may nominate any member if needed.

3. Must have a very good working understanding of SWAC's philosophy, policies and rules

4. Assumes leadership in January.

B. Vice-Chair (will serve as Chair-Elect)

1. Must meet all qualifications of the Chair.

C. Past Chair

1. Must have served as SWAC Chair immediately previous to current Chair

D. At-Large Position

1. Must be a member in good standing of NCRPA.

2. Must have a good working knowledge of SWAC's philosophy, policies and rules.

3. Must be able to attend all SWAC meetings while serving in position.

E. Sectional Representatives

1. Must be a member in good standing of NCRPA

2. Must have a good working knowledge of SWAC's philosophy, policies and rules.

F. Special Event Coordinators & Sport Coordinators

1. Must be a member in good standing of NCRPA

2. Must have been in recreational athletics a minimum of two years

3. Must have a working knowledge of SWAC's philosophy, policies and rules.

Article 1.3 Responsibilities

A. Chair

1. Oversees SWAC statewide

2. Calls and presides at all meetings of SWAC (including Steering Board)

3. Determines the agenda for all SWAC meetings

4. Responsible for promoting SWAC statewide

~ Produces or selects someone to create copy for NCRPA marketing

5. Handles rules interpretations and problems statewide

6. Primary representative/liaison of SWAC to:

~ NCRPA office

~ Other national or state organizations. NOTE: In the event the organization is associated with a special event, the job of primary liaison may fall to the state coordinator of the special event.

~ Corporations and businesses associated with SWAC.

7. Assigns duties and responsibilities to other SWAC members.

8. Appoints sub-committees for special projects.

9. Initiates announcements for all tournaments and special events. Also initiates announcements for bidding on tournament sites.

11. Recruits Chair Elect.

B. Vice Chair (serves as Chair Elect)

1. Responsible for attending all SWAC meetings.
2. Assists the Chair with his/her responsibilities.
3. Fills in for the Chair when the Chair is absent.
4. Other responsibilities as assigned by the Chair.

C. Past Chair

1. Responsible for attending all SWAC meetings.
2. Serves as advisor to Chair and Steering Board.

D. At-Large Position

1. Takes thorough notes at all SWAC meetings to maintain clarity as needed
2. Responsible for attending all SWAC meetings.
3. Reports to Chair, Vice Chair, and NCRPA liaison

E. Sectional Representatives

1. Oversees one of four SWAC sections.
2. Responsible for attending all SWAC meetings.
3. Reports directly to the SWAC Chair
4. Recruits and promotes all tournaments and special events within their section.
5. Should host a sectional meeting or teleconference to promote involvement on the sectional level.

F. Special Event and Sports Coordinator

1. Oversees assigned special event or sport statewide.
2. Reports directly to SWAC Chair.
3. Works with Sectional Representatives to promote activities.
4. Handles all paperwork associated with the event.

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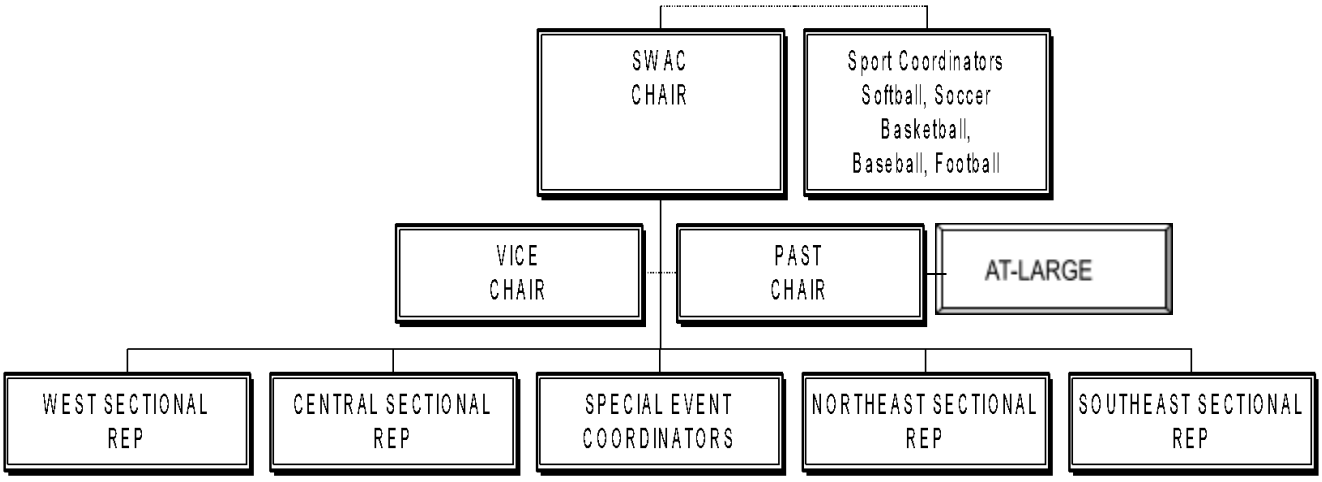
Statewide Athletics Committee

NORTH CAROLINA RECREATION & PARK ASSOCIATION

ORGANIZATIONAL CHART



Members:
Chair: Adam Hairr, Fuquay-Varina Parks, Recreation & Cultural Resources
Vice Chair: Kris Kleopping, Graham Recreation and Parks
Past Chair: Jody Maness, Asheboro Cultural & Recreation Services
At-Large Position: JP Lefever, Knightdale Parks and Recreation
West Sectional Reps: Brian Rogers, Gaston County Parks and Recreation, Carol Stiles, Newton Parks & Recreation
Central Sectional Rep: Mark Geiger, Burlington
Northeast Sectional Rep:
Southeast Sectional Rep: Jason McCray, Onslow County Parks & Recreation

Sports Coordinators
Football – Thomas Degruchi, Fuquay-Varina Parks, Recreation & Cultural Resources (Flag Footballl)
Basketball – Ryan McCoy, Asheboro and Andrew Smith, Youngsville
Baseball – Matt Steele, Greenville Parks and Recreation, Softball Thomas Perkins, Tarborro
Soccer –Todd Kelly, Sampson County and Trey Baggett Fuquay Varina (Travis Stigge, Tarboro Parks and Recreation)

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Statewide Athletics Committee

SWAC competitions are based on 4 geographic sections in the state. The list of counties in each Section is listed below. Teams may be moved from listed section to meet tournament needs.

WEST	CENTRAL	NORTHEAST	SOUTHEAST
Alexander	Alamance	Beaufort	Bladen
Alleghany	Caswell	Bertie	Brunswick
Anson	Chatham	Camden	Carteret
Ashe	Durham	Chowan	Columbus
Avery	Guilford	Currituck	Craven
Buncombe	Lee	Dare	Cumberland
Burke	Montgomery	Edgecombe	Duplin
Cabarrus	Moore	Franklin	Harnett
Caldwell	Orange	Gates	Hoke
Catawba	Person	Granville	Jones
Cherokee	Randolph	Greene	Lenoir
Clay	Richmond	Halifax	New Hanover
Cleveland	Rockingham	Hertford	Onslow
Davidson	Scotland	Hyde	Pamlico
Davie		Johnston	Pender
Forsyth		Martin	Robeson
Gaston		Nash	Sampson
Graham		Northampton	
Haywood		Pasquotank	
Henderson		Perquimans	
Iredell		Pitt	
Jackson		Tyerell	
Lincoln		Vance	
Macon		Wake	
Madison		Warren	
McDowell		Washington	
Mecklenburg		Wayne	
Mitchell		Wilson	
Polk			
Rowan			
Rutherford			
Stanly			
Stokes			
Surry			
Swain			
Transylvania			
Union			
Watauga			
Wilkes			

Yadkin
Yancey

TOURNAMENT POLICIES

SECTION 4.0 ELIGIBILITY

Article 4.1 Agencies

A. Professional Agency: Must hold current agency membership in NCRPA.

B. Association and/or Private Agency: Must hold current agency membership with NCRPA and annually have a letter of recommendation from a local recreation staff member who holds a current SWAC or professional NCRPA membership.

Article 4.2 Leagues

A. Must be sponsored by a NCRPA agency that meets the criteria in Art.4.1A or must be associated with a NCRPA agency as described in Art. 4.1B.

Article 4.3 Teams

A. All-star teams:

1. Must be comprised of players who participated in one and the same league during the current season. (A league is defined as X number of teams that play each other a minimum of one time during the regular season.) Exceptions to this rule should be addressed to the SWAC Chair and approved by the Steering Board, in writing (email) by the registration deadline.

2. Cannot be chosen or changed after the SWAC Tournaments have begun play.

3. Are not mandatory.

B. Regular season teams

1. Any regular season team may represent its league in SWAC Tournament play - it does not have to be the league champion.

C. Open & Rec divisions (Basketball only – 10 & Under; 12 & Under; 14 & Under

1. In an effort to equalize the level of play in the 10 & Under 12 & Under and 14 & Under basketball tournaments, there will be two divisions of play:

a. Open Division: For teams that play at a high skill level. Team registration teams are required to play in the open division.

b. Rec Division: For teams that plays at the recreational skill level.

2. At the discretion of SWAC, agencies may be required to enter the Open Division tournament if, in SWAC's opinion, the skill level of that agency's team(s) warrants them playing in the Open Division.

Article 4.4 Individuals

A. All players must be amateurs.

B. Girls may participate with boys teams as long as they meet all other eligibility requirements. Boys may not play on girls teams.

C. Individuals shall be only listed on one roster per sport.

Article 4.5 Wait List

A. Any agency entering a team after the deadline will be placed on a waiting list. If a team drops out, agencies on the wait list will be given the opportunity to add their team to the tournament.

B. Agencies registered prior to the deadline, but wanting to change age groups after the deadline, will be placed at the top of the waiting list for their new requested age group.

SECTION 5.0 AGES

Article 5.1 Age Groups

A. Participants shall be qualified by age according to the following:

1. 8 & Under - Must not turn 9 prior to cut-off date.
2. 10 & Under - Must not turn 11 prior to cut-off date.
3. 12 & Under - Must not turn 13 prior to cut-off date.
4. 14 & Under - Must not turn 15 prior to cut-off date.
5. 16 & Under - Must not turn 17 prior to cut-off date.
6. 18 & Under - Must not turn 19 prior to cut-off date.
7. For 15 & Under baseball – Must not turn 16 prior to cut-off date.

Article 5.2 Cut-Off Dates

A. Basketball - January 1 of the tournament year.
B. Baseball– May 1 of the tournament year.
C. Tackle Football, Flag Football & Soccer - August 1 of the tournament year.
D. Softball – January 1 of the tournament year

Article 5.3 Rosters and Proof of Age

A. Participating teams are **required** to submit an official SWAC Roster signed by a NCRPA member and Birth Certificates or other legal proof of age for all team members listed on the roster. **NO EXCEPTIONS**. Legal proof of age includes birth certificate, valid driver's license, a uniformed service identification and privilege card (DD Form 1173) issued by uniformed services of the United States, or birth registration issued by an appropriate government agency, board of health records, passport, alien registration card issued by the United States government, a certificate issued by the Immigration and naturalization Service attesting to age and certification of an American citizen born abroad issued by the appropriate government agency. Hospital, baptismal, religious and Iden-A-Kid cards will not be accepted.

B. Teams are required to submit their roster, a team photo (with player names in order from left to right) and proof of birth to the Tournament Director by 5pm three days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until the completed roster and proof of birth is received by the Tournament Host

C. The Tournament Director shall be required to declare a forfeit for teams not submitting the required forms.

D. Rosters are limited to the following numbers of players and coaches:

1. Baseball - 15 players, 3 adult coaches* and 1 non-coaching bat person.

a. *Exception – 8U coach pitch teams may have 4 coaches.

2. Basketball - 12 players and 3 adult coaches.

3. Tackle Football - 35 players and 5 adult coaches

4. Flag Football – 10 players and 2 coaches

5. Softball - 15 players, 3 adult coaches and 1 non-coaching bat person

a. *Exception – 8U coach pitch teams may have 4 coaches.

6. Soccer –10&U: 12 players, 12&U: 14 players; 14&U: 18 players; 16&U 18 players. 3 adult coaches are allowed for each team.

E. Players and coaches listed on the roster must reside within the league's boundaries and have played or coached a majority of the team's games in accordance with the local league and SWAC Tournament Regulations.

F. Within 24 hours of tournament completion, sectional hosts must submit a copy of the rosters and proof of birth for the advancing teams to the State Tournament host. The remaining rosters should be sent to NCRPA.

G. Any coaching changes between the sectional and state tournaments must be signed off by the local agency the team is representing and communicated to the state host via an updated roster.

H. No changes to the roster can be made after the start of the tournament, including between sectionals and state tournaments.

SECTION 6.0 FEES/FINES

Article 6.1 Team Entry Fees

A. NCRPA members will pay the following per team entry fees to NCRPA prior to participating in any SWAC tournament:

1. Baseball $100.00
2. Basketball $100.00
3. Football $100.00
4. Softball $100.00
5. Soccer $100.00

B. Non-NCRPA members who are not sponsored by a NCRPA member must also pay an SWAC agency fee to join NCRPA prior to participating in a tournament.

C. Submitting an entry form indicates intention to play and therefore requires payment.

D. Teams withdrawing less than 14 days before the start of the tournament will not receive a refund for entry fees. All withdrawals must be in writing to NCRPA via email.

Article 6.2 Individual Entry Fees

A. SWAC does not charge individual entry fees

Article 6.3 Admission Fees

A. Tournament Directors may elect to charge maximum admission fees for games according to the fee schedule below:

~ **Daily -**$2.00 for 12 & under ~ **Daily** $5.00 for 13 & up ~ $20 tournament pass

Article 6.4 Fines

A. SWAC reserves the right to impose fines on agencies for failure to adhere to SWAC policies and rules.

B. Any team that withdraws from a tournament or game with fewer than seven (7) days notice

will be fined $100.00. If a team does not notify the tournament director and does not show up for a tournament/game, they will be fined $200.00 and they will serve a 1-year suspension in that age division for that particular sport.

C. Any fines received by NCRPA will be forwarded to the appropriate tournament host(s).

D. Any team not having the appropriate representative at the Coaches Meeting will be fined $25.00.

E. Teams eligible to advance to a state tourney who fails to notify the sectional host they will not be advancing will be fined. Notification must take place prior to leaving the sectional tournament.

F. Agencies will not be allowed to enter teams in other SWAC events until fines are paid.

SECTION 7.0 COACHES, OFFICIALS AND SCORE KEEPERS

Article 7.1 Coaches

A. It is preferred that all head coaches (basketball/football) or managers (baseball/softball) have a current NYSCA certification.

Article 7.2 Officials

A. Officials are required to be certified or sanctioned by a national sport appropriate body, or organization.

B. Minimum number of officials to begin competition:

Basketball = 2, Baseball = 2, Softball = 2, Football =4, Flag Football =2, Soccer = 2 for 10&U, 3 for all others.

Article 7.3 Score keepers

A. All scorekeepers shall be experienced in the sport they are involved with.

SECTION 8.0 FORMAT

Article 8.1 Type of Tournament

A. Single elimination tournaments shall be played in:

a. Football

B. Double elimination tournaments shall be played in:

a. Baseball – 3 teams – Refer to Section 8.1- D

b. Softball – 3 teams – Refer to Section 8.1- D

c. Basketball – 3 teams – Refer to Section 8.1- D

d. Flag Football – 3 teams – Refer to Section 8.1- D

C. Soccer will use the following format:

3 teams – will play a round robin, with 2nd & 3rd place playing to determine who will play 1st place for the championship.

4 or 5 teams – will play a round robin with the champion determined single game between the top two teams in the round robin.

6 or more teams – teams will be split into pools. Medal round play will be used to determine the champion.

Note: Medal Round is defined as Pool A seed 1 vs. Pool B seed 2 and Pool A seed 2 vs. Pool B seed 1

D. Round robin tournaments will be played when 3 teams are registered or when the last minute withdrawal of a team or teams reduces a tournament to 3 teams. Tie-breaker format will be

fewest points/runs allowed. **3 teams –** will play a round robin, with 2nd & 3rd place playing to determine who will play 1st place for the championship.

Article 8.2 Brackets & Playing Times

A. Brackets shall be drawn by the Tournament Host and approved by the appropriate Sport Coordinator.

B. Playing times shall be mutually decided by the Tournament Host and reviewed by the appropriate Sport Coordinator and shall be guided by the following:

a. Teams shall be allowed to play the number of games in a day listed below:

~ Baseball – 8 & Under: 4 games, All other age divisions: 3 games
~ Basketball - 4 games
~ Football - 1 game
~ Flag Football – 3 games
~ Softball - 4 games
~ Soccer – 3 games

b. Teams having to play back-to-back games shall be allowed a minimum of 30 minutes of rest. **NOTE:** This amount of time may be longer at the discretion of the Tournament Director when considerations are given to the difficulty and length of time of the previous game.

c. Teams having to play three games back-to-back shall be given a minimum of 60 minutes rest between the second and third games. **NOTE:** This amount of time may be longer at the discretion of the Tournament Director when considerations are given to the difficulty and length of time of the previous game.

d. Advantage in scheduling game times after the first round shall be given to teams in the winner's bracket.

e. When possible the host team should play in the first game.

Article 8.3 Mandatory Coaches Meeting

A. A coaches' meeting shall be held at least 1 hour prior to the starting time of the first game to discuss playing rules and tournament policies. This meeting is mandatory for all participating teams and should be attended by the Head Coach, Manager or team representative and shall include the Tournament Director and supervising official or booking agent. Failure to attend the Coaches meeting will result in a $25.00 fine for the agency. It will be at the discretion of the tournament host as to the number of coaches meetings held.

Article 8.4 Playing Dates

A. Basketball – Sectional tournaments to begin the Thursday of the second weekend in March. State Tournaments will begin the third weekend in March.

B. Baseball –Sectional Tournaments to begin the Thursday of the second weekend in July. State Tournament play will begin the third weekend in July.

C. Tackle Football - State Tournament to begin play no earlier than the first Saturday in November

D. Softball - Sectional Tournaments to begin the Thursday of the second weekend in July. State Tournament play will begin the third weekend in July.

E. Soccer – Fall State tournament will be held the 2nd or 3rd weekend in November to be determined at Summer Meeting.

F. Flag Football - Fall State tournament will be held the 1st or 2nd weekend in November.

G. SWAC will conduct sectional, regional, and state tournaments when needed. State

Tournaments will consist of 4 teams (one representing each geographic section). In the case that only East/West tournaments are played, then the top 2 finishers will advance to the State Tournament. In the case of there being a low number of teams entered into an age group, all teams will play one weekend to determine a State winner.

H. Teams winning a sectional tournament will advance to the state tournament the following weekend. All departments should make coaches and teams aware of this in advance

I. A weekend is defined as both Saturday and Sunday falling within the same month.

SECTION 9.0 FACILITIES

Article 9.1 Gyms

A. All gyms must meet accepted recreation standards.

Article 9.2 Baseball & Softball Fields

A. A minimum of 2 fields shall be used for tournaments with 6 teams or more.
B. All fields must have lights.
C. All fields must meet accepted recreation standards.

Article 9.3 Football & Soccer Fields

A. All football and soccer fields must meet accepted recreation standards.

SECTION 10.0 TOURNAMENT HOST DUTIES

Article 10.1 Tournament Bids

A. Basketball tournaments are awarded by the SWAC committee at the SWAC Summer meeting in August. **Tournaments for all other sports are awarded at the SWAC Winter meeting in January. Information soliciting bids will be sent to all NCRPA members via the NCRPA listserve prior to these meetings.**
B. All Facilities must meet acceptable recreation standards at time of bid**.** See Section 9 Facilities for criteria used by the SWAC committee for awarding tournaments.

Article 10.2 Tournament Host

A. Must adhere to all SWAC rules and policies. PENALTY: Loss of future SWAC tournaments, possible suspension from participating and fines.
B. A minimum of 2 week prior to the tournament, the Tournament Host shall be responsible for providing the participating teams with the following:

a. Directions to their facility
b. Brackets
c. Coaches meeting time and location
d. Instructions for submission of rosters and proof of age; including all appropriate contact information.
e. Tournament Host Packet including tournament host packet.

C. During tournament, Tournament Host is responsible for the following:

a. Hosting a coaches' meeting with the supervising official or booking agent to discuss rules and polices. Rosters and proof of age must be available during the tourney.
b. Providing game balls
c. Providing all officials and score keepers
d. Providing adequate staff to run the tournament
e. Check the credentials (birth certificates & roster) for each team
f. Sign off on the roster for each team
g. Forward the roster, team photo and birth certificates of teams advancing to the State host and all remaining rosters to NCRPA within 24 hours following the completion of their tournament.
h. Do not forward NCRPA birth certificates.

D. The Tournament Host shall serve as Tournament Director or shall assign an individual from their staff to serve as Tournament Director. If Tournament Host is not on-site, appropriate contact information for Tournament Director will be provided to Sports Coordinator and NCRPA.
E. The Tournament Host shall submit completed tournament brackets and results to the Sports

Coordinator on Monday following the completion of the tournament.

F. The Tournament Host may submit a Reimbursement for Officials Form to NCRPA within 2 weeks of the completion of the tournament. Hosts will be reimbursed at the rate of $10.00 per official for all tournament games that fall within SWAC guidelines and have been approved by the Sport Coordinator. The following numbers of officials are approved for games played in SWAC tournaments:

a. Baseball, Basketball, Flag Football & Softball - 2

b. Tackle Football – 4

c. Soccer – 2 for 10&Under; 3 for 12& Under, 14&Under & 16&Under.

G. The Tournament Host may submit a Tournament Fines Form to NCRPA within 2 weeks of the completion of the tournament.

H. State Tournament hosts shall provide information regarding schedule, lodging and coaches meeting to the appropriate tournament sites to be distributed to advancing teams.

I. Tournament Host is to hold an awards ceremony following the conclusion of the tournament.

J. Tournament Hosts are required to submit a tournament host report within 2 weeks following the completion of the tournament.

Article 10.3 Tournament Director

A. The Tournament Director shall be responsible for supervising the tournament.

B. The Tournament Director shall be responsible for enforcing all SWAC Rules and shall serve as the head of the Protest Committee. The Tournament Director MUST have a working knowledge of the SWAC Manual.

C. Can not be a coach for any team participating in the tournament

Article 10.4 Tournament Host State Bids

A. The State Tournament host will be given an automatic bid to the State Tournament they host. If the state host plays in a sectional they forfeit their bid to the state tournament. If they being the host choose to play in their sectional tournament they would have to finish 1st or 2nd. If not then the 2nd place sectional team would receive the automatic state bid.

BASEBALL TOURNAMENT PLAYING RULES

SECTION 11.0 BASEBALL

***8 & Under Rules listed under Article 11.9**

Article 11.1 Field Dimensions

A. Pitching distance:
10 & Under and 12 & Under 46/60 = forty-six (46) feet
12 & Under 50/70 = fifty (50) feet
14 & Under = fifty-four (54) feet
15& Under = high school rules

B. Bases shall be set at:
10 & Under and 12 & Under = sixty (60) feet
12 & Under 50/70 = seventy (70) feet
14 & Under = eighty (80) feet
15& Under – high school rules

Article 11.2 Games

A. For 10 & Under and 12 & Under 46/60 and 50/70, games will be six innings in length. For 14 & Under and 15& Under, games will be seven innings in length. Suspended games will be resumed at the point of interruption. Games must be completed
B. For 10 & Under and 12 & Under 46/60 and 50/70, the ten run "mercy" rule after four complete innings of play shall be in effect. If the home team is ahead after three and one half innings they will not bat.
C. For 14 & Under and 15 & Under, the ten run "mercy" rule after five complete innings of play shall be in effect. If the home team is ahead after four and one half innings they will not bat.
D. Time Limit for 10 & Under and 12 & Under 46/60 and 50/70: maximum time of 1 hour and 45 min (as long as a new inning has not started) for all games except championship games
E. Time Limit for 14 and Under: maximum time of 2 hours (as long as a new inning has not started) for all games except championship games
F. No games may begin after 10 pm
G. A coin toss will determine home and visitor for each game other than championship game. Coin toss should not be used to determine home/away in championship games. Exception: Home team should be the team from the winners bracket in the first game. If an if game is necessary, the team from the losers bracket should be the home team.

Article 11.3 Equipment

A. Batting helmets must be worn by all batters, runners, youth base coaches and bat persons.
B. Catchers must wear a chest protector, shin guards, protective cup and mask with throat protector during game and when warming up pitcher.
C. No metal or ceramic cleats or spikes are allowed for 10& Under and 12 & Under only.
D: All bats must adhere to the current rules and standards set by USA Baseball: https://usabat.com/

E. 14U and 15U BBCore and ….

Article 11.4 Participants

A. Only those person's listed on a team's roster shall be allowed in the dugout.

B. Teams may only have 3 adult coaches with 1 remaining in the dugout at all times. Only players and coaches on the roster are allowed in dugout. Bat Persons must be age 14 or under but the Tournament Director may make an exception in special situations.

C. Unsportsmanlike conduct, profane language or tobacco products on the field or in the dugout shall not be tolerated. PENALTY: Ejection from game. Offender must remain in the dugout/on the bench under adult supervision and is suspended from his/her next game. SWAC reserves the right to penalize the offender more severely if warranted.

Article 11.5 Pitching

A. Pitchers are limited by the following restrictions:

Dixie Youth Rules – Appendix – Note from Jack.

Note: pitching starts over at the State Tournament permitting the 36 hour rest period has been met.

B. One ball pitched constitutes an inning pitched.

C. Balks will not be called for 10& Under and 12 & Under 46/60 age groups**.** Balks will be called for 12 & Under 50/70 division.

D. 12 & Under 50/70: Pitchers may hold runners in accordance to baseball rule.

E. Coaches are required to sign the Pitching Affidavit within 30 minutes of the completion of each game. After 30 minutes, the tournament director will sign and what is in the scorebook will be official.

F. A pitcher removed from the mound or the game may not return to the mound in the same game.

Article 11.6 Base Running (10 & Under and 12 & Under 46/60 only)*

A. Base runners must remain in contact with the base they occupy until the ball reaches the plate. **PENALTY:** For leaving too soon; delayed dead ball and the runner is out.

B. Batters may not advance to first base on a mishandled third strike.

C. No headfirst sliding when advancing bases. Penalty, runners out.

*** 12 & Under 50/70 Division:** Base runners may take a lead from all bases, and may advance at any time while the ball is live. Base runners MAY advance on a dropped third strike in accordance with baseball rule.

D. No headfirst sliding when advancing bases. Penalty, runners out.

Article 11.7 Tie Breaker

At the conclusion of 6 or 7 innings (depending on age group) or the 2 hour time-limit (10u Baseball Only) if there is a tie, the following will be in effect.

Tie-Breaker Rule: At the start of each half inning until a winner is determined, the offensive team will start with a runner on second base who will be the last recorded out from the previous

inning. The game will then continue to be played as a regular baseball/softball game.

Article 11.8 Other Rules

A. Tournament Site Host has the option to not allow on deck batters on the field for 10& Under and 12& Under.

B. In inclement weather situations, the Tournament Host has the option to contact the SWAC Baseball Coordinator to reduce the length of games from 6 or 7 innings to 5 to allow for 3 games a day.

C. The on-deck batter should be situated behind the batter.

D. All other rules are covered in the National Federation (high school) rules book. **

E. In the case that an "if necessary" game is needed and it would be the third game of the day, the tournament host has the option of offering a third game if both teams agree to play.

F. All penalties will be in accordance to NFHS Rule: Link Needed

Article 11.9 8 & Under Division Rules

A. SWAC will offer 8U Coach Pitch and 8U Machine Pitch Tournaments.
   i. Coach Pitch – Coaches will pitch from 40 feet and must use an over-hand pitching motion.
   ii. Machine Pitch – Coaches will operate the Louisville Slugger UPM 45 Blue Flame, set at approximately 40 mph crossing the plate, at a distance of 35 feet. Tournament Director will be in charge of setting up machine prior to the start of a game. Once the game begins, only the umpire may give permission for adjustments to be made to the machine. If the machine starts to throw consistently bad, the coaches may adjust the machine at that moment with the assistance of the umpires or tournament personnel. Batters will not be penalized if the machine needs to be adjusted. If a batter swings at a bad pitch it will be called a strike, otherwise it will be up to the umpire whether no pitch will be called.

B. Each team roster will be limited to 15 players. Coach pitch teams will have four coaches; machine pitch teams will have three coaches. Teams must have birth certificates on hand. Teams will bat 10 players and substitute at their discretion, with the following stipulations:
   i. Starters can re-enter the game only once and must maintain the same spot in the batting lineup.
   ii. Once a sub comes out of the game, they cannot re-enter the game.
   iii. If a player gets injured during the game and can no longer continue, but no subs are available, the opposing coach can select a player to enter the game.

C. Run Rule:
   i. In the 1st inning, both teams may score a maximum of 5 runs each. Once 5 runs have been scored or 3 outs have been achieved, the inning will roll over.
   ii. In the 2nd, 3rd, 4th, & 5th inning the trailing team will always have the chance to tie the score and score an additional 5 runs. The team leading may only score 5 runs before the inning rolls over.
   iii. In the 6th inning, there is no run limit for either team.

iv. Innings will roll over once a team gets 3 outs or the maximum number of runs has been scored.

D. Each batter will get 5 pitches or 3 swings. If the batter fouls the last pitch they will receive another pitch and will continue to bat as long as they make contact with the ball. There will not be any intentional walks to any batter during the game. If the batter bunts the last pitch foul then they will be out the same as bunting the 3rd strike foul.

E. The defense will consist of 10 players, to include 4 outfielders.
   i. 1 player must be positioned as the defensive pitcher and will be placed to the right or left of the pitching machine or coach. For machine pitch, the player shall not be any closer to home plate than 35 feet and for coach pitch, the player shall not be any closer to home plate than 40 feet.
   ii. There will be 1 player as catcher and the others in regular defensive positions.
   iii. The outfielders must play on the grass.
   iv. A team may play with as few as 8 players, but all infield positions including pitcher and catcher must be filled prior to filling any outfield positions. If a team plays with less than 10 players, then an out for each spot in the line-up will be charged when these spots are due to bat.

F. Time will be called only by the umpire when the lead runner is stopped or abandons their effort to advance. Bringing the ball to pitcher's mound, home plate, or a player calling time does not constitute time. If the defense makes a play on any other runner, then the lead runner is free to run. This will be up to the judgment of the umpire.

G. There will be no stealing and runners may leave the base when the ball reaches the plate. Runner(s) may advance only when ball has been put into play.

H. A substitute runner for the catcher on base with two (2) outs is **mandatory**. The courtesy runner must be the last participant to make an out in the offensive teams' lineup. With less than two (2) outs, it is the coach's option to use a courtesy runner. The courtesy runner will be the last out.

I. Bunting is allowed, but for the safety of all players if the batter shows bunt, they can only bunt or pull back. The batter will not be allowed to show bunt then pull back to slash or hit away. All defensive players (including the pitcher) must stay behind the machine until the ball is released.

J. No defensive player should be positioned closer to home plate than the pitcher.

K. If a batted ball hits any part of the pitching machine or coach it will be declared dead and the batter will be awarded 1st base and any other runners will advance 1 base only if forced.

L. The rule book will govern overthrows that go into dead ball areas, which is the base they are going to plus one at the time of the throw.

M. Games, except championship games, will be 6 innings or 1 hour and 30 minutes. Championship games will be 6 innings, no time limit. All games must have a winner and International Tie Breaker rules will be used in the event of a tie.

N. The slaughter rule will be in effect in the following situations: 10 runs after 4 complete innings or 8 runs after 5 complete innings.

O. If a thrown ball hits the pitching machine or coach, the ball will remain a live ball unless the umpire has called time.
P. The umpire will also call time or dead ball when it is a safety concern such as the ball coming to rest under or near the pitching machine where it is dangerous to retrieve.
Q. To help speed the game along, a defensive coach may stand behind their catcher to retrieve passed balls. If they choose to do so, no coaching will be done from this position.
R. In the judgment of the umpire if a runner leaves the base before the ball reaches the plate, the runner will be sent back to the base and "no pitch" will be called. A team warning will be issued to the whole team and any runners leaving the base early, in the umpire's judgment, the rest of the game the umpire will call "no pitch" and the runner will be called out.
S. This age group is designed to help the players learn the game and also have fun. Therefore, each batter will receive their turn at bat and NO intentional walks will be given during their time at bat
T. When the lead runner has been stopped and the umpire has called time, if the trailing runners have not passed the half-way line between bases, they must return to the prior base touched.
U. There is no infield fly or dropped third strike.
V. When a runner retreats to a base with the ball on the infield, time will be called unless a play is being made on a runner.
W. Two officials will be used.

Official Baseball Rule 1.10
(a) The bat shall be a smooth, round stick not more than 23/4 inches in diameter at the thickest part and not more than 42 inches in length. The bat shall be one piece of solid wood.
NOTE: No laminated or experimental bats shall be used in a professional game (either championship season or exhibition games) until the manufacturer has secured approval from the Rules Committee of his design and methods of manufacture.
(b) Cupped Bats. An indentation in the end of the bat up to one inch in depth is permitted and may be no wider than two inches and no less than one inch in diameter. The indentation must be curved with no foreign substance added.
(c) The bat handle, for not more than 18 inches from its end, may be covered or treated with any material or substance to improve the grip. Any such material or substance, which extends past the 18 inch limitation, shall cause the bat to be removed from the game.
NOTE: If the umpire discovers that the bat does not conform to (c) above until a time during or after which the bat has been used in play, it shall not be grounds for declaring the batter out, or ejected from the game.
(d) No colored bat may be used in a professional game unless approved by the Rules Committee.
(e)**Designated Hitter Rule:** NFHS rule 3-1-4… A hitter may be (not mandatory) designated for any one starting player (not just pitchers) and all subsequent substitutes for that player in the game. A starting defensive player cannot be listed as the designated hitter in the starting lineup. A designated hitter for said player shall be selected prior to the start of the game, and his name shall be included on the lineup cards presented to the umpire-in-chief and to the official scorer. Failure to declare a designated hitter prior to the game precludes the use of a designated hitter in that game. If a pinch hitter or pinch runner for the designated hitter is used, that player becomes the new designated hitter. The player who was the designated hitter may re-enter as the designated hitter under the re-entry rule. A designated hitter and the player for whom he is batting are locked into the batting order. No multiple substitutions may be made that will alter the batting rotation. The role of the designated hitter is terminated for the remainder of the game when: A. The defensive player, or any previous defensive player for whom the designated hitter batted, subsequently bats, pinch-hits or pinch-runs for the designated hitter: or B. The designated hitter or any previous designated hitter assumes a defensive position.

BASKETBALL TOURNAMENT PLAYING RULES

SECTION 12.0 BASKETBALL

*** Any 8 & Under rules not included in the following Articles are covered in Article 12.7**

Article 12.1 Court Dimensions

A. 8 & Under: 8ft. goals will be used

B. Free throw line distance:

1. 8 & Under and 10 & Under: 12 feet

C. Minimum standards for 14 & Under and up must be 74' x 42'

Article 12.2 Games

A. Length

1. 8 & Under;10 & Under; 12 & Under: 12 minute half's

2. 14 & Under; 16 & Under: 14 minute half's

3. 18 & Under: 16 minute half's

4. All Ages: 2 minute overtimes

Article 12.3 Backcourt Defense

A. In all age groups, if there is a 20 point lead in a game, the team ahead will not be allowed to play defense in the backcourt.

C. 12 & Under: Defense in the backcourt is not allowed on any in bounds play except for the last 2 minutes of regulation play and any overtime period(s). Defense may begin after the 10 second line.

PENALTY FOR BACKCOURT DEFENSE VIOLATIONS: First violation shall result in a warning. A technical foul shall be called on each subsequent violation. The technical foul shall be awarded to the bench - not the player committing the violation.

Article 12.4 Equipment

A. 8 & Under: 27.5 Basketball; 10 & Under and all Girls: The Women's or Intermediate size ball (not more than 29 inches and not less than 28 ½ inches in circumference) shall be used. 12 & Under Boys will use an official size basketball.

B. Shirts must have visible non-removable legal numbers on the front and back. Numbers must be a minimum of 4" on the front and minimum of 6" on the back. See Penalty in Article 12.6

Article 12.5 Participants

A. Only those persons listed on the team's roster shall be allowed in the team's designated bench area.

B. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Youth offender must remain on the bench under adult supervision. SWAC reserves the right to penalize the offender more severely if

warranted.

C. Players and coaches who are ejected from a game or receive 3 cumulative Technical fouls over the course of the tournament will be ejected for the remainder of the tournament.

Article 12.6 Other Rules

A. In the second half of a game with a team up by 20 points, a running clock shall be used with the clock stopping for timeouts or injury. A regulation clock shall be used again when the team comes within 10 points.

B. Penalty for Illegal Shirt Numbers: The penalty for an illegal number is a administrative technical. The other team will shoot 2 free throws and then begin the game with the ball. The team in violation will also receive a $50 fine.

C. All other rules are covered in the National Federation (high school) rules book.

Article 12.7 8 & Under Rules not previously listed

A. Defense

1. 8 & Under and 10 & Under: Defense in the backcourt is not allowed except for the last 2 minutes of regulation play and any overtime period(s).
2. When a team's lead is 10 points or more, they cannot play outside of the 3 point line.

B. Fouls, and the Bonus

1. One and One will be shot on the teams 7th Team Foul and 2 shots on the 10th team foul. Personal fouls and Team fouls will be tracked; a player may foul out of any game after their 5th Personal Foul
2. If a player or coach receives a technical foul, they will remain on the bench for the remainder of the half. If they receive a second technical it will result in ejection from the game.

C. Violations in the Lane:

1. 5 seconds in the lane

D. Backcourt Pressure (Press)

1. When the other team secures the ball, the defense must retreat over the mid-court line and allow the offense to bring the ball into the front court. If this infraction occurs, the official will waive the defense back, or stop and allow the offensive team to throw the ball in.

FOOTBALL TOURNAMENT PLAYING RULES

SECTION 13.A - TACKLE FOOTBALL

Article 13.1 Games

A. 10 & Under, 12 & Under: Games shall consist of 4 x 8 minute quarters.

Article 13.2 Equipment

A. 10 & Under, 12 & Under: No metal or ceramic cleats or spikes may be worn.

B. Football Size

a. 10 & Under: Minimum size to be used is Peewee ball; Maximum size to be used is Junior

b. 12 & Under: Junior sized ball to be used

Article 13.3 Weight

A. Weight Limit

1. 10 & Under: Any child under 130 lbs. can play any position, including skill positions; any child over 130 lbs. must play down lineman
2. 12 & Under: Players shall not exceed 160 lbs. (stripped weight) and must weigh a minimum of 75 lbs.

B. Weigh-ins will be conducted one hour prior to the game.

Article 13.4 Participants

A. Only those persons listed on the team's roster will be allowed within the designated team bench area.

B. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Offender must remain on the bench under adult supervision and is suspended from his/her next game. SWAC reserves the right to penalize the offender more severely if warranted.

Article 13.5 Other Rules

A. Offense (10 & Under)

1. Instead of punting, ball will be moved 30 yards from the line of scrimmage. If moving the ball puts the ball in the end zone, the ball will placed on the 20 yard line. (Example you are on the 31 yd. line, ball would be put at 1 yard line. If at 30 yard line, it is a touchback.)

B. **Defense (10 & Under)**

1. No nose tackle can lineup head up center. Heavy's must play interior lineman, Heavy's cannot be outside the last player on interior line.
2. Running clock after 24 point lead

C. All other rules are covered in the National Federation (high school) rules book. (https://www.nfhs.org/activities-sports/football/)

SECTION 13.B - FLAG FOOTBALL

Article 13.6 Age Groups

A. 8 & Under co-ed; 10 & Under co-ed; 12 & Under co-ed

B. Cut-off date for ages will follow SWAC Football cut-off date

Article 13.7 Games

A. Games will be played on a 40 minute clock with two 20 minute halves.

Article 13.8 Equipment

A. No metal or ceramic cleats may be worn.

B. "Pop flags"use the same design used in official NFL Flag Leagues must be used by the Tournament Host

Article 13.9 Participants

A. Only those persons listed on the team's roster will be allowed within the designated team bench area.

B. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Offender must remain on the bench under adult supervision and is suspended from his/her next game. SWAC reserves the right to penalize the offender more severely if warranted.

Article 13.10 Teams

A. All teams participating in SWAC Flag Football must either play in an official recreation and parks league or must be approved through their local recreation and parks department

Article 13.11 Other Rules

A. All other rules found in the NFL Flag Football rulebook. http://www.nflflag.com/pdf/NFL_FLAG_Regular_Season_Rule_Book_2016.pdf

SOFTBALL TOURNAMENT PLAYING RULES

SECTION 14.0 SOFTBALL

***8 & Under Rules listed under Article 14.8**

Article 14.1 Field Dimensions

A. Pitching Distances: 10&Under = 35 feet; 12&Under = 40; 14 & Under and 16 & Under: 43 feet

B. Bases: Bases shall be set 60 feet for all age divisions

Article 14.2 Games

A. Games shall be 6 innings in length. Suspended games will be resumed at the point of interruption. Games must be completed.

B. The 10 run "mercy" rule shall be in effect after 4 complete innings of play. If the home team is ahead after 3 ½ innings of play, they will not bat. The 15 Run "mercy" rule shall be in effect after 3 complete innings of play. If the home teams is ahead after 2 ½ innings of play, they will not bat.

C. Time limit for all age groups: maximum time of 1 ½ hours (as long as a new inning has not started) for all games except for the championship game(s). Game time begins immediately after the home plate meeting of coaches and umpires.

D. 10 & Under will play with 10 players in the field.

E. The DP/Flex will not be in effect for 10 & Under.

F. No games may begin after 10 pm

G. A coin toss will determine home and visitor for each game other than championship game. Coin toss should not be used to determine home/away in championship games. Exception: Home team should be the team from the winners bracket in the first game If an if game is necessary, the team from the losers bracket should be the home team.

Article 14.3 Equipment

A. Batting helmets must be worn by batters, runners, youth base coaches and bat persons.

B. All helmets are required to have face guards.

C. Catchers must wear chest protector, shin guards and mask with throat protector when playing or warming up pitcher**.**

D. No metal or ceramic cleats or spikes are allowed for 10 & Under and 12 & Under only.

E. 10 & Under will use an 11" softball.

F. Bats must be permanently stamped with a ASA Logo.

G. Only National Youth Organization sanctioned balls are allowed.

H. It is strongly recommended that all infielders wear protective face gear.

Article 14.4 Participants

A. Only individuals listed on the team roster will be allowed in the dugout.

B. Teams may only have 3 adult coaches with 1 remaining in the dugout at all times. Only players and coaches on the roster are allowed in dugout. Bat Persons must be age 14 or under but the Tournament Director may make an exception in special situations.

C. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Offender must remain on the bench/dugout under adult supervision and is suspended from his/her next game. SWAC reserves the right to penalize the offender more severely if warranted.

Article 14.5 Base Running (for 10 and Under Only)

A. Base runners must remain in contact with the base they occupy until the ball reaches the plate. **PENALTY:** For leaving too soon; delayed dead ball and the runner is out.

B. Batters may not advance to first base on a mishandled third strike.

Article 14.6 Tie Breaker

At the conclusion of 6 innings of play or the 1 1/2 hour time-limit if there is a tie, the following tie breaker will be in effect.

Tie Breaker Rule: At the start of each half inning until a winner is determined, the offensive team will start with a runner on second base who will be the last recorded out from the previous inning. The game will then continue to be played as a regular baseball/softball game.

Article 14.7 Other Rules

A. In inclement weather situations, the Tournament Host has the option to contact the SWAC Softball Coordinator to reduce the length of games to 5 innings.

B. The on-deck batter should be situated behind the batter.

C. All other rules are covered in the National Federation (high school) rules book.

Article 14.8 8 & Under Division Rules

A. Tournament will be machine pitch, using the Louisville Slugger UPM 45 Blue Flame, set at approximately 32 mph crossing the plate, at a distance of 35 feet, and using an 11 inch softball. Tournament Director will be in charge of setting up machine prior to start of the game. Once the game begins, only the umpire may give permission for adjustments to be made to the machine. If the machine starts to throw consistently bad, the coaches may adjust the machine at that moment with the assistance of the umpires or tournament personnel. Batters will not be penalized if the machine needs to be adjusted. If a batter swings at a bad pitch it will be called a strike, otherwise it will be up to the umpire whether no pitch will be called.

B. Coaches will operate the machine for their batters.

C. Each batter and runner must wear a helmet with a face mask.

D. Each team roster will be limited to 15 players and 3 coaches. Teams must have birth certificates on hand. Teams will bat 10 players and substitute at their discretion.

E. Each team will get 3 outs or 10 batters per half inning.

F. Each batter will get 5 pitches or 3 swings. If the batter fouls the last pitch they will receive another pitch and will continue to bat as long as they make contact with the ball. There will not be any intentional walks to any batter during the game. If the batter bunts the last pitch foul then they will be out the same as bunting the 3rd strike foul.

G. The defense will consist of 10 players, to include 4 outfielders. 1 player, as the defensive pitcher, will be placed to the right or left of the pitching machine within a normal distance and must be behind the front of the pitching machine at the time the coach releases the pitch. There will be 1 player as catcher and the others in regular defensive positions. The outfielders must play on the grass. A team may play with as few as 8 players, but all infield positions including pitcher and catcher must be filled prior to filling any outfield positions. If a team plays with less than 10 players, then an out for each spot in the line-up will be charged when these spots are due to bat.
H. Time will be called only by the umpire when the lead runner is stopped or abandons their effort to advance. Bringing the ball to pitcher's mound, home plate, or a player calling time does not constitute time. If the defense makes a play on any other runner, then the lead runner is free to run. This will be up to the judgment of the umpire.
I. There will be no stealing and runners may leave the base when the ball reaches the plate. Runner(s) may advance only when ball has been put into play.
J. Bunting is allowed, but for the safety of all players if the batter shows bunt, they can only bunt or pull back. The batter will not be allowed to show bunt then pull back to slash or hit away. All defensive players (including the pitcher) must stay behind the machine until the ball is released.
K. If a batted ball hits any part of the pitching machine or coach it will be declared dead and the batter will be awarded 1st base and any other runners will advance 1 base only if forced.
L. In the event of an overthrow at 1st base, a runner(s) may advance only 1 base with the risk of being thrown out. If the defensive team makes an attempt to throw the runner(s) out, the play opens up and runners may advance until stopped or the runner(s) score. The throw to 1st may come from an outfielder. If the overthrow to 1st is the second part of a double play, then the overthrow to 1st is treated as the second part of the double play and the play becomes open, thus allowing the runner(s) to continue at their own risk. This rule applies to overthrows at 1st base. All other overthrows at any other base are the same as older age divisions.
M. The rule book will govern overthrows that go into dead ball areas, which is the base they are going to plus one at the time of the throw.
N. Games will be 1 ½ hours finish the inning, or 6 innings whichever comes first. "If" game will be an International Tie Breaker (ITB) beginning asap after the first championship game. Extra innings in games prior to the "If" game will also be ITB. The run rule is 12 runs after 3 innings, 10 runs after 4 innings, or 8 runs after 5 innings.
O. If a thrown ball hits the pitching machine, the ball will remain a live ball unless the umpire has called time. The pitching machine, when hit by a thrown ball, is considered part of the umpire and is governed by the rule book.
P. The umpire will also call time or dead ball when it is a safety concern such as the ball coming to rest under or near the pitching machine where it is dangerous to retrieve.
Q. To help speed the game along, a defensive coach may stand behind their catcher to retrieve past balls. If they choose to do so, no coaching will be done from this position.
R. In the judgment of the umpire if a runner leaves the base before the ball reaches the plate, the runner will be sent back to the base and "no pitch" will be called. A team warning will be issued to the whole team and any runners leaving the base early, in the umpire's judgment, the rest of the game the umpire will call "no pitch" and the runner will be called out.

S. This age group is designed to help the players learn the game and also have fun. Therefore, each batter will receive their turn at bat and NO intentional walks will be given during their time at bat.
T. When the lead runner has been stopped and the umpire has called time, if the trailing runners have not passed the half-way line between bases, they must return to the prior base touched.
U. There is no infield fly or dropped third strike.
V. When a runner retreats to a base with the ball on the infield, time will be called unless a play is being made on a runner.
W. Two officials will be used.

<u>For clarification purposes of the High School Pitching Rule the following is quoted from the High School Rule Book:</u>

Rule 6 Section 1 (Pitching Regulations {F.P})

Article 1

Prior to starting the delivery (pitch), the pitchers shall take a position with the pivot foot on or partially on the top surface of the pitcher's plate and the non-pivot foot in contact with or behind the pitcher's plate. Both feet must be on the ground within or partially within the 24-inch length of the pitcher's plate.

Article 2

a. The pitch starts when one hand is taken off the ball or the pitcher makes any motion that is part of the windup after the hands have been brought together.
b. Once the hands are brought together and are in motion, the pitcher shall not take more than one step which must be forward, toward the batter and simultaneous with the delivery. Any step backward shall begin before the hands come together. The step backward may end before or after the hands come together.

SOCCER TOURNAMENT PLAYING RULES

SECTION 15.0 SOCCER

Article 15.1 Field Dimensions

A. 8 & Under: 40 yards long x 30 yards wide
B. 10 & Under: 60 yards long x 40 yards wide
C. 12 & Under: 70 yards long x 50 yards wide
D. 14 & Under: 110 yards long x 70 yards wide
E. 16 & Under 110 yards long x 70 yards wide

Article 15.2 Games

A. **All Divisions: Mercy Rule -** A team ahead by 5 goals or more is **required** to remove all scorers of goals from the field of play. If this lead drops to a 3-goal differential (example 5 goals vs 2 goals), then the team may return scorers at next legal substitution opportunity. If removing scorers is not possible due to roster size, then scorers **must** be moved to "defensive or goalkeeper" positions on the field of play. Players that have scored most goals must be removed first.
B. 8 & Under: Two 18 minute halves with 5 minute halftime.
C. 10 & Under:: Two 25 minute halves with 5 minute halftime.
D. 12 & Under:: Two 30 minute halves with 5 minute halftime.
E. 14 & Under:: Two 35 minute halves with 5 minute halftime
F. 16 & Under:: Two 40 minute halves with 5 minute halftime.

Article 15.3 Players

A. 8 & Under: 5 vs. 5 (includes goalie). Max 10 players on roster
B. 10 & Under: 6 vs. 6 (includes goalie). Max 12 players on roster
C. 12 & Under: 8 vs. 8 (includes goalie). Max 14 players on roster
D. 14 & Under: 11 vs. 11 (includes goalie). Max 18 players on roster
E. 16 & Under: 11 vs. 11 (includes goalie). Max 18 players on roster

Article 15.4 Equipment

A. Balls: 8 & Under: Size 3. 10 & Under: Size 4. 12 & Under: Size 4. 14 & Under: Size 5. 16 & Under: Size 5
Game ball provided by host site.
B. Goals: For 8 & Under: 6' x 12' recommended. For 10 & Under/12 & Under: 7' x 21' recommended.
May use 8' x 24'. For 14 & Under: 8' x 24' For 16 & Under: 8' x 24'
C. Shin guards, goalie jersey, stockings (must cover shin guard), and soccer cleat. No toe cleat.
D. Jerseys: All players must have matching, non-duplicating jerseys.

Article 15.5 Participants

A. Only individuals listed on the team roster will be allowed in the playing area.

B. Unsportsmanlike conduct, profane language or tobacco products in the facility shall not be tolerated. PENALTY: Ejection from game. Offender must remain on the bench/dugout under adult supervision and is suspended from his/her next game. SWAC reserves the right to penalize the offender more severely if warranted.

C. Yellow Card: Player must leave the field of play (may return)

D. Red Card: Player must leave the field of play, must remain under adult supervision away from the playing area and will be suspended for the next scheduled game.

i. Offense by players which warrant the showing of a card (Yellow or Red) in the 8 & Under division will be handled by the official with discretion. Any player demonstrating behavior punishable by a card will be asked sit down for the remainder of the half. Coaches are expected to advise the player of the behavior in an attempt to prevent it from happening in the future.

E. Substitutions: May be made prior to the throw-ins (in your favor), goal kicks, after a goal has been scored, between halves, when a referee has stopped play due to an injury or after a player has been cautioned.

F. Heading: Is banned for divisions 12 & Under and below. **Penalty:** If during the course of play, a header is deliberately performed, play will be stopped and an indirect free kick will be awarded to the opposing team.

1. The indirect free kick is to be taken from the place where the player touched the ball with his/her head.

2. An indirect free kick awarded to the attacking team inside the opposing team's goal area, must be taken on the goal area line parallel to the goal line at the point nearest to where the player touched the ball with his/her head.

3. Neither cautions nor send offs shall be issued for persistent infringement or denying an obvious goal scoring opportunity related to a heading infraction.

G. Build Out Rule: 10 & Under and below divisions ONLY. When the goalkeeper has the ball, either during play (from the opponent) or from a goal kick, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (Punting is NOT allowed). After the ball is put into play by the goalkeeper, the opposing team can cross the build out line, and play resumes as normal

Penalty: a. If defending team does not respect the build out line. Play is stopped, the ball is returned to the goalkeeper and then allowed to resume as outlined above.

b. If a goalkeeper punts the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

Article 15.6 Type of Play

A. Pool Play: Winner of each pool advances to medal round. In case of a tie:

1. Head to Head
2. Fewest Goals Allowed
3. Margin of Victory (a maximum of 3 points per game).
4. Kicks from the Mark (5 players each) only those players that were on the field when the game ended. (Does not apply to 8 & Under)
5. Sudden Death Kicks from the Mark (same 5 players from the previous penalty kick's).
    i. For 8 & Under: 5 players from each team will take kicks from top of goalie arc until winner is declared.

B. Medal Play Games: In case of tie

1. 10 minute golden goal period to be played as two 5-minute periods separated by a 2 minute break with teams switching sides during intermission. A coin toss will begin the golden goal period.
2. Kicks from the Mark (5 players each). (Does not apply to 8 & Under)
3. Sudden Death Kicks from the Mark (same 5 players from the previous penalty kick's).
    i. For 8 & Under: 5 players from each team will take kicks from top of goalie arc until winner is declared.

C. Kick Off: a coin flip will determine who kicks off to start the game. The other team will kick off to start the 2nd half.

D. Kicks from the Mark: For 8 & Under: The ball is placed on the top of the goalie arc. The goalie must remain on the goal line until the ball has been kicked. All other players are off the field of play. For all other age groups: The ball is placed on the penalty mark. The goalie must remain on the goal line until the ball has been kicked. All other players must be outside the penalty area and behind the penalty mark.

E. Off-sides: Off-sides will be in effect for all age groups except 8 & Under.

Article 15.7 Other Rules

A. All other rules are covered in the United States Soccer Federation (USSF). www.ussoccer.com.

1. Click on referees.
2. Click on laws of the game.

B. Teams may participate if all players are registered in the current season, are participants of an agency's soccer program and are the appropriate age in order to fulfill the minimum tournament requirements. Exceptions to this rule should be addressed to the SWAC Chair and approved by the Steering Board.

C. Tournament Host must provide score cards to officials, which must be used to record the jersey numbers of all players who score goals and the amount of goals that each player scored.

SPECIAL EVENT POLICIES

SECTION 16.0 ELIGIBILITY

Article 16.1 Agencies

A. Professional Agency: Must hold current agency membership and have at least one member of their staff holding a current professional membership in NCRPA.

B. Association and/or Private Agency: Must hold current agency membership with NCRPA and have a letter of recommendation from a local recreation staff member who holds a current professional NCRPA membership.

Article 16.2 Individuals

A. All players must be amateurs**.**

NOTE: Eligibility rules may vary if the event is a national organization (example: Punt, Pass & Kick). See Special Event Competition Rules**.**

SECTION 17.0 AGES

Article 17.1 Age Groups Age groups may vary if the event is one produced by an outside organization (example: Pitch, Hit and Run, etc.). Age groups will be provided with the info sent by the governing organizations for such events. Otherwise, participants will compete on the following:

A. Participants shall be qualified by age according to the following:

- **a.** 10 & Under - Must not turn 11 prior to cut-off date.
- **b.** 12 & Under - Must not turn 13 prior to cut-off date.
- **c.** 14 & Under - Must not turn 15 prior to cut-off date.
- **d.** 16 & Under - Must not turn 17 prior to cut-off date.
- **e.** 18 & Under - Must not turn 19 prior to cut-off date.

Article 17.2 Cut-Off Dates

A. Pitch, Hit & Run – cut off date provided by national organization.

Article 17.3 Proof of Age

A. Participants are required to submit a Birth Certificates or other legal proof of age prior to participating in the competition - **NO EXCEPTIONS**.

SECTION 18.0 FORMAT, TIMES AND DATES

Article 18.1 Format

A. Competition format is determined by competition rules of each individual special event. See Special Event competition rules.

Article 18.2 Competition Dates

A. Competition dates cannot be determined on a long-term basis. They will vary from year to year especially for events produced by an outside organization. General time frames for competitions are listed below.

a. Pitch, Hit and Run

~ Locals: April-May
~ Sectionals: May-June
~ Team (Atlanta): June-July

SECTION 19.0 COMPETITION HOST DUTIES

Article 19.1 Competition Host

NOTE: Sectional sites are awarded by the SWAC Steering Board at the SWAC Winter Meetings in January. Agencies interested in hosting a special event sectional competition should submit a Tournament Bid Form to their NCRPA prior to December 31.

ii. Must adhere to all SWAC and Special Event policies and rules. PENALTY: Loss of future SWAC competitions, possible suspension from participating and fines.

iii. A minimum of one week prior to any local competitions Sectional Competition Host shall be responsible for providing the local competition hosts within their section with the following:

a. Directions to their facility
b. Registration and competition times

iv. For the competition, the Competition Host shall be responsible for the following:

a. Providing all necessary equipment to conduct the competition
b. Providing all officials and score keepers
c. Providing adequate staff to run the competition

v. The Competition Host shall serve as Competition Director or shall assign an individual from their staff to serve as Competition Director.

vi. The Competition Host shall submit completed results to the State Coordinator not later than the first business day following the completion of the competition.

Article 19.2 Competition Director

A. The Competition Director shall be responsible for supervising the competition.

B. The Competition Director shall be responsible for enforcing all SWAC and Special Event policies and rules. The Competition Director MUST have a working knowledge of the SWAC Manual.

Reimbursement for Officials

IMPORTANT: Tournament Director must submit this form to NCRPA within two weeks of completion of the tournament.

Tournament _____

Date _____ Agency _____

Reimbursement rate is $10.00 per official per game. SWAC policy determines the number of officials per game that an agency may request reimbursement. See the SWAC Manual under Tournament Policies.

No. of Games Played _____ X _____ No. of Officials X $10.00 = $_____ Reimbursement

Make Check Payable to: _____

Mail Check to: _____

_____

Send form to: NCRPA
883 Washington St.
Raleigh, NC 27605
Fax: 919-832-3323

A **COMPLETED** copy of your brackets must be sent with this request.

Reimbursement for FINES

IMPORTANT: Tournament Director must submit this form to NCRPA within two weeks of completion of the tournament.

Tournament _____

Date _____ Agency _____

Reimbursement is based on fines in sections 5 and 6, please contact NCRPA with questions.

Agency receiving fine:_____

Representative notified: Role:_____

Phone: _____Email:_____

Resson Fined_____ _____ __

_____ ___

Amount Fined = $_____ Reimbursement

Make Check Payable to: _____

Mail Check to: _____

_____

Send form to: NCRPA
883 Washington St.
Raleigh, NC 27605
Fax: 919-832-3323

A **COMPLETED** copy of your tournament report and any incident report must be submitted with this request.

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North Carolina Recreation and Park Association
Statewide Athletics Committee

OFFICIAL BASEBALL/SOFTBALL ROSTER

This completed roster form and proof of age must be sent to the tournament host by 5pm three (3) days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until it is received. (see article 5/3 in the SWAC Manual for complete details)

NORTH CAROLINA RECREATION & PARK ASSOCIATION

Name of League_____ City _____ County:

Name of Head Coach _____ Work#: (_____) _____ Cell (_____)

County/City AD's Name_____ Work# (_____)_____ Cell (_____)

Attention Parent/Guardian: By signing your name on this roster you agree to the following:

My child has my permission to attend the North Carolina Recreation and Park Association Statewide Athletics Committee Baseball/Softball tournament. I understand and agree, that the North Carolina Recreation and Park Association (NCRPA), the tournament host agency, as well as any representative of said organizations cannot be held responsible for any accidents that might occur. However, in case of an emergency situation, any adult supervisor representing my child's team and/or the Statewide Athletics Committee has my permission to take whatever action he/she deems necessary in the event that I cannot be reached to make the decision. I understand all rules and codes of conduct and understand the ramifications of breaking these rules.

By initialing the Media Release column, I grant NCRPA and its agents and assigns the right to photograph my child and use the photo and/or other digital reproductions of him/her or other reproductions of his/her likeness for publication purposes, whether electronic, print, digital or electronic publishing via the internet.

Please provide any medical allergies or health issues that your child may have to the coach.

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
1					
2					
3					
4					
5					

CONTINUED ON NEXT PAGE

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
Non-coaching bat person:					

Additional Coaches: 1._____ 2.

A. I hereby **certify** that the dates of birth of the players listed above **are correct** and **have been substantiated by a birth certificate or other legal document**, which will be submitted to the Tournament Director by 5pm three days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until the completed roster and proof of birth is received by the Tournament Host

B. I further **certify** that the players listed above **reside within the league's boundaries** and **have played in a majority of their team's games** in the league named above in **accordance with their local league and SWAC Tournament Regulations and Rules. Coaches should be qualified coaches and agree to abide by all SWAC rules.**

NCRPA Members Name (please print)_____Signature:

Agency:_____ **Phone Number: (_____)**

Sectional Host Signature:_____ **State Host Signature:**

Head Coach Signature:_____ **Assistant Coach Signature:**_____

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Statewide Athletics Committee

OFFICIAL BASKETBALL ROSTER

This completed roster form and proof of age must be sent to the tournament host by 5pm three (3) days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until it is received. (see article 5/3 in the SWAC Manual for complete details)

NORTH CAROLINA RECREATION & PARK ASSOCIATION

Name of League_____ City _____ County:

Name of Head Coach _____ Work#: (_____) _____ Cell (_____)

County/City AD's Name_____ Work# (_____)_____ Cell (_____)

Attention Parent/Guardian: By signing your name on this roster you agree to the following:

My child has my permission to attend the North Carolina Recreation and Park Association Statewide Athletics Committee Basketball tournament. I understand and agree, that the North Carolina Recreation and Park Association (NCRPA), the tournament host agency, as well as any representative of said organizations cannot be held responsible for any accidents that might occur. However, in case of an emergency situation, any adult supervisor representing my child's team and/or the Statewide Athletics Committee has my permission to take whatever action he/she deems necessary in the event that I cannot be reached to make the decision. I understand all rules and codes of conduct and understand the ramifications of breaking these rules.

By initialing the Media Release column, I grant NCRPA and its agents and assigns the right to photograph my child and use the photo and/or other digital reproductions of him/her or other reproductions of his/her likeness for publication purposes, whether electronic, print, digital or electronic publishing via the internet.

Please provide any medical allergies or health issues that your child may have to the coach.

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
1					
2					
3					
4					
5					
6					
7					

CONTINUED ON NEXT PAGE

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
8					
9					
10					
11					
12					

Additional Coaches: 1._____ 2.

A. I hereby **certify** that the dates of birth of the players listed above **are correct** and **have been substantiated by a birth certificate or other legal document**, which will be submitted to the Tournament Director by 5pm three days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until the completed roster and proof of birth is received by the Tournament Host.

B. I further **certify** that the players listed above **reside within the league's boundaries** and **have played in a majority of their team's games** in the league named above in **accordance with their local league and SWAC Tournament Regulations and Rules. Coaches should be qualified coaches and agree to abide by all SWAC rules.**

NCRPA Members Name (please print)_____Signature:

Agency:_____ Phone Number: (_____)

Sectional Host Signature:_____ State Host Signature:

Head Coach Signature:_____ Assistant Coach Signature:_____

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Statewide Athletics Committee

OFFICIAL FOOTBALL ROSTER

This completed roster form and proof of age must be sent to the tournament host by 5pm three (3) days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until it is received. (see article 5/3 in the SWAC Manual for complete details)

NORTH CAROLINA RECREATION & PARK ASSOCIATION

Name of League_____ City _____ County:

Name of Head Coach _____ Work#: (_____) _____ Cell (_____)

County/City AD's Name_____ Work# (_____)_____ Cell (_____)

Attention Parent/Guardian: By signing your name on this roster you agree to the following:

My child has my permission to attend the North Carolina Recreation and Park Association Statewide Athletics Committee Football tournament. I understand and agree, that the North Carolina Recreation and Park Association (NCRPA), the tournament host agency, as well as any representative of said organizations cannot be held responsible for any accidents that might occur. However, in case of an emergency situation, any adult supervisor representing my child's team and/or the Statewide Athletics Committee has my permission to take whatever action he/she deems necessary in the event that I cannot be reached to make the decision. I understand all rules and codes of conduct and understand the ramifications of breaking these rules.

By initialing the Media Release column, I grant NCRPA and its agents and assigns the right to photograph my child and use the photo and/or other digital reproductions of him/her or other reproductions of his/her likeness for publication purposes, whether electronic, print, digital or electronic publishing via the internet.

Please provide any medical allergies or health issues that your child may have to the coach.

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
1					
2					
3					
4					
5					
6					
7					

CONTINUED ON NEXT PAGE

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					

CONTINUED ON NEXT PAGE

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					

CONTINUED ON NEXT PAGE

Additional Coaches: 1._____ **2.**

3. _____ **4.**

A. I hereby **certify** that the dates of birth of the players listed above **are correct** and **have been substantiated by a birth certificate or other legal document**, which will be submitted to the Tournament Director by 5pm three days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until the completed roster and proof of birth is received by the Tournament Host.
B. I further **certify** that the players listed above **reside within the league's boundaries** and **have played in a majority of their team's games** in the league named above in **accordance with their local league and SWAC Tournament Regulations and Rules. Coaches should be qualified coaches and agree to abide by all SWAC rules.**

NCRPA Members Name (please print)_____**Signature:**

Agency:_____ **Phone Number: (_____)**

Sectional Host Signature:_____ **State Host Signature:**

Head Coach Signature:_____ **Assistant Coach Signature:**_____

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Statewide Athletics Committee

OFFICIAL SOCCER ROSTER

This completed roster form and proof of age must be sent to the tournament host by 5pm three (3) days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until it is received. (see article 5/3 in the SWAC Manual for complete details)

NORTH CAROLINA RECREATION & PARK ASSOCIATION

Name of League_____ City _____ County:

Name of Head Coach _____ Work#: (_____) _____ Cell (_____)

County/City AD's Name_____ Work# (_____)_____ Cell (_____)

Attention Parent/Guardian: By signing your name on this roster you agree to the following:

My child has my permission to attend the North Carolina Recreation and Park Association Statewide Athletics Committee Soccer tournament. I understand and agree, that the North Carolina Recreation and Park Association (NCRPA), the tournament host agency, as well as any representative of said organizations cannot be held responsible for any accidents that might occur. However, in case of an emergency situation, any adult supervisor representing my child's team and/or the Statewide Athletics Committee has my permission to take whatever action he/she deems necessary in the event that I cannot be reached to make the decision. I understand all rules and codes of conduct and understand the ramifications of breaking these rules.

By initialing the Media Release column, I grant NCRPA and its agents and assigns the right to photograph my child and use the photo and/or other digital reproductions of him/her or other reproductions of his/her likeness for publication purposes, whether electronic, print, digital or electronic publishing via the internet.

Please provide any medical allergies or health issues that your child may have to the coach.

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
1					
2					
3					
4					
5					
6					

7					

CONTINUED ON NEXT PAGE

Name of Player	DOB	Phone #	Parent/Guardian's Print Name	Parent/Guardian's Signature	
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					

Shaded boxes for use by 12 & Under and 14 &Under teams as allowed in the SWAC manual.

Additional Coaches: 1._____ 2.

A. I hereby **certify** that the dates of birth of the players listed above **are correct** and **have been substantiated by a birth certificate or other legal document**, which will be submitted to the Tournament Director by 5pm three days prior to the first scheduled game of the tournament. Failure to do so will result in a $50/day fine until the completed roster and proof of birth is received by the Tournament Host.

B. I further **certify** that the players listed above **reside within the league's boundaries** and **have played in a majority of their team's games** in the league named above in **accordance with their local league and SWAC Tournament Regulations and Rules. Coaches should be qualified coaches and agree to abide by all SWAC rules.**

NCRPA Members Name (please print)_____Signature:

Agency:_____ **Phone Number: (_____)**

Sectional Host Signature:_____ **State Host Signature:**

Head Coach Signature:_____ **Assistant Coach Signature:**_____