

# **EXHIBIT A**



# Administrative Procedures of the Florida High School Athletic Association, Inc. **2015-16 Edition**

Pursuant to the authority granted it in Article 4.6 of the FHSAA Bylaws, Executive Director has established the following procedures to govern the Association's interscholastic athletic programs. They apply to all regular season contests as well as the Florida High School State Championships unless otherwise modified or superseded by the terms and conditions approved for the Florida High School State Championships. In the case of any conflict, whether actual or believed, with the Bylaws of the FHSAA, the Bylaws shall control. Any understanding, misunderstanding, opinion or belief by an individual as a result of reading these procedures shall not be binding on the FHSAA. The term "Executive Director" as used throughout these procedures shall mean the Executive Director of the FHSAA or his/her designee, unless otherwise specifically noted. Official rulings shall be requested in writing only by the principal or designated official representative of a member school and shall be provided in writing by the Executive Director or his/her designee. Only a formal ruling by the Executive Director or his/her designee is binding on the FHSAA. General failure to comply with FHSAA Administrative Procedures will subject the school to a monetary penalty of a minimum of \$100 per occurrence.

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**NOTE: Changes to previous published administrative procedures are highlighted in gray**



ADMINISTRATIVE PROCEDURE 1**ELIGIBILITY & COMPLIANCE PROCEDURES****1.1 Establishing School Residence**

**1.1.1 Traditional Students.** A “Traditional” student may participate only in the interscholastic athletic programs sponsored by the school he/she first attends each school year, which is either the school where the student first attends classes or the school where the student first participates in athletic activities on or after the official start date of that sport season before he/she attends classes at any school. The student will have been considered to have established his/her school residence at that school for that school year. School residence is only established once during a school year.

**1.1.2 Non-Traditional Students.** A “Non-Traditional” student may participate only in the interscholastic athletic programs sponsored by the school he/she first registers his/her intent to participate. As such the student will have been considered to have established his/her school residence at that school for that school year. School residence is only established once during a school year.

**1.2 Register Intent.** A “Non-Traditional” student must register his/her intent to participate on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate.

**1.2.1 Register Intent Only Once.** A “Non-Traditional” student needs to register their intent only one time for each sport in which the student wishes to participate. As long as the student remains affiliated with a school in the sport(s) in which intent was originally registered and does not participate in any other school’s athletic program, the student does not need to re-register intent. However, if the student subsequently changes his/her affiliation to a different school, then the student must register intent with the new school prior to a date, which is not earlier than, the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.

**1.2.2 Forms.** Registering intent can be accomplished by the completion and submission of one or more of the following forms:

**1.2.2.1 GA4 Form.** The student must complete and submit the GA4 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form needs to be complete only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered and does not participate in any other school’s athletic program, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new GA4 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.

**1.2.2.2 EL7 Form.** The student must complete and submit the EL7 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form needs to be completed only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered and does not participate in any other school’s athletic program, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new EL7 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.

**1.2.2.3 EL12 Form.** The student must complete and submit the EL12 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form needs to be complete only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered and does not participate in any other school’s athletic program, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new EL12 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.

**1.2.2.4 EL14 Form.** The student must complete and submit the EL14 Form only if the student is choosing to participate at a public school, operated by the school district, the student could choose to attend according to the “Controlled Open Enrollment” provisions of the school district and provided the deadlines established in the provisions are met by the student. The completed form must be submitted to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form needs to be complete only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered and does not participate in any other school’s athletic program, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new EL14 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2. Note, this form must be signed by a school district official and the student should allow sufficient time for the school district to process this paperwork.

**1.2.2.5 EL2 Form.** The student must complete and submit the EL2 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form is valid for 365 from the date it is first signed and must be completed and submitted each year the student participates. This form is nontransferable

(except for pages 2 and 3) and a new page 1 of the form must be completed and submitted to the school athletic director when a student changes school affiliation.

1.2.2.6 EL3 Form. The student must complete and submit the EL3 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form is valid for 365 from the date it is first signed and must be completed and submitted each year the student participates. This form is nontransferable and a new form must be completed and submitted to the school athletic director when a student changes school affiliation.

1.2.2.7 EL3CH Form and Addendum. The student must complete and submit the EL3CH Form and Addendum to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form is valid for 365 from the date it is first signed and must be completed and submitted each year the student participates. This form is nontransferable and a new form must be completed and submitted to the school athletic director when a student changes school affiliation.

## 1.3 Transfers

### 1.3.1 Definitions

1.3.1.1 Transfer. A transfer of schools occurs when a student changes the school they attend during the school year (see Bylaw 1.4.5). The student is subject to the transfer provision in Bylaw 9.3.

1.3.1.2 Change of School. A change of schools occurs when a student changes the school they attend during the summer (see Bylaw 1.4.6). The student is subject to provisions of Bylaw 9.2.

1.3.2 Parent/Student Responsibilities. Once the student has completed the transfer (i.e. is attending classes at the new school), the student/parent must:

1.3.2.1 Speak with the school's administration (including the athletic director) on the first day of attendance.

1.3.2.2 Complete and submit a GA4 Form to the athletic director.

1.3.2.3 Complete and submit new EL3 Form to the athletic director, as well as submit copies of the EL2, EL3CH and EL3CH Addendum Forms.

1.3.3 School Administration Responsibilities. Prior to allowing the student to participate in interscholastic athletics, the school administration must:

1.3.3.1 Determine the student's cumulative GPA, and

1.3.3.2 Ensure an official transcript has been received and verify the student's date of birth by documented proof provided by the parent (see Bylaw 9.6.4.1, i.e. original passport or original birth certificate or U.S. Visa or U.S. Permanent Resident Card); and

1.3.3.3 Obtain a copy of the student's EL2, EL3CH and EL3CH Addendum Forms and have the student/parent complete a new EL3 Form; and

1.3.3.4 Determine that the student meets one of the six provisions listed in Bylaw 9.3.2 (Note: the student needs to meet only one of the provisions not all of them):

1.3.3.4.1 Bylaw 9.3.2.1 – Transfer Before the Beginning of a Sport Season

- (a) Student must transfer and attend before the first day of the sports season, as established in the FHSAA calendar.
- (b) The transfer was approved by the district school board or private school policies.
- (c) An EL 6 Form was completed and signed by the principal indicating the student is eligible.
- (d) The EL 6 Form is submitted to the FHSAA via fax or e-mail at [eligibility@fhsaa.org](mailto:eligibility@fhsaa.org).

1.3.3.4.2 Bylaw 9.3.2.2 – Transfer with a Full and Complete Move

- (a) The EL6 Form IS NOT applicable with this type of transfer.
- (b) The student's former residence is not occupied by anyone the student lived with prior to moving; and
- (c) Personal belongings no longer existence in the previous residence; and
- (d) Mail is received at the new residence; and
- (e) All utilities are transferred to the new residence; and
- (f) Driver's license, voter registration and any other forms of legal identification have been changed to the new residence; and
- (g) This move made it necessary to change schools (see Bylaw 9.3.2.7).

*(Note: all of conditions b - g must be met)*

1.3.3.4.3 Bylaw 9.3.2.3 – Transfer Required Due to a Change of Residence by the Student

- (a) The EL6 Form IS NOT applicable with this type of transfer.
- (b) A person the student was living with dies; or



- (c) A person the student was living with is imprisoned or committed by court order to a mental facility; or
- (d) The student is made ward of the court or state and placed in a foster home; and
- (e) This move made it necessary to change schools (see Bylaw 9.3.2.7).

#### 1.3.3.4.4 Bylaw 9.3.2.4 – Transfer Due to Marriage of the Student

- (a) The EL6 Form IS NOT applicable with this type of transfer.
- (b) The student is married and needs to move with their spouse, and
- (c) This move made it necessary to change schools (see Bylaw 9.3.2.7)

#### 1.3.3.4.5 Bylaw 9.3.2.5 – Transfer Due to Reassignment by the School District

- (a) The EL6 Form IS NOT applicable with this type of transfer.
- (b) Review the student's reassignment by the school board to ensure the following:
  - The assignment is not prompted by a request from the student, parents or legal guardian; and
  - The assignment is not for athletic or disciplinary reasons.

#### 1.3.3.4.6 Bylaw 9.3.2.6 – Transfer Within the First Twenty School Days

- (a) The EL6 Form IS NOT applicable with this type of transfer.
- (b) Contact the previous school to determine:
  - If the student was recruited; or
  - If the transfer is due to athletic reasons; or
  - If the transfer is because of disciplinary reasons or misconduct.

1.3.3.5 Contact the student's previous school to verify eligibility while the student was enrolled at the previous school.

1.3.3.6 Complete and submit an EL6 Form only if the student qualifies under Bylaw 9.3.2.1 (transfer before the beginning of the sport season) as follows:

1.3.3.6.1 This form must be completed by the receiving school; and

1.3.3.6.2 The principal or his/her designee must contact the previous school(s) to verify eligibility; and

1.3.3.6.3 The form must identify the previous school(s) attended by the student for the current school year only, with the name, city and state of the school(s); and

1.3.3.6.4 The principal's or designee's signature certifies the student's eligibility.

## 1.4 Transcripts

**1.4.1 Official Transcripts.** Some member schools have different additional graduation requirements related to the school's curriculum. As a result the member school may not accept certain grades earned by the student prior to attending its institution (i.e. transfer courses). For the purpose of determining academic, athletic eligibility, the school must provide a transcript which includes all of the following:

1.4.1.1 All grades earned by the student since first entering 9th grade must be reflected and used to calculate the student's athletic eligibility. (Note: some member schools now reflect a weighted GPA, an unweighted GPA and athletic GPA to indicate the student's GPA).

1.4.1.2 Students required to repeat an academic course or an academic year must have the initial grade earned and the repeated grade earned reflected on the transcript used for athletic eligibility (Note: repeating an academic course or academic year does not extend a student's limit of eligibility beyond four (4) years).

1.4.1.3 Grades earned in other countries must be reflected on the transcript used for athletic eligibility.

1.4.1.4 Grades earned through virtual programs must be reflected on the transcript used for athletic eligibility.

1.4.1.5 The student must also provide the school with all information the school needs to determine the student's eligibility using the scale in Bylaw 9.4.2. The student cannot be declared academically eligible by the member school until all such information is received to its satisfaction. Final grades previously earned by the student shall not be converted using the scale in Bylaw 9.4.2.

1.4.2 Grade Forgiveness. In accordance with Florida Statutes (s. 1003.428(4)(d) note) and Bylaw 9.4, member schools may enhance a student's GPA to meet the minimum 2.0 GPA requirement through grade forgiveness. It is important to remember that some member schools and school districts may apply grade forgiveness differently for the purpose of meeting graduating requirements, in the event a student is in danger of not meeting the school's or school district's graduation requirements. Athletic Directors must be in communication with their school's guidance department to ensure grade forgiveness is being applied correctly for the purpose of determining academic, athletic eligibility. The following are some guiding principles for applying grade forgiveness for athletic eligibility:

- 1.4.2.1 The replacement of a core course must be by a core courses in the same subject and level, i.e. exchange a chemistry grade for a chemistry grade, but not biology grade for a chemistry grade (different levels; science courses are very restrictive);
- 1.4.2.2 The replacement of a core course by an elective course cannot be done until the requirements of that core has been met and the required electives have been met (this is what impacts graduation);
- 1.4.2.3 The grade replacing another grade must match by semester, i.e. 2nd semester English I may only replace 2nd semester English I, (it may not replace 1st semester English I);
- 1.4.2.4 The grade being used for forgiveness must succeed the grade it is replacing;
- 1.4.2.5 The grade being used for forgiveness must not be used for a grade during the same semester;
- 1.4.2.6 Students can enhance a grade in any elective course by taking another elective course, provided the required electives have been met (i.e., keyboarding may replace weightlifting).

**1.5 Due Process.** Students are afforded the right for Due Process as established by FHSAA Bylaws and Policies. It is the intention of the FHSAA to provide a platform to minimize the amount of time for completion of this process. Casual conversations with staff, telephone calls and email inquiries concerning student eligibility, or possible violations of association rules and regulations, are not official rulings.

**1.5.1 Due Process Procedures.** A student who does not meet eligibility criteria, as established by membership, and is so determined by a member school may seek due process.

- a) If or when an eligibility ruling is requested (EL10), the association staff will provide written notice to the school of the student's eligibility status, identify the bylaw or policy rendering the student ineligible and provide pertinent information concerning the next step in due process within 10 business days of receipt of the EL10.
- b) The student and/or parent may opt to have their case heard before the Sectional Appeals Committee via teleconference, in-person, or in-absence in their administrative section by requesting the school to submit an EL11. The Sectional Appeals Committee shall meet monthly and review cases received 10 business days prior to the date of the hearing.
- c) At the conclusion of the Sectional Appeals hearing a decision will be rendered granting or denying a waiver of the regulation impacting the student's eligibility. The school is also notified in writing of the decision rendered by the Sectional Appeals Committee. If denied, the student and/or parent may elect to seek mediation, a hearing before the Board of Directors, or both. The school must use the EL11M (mediation request form) or EL11B (Board of Directors hearing request form) to acknowledge its intentions to the office of the Executive Director within 5 business days following the date of the Sectional Appeal Hearing.
- d) Mediation will be rendered within 5 business days after submission of the EL11M. The school is notified of the decision in writing. If an agreement is not reached, the student and/or parent may request to have the case heard by the Board of Directors. This request is done utilizing an EL11B.
- e) Once the EL11B is submitted, the Board of Directors hear the case either via teleconference, in-person or in-absence and render a final decision at the conclusion of the hearing. The Board of Directors meet 5 times per year.
- f) Per Bylaw 4.6.2.1, the Executive Director has the authority to grant provisional eligibility in situations where the circumstances are beyond the student's control and the student will miss all or most of the sport season in which he/she participates before having the opportunity to appear before a Sectional Appeals Committee.

**1.5.2 EL10, EL11, EL11B or EL11M Form.** The EL10 – Request for Eligibility Ruling Form – is used when a school is uncertain as to the eligibility of a student, or other potential violation, based on the bylaws and policies of the association. The EL11 – Request for Sectional Appeals Committee Hearing – is used when the school has determined that a student is ineligible based on the bylaws and policies of the association and the school is seeking a waiver of those bylaws or policies on behalf of the student. The EL11 is also used when a school is seeking a waiver of other violations of the bylaws and policies of the association that are not directly related to student eligibility. The EL11M – Request for Mediation – is used when a school chooses to seek the mediation of a student's eligibility. The EL11B – Request for Board of Directors Appeal Hearing – is used when the school chooses a hearing before the Board of Directors seeking a waiver of the bylaws and policies of the association. It is NOT required that an EL10 Form precede an EL11 or EL11S Form.

**1.5.3 When to File an EL10 Form.** Student eligibility issues related to Bylaw 9.2 (Attendance Requirements) and Bylaw 9.3 (Transfer Regulations) are often times open to interpretation. Uncertainty with these two bylaws may warrant the use of the EL10 Form. While issues related to Bylaw 9.4 (GPA), Bylaw 9.5 (4 year limit of eligibility) and Bylaw 9.6 (age limit) are generally clear cut, schools may submit the EL10 Form. The use of this form is not required in order to file the EL11 or EL11S Form if an appeal or mediation is requested. Additionally, an EL10 Form should not be filed within 10 business days of the filing deadline for an EL11 Form without filing the EL11 Form as well. It is much easier for the association to remove an appeal from the hearing agenda than to add an appeal to the hearing agenda after the EL11 submission deadline has passed.

**1.5.4 When to File an EL11 Form.** When the school has determined that there has been a clear cut violation of the bylaws or policies of the association and the school feels an appeal for a waiver of the violated bylaws or policies is justified, then it would be appropriate to file the EL11 Form. Additionally, if a student or parent requests an appeal of an eligibility ruling, the school must



honor that request and file an EL11 Form. However, Bylaw 10.4.4 (Undue Hardship Waivers) and following sub-sections should be reviewed, in their entirety, with the student and parent, with particular emphasis on the potential cost to the school (which can be levied to the student/parent by the school) for the appeal being heard by the Section Appeals Committee.

1.5.5 When to File an EL11B or EL11M Form. When a school chooses to appeal a matter to the Board of Directors or chooses to request the mediation of student eligibility on behalf of a student, then it would be appropriate to file an EL11B Form or EL11M Form, respectively. Note, a request for the mediation of student eligibility must follow a ruling of an appeal before a Section Appeals Committee. In the case of student eligibility appeals to the Board of Directors, Bylaw 10.4.4 (Undue Hardship Waivers) and following sub-sections should be reviewed, in their entirety, with the student and parent, with particular emphasis on the potential cost to the school (which can be levied to the student/parent by the school). The cost of mediation of student eligibility will be shared equally by both parties.

## 1.6 Combination Schools with Multiple Campuses

If a combination school submits documentation, from at least one source in each of the following Levels (for a total of 3 documents, as a minimum) indicating that the combination school is considered as a “single school”, then FHSAA will also consider the combination school to be a “single school”, for the purposes of Bylaw 3.2.2.3:

### 1.6.1 Federal Level

- 1.6.1.1 Documentation through the IRS; or
- 1.6.1.2 Documentation through the Office of Homeland Security; or
- 1.6.1.3 Documentation through the Federal EEOC (Equal Employment Opportunity Commission).

### 1.6.2 State Level

- 1.6.2.1 Documentation through the Florida Department of Education; or
- 1.6.2.2 Documentation through the Florida Department of Revenue.

### 1.6.3 Accreditation Level

- 1.6.3.1 Documentation through FCIS; or
- 1.6.3.2 Documentation through SACS; or
- 1.6.3.3 Documentation through one of the FHSAA Approved Accrediting Agencies as listed in Policy 5.3.

## 1.7 What is a School?

1.7.1 Background. FHSAA member schools are allowed to compete against non-member schools located in the state of Florida. Member schools and coaches must be cautious allowing their teams to compete against other teams which may not be considered a school. Member schools must insure that the non-member school is in compliance with Bylaw 8.3.1.

1.7.2 Florida State Statutes. State Statutes clearly define public schools (s. 1003.01(2)), private schools (s. 1002.01(2) and s. 1002.42) and home education programs (s. 1002.01(1) and s. 1002.41).

1.7.3 Florida Department of Education. Public schools, Charter schools, virtual schools, and private schools duly registered with the Florida Department of Education are issued Department of Education identification numbers. A condition of being issued a DOE number is that the school will meet the provisions of F.S. 1002. Home Education Cooperatives are not issued a DOE number, but for the purposes of interscholastic athletics they are considered a school.

1.7.4 Interscholastic Athletic Competition. The following serves as a guideline for determining if a team represents a school:

- 1.7.4.1 The school has been issued a Florida Department of Education Identification Number (does not apply to home education cooperative school/teams); and
- 1.7.4.2 The school provides academic instruction in courses as required in F.S. 1003.43(1); and
- 1.7.4.3 The school is physically located in the state of Florida; and
- 1.7.4.4 Course of instruction culminates with conferring a diploma or other recognition of a satisfactorily completed program (except for Home Education Programs).

**NOTE:** Institutions listed in C2CSchools may not meet the above provisions and member school representatives are strongly encouraged to practice due diligence in determining if the team is compliant with the above. Member schools are cautioned to avoid competition between a team in question.

## 1.8 Non-Traditional Students

### 1.8.1 Student Registration Procedures

1.8.1.1 Home Education Students (Bylaw 9.2.2.1). Home education students are permitted to participate at the following:

- (a) The public school the student would be assigned according to district school board attendance area policies; or
- (b) A public school, operated by the school district, the student could choose to attend according to the controlled open enrollment provisions of the school district and provided the deadlines established in the provisions are met by the student; or
- (c) A private school that will accept the student for participation; or
- (d) A home education cooperative to which the student belongs.

#### 1.8.1.1.1 Applicable Forms.

- (a) EL7 Form. The student must complete and submit the EL7 Form to the school athletic director on or before the date established on the FHSAA Calendar for the first sport in which the student wishes to participate. This form needs to be completed only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new EL7 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.
- (b) EL7V Form. The student must complete and submit the EL7V Form to the school athletic director each school prior to the student participating in an interscholastic contest. Note, this form must be signed by the school district home education coordinator and the student should allow sufficient time for the school district to process this paperwork. This form must be completed and submitted each school year.
- (c) EL14 Form. The student must complete and submit the EL14 Form only if the student is using "Controlled Open Enrollment" in order to participate at a school other than the school the student is zoned to attend and required only once unless there is a subsequent change in schools (reference AP 1.2.2.4).
- (d) GA4 Form. The student must complete and submit the GA4 Form to the school athletic director only once unless there is a subsequent change in schools (reference AP 1.2.2.1).
- (e) EL2, EL3, EL3CH and EL3CH Addendum Forms. The student must complete and submit the EL2, EL3, EL3CH and EL3CH Addendum Forms to the school athletic director prior to a date, which is not earlier than, the first day of practice for the first sport in which the student wishes to participate. These forms are valid for 365 from the date they are first signed and must be completed and submitted each year the student participates. These forms are nontransferable (except for pages 2 and 3 of the EL2 Form) and new forms must be completed and submitted to the school athletic director when a student changes school affiliation (reference AP 1.2.2.5, 1.2.2.6 and 1.2.2.7).

1.8.1.2 Non-Member Private School Students (Bylaw 9.2.2.4). Non-member private school students are permitted to participate at the public school the student would be assigned according to district school board attendance area policies, provided the private school offers no sports and does not have more the 125 students in grades 6 – 12 attending the school.

#### 1.8.1.2.1 Applicable Forms.

- (a) EL12 Form. The student must complete and submit the EL12 Form to the school athletic director prior to a date not earlier than the first day of practice for the first sport in which the student wishes to participate. This form needs to be complete only one time. As long as the student remains affiliated with a school in the sport(s) in which the student originally registered, the student does not need to re-submit the form. However, if the student subsequently changes his/her affiliation to a different school, then the student must submit a new EL12 Form with the new school prior to a date not earlier than the first day of practice for the sport(s) in which the student wishes to participate in addition to meeting one of the provisions in Bylaw 9.3.2.
- (b) EL12V Form. The student must complete and submit the EL12V Form to the school athletic director each school prior to the student participating in an interscholastic contest. Note, this form must be signed by a school administrator of the private school and the student should allow sufficient time for the private school to process this paperwork. This form must be completed and submitted each school year.
- (c) GA4 Form. The student must complete and submit the GA4 Form to the school athletic director only once unless there is a subsequent change in schools (reference AP 1.2.2.1).
- (d) EL2, EL3, EL3CH and EL3CH Addendum Forms. The student must complete and submit the EL2, EL3, EL3CH and EL3CH Addendum Forms to the school athletic director prior to a date, which is not earlier than, the first day of practice for the first sport in which the student wishes to participate. These forms are valid for 365 from the date they are first signed and must be completed and submitted each year the student participates. These forms are nontransferable (except for pages 2 and 3 of the EL2 Form) and new forms must be completed and submitted to the school athletic director when a student changes school affiliation (reference AP 1.2.2.5, 1.2.2.6 and 1.2.2.7).

1.8.1.3 Charter, Special/Alternative and Florida Virtual School Students (Bylaws 9.2.2.2, 9.2.2.3 and 9.2.2.5). Charter, Special/Alternative and Florida Virtual School (FLVS) students are permitted to participate at the following:

- (a) The public school the student would be assigned according to district school board attendance area policies; or



- (b) A public school, operated by the school district, the student could choose to attend according to the controlled open enrollment provisions of the school district and provided the deadlines established in the provisions are met by the student.

#### 1.8.1.3.1 Applicable Forms.

- (a) GA4 Form. The student must complete and submit the GA4 Form to the school athletic director only once unless there is a subsequent change in schools (reference AP 1.2.2.1).
- (b) EL14 Form. The student must complete and submit the EL14 Form only if the student is using "Controlled Open Enrollment" in order to participate at a school other than the school the student is zoned to attend and required only once unless there is a subsequent change in schools (reference AP 1.2.2.4).
- (c) EL2, EL3, EL3CH and EL3CH Addendum Forms. The student must complete and submit the EL2, EL3, EL3CH and EL3CH Addendum Forms to the school athletic director prior to a date, which is not earlier than, the first day of practice for the first sport in which the student wishes to participate. These forms are valid for 365 from the date they are first signed and must be completed and submitted each year the student participates. These forms are nontransferable (except for pages 2 and 3 of the EL2 Form) and new forms must be completed and submitted to the school athletic director when a student changes school affiliation (reference AP 1.2.2.5, 1.2.2.6 and 1.2.2.7).

### 1.8.2 School Registration Procedures

1.8.1.1 School Registration Process. The school must register each Non-Traditional Student with this association each year before adding the student to a roster and allowing the student to participate in an interscholastic contest. It remains the responsibility of the school to verify the eligibility of all non-traditional students.

1.8.1.2 C2CSchools. The school must input specific information in their C2CSchools database for each non-traditional student.

## 1.9 Youth Exchange, Other International and Immigrant Students

1.9.1 How to Determine the Type of Student. As with all students participating in interscholastic athletics, the student is required to provide documented proof of age (see Bylaw 9.6.4.1). If that form of documentation is a birth certificate or passport from a foreign country or is a U.S. Visa then additional questions need to be addressed as follows:

1.9.1.1 Has the student gained U.S. citizenship (documentation required) or become a U.S. Permanent Resident (Permanent Resident Card, i.e. Green Card, required)? If no, then continue to question. If yes, then this procedure is not applicable.

1.9.1.2 Does the student have a U.S. Non-immigrant Visa? If no, then continue to question. If yes, then ask to see the Visa and proceed as follows:

1.9.1.2.1 U.S. Visa class is an F-1 or J-1; see 1.9.2 below.

1.9.1.2.2 U.S. Visa class is some other class (such as, but not limited to, A-1, A-2, E-1, E-2, F-2, H-4, L-2, O-3, P-4, R-2, TD, U-3, etc.); see 1.9.3 below.

1.9.1.2.3 Student entered on the Visa Waiver Program, due to the short term nature of the program, 90 days or less, the student is not eligible per Policy 17.2.1 and Policy 17.2.5.

1.9.1.3 Does the student have a U.S. Immigrant Visa or other immigration documentation? If yes, see 1.9.3 below.

1.9.1.4 If the student has no documentation for being in this country, see 1.9.3 below.

1.9.2 Youth Exchange Students. Youth exchange student are those students who enter the U.S. on an F-1 or J-1 U.S. Visa. These students must register and be approved by the FHSAA (see 1.9.4 below).

1.9.2.1 Returning F-1 youth exchange students must be re-registered each year by submitting, via C2CSchools, pertinent information on the EL4 Form, attaching a copy of the I-20 A-B Form (page 1 only) and attaching an official school transcript or an athletic transcript on a form provided by the association. These documents must be scanned and attached to the submission through C2CSchools to the association.

1.9.3 Other International or Immigrant Students. These students may have been in this country for numerous years. If each of the following two (2) conditions have been met, then no action is necessary, the student may participate in interscholastic athletic provided they are eligible in all other respects. Otherwise the student must be registered, **one time only**, with the association (see 1.9.4 below).

1.9.3.1 The student must have resided with his/her parent(s) or legal guardian(s) duly appointed by a court of competent jurisdiction for a minimum of the previous two (2) consecutive full school years; and

1.9.3.2 The student must have started and completed the 8th grade, or earlier, for the first time in a U.S. school and have the appropriate school records to verify this fact.

1.9.4 Student Registration Procedures. The school must complete and submit the EL4 Form via C2CSchools and attach scanned copies each of the following:

1.9.4.1 Documented proof age (see Bylaw 9.6.4.1; i.e. birth certificate, passport, U.S. Visa, etc.); and

1.9.4.2 The F-1 or J-1 “Eligibility Certificate (Form I-20 A-B or Form DS-2019, respectively; page 1 only); and

1.9.4.3 Original language (un-translated) official transcripts since the student entered the 8th grade/year of compulsory education from the school(s) in the student’s home country; and

1.9.4.4 A translation of the original language transcripts on a form provided by the association or an equivalent form provided by the school; and

1.9.4.5 The GA4 Form.

## 1.10 Self-Reporting

1.10.1 A self-report must be submitted on school letterhead via email attachment to [selfreport@fhsaa.org](mailto:selfreport@fhsaa.org) and should include the following:

1.10.1.1 Identify and list the bylaws and/or policies that have been violated; and

1.10.1.2 Provide a description of the circumstances leading to the reported violation; and

1.10.1.3 Provide the name of the student and/or coach (if applicable); and

1.10.1.4 List the contests in which the student participated (if applicable); and

1.10.1.5 State any corrective actions taken by the school to deter this situation from happening again in the school’s athletic program.

1.10.2 The Executive Director reserves the right to further review and investigate this matter with respect to potential, additional compliance issues which may be identified as a result of this communication. The association’s position is to support the member school in a mentoring fashion where possible.

1.10.3 In accordance with Bylaw 10 and Policy 41, any one or combination of the following may be applied as a result of the self-report:

- Forfeiture of contest (if the student participated in a contest while ineligible); and/or
- Reprimand; and/or
- Fine for each occurrence of the violation (\$100 instead of the required \$2500 for allowing an ineligible player to participate, unless re-occurring violations); and/or
- Probation (Typically administrative probation to the specific sport program or athletic program, depending upon the individual with oversight of the committed infraction. If re-occurring violations while the program is on administrative probation, then restrictive probation and/or extended administrative probation apply.) Reference Bylaw 10.1 for a definition of the different types of probations.

1.10.4 Member school principals are responsible for enforcing the Association’s bylaws and policies in his/her school and to maintain institutional control of all phases of interscholastic athletic activities within a member school, including the activities of its student-athletes, booster clubs, parent groups, etc. (reference Bylaw 6.1).



ADMINISTRATIVE PROCEDURE 2**REGULAR SEASON PROCEDURES****2.1 Coaches**

**2.1.1 Sports Safety Course.** As per state statute 1012.55 (2)(b) Florida Statutes, completion of the National Center for Sport Safety PREPARE online course (<http://www.sportsafety.org/prepare>) shall count for 6 hours of required school district in-service instruction for athletic coaching certification. This course has been approved and recommended by the FHSAA Board of Directors. All coaches at public or private schools are encouraged to utilize this program.

**2.1.2 Concussion in Sports Course.** All FHSAA member school coaches are required to view the FREE online education course “Concussion in Sports – What You Need to Know” prior to the start of practice. This NFHS concussion course may be viewed online at [www.nfhslearn.com](http://www.nfhslearn.com). All member school personnel, contest officials, student-athletes, parents and media are encouraged to educate themselves by viewing the FREE online education course “Concussion in Sports – What You Need to Know”.

**2.1.3 A Guide to Heat Acclimatization and Heat Illness Prevention.** All FHSAA member school coaches are encouraged to view the FREE online education course “A Guide to Heat Acclimatization and Heat Illness Prevention”. This NFHS course may be viewed online at [www.nfhslearn.com](http://www.nfhslearn.com).

**2.2 Team Sport Clarification**

**2.2.1 Club Teams.** Club teams are teams which are not sponsored by the school or school sponsored teams in sports not recognized or sanctioned by this Association. School teams which are considered sponsored by the school may include, but not limited to, the following:

- 2.2.1.1 School issuing uniforms
- 2.2.1.2 School owned and/or issued equipment
- 2.2.1.3 Use of school facility (without use of third party facility usage agreement)
- 2.2.1.4 Use of school’s parental consent forms, physical forms, any other documentation produced and/or maintained by the school
- 2.2.1.5 School’s booster club funding
- 2.2.1.6 School provides staff (i.e. coach, coaches insurance, sponsor, supervisor, etc.)
- 2.2.1.7 School insurance covers participants
- 2.2.1.8 School allows publishing, distributing materials relative to the activity (including announcements)

**2.3 Athletic Uniforms**

**2.3.1 Athletic Uniforms.** Commercial advertising, with the exception of the manufacturer’s logo as permitted by NFHS rules, is prohibited on all athletic uniforms.

**2.4 Regular Season Public Address Protocol**

**2.4.1 Regular Season Public Address Protocol.** The public address announcer shall be considered a bench official for all events. He/she shall maintain complete neutrality at all times and, as such, shall not be a “cheerleader” for any team. Schools are highly encouraged to follow the protocol listed in Administrative Procedure 3.1.6 when a public address announcer is used at a regular season event.

**2.5 Line-up Cards and Scorebooks**

**2.5.1 Line-up Cards and Scorebooks.** The head coach’s or acting head coach’s first and last name, as well as each official’s first and last name, are required to be included on the line-up card roster and/or scorebook in all team sports for all contests.

**2.6 Officials**

**2.6.1 Officials.** See FHSAA Officials Guidebook (which can be downloaded from the “Rules & Publications” page on FHSAA.org).

**2.7 Preseason Jamborees and Classics**

**2.7.1 Preseason Jamborees and Classics.** Schools are limited to participation in either one (1) Jamboree or one (1) Classic during the preseason. Preseason Jamborees and Classics may not be played outside the state of Florida.

2.7.1.1 Limitation. Preseason Jamborees and Classics are limited to only varsity squads/teams.

2.7.1.2 Contest Dates. Preseason Jamborees and Classics may be played during the school week prior to the first regular season contest week, unless otherwise specified.

## 2.7.2 Preseason Jamborees

2.7.2.1 Team Sports. Preseason Jamborees for team sports must include four or more varsity teams; each varsity team may play a maximum of two quarters/periods. The opponent may or may not be different each quarter/period. All playing rules used during the regular season apply for preseason classics.

2.7.2.2 Football. Preseason Jamborees for football must include four or more varsity teams; each varsity team may play a maximum of two 12-minute quarters. Opponents may be the same or different in each quarter. All NFHS football playing rules must be followed. Each team may request a maximum of two (2) timeouts per quarter. Jamborees may only be played the Thursday through Saturday of the week prior to the first regular season contest week.

## 2.7.3 Preseason Classics

2.7.3.1 Team Sports. Preseason Classics for the team sports are limited to a field of four varsity teams; each team may play a maximum of two games. Preseason classics exceeding four (4) teams are subject to conditional approval by the Executive Director. All playing rules used during the regular season apply for preseason classics.

2.7.3.2 Individual Sports. Preseason Classics for the individual sports are limited to a field of four varsity teams. Preseason classics exceeding four (4) teams are subject to conditional approval by the Executive Director. All playing rules used during the regular season apply for preseason classics.

2.7.3.3 Football. Preseason Classics for football are limited to two varsity teams; may be modified to allow non-varsity squads from both schools to participate against each other in the first two quarters, followed by participation by the varsity squads from both schools in the final two quarters or some similar format subject to approval by the FHSAA Office. If any format other than a complete game between varsity squads is used, it must be stipulated in the contract. All NFHS football playing rules must be followed. Regardless of the format used, a running score for each school must be kept for the entire game. One school must be declared the winner. Classics may only be played the Thursday through Saturday of the week prior to the first regular season contest week.

## 2.8 FHSAA Identification Card

**2.8.1 FHSAA Identification Card.** FHSAA Identification Cards are provided to the principal of each member school each year in bulk quantity to distribute to members of his/her administrative staff and faculty who are directly or indirectly affiliated with the school's athletic programs. This card is intended to serve only as a means of identifying the bearer as an employee of a member school and, in and of itself, is not considered to be a pass of any kind. Member schools, however, may at their discretion honor these cards for complimentary admission to regular season athletic events. The FHSAA Identification Card only allows admittance into the contest. It does not grant access to the field, court, or pool deck. Under no circumstances are these cards to be honored for complimentary admission to any Florida High School State Championship Series contest on the district, regional or state level.

## 2.9 Identification of Athletic Personnel

**2.9.1 Identification of Athletic Personnel.** The school principal or designee must identify each member of the school's athletic personnel, utilizing the official Association process as approved by the Executive Director, no later than the Friday of week 10 on the standardized calendar. Failure to identify athletic personnel by this deadline will subject the school to a minimum \$50 administrative fee.

## 2.10 Broadcast of Events

### 2.10.1 Regular Season

2.10.1.1 Rights Held by Host/Home School. Radio broadcast, telecast, cablecast and internet broadcast rights for regular season contests in all sports are held by the home/host school. The FHSAA cannot grant radio broadcast, telecast, cablecast or internet broadcast rights to regular season contests. Outlets wishing to broadcast, telecast, cablecast or webcast a regular season contest should contact the principal of the home/host school to secure rights and make arrangements.

2.10.1.1.1 Member schools can decline an outlet's request to radio broadcast, telecast, cablecast or internet broadcast a regular season contest.

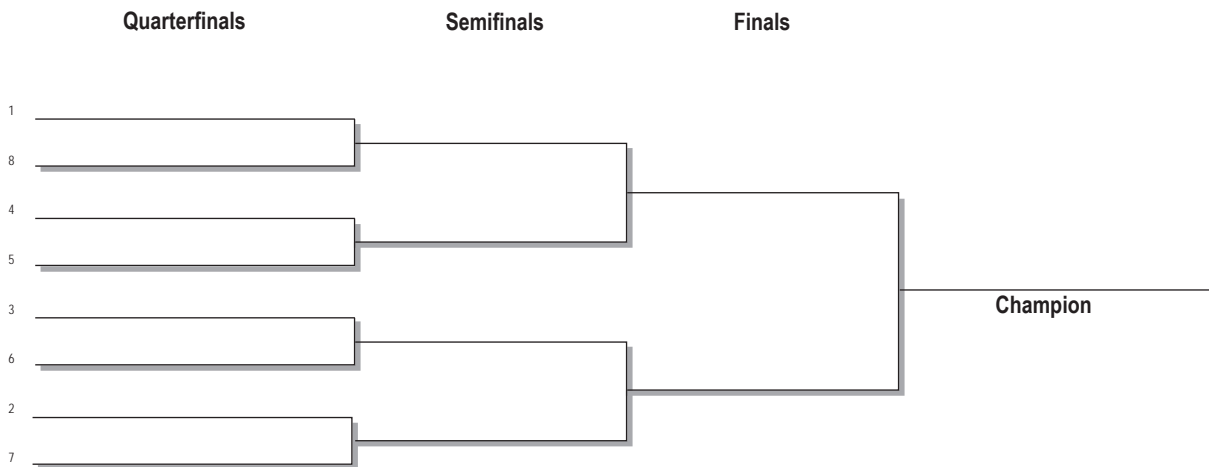
2.10.1.2 Liability Waiver. An outlet that broadcasts a regular season contest shall agree to hold the FHSAA and its member schools harmless because of any injury to person or property on the premises. The outlet shall further agree to assume all responsibility for any damages which are a direct result of the activities of the broadcast. The outlet shall also agree to defend all claims made against the FHSAA or its member schools for damages occasioned by the outlet of any nature.



## 2.10.2 Obtaining Broadcast Rights

**2.10.2.1 Notification of Approval.** Upon approval of an outlet's broadcast application, the FHSAA will fax and/or e-mail to the outlet the approved application form signed by the Executive Director or his/her designee which grants the outlet permission to broadcast the contest. The approved application form will also be faxed and/or e-mailed to the host school principal or contest manager. An outlet's broadcast crew should have a copy of the broadcast approval in its possession to ensure admission to the facility.

## 2.11 Sample Eight (8) Team Tournament Bracket



ADMINISTRATIVE PROCEDURE 3**FLORIDA HIGH SCHOOL STATE CHAMPIONSHIP  
SERIES PROCEDURES****3.1 Florida High School State Championship Series**

**3.1.1 Administration and Management.** As specified in Bylaw 4.3.2, all Florida High School State Championship Series shall be conducted in accordance with the policies established by the Board of Directors and shall be under the direction and supervision of the FHSAA Office.

**3.1.2 Enforcement of Rules & Policies.** Participating schools shall adhere to all regulations and policies governing the Florida High School State Championship Series. The determination of the host school for each event shall be conditioned in part on the school's willingness to comply with and enforce regulations and policies governing the event. This includes financial terms, as well as licensing and merchandising policies. A school that does not comply with and enforce such regulations and policies shall forfeit its opportunity to serve as host.

**3.1.3 Signs and/or Banners.** The display of signs, banners, placards or similar items at matches in the Florida High School State Championship Series is permitted, provided:

- (a) They are in good taste and reflect good sportsmanship in their message and use;
- (b) They reflect identification and encouragement to participants and their school or community, and make no reference to the opposing team, its school, players or community;
- (c) They are not displayed on the court, or in a manner which interferes with play;
- (d) They do not obstruct the view of participants or spectators;
- (e) They are not safety hazards; and
- (f) They are not prohibited by facility management.

**3.1.4 Noisemakers.** Whistles, or artificial noisemaking devices that mimic or simulate a game whistle, air horns, and all other artificial or mechanical noisemaking devices, are prohibited in all Florida High School State Championship Series events.

**3.1.5 Bands.**

**3.1.5.1 Outdoor Sports.** With the exception of football and flag football, bands will not be allowed to play at Florida High School State Championship Series tournaments/meets in outdoor sports. Bands are prohibited at football district tiebreakers.

**3.1.5.2 Indoor Sports.** With the exception of basketball, bands will not be allowed to play at Florida High School State Championship Series tournaments/meets in indoor sports. Please see 4.2.3.3.4 for basketball specific information.

**3.1.6 Merchandising.** The FHSAA retains the exclusive right to produce and sell souvenir products (apparel and otherwise) at all games, tournaments and meets held as part of the Florida High School State Championship Series; host schools/organizations are required to sell items provided by the official FHSAA event souvenir merchandiser.

The host school/organization of a Florida High School State Championship Series event may be permitted to sell generic merchandise unrelated to the event (i.e., apparel and other merchandise bearing the host school/organization's mark), provided such merchandise has been made available for sale on a consistent basis throughout the year and has not been produced specifically for sale at the Florida High School State Championship Series event.

**3.1.7 Souvenir Programs.** All host schools of district tournaments/meets and regional tournaments/meets that produce a program must display on the program cover both the appropriate FHSAA sport logo and sportsmanship logo. The logos must also be displayed prominently inside or on the team roster inserts.

**3.1.8 Public-Address Protocol.** The public-address announcer shall be considered a bench official for all Florida High School State Championship Series events. He/she shall maintain complete neutrality at all times and, as such, shall not be a "cheerleader" for any team. The announcer will follow the FHSAA script for promotional announcements, which are available from this association, player introductions and awards ceremonies. Other announcements are limited to:

- Those of an emergency nature (e.g., paging a doctor, lost child or parent, etc.);
- Those of a "practical" nature (e.g., announcing that a driver has left his/her vehicle lights on);
- Starting lineups or entire lineups of both participating teams (what is announced for the home team must be announced for the visiting team); and
- Messages provided by host school management; and
- Announcements that FHSAA souvenir merchandise, souvenir programs and concessions are on sale in the facility. During the contest, the announcer:
- Should recognize players about to attempt a play (e.g., coming up to in baseball, punting, kicking or receiving a punt or kick in football, serving in volleyball, etc.);



- Should recognize player(s) making a play (e.g., “Basket by Jones” in basketball, “Smith on the kill” in volleyball, etc.);
- Should report a penalty as signaled by the referee;
- Should report substitutions and timeouts;
- Must not call the “play-by-play” or provide “color commentary” as if he/she were announcing for a radio or television broadcast;
- Must not make any comment that would offer either competing team an unfair advantage in the contest; and
- Must not make any comment critical of any school, team, player, coach or official; or any other comment that has the potential to incite unsporting conduct on the part of any individual.

The announcer should be certain of the accuracy of his/her statements before making them. When in doubt, the announcer should remain silent.

**3.1.9 All-Tournament/Meet Teams.** No employee of the FHSAA or the local manager may influence in any way the selection of any all-tournament/ meet team, including the selection of a most valuable player or other “player of the game.”

**3.1.10 Uniformed Security.** The local manager for a Florida High School State Championship Series event is responsible for providing appropriate uniformed security at the event that his/her school is hosting.

**3.1.11 Contest Officials.** The host school for Florida High School State Championship Series contests beyond the district level shall provide contest officials with a secure and adequate dressing room (one each for mixed gender crews) with properly operating bathroom facilities including showers with warm water at the site of the contest. If the site does not have such facilities, the host school shall obtain and provide at its expense an appropriate hotel/motel room(s) reasonably close to the site. The host school is required to complete dressing room arrangements and have the information available to the head referee at least 24 hours prior to the scheduled starting time of the contest. It is the responsibility of the head referee or umpire-in-chief to contact the school administration at least 24 hours prior to the scheduled starting time of the contest to verify the arrangements for the contest. The referee or umpire-in-chief shall report to the FHSAA Office the failure of any host school to provide dressing facilities as required.

**3.1.12 Media Restrictions.**

**3.1.12.1 Access to Locker/Dressing Rooms.** The FHSAA operates under a closed locker room policy at all Florida High School State Championship Series events. At no time will news media representatives be granted access to locker rooms or dressing rooms at any state championship event. Team boxes, team benches, team huddles and dugouts are considered extensions of locker/dressing rooms.

**3.1.12.2 Access to Competition Area.** Media representatives are not permitted in the competition area (i.e., within the field of play, on the playing court, etc.) at any time during a Florida High School State Championship Series contest until the competition has concluded and a winner has been determined. Photographers shall honor photographer lines and designated areas when marked.

## 3.2 Tournament/Meet Structure

**3.2.1 Sanctioned Sports.**

**3.2.1.1 Series Structure.** The successive tournament series shall be designated respectively as district, regional and Florida High School State Championship Series for all sanctioned sports except for Boys Weightlifting (district and Florida High School State Championship Series).

**3.2.1.1.1 Team Sports.** The successive rounds following the district tournament (completion of district season for football, including District Tiebreakers) in team sports will be Regional Quarterfinals (except 1A, 2A, 3A and 4A football, baseball and softball, 1A girls volleyball and 1A boys and girls basketball), Regional Semifinals, Regional Finals, State Semifinals and State Championship.

**3.2.1.2 District Complex**

**3.2.1.2.1 Team Sports.** Participating schools are geographically assigned to one of sixteen (16) district complexes in their respective classifications except for the 1A, 2A, 3A and 4A football, baseball and softball, 1A girls volleyball, and 1A boys and girls basketball classifications which will be assigned to eight (8) district complexes. Except for football, a tournament shall be conducted in each district complex at the conclusion of the regular season to determine the two teams (champion and runner-up) that shall represent the district complex in the remainder of the Florida High School State Championship Series. In football, the champion and the runner-up shall represent the district complex in the remainder of the Florida High School State Championship Series.

**3.2.1.2.2 Individual Sports.** Participating schools are geographically assigned to the number of complexes as listed below.

- Cross Country – Sixteen (16) district complexes, boys and girls
- Golf – Twenty-four (24) district complexes, boys and girls
- Swimming & Diving – Twelve (12) district complexes, boys and girls
- Tennis – Sixteen (16) district complexes, boys and girls
- Track & Field – Sixteen (16) district complexes, boys and girls

- Boys Weightlifting – Sixteen (16) district complexes
- Wrestling – Sixteen (16) district complexes

### 3.2.2 Recognized Sports.

3.2.2.1 Series Structure. The successive tournament series shall be designated respectively as district and Florida High School State Championship Series for all recognized sports except for Competitive Cheerleading (region and Florida High School State Championship Series) and Flag football (region semifinal, region final, state semifinal, state championship).

3.2.2.1.1 Team Sports. The successive rounds following the district tournament for team sports will be as follows:

- (a) Flag Football – First-Round Play-Ins, Second-Round Play-Ins, State Semifinals and State Championship
- (b) Lacrosse – First-Round Play-Ins, Second-Round Play-Ins, Third-Round Play-Ins, State Semifinals and State Championship
- (c) Boys Volleyball and Water Polo – First Round Play-Ins, State Quarterfinals, State Semifinals and State Championship

3.2.2.2 District Complex. Participating schools are geographically assigned to the number of complexes as listed below.

- Bowling – Fifteen (15) boys district complexes and seventeen (17) girls district complexes
- Flag Football – Sixteen (16) district complexes
- Lacrosse – Thirty-two (32) district complexes
- Boys Volleyball – Sixteen (16) district complexes
- Water Polo – Sixteen (16) district complexes, boys and girls
- Girls Weightlifting – Sixteen (16) district complexes

## 3.3 Bracketing and Sites

3.3.1 Sanctioned Team Sports. For the sanctioned team sports of baseball, boys basketball, girls basketball, football, boys soccer, girls soccer, softball and girls volleyball the following procedure will be followed:

3.3.1.1 Regional Tournament. One of the competing schools shall serve as the host school for regional tournament quarterfinal, semifinal and championship games. The host school shall be designated by the FHSAA as follows:

- (a) In the quarterfinals, the champion of each district will host the runner-up from their neighboring district.
- (b) In the regional semifinals, the school on the top line of the bracket in each game shall be designated the host school, except that when a district champion plays a district runner-up, the district champion always shall be designated the host school.
- (c) In the regional championships, the school on the top line of the bracket in each game shall be designated the host school. If, however, the school on the top line of the bracket served as a host school in the regional semifinals and the school on the bottom line of the bracket was a visitor in the regional semifinals, the school on the bottom line of the bracket will be designated the host school for the regional final. In any case, when a district champion plays a district runner-up, the district champion always shall be designated the host school. **NOTE: the host school line position (top line or bottom line) alternates each year; what initially begins on the top line this year will alternate to the bottom line next year.**
- (d) Determination of a host school using these criteria is not absolute. In all cases, the FHSAA Office reserves the right to select an alternate site.

3.3.1.2 Florida High School State Championship Series. The school on the top line of the bracket shall be the home team for the state championship tournament.

### 3.3.2 Recognized Team Sports

3.3.2.1 For the recognized team sports of lacrosse, boys volleyball and water polo the following procedure will be followed:

3.3.2.1.1 Play-in Games. One of the competing schools shall serve as the host school for play-in games. The host school shall be designated by the FHSAA as follows (**NOTE: the host school line position, i.e. top line or bottom line, alternates each year; what initially begins on the top line this year will alternate to the bottom line next year**):

- (a) **First Round Play-in Games.** The home team for each game shall be the team on the top line of the bracket and the visiting team shall be the team on the bottom line of the bracket in the first round play-in game in each region. Consequently, the host school of the tournament may not necessarily be the “home team” during competition in that event.
- (b) **Second Round Play-in Games.** The champion on the top line of the bracket shall serve as host to the champion on the bottom line of the bracket in the second-round play-in game in each region. If, however, the school on the top line of the bracket served as a host school in the first-round play-in game and the school on the bottom line of the bracket



was a visitor in the first-round play-in game, the school on the bottom line of the bracket will be designated the host school for the second-round play-in game.

- (c) **Third Round Play-in Games.** The champion on the top line of the bracket shall serve as host to the champion on the bottom line of the bracket in the third-round play-in game in each region. If, however, the school on the top line of the bracket served as a host school in the second-round play-in game and the school on the bottom line of the bracket was the visitor in the second-round play-in game, the school on the bottom line of the bracket will be designated the host school for the third-round play-in game.
- (d) **Determination of Host.** Determination of a host school using these criteria is not absolute. In all cases, the FHSAA Office reserves the right to select an alternate site.

3.3.2.1.2 **Florida High School State Championship Series.** The school on the top line of the bracket shall be the home team for the state championship tournament.

3.3.2.1.3 **Determination of Host.** Determination of a host school is not absolute. In all cases, the FHSAA Office reserves the right to select an alternate site.

3.3.3 **Competitive Bracketing for Team Sports.** In establishing the competitive rotation of the bracket, Regions 2, 3, and 4 rotate clockwise against the stationary Region 1. The rotation for the next three years for all team sports except football, boys and girls lacrosse, boys and girls soccer, boys and girls volleyball and boys and girls water polo is as follows:

- 2015-16—Region 1 vs. Region 3; Region 2 vs. Region 4
- 2016-17—Region 1 vs. Region 4; Region 2 vs. Region 3
- 2017-18—Region 1 vs. Region 2; Region 3 vs. Region 4

3.3.4 **Florida High School State Championship Series Finals Championship Brackets.** Championship brackets for the Florida High School State Championship Series Finals will be posted on the FHSAA website and in online Sports Manual for each team sport.

## 3.4 District Meeting

3.4.1 **Team Sport Meeting Agenda.** The following items of business must be addressed at the district meeting:

- Review FHSAA rules, policies, terms and conditions governing the Florida High School State Championship Series, including the FHSAA “Licensing and Royalties” Policy.
- Schedule all mandatory games between district opponents within the permissible dates. All district games must be scheduled during this meeting. If a school does not have the appropriate representative present at the meeting, the district coordinator shall schedule the district games for that school.
- Select host school, site and determine schedule or tournament games and number of sessions for the district tournament. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the FHSAA Office. Designating the No. 1 seed, etc., when determined, as the host school is not permitted). When determining the number of contests and the site of the district tournament, the FHSAA Office asks for each school to take travel expenses into account.
- Review the seeding and bracketing provisions.
- Determine team awards to be ordered.
- Select and make arrangements for purchase of appropriate equipment (i.e. balls, etc.).
- Determine number of passes to be allowed participating teams.
- Select officials and submit recommended list to FHSAA Office by deadline (see Appendix C or the FHSAA Officials Guidebook, which can be downloaded from FHSAA.org).
- Select official scorer and set their compensation.
- Determine financial arrangements and complete the Financial Terms Form included in the district meeting packet. See Policy 9. Determine how expenses/profits will be shared among participating schools.
- Determine allocation of tickets to participating schools on an equitable basis if seating is limited.
- Determine the amount of compensation, not to exceed \$100 total for the event, to be paid to the tournament manager.
- Use of satellite sites for district tournaments is permitted. If satellite sites are used, there still must be a tournament host selected that is responsible for all the arrangements for the tournament.
- Other business (i.e., AED availability, medical presence, etc.).
- Any other business relevant to the management of the tournament.
- All pertinent information must be included in the minutes of the meeting that are sent to each school and the FHSAA Office.

Additional agenda items may be sent by the FHSAA Office of a sport specific nature.

3.4.2 Individual Sport Meeting Agenda. The following items of business must be addressed at the district meeting:

- Review FHSAA rules, policies, terms and conditions governing the Florida High School State Championship Series, including the FHSAA “Licensing and Royalties” Policy.
- Select host school, site and determine schedule or tournament games and number of sessions for the district tournament. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the FHSAA Office.)
- Determine team awards to be ordered.
- Determine number of passes to be allowed participating teams (if applicable).
- Determine financial arrangements and complete the Financial Terms Form included in the district meeting packet. See Policy 9. Determine how expenses/profits will be shared among participating schools.
- Determine the amount of compensation, not to exceed \$100 total for the event, to be paid to the tournament manager.
- Other business (i.e., AED availability, medical presence, etc.).
- Any other business relevant to the management of the tournament.
- All pertinent information must be included in the minutes of the meeting that are sent to each school and the FHSAA Office.

Additional agenda items may be sent by the FHSAA office of a sport specific nature.

3.4.3 Report Form. The FHSAA Office will e-mail each district coordinator a form on which to record the decisions made during the district meeting. The report form should be completed and returned to the FHSAA Office within seven (7) days of the conclusion of the meeting. A copy of the report form as well as the minutes of the meeting shall be sent to each school in the district.

### 3.5 Local Management

3.5.1 Team and Non-timed Individual Sports. The FHSAA representative of the host school will be the local manager for the Florida High School State Championship Series event that his/her school is hosting. He/she will be responsible for making the necessary preparations to host the event and for the filing of all necessary reports to the FHSAA Office upon conclusion of the event. The local manager of a Florida High School State Championship Series event is required to report to the FHSAA the arrangements for the event(s) his/her school will host not later than 12 a.m. (midnight) EST on the date of the event; as well as the score(s) of the contest(s) in the event that his/her school hosted upon its conclusion and the updated win-loss records of participating teams. Reports must be submitted online via C2C Schools, except for the sports of competitive cheerleading, tennis, weightlifting and wrestling. Failure to report the results of any Florida High School State Championship Series event will subject the host school to a minimum \$50 administrative fee. Failure to report arrangements for the next level Florida High School State Championship Series event will subject the school to a minimum \$50 administrative fee.

3.5.2 Cross Country, Swimming & Diving, Track & Field. The FHSAA representative or his/her designee of the host school will be the local manager for the district or regional meet that his/her school is hosting. He/she will be responsible for making the necessary preparations to host the meet and for the filing of necessary reports to the FHSAA Office upon conclusion of the meet. The local meet manager must submit to both the FHSAA Office and the next level meet manager the results of the meet that his/her school hosted. These results must be transmitted using Hy-Tek Meet Manager software. The first and last names of each participant, together with their recorded times (manual or FAT), must be provided. These results must be submitted within 24 hours of the conclusion of the meet. Failure to report the results of any Florida High School State Championship Series event will subject the host school to a minimum \$50 administrative fee. Failure to report arrangements for the next level Florida High School State Championship Series event will subject the school to a minimum \$50 administrative fee.

### 3.6 Post-Competition Procedures

3.6.1 Florida High School State Championship Series Preliminary Rounds. For district, district tiebreaker (football), play-in, regional and state semifinal (football) rounds of the Florida High School State Championship Series, the host school should cooperate with news media representatives in providing them access to a work area and telephone following a Florida High School State Championship Series contest so that they can file their reports on the contest. The head coach of each competing team is required to cooperate with the news media by participating in interviews as quickly as possible following the conclusion of the contest and providing contest statistics/results if available. Participation by athletes in interviews is voluntary and at the discretion of the head coach.

3.6.2 Florida High School State Championship Series. The host site must designate a room or area secluded from the general public for a post-contest press conference involving the head coach and up to five (5) players from each team participating in the just-concluded contest. Participation by the head coach in the press conference is mandatory. Participation by athletes is voluntary and at the discretion of the head coach. Both the head coach and athletes may agree to supplemental one-on-one interviews, at their discretion, following their press conference. News media representatives must remain off the field/court and no interviews may take place during the awards ceremony following the championship contest. Where applicable, these media accommodations shall be established in the agreement between the FHSAA and the host organization.



### 3.7 Awards

#### 3.7.1 Team Awards.

3.7.1.1 District Tournaments. Trophies are available for awarding to the champion and runner-up teams, and may be purchased from the FHSAA's authorized vendor. There shall be no other team awards presented by outside organizations or individuals. The FHSAA will award a trophy, at no expense to the school, to each district champion football team. See Policy 9.10.8 for further clarification.

3.7.1.2 Regional Tournaments. Trophies are available for awarding to the champion and runner-up teams, and may be purchased from the FHSAA's authorized vendor. There shall be no other team awards presented by outside organizations or individuals. See Policy 9.10.8 for further clarification.

3.7.1.3 Florida High School State Championship Series. Trophies will be awarded to the champion and runner-up in each class in the Florida High School State Championship Series. In case of a tie for the championship (if the sport rules allow for a tie), co-champions will be declared and no runner-up trophy will be awarded. There shall be no other team awards presented by outside organizations or individuals.

3.7.1.4 FHSAA Authorized Vendor. Trophies must be ordered from the authorized vendor of the FHSAA. The vendor should also be contacted if problems are experienced in receiving trophies on time and in good condition.

#### 3.7.2 Individual Awards.

3.7.2.1 Regional Individual Awards Eligibility. To be eligible for individual honors on the regional level a student-athlete shall compete for individual honors on the district level.

3.7.2.2 Florida High School State Championship Series. Medallions will be presented to members of the champion and runner-up teams at the Florida High School State Championship Series. Medallions will be awarded to the individuals and relays for the appropriate sports as follows:

- 3.7.2.2.1 Bowling – 6 individual placing medallions
- 3.7.2.2.2 Cross Country – 10 individual placing medallions
- 3.7.2.2.3 Golf – 6 individual placing medallions
- 3.7.2.2.4 Swimming & Diving – 8 individual & relay placing medallions
- 3.7.2.2.5 Tennis – 2 individual placing medallions for the individual singles & doubles divisions;
- 3.7.2.2.6 Track & Field (including Adapted Track & Field) – 8 individual & relay placing medallions
- 3.7.2.2.7 Weightlifting – 6 individual placing medallions for each weight class
- 3.7.2.2.8 Wrestling – 6 individual placing medallions for each weight class

All individual medallions must be picked up by the head or assistant coach prior to leaving the Florida High School State Championship Series. No medallions will be shipped to schools. Schools may purchase additional medallions by contacting the FHSAA Office. There shall be no other awards presented to any individual by any organization or individual at the Florida High School State Championship Series.

3.7.2.3 Florida High School State Championship Series Individual Awards Eligibility. To be eligible for individual honors on the state level a student-athlete shall compete for individual honors on both the district and regional level.

**3.8 Official Ball.** Information concerning the official Florida High School State Championship Series game/contest ball will be posted on the FHSAA website and in the online Sport Manual for each sport using an official game/contest ball. The use of an official game/contest ball shall be mandatory in each district tournament, play-in round, regional tournament and the Florida High School State Championship Series. The host school for each district tournament, play-in round and regional tournament shall ensure the use of the official ball. The purchase of official game/contest balls, if necessary, will be considered an expense of the tournament and reported as such on the financial report form. The FHSAA will provide official balls to be used at the Florida High School State Championship Series. Failure to comply shall subject the host school to penalties including, but not limited to, financial penalties and revocation of Florida High School State Championship Series event hosting privileges in the respective sport.

### 3.9 Official Florida High School State Championship Series Souvenir Program

3.9.1 Team Data Form and Photo. The FHSAA Office will produce the official souvenir program for select Florida High School State Championship Series and will retain all proceeds from its sale. Schools that advance beyond certain points in the Florida High School State Championship Series (please see the specific sport section) must send to the FHSAA Office a completed "Florida High School State Championship Series Team Data Form for Official Souvenir Program & Press Booklet", along with a photograph of the team for publication in the official souvenir program. The team data form must be downloaded from FHSAA.org, completed in a computer and transmitted electronically via e-mail to "program@fhsaa.org". The digital team photo also must be transmitted as an e-mail attachment to the same e-mail address. The team photo should be saved in a TIFF format. Photos sent in a JPEG format, however, will be accepted provided they have a resolution of at least 150 dpi (300 dpi preferred). The deadline for the

receipt of these materials in the FHSAA office is 9 a.m. EDT on the date specified in the “Important Dates” section for each sport. Each school that does not meet this deadline shall be assessed a \$50 monetary penalty. If the school advances to the Florida High School State Championship Series and the materials are not received by the FHSAA Office’s publication deadline, the school shall be assessed monetary penalties of up to \$300.

**3.9.2 Up-to-Date Statistics.** The schools whose teams qualify to advance to the Florida High School State Championship Series state championship tournament must report to the FHSAA Office up-to-date cumulative statistics through the end of the regional tournament or play-in games by completing the “Florida High School State Championship Series Up-to-Date Team Statistics” form for select Florida High School State Championship Series. The up-to-date statistics form must be downloaded from FHSAA.org, completed in a computer and transmitted electronically via e-mail to “program@fhsaa.org”. Each qualifying school that does not meet the noon EDT deadline shall be assessed a \$100 monetary penalty.

### 3.10 Admittance to Florida High School State Championship Series Contests

**3.10.1 District, Regional Levels.** Only the following individuals may be admitted to the facility without charge:

3.10.1.1 Student-athletes who are members of the team, coaches, managers, team bus drivers, etc.;

3.10.1.2 Cheerleaders in uniform, their sponsor(s) and their bus driver(s);

3.10.1.3 In football only, band members and drill-team members, their chaperones and their bus driver(s);

3.10.1.4 Working news media with appropriate identification;

3.10.1.5 Broadcast crews from radio and television outlets whose broadcasts have been approved by the FHSAA Office upon payment of the appropriate broadcast rights fees;

3.10.1.6 Visiting school administrators (i.e., principal, FHSAA representative, assistant principals and athletic director) who are required by their principal to attend the event for supervisory purposes upon presentation of a photo I.D., provided the visiting school submits their names to the event manager by fax in writing on school stationery not less than 24 hours prior to the scheduled starting time of the event;

3.10.1.7 Uniformed police or security;

3.10.1.8 Individuals holding FHSAA Lifetime Florida High School State Championship Series Passes or Florida High School State Championship Series Passes issued by the Executive Director; and

3.10.1.9 Authorized individuals with Florida High School State Championship Series Passes upon presentation of a photo I.D.

**3.10.2 State Level.** Only the following individuals may be admitted to the facility without charge:

3.10.2.1 Student-athletes who are members of the team, coaches, managers, etc. with appropriate passes as issued by the FHSAA Office according to the athletic regulations governing the particular sport and the team bus driver(s);

3.10.2.2 Cheerleaders in uniform, their sponsor(s) and their bus driver(s);

3.10.2.3 Pep bands who are to perform, their sponsor(s) and their bus driver(s);

3.10.2.4 In football only, band members and drill-team members, their chaperones (1 chaperon per 10 students) and their bus driver(s);

3.10.2.5 Working news media with appropriate credentials as issued by the FHSAA Office according to the Media Credentials Policy;

3.10.2.6 Broadcast crews from radio and television outlets whose broadcasts have been approved by the FHSAA Office upon payment of the appropriate broadcast rights fees;

3.10.2.7 Uniformed police or security;

3.10.2.8 Individuals holding FHSAA Lifetime Florida High School State Championship Series Passes or Florida High School State Championship Series Passes issued by the Executive Director; and

3.10.2.9 Authorized individuals with Florida High School State Championship Series Passes upon presentation of a photo I.D.

### 3.11 Broadcast of Events

**3.11.1 Florida High School State Championship Series**

3.11.1.1 **Rights Held by FHSAA.** An outlet wishing to broadcast a contest in the Florida High School State Championship Series must request and be granted rights by the FHSAA prior to originating or accepting feed of such a broadcast and make payment to the FHSAA Office of the appropriate rights fee. Such rights are not exclusive.

3.11.1.2 **Delaying a Contest is Prohibited.** There can be no delay in the start of a contest to accommodate a live or tape-delay radio broadcast or a tape-delay telecast of a Florida High School State Championship Series contest; neither can



there be any radio or television timeouts, or any extension of halftime. Provisions for live telecasts, when permitted, are found in 3.11.2.1 below.

3.11.1.2.1 **Exception for Live Telecasts.** Live telecasts of football and basketball games, when permitted, may operate under the following guidelines upon approval of the Executive Director:

- (a) The intermission between the first and second quarters, the third and fourth quarters, and overtime periods will be extended from 60 seconds to 90 seconds;
- (b) The outlet will be granted one 90-second television timeout during each quarter. This timeout will be granted at the dead ball following the change of possession which occurs nearest to the midpoint of the quarter. This television timeout will be granted regardless of whether one of the two participating teams has called a charged timeout close to the midpoint of the quarter. Additionally, this television timeout will not preclude either one of the two participating teams from calling a charged timeout near the midpoint of the quarter; and
- (c) All charged timeouts called by either team will be a full 60 seconds in duration.
- (d) It will be the responsibility of the referee to see that these guidelines for television timeouts are strictly adhered to.

3.11.1.3 **FHSAA Approval of Broadcast.** FHSAA approval of broadcasts of Florida High School State Championship Series contests is final. Host schools or contest managers will be required to permit all broadcasts approved by the FHSAA, and admit to the facility without charge personnel originating these broadcasts upon presentation of the proper documentation.

3.11.1.4 **Seating and Equipment Setup.** The outlet must make all arrangements for seating and equipment setup with the host school principal or contest manager. The outlet must assume all expenses in connection with the broadcast, and must provide all equipment necessary for the broadcast. This includes arranging for broadcast lines with the appropriate telephone company.

3.11.1.5 **Seating Policies.** Personnel originating approved broadcasts who are to be admitted to the facility without charge must not exceed four (4) persons. The host school principal or contest manager must make every effort to provide these personnel with seating which provides them with an unobstructed view of the playing area.

3.11.1.6 **Limited Seating Areas.** In facilities where seating is limited in the press box or broadcast booth, the host school principal or contest manager should provide seating to the one (1) primary outlet covering each participating school. Thereafter, seating in the press box or broadcast booth should be provided on a first-come, first-served basis. An outlet must understand that it may be necessary for it to set up operations in the spectator seating area at facilities with limited space in the press box or broadcast booth. The primary outlet for a participating school is considered to be the outlet which has broadcast the greatest number of regular season contests and/or Florida High School State Championship Series contests in which the school has participated.

3.11.1.7 **Camera Positioning.** The host school principal, contest manager and/or the officials assigned to work the contest will have the authority to require the repositioning of television cameras and videographers if they believe their placement may threaten the safety of the participants or interfere with the conduct of the competition.

3.11.1.8 **Failure to Comply.** The outlet must abide by each and all terms and conditions of this policy. The host school principal or event manager will have the authority to act on the behalf of the Florida High School Athletic Association in enforcing this policy during all Florida High School State Championship Series contests at his/her facility.

3.11.1.9 **Unauthorized Broadcast.** A host school principal or contest manager who permits the broadcast of a Florida High School State Championship Series contest that has not been approved by the FHSAA will subject his/her school, organization or facility to a monetary penalty to include payment of the appropriate rights fees and, for member schools, a financial assessment in the amount of \$50 per game broadcast.

3.11.1.10 **Liability Waiver.** An outlet which broadcasts a Florida High School State Championship Series contest must agree to hold the FHSAA and its member schools harmless because of any injury to person or property on the premises. The outlet must further agree to assume all responsibility for any damages which are a direct result of the activities of the broadcast. The outlet must also agree to defend all claims made against the FHSAA or its member schools for damages occasioned by the outlet of whatever nature.

### 3.11.2 Obtaining Broadcast Rights

**3.11.2.1 Notification of Approval.** Upon approval of an outlet's broadcast application, the FHSAA will fax and/or e-mail to the outlet the approved application form signed by the Executive Director or his/her designee which grants the outlet permission to broadcast the contest. The approved application form will also be faxed and/or e-mailed to the host school principal or contest manager. An outlet's broadcast crew should have a copy of the broadcast approval in its possession to ensure admission to the facility.

Administrative Procedure 4**SPORT SPECIFIC PROCEDURES****4.1 Baseball**

Administrator: Robbie Lindeman, ext. 260, [rlindeman@fhsaa.org](mailto:rlindeman@fhsaa.org)

**4.1.1 Regular Season Procedures****4.1.1.1 Rules of Competition**

**4.1.1.1.1 Competition Rules.** NFHS Baseball Rules, as modified by the FHSAA, are the official playing rules for all baseball games. The following modifications to those rules have been adopted by the Board of Directors:

- 1-2-9. A double first base is permitted.
  - 1-4-4. Commemorative or memorial patches may be affixed to jerseys upon written approval of the FHSAA Office.
  - 2-33. Speed-up rules may be exercised by either or both head coaches without any need for agreement.
  - 2-33. Addition. The designated hitter and the starting pitcher may be the same person. If the pitcher opts to bat for himself, he is treated as two separate positions – a pitcher and a designated hitter (abbreviated P/DH on the lineup card) – and may be substituted for as such (i.e. if he is removed as the pitcher, then he may remain as the designated hitter and vice versa). However, if a player who starts the game as a P/DH is relieved as the starting pitcher, he may not return to the mound even if he remains in the game as DH, and he may not play any other defensive position after being relieved as the pitcher.
  - 3-3-1. Penalty. Coaches or players will not be restricted to the dugout for violations of g, h, i, j, k or l. If ejected, the coach will be removed from the coaching position and must exit the facility. When the head coach is ejected from the contest as a result of NFHS rule 3-3-1(g)(6), he/she will be ineligible for a minimum of the remainder of the contest in which he/she was ejected. Ejected players must remain in the dugout under the supervision of the head coach. Exception: For discovery of an illegal player (2-36-3) by an umpire or either team, the player shall be restricted to the dugout.
  - 4-2-2. Ten-run rule is in effect.
  - 4-2-4. A game that has been called because of weather, mechanical failure or other conditions in which a winner cannot be determined will be treated as a suspended game. If the game is to be completed, it will be continued from the point of suspension, subject to the rules of the game. A game that has been called because of weather, mechanical failure or other conditions after four-and-one-half innings or five innings have been completed will be declared a completed game.
- In sub-varsity baseball games, no new inning shall start two hours after the first pitch of the game. Any inning in progress shall be completed. Exception 1: in a game delayed by weather, the delay time shall be added to the two hour timeframe. Example: Game starts at 3 p.m. and between the top and bottom of the third inning there is a 45-minute rain delay. No new inning will start after 5:15 p.m. Exception 2: in any non-doubleheader situation (i.e., another game is scheduled to follow the current game, if the score is tied after the two-hour time limit has been reached, additional innings shall be played to resolve the tie. Exception 3: Saturday games.
- 4-5. The decisions of the game officials are final. No protests will be allowed.
  - 6-1-6. A pitcher may not pitch more than 14 innings in a week (Monday through Saturday) and may never pitch more than 10 innings on two consecutive days. A pitcher may pitch a maximum of 10 innings on any one day. An inning is counted if a pitcher throws a minimum of one pitch.

**4.1.1.1.2 FHSAA Competition Rules.** While occupying the first base and third base coaching boxes, a coach must wear a non-earflap style helmet.

**4.1.2 Florida High School State Championship Series Procedures****4.1.2.1 District Meeting**

**4.1.2.1.1 Date.** Tuesday of Week 10 through Friday of Week 11

**4.1.2.1.2 Meeting Agenda.** See Administrative Procedure 3.4.1

**4.1.2.2 Tournament Structure and Time Schedules****4.1.2.2.1 District Tournaments.**

(a) Dates, Time Schedule and Site.

- (1) Dates. Monday-Friday of Week 43.
- (2) Time Schedule. The championship game shall be played prior to or on Friday of Week 43. Otherwise, each district will determine its own dates of competition and time schedule for its tournament at the district meeting.
- (3) Site. Each district will determine a site for its tournament at the district meeting.



## 4.1.2.2.2 Regional Tournaments.

- (a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.
- (b) Dates and Time Schedule. Regional tournaments shall be played during Weeks 44 and 45 on the following dates:
  - Quarterfinals – Wednesday of Week 44 (5A-9A);
  - Semifinals – Thursday of Week 44 (1A-4A) and Tuesday of Week 45 (5A-9A);
  - Finals – Tuesday of Week 45 (1A-4A) and Tuesday of Week 46 (5A-9A).

The FHSAA has the right to move any regional playing dates to better accommodate both participating schools.

- (c) Times for all regional tournament games must be 4 p.m. or 7 p.m. local time. If, however, a school is serving as host for both a baseball and softball regional tournament game, the game times may be staggered. Exceptions must be presented in writing and approved by the Executive Director or his/her designee.

## 4.1.2.2.3 Florida High School State Championship Series.

- (a) Dates. The FHSAA Baseball Finals state tournament shall be played Wednesday of Week 46 through Thursday of Week 47.
- (b) Schedule. The Finals schedule will be posted on the FHSAA Website:
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

## 4.1.2.2.4 Advancement of Winners.

- (a) District to Regional. The champion and runner-up from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.
- (b) Regional to Florida High School State Championship Series. The champion from each of the four regional tournaments in each classification shall advance to the Florida High School State Championship Series.

## 4.1.2.3 Tournament Regulations

## 4.1.2.3.1 Squads.

- (a) Player Limit. Each participating school shall be allowed a maximum of 20 players in uniform for each tournament game. Uniformed players, coaches and team managers will be admitted to tournament games free of charge.
- (b) Florida High School State Championship Series. The number of field passes for participating teams shall not exceed the number of uniformed players plus eight to be used by coaches, managers, statisticians, trainers, medical personnel, administrators, etc.

4.1.2.3.2 Pregame Warm-up and Procedures. A pregame warm-up period of 15 minutes will be permitted prior to each game in the FHSAA Baseball Playoffs (district and regional tournaments) for infield practice. Infield practice may be reduced or eliminated due to existing field conditions. No batting practice will be permitted on the playing field.

## 4.2 Basketball

Girls Administrator: Ed Thompson, ext. 390, ethompson@fhsaa.org

Boys Administrator: Frank Beasley, ext. 250, fbeasley@fhsaa.org

### 4.2.1 Regular Season Procedures

#### 4.2.1.1 Rules of Competition

4.2.1.1.1 Competition Rules. NFHS Basketball Rules, as modified by the FHSAA, are the official playing rules for all basketball games. The following modifications to those rules have been adopted by the Board of Directors.

- 1-12-3. Adopted specific ball for Florida High School State Championship Series.
- 1-13. Coaching Box: Allows the head coach a 14-foot restricted box to instruct players and substitutes while off the bench during a live ball situation. Coaching boxes marked on end lines are prohibited.
- 2-3; 5-12. TV or radio timeouts may be authorized.
- 3-5 Note. The use of artificial limb provision.
- 3-5-2e. Medical documentation is required.
- 3-5-3 Ex. The authorized use of a head covering provided it meets authorized criteria and as approved by the FHSAA.
- 5-4-3. Interrupted games.
- 5-5 Note. Mercy Rule: At any point during the second half when a differential of 35 points or 30 points in games played in 6 minute quarters is reached, the game clock shall begin to run continuously during jump ball possessions, held ball situations, fouls, violations, out-of-bounds plays and free throw shooting situations (non-technical foul free throws) for the duration of the game. The game clock shall be stopped only for timeouts, injuries, administration of technical fouls, or if the officials need to address a situation that requires excessive time to resolve.
- 10-3 Note. The second technical charged to a player is not automatically considered flagrant when both violations carry the penalty of a technical foul (i.e., dunking before the game and delay of game by touching or dislodging the ball on the throw-in [9-2 Pen. 3]). The player would be disqualified for the remainder of the contest.

4.2.1.1.2 Cutting of Nets. The cutting or removal of nets from goals to serve as souvenirs by any team or individual is prohibited.

### 4.2.2 Florida High School State Championship Series Procedures

#### 4.2.2.1 District Meeting

4.2.2.1.1 Date. Monday of Week 37 through Thursday of Week 41

4.2.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

#### 4.2.2.2 Tournament Structure and Time Schedules

##### 4.2.2.2.1 District Tournaments.

(a) Dates, Time Schedule and Site.

(1) Dates.

(a) Girls: Week 31

(b) Boys: Week 32. **No games will take place on Thursday.**

(2) Time Schedule.

(a) Girls: The championship game shall be played on Friday or Saturday of Week 31 at 7:00 p.m. Otherwise, each district will determine its own dates of competition and time schedule for its tournament at the district meeting.

(b) Boys: The championship game shall be played on Friday or Saturday of Week 32 at 7:00 p.m. Otherwise, each district will determine its own dates of competition and time schedule for its at the district meeting.

(c) Suggested Pre-Game Schedule

The following format is suggested for pre-game protocol in the FHSAA State Basketball Series. If players and coaches will be introduced prior to the game, the host school is expected to notify the visiting team and officials upon their arrival.

Time	Game Clock	Activity
6:38 p.m.	15:00	Set game clock to 15 minutes. Sound horn to open floor for pre-game warm-up period. Officials report to floor.
6:41 p.m.	12:00	Coaches/captains meeting with officiating crew.
6:43 p.m.	10:00	Referee checks official scorebook.
6:52 p.m.	1:00	Horn sounds to end pre-game warm-up period. Teams report to their respective benches.



6:53 p.m. 0:00 Public address announcer begins pre-game script. Player and coach introductions, followed by National Anthem.

7 p.m. 8:00 Reset game clock to 8 minutes. Opening tip.

(3) Site. Each district will determine a site for its tournament at the district meeting.

#### 4.2.2.2.2 Regional Tournaments.

(a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.

(b) Dates and Time Schedule. Regional tournaments shall be played during Weeks 32-33 for girls and Weeks 33-34 for boys on the following dates:

##### (1) Quarterfinals

- Girls – Thursday of Week 32
- Boys – Thursday of Week 33

##### (2) Semifinals

- Girls – Tuesday of Week 33
- Boys – Thursday of Week 34

##### (3) Finals

- Girls – Saturday of Week 33
- Boys – Saturday of Week 34

Times for all regional tournament games must be 7:00 p.m. local time. Exceptions must be approved by the FHSAA Office.

##### (4) Suggested Pre-Game Schedule

The following format is suggested for pre-game protocol in the FHSAA State Basketball Series. If players and coaches will be introduced prior to the game, the host school is expected to notify the visiting team and officials upon their arrival.

Time	Game Clock	Activity
6:38 p.m.	15:00	Set game clock to 15 minutes. Sound horn to open floor for pre-game warm-up period. Officials report to floor.
6:41 p.m.	12:00	Coaches/captains meeting with officiating crew.
6:43 p.m.	10:00	Referee checks official scorebook.
6:52 p.m.	1:00	Horn sounds to end pre-game warm-up period. Teams report to their respective benches.
6:53 p.m.	0:00	Public address announcer begins pre-game script. Player and coach introductions, followed by National Anthem.
7 p.m.	8:00	Reset game clock to 8 minutes. Opening tip.

(c) Allocation of Tickets. The visiting school for a regional tournament quarterfinal, semifinal or final game may request from the host school up to 40 percent of the available tickets to be sold for the game. This request must be made by noon of the day following the previous round game. Any unsold tickets shall be returned to the host school not later than noon on the day of the game.

#### 4.2.2.2.3 Florida High School State Championship Finals.

##### (a) Dates.

- Girls – Tuesday through Saturday of Week 34.
- Boys – Tuesday through Saturday of Week 35.

(b) Schedule. The Finals schedule will be posted on the FHSAA Website.

(c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

#### 4.2.2.2.4 Advancement of Winners.

(a) District to Regional. The champion and runner-up from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.

(b) Regional to Florida High School State Championship Series. The champion from each of the four regional tournaments in each classification shall advance to the Florida High School State Championship Series.

4.2.2.3 Tournament Regulations

4.2.3.3.1 Squads.

- (a) Player Limit. Each participating school shall be allowed a maximum of 15 players in uniform for each tournament game. Uniformed players, coaches and team managers with proper credentials will be admitted to tournament games free of charge.
- (b) Florida High School State Championship Series. The number of floor passes for participating teams shall not exceed the number of uniformed players plus seven to be used by coaches, managers, statisticians, trainers, medical personnel, administrators, etc.

4.2.2.3.2 Pregame Warm-up and Procedures. A pregame warm-up period of 15 minutes will be permitted prior to each game in the Florida High School State Championship Series.

4.2.2.3.4 Bands.

- (a) District Tournaments, Regional Tournament Games. If the host school of a district tournament or regional tournament game has a pep band capable of contributing to the entertainment of spectators, there is no objection to have them perform before games, during timeouts and during intermissions. Up to 15 members, including the director, may be given free admission. Under no circumstances may the band instruments be used for cheering purposes, or be played at any time when the ball is live, including free throw opportunities. Neither shall the band be seated behind either team bench. The use of band instruments for cheering purposes or during live balls, or the seating of the band behind a team bench, will be considered evidence of discourteous conduct and upon receipt of substantiating evidence of such conduct, the Executive Director will instruct the Local Director to exclude the band from the gymnasium. No pep band other than the one from the host school shall be admitted except by special permission of the Executive Director who will act only upon petition of the Local Director.
- (b) Florida High School State Championship Series. A pep band from each participating school will be permitted to perform at its own expense at the Florida High School State Championship Series for entertainment purposes during that school's respective game(s). A maximum of 15 pep band members per school, including the director, will be given free admission to the finals facility for only those sessions in which its team is scheduled to play. Pep band seating will be assigned by the FHSAA. The use of band instruments will be prohibited when the ball is live, including free throw opportunities. When both participating schools' pep bands are present, the bands will perform alternately during timeouts and during intermissions.

4.2.2.3.5 Cheerleaders. Cheerleaders in uniform, along with their adult sponsors (maximum of two (2)), will be admitted free of charge to Florida High School State Championship Series events (i.e., contests or sessions) in which their school's team participates. A maximum of 16 cheerleaders will be permitted on the floor.



### 4.3 Bowling

Administrator: Will Adams, ext. 470, wadams@fhsaa.org

#### 4.3.1 Regular Season Procedures

##### 4.3.1.1 Rules of Competition

4.3.1.1.1 Competition Rules. USBC High School General Playing Rules, as modified by the FHSAA, are the official rules for all regular season competition involving teams participating in the Florida High School State Championship Series as well as FHSAA State Bowling Series tournaments. These general playing rules are available online without charge at "bowl.com". Schools may use traditional tenpin or Baker formats or combinations of both during regular season competitions. The following exceptions to those rules have been adopted by the FHSAA.

- Rule 3, Article 8, Bowling Ball – Altering Surface: The provisions of Policy 30 are in effect.
- Rule 5, Article 3, Appeals: No protests will be allowed.

##### 4.3.1.1.2 Dress Code.

- (a) Competitors. Competitors shall appear in appropriate matching tops and bottoms for their school's bowling uniform. Slacks (no blue denim material), skirts, polo or quarter collared sports shirts and sleeveless polo or quarter collared blouses with a commercially lettered school name and/or logo are acceptable team apparel. JEANS AND/OR T-SHIRTS ARE NOT PERMITTED. Individual names may appear on either the front or back of the shirt. No hats, caps, visors, headbands, etc., shall be worn. All team members must be similarly dressed.
- (b) Coaches. Coaches shall be attired in slacks of school colors or khaki, white or gray. A polo or quarter collared coaching shirt may be worn in lieu of the bowling team shirt.

#### 4.3.2 Florida High School State Championship Series Procedures

##### 4.3.2.1 District Meeting.

###### 4.3.2.1.1 Date. Monday of Week 8 through Friday of Week 9

4.3.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select coaches in addition to the tournament manager and proprietor of the host bowling center who will comprise the tournament committee.

##### 4.3.2.2 Tournament Structure and Time Schedules

###### 4.3.2.2.1 District Tournaments.

- (a) Dates. Monday and Tuesday of Week 18.
- (b) Site. Each district will determine a site (bowling center) for its tournament at the district meeting. The date and site of each district tournament will be posted on FHSAA.org. The FHSAA representative of the host school and the proprietor of the host bowling center will be co-tournament managers.
- (c) Format. District tournaments shall consist of two rounds of competition bowled in a single day. Round one shall include three games of American tenpin scoring. The teams with the four (4) highest total pin counts shall advance to the second round. Round two shall consist of a four-line double elimination bracket with each team bowling a best 3 of 5 Baker series.
  - Match No. 1 shall be comprised of the team with the highest score from round one vs. the team with the fourth highest score from round one.
  - Match No. 2 shall be comprised of the team with the second highest score vs. the team with the third highest score from round one.

(Match No. 1 and Match No. 2 shall be bowled simultaneously)

- Match No. 3 shall be comprised of the losers from Match No. 1 and Match No. 2. (Loser eliminated)
- Match No. 4 shall be comprised of the winners from Match No. 1 and Match No. 2.

(Match No. 3 and Match No. 4 shall be bowled simultaneously)

- Match No. 5 shall be comprised of the winner from Match No. 3 and the loser from Match No. 4. (Loser eliminated)
- Match No. 6 shall be comprised of the winner from Match No. 5 and the winner from Match No. 4. (NOTE: Both teams advance to the FHSAA Bowling Finals)
- Match No. 7 (necessary only if the winner from Match No. 5 defeated the winner from Match No. 4) shall be comprised of the same two teams from Match No. 6.

The winner of Match No. 6 (or Match No. 7 if bowled) shall be the district team champion. The individual bowler with the highest total pin count in round one shall be the individual champion.

- (d) Time Schedule. Each district will determine the time schedule for its tournament at the district meeting. The following time schedule is recommended:

- 8:00 a.m. – Pass gate opens.
- 8:20 a.m. – Coaches meeting to draw lane assignments; Doors open to general public.
- 8:45 a.m. – First-round warm-up begins.
- 9:00 a.m. – First-round competition begins (block of 3 games American tenpin scoring).
- Approx. noon – Lunch.
- 12:45 p.m. – Second coaches meeting (top four teams) to review Baker format rules/ procedures, etc. A total of 3 games will be used to seed a 4-line bracket. (Note: top two individual scorers advance to state tournament if their teams do not qualify later in afternoon.)
- 1:10 p.m. – Afternoon warm-up period begins.
- 1:30 p.m. – First round of championship bracket begins (see FHSAA.org); best 3-of-5 Baker games for the remainder of the team tournament.
- 2:20 p.m. – Second round of championship bracket and first round of consolation bracket begin (2 teams eliminated).
- 3:10 p.m. – Consolation bracket finals begin.
- 4:00 p.m. – Consolation bracket winner vs. championship bracket winner competition begins (NOTE: Both teams advance to the FHSAA Bowling Finals).
- Immediately following—IF NECESSARY game (if consolation bracket winner defeats championship bracket winner).
- Awards presentation follows last team match.

#### 4.3.2.2.2 Florida High School State Championship Finals.

- (a) Dates. The FHSAA Bowling Finals state tournament shall be held on Wednesday and Thursday of Week 19. The FHSAA representative of the host school and the proprietor of the host bowling center will be co-tournament managers.
- (b) Format. The FHSAA Bowling Finals shall consist of three rounds of competition held over a two-day period. Round one shall include four games of American tenpin scoring. The teams with the sixteen (16) highest total pin counts shall advance to the second round. The individual bowlers (including individual district tournament qualifiers, members of teams that have been eliminated and members of teams that have advanced to round two) with the 16 highest total pin counts shall advance to the third round. Round two shall consist of a sixteen-line double elimination bracket with each team bowling a best 3 of 5 Baker series. Teams will be seeded in the order of finish in round one. The Nos. 1, 4, 5, 8, 9, 12, 13 and 16 seeds shall be placed in the upper half of the bracket and the Nos. 2, 3, 6, 7, 10, 11, 14 and 15 seeds shall be placed in the lower half of the bracket. Round three shall consist of a 16-line double elimination bracket for the individual qualifiers. Each individual bowler shall compete in a best 2 of 3 American tenpin games versus an individual opponent. Individuals will be seeded in the order of finish in round one. The Nos. 1, 4, 5, 8, 9, 12, 13 and 16 seeds shall be placed in the upper half of the bracket and the Nos. 2, 3, 6, 7, 10, 11, 14 and 15 seeds shall be placed in the lower half of the bracket. Rounds two and three shall be bowled according to the time schedule.
- (c) Time Schedule. The Florida High School State Championship Series time schedule is available on the FHSAA Website:
- (d) Coaches Meeting. A pre-tournament coaches meeting will be held at 5:30 p.m., Tuesday of Week 19 at Boardwalk Bowl in Orlando. The head coach of each school entering a team or individual in the Florida High School State Championship Series must attend the meeting. A school whose coach fails to attend the meeting shall be assessed a monetary penalty.

#### 4.3.2.2.3 Advancement of Teams and Individuals.

- (a) District Tournament to Florida High School State Championship Series. The top two (2) placing teams and the top two (2) placing individuals who are not members of those two teams in each district tournament shall advance to the Florida High School State Championship Series.
- (b) Florida High School State Championship Series.
  - (1) Team. The top 16 boys teams and top 16 girls teams shall advance to a 16-line double-elimination bracket. Competition shall be best 3-of-5 Baker format.
  - (2) Individual. The top 16 boys and 16 girls shall advance to a 16-line double elimination bracket. Competition shall be head-to-head in a best 2-of-3 game block.
- (c) Tiebreaker. In the event of a tie for the final individual qualifying spot from a district tournament to the Florida High School State Championship Series, or from the first round to the second round of the Florida High School State Championship Series: A two frame roll-off will take place beginning with the 9th frame and concluding with the 10th frame. The best score shall advance. If the score remains tied after the first tiebreaker, a second tiebreaker using the same format will be conducted. Teams and individuals will bowl their two frame roll-off on a pair of lanes not used in that round. Teams or individuals will be allowed one practice ball per lane with no re-racks in the first tiebreaker only. The open substitution rule shall apply to all tiebreakers. Roll offs for any ties will commence immediately upon completion of the first round.



#### 4.3.2.3 Tournament Regulations

4.3.2.3.1 **Teams.** A team shall consist of five (5) bowlers. A school may list up to eight (8) eligible student-athletes on its official entry list. This provides for five (5) starting bowlers and up to three (3) substitutes. The head coach shall designate his/her starting bowlers at the tournament site not later than 15 minutes prior to the start of the first-round competition. If a school enters fewer than five bowlers, the school shall not be eligible for team honors. All bowlers, however, shall be eligible for individual honors. Pacers or pacer teams shall not be allowed.

4.3.2.3.2 **Substitutions.** Substitutions may be made at any time during American Tenpin and Baker Games. The substitute bowler shall assume the score of the bowler replaced. In the event a bowler is replaced during a game, he/she shall not be eligible to return to competition until the start of the next game. In the event of a mid-game substitution, neither bowler shall be eligible to qualify for individual competition.

4.3.2.3.3 **Participant Passes.** A maximum of eight (8) passes will be allotted to each team listed on the district tournament results report for competitors in the Florida High School State Championship Series. One (1) additional pass will be issued to the coach of a qualifying team. Each team's coach should be listed on the district tournament results report. One pass per individual qualifier will be issued. In addition, one coach's pass will be provided to schools with an individual qualifier(s). Packets containing competitor and coach passes will be distributed at the pre-tournament coaches meeting.

4.3.2.3.4 **Scoring.** The game of American tenpins shall be used in district tournaments and the Florida High School State Championship Series. Each game shall consist of 10 frames. The total pin count of five bowlers in a game shall be used to determine a team's score for that game. Similarly, the pin count of an individual bowler in a game shall be the individual bowler's score for that game. Pin counts for both teams and individual bowlers shall be cumulative from one game to the next. Coaches shall sign the score sheet game by game to accept the score of teams and individuals as official. The head coach is responsible for the accuracy of the score recorded for each bowler for each game. If the head coach returns a score for any game higher than actually rolled, the individual bowler shall be disqualified. If the head coach returns a score for any game lower than actually rolled, the returned score shall stand. Mathematical errors may be corrected without penalty.

4.3.2.3.5 **Bowling Balls.** All bowling balls used in the Florida High School State Championship Series must adhere to USBC rules for weight and hardness and be in compliance with these terms and conditions. Balls must be certified for Florida High School State Championship Series prior to the first round of competition. Coaches shall submit the completed "FHSA Bowling Finals Ball Certification Form" to the Florida High School State Championship Series director prior to the start of competition. Additional balls may be added to the certification list during the Florida High School State Championship Series provided they go through the certification process. Bowling balls once checked in for competition shall be impounded and must not be removed from the host bowling center between sessions on any day of competition. **Bowling balls with visible profanity will not be allowed.**

4.3.2.3.6 **Practice at Tournament Site.** Practice at the district and Florida High School State Championship Series tournament site shall be permitted prior to the first day of competition at the school's or individual bowler's expense for lane fees and shoe rentals. Practice at the Florida High School State Championship Series site shall not be permitted after 5 p.m., Tuesday, November 4. On the days of competition, however, practice shall be limited to the 15-minute warm-up period prior to selected rounds of competition. The penalty for violating this provision is disqualification of the offending team or individual bowler from the tournament.

4.3.2.3.7 **Warm-ups.** A 15-minute warm-up period will be allowed for practice balls prior to selected rounds of team competition – 7 1/2 minutes on one lane and 7 1/2 minutes on the other lane **beginning with the non-starting lane.** **All team members are eligible to participate in warm-ups.** Individual Round Matches will have 5 minutes of practice. The penalty for violating this provision is disqualification of the offending bowler from the tournament.

4.3.2.3.8 **Conduct, Settee Area and Approach.** The team captain and the coach shall be the official representatives of their team in all communications with the scorers and tournament officials. One coach and the eight team members or individual(s) bowling in a round are the only persons authorized to be in the settee area. One pit pass will be issued to each school that has a team or individual bowler(s) competing for use by the coach. Coaches shall remain in or behind the settee area during the competition. No person except the bowlers who are bowling shall be permitted on the approach. Penalties for violations of this rule are cumulative and are as follows:

- First offense – 10-pin deduction;
- Second offense – 50-pin deduction;
- Third offense – 100-pin deduction; and
- Fourth offense – disqualification.

Policy 30, "Sportsmanship and Unsportsmanlike Conduct," shall apply to all acts of unsportsmanlike conduct.

Members of participating teams and individual participants must be in the settee area at all times during warm-up periods and rounds of competition. Participants shall be mindful of spectators trying to view the competition. Depending on conditions, it may be necessary to require all participants except the current bowler and the on deck bowler to remain seated. Participants shall not use cell phones, walkie-talkies, etc. while in the settee area.

4.3.2.3.9 **Courtesy and Pace of Play.** To maintain the pace of bowling it is proper etiquette to observe **one-lane** courtesy and deliver the bowling ball within a reasonable amount of time. Additional courtesy or delivery time is inappropriate, delays the pace and hinders the completion of competition in a reasonable time. If a bowler/team does not adhere to this rule, that



bowler will receive a warning. There will be a maximum of three warnings given. Thereafter, that bowler/team will receive zero for that frame and any additional frames that a bowler violates this rule.

#### 4.3.2.3.10 Lane Assignments. Each team shall be assigned to lanes for each round of competition as follows:

##### (a) District Tournament.

- (1) First-Round Lane Assignments. First Round lane assignments may be scheduled by regular season record or bye draw. This will be determined at the August coach's district meeting. Teams must change lanes each game. Competition lanes for the day of the district tournament will be determined by the host center based on availability.

##### (b) Florida High School State Championship Series.

- (1) First-Round Lane Assignments. First-round lane assignments for qualifying teams and individuals shall be on the basis of a draw-by-lot conducted by the FHSAA Office and provided to coaches of participating teams and individuals at the pre-tournament coaches meeting. Each team will be assigned to and share with one other team a pair of lanes.

4.3.2.3.11 Lane Fees. Schools participating in district tournaments will be responsible to pay any lane fees or fees for rental of shoes that might be assessed by the host bowling center. These fees must be paid on the day of the tournament unless other arrangements with the host center have been made. Schools participating in the Florida High School State Championship Series will not be responsible for lane fees, but will be responsible for any fees for rental of shoes. Lane fees and/or shoe rental for practice on Monday will be the responsibility of the participating school.

4.3.2.3.12 Cameras and Video Equipment. No cameras with flashes can be used during competition in a district tournament or the Florida High School State Championship Series. Only hand-held video cameras with their own power source will be permitted.

### 4.3.2.4 Officials

**4.3.2.4.1 Official Scorekeeper.** Each participating school team, as well as each school entering an individual bowler(s), shall furnish its own scorekeeper at the district tournament if the host bowling center does not have automatic scoring. The official scorekeeper must be the head coach, an assistant coach, a bowling team member or a designated faculty representative.

4.3.2.4.2 Tournament Committee. A tournament committee shall be appointed for each district tournament and the Florida High School State Championship Series to hear appeals and address matters not covered in these terms and conditions. The tournament committee for each district tournament shall be comprised of seven individuals – five coaches from participating schools selected by the representatives present at the district planning meeting, the district tournament manager and the proprietor of the host bowling center or his/her designee. The tournament committee for the Florida High School State Championship Series shall be comprised of seven individuals – four coaches from participating schools, the Florida High School State Championship Series director (FHSAA administrator for bowling), the Florida High School State Championship Series manager, and the proprietor of the host bowling center or his/her designee. The decisions of the tournament committee shall be final. The tournament committee cannot set aside any rule.

4.3.3 Baker Rules. ABC Secretary Emeritus Frank Baker developed the Baker Format. In this format the lead-off bowler rolls the first and sixth frames, the second player rolls the second and seventh frames, the third player rolls the third and eighth frames, the fourth player rolls the fourth and ninth frames, and the fifth player rolls the fifth and tenth frames including any extra deliveries in the tenth frame.

#### 4.3.3.1 FHSAA District Team Championships.

- (a) To be eligible to participate in the FHSAA Team Championship, teams must have a five-player roster with an optional sixth through eighth players for substitution.
- (b) Each team will begin competition bowling one block of three games American tenpin scoring. The total pin fall will determine the 1 – 4 seeds going into the double elimination competition.

Ties: If there is a tie for any seeds 1 through 3, the team captains will be summoned for a coin flip. If there is a tie for 4th seed, then the tied teams will bowl a two frame roll-off, beginning with the 9th frame and concluding with the 10th frame.

The best score shall advance. If the score remains tied after the first tiebreaker, a second tiebreaker using the same format will be conducted. Teams will bowl their two-frame roll-off on a pair of lanes not used in that round. Teams will be allowed one practice ball per lane in the first tiebreaker only with no re-racks. The substitution rule shall apply to all team tiebreakers.

All 4 teams in each division (boys, girls) will participate in the true double elimination competition. Competition shall consist of a best three out of five Baker system match. There will be no byes. Qualifying scores from round one will determine bracket assignments. No. 1 will bowl No. 4 and No. 2 will bowl No. 3 in the opening round of match play. From the second round on, the winning teams of each match will remain in the winner bracket and the losing teams will move into the consolation bracket. In order for a team in the consolation bracket to advance in the tournament, they must keep winning. Once a team in the consolation bracket incurs a second loss, that team is eliminated from the tournament.



- (c) There will be a 15-minute practice session prior to the beginning of the first round of Baker competition. Bowlers not present for any scheduled practice forfeit their time. Substitutes will receive no additional practice throws before entering competition. Violators will be disqualified from tournament play.
- (d) Lane assignments will be determined in advance by the Tournament Manager.
- (e) Teams must submit a team lineup in order to the opposing coach prior to each Baker game. The team on the top line of the bracket will bowl on the odd numbered lane for Game 1 and the team on the bottom line of the bracket will bowl on the even numbered lane for game 1. The teams will then switch lanes for each game in the match. If a fifth game is necessary, then the higher seeded team will have its choice of lanes for game No. 5. There shall be 2 minutes between games. The lower seeded team will submit the team line-up in order to the scorekeeper/monitor first.

In the event of a tie during the double-elimination match play at the completion of regulation, a 9th and 10th frame roll-off will determine the winner with each team bowling on the same lane as they used during the match. The players who roll the 9th and 10th frames may be selected from the entire team. If a tie still exists, the same players will continue rolling 9th and 10th frames alternating lanes until the tie is resolved.

- (f) Each team may be granted not more than two time outs during a match to permit the coach or assistant coach to confer with a player or players in the **settee area**.

Time outs may be called at any time until a bowler is on the approach with their bowling ball and may be used consecutively. Time outs shall be timed by the opposing coach and shall be limited to 45 seconds each. If a team exceeds 45 seconds, a warning shall be issued. If the team is not ready to bowl within 15 seconds after the warning, that team will receive zero for the next frame. The number of time outs is not cumulative.

- (g) When a substitution is made during a game, that substitute must complete the remainder of the game. A maximum of three substitutions are permitted in each Baker game. Any player once removed cannot return to bowl for the remainder of that game.
- (h) Each team is allowed a total of one re-rack per Baker game. Violations will result in a forfeit of all pin fall for that frame. The Tournament Manager may grant additional re-racks.
- (i) Coaches are responsible for verification of their team's score. Any scoring corrections must be made prior to signing the recap forms.
- (j) Any player arriving late shall begin play and the score shall count beginning with the frame then being bowled. A bowler who misses one frame or more by not being present and ready to bowl when it is his/her turn shall be credited with a zero for all frame(s) missed.
- (k) All equipment must meet USBC specifications. Student-athletes are limited to use of a maximum of six (6) bowling balls, including practice and competition.
- (l) The District Tournament Committee shall determine all matters not covered by these rules and regulations.
- (m) To maintain the pace of bowling it is proper etiquette in this event to observe one-lane courtesy and deliver the bowling ball within a reasonable amount of time. Additional courtesy or delivery time is inappropriate, delays the pace and hinders the completion of competition on time. If a bowler/team does not adhere to the rule, that bowler will receive a warning. There will be a maximum of three warnings given. After the third warning, that bowler/team will receive zero for that frame and any additional frames that a bowler violates this rule.

#### 4.3.3.2 FHSAA Bowling Finals Team Championship.

- (a) To be eligible to participate in the FHSAA Team Championship, teams must have a five-player roster with an optional sixth through eighth players for substitution.
- (b) Each team will begin competition bowling one block of four games American tenpin scoring. The total pin fall will determine the 1 – 16 seeds going into the double elimination competition.

Ties: If there is a tie for any seeds 1 through 15, the team captains will be summoned for a coin flip. If there is a tie for 16th seed, then the tied teams will bowl a two-frame roll-off, beginning with the 9th frame and concluding with the 10th frame. The best score shall advance. If the score remains tied after the first tiebreaker, a second tiebreaker using the same format will be conducted. Teams will bowl their two-frame roll-off on a pair of lanes not used in that round. Teams will be allowed one practice ball per lane in the first tiebreaker only with no re-racks.

The substitution rule shall apply to all team tiebreakers.

All 16 teams in each division (boys, girls) will participate in the true double elimination competition. Competition shall consist of a best three out of five Baker system match. There will be no byes. Qualifying scores from round one will determine bracket assignments. No. 1 will bowl No. 16, No. 2 will bowl No. 15, No. 3 will bowl No. 14, No. 4 will bowl No. 13, No. 5 will bowl No. 12, No. 6 will bowl No. 11, No. 7 will bowl No. 10 and No. 8 will bowl No. 9 in the opening round of match play. From the second round on, the winning teams of each match will remain in the winner bracket and the losing teams will move into the consolation bracket. In order for a team in the consolation bracket to advance in the tournament, they must keep winning. Once a team in the consolation bracket incurs a second loss, that team is eliminated from the tournament.

- (c) There will be a 15-minute practice session prior to certain rounds of competition. Bowlers not present for any scheduled practice forfeit their time. Substitutes will receive no additional practice throws before entering competition. Tournament participants are not permitted to practice at Boardwalk Bowl after 5 p.m. on Tuesday of Week 19, except during designated practice sessions. Violators will be disqualified from tournament play.
- (d) Lane assignments will be determined in advance by the FHSAA.
- (e) Teams must submit a team lineup in order to the opposing coach prior to each Baker game. The team on the top line of the bracket will bowl on the odd numbered lane for Game 1 and the team on the bottom line of the bracket will bowl on the even numbered lane for game 1. The teams will then switch lanes for each game in the match. If a fifth game is necessary, then the higher seeded team will have its choice of lanes for game No. 5. There shall be 2 minutes between games. The lower seeded team will submit the team line-up in order to the scorekeeper/monitor first.

In the event of a tie during the double-elimination match play at the completion of regulation, a 9th and 10th frame roll-off will determine the winner. The higher seeded team will have its choice of lanes from the pair being used for the first tie-breaker. The players who roll the 9th and 10th frames may be selected from the entire team. If a tie still exists, the head coach will again select two players to bowl the 9th and 10th frames, with the teams alternating choice of lanes until the tie is resolved.

- (f) Each team may be granted not more than two time outs during a match to permit the coach or assistant coach to confer with a player or players in the **settee area**.

Time outs may be called at any time until a bowler is on the approach with their bowling ball and may be used consecutively. Time outs shall be timed by the opposing coach and shall be limited to 45 seconds each. If a team exceeds 45 seconds, a warning shall be issued. If the team is not ready to bowl within 15 seconds after the warning, that team will receive zero for the next frame. The number of time outs is not cumulative.

- (g) When a substitution is made during a game or tie-breaker, that substitute must complete the remainder of the game. A maximum of three substitutions are permitted in each Baker game. Any player once removed cannot return to bowl for the remainder of that game.
- (h) Each team is allowed a total of one re-rack per Baker game. Violations will result in a forfeit of all pin fall for that frame. The Tournament Manager may grant additional re-racks.
- (i) Coaches are responsible for verification of their team's score. Any scoring corrections must be made prior to signing the recap forms.
- (j) Any player arriving late shall begin play and the score shall count beginning with the frame then being bowled. A bowler who misses one frame or more by not being present and ready to bowl when it is his/her turn shall be credited with a zero for all frame(s) missed.
- (k) All equipment must meet USBC specifications. Student-athletes are limited to use of a maximum of six (6) bowling balls, including practice and competition. All teams participating in the FHSAA Bowling Finals must submit a ball registration form prior to the start of competition.

Penalty for first offense: Individual and team are warned and the ball is removed from the competition. The game(s) in which the violation occurred are forfeited and the bowler will receive a score of zero. Penalty for second offense: Bowler is disqualified from the event and all game(s) in which the violation occurred are forfeited and the bowler will receive a score of zero.

Each bowling ball to be used must be registered with the event. All bowling balls must be listed on the player's ball registration form and are subject to spot checks.

In the event a ball is found in violation of specifications, it must be modified to meet USBC specifications prior to being used in competition. Each bowling ball registered must contain official manufacturer identifying mark, logo, trademark or product name imprinted over the heaviest portion of the ball prior to being drilled.

If the equipment does not have any of these identifying markings, the bowling ball's official paperwork must accompany the ball. The paperwork must say the manufacturer, name of bowling ball, verification that it meets USBC specifications and signed by the manufacturer with their title and telephone number. If the bowling ball does not meet these requirements, it cannot be used in the tournament. An undrilled bowling ball cannot be registered with the tournament.

Once the equipment registration is completed, no additional equipment can be added and no alterations can occur to any bowling ball without permission from the Tournament Manager. After the approved alteration has occurred, the bowling ball must be re-checked to meet USBC specifications before it is used in competition.

A bowling ball may only be replaced if the Tournament Manager declares that the bowling ball is damaged beyond repair. A replacement bowling ball can be submitted to the Tournament Manager who will have that ball checked, approved and listed on the Equipment Registration form before it is used in competition.

- (l) The FHSAA Tournament Committee shall determine all matters not covered by these rules and regulations.



- (m) To maintain the pace of bowling it is proper etiquette in this event to observe one-lane courtesy and deliver the bowling ball within a reasonable amount of time. Additional courtesy or delivery time is inappropriate, delays the pace and hinders the completion of competition on time. If a bowler/team does not adhere to the rule, that bowler will receive a warning. There will be a maximum of three warnings given. After the third warning, that bowler/team will receive zero for that frame and any additional frames that a bowler violates this rule.

#### 4.3.3.3 FHSAA Bowling Finals Individual Championship.

- (a) Each individual bowler will begin competition bowling one block of four games American tenpin scoring. The total pin fall will determine the 1 – 16 seeds going into the single elimination competition.

Ties: If there is a tie for any seeds 1 through 15, the individual bowler will be summoned for a coin flip. If there is a tie for the 16th seed, then the tied individuals will bowl a two-frame roll-off, beginning with the 9th frame and concluding with the 10th frame. The best score shall advance. If the score remains tied after the first tiebreaker, a second tiebreaker using the same format will be conducted.

Bowlers will bowl their two-frame roll-off on a pair of lanes not used in that round.

Individuals will be allowed one practice ball per lane in the first tiebreaker only with no re-racks.

- (b) All 16 individual bowlers in each division (boys, girls) will participate in the double elimination competition. Competition shall consist of a best two out of three American tenpin games. There will be no byes. Qualifying scores from round one will determine bracket assignments. No. 1 will bowl No. 16, No. 2 will bowl No. 15, No. 3 will bowl No. 14, No. 4 will bowl No. 13, No. 5 will bowl No. 12, No. 6 will bowl No. 11, No. 7 will bowl No. 10 and No. 8 will bowl No. 9 in the opening round of match play. From the second round on, the winning bowler of each match will remain in the winner bracket and the losing bowler will move into the consolation bracket. In order for a bowler in the consolation bracket to advance in the tournament, they must keep winning. Once a bowler in the consolation bracket incurs a second loss, that bowler is eliminated from the tournament.
- (c) There will be a 5-minute practice session prior to certain rounds of competition. Bowlers not present for any scheduled practice forfeit their time. Tournament participants are not permitted to practice after 5 p.m. on Tuesday, November 6, except during designated practice sessions. Violators will be disqualified from tournament play.
- (d) Lane assignments will be determined in advance by the FHSAA.
- (e) The individual bowler on the top line of the bracket will bowl on the odd numbered lane for Game 1 and the individual bowler on the bottom line of the bracket will bowl on the even numbered lane for game 1. The bowlers will then switch lanes for each game in the match. If a fifth game is necessary, then the higher seeded bowler will have his/her choice of lanes for game No. 5. There shall be two minutes between games. In the event of a tie during the single-elimination match play at the completion of regulation, a 9th and 10th frame roll-off will determine the winner. The higher-seeded bowler will have his/her choice of lanes from the pair being used for the first tie-breaker. If a tie still exists, the bowlers will alternate choice of lanes until the tie is resolved, with the individual bowler continuing to roll the 9th and 10th frames.
- (f) Coaches are responsible for verification of their bowler's score. Any scoring corrections must be made prior to signing the recap forms.
- (g) Any player arriving late shall begin play and the score shall count beginning with the frame then being bowled. A bowler who misses one frame or more by not being present and ready to bowl when it is his/her turn shall be credited with a zero for all frame(s) missed.
- (h) All equipment must meet USBC specifications. Student-athletes are limited to use of a maximum of six (6) bowling balls, including practice and competition. All teams participating in the FHSAA Bowling Finals must submit a ball registration form prior to the start of competition.

Penalty for first offense: Individual and team are warned and the ball is removed from the competition. The game(s) in which the violation occurred are forfeited and the bowler will receive a score of zero. Penalty for second offense: Bowler is disqualified from the event and all game(s) in which the violation occurred are forfeited and the bowler will receive a score of zero.

Each bowling ball to be used must be registered with the event. All bowling balls must be listed on the player's ball registration form and are subject to spot checks.

In the event a ball is found in violation of specifications, it must be modified to meet USBC specifications prior to being used in competition. Each bowling ball registered must contain official manufacturer identifying mark, logo, trademark or product name imprinted over the heaviest portion of the ball prior to being drilled.

If the equipment does not have any of these identifying markings, the bowling ball's official paperwork must accompany the ball. The paperwork must say the manufacturer, name of bowling ball, verification that it meets USBC specifications and signed by the manufacturer with their title and telephone number. If the bowling ball does not meet these requirements, it cannot be used in the tournament.

An undrilled bowling ball cannot be registered with the tournament.

- (i) Once the equipment registration is completed, no additional equipment can be added and no alterations can occur to any bowling ball without permission from the Tournament Manager. After the approved alteration has occurred, the bowling ball must be re-checked to meet USBC specifications before it is used in competition.

A bowling ball may only be replaced if the Tournament Manager declares that the bowling ball is damaged beyond repair. A replacement bowling ball can be submitted to the Tournament Manager who will have that ball checked, approved and listed on the Equipment Registration form before it is used in competition.

- (j) The FHSAA Tournament Committee shall determine all matters not covered by these rules and regulations.
- (k) To maintain the pace of bowling it is proper etiquette in this event to observe one lane courtesy and deliver the bowling ball within a reasonable amount of time.

Additional courtesy or delivery time is inappropriate, delays the pace and hinders the completion of competition on time. If a bowler does not adhere to the rule, that bowler will receive a warning. There will be a maximum of three warnings given. After the third warning, that bowler will receive zero for that frame and any additional frames that a bowler violates this rule.



## 4.4 Competitive Cheerleading

Administrator: Kellie Doucette, ext. 450, kdoucette@fhsaa.org

### 4.4.1 Regular Season Procedures

#### 4.4.1.1 Rules of Competition

##### 4.4.1.1.1 Competition Rules

- (a) All NFHS Spirit Rules as found in the NFHS Spirit Rules Book are applicable.
- (b) Each squad's presentation must include at least one cheer or sideline chant. The musical portion must not exceed one minute and thirty seconds, total time is two minutes and thirty seconds. Timing will begin with the first movement, voice, or note of music, whichever comes first.
- (c) If a squad exceeds either time limit, a three (3) point deduction will be assessed for 3-5 seconds over, a five (5) point deduction will be assessed for 6-10 seconds over and a seven (7) point deduction will be assessed for being eleven (11) or more seconds over. BECAUSE PENALTIES ARE SEVERE, IT IS RECOMMENDED THAT ALL SQUADS TIME THEIR PERFORMANCE SEVERAL TIMES PRIOR TO ATTENDING THE COMPETITION AND LEAVE A SEVERAL SECOND CUSHION TO ALLOW FOR VARIATIONS IN SOUND EQUIPMENT.
- (d) Participants must start in the competition area with at least one foot on the ground. Squads may line up anywhere inside the competition area. The tournament director according to the size of the facility being used will determine the competition area. Approximate floor size will be fifty-four feet wide by forty-two feet deep (9 strips).
- (e) All organized introductions (tumbling, entrances, chants, spell-outs, etc.) are considered part of the routine and are timed as part of the performance. There should not be any organized exits or other activities after the official ending of the routine.
- (f) Any squad in violation of the general rules will be assessed a two (2) point deduction for each violation. Any squad in violation of specific safety regulations will be assessed a five point (5) deduction for each violation, unless otherwise noted.

4.4.1.1.2 Uniform Guidelines. All NFHS Spirit Rules apply. Any squad in violation of the uniform guidelines will be assessed a two (2) point deduction for each violation.

### 4.4.2 Florida High School State Championship Series Procedures

4.4.2.1 Commitment to Participate. All teams must commit to participate by submitting an AT12 form via C2CSchools prior to the Entry List Deadline Date of Monday of Week 20. If a team wishes to withdraw from the Florida High School State Championship Series, an AT13 form must be submitted to the FHSAA via C2CSchools prior to the Entry List Deadline Date of Monday of Week 20 to avoid late withdrawal penalties. All participating teams can be found on the Competitive Cheerleading webpage under "Assignments."

**4.4.2.2 Official State Entry List.** The schools Official State Entry List is due to be submitted via C2C Schools no later than Monday of Week 20. **The number of participants a team may enter on the Official State Entry List is unlimited. The chosen division a school wishes to compete in must be indicated on the Official State Entry List.** Once the deadline passes for the Official State Entry List to be submitted, no changes to the selected division will be accepted. Should changes need to be made to the participant names on the Official State Entry List (SEL) after the Official State Entry List has been submitted, the Entry List must be updated online and resubmitted to the FHSAA via C2C Schools. A fee of \$50 will be posted to the schools account for each change that is made after the Entry List Deadline.

#### 4.4.2.3 Competition Structure and Time Schedule

4.4.2.3.1 Region Competition. One region competition will be held in each FHSAA Administrative Section. Each site and date is posted at FHSAA.org on the Competitive Cheerleading page.

##### 4.4.2.3.2 Florida High School State Championship Finals

- (a) Date. Friday and Saturday of Week 31
- (b) Time Schedule. All designated divisions will run concurrently and the schedule will be available on the Competitive Cheerleading webpage at [www.fhsaa.org](http://www.fhsaa.org) once the Official State Entry List deadline has passed and all Official State Entry Lists have been received.

#### 4.4.2.4 Competition Regulations

##### 4.4.2.4.1 Squads

- (a) Squad Size. There will be two classifications (1A and 2A) for each division based on school enrollment during the State Finals. All-Girl divisions: Small may have up to 12 female participants, Medium may have 13-16 female participants, Large may have 17-20 female participants, Extra-Large may have 21-26 female participants, Small Non-tumbling may have up to 16 female participants and Large Non-tumbling may have 17-26 female participants. Co-Ed divisions: Small may have 1-4 male squad members, Large may have 5+ male squad members. At no time may a Co-Ed team exceed 26 participants. The FHSAA reserves the right to combine divisions and/or classifications as deemed necessary due to the number of competing teams in two or more divisions/classifications.

## 4.4.2.4.2 Interruption of Performance

- (a) If, in the opinion of the competition officials, a squad's routine is interrupted because of failure of the competition equipment, facilities, or other factors attributable to the competition rather than the squad, the squad affected should stop the routine. The squad will be allowed to present its routine from the place in the routine where the interruption occurred. The competition officials will determine the degree and effect of the interruption.
- (b) In the event a squad's routine is interrupted because of failure of the squad's own equipment, the squad must either continue the routine or withdraw from the competition.
- (c) In the event that an injury causes the squads routine to be interrupted, the squad must either continue the routine or withdraw from the competition. Competition officials reserve the right to stop the routine if an injury occurs. The competition officials will determine if the squad will be allowed to perform again from the point of interruption. If the squad is allowed to begin again they will be evaluated only from the point in the routine where the interruption occurred.

**4.4.2.4.3 Deductions and Disqualifications.** Any squad in violation of the "Rules and Regulations" will be assessed a two (2) point deduction for each violation. Any squad that does not adhere to the terms and conditions in the "FHSAA Competitive Cheerleading Rules and Regulations" may be disqualified from the competition and automatically forfeit the right to any awards and is subject to further sanctions or penalties.

4.4.2.4.4 Scores and Rankings. Individual judges score sheets are for the exclusive use of each particular judge. Each judge has the responsibility and authority to review and submit his/her final scores and rankings prior to the final tally of the scores for all squads. Scores and rankings will be available only to head coaches at the conclusion of the competition.

At the FHSAA Competitive Cheerleading State Championships, semi-finals and finals will be conducted in each division with 10 or more teams entered. If a division has less than 10 teams entered, there will be finals only. When calculating the number of teams that will advance from semi-finals to finals in a given division, the FHSAA will advance 1 team for every 3 teams entered. The FHSAA reserves the right to combine divisions and/or classifications when deemed necessary.

Once the qualifying teams have been determined, the head coach from each team will draw a number to establish the order of competition for the finals.

4.4.2.4.5 Judging Criteria. The judges will score the squads according to the judging criteria on a 100-point system. The music portion of the routine will be worth a total of 65 possible points and the cheer portion will be worth a total of 35 possible points. Score sheets can be found under "Forms" on the Competitive Cheerleading webpage at [www.fhsaa.org](http://www.fhsaa.org).

## 4.4.2.5 Advancement of Teams

- (a) **Region Competitions to Florida High School State Championship Series.** All Region Champions and Region Runners-Up in each division earning a minimum raw score (point deductions not included) of 70 points or higher, will advance directly from Regionals to the "finals" round of competition at the State Championships in their respective division. Regional Champions and Regional Runners-Up earning a raw score (point deductions not included) from 60-69.99 points, and any team earning a minimum raw score (point deductions not included) of 60 points, will advance from Regionals to the "semifinals" round of competition at the State Championships. Teams that do not earn a raw score of 60 points or higher, will be eliminated from competition and will not advance to the State Championships.
- (b) **Florida High School State Championship Series.** At the Florida High School State Championship Series, semifinals and finals will be conducted in each division with 10 or more teams qualified. If a division has less than 10 teams qualified, there will be finals only. When calculating the number of teams that will advance from semifinals to finals in a given division, the FHSAA will advance 1 team for every 3 teams qualified for the semifinals. This will be in addition to the two (2) teams that qualified for finals at each region competition. The FHSAA reserves the right to combine divisions and/or classifications when deemed necessary. Once the qualifying teams have been determined from semifinals to finals, the head coach from each team that qualified, whether it was from regionals or from the state semifinals, will draw a number to establish the order of competition for the finals.



## 4.5 Cross Country

Administrator: Alex Ozuna, ext. 320, [aozuna@fhsaa.org](mailto:aozuna@fhsaa.org)

### 4.5.1 Regular Season Procedures

#### 4.5.1.1 Rules of Competition

4.5.1.1.1 Competition Rules. NFHS Cross Country Rules (Rule 9 in the NFHS Track & Field Rules Book), as modified by the FHSAA, are the official rules for all cross country meets. The following modifications to those rules have been adopted by the Board of Directors.

- 9-1-1. The length of the course for regular season competition – both girls and boys – is five kilometers (5K), which is 3.1 miles.
- 9-2-3. Modified scoring is optional for the regular season. All cross country meets shall be scored in accordance with NFHS rules, which state: If fewer than five (5) competitors of a team finish a race, the places of all members of that team shall be disregarded and the team scores re-ranked.
- 9-4-4. The starting procedure for all cross country meets will be one long whistle blast followed by the firing of the starting gun.
- 9-5. A varsity level cross country team must be composed of five (5) to seven (7) runners. A cross country team on the junior varsity level or below may be allowed an unlimited number of runners unless otherwise restricted by the meet director. However, only the first seven (7) runners on each team may enter into scoring. During the regular season (non-Florida High School State Championship Series), meet directors/managers will have the option to allow up to 10 runners in a varsity race. Any team member beyond 7 shall be disregarded and shall not displace any opposing runner. Boys and girls must run separately.
- 9-6-1. A headband or sweatband not exceeding two (2) inches in width made of cloth, plastic, pliable plastic or rubber may be worn by a contestant. Decorative headwear is prohibited. A single solid color ribbon or similar items used to control the hair are legal as long as it is securely affixed to the hair and is not of an excessive length and size. No other type of headwear may be worn.
- 9-6-7. Jewelry, with the exception of wristwatches, is prohibited. Watches which can be used as Global Positioning Systems are prohibited.

### 4.5.2 Florida High School State Championship Series Procedures

#### 4.5.2.1 District Meeting.

##### 4.5.2.1.1 Date. Monday of Week 8 through Friday of Week 9

4.5.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select host school, site and determine time schedule. (Note: If using alternate sites, one school must be selected as the host and be responsible for submitting all required reports at the conclusion of the district tournament with FHSAA policies.) The host school must use Hy-Tek Meet Manager 3.0 for Windows software to conduct the District Meet.
- Determine whether meet manager or games committee will conduct the draw for starting positions and on which date the draw will be conducted.
- Determine a Jury of Appeals.

#### 4.5.2.2 Meet Structure and Time Schedules

##### 4.5.2.2.1 District Meets

###### (a) Dates, Time Schedule and Site.

- (1) Dates. Monday through Saturday of Week 17
- (2) Time Schedule. Each district will determine the time schedule for its meet at the district meeting.
- (3) Site. Each district will determine a site for its meet at the district meeting.

The date and site of each district meet will be posted on [FHSAA.org](http://FHSAA.org).

##### 4.5.2.2.2 Regional Meets

- (a) Complexes. Districts 1 through 4 will comprise the Region 1 complex, Districts 5 through 8 the Region 2 complex, Districts 9 through 12 the Region 3 complex, and Districts 13 through 16 the Region 4 complex. One meet will be conducted in each regional complex.
- (b) Dates and Time Schedule. Regional meets shall be held on Thursday through Saturday of Week 18. Suggested schedule times for a regional meet held on Friday are 4:00 p.m., 4:30 p.m. and 5:00 p.m. Suggested schedule times for a regional meet held on Saturday are 9:00 a.m., 9:30 a.m. and 10:00 a.m. The girls race shall precede the boys race in each meet. The date and time of each meet will be posted on [FHSAA.org](http://FHSAA.org). A coaches meeting shall be held at the site of each regional meet 60 minutes prior to the start of the meet.
- (c) Sites. Please visit the cross country page on [FHSAA.org](http://FHSAA.org) for region sites ([FHSAA.org/cc](http://FHSAA.org/cc)).

- (d) Invitations to Host. The deadline date for extending an invitation to serve as host for a regional meet Friday of Week 48. A criteria to be used in the selection of regional meet hosts shall be their access to and ability to use Hy-Tek Meet Manager computer software.

#### 4.5.2.2.3 Florida High School State Championship Finals

- (a) Dates. The FHSAA Cross Country Finals state meet shall be held on Saturday of Week 19
- (b) Time Schedule. The Finals schedule will be posted on the FHSAA Website.
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

#### 4.5.2.2.4 Advancement of Teams and Individuals

- (a) District Meet to Regional Meet. In a districts with six (6) or less teams entered, the first three (3) placing teams and the top fifteen (15) runners will advance to the region meet, in a districts with seven (7) to nine (9) teams entered, the first four (4) placing teams and the top fifteen (15) runners will advance to the region meet, and in a districts with ten (10) or more teams entered, the first five (5) placing teams and the top fifteen (15) runners will advance. "Entered" is defined as being present at the starting line and competing. A runner who qualifies in the top fifteen (15) and who also is a member of a qualifying team may be replaced in the team lineup [regional meet/Florida High School State Championship Series] by a substitute. The substitute, however, shall not be eligible for individual honors on any subsequent level of competition.
- (b) Regional Meet to Florida High School State Championship Series. The first six (6) placing teams and the top fifteen (15) runners in each regional meet shall advance to the Florida High School State Championship Series. A runner who qualifies in the top fifteen (15) and who also is a member of a qualifying team may be replaced in the team lineup [regional meet/Florida High School State Championship Series] by a substitute. The substitute, however, shall not be eligible for individual honors on any subsequent level of competition.

#### 4.5.2.3 Meet Regulations

4.5.2.3.1 Teams. A team shall be composed of five (5) to seven (7) runners. Schools that enter fewer than five runners, and schools from which fewer than five runners finish the race, at any Florida High School State Championship Series meet shall not be eligible for team honors. Individual contestants from such schools, however, may earn individual awards.

4.5.2.3.2 Starting Positions. The starting position for each team in a Florida High School State Championship Series meet shall be drawn by lot from left to right in advance by the meet manager or games committee. Individual contestants shall be assigned starting positions using the same procedure.

4.5.2.3.3 Meet Management Software. Hy-Tek Meet Manager for Windows software shall be used to score Florida High School State Championship Series meets and transmit their results to the FHSAA Office and the next level meet manager. The school names and abbreviations developed by the FHSAA Office shall be used when entering competitors into the computer. Hy-Tek School Abbreviations for Cross Country can be found on the FHSAA Website.

#### 4.5.2.3.4 Jury of Appeals.

- (a) A Jury of Appeals consisting of five coaches from five different participating schools shall be appointed by the meet manager for each meet in the Florida High School State Championship Series. Five alternate jurors shall also be appointed. A Jury of Appeals consisting of five members is mandatory. There can be no ruling rendered without five jurors.
- (b) Jurors for the Florida High School State Championship Series shall be chosen as follows:
  - (1) A list of recommended jurors will be compiled by the FHSAA and/or FACA State Cross Country chairperson and submitted to the FHSAA for approval. Any coach not on the "approved" list cannot serve on a Jury of Appeals at the Florida High School State Championship Series.
  - (2) Diversity in school classification, gender and geography, as well as knowledge and experience, must be taken into consideration when a Jury of Appeals is selected.
- (c) A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded.
- (d) The Jury of Appeals may meet 15 minutes following the conclusion of the final race of each classification, and should conclude all rulings prior to the awards ceremony for that classification.
- (e) The head coach of a team who wishes to file an appeal must do so in writing. The appeals process will adhere to NFHS Case Book guidelines.
- (f) The decision of the Jury of Appeals shall be final. The Jury of Appeals cannot set aside any rule.



## 4.6 Flag Football

Administrator: Shanell Young, ext. 310, syoung@fhsaa.org

### 4.6.1 Regular Season Procedures

#### 4.6.2.1 Rules of Competition

4.6.2.1.1 Competition Rules. National Intramural-Recreational Sports Association (NIRSA) Flag Football Rules, as modified by the FHSAA, are the official rules for all regular season games involving teams participating in the Florida High School State Championship Series as well as FHSAA State Flag Football Series games. The following modifications to those rules have been adopted by the Board of Directors.

- Rule 1-1-3, Supervision: The game shall be played under the supervision of 2 to 4 officials. It is recommended strongly that 3 officials be used during regular season competition. Four officials shall be used during FHSAA State Flag Football Series contests.
- Rule 1-2-3, Field Markings: A 4-inch wide restraining line (sideline safety) shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines. It is recommended that the restraining line be marked by placing 12-inch long lines, separated at 24-inch intervals.
- Rule 1-4-1, Jersey: Players of opposing teams must wear contrasting solid-colored jerseys, without pockets, numbered on the front and back. Numbers must be the same color on the front and back of the jersey. The number on the front of the jersey must be a minimum of 6 inches in height and centered. The number on the back of the jersey must be a minimum of 8 inches in height and centered. Numbers must be of solid color contrasting with the color of the shirt. The number may have a contrasting color border, which shall not exceed 1/4 inch. No players on the same team shall wear identical numbers.
- Rule 1-5-5, Mouth and Tooth Protector: A mouth piece shall be worn by all players.
- Rule 1-5-7, Sunglasses: Players shall not be permitted to wear sunglasses.
- Rule 9-1-3E, Taunting: The FHSAA disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances, including comments or remarks regarding race, religion, gender or national origin.

4.6.1.1.2 Athletic Uniforms. The home team shall wear the darker-colored jersey. The visiting team shall wear the lighter-colored jersey. It is recommended that each participating team bring to the competition site two sets of jerseys (one dark, one light) with identical numbers.

4.6.1.1.3 Suspended Contests. A suspended contest shall be resumed from the point of interruption under the provisions of NIRSA Rule 3.2.2c.

### 4.6.2 Florida High School State Championship Series Procedures

#### 4.6.2.1 District Meeting

4.6.2.1.1 Date. Monday through Friday of Week 11

4.6.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

#### 4.6.2.2 Tournament Structure and Time Schedules

##### 4.6.2.2.1 District Tournaments.

(a) Dates. Monday through Wednesday of Week 43

(b) Time Schedule. The following time schedule shall be followed unless an alternate schedule is approved by the FHSAA Office:

##### Session 1

Semifinal Game 1 (No. 1 vs. No. 4 seed), 6 p.m.

Semifinal Game 2 (No. 2 vs. No. 3 seed), 7:30 p.m.

##### Session 2

Championship Game (semifinal winners), 7 p.m.

(c) Site. To be determined at the district meeting.

No local manager is authorized to **change the dates, times or order of games** unless permitted by the FHSAA Office.

#### 4.6.2.2.2 Florida High School State Championship Finals

##### (a) Regional Tournaments.

(1) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.

(2) Dates and Time Schedule. Regional tournaments shall be played during Weeks 45-46 on the following dates:

i) Semifinals - Friday of Week 45

ii) Finals - Tuesday of Week 46

iii) Times for all regional tournament games must be 7:00 p.m. local time. Exceptions must be approved by the FHSAA Office.

(c) See FHSAA.org for the time schedule for the FHSAA Flag Football Finals state championship tournament.

#### 4.6.2.2.4 Advancement of Winners.

(a) District to Regional. The champion from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.

(b) Regional to Florida High School State Championships. The champion from each of the four regional tournaments in each classification shall advance to the Florida High School State Championships.

#### 4.6.2.3 Tournament Regulations

4.6.2.3.1 Squad Size. There is no limit on the number of players in uniform that a school participating in the FHSAA State Flag Football Series may dress. Credentials, or complimentary admission, shall be provided to participating school personnel as follows:

- Players in uniform – unlimited
- Team support (coaches, managers, trainers, etc.) – 7
- Administration (principal, athletic director, etc.) – 3
- School media (student newspaper, yearbook, etc.) – 3

4.6.2.3.3 Pregame Warm-up and Procedures. The following pregame time schedule shall be followed in all Florida High School State Championship Series games:

##### **First Game of Session**

- 25:00 before kickoff – Set game clock at 15:00 and begin countdown; competing teams given access to field for 15-minute pregame warm-up
- 10:00 – Introduction of visiting team in order of non-starters, starters and head coach
- 7:30 – Introduction of home team in order of non-starters, starters and head coach
- 5:00 – National Anthem
- 3:00 – Coin toss
- 1:00 – Teams take field
- 0:00 – Reset clock to 12:00; ball placed on the 14-yard line

##### **Second and Subsequent Game(s) of Session**

- 23:00 before kickoff – Set game clock at 15:00 and begin countdown; competing teams given access to field for 15-minute pregame warm-up
- 8:00 – Introduction of visiting team in order of non-starters, starters and head coach
- 5:30 – Introduction of home team in order of non-starters, starters and head coach
- 3:00 – Coin toss
- 1:00 – Teams take field
- 0:00 – Reset clock to 12:00; ball placed on 14-yard line



## 4.7 Football

Administrator: Frank Beasley, ext. 250, fbeasley@fhsaa.org

### 4.7.1 Regular Season Procedures

#### 4.7.1.1 Rules of Competition

4.7.1.1.1 Playing Rules. NFHS Football Rules, as modified by the FHSAA, are the official playing rules for all football games. The following modifications to those rules have been adopted by the Board of Directors.

- 1-1-4 Note. Size of Officials Crew: Five (5) field officials and one clock operator will be used for all varsity football games. All first-round playoff games will consist of five (5) field officials and one clock operator. For the second round of playoffs through the state championship games, a crew of seven (7) field officials and one clock operator shall be assigned.
- 1-3-1g Note. Size of Ball: A smaller ball may be used for eighth grade games and below.
- 1-3-2 Note. Official Ball: The FHSAA has adopted a specific ball for use in the FHSAA State Football Series as posted on the FHSAA Website.
- 1-3-7. Supplemental Equipment: Supplementary equipment to aid in game administration may be used (e.g., 25-second clock, referee microphone).
- 1-3-7, 3-6-1. Play Clock: If a visible 25-second clock is used it shall be operated by a registered official.
- 1-3-7. Wireless Microphone: Use of a “wireless microphone” by the referee is permitted as follows: (a) The head coach of both teams must agree to the referee’s use of the system prior to the start of the game; (b) Only the type foul and the distance penalty may be announced by the referee; (c) A player’s name, position or number may never be announced; and (d) The information is not announced until after the captain has made his decision to accept or decline the penalty.
- 1-6-7. Artificial Limbs: The use of artificial limbs is authorized on an individual player basis. The school must provide the referee with written approval from the FHSAA Office.
- 1-6-7. Note 1. Hearing Impaired Players: Teams with hearing impaired player(s) may use a drum to establish cadence following the ready-for-play signal.
- Table 1-7. Written Authorization: The specified written authorization must be according to NFHS Football Rules.
- Table 3-1. Halftime: Halftime will be 20 minutes (includes all halftime activities and three-minute warm-up). Clock operators will set the halftime clock at 17 minutes and will not start the clock until signaled by the referee after all team personnel have vacated the field. Once the 17 minutes have expired, an additional three minutes will be placed on the clock for the mandatory warm-up period.
- 3-1-1 Note. Overtime: The overtime procedure listed in the NFHS Rules Book is adopted for all contests in both the regular season and the Florida High School State Championship Series. The FHSAA Office may waive the use of the overtime procedure in jamborees or preseason classics upon request of the host school principal, provided the request is based on the unanimous desire of all participating schools.
- 3-1-2. Mercy Rule: If one team is ahead by a margin of 35 points or more at the end of the second quarter, the clock shall run continuously. Once the running clock is initiated, it shall run continuously with the exception of during any timeout taken by a team or officials, injuries, unsporting conduct penalties and during the period between quarters.
- 3-1-5. Interrupted Games: Games interrupted because of events beyond the control of the responsible administrative authority, at some point, must be continued from the point of interruption if the game affects a team’s berth in the Florida High School State Championship Series.
- 3-1-5 Note. Length of Quarters: Games involving a mixture of players in grades 7, 8 and 9 will be played in 10-minute quarters.
- 3-2-1. Coin Toss: If the coin toss, or simulated coin toss, is held on the playing field, it must be held three minutes prior to the scheduled game starting time.
- 3-5-7g. Mandatory Water Breaks: The referee must call an uncharged one-minute timeout at the first clock stoppage after the 6:30 minute mark of each quarter. If the first clock stoppage is a timeout request by either team, then that timeout is granted and the next clock stoppage that is not a requested team timeout becomes the water break. Coaches may meet with their players during this timeout. This rule must be enforced in all games up to and including the regular season and playoffs, including both fall and spring preseason classics and jamborees.
- 3-5-7l. TV Timeouts: TV timeouts may be authorized by the host school principal for regular season games. The FHSAA Office may authorize TV timeouts for contests in the Florida High School State Championship Series as specified elsewhere in these regulations.

4.7.1.1.2 Schedules. Each member school may sign a maximum of seven (7) two-year contracts. Each member school must sign a minimum of three (3) one-year contracts. The Executive Director, upon request, may approve exceptions to this regulation to assist schools in scheduling games with out-of-state opponents.

4.7.1.1.3 Cancellations or Rescheduled Games. Every district game shall be played and completed by week 10 of the season. This shall be accomplished even if it requires the rescheduling or cancellation of non-district games. It, therefore, is important that all district games cancelled due to inclement weather be made up not later than Monday of Week 18. The FHSAA office is committed to protecting the integrity of the Florida High School State Championship Series. Schools do not have the option to cancel a district game by agreement unless forfeiture is involved.

4.7.1.1.4 Forfeitures. Each contracted regular season game shall be played, to its conclusion, as scheduled unless it is canceled due to inclement weather (Policy 32). A school that fails to play a contracted game as scheduled shall forfeit the game and shall become ineligible to participate in the Florida High School State Championship Series that season or a future season. Should this occur, all district games played by the school shall be considered non-district games, shall not count in the district standings, and shall be removed from the football district for the remainder of the classification cycle.

4.7.1.1.5 Medical Personnel. The FHSAA Board of Directors recommends that each host member school have a physician as well as an ambulance present or readily available for each game.

4.7.1.1.6 Pregame Warm-ups. A school's team shall warm up in an area between the end line and the 45-yard line on the side of the field to which it is assigned for pregame warm-ups by the host school management. Enforcement of this policy shall be the responsibility of the host school management until the jurisdiction of the game officials begins. A violation of this policy shall be considered an act of unsporting conduct and shall be penalized pursuant to NFHS Rules.

#### 4.7.1.2 Postseason Bowl Games.

4.7.1.2.1 A team that does not participate in the Florida High School State Championship Series or participates in but does not qualify for the Florida High School State Championship Series as a representative of its district may compete in a postseason bowl game exclusively on Wednesday, Thursday or Saturday of Week 20, provided the school meets the requirements stated herein.

4.7.1.2.2 A school that qualifies for the Florida High School State Championship Series may not agree to play in a postseason bowl game.

4.7.1.2.3 A postseason bowl game hosted by a senior high school must have the approval of the FHSAA Office. Such games, however, cannot be approved by the FHSAA Office until the Monday of Week 19 or thereafter. An AT3 Form must be completed to sanction the event.

4.7.1.2.4 To be eligible to compete in a postseason bowl game, a school must meet the provisions of 4.7.2.3.1, must have played a representative schedule and must have a winning record (.500 or better) through the Monday of Week 19 or thereafter.

4.7.1.2.5 All NFHS Football Rules shall apply to postseason bowl games.

#### 4.7.1.3 Spring Practice, Jamborees and Classics.

4.7.1.3.1 Spring Practice. See Policies 6.1.1.1 and 18.2.

4.7.1.3.2 Spring Jamborees and Classics. Schools are limited to either one (1) Jamboree or one (1) Classic following the procedures in 4.7.2.2 and counts as one of 20 sessions outlined in Policy 6.1.1.1. Spring Jamborees and Classics may not be played outside the state of Florida.

### 4.7.2 Florida High School State Championship Series Procedures

#### 4.7.2.1 District Scheduling Meeting

4.7.2.1.1 Date. Coincides with the reclassification cycle (once classifications and districting are final.)

##### 4.7.2.1.2 Scheduling Meeting.

- A representative of each school assigned to the district must be in attendance
- A district football schedule for both years of the cycle must be completed during this meeting
- Schools shall schedule district football games according to the following schedule: 10th week, 8th week, 6th week, 4th week, 9th week, 7th week, 5th week, 3rd week, 2nd week and 1st week. District games shall not be scheduled on the 11th week.
- A complete schedule, including any non-district games, must be submitted via C2C Schools by the Monday of Week 40.

4.7.2.2 District Standings. The FHSAA Office shall compute on a weekly basis the official standings for each district in each classification based on the game reports filed by member schools as required in Policy 4.1.5.2. Official standings will be posted on FHSAA.org. It will be on the basis of these standings only that district champions and district runners-up will be determined. It is imperative that member schools report their game scores to the FHSAA Office each week in accordance with Policy 4.1.5.2. In the event a member school wishes to challenge its win-loss record as recorded in the official FHSAA standings, the burden of proof will be upon the member school.

4.7.2.2.1 Only those varsity games played with other schools in a district shall count toward the district standings. If a school plays more than one varsity game with another school in its district, then only the first game will count in the district standings.



## 4.7.2.2.2 Breaking Ties.

- (a) If two schools are tied for first place in the final district standings, the winner of the regular season game between the two schools shall advance to the regional tournament as the district champion and the loser of the regular season game shall advance to the regional tournament as the district runner-up. If two schools are tied for second place in the final district standings, the winner of the regular season game between the two schools shall advance to the regional tournament as the district runner-up.
- (b) If three schools are tied for first place in the final district standings and one of the three schools defeated the other two in regular season competition, then that school shall advance to the regional tournament as the district champion. The winner of the regular season game between the two remaining schools shall then advance to the regional tournament as the district runner-up. If three schools are tied for second place in the final district standings and one of the three schools defeated the other two in regular season competition, then that school shall advance to the regional tournament as the district runner-up.
- (c) If three or more schools are tied for either first place or second place in the final district standings and the tie cannot be broken based on the results of regular season competition, then a district tiebreaker shall be played to determine the district champion and/or district runner-up.

## 4.7.2.3 District Tiebreakers.

4.7.2.3.1 Date, Time and Site. District tiebreakers, if necessary, shall be played at 7 p.m. local time on Monday of Week 19. The school whose team is seeded No. 1 shall be designated the host school and will determine the site of the competition.

4.7.2.3.2 Format. The higher-seeded team in each round shall be designated the “home team” and will wear the darker-colored jersey. Each team shall be required to have both darker and lighter-colored jerseys at the competition site in the event problems with contrasting jerseys exist. Teams shall play one entire quarter against their bracketed opponents. Each team will be allotted two timeouts per quarter. The 10-Yard Line Overtime Tiebreaker Plan as printed in the NFHS Rules Book will be used at the end of the quarter if the score is tied. There will be a warm-up period or rest period not to exceed 20 minutes between each quarter or tiebreaker. The FHSAA Office, not later than noon Sunday of Week 19, will post tiebreaker information on FHSAA.org containing the specific arrangements for the district tiebreaker.

4.7.2.3.3 Seeding. The teams shall be seeded on the basis of their overall win-loss percentage through all games played by Sunday of Week 19. The team with the best overall win-loss percentage will be seeded No. 1, etc. If two or more of the teams have identical overall win-loss percentages, the results of their head-to-head competition during the regular season will be used to break the tie. If the tie cannot be resolved by the results of head-to-head competition, a random draw will be used to break the tie.

4.7.2.3.4 Bracketing. The teams, based on their seeding, shall be bracketed as follows:

- (a) Three teams tied for district championship:
  - Round 1 – No. 2 seed vs. No. 3 seed.
  - Round 2 – Round 1 winner vs. No. 1 seed; if No. 1 seed wins, it is district champion and Round 1 winner is runner-up; if Round 1 winner wins, it is district champion and No. 1 seed advances to Round 3.
  - Round 3 – No. 1 seed vs. Round 1 loser; winner is district runner-up.
- (b) Four or more teams tied for district championship:
  - Nos. 1, 4, 5 and 8 seeds in upper half of bracket; Nos. 2, 3, 6 and 7 seeds in lower half of bracket; byes, if any, awarded to higher-seeded teams.
  - Winners advance through straight-progression bracket; winner of final round is district champion; loser is district runner-up.
- (c) Three teams tied for district runner-up:
  - Round 1 – No. 2 seed vs. No. 3 seed.
  - Round 2 – Round 1 winner vs. No. 1 seed; winner is district runner-up.
- (d) Four or more teams tied for district runner-up:
  - Nos. 1, 4, 5 and 8 seeds in upper half of bracket; Nos. 2, 3, 6 and 7 seeds in lower half of bracket; byes, if any, awarded to higher-seeded teams.
  - Winners advance through straight-progression bracket; winner of final round is district runner-up.

4.7.2.3.5 Bands. Bands will be prohibited from playing at district tiebreakers.

## 4.7.2.4 Tournament Structure and Time Schedules

## 4.7.2.4.1 Regional Tournaments

- (a) Complexes. Competition will be conducted in four regional complexes in each classification. Each regional complex will be comprised of either two or four districts depending upon the number of districts in the classification.
- (b) Playoff Field. The tournament bracket in Classes 8A, 7A, 6A, and 5A shall include 32 teams. The tournament bracket in Classes 4A, 3A, 2A and 1A shall include 16 teams.

(c) Dates and Times. Regional tournaments shall be played on the following dates:

- (1) Classes 8A, 7A, 6A, and 5A
  - Quarterfinals – Friday, of Week 20
  - Semifinals – Friday of Week 21
  - Finals – Friday of Week 22
- (2) Classes 4A, 3A, 2A and 1A
  - Semifinals – Friday of Week 20
  - Finals – Friday of Week 21

All regional tournament games shall begin at 7:30 p.m. local time. Any exception must be approved by the FHSAA Office.

(d) Bracketing. Qualifying teams in each class shall be placed on brackets for regional tournaments by the FHSAA Office as per the provisions in Administrative Procedure 3.3.1.1.

(e) Awards. The FHSAA will award a trophy, at no expense to the school, to each regional champion football team.

#### **4.7.2.4.2 State Semifinals**

(a) Dates and Times. State semifinal games shall be played on the following dates:

- Classes 8A, 7A, 6A, and 5A – Friday of Week 23
- Classes 4A, 3A, 2A and 1A – Friday of Week 22

All state semifinal games shall begin at 7:30 p.m. local time. Any exception must be approved by the FHSAA Office.

(b) Bracketing. The Region 1 champion will play the Region 2 champion, and the Region 3 champion will play the Region 4 champion in the state semifinal games in each classification.

(c) Host Schools. One of the two competing schools shall be designated as the host school for each state semifinal game, and shall determine the site of the game for which it serves as host. The host schools shall be designated as follows:

- Classes 8A, 6A, 4A, 3A – Region 2 champion and Region 4 champion.
- Classes 7A, 5A, 2A, 1A – Region 1 champion and Region 3 champion.

#### **4.7.2.4.3 Florida High School State Championship Finals**

(a) Dates. The FHSAA Football Finals state championship games shall be played Friday and Saturday of Week 23 for Classes 4A, 3A, 2A and 1A; and Friday and Saturday of Week 24 for Classes 8A, 7A, 6A and 5A.

(b) Time Schedule. The schedule shall be posted on the FHSAA Website (all times EST and subject to change by Bright House Network):

(c) Home School. In the Class 1A, Class 2A, Class 5A and Class 7A championship games, the school on the upper line of the bracket shall be designated the home school. In the Class 3A, Class 4A, Class 6A and Class 8A championship games, the school on the lower line of the bracket shall be designated the home school.

(d) Jerseys. Schools must bring both their white and dark sets of jerseys to avoid conflicts.

#### **4.7.2.4.4 Advancement of Winners**

(a) Regional to State Semifinals. The champion from each of the four regional tournaments in each classification shall advance to the state semifinal games in the respective classifications.

(b) State Semifinals to Florida High School State Championship Series. The winners of the two semifinal games in each classification shall advance to the Florida High School State Championship Series in the respective classifications.

#### **4.7.2.5 Tournament Regulations**

##### **4.7.2.5.1 Squads**

(a) Player Limit. Teams shall be allowed a maximum of 60 players in uniform for each game. Uniformed players, coaches and team managers of participating schools will be admitted to games in the Florida High School State Championship Series in which they participate free of charge.

(b) Florida High School State Championship Series. The number of field credentials for participating teams shall not exceed the number of uniformed players plus 20 to be used by coaches, managers, statisticians, trainers, medical personnel, etc.

4.7.2.5.2 Exchange of Game Tapes. The head coaches of opposing teams in each Florida High School State Championship Series game must exchange videotapes of their previous two (2) games by 5 p.m. EST on the Saturday (Monday for first-round games) immediately preceding their game. A minimum monetary penalty of \$250 shall be assessed for willful violations of this provision.

4.7.2.5.3 Pregame Warm-up and Procedures. The following pregame time schedule is recommended for all Florida High School State Championship Series games:

- 6 p.m. – Playing surface open to kickers and punters; gates open to spectators.



- 6:30 p.m. (60:00 on pregame clock) – Clock operator starts pregame countdown on game clock
- 7:10 p.m. (20:00 on pregame clock) – Pregame warm-up period ends; teams leave field.
- 7:12 p.m. (18:00 on pregame clock) – Announcer reads pregame script, sportsmanship message and starting lineups (both offensive and defensive) for both teams; this is not formal introductions of starting lineups and it is not necessary for players and coaches to be on the field when this occurs.
- 7:23 p.m. (7:00 on pregame clock) – Visiting team emerges from dressing room, takes the field and reports to its sideline area.
- 7:24 p.m. (6:00 on pregame clock) – Home team emerges from dressing room, takes the field and reports to its sideline area.
- 7:25 p.m. (5:00 on pregame clock) – National Anthem is performed.
- 7:27 p.m. (3:00 on pregame clock) – Coin toss at mid-field.
- 7:29:30 p.m. (0:30 on pregame clock) – Teams take positions on field for kickoff.
- 7:30 p.m. (0:00 on pregame clock) – Reset game clock to 12:00. Referee signals ready for play. KICKOFF.

No participating team, other than the host school's team, shall be permitted onto a playoff field for practice during the week of the Florida High School State Championship Series game. Teams that advance to the Florida High School State Championship Series shall not be allowed practice time on the Florida High School State Championship Series facility field other than the pregame warm-up.

#### 4.7.2.5.4 Bands.

- (a) Admittance. Band and drill team members from participating schools in full dress uniform, along with their adult sponsors will receive complimentary admission to all games in the Florida High School State Championship Series, with the exception of district tie-breakers. One adult chaperon for every 10 participating students shall receive complimentary admission.
- (b) National Anthem. The host school shall be responsible for arranging for a live performance of the National Anthem. This live performance may be by the host school's band, singer(s) or instrumental solo or ensemble; or, if by mutual agreement of both schools, by the visiting team's band or by both bands.
- (c) Halftime Performance. The marching band of each participating school may perform at halftime of the game in which their team is involved. Each band shall be allotted a maximum of eight (8) minutes and 30 seconds for its halftime performance. The band representing the visiting team shall perform first, and must be ready to take the field and begin its performance immediately upon conclusion of the first half. The band representing the home team shall perform second and must be clear of the field before the expiration of the 20-minute halftime period. Should only one band perform at halftime, there will be no time limit except that the band must be clear of the field with three (3) minutes remaining in the halftime period.

4.7.2.5.5 Cheerleaders. Cheerleaders in uniform, along with their adult sponsors, will be admitted free of charge to Florida High School State Championship Series contests in which their school's team participates. The number of cheerleaders permitted will be the same as the number who cheered during varsity contests during the regular season.

## 4.8 Golf

Administrator: Ed Thompson, ext. 390, ethompson@fhsaa.org

### 4.8.1 Regular Season Procedures

#### 4.8.1.1 Rules of Competition

4.8.1.1.1 Competition Rules. United States Golf Association (USGA) Amateur Golf Rules, as modified by the FHSAA, are the official rules for all golf matches, except where it may be necessary to apply local rules due to circumstances or unforeseen conditions.

- (a) A team shall be comprised of four, five or six players. All coaches of teams involved in a match must agree to the designated number of players who will comprise a team. If a school wishes to play more than four players in a match it must so stipulate in the "terms and conditions" section of the Contract for Interscholastic Athletic Contest. When the number of players is not stipulated in the "terms and conditions" section of the contract, a school shall play no more than five (5) players. In all matches, however, the four lowest individual scores combined shall determine the team score.
- (b) A match shall be conducted on a stroke play basis. The team having the lowest aggregate score at the conclusion of play shall be the winner. Teams shall be informed of a tie-break procedure prior to the start of any regular season match and/or invitational tournament.
- (c) Exhibition or practice play during a match is strictly prohibited. Only those students who are properly entered shall participate in a match. This does not prohibit the playing of junior varsity matches in conjunction with a varsity match.
- (d) All participants must abide by the dress code as established by the golf course on which the match is being played.
- (e) The use of caddies, including teammates, is prohibited.
- (f) Players are permitted to use pull-carts if desired. The use of motorized carts or other vehicles by players is prohibited. An exception may be made for an individual player who, because of a permanent physical handicap or disability, needs the use of such equipment to compete. The player's school must submit a request for the exception in writing to, and it must be approved by the Executive Director in advance of the competition. A school with a player who has been granted this exception must notify the host school of the player's special need in advance of the competition.
- (g) The use of any electronic equipment for the purpose of communication is prohibited on the course by players, coaches and spectators. This does not include course management staff, who may need to keep or provide information on the course and play during the tournament, from using such equipment.
- (h) Distance measuring devices may be used under the guidelines of the USGA rules of golf.
- (i) USGA Rule 3-3(a) must be enforced when there is a doubt as to the right play procedure, and the tournament/match director or tournament committee must be consulted before a player involved signs and turns in his/her scorecard.
- (j) No participant shall be allowed to accept any cash awards, sponsorship or gifts exceeding those limitations established in Bylaw 9.9.3.
- (k) A player who deliberately throws any piece of equipment during competition shall be disqualified (ejected) immediately for misconduct. The disqualification (ejection) shall be reported to the FHSAA Office by the host school or tournament director using the "Unsporting Conduct Incident Report" (Form AT6).
- (l) Any player that displays unsporting behavior, uses profane language, inappropriate gestures or taunts an opponent at any time during the match shall be disqualified for unsporting conduct and ejected from the match. See FHSAA Bylaws 8.1.1, 11.11.1 and FHSAA Policy 20.
- (m) Betting by players and coaches is strictly prohibited. A player who violates this rule shall be disqualified from further participation in the match or tournament. A coach who violates this rule must be reported to the FHSAA Office by the host school or tournament manager using the "Unsporting Conduct Incident Report" (Form AT6).
- (n) At the end of tournament/match play, each player in the assigned group must go directly from the final hole to the check-in area to verify the individual score for each player, and sign and submit the scorecard to a tournament/match official. All areas of question with regard to the right play procedure or scoring must be submitted to the tournament/match director at this time to be resolved prior to players signing their scorecards.
- (o) A competition is considered to have closed when all players have submitted their scorecards to the tournament/match director and the results are officially announced.

#### 4.8.1.1.2 Coaching & Advice During Competition

- (a) Coaches only will be allowed to give advice under the following provisions:
  - (1) Only one (1) designated team coach may give advice.
  - (2) USGA Rule 8 entitled "Definition of Advice" must be used.



- (b) Coaches who elect to advise their players during matches must not make rulings on matters of play that are the responsibility of the event director or tournament committee. A player in violation of USGA Rule 6-7, "Undue Delay," will be assessed a two-stroke penalty for the first offense and disqualified from competition for the second offense.
- (c) No players, parents or spectators shall be allowed to coach or give advice to any player who is competing during regular season matches or matches in the Florida High School State Championship Series.
- (d) Parents and spectators of participating golfers must remain in the rough or on golf paths and 50 feet away from the golfers. Use of golf carts by spectators during matches is under the jurisdiction of the event director.

4.8.1.1.3 Unsporting Conduct Reports. Event hosts and/or officials must report acts of unsporting conduct by players and coaches to the FHSAA Office using the "Unsporting Conduct Incident Report" (Form AT6).

#### 4.8.2 Florida High School State Championship Series Procedures

##### 4.8.2.1 District Meeting

###### 4.8.2.1.1 Date. Monday or Tuesday of Week 9

4.8.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Determine if a sub-district qualifying tournament(s) will be played. Sub-district tournaments may be played during Week 15, which is the week preceding the District Tournament. If a sub-district tournament is to be played during the earlier week, all participating schools must submit their official entry lists to the district tournament manager not later than 5 p.m. Monday of Week 14.
- Adopt a procedure for determining the pairings for the tournament.
- Adopt a method for deciding individual and team ties. If a sudden death playoff or the matching scorecards method is to be used, the hole(s) to be played or compared in the tie-breaker must be designated.
- Develop an alternative plan for competition in case of inclement weather.
- Discuss the host provisions for region tournaments and the deadline date.

##### 4.8.2.2 Tournament Structure and Time Schedules

###### 4.8.2.2.1 District Tournaments

###### (a) Dates, Time Schedule and Site.

- (1) Dates. Monday-Wednesday of Week 16.
- (2) Time Schedule. To be determined at district meeting.
- (3) Site. To be selected at the district meeting.
  - (i) Yardages
    - Girls 5200-5600 yards
    - Boys 6400-6800 yards

- (b) Sub-District Tournaments. Sub-district tournaments are part of the district tournament and are subject to all regulations pertaining to district tournaments. Sub-district tournaments may be played during the week preceding the district tournament, which is Week 15. If a sub-district tournament is to be played, all participating schools must submit their official entry lists to the district tournament manager by e-mail not later than 5 p.m. Monday of Week 14.
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

###### 4.8.2.2.2 Regional Tournaments

- (a) Complexes. Competition will be conducted in eight regional complexes in each classification. Districts 1, 2, and 3 will comprise the Region 1 complex; Districts 4, 5 and 6 the Region 2 complex; Districts 7, 8 and 9 the Region 3 complex; Districts 10, 11 and 12 the Region 4 complex; Districts 13, 14 and 15 the Region 5 complex; Districts 16, 17 and 18 the Region 6 complex; Districts 19, 20 and 21 the Region 7 complex; and Districts 22, 23 and 24 the Region 8 complex. One tournament will be conducted in each regional complex.
- (b) Dates. Monday-Wednesday of Week 17.
- (c) Sites. Current regional meet sites are listed on FHSAA.org.
  - (1) Yardages
    - (i) Girls 5200-5600 yards
    - (ii) Boys 6400-6800 yards
- (d) Coaches Meeting. A coaches meeting will be held at the tournament site 30 minutes prior to the first tee time to confirm pairings and to cover items of information or rulings that are necessary for the administration of the tournament.

- (e) Invitations to Host. The deadline date for submitting an invitation to serve as host for a regional tournament is Monday of Week 10.
- (f) Region Site Provisions. The following guidelines have been approved for determining hosts for region sites. The districts shall host in a rotation based on ascending numerical order. The rotation for the next three years is as follows:
  - 2012-13 – middle district (Districts 2, 5, 8, 11, 14, 17, 20, 23)
  - 2013-14 – highest-numbered district (Districts 3, 6, 9, 12, 15, 18, 21, 24)
  - 2014-15 – lowest-numbered district (Districts 1, 4, 7, 10, 13, 16, 19, 22)
- (g) FSGA/USGA Officials. Each regional tournament site is required to have an FSGA/USGA official on site if there is one available.

#### 4.8.2.2.3 Florida High School State Championship Finals

- (a) Dates and Site. The FHSAA Golf Finals will be held on Tuesday-Wednesday of Week 18 for all girls classes and Tuesday-Wednesday of Week 19 for all boys classes.
- (b) Coaches Meeting. A pre-tournament coaches meeting will be put online at FHSAA.org for coaches of all schools with participants in the Florida High School State Championship Series. The head coach from each school, or his/her representative, shall be required to view this presentation.

#### 4.8.2.2.4 Advancement of Teams and Individuals

- (a) District Tournament to Regional Tournament. The top three lowest scoring teams and the top three lowest scoring individuals who are not members of the top three lowest scoring teams in district tournament shall advance to the regional tournament to which they are assigned.
- (b) Regional Tournament to Florida High School State Championship Series. The first- and second-place teams and the two lowest-scoring individuals who are not members of the advancing teams in each regional tournament shall advance to the Florida High School State Championship Series. If no invitations to host are received in a region by Friday of Week 12, the qualifiers will be determined by the following:
  - (1) from the three district team winners, the two teams with the lowest scores will advance;
  - (2) from the district individual winners, the two individuals with the lowest scores will advance;
  - (3) if the two lowest scoring individuals are on the qualifying teams, no other individual shall qualify for the Florida High School State Championship Series; and
  - (4) if the three first-place teams or individuals have the same qualifying score, the teams and/or individuals shall meet for a playoff on Monday of Week 17 at a site to be determined.

#### 4.8.2.3 Tournament Regulations

##### 4.8.2.3.1 Teams. A team consists of four or five players. The four lowest scores shall determine the team score.

- (a) A school may enter an individual golfer(s) in the district tournament to compete for the individual championship if the school is unable to enter a team of four or five players.
- (b) Each team that qualifies for the Florida High School State Championship Series, in addition to its four or five players, may be accompanied by a maximum of one (1) alternate. The alternate may not be used once tournament play begins. No alternate is permissible for contestants who qualify on an individual basis.

4.8.2.3.2 Format. All Florida High School State Championship Series tournaments shall be conducted on a stroke-play basis. The team having the lowest aggregate score at the conclusion of the prescribed number of holes will be the team champion. The individual player having the lowest score at the conclusion of the prescribed number of holes will be the individual champion.

- (a) District Tournaments. One round, 18 holes. Each district shall adopt a method for breaking individual and team ties. If a sudden-victory playoff or the matching scorecards method is to be used, the hole(s) to be played or compared in the tie-breaker must be designated.
- (b) Regional Tournaments. One round, 18 holes. In the event of a tie for the first- and second-place team or individual qualifiers, a sudden-victory playoff shall be used to determine the qualifiers who will advance to the Florida High School State Championship Series. The hole(s) for the sudden-victory playoff will be determined by the tournament committee and will be part of the information provided at the pre-tournament coaches meeting.
- (c) Florida High School State Championship Series. Two rounds, 36 holes. In the event of a tie for the individual or team championship, a sudden-victory playoff shall be used to determine the champion. The hole(s) to be used for the sudden-victory playoff will be determined by the tournament committee and will be announced at the pre-tournament coaches meeting.

In the event emergency situations, such as inclement weather, make it necessary to reduce the number of holes from 36, the Jury of Appeals shall determine the final number of holes to be counted for scoring. All leading players must have played the same holes up to the cut-off point established by the Jury of Appeals.



#### 4.8.2.3.3 Pairings & Tee Times

- (a) District Tournaments. Each district shall establish a method for determining pairings and tee times at the district meeting.
- (b) Regional Tournaments. Pairings and tee times will be based on district tournament scores. The host school will determine and e-mail tee times to schools with qualifying teams and individual competitors by 9 a.m. Friday of Week 16.
- (c) Florida High School State Championship Series. Pairings and tee times for the first round will be based on regional tournament scores and will be listed on FHSAA.org. Pairings for the second round will be based on the first round. It is the responsibility of the coach to locate the pairings and tee times on the FHSAA golf website.

4.8.2.3.4 Faculty Supervision. A member of the faculty shall accompany a school's team or individual contestant to all competition in the Florida High School State Championship Series.

4.8.2.3.5 Jury of Appeals. A Jury of Appeals consisting of five coaches and/or athletic directors from five different participating schools shall be appointed by the manager of each Florida High School State Championship Series event. A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded. The decision of the Jury of Appeals shall be final. The Jury of Appeals shall not set aside any rule.

#### 4.8.3 Local Rules and Conditions of Competition

The current Rules of the United States Golf Association govern play. Complete text of Rules and Appendix I may be found in the current "Rules of Golf."

Disregard Local Rules printed on club scorecards or posted at the course.

Unless otherwise noted, the penalty for breach of a Local Rule or Condition is:

- Match play -- Loss of hole; Stroke play -- Two strokes.

##### 4.8.3.1 Local Rules

##### 4.8.3.1.1 Out of Bounds.

- (a) Defined by inside points, at ground level, of white stakes, lines and perimeter fence posts.
- (b) When the inside edge of a paved road or curb defines out of bounds, a ball that is on or beyond the road or curb is out of bounds even though it may lie on another part of the golf course.

4.8.3.1.2 Water Hazards and Lateral Water Hazards. When a water hazard or a lateral water hazard is bounded by out of bounds, the hazard margin extends to and coincides with the out of bounds line.

4.8.3.1.3 Ground Under Repair. Defined by white lines. Other areas of ground under repair, even when not marked, include:

- (a) French drains (trenches filled with stones or the like)
- (b) Fire ant hills (Note: For a player whose ball is in a water hazard and is affected by a fire ant hill, see Decision 1-4/10)

4.8.3.1.4 Sod Seams. Through the green, sod seams (not the sod itself) are deemed to be ground under repair, and relief is available under Rule 25-1 if the ball lies in or touches a sod seam or a sod seam interferes with the area of intended swing. All seams within the sodded area are considered the same seam.

##### 4.8.3.1.5 Obstructions And Integral Parts Of The Course

- (a) When located within hazards; liners in bunkers and artificial walls and pilings are integral parts of the course unless otherwise provided for in Notice to Players.
- (b) White lined areas tying into obstructions are part of the obstruction.
- (c) When closely attached to trees, wrappings, electrical wire, and cables are integral parts of the course.

4.8.3.1.6 Embedded Ball Through The Green. Local Rule as prescribed in Appendix I is in effect.

4.8.3.1.7 Loose Impediments. Wood chips and mulch are loose impediments.

4.8.3.1.8 Distance Measuring Devices. Distance measuring devices may be used under the guidelines of the USGA rules of golf. Misuse will result in disqualification.

##### 4.8.3.2 Conditions Of Competitions.

4.8.3.2.1 List Of Conforming Driver Heads. Optional Condition as prescribed in Appendix I is in effect.

4.8.3.2.2 List Of Conforming Golf Balls. Optional Condition as prescribed in Appendix I is in effect.

4.8.3.2.3 Time Of Starting. Optional Condition as prescribed in Appendix I is in effect.

4.8.3.2.4 Pace Of Play. See separate memorandum to players for pace of play guidelines, when applicable.

4.8.3.2.5 Suspension of Play Due to a Dangerous Situation. Optional Condition as prescribed in Appendix I is in effect. All practice areas are closed during suspension for a dangerous situation until the Committee has declared them open. Players who practice on closed practice areas will be asked to cease doing so; failure to comply may result in revocation of entry.

4.8.3.2.6 Signals For Suspension of Play.

- (a) Suspension for a dangerous situation: One prolonged siren or air-horn note.
- (b) All other types of suspension: Three consecutive air-horn notes.
- (c) Resumption of play: Two air-horn notes.

**4.8.3.2.7 Official Event.** In the Florida High School State Championship Series, an official event may be constituted by reverting to the results of an earlier round. In the event emergency situations, such as inclement weather, make it necessary to reduce the number of holes from 36, the Jury of Appeals shall determine the final number of holes to be counted for scoring. All leading players must have played the same holes up to the cut-off point established by the Jury of Appeals.

4.8.3.2.8 Close Of Competition. The competition is deemed to have closed when the winner has been announced, or, in the absence of a prize ceremony, when all scores have been approved by the Committee.



## 4.9 Lacrosse

Administrator: Alex Ozuna, ext. 320, aozuna@fhsaa.org

### 4.9.1 Regular Season Procedures

#### 4.9.1.1 Rules of Competition

4.9.1.1.1 Competition Rules. NFHS Boys Lacrosse Rules and U.S. Lacrosse Women's Rules, as modified or amended by the FHSAA, are the official rules for all regular season games as well as FHSAA Lacrosse Florida High School State Championship Series games. The following modifications or amendments have been adopted by the FHSAA.

#### Girls Lacrosse

- Rule 2-5 The ball. Each home team shall supply a minimum of three (3) new yellow lacrosse balls bearing the NFHS approved authenticating mark: "Meets NOCSAE Standard. NFHS".
- Rule 2 Ball Retrieval. If the home team chooses to provide ball retrievers on the end line, the ball retrievers shall (1) wear a lacrosse helmet, (2) be dressed so their uniform colors do not blend with those of participating teams and (3) not be permitted to stand directly behind the goal. In addition, the home team is required to train, protect, and provide for the safety of the ball retrievers.
- Rule 2-10. Mandatory Equipment. All girls lacrosse players are required to wear protective headgear during all competitions. More information regarding the required headgear can be found on the FHSAA website.
- Rule 2-10. Artificial Limbs are permitted which are no more dangerous to players than the corresponding human limb and do not place the opponent at a disadvantage. Written permission must be obtained from the FHSAA Office.
- Rule 2-10. A hearing instrument may be used to enhance the efficiency of a required aid prescribed by a licensed medical physician, provided it is not dangerous to the wearer or any other player. Written permission must be obtained from the FHSAA Office.
- Rule 4-1. The referee must call an uncharged, one-minute, timeout at a natural stoppage of play nearest to the half-way point of each half. Coaches may meet with their players during this timeout. This rule must be enforced in all games and levels up to and including the FHSAA Lacrosse Florida High School State Championship Series.
- Rule 4 Duration of Play. Sub-varsity games shall be forty (40) minutes divided into two halves unless otherwise stated in the game contract.
- Rule 4 Duration of Play. The length of games at the varsity level cannot be adjusted or changed, unless an emergency situation would cause both head coaches to mutually agree to shorten the game.
- Rule 4 Suspended/Interrupted Game. A regular season lacrosse game that has completed one-half or more of play is an official game. A game that has been called because of weather or darkness prior to the first half being completed is a suspended game and, if played, shall restart from the point of suspension. (See also FHSAA Policy 32: Policy on Inclement Weather.)
- Rule 7-34 Issuance of Cards. Anyone receiving two yellow cards in the game will be suspended from further participation in that game **but will not be prohibited from participating in the team's next game**. Anyone receiving a red card will be suspended from further participation in that game and will be prohibited from participating in the team's next two games **minimum, with possible further suspension to follow**.

#### Boys Lacrosse

- 1-5. Each home team shall supply a minimum of thirteen (13) new white lacrosse balls bearing the approved NFHS authenticating mark: "Meets NOCSAE Standard. NFHS".
- 3-1. Sub-varsity games shall be played in four (4) ten (10) minute quarters unless otherwise stated in the game contract.
- 3-5. A regular season lacrosse game that has completed two quarters or more of play is an official game. A game that has been called because of weather or darkness prior to the second quarter being completed is a suspended game and, if played, shall restart from the point of suspension. (See also FHSAA Policy 32: Policy on Inclement Weather.)
- 5-12 PEN; 7-12. delete "The ejected player ... must be removed from the premises...If there is authorized school personnel present."

4.9.1.1.2 Jewelry. Jewelry shall not be worn, except for religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible.

### 4.9.2 Florida High School State Championship Series Procedures

#### 4.9.2.1 District Meeting

4.9.2.1.1 Date. Monday through Friday of Week 14

4.9.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

#### 4.9.2.2 Florida High School State Championship Series Structure and Time Schedule

4.9.2.2.1 District Tournaments. District tournaments shall be played Monday through Friday of Week 41.

The top four teams in district competition shall comprise the field. The championship game shall be played on either Thursday or

Friday unless otherwise decided by those in attendance at the district planning meeting. The FHSAA representative of the host school shall be designated the tournament manager. The recommended time schedule is as follows:

**Tuesday**

- Semifinal, Game No. 1 (No. 2 vs. No. 3 seed), 6 p.m.
- Semifinal, Game No. 2 (No. 1 vs. No. 4 seed), 8 p.m.

**Thursday**

- Championship, Game 3 (semifinal winners), 7 p.m.

Once determined, no local manager is authorized to change the dates, times or order of games as determined by the FHSAA Office without written authorization.

**4.9.2.2.1.1 Additional Hosting Requirements**

- (a) Scorer/timer. The district tournament host and play-in game host must provide an adult scorer and an adult timer for all games.
- (b) Scorer/timer. The district tournament host and play-in game host must provide clocks and horns for each game.
- (c) Ball Persons. Each boy's team is responsible to provide two ball persons (who must wear protective equipment including a lacrosse helmet).

**4.9.2.2.2 Florida High School State Championship Series State Tournament.** The FHSAA Lacrosse Finals state championship tournament will be played on Friday and Saturday of Week 44. The following provisions will apply:

- (a) The Florida High School State Championship Series bracket will be divided into districts. The district champions will play a first-round play-in game on Friday of Week 42. The winner of the first-round play-in games will play in a second-round play-in game on Tuesday of Week 43. The winner of the second-round play-in games will play in a third-round play-in game on Saturday of Week 43 to determine the teams advancing to the FHSAA Lacrosse Finals state tournament.
- (b) The champion on the bottom line of the bracket shall serve as host to the champion on the top line of the bracket in the first-round play-in game in each region.
- (c) The champion on the bottom line of the bracket shall serve as host to the champion on the top line of the bracket in the second-round play-in game in each region. If, however, the school on the bottom line of the bracket served as a host school in the first-round play-in game and the school on the top line of the bracket was a visitor in the first-round play-in game, the school on the top line of the bracket will be designated the host school for the second-round play-in game.
- (d) The champion on the bottom line of the bracket shall serve as host to the champion on the top line of the bracket in the third-round play-in game in each region. If, however, the school on the bottom line of the bracket served as a host school in the second-round play-in game and the school on the top line of the bracket was the visitor in the second-round play-in game, the school on the top line of the bracket will be designated the host school for the third-round play-in game.
- (e) These play-in games shall begin at 7 p.m. If, however, a school is to serve as host for play-in games in both girls and boys divisions, the girls play-in game will begin at 6 p.m. and the boys play-in game will begin at 8 p.m. The FHSAA representative of the host school shall be designated the game manager.
- (f) The time schedule for the Florida High School State Championship Series state championship tournament will be posted on the FHSAA Website.

**4.9.2.2.3 Coaches Packet.** A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

**4.9.2.2.4 Advancement of Winners.** The winners of the district tournaments shall advance to the FHSAA Lacrosse Finals first-round play-in games. The winners of the FHSAA Lacrosse Finals first-round play-in games shall advance to the FHSAA Lacrosse Finals second-round play-in games. The winners of the FHSAA Lacrosse Finals second-round play-in game shall advance to the FHSAA Lacrosse Finals third-round play-in game. The winners of the FHSAA Lacrosse Finals third-round play-in games shall advance to the FHSAA Lacrosse Finals state championship tournament.

**4.9.2.3 Tournament Regulations**

**4.9.2.3.1 Squad Size.** A school participating in the FHSAA State Lacrosse Series may dress up to 25 players in uniform. Credentials, or complimentary admission, shall be provided to participating school personnel as follows:

- Eligible players in uniform – 25
- Team support (coaches, administration, managers, athletic trainers, etc.) – 8



## 4.9.2.3.2 Pre-game Warm-up and Procedures

- (a) District Tournaments and First, Second and Third Round Play-In Games: This pre-game time schedule shall be followed in district tournament and play-in games:

**First Game of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
30:00	Set game clock to 20 minutes and start; both teams permitted on game field for warm up.	20:00
11:00	Sound horn alerting teams to 1 minute remaining in pre-game warm-up.	1:00
10:00	Sound horn; clear field; teams report to bench areas.	0:00
9:00	Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions.	---
8:00	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
5:30	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
3:00	Introduction of game officials.	---
2:30	National Anthem.	---
1:00	Final team huddle.	---
0:00	Reset game clock to begin game.	---

**Subsequent Games of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
28:00	Set game clock to 20 minutes and start; both teams permitted on game field for warm-up.	20:00
9:00	Sound horn alerting teams to 1 minute remaining in pre-game warm-up.	1:00
8:00	Sound horn; clear field; teams report to bench areas.	0:00
7:30	Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions.	---
6:30	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
4:00	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
1:30	Introduction of game officials.	---
1:00	Final team huddle.	---
0:00	Reset game clock to begin game.	---

No participating team, other than the host school's team if it qualifies to participate, shall be permitted on the competition field for practice during the week of the district tournament or Florida High School State Championship Series first- and second-round play-in game outside of the 20-minute pre-game warm-up period.

- (b) Florida High School State Championship Series State Tournament: This pre-game time schedule shall be followed in the Florida High School State Championship Series state championship tournament:

**First Game of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
31:00	Set game clock to 20 minutes and start; both teams permitted on game field for warm-up.	20:00
12:00	Sound horn alerting teams to 1 minute remaining in pre-game warm-up.	1:00
11:00	Sound horn; clear field; teams report to bench areas.	0:00



9:30	Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions.	---
8:30	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
6:00	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
3:30	Introduction of game officials.	---
3:00	National Anthem.	
1:00	Final team huddle.	---
0:00	Reset game clock to begin game.	---

**Subsequent Games of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
29:00	Set game clock to 20 minutes and start; both teams permitted on game field for warm up.	20:00
10:00	Sound horn alerting teams to 1 minute remaining in pre-game warm-up.	1:00
9:00	Sound horn; clear field; teams report to bench areas.	0:00
8:30	Public-address announcer begins pre-game script; teams lineup in front of their respective benches for introductions.	---
6:30	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
4:00	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
1:30	Introduction of game officials.	---
1:00	Final team huddle.	---
0:00	Reset game clock to begin game.	

No participating team, other than the host school's team if it qualifies to participate, shall be permitted on the competition field for practice during the week of the Florida High School State Championship Series state championship tournament.



## 4.10 Soccer

Girls Administrator: Will Adams, ext. 470, wadams@fhsaa.org

Boys Administrator: Alex Ozuna, ext. 320, aozuna@fhsaa.org

### 4.10.1 Regular Season Procedures

#### 4.10.1.1 Rules of Competition

4.10.1.1.1 Competition Rules. NFHS Soccer Rules, as modified by the FHSAA, are the official rules for all soccer games.

(a) The following modifications to those rules have been adopted by the Board of Directors.

- 4-1-1(d). Compression/bicycle shorts may be worn under the uniform bottom in accordance with the National Federation rule. Such shorts, however, may not be worn in lieu of the uniform bottom.
- 5-1-1. The minimum crew size that may be used during a regular season game is two officials (head referee and assistant referee). The use of three officials for regular season games is optional. When three officials are utilized during competition, the Double Dual System of Control shall be utilized.
- 6-2-1. The official time will be kept by a contest official on the field, and if the stadium clock is available, it is unofficial.
- 7-1-1. Sub-varsity may play two 30-minute halves upon mutual agreement of opposing schools.
- 7-1-2. Varsity shall play 40-minute halves and periods may not be shorten.
- 7-1-3. A regular season soccer game that has completed one-half or more of play is an official game. A game that has been called because of weather or darkness prior to the first half being completed is a suspended game and, if played, shall restart from the point of suspension. (See also the FHSAA "Policy on Inclement Weather.")
- 7-1-5. Eight (8) goal differential attained at end of the first half or secured at any point during the second half terminates the game.
- 7-3-1. Regular season games that are tied at the end of regulation play will end as a tie. Games in invitational tournaments that are tied at the end of regulation play may be resolved using the overtime procedure. The overtime procedure shall be used in the FHSAA State Soccer Series.
- 7-3-2. There will be a five-minute interval between the second half and the first of the two sudden victory overtime periods and a two-minute interval between the sudden victory overtime periods.

4.10.1.1.2 Timeouts. There shall be a one-minute timeout in each half for re-hydration of players and for coaches to deal with player situations. Players shall remain on the field and there shall be no delay in substitution. Substitutes may enter per NFHS Rule 3-3-1. The timeout shall occur when there is stoppage immediately prior to or after the 20-minute mark at the discretion of the referee when there is no immediate offensive scoring opportunity.

4.10.1.1.3 Card System for Misconduct. Administration of the Card System for Misconduct in all contests must be administered as follows:

- (a) A player, coach, or bench personnel who commits any of the violations listed in NFHS Rule 12-8-1 (a-f(1-11, 13-14)) shall be cautioned (issued a yellow card). A player may be substituted for immediately, and shall be required to leave the field until the next legal substitution opportunity. An official may issue a red card and disqualify (eject) a player, coach, or bench personnel on a first offense if the situation warrants.
- (b) A player who commits a second violation of any of the violations listed in NFHS Rule 12-8-1 (a-f(1-11, 13-14)) shall be issued a second caution (blue card), shall be disqualified (ejected) from further participation in the game and shall not be replaced on the field with a substitute. The official shall first show the yellow card by raising the card above the head, followed by raising the blue card above the head. (Note: the yellow and blue cards shall not be shown simultaneously).
- (c) A coach or bench personnel who commits a second violation of any of the violations listed in NFHS Rule 12-8-1 (a-f(1-11, 13-14)), or a first offense of NFHS Rules 12-8-1 (g), 12-8-1 (f) (12), or 12-8-2 (a-c, d(1), e-f) shall be issued a red card, shall be disqualified (ejected) and must exit the premises, and shall be subject to the provisions of the FHSAA Policy of Unsporting Conduct.
- (d) A player who commits any of the violations listed in NFHS Rules 12-8-1 (f(12), g) or 12-8-2 (a-b, d(1), e-g) shall be guilty of unsporting conduct, shall be issued a red card, shall be disqualified (ejected) from further participation in the game and shall not be replaced on the field with a substitute. This player shall be subject to the provisions of the FHSAA Policy on Unsporting Conduct.
- (e) A player who violates NFHS Rule 12-8-2 (d) (2) shall be guilty of a hand ball foul (non-contact with opponent) and disqualified (ejected). The player shall be issued a blue card and shall not be replaced on the field with a substitute.
- (f) A player who violates NFHS Rule 12-8-2 (d) (3) shall be guilty of a committing a foul (non-violent) attempting to deny an obvious goal-scoring opportunity, shall be disqualified (ejected) from the contest. The player shall be issued a blue card and shall not be replaced on the field with a substitute.

4.10.1.1.4 Overtime Procedure. The overtime procedure to be used in the Florida High School State Championship Series, as well as invitational tournament games, is as follows (Note: schools hosting invitational tournaments during the regular season may use this overtime procedure or go directly to penalty kicks:

- (a) Following a five-minute interval, there shall be a maximum of two (2) 10-minute sudden-victory overtime periods. A coin toss as specified in NFHS Rule 5-2-2(d)(3) shall be held in advance of this sudden-victory overtime period. The first goal scored in the sudden-victory overtime period shall terminate the game. If there is no winner in the sudden-victory overtime period, the teams shall change ends of the field and a second 10-minute sudden-victory overtime period shall be played after a two-minute interval.
- (b) If a tie still exists following the second sudden-victory overtime period, the head coaches and team captains for both teams will meet with the officials at the halfway line to review the procedure for penalty kicks as follows:
  - (1) The referee will choose the goal at which all of the kicks from the penalty line will be taken.
  - (2) Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the penalty kicks.
  - (3) A coin toss will be held as in NFHS Rule 5-2-2(d)(3). The team winning the toss will have the choice of kicking first or second.
  - (4) Teams will alternate kickers. There is no follow-up on the kick.
  - (5) The defending team may change the goalkeeper prior to each penalty kick.
  - (6) The team scoring the greatest number of these kicks will be declared the winner.
  - (7) Add one goal to the winning team score and credit the team with a victory. An asterisk [\*] may be placed by the team advancing to indicate the advancement was the result of a tie-breaker system.
- (c) If the score remains tied after each team has had five penalty kicks:
  - (1) Each coach will select five different players than the first five who already have kicked to take the kicks in a sudden victory situation, wherein if one team scores and the other team does not score, the game is ended without more kicks being taken. If a team has fewer than 10 available players at the end of the first set of kicks from the penalty mark due to either injuries or disqualification, the coach must use all players who have not participated in the first five kicks. The coach may choose additional players from the first five kickers to ensure that five different players participate in the second set of kicks.
  - (2) If the score remains tied, continue the sudden victory kicks with the coach selecting any five players to take the next set of alternating kicks. If a tie remains, repeat 4.10.1.1.4 (c)(1)
- (d) The Misconduct Procedure as listed in 12-8 in the NFHS Rules Book shall be in effect during the penalty kick phase of overtime.

4.10.1.1.5 Suspended Contest. A suspended contest shall be resumed from the point of interruption under the provision of NFHS Rule 7-1-3.

#### 4.10.2 Florida High School State Championship Series Procedures

##### 4.10.2.1 District Meeting

4.10.2.1.1 Date. Monday of Week 37 through Thursday of Week 41

4.10.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

##### 4.10.2.1 Tournament Structure and Time Schedules

##### 4.10.2.1.1 District Tournament

(a) Dates, Time Schedule and Site.

(1) Dates.

- Girls: Monday through Saturday of Week 29
- Boys: Monday through Saturday of Week 30. It is recommended that no games take place on Thursday of Week 30 to avoid conflicts with the girls' soccer regional quarterfinals.

(b) Time Schedule. Each district will determine the time schedule for its tournament at the district meeting.

(c) Site. Each district will determine a site for its tournament at the district meeting.

##### 4.10.2.1.2 Regional Tournaments

(a) Complexes. Competition will be conducted in four regional complexes in each classification as follows:

- (1) All Classes. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. The champion and runner-up from each district shall advance to the regional tournament in their respective regional complex. One tournament will be conducted in each regional complex.

(b) Dates and Time Schedule. Times for all regional tournament games must be 7 p.m. local time unless approved by



the FHSAA Office. Regional tournaments shall be played during Weeks 30-31 (for girls) and 31-32 (for boys) on the following dates:

- (1) Quarterfinals
  - Girls – Thursday of Week 30
  - Boys – Thursday of Week 31
- (2) Semifinals
  - Girls – Tuesday of Week 31
  - Boys – Tuesday of Week 32
- (3) Championships
  - Girls – Friday of Week 31
  - Boys – Friday of Week 32

#### 4.10.2.1.3 Florida High School State Championship Finals

- (a) Dates.
  - Girls – The FHSAA Girls Soccer Finals state tournament shall be played on Wednesday through Saturday of Week 32.
  - Boys – The FHSAA Boys Soccer Finals state tournament shall be played on Wednesday through Saturday of Week 33.
- (b) Schedule. The Finals schedule will be posted on the FHSAA Website.
- (d) Bracketing. See Administrative Procedure 3.3.3
- (e) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

#### 4.10.2.1.4 Advancement of Winners

- (a) District to Regional. The champion and runner-up from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.
- (b) Regional to State Semifinals. The champion from each of the four regional tournaments in each classification shall advance to the State Semifinals with the champion of Region 1 playing the champion of Region 2 and the champion of Region 3 playing the champion of Region 4.
- (c) State Semifinals to Florida High School State Championship Series. The two champions of the State Semifinals will advance to the Florida High School State Championship Series.

#### 4.10.2.2 Tournament Regulations

##### 4.10.2.2.1 Squads.

- (a) Player Limit. Each participating school shall be allowed a maximum of 22 players in uniform for each tournament game. Uniformed players, coaches and team managers, which shall not exceed eight (8) total, will be admitted to tournament games free of charge.
- (b) Florida High School State Championship Series. The number of field passes for participating teams shall not exceed the number of uniformed players plus eight (8) to be used by coaches, managers, statisticians, trainers, medical personnel, administrators, etc.

4.10.2.2.2 Pregame Warm-up and Procedures. The following pregame time schedule shall be followed in all Florida High School State Championship Series games:

##### First Game of Session and Championship Games

Time to Start	Protocol	Game Clock
35:00	Set game clock to 20 minutes and start; both teams permitted on the game field for warm-up.	20:00
20:00	Captains and officials meet.	5:00
15:00	Teams report to sidelines.	0:00
12:00	Teams (Players and coaches) and officials proceed together in line to midfield.	---
11:00	Introduction of players, coaches and officials. As player's name is called he/she steps forward then back into line. Visiting team non-starters, then starters, then assistant	---

	coaches, then head coach. Home team non-starters, then starters, then assistant coaches, then head coach.	
	Introduction of officials.	
5:00	National Anthem	---
2:00	Introductions end; final preparations.	---
0:00	Reset clock to 40:00; to begin game.	---

**Subsequent Games of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
32:00	Set game clock to 20 minutes and start; both teams permitted on the game field for warm-up.	20:00
17:00	Captains and officials meet.	5:00
12:00	Teams report to sidelines.	0:00
9:00	Teams (Players and coaches) and officials proceed together in line to midfield.	---
8:00	Introduction of players, coaches and officials. As player's name is called he/she steps forward then back into line. Visiting team non-starters, then starters, then assistant coaches, then head coach. Home team non-starters, then starters, then assistant coaches, then head coach. Introduction of officials.	---
2:00	Introductions end; final preparations.	---
0:00	Reset clock to 40:00; to begin game.	---

No participating team, other than the host school's team, shall be permitted onto a tournament field for practice during the week of the district or regional tournaments or Florida High School State Championship Series except for the 20-minute pregame warm-up period.

4.10.2.2.3 Tie Games. All Florida High School State Championship Series games must be played to completion. Tie games will be resolved in accordance with the procedure outlined in 4.10.1.1.4.

4.10.2.2.4 Bands. Bands will not be permitted to play at games in the Florida High School State Championship Series.



## 4.11 Softball

Administrator: Kellie Doucette, ext. 450, kdoucette@fhsaa.org

### 4.11.1 Regular Season Procedures

#### 4.11.1.1 Rules of Competition

4.11.1.1.1 Competition Rules. NFHS Softball Rules, as modified by the FHSAA, are the official playing rules for all softball games.

(a) The following modifications to those rules have been adopted by the Board of Directors.

- 1-2-1. Note. A double first base is permitted.
- 1-3. Ball shall be optic yellow and must meet National Federation specifications in regards to COR .47, and shall not exceed 375 pounds in accordance with ASTM test methods. The Dudley Thunder Heat WT12FP is the official ball of the FHSAA Softball Finals and shall be used in all Florida High School State Championship Series contests.
- 3-5-2, 3. First base and/or third base coach's boxes may be occupied by a player or coach in team uniform. Any time a coach is in live-ball area to confer with players or an umpire, or to occupy a coach's box, the coach shall be attired in school uniform or jersey/coaching shirt with coaching shorts/slacks or warm-up suits (including fleece warm-ups) in school colors or colors of khaki, black, white or gray. Cotton t-shirts, cutoffs and/or any type of jeans are prohibited. All coaches must be dressed in the same apparel of the same color. Jackets are not considered part of the coach's uniform.
- 3-5-2, 3 Penalties. A coach not dressed in appropriate attire shall not be permitted in the field of play following the pregame conference for the duration of the game or until the situation has been remedied.
- 4-2-2. A game that has been called because of weather, mechanical failure or other conditions in which a winner cannot be determined will be treated as a suspended game. If the game is to be completed, it will be continued from the point of suspension, subject to the rules of the game. A game that has been called because of weather, mechanical failure or other conditions after four-and-one-half innings or five innings have been completed will be declared a completed game.
- 4-2-3. The 10-run rule will be in effect after four-and-one-half or five complete innings.
- 4-2-3. The 15-run rule will be in effect after three complete innings.
- 4-2-3(2). When varsity and junior varsity teams are scheduled to play back-to-back on the same date, at the same site, and on the same field, no new inning may be started in a junior varsity game after one-and-one-half hours.
- 4-2-5. Tie games are not permitted. If a game is tied and is called at the completion of the fifth inning or any complete inning thereafter, it will be continued under the provisions of Rule 4-2-3 as a suspended game.
- 4-3-1. Suspended games procedure.
- 4-4. The decisions of the game officials are final. No protests will be allowed.
- 6-1-1. Prior to starting the delivery (pitch), the pitcher 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 the pitcher's plate. Both feet must be on the ground within or partially within the 24-inch length of the pitcher's plate.
- 6-1-2b. 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.

(b) The following modifications to National Federation Rules HAVE NOT been adopted by the FHSAA Board of Directors:

- 4-2-3 Note 2. Game-ending procedures.
- 4-2-6. Game-ending procedures (tie-breaker).

4.11.1.1.2 Pitching Warm-Up Areas. Warm-up areas inside the field are allowed provided the field has 25 feet or more from the foul line to the fence. All players (pitcher, catcher, protective player) must wear helmets, and an assistant coach or player must be present to protect the pitcher/catcher while the pitcher is warming up. Exception: A pitcher who is facing the field of play and can see all action may elect not to wear the helmet.

### 4.11.2 Florida High School State Championship Series Procedures

#### 4.11.2.1 District Meeting

4.11.2.1.1 Date. Tuesday of Week 10 through Friday of Week 11

4.11.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

#### 4.11.2.2 Tournament Structure and Time Schedules

##### 4.11.2.2.1 District Tournaments

(a) Dates, Time Schedule and Site.

(1) Dates. Monday through Friday of Week 42

(2) Time Schedule. The championship game shall be played on Thursday or Friday of each respective tournament week. Each district will determine its own dates of competition and time schedule for its tournament at the district meeting.

(3) Site. Each district will determine a site for its tournament at the district meeting.

#### 4.11.2.2.2 Regional Tournaments

(a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.

(b) Dates and Time Schedule. Regional tournaments shall be played during Weeks 43 through 45 on the following dates:

- Quarterfinals – Wednesday of Week 43 for the odd classes and Thursday of Week 43 for the even classes
- Semifinals – Tuesday of Week 44
- Finals – Friday of Week 44

Times for all regional tournament games must be 4 p.m. or 7 p.m. local time. If, however, a school is serving as host for both a baseball and softball Regional Tournament game, the game times may be staggered. Exceptions must be presented in writing and approved by the Executive Director or his/her designee.

#### 4.11.2.2.3 Florida High School State Championship Finals

(a) Dates. The FHSAA Softball Finals shall be played Wednesday through Saturday of Week 45.

(b) Schedule. The Finals schedule will be posted on the FHSAA Website.

(c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game.

#### 4.11.2.2.4 Advancement of Winners

(a) District to Regional. The champion and runner-up from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.

(b) Regional to Florida High School State Championship Series. The champion from each of the four regional tournaments in each classification shall advance to the Florida High School State Championship Series.

#### 4.11.2.3 Tournament Regulations

##### 4.11.2.3.1 Squads

(a) Player Limit. Each participating school shall be allowed a maximum of 20 players in uniform for each tournament game. Uniformed players, coaches and team managers will be admitted to tournament games free of charge.

(b) Florida High School State Championship Series. The number of field passes for participating teams shall not exceed the number of uniformed players plus eight to be used by coaches, managers, statisticians, trainers, medical personnel, administrators, etc.

4.11.2.3.2 Pregame Warm-up and Procedures. A pregame warm-up period of 15 minutes will be permitted prior to each game in the FHSAA Softball Playoffs for infield practice. Infield practice may be reduced or eliminated due to existing field conditions. No batting practice will be permitted on the playing field.



## 4.12 Swimming & Diving

Administrator: Kellie Doucette, ext. 450, kdoucette@fhsaa.org

### 4.12.1 Regular Season Procedures

#### 4.12.1.1 Rules of Competition

4.12.1.1.1 Competition Rules. NFHS Swimming & Diving Rules, as modified by the FHSAA, are the official rules for all swimming & diving meets, including the Florida High School State Championship Series meets. The following modifications to those rules have been adopted by the Board of Directors.

- Whistles: The use of whistles as preparatory commands is the method for all starts at all levels of competition.
  - 1-3-14, 3-2-3. Declared false starts: During Florida High School State Championship Series events, no declared false starts are permitted.
  - 2-3-1, 2-7-2. Water depth: In pools with a water depth at the starting end of less than five (5) feet, the start for all swimming events for all contestants must begin in the water. There will be no variances. In pools with a water depth of five (5) feet or more, starting platforms may be used in accordance with NFHS rules.
  - 3-1-1 An Exception Report will be run prior to the start of all Florida High School State Championship events, in the event that a team over-enters participants, the first four participants listed alphabetically by the team will be advanced where an over-entry was discovered and any remaining individuals will be disqualified.
  - 3-1-2. Entries by team in dual meets: Each team will be allowed a maximum of two entries per individual event and two entries per relay events in a pool with five lanes or less; a maximum of three entries per individual event and two entries per relay event in a pool with six or seven lanes; and a maximum of four entries per individual event and two entries per relay events in a pool with eight lanes or more. Only two designated relay teams may score for each team in each relay event.
  - 3-2-1. Entries by individual: A competitor will be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events. Prelims and finals are considered the same event. If, however, a swimmer competes in only three (3) events in prelims, he/she could compete in those three events as well as an additional relay in finals provided he/she was designated on that relay entry card. In the event of an individual over-entry, all events in which s/he competed in excess of two individual events would be disqualified, in addition to any relays on which the over-entered individual competed.
  - 3-2-1(a). Exhibitions: Exhibition swimming & diving and/or practice diving during a regular season meet is allowed if all head coaches involved in the meet agree, and determine which events will be exhibition swims. The athletes must be eligible and compliant with FHSAA rules and regulations. No exhibition events or entries are allowed during post season events.
  - 3-2-3. Relay card procedures: Relay athletes are to be listed left to right in the order that they will swim. Relay teams are to present completed card to the lane timer at the time of the swim. Names may not be added after preliminary heats have been completed. Only the names listed on the prelim card (up to 8) are eligible to swim in the finals.
  - 3-3-1. Uniforms: All uniform rules are to be followed when a competitor is present at any interscholastic competition site, including, but not limited to, warm-up periods at all regular season and post-season events. No two-piece or bikini style suits will be allowed during warm-up periods during the FHSAA State Finals; a drag suit may be worn over a legal suit during the warm-up period. A competitor found in violation of this uniform policy will not be permitted to warm-up until the offending attire is replaced. Any uniform that is used by a swimmer must cover ALL of the buttocks and must be made of a material that does not become transparent when wet. Any competitor in violation of this rule will not be allowed to enter into competition until the offending attire is replaced; competitors found to be in violation of the uniform policy after entries have been submitted will not be permitted to warm-up until the offending attire is replaced. If a competitor is found in violation of this rule after entering an event, the competitor will be disqualified from that event and will not be allowed to participate further until the offending attire is replaced.
  - 3-3-3. Swimmers with Disabilities: A competitor with a disability may request specific accommodation(s) in the start, strokes, turns etc. which does not require equipment, providing the accommodation(s) does not fundamentally alter the sport and/or no advantage is gained. Disability is defined as a permanent physical or mental impairment that substantially limits one or more major life activities. The Referee has the authority to modify the rules for the competitor. Requests for accommodations that are not provided for in this section shall be requested through the FHSAA Office per NFHS Rule 3-3-3.
- (a) Responsibilities.
- Swimmer — The swimmer (or the swimmer's coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
  - Referee — The Referee's responsibilities include:

- Inquiring with regard to the swimmer's needs and determining what modifications will be utilized.
  - Instructing the Starter and Stroke & Turn officials as to the accommodations to be made for that swimmer.
- (b) Modifications. Some of the modifications which the Referee may make to accommodate the swimmer with a disability are:
- A change in starting position.
  - Reassignment of lanes within a heat, e.g., exchanging Lanes 2 and 7.
  - Allowing the swimmer's assistant(s) on the deck or in the water to assist with a start. Other allowable modifications are further described in this section under the type of disability.
- (c) Use of ID card for swimmers with a disability. All swimmers with a disability, who have an International Paralympics Committee authorized classification, will be issued an ID card listing their specific International Paralympics Committee swimming rule exceptions on the reverse of the card. Swimmers shall be judged under these specific exceptions, when documentation is presented.
- (d) Blind and visually impaired.
- Start — With an audible starting system, no modification is usually required for a blind or visually-impaired swimmer. They may, however, require assistance getting to and on the block. Should they feel insecure starting from the block or deck, an in-the-water start may be allowed.
  - Turns and Finishes — A blind or visually-impaired swimmer is permitted to have a "tapper", which is a pole with a soft-tipped end. The swimmer is tapped with the "tapper" as notification of turns and the finish. Sound devices shall not be used. It is the swimmer's responsibility to provide the tapper(s) and operator(s), who shall be positioned within the confines of the swimmer's lane at the ends of the pool.
  - Relay Take-Offs — A physical touch may be required to signal the relay swimmer when his/her teammate has touched the wall. The specific method may be tailored to the swimmer's preference so long as it does not aid the swimmer's take-off or interfere with the timing.
- (e) Deaf and hard of hearing.
- Deaf and hard of hearing swimmers may require a visual starting signal, i.e., a strobe light (when available) and/or Starter's arm signals. The Referee may reassign lanes within the swimmer's heat, i.e., exchanging one lane for another, so that the strobe light or Starter's arm signal can more readily be seen by the deaf or hard of hearing swimmer. Standard Starter's arm signals are shown in Figure 1. A recall rope is required in the event of a heat being recalled.
  - Strobe light location (when available)— The Starter shall advise the swimmers about the location of the strobe light and the light shall be located where the swimmers can clearly see it for the start. For backstroke starts, the light should be positioned so that the swimmers don't have to turn their heads to look backwards.
- (f) Mentally impaired. A deck or in-the-water start is allowable and the swimmer may be permitted to have an assistant on the deck when necessary. No other specific rule modifications are required other than patience and clarity in communicating instructions.
- (g) Physical disabilities.
- Start — Swimmers with physical disabilities: May take longer to assume their starting position;
  - May not be able to hold onto the starting grips or gutter for a start;
  - May need assistance on the deck or from in the water to maintain a starting position;
  - May need to assume a modified starting position on the blocks, deck, gutter or in the water in order to maintain their balance.
  - For freestyle, breaststroke and butterfly, a forward start (facing the course) shall be used. The Referee, however, may allow modifications such as the following:
    - The swimmer may start from a sitting position on the block or on the deck;
    - The swimmer may assume a starting position in the water, with or without assistance;
    - If the swimmer cannot use a hand and/or foot to maintain contact with the wall, some other part of the body may be used.
  - For breaststroke and butterfly, after the start and after each turn, a swimmer who is unable to push off with the leg(s) may perform one asymmetrical stroke to attain the breast position.
  - Stroke/Kick — In judging the stroke or kick of a swimmer with a physical disability, the Referee and Stroke & Turn Judge should follow the general rule that: if a part of the body is absent or cannot be used, it is not judged; if it is used during the stroke or kick, it should be judged in accordance with the NFHS rules and Regulations. Judgments should be made based on the actual rule — not on the swimmer's technique. For



example, the breaststroke swimmer with one arm or leg shorter than the other, may have a non-symmetrical stroke or kick, but as long as the arm or leg action is simultaneous, it would meet that portion of the rule. No flotation devices should be permitted.

- Turn/Finishes — Touches shall be judged in the same manner as strokes and kicks, i.e., on the basis of the arm(s) and/or hand(s) that the swimmer can use. In breaststroke and butterfly events, the swimmer must reach forward as if attempting a simultaneous two-hand touch. When a swimmer has a different arm length, only the longer arm must touch the wall, but both arms must be stretched forward simultaneously. Swimmers with no arms or with upper limbs too short to stretch above the head may touch the wall with any part of the upper body.
- Relays — Relay swimmers who cannot exit the water immediately may be allowed to remain in the lane until all relays have finished so long as they do not interfere with the other swimmers or the timing equipment.
- 3-3-4 Competitors shall not wear or use any device or foreign substance to aid their speed, buoyancy or body compression. The following may be used within the stated conditions:
  - a. A foreign substance may be applied if not considered excessive by the referee (if excessive, the referee shall require the competitor to remove). Adhesives are not allowed for swimmers or divers.
  - b. Divers may wear tape or wraps for support.
- Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate health-care professional that outlines information related to the injury and the medical necessity for the tape before permitting the athlete to compete. An excused absence from school note is NOT considered an acceptable form of documentation for the use of tape.
- 5-4-5. Alternate Qualifiers: The next two highest non-qualifiers shall be named in order to guarantee a full complement of finalists. Alternate qualifiers shall be used provided there is no delay in the meet. During the Florida High School State Championship Series, these alternates may be moved into the consolation finals. The final heats may be reseeded if the meet referee is notified prior to a lane vacancy and if time permits. Alternate qualifiers are not considered for advancement between the different levels of the Florida High School State Championship Series.
- 8-1-1,2. Starts: All FHSAA events will utilize the NFHS Suggested Guidelines for Starters' Protocol for whistle starts.
- 8-1-6. No Recall Procedures: No Recall Start Procedures will be conducted during all FHSAA swimming events. Meets are to be conducted according to the following protocol:
  - (a) One Official.
    - The official shall:
      - Upon observing a false start, raise a hand with open palm as soon as possible after the start, but before the swimmers have completed their first length, indicating the violation.
      - At the completion of the race, s/he shall notify the swimmer(s) and/or coach(es) of the disqualification.
  - (b) Dual Confirmation.
    - The referee shall:
      - Upon observing a false start, record in writing the lane or lanes that have committed a false start.
      - Compare written records with the starter and, upon confirming that both have observed the same violation, will disqualify the swimmer(s). S/he will also notify the swimmer(s) and/or coach(es) of the violation.
    - The starter shall:
      - Upon observing a false start, record in writing the lane or lanes that have committed a false start.
      - Compare written records with the referee to confirm/not confirm the potential violation(s).
  - (c) Recalling the Entire Heat. The starter/referee may recall the entire heat:
    - When the start is such that the starter/referee is not satisfied that the race was properly begun, it is always permissible for the starter/referee to recall the entire heat.
    - It is not necessary to charge any swimmer with a false start under these conditions, although that may also occur.
    - Things that negatively affect the start (such as a loud noise just as the starting signal is given that affects one or more swimmers) should be part of any starter's awareness when commencing a race.

**The following National Federation rule, which is optional by state association adoption, has NOT been approved or adopted by the FHSAA:**

- 3-3-5. The prohibition of wearing jewelry has been removed from the rules for swimming and diving competition.

4.12.1.1.2 Order of Events. The order of events for all meets shall be the 200-yard medley relay, 200-yard

freestyle, 200-yard individual medley, 50-yard freestyle, One-meter Diving, 100-yard butterfly, 100-yard freestyle, 500-yard freestyle, 200-yard freestyle relay, 100-yard backstroke, 100-yard breaststroke, 400-yard freestyle relay.

The Diving event may be the first event in the competition by prior mutual consent of competing teams.

4.12.1.1.3 Diving Competition. There shall be no minimum total degree of difficulty for optional dives. The degree of difficulty for all dives is listed in the NFHS Swimming & Diving Rules Book.

- NFHS Rule 9-4-6: Voluntary Dive Groups. The voluntary dive groups and the corresponding calendar week for the FHSAA Regular Season are as follows: Week 1 Forward; Week 2 Back; Week 3 Inward; Week 4 Twisting; Week 5 Reverse. In the case of a regular season meet that is postponed and subsequently rescheduled, the voluntary dive group that is required for the calendar week that the meet is rescheduled will be used. If additional meets occur after Week 5, please revert back to Week 1.

#### 4.12.2 Florida High School State Championship Series Procedures

##### 4.12.2.1 District Meeting

##### 4.12.2.1.1 Date. Monday through Friday of Week 8

4.12.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting and reflected in the minutes:

- Select host school, site and determine time schedule. (Note: If using alternate sites, one school must be selected as the host and be responsible for submitting all required reports at the conclusion of the district tournament with FHSAA policies.) The host school must be willing and able to use the scoring system approved by the Executive Director to conduct the district meet. The host must also submit the "District Home Information Sheet" within 48 hours of the meeting.
- Determine deadline for seeding report form if different from the recommended FHSAA deadline.
- Once seeding report is received and entered by the district host, an Exception Report by team and individual must be run. Within 48 hours of the entry deadline, the meet manager or meet director, must send a Meet Manager entry confirmation email to each team's head coach listing all swimmers and divers entered in the meet and their seed times. No points should be listed for divers. Any over-entries from the Exception Report MUST be solved by this time.
- Within 72 hours a psych sheet must be produced and distributed to all head coaches in the district.

##### 4.12.2.2 Meet Structure and Time Schedules

##### 4.12.2.2.1 District Meets

##### (a) Dates, Time Schedule and Site.

- (1) Dates. 1A & 2A - Week 17; 3A & 4A - Week 18
- (2) Time Schedule. Each district will determine the time schedule for its meet at the district meeting. No district may begin preliminary competition earlier than 9 a.m. All district meets are timed finals.
- (3) Site. Each district will determine a site for its meet at the district planning meeting.
- (4) Seeding. Seeding information is due to the district host Monday of Week 16 for 1A/2A and Week 17 for 3A/4A unless determined otherwise at the district planning meeting. Use the "District Meet Seeding Report Form" (Form SW3 on the FHSAA Swimming & Diving page) for this purpose, or submit entries through the scoring system approved by the Executive Director via e-mail. All entries must be typed. No hand-written entries will be accepted.

##### (b) Coaches Meeting. A pre-meet coaches meeting shall be held prior to the start of the district meet to cover items of information or rulings that are necessary for the administration of the meet. This meeting is not a seeding meeting, and no entries shall be accepted at this time. Contestants may be withdrawn (scratched) from the meet by their coaches at this time by notifying the meet director or meet referee. Contestants withdrawn at this time shall be disqualified from participating in the meet. No substitutions are permitted. Contestants withdrawn are also disqualified from participating on relays on succeeding levels of the FHSAA State Series. Coaches must make every effort to review the listing of contestants in each event to ensure that each of their contestants is properly entered and that each name is correct.

##### (c) Officials. The FHSAA requires the meet referee to be an FHSAA registered official at District competitions.

##### 4.12.2.2.2 Regional Meets

##### (a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1 through 3 will comprise the Region 1 complex, Districts 4 through 6 will comprise the Region 2 complex, Districts 7 through 9 will comprise the Region 3 complex, and Districts 10 through 12 will comprise the Region 4 complex.

##### (b) Dates, Time Schedule and Site.

- (1) Dates. 1A & 2A - Week 18; 3A & 4A - Week 19



- (2) Time Schedule. Each region host has predetermined the time schedule for its meet. Please visit FHSAA.org for the most current information. All region meets are timed finals.
- (3) Sites. A listing of regional meet sites is available at FHSAA.org.
- (4) Invitations to Host. Preference shall be given to those prospective hosts who have access to and ability to use the scoring system approved by the Executive Director.
- (c) Officials. The FHSAA requires the meet referee to be an FHSAA registered official at Regional competitions.
- (d) In the event a region meet does not occur, times from the district meets for that region will be used to advance the swimmers to the state finals.

#### 4.12.2.2.3 Florida High School State Championship Finals

- (a) Dates. The FHSAA Swimming & Diving Finals state meet shall be held on Thursday through Saturday of Weeks 19 and 20.

The order of state championship competition shall rotate according to classification each year as follows:

<b>2014</b>	<b>2015</b>
Class 4A	Class 1A
Class 3A	Class 2A
Class 2A	Class 3A
Class 1A	Class 4A

- (b) Time Schedule. The Florida High School State Championship Series time schedule will be posted on the FHSAA Website:
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

#### 4.12.2.2.4 Advancement of Teams and Individuals

- (a) District to Regional.
  - (1) Swimming Events. Twenty-four (24) contestants shall advance from district meets to the correlating regional meets in each individual event in swimming competition as follows: the top two (2) finishers in each swimming event from each district meet as well as the next overall best times at large for a field of 24 from the remaining best times among top sixteen (16) finishers in the district meets comprising the region. In the event of a tie for the last at-large qualifying place to the regional meet, all of the competitors tied shall be allowed to advance to the regional meet.
  - (2) Relay Events. Sixteen (16) teams shall advance from district meets to the correlating regional meets in each relay event in swimming competition as follows: the top finisher in each relay event from each district meet as well as the next overall best times at large for a field of 16 from the remaining best times among top eight finishers in the district meets comprising the region.
  - (3) Diving Competition. Twenty-four (24) contestants may advance from district meets to the correlating regional meets in diving competition as follows: the first two (2) places in diving competition from each district meet, provided the diver has a minimum qualifying score of 280.0 points in district competition. Any remaining available spaces shall be filled on an at-large basis from all competing divers who placed in the top sixteen (16) in their respective district meets comprising the region and met the minimum qualifying score of 280.0 points for a field of 24. In the event of a tie for the last at-large qualifying place to the regional meet, all of the competitors tied shall be allowed to advance to the regional meet.
  - (4) Qualifying times/scores for at-large entries into the regional meet will be posted on FHSAA.org after all districts in that region have reported their results.
  - (5) Relay teams qualify from the district meet to the regional meet as a team, not as individuals.
  - (6) Any eligible swimmer whose name appears on an official entry list may swim on a relay team provided the swimmer's name also is entered on the relay card.
- (b) Regional to Florida High School State Championship Series.
  - (1) Swimming Events. Twenty-four (24) contestants shall advance from regional meets to the Florida High School State Championship Series in each individual event in swimming competition as follows: the top two (2) finishers in each swimming event from each regional meet as well as the next overall best times at large for a field of 24 from the remaining best times among top sixteen (16) finishers in the four regional meets. In the event of a tie for the last at-large qualifying place to the Florida High School State Championship Series, all of the competitors tied shall be allowed to advance to the Florida High School State Championship Series.
  - (2) Relay Events. Sixteen (16) teams shall advance from regional meets to the Florida High School State Championship Series in each relay event in swimming competition as follows: the top finisher in each relay event from each

regional meet as well as the next overall best times at large for a field of 16 from the remaining best times among top eight finishers in the regional meets.

- (3) Diving Competition. Twenty-four (24) contestants may advance from regional meets to the Florida High School State Championship Series in diving competition as follows: the first two (2) places in diving competition from each regional meet, provided the diver has a minimum qualifying score of 280.0 points in regional competition. Any remaining available spaces shall be filled on an at-large basis from all competing divers who placed in the top sixteen (16) in their respective regional meets and met the minimum qualifying score of 280.0 points for a field of 24. In the event of a tie for the last at-large qualifying place to the Florida High School State Championship Series, all of the competitors tied shall be allowed to advance to the Florida High School State Championship Series.
- (4) Qualifying times/scores for at-large entries into the Florida High School State Championship Series will be posted on FHSAA.org.
- (5) Relay teams qualify from the regional meet to the Florida High School State Championship Series as a team, not as individuals.
- (6) Any eligible swimmer whose name appears on an official entry list may swim on a relay team provided the swimmer's name also is entered on the relay card.

#### 4.12.2.3 Meet Regulations

##### 4.12.2.3.1 General

- (a) Pools. An eight (8)-lane pool, with adequate warm-up and warm-down lanes, is preferred for all Florida High School State Championship Series meets.
- (b) Athletic Trainers. The presence of a certified athletic trainer or medical staff is recommended for all Florida High School State Championship Series meets.
- (c) Squads.
  - (1) Scratched Contestant. A contestant who is entered into an individual event in the FHSAA State Swimming & Diving Series on any level and is later scratched (removed) from any event, or is a no show for an individual or relay event, will be disqualified from participating in all remaining events (individual and relay events) in that meet and on succeeding levels.
  - (2) Substitutions. No substitution may be made for any individual in any event, once entered, who qualifies to participate in an event but is unable to compete. This applies to individuals who qualify from the district meet to the regional meet and from the regional meet to the Florida High School State Championship Series, and between the prelims and the finals on any level.
  - (3) Relay Personnel. Relay personnel may be changed between the district and regional meets, between the regional meet and the Florida High School State Championship Series, and between the prelims and finals on any level as long as such change is made in compliance with procedures established by the FHSAA and does not result in an over entry.
  - (4) Ties. In swimming events, all ties in preliminaries which would result in more than eight qualifiers to the consolation or championship finals must be broken by a swim-off.
  - (5) Medical Scratches. Any competitor who requests a medical scratch at any meet held during the FHSAA State Series must be accompanied by a note from a doctor or certified Athletic Trainer. Once a medical scratch is accepted by the Meet Referee the competitor may not compete in any individual or relay event in that meet. If the competitor does participate in any individual or relay event the penalty shall be disqualification of the individual and relay.

4.12.2.3.2 Failure to Appear and Compete. A student-athlete who qualifies in a Florida High School State Championship Series meet as an individual is expected to compete on successive levels of the Florida High School State Championship Series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director. If the student-athlete does not compete on a successive level, the student-athlete will not be permitted to compete in any other event in the Florida High School State Championship Series in that sport. Personnel on relay teams may be changed in accordance with the rules governing those sports. A school must submit in writing to the FHSAA Office the name of the student-athlete and an explanation for the inability to compete in advance of the competition whenever situations make it possible to do so. Failure to participate in the district/regional meet by an individual or relay team is a violation of FHSAA policy and shall subject the school to a \$50 penalty unless the reason for failure to participate is approved by the FHSAA Office. A student-athlete who qualifies in a Florida High School State Championship Series meet is expected to compete on successive levels of the Florida High School State Championship Series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director. A school must submit in writing to the FHSAA Office the name of the student-athlete and an explanation for the inability to compete in advance of the competition whenever situations make it possible to do so.



4.12.2.3.3 **Meet Committee.** A meet committee will be appointed by the meet manager in accordance with NFHS Rule 4-1-1 at each district and regional meet and the Florida High School State Championship Series. The meet committee will consist of five coaches and/or athletic directors from five different participating schools. This committee will serve as a jury of appeals. When acting as a jury of appeals, a member of this committee whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded. The request for an appeal shall be directed to the meet committee through the meet manager. The decision of the meet committee shall be final. The meet committee may not set aside any rule.

4.12.2.3.4 **Meet Management Software.** Each district shall use the scoring system approved by the Executive Director to score its meet and transmit results to the FHSAA Office. The school names and abbreviations developed by the FHSAA Office (see 4.12.4) shall be used when entering competitors into the computer. Hy-Tek School Abbreviations for Swimming & Diving can be found on the FHSAA Website.

4.12.2.3.5 **Order of Events.** The order of events as listed in s.4.12.1.3 shall be followed in all Florida High School State Championship Series meets. Girls events will precede the corresponding boys events, with the exception of diving competitions at the Florida High School State Championship Series, which shall be rotated annually.

#### 4.12.2.3.6 **Participant Passes**

(a) Each participant will be stamped with a waterproof stamp upon arrival to the facility. In addition, for those schools that have qualifiers for the Florida High School State Championship Series, coaches will be issued wristbands separately for girls and boys competition as follows:

- One to five participants – one head coach
- Six or more participants – one head coach and one assistant coach

In addition, schools that qualify diving competitors will be provided one additional wristband for a diving coach.

(b) No managers will receive participant passes.

(c) Participant and coach wristbands will not be transferable and will entitle those persons who receive such passes to sit only in the participant seating area. Coaches will not have access to the locker rooms at any time.

4.12.2.3.7 **Scoring.** Florida High School State Championship Series meets shall be scored in accordance with NFHS Rule 7. Sixteen (16) places shall be scored at district meets, regional meets and the Florida High School State Championship Series. In the State Finals, places 1-8 shall come from the championship finals and places 9-16 from the consolation finals.

#### 4.12.2.3.8 **Timing Devices.**

(a) District/Regional Meets. Electronic timing devices must be used in District/Regional Meets.

(b) Florida High School State Championship Series. The use of an electronic timing device at the Florida High School State Championship Series is mandatory.

4.12.2.3.9 **Podium Attire.** Any student-athlete who receives a medal at the state finals must wear attire representing his/ her school while on the podium (warm-up suit, t-shirt and shorts, sweatshirt, etc.).

## 4.13 Tennis

Administrator: Will Adams, ext. 470, wadams@fhsaa.org

### 4.13.1 Regular Season Procedures

#### 4.13.1.1 Rules of Competition

4.13.1.1.1 Competition Rules. United States Tennis Association (USTA) Amateur Tennis Rules, as modified by the FHSAA, are the official rules for all tennis matches, except where it may be necessary to apply local rules due to circumstances or unforeseen conditions. To download a USTA "Friend at Court" rules book, see the link online at: <http://www.usta.com/About-USTA/Officials/Officials/>.

#### 4.13.1.1.2 Match Format

- (a) A team match must consist of five (5) singles matches and two (2) doubles matches. Singles matches must be listed as Divisions 1 through 5. Doubles matches must be listed as Divisions 1 and 2. Doubles matches may be played before singles if mutually agreed upon by the head coaches. The first team to win four (4) matches is declared the winner.
- (b) Each singles match and doubles match will be determined by the best two-of-three (2-of-3) sets with a ten point tie-break in lieu of the third set (10 points, win by two). The advantage point system will be used to determine matches. An individual or doubles team that wins six games and is leading by two games will be declared the winner of the set. A traditional 7-point set tie-break will be used when individuals or doubles teams wins six games in any set. The first individual or doubles team to reach seven points and is leading by two points will be declared the winner of the set. Players requesting new balls for a third set must furnish the new balls.
- (c) If facilities are inadequate or time is a factor, a pro set may be substituted by mutual agreement of both coaches. The winner will be required to win by two or more games (i.e. 8-6, 9-7, etc.). Schools may agree prior to the start of the pro-set match to use a deciding Match Tie-Break (10 points, win by two) when games are tied at eight-all.
- (d) Each school must enter its players in matches according to their established rank and position on the team. Stacking is not permitted. If the No. 1 singles player participates in doubles, he/she must play on the No. 1 doubles team. Players who participate in doubles only will be permitted to compete during regular season matches and invitational tournaments. A written lineup (Form TN1) must be exchanged between coaches prior to the start of the match. In singles, players must compete in order of ability with the best player on the team playing at the No. 1 position, the second best at No. 2 and so on through all positions. In case of injury, sickness, or absence, all players must move up. This rule will apply to doubles play with the strongest doubles team at No. 1, etc. No changes shall be made after the lineups have been exchanged, unless a doubles player is being replaced due to injury in his/her singles match.
- (e) When a school does not have five singles players, it shall forfeit singles matches beginning with Division 5 and proceeding upward to Division 1. (Example: If a school has only four singles players, it shall forfeit the Division 5 singles match; if a school has only three singles players, it shall forfeit the Division 4 and 5 singles matches; if a school has only two singles players, it shall forfeit the Division 3, 4 and 5 singles matches; if a school has only one singles player, it shall forfeit the Division 2, 3, 4 and 5 singles matches.) When a school does not have two doubles teams, it shall forfeit doubles matches beginning with Division 2 and proceeding upward to Division 1. (Example: If a school has only one doubles team, it shall forfeit the Division 2 doubles match).
- (f) Exhibition or practice play during a match is strictly prohibited. Only those students who are properly entered shall participate in a match. This does not prohibit the playing of junior varsity matches in conjunction with a varsity match.

4.13.1.1.3 Coaching & Advice During Competition. The head coach may communicate with his/her player(s) through the fence but must not enter the court. Communication must not delay or interfere with the continuation of play. Coaching by other players, assistant coaches, parents or spectators during play and between games or sets during a match is prohibited. In circumstances where two sites are simultaneously used for competition, the head coach may designate an assistant coach to serve as the "acting head coach" at one of the sites. The head coach must identify this individual to the tournament manager or host school.

4.13.1.1.4 Code of Conduct. A player who is defaulted from a match due to unsporting conduct must be reported by the event manager to the FHSAA Office using the "Unsporting Conduct Incident Report" (Form AT6). The provisions of the FHSAA "Policy on Unsporting Conduct" will apply. The home or host school will be in charge of the match or tournament and the administration of the Code of Conduct. Both coaches in each match must monitor the match for violations of this Code of Conduct, and must ensure the proper conduct of his/her players. Players leaving the court area for an unauthorized reason is not permitted. If a USTA official is present, the player may not leave the playing area without the official's permission. In matches without an official, the player must secure the permission of the coach to leave the playing area. Only a coach or USTA-certified official should be used to officiate a disputed match. Parents should never be placed in this capacity. If neither coach witnesses the unsporting behavior of a player, it will be reported to the offending player's coach and a warning will be issued. The following acts constitute improper conduct and will be penalized as indicated:

- (a) Any of the following offenses (1 - 5), either singly or collectively, results in a penalty point; a second offense results in a game penalty; a third offense results in a default:
  - (1) Visible or audible profanity;
  - (2) Racket abuse;



- (3) Ball abuse;
- (4) Coaching by parents or spectators.
- (5) Leaving the playing area for an unauthorized reason.
- (b) Any of the following offenses (1 - 4) results in an automatic default:
  - (1) Throwing racket at opponent;
  - (2) Profanity directed at opponent;
  - (3) Ball hit at opponent;
  - (4) Physical abuse of opponent.

Carry-over of code violations occurring after a match is over to player's next match:

- (c) If a player commits a code violation after his singles match is over, the penalty shall be assessed:
  - (1) at the start of his next singles match; but
  - (2) if he has been eliminated from all singles competitions, then the penalty will be assessed at the start of his next doubles match.
- (d) If a player commits a code violation after his doubles match is over, the penalty shall be assessed:
  - (1) at the start of his next doubles match; but
  - (2) if he has been eliminated from all doubles competitions, then the penalty will be assessed at the start of his next singles match.

#### 4.13.1.1.5 Attire

- (a) Players and coaches must be in proper attire at all times at the match site. Players must wear appropriate tennis apparel. During regular season competition only, all members of a team shall begin their respective matches dressed in shirts (i.e. collared tennis shirts, T-shirts, etc.), or one-piece outfits for girls, which are similar in color and style, so as to identify them as members of their school's team. Boys are permitted to wear sleeveless "Nadal-style" tennis shirts. Players may change shirts between games and at the end of a match. Otherwise, shirts must be worn at all times while at the match site.
- (b) Caps, hats or visors may be worn. Headbands made of cloth, elastic fiber or rubber are also permissible provided they are unadorned and no wider than two (2) inches. Bandannas worn as head coverings are not permitted.
- (c) Prohibited apparel includes compression shorts/pants worn as the uniform bottom, tank tops for boys and shirts which leave the midriff exposed. Also prohibited is any item of clothing, including headwear, on which profane or otherwise vulgar slogans or artwork is displayed, or on which slogans or artwork promoting or condoning the use of drugs or alcohol is displayed. Commercial advertising, with the exception of the manufacturer's logo as permitted by USTA rules, is prohibited on all athletic uniforms.
- (d) A player whose attire is in violation of these provisions will cause his/her school to be assessed a financial penalty by the FHSAA Office.

### 4.13.2 Florida High School State Championship Series Procedures

#### 4.13.2.1 District Meeting

##### 4.13.2.1.1 Date. Monday through Friday of Week 28

4.13.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Establish date and time for pre-tournament coaches meeting at which brackets will be drawn and tournament draw will be made.
- Determine playoff site if a tie for the district championship exists at the conclusion of the tournament.
- Determine if USTA-certified officials should be used and set their compensation. It is recommended, but not required, that districts secure USTA-certified officials for their tournaments. Please contact USTA-certified officials well in advance to allow for planning. **Contact information can be found in 4.13.4**
- Review all new FHSAA regulations pertaining to regular season and FHSAA State Tennis Series competition.

#### 4.13.2.2 Tournament Structure and Time Schedules

##### 4.13.2.2.1 Advancement of Teams and Individuals

##### (a) Teams.

- (1) District Tournament to Regional Tournament. The team champion and runner-up from each of the 16 district tournaments in each classification will advance to one of the 16 regional semifinal matches to which they are assigned. When a tie for a district championship or runner-up position occurs between two or more teams which would result in more than two teams qualifying for the first regional match from that district, the tie must be broken by a playoff to be held by Friday of Week 40, at a site to be determined at the district tournament planning

meeting. When two teams tie, the playoff must consist of five (5) singles matches and two (2) doubles matches. The playoff match is a continuation of the district tournament and the match line-up must remain the same. When three or more teams tie for the championship, a round-robin team tournament must be held to break the tie. Each player must play in his/her assigned position according to the Official Entry List. The winner of each match will earn one point for his/her team. Pro-sets must be used in any playoff. The winner will be required to win by two or more games (8-6, 9-7, etc.). No-add scoring may be used if agreed upon by all coaches involved in the tie. A tie-break cannot be used.

The winner of the regional semifinal match shall advance to the regional final match.

(2) Regional Tournament to Florida High School State Championship Series. The winner of each of the eight regional final matches will advance to the Florida High School State Championship Series.

(b) Individuals. The Division 1 singles champion and the Division 1 doubles champion from each of the 16 district tournaments in each classification whose team does not advance to the Florida High School State Championship Series will advance to the individual bracket at the Florida High School State Championship Series in their respective classifications. There are no substitutions for the individual competition. There will be no individual competition at the regional level. Winners of the No. 1 singles and No. 1 doubles divisions in the Florida High School State Championship Series team tournament will advance to play the winners of the individual singles and doubles brackets for the overall individual singles and doubles championships in the respective classifications.

To be eligible for individual honors on the state level, a student-athlete shall compete for individual honors on the district level.

#### 4.13.2.2.2 District Tournaments

(a) Dates, Time Schedule and Site.

(1) Dates. Monday through Friday of Week 40.

(2) Time Schedule. To be determined at district meeting.

(3) Site. To be selected at the district meeting.

(b) Sub-District Tournaments. Sub-district tournaments are part of the district tournament and are subject to all regulations pertaining to district tournaments. Sub-district tournaments may be played during the dates of the district tournament. If a sub-district tournament is to be played, the team winner, Division 1 singles winner and Division 1 doubles winner from each sub-district will advance to the district tournament finals to compete for the district championship in the respective categories. Division 1 Singles winners and Division 1 Doubles winners will compete for individual championships unless those championships are determined during the team championship match.

(c) Seeding and Bracketing. See district tournament bracket online at FHSAA.org. Each district will seed and bracket its district tournament at a pre-tournament meeting of coaches in accordance with the procedure approved at the district tournament planning meeting. Players will be seeded in all divisions. Seeding should be done using the following criteria in order:

1. Position on the most recent USTA 18 and under Standings List;

2. Position on the most recent USTA 16 and under Standings List (must double the position and can only be considered if not on the 18 and under Standings List);

3. Tennisrecruiting.net rankings.

When possible, players should be compared using the same standings list. **Documentation such as current USTA Florida sectional/state rankings and international (ITF) rankings must be provided by the coach to validate credentials of players for seeding.** The results of head-to-head matches, with the second match taking precedence in cases of a split, and dual-team match records will be used, if the matches occurred within the current school year. When all listed criteria for seeding has been exhausted, a vote of the coaches present will determine seeding. Each participating school must be represented at the meeting so that seeding can be accomplished. The only exception will be in case of an emergency which prevents the representative of a school from being present. The local director will determine the seriousness of the emergency, if possible. If he/she cannot arrive at a satisfactory conclusion, the matter will be referred to the FHSAA Office.

(d) Lineups. Schools must enter their players in divisions according to what was submitted on their State Entry List. "Matching up" is prohibited. In singles, players must compete in order of ability with the best player on the team playing at the No. 1 position, the second best at No. 2 and so on through all positions.

(e) Scoring. A player or doubles team will score one (1) point for his/her/team for each match he/she/they win in the tournament. Players or doubles teams receiving first-round byes will score two (2) points upon winning a second-round match. Players or doubles teams with first-round byes who lose in the second round will score no points. In the event a player or doubles team is forced to default a match, the player or team winning by default will be awarded the point or points.

(f) Officials. USTA-certified officials are recommended, but not required, for all district tournaments. Contact information can be found in 4.13.4. Only a coach or USTA-certified official should be used to officiate a disputed match. Parents



should never be placed in this capacity.

#### 4.13.2.2.3 Regional Tournaments

- (a) Complexes. Competition will be conducted in two rounds of one-day, dual team regional matches in each classification. Districts 1 and 2 will comprise the Region 1 complex, Districts 3 and 4 the Region 2 complex, Districts 5 and 6 the Region 3 complex, and Districts 7 and 8 the Region 4 complex, Districts 9 and 10 the Region 5 complex, Districts 11 and 12 the Region 6 complex, Districts 13 and 14 the Region 7 complex, and Districts 15 and 16 the Region 8 complex. Two regional matches will be conducted in each regional complex.
- (b) Dates. The regional semifinal match will be Tuesday of Week 41 and the regional final match will be Thursday of Week 41. All regional matches will begin at 3 p.m. local time unless a time change is approved by the Executive Director or his/her designee.
- (c) Sites. One of the two competing schools will serve as the host school for each regional match. In the regional semifinal match, the champion of odd-numbered districts will host the runners-up from their neighboring even-numbered districts, and vice versa. In the regional final match, the champion of the even-numbered district will serve as host to the champion of the odd-numbered district, except when a district champion plays a district runner-up, the district champion always shall be designated the host school. If two district runners-up advance, the district runner-up of the even-numbered district will serve as host to the champion of the odd-numbered district. Hard surface or clay courts may be used to host a region match. The visiting school should be notified which playing surface will be used.
- (d) Format. The match will be played as a dual-team match in accordance with the provisions of 4.13.1.1.2. Prior to the start of the match, the head coaches must discuss the conclusion of the remaining matches once the winning school is decided. If an agreement cannot be reached on the remaining matches then the match is concluded. The head coaches of the two schools involved will exchange copies of their Official Entry Lists prior to the start of the match. These entry lists will serve as the lineups for the match. If any changes need to be made to the lineup due to injury or absence they should be done before exchanging the entry lists. The host school will be responsible for providing cans of balls for the match, unless otherwise agreed upon by both schools.
- (e) Officials. A USTA-certified official is recommended for all regional matches. Contact information can be found in 4.13.4. Only a coach or USTA-certified official should be used to officiate a disputed match. Parents should never be placed in this capacity.

#### 4.13.2.2.4 Florida High School State Championship Finals

- (a) Dates. The FHSAA Tennis Finals will be held during the week of Monday through Friday of Week 42. Tournament information will be announced on FHSAA.org.
- (b) Time Schedule. Check FHSAA.org for specific time schedules for each classification.
- (c) Seeding and Bracketing.

- (1) Individual Participants. A tournament committee will meet prior to the start of the Florida High School State Championships in each classification to seed and conduct the draw for its respective tournament. The head coach of each participating team or individual player is required to attend the appropriate meeting. Each school with an entry in the Florida High School State Championships will be entitled to one representative on the committee. Players will be seeded in the individual singles and doubles bracket. Players should be seeded using the following criteria:

- i. Position on the most recent USTA 18 and under Standings List

- ii. Position on the most recent USTA 16 and under Standings List (Must double the position and can only be considered if not on the 18 and under Standings List)

- iii. Tennisrecruiting.net rankings

When possible, players should be compared using the same standings list. Documentation such as current USTA Florida sectional/state rankings and international (ITF) rankings must be provided by the coach to validate credentials of players for seeding. The results of head-to-head matches, with the second match taking precedence in cases of a split, and dual-team match records will be used, if the matches occurred within the current school year. When all listed criteria for seeding has been exhausted, a vote of the coaches present will determine seeding. Each participating school must be represented at the meeting so that seeding can be accomplished. The only exception will be in case of an emergency which prevents the representative of a school from being present.

- (2) Team competition. Teams will play dual-team matches in accordance with the provisions of 4.13.1.1.2. The rotation for the next seven years at the state finals will be as follows:

- 2015-16 – Region 1 vs. Region 2; Region 3 vs. Region 4; Region 5 vs. Region 6; Region 7 vs. Region 8
- 2016-17 – Region 1 vs. Region 3; Region 2 vs. Region 4; Region 5 vs. Region 8; Region 6 vs. Region 7
- 2017-18 – Region 1 vs. Region 4; Region 2 vs. Region 3; Region 5 vs. Region 7; Region 6 vs. Region 8
- 2018-19 – Region 1 vs. Region 5; Region 2 vs. Region 6; Region 3 vs. Region 7; Region 4 vs. Region 8
- 2019-2020 – Region 1 vs. Region 6; Region 2 vs. Region 5; Region 3 vs. Region 8; Region 4 vs. Region 7



- 2020-2021 – Region 1 vs. Region 7; Region 2 vs. Region 8; Region 3 vs. Region 6; Region 4 vs. Region 5
- 2021-2022 – Region 1 vs. Region 8; Region 2 vs. Region 7; Region 3 vs. Region 5; Region 4 vs. Region 6

#### 4.13.2.3 Tournament Regulations

##### 4.13.2.3.1

- Player Limit.** A team consists of at least five competing players. Each school will be permitted to enter a maximum of twelve (12) players – five players for singles competition and four players for doubles competition. If the No. 1 singles player participates in doubles competition he/she must compete as a member of the No. 1 doubles team. **Schools with less than five-member teams shall not be eligible for the team title.**
- Line-up Changes.** A player may not be substituted for after that player begins play (including warm-ups) in his/her first round singles or doubles match. Once play begins, the player must continue through the tournament or he/she will default. **“Matching up” is prohibited. In singles, players must compete in order of ability with the best player on the team playing at the No. 1 position, the second best at No. 2 and so on through all positions. In case of injury, sickness, or absence, all players must move up.** If a player is replaced due to injury, sickness, or absence, that player will be permitted to return to the line-up if the team advances to the next round of the Florida High School State Championship Series. Singles and doubles are treated separately with regard to the substitution regulation.
- Match Limitations.** A player will be allowed to play a per-day maximum of two (2) singles matches and one (1) doubles matches during competition in the FHSA State Tennis Series.
- Rest Period.** A player will be allowed a one and one half hour rest period from singles to singles. A player will be allowed a one hour rest period from singles to doubles. A player will be allowed a one half hour rest period from doubles to doubles. More time may be allotted based on the discretion of the tournament manager.

4.13.2.3.2 **Failure to Report.** A player who fails to report to the tournament headquarters at the required time will default. Once times are posted for matches, the 15-minute rule for default shall be enforced.

4.13.2.3.3 **Jury of Appeals.** A Jury of Appeals consisting of three coaches and/or athletic directors from three different participating schools shall be appointed by the manager of each Florida High School State Championship Series event. A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded. The decision of the Jury of Appeals shall be final. The Jury of Appeals shall not set aside any rule.

**4.13.3 USTA Officials.** The following is the regional director’s contact information for USTA-certified officials in Florida:

- Region 1 (Bay, Calhoun, Escambia, Franklin, Gadsden, Gulf, Hamilton, Holmes, Jackson, Jefferson, Lafayette, Leon, Liberty, Madison, Okaloosa, Santa Rosa, Suwannee, Taylor, Wakulla, Walton, Washington): Paul Dirks Jr., Tallahassee; (850) 322-5689 (cell); bigbopper03@comcast.net.
- Region 2 (Alachua, Baker, Bradford, Clay, Columbia, Dixie, Duval, Flagler, Gilchrist, Levy, Marion, Nassau, Putnam, St. Johns, Union): Bob Booth, Jacksonville; rgbooth@juno.com; (904) 514-5289 (cell).
- Region 3 (Citrus, Hernando, Hillsborough, Pasco, Pinellas, Polk, Sumter): Kim Bonk, Lutz; kbonkem@msn.com (813) 416-4176 (cell).
- Region 4 (Brevard, Lake, Orange, Osceola, Seminole, Volusia): Tammy Childs, Winter Springs; (407) 484-6199 (cell); tlclove40@aol.com.
- Region 5 (DeSoto, Hardee, Highlands, Manatee, Sarasota): Tom Flint, Bradenton; (941) 727-4257 (business); dtflint@aol.com.
- Region 6 (Indian River, Martin, Okeechobee, Palm Beach, St. Lucie): Debra Dreker, Boca Raton; (561) 391-2987 (home); vdreker@aol.com.
- Region 7 (Charlotte, Collier, Glades, Hendry, Lee): Eleanor Richardson, Fort Myers; (239) 470-5800 (cell); mufflr@earthlink. Collier contact: Joe Balavage, Naples; (239) 821-2296 (cell); joeball23@aol.com. com.
- Region 8 (Broward, Miami-Dade, Monroe): Agatha Taglienti, Coral Springs; (954) 755-2314 (home); fondi24@aol.com.



## 4.14 Track & Field

Administrator: Ed Thompson, ext. 390, ethompson@fhsaa.org

### 4.14.1 Regular Season Procedures

#### 4.14.1.1 Rules of Competition

4.14.1.1.1 Competition Rules. NFHS Track & Field Rules, as modified by the FHSAA, are the official rules for all track and field meets. The following modifications to those rules have been adopted by the Board of Directors.

- 1-2-1 ORDER OF RUNNING EVENTS All meets will be limited to the following running events to be contested in order as listed: Girls – 4x800m relay, 100m high hurdles, 100m dash, 1600m run, 4x100m relay, 400m dash, 300m low hurdles, 800m run, 800 wheelchair race, 200m dash 200 wheelchair race, 3200m run, 4x400m relay; Boys – 4x800m relay, 110m high hurdles, 100m dash, 1600m run, 4x100m relay, 400m dash, 300m intermediate hurdles, 800m run, 800 wheelchair race, 200m dash, 200 wheelchair race, 3200m run, 4x400m relay. The 4x800m relay must be run during field event competition. The 4x200m relay may be ran as an optional race during the regular season only.
- 1-2-2 Girls and boys track and field meets will be held concurrently. Girls running events must precede boys running events and must be run alternately.
- 1-2-3 ORDER OF FIELD EVENTS: All meets will be limited to the following field events: Girls – pole vault, shot put, wheelchair shot put class 1, wheelchair shot put class 2, high jump, long jump, triple jump, discus. Boys – discus, long jump, triple jump, shot put, wheelchair shot put class 1, wheelchair shot put class 2, pole vault and high jump.
- 4-2-1, 2 PARTICIPATION AND ENTRY LIMITATIONS: No student may enter or participate in more than four (4) events in any one meet. A relay event is a running event. Participation in the preliminaries of any event will count as an entry regardless of whether the student qualified for the finals in that event. If a student exceeds this limitation, the school which he/she represents must forfeit all points and places earned by the student in the meet, both individual points and places as well as those earned by any relay team on which the student was a member. No student may engage in exhibition or practice performances during a track and field meet. Only those students who are properly entered and eligible may participate in a track and field meet.
- 4-3-1 UNIFORMS: Competitors may wear a one-piece (singlet) or two-piece track & field uniform issued by the school. A male competitor must wear his jersey inside his shorts at all times. A female competitor must wear her jersey inside her shorts at all times, unless her jersey is designed to be worn outside the shorts. Jerseys designed to be worn outside the shorts must hang below the waistband of the shorts when standing erect. Competitors in violation of this rule will not be permitted to compete. The enforcement of this rule is the responsibility of the starter or event judge, but the ultimate responsibility for wearing the proper uniform rests with the team coach. Each contestant must have a permanently affixed number on the back of his/her jersey with numerals of color that contrast with the color of the jersey and is not less than three-quarters (3/4) inch wide. The number must be at least six inches high. Contestants on the same team may not wear identical numbers. However, athletes from the same school participating in the same event must wear identical uniforms. Headbands which are no more than two (2) inches wide and made of non-abrasive, unadorned cloth, elastic, fiber, soft leather, or rubber are permissible. Hair-restraining devices no more than two (2) inches made of soft material are legal. Decorative headwear is prohibited. A single color ribbon or similar items used to control the hair are legal as long as it is securely affixed to the hair and is not of an excessive length and size. Commercial advertising, with the exception of the manufacturer's logo, is prohibited on all athletic uniforms. All jewelry, with the exception of wristwatches, is prohibited.
- 4-3-3(c) All jewelry, with the exception of wristwatches, is prohibited. Watches which can be used as Global Positioning Systems are prohibited.
- 3-2-4(a) SHOES: The Games Committee has the authority to determine the length of spikes used on all-weather surfaces. Track spikes may not exceed one-half (1/2) inch in length when measured from the sole to the tip of the spike.

#### 4.14.1.1.2 Event Regulations. Events in all track meets will be run as follows.

- (a) Lane assignments in all races will be made according to the spearhead method. On a nine-lane track, the lane assignments will be 5-6, 4-7, 3-8, 2-9, and 1. On an eight-lane track, the lane assignments will be 4-5, 3-6, 2-7, and 1-8. On a six-lane track, the lane assignments will be 3-4, 2-5 and 1-6. When assigning lanes to qualifiers from preliminary heats to finals; the heat winners will be assigned to lanes 5 and 6 on a nine-lane track, lanes 4 and 5 on an eight-lane track, and lanes 3 and 4 on a six-lane track. The remaining contestants will be seeded and assigned lanes by time.
- (b) The 400m Dash will be run in two or more sections. Each contestant must remain in his/her starting lane the entire distance.
- (c) The 800m Run will be run in two sections with a staggered start around the first turn, followed by a break for the pole on the back straight-away.
- (d) The 1600m Run and 3200m Run each will be conducted in one section with a staggered start around the first turn, followed by a break for the pole on the back straight-away.
- (e) The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance

with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the first curve, after which he/she may break for the pole on the back straight-away.

- (f) For running events consisting of preliminaries and finals, the final must be run in one race.
- (g) Protests will not be allowed. In the organization and administration of meets, the decisions of the judges or the Jury of Appeals will be final. The referee must not be included as a member of the Jury of Appeals.
- (h) An athlete who is disqualified from an event due to unsporting conduct shall be disqualified from further competition in the meet as well as a minimum of the next seven days and two meets.
- (i) National Federation Rule 2 shall be followed in scoring all meets.
- (j) National Federation Rule 5-7-1, -2 and -3 verbal starting commands shall be followed in all meets.

#### 4.14.1.2 FHSAA Adapted Track & Field Division

##### 4.14.1.2.1 Overview

- (a) Each of the current four classes (4A, 3A, 2A, and 1A) will be divided into the following classifications; Boys Division, Boys Adapted Division, Girls Division, and Girls Adapted Division.
- (b) Each division will score points for its class, gender and division only.
- (c) No scores from separate divisions will be combined.
- (d) An athlete cannot compete in multiple divisions.
- (e) Adapted participants shall compete against each other only.

##### 4.14.1.2.2 FHSAA Adapted Track and Field Division Eligibility

- (a) All high school students with a permanent physical disability may be eligible to participate on their school's track & field team.
- (b) Each athlete's physical eligibility must be verified by a licensed physician and maintained on permanent file at the school.
- (c) Students who participate must meet all FHSAA eligibility requirements. Students shall be members of the school's track & field team and shall have the opportunity to compete at the school's regular season meets (regardless of the number of adapted competitors).
- (d) The athletes must compete in their school's team uniform.
- (e) Students must compete in a minimum of four (4) meets to qualify for the Florida High School State Championship Series.
- (f) Each school must complete and submit an FHSAA Adapted Track District Meet Seeding Report Form (TR6)
  - (1) Must be filed by 5 p.m. Monday of Week 40 for Class 1A and 2A schools, and by 5 p.m. Monday of Week 41 for Class 3A and 4A schools.
  - (2) All student-athletes listed must have had previously reported results to the FHSAA Office.
  - (3) Must be signed by the principal, FHSAA representative and head coach.
- (g) A school whose FHSAA Adapted Track District Meet Seeding Report Form (TR6) is not received by the stated deadline may be permitted to participate only with the approval of the FHSAA Office; however, that school shall be assessed a minimum administrative fee of \$250. This penalty will increase if it is later determined that a student-athlete(s) representing the school was ineligible to do so.

##### 4.14.1.2.3 FHSAA Adapted Track and Field Division Events

- (a) Each student will have the opportunity to compete in the following events by gender: Wheelchair 200-meter race, Wheelchair 800-meter race, and Wheelchair Shot Put.
- (b) Wheelchair Shot Put will be divided into two (2) classifications for both boys and girls based on type of disability.
  - (1) Class 1 will be for athletes with disability of the lower extremities.
  - (2) Class 2 will be for athletes with disability that affect lower and upper extremities.
- (c) A meet's order of events shall be determined by meet management.
- (d) All adapted track and field participants shall be required to compete on the same day of the meet as their classification.

##### 4.14.1.2.4 Scoring

- (a) An adapted track & field athlete will compete for adapted division individual and adapted division team honors in the school classification and gender in which his/her school competes.
- (b) Points will be awarded per NFHS Rule 2-1.

##### 4.14.1.2.5 Results Submission

- (a) All regular season results (times and distances) should be submitted to "adaptedtrackresults@fhsaa.org".
- (b) Results must be submitted within 48 hours of the conclusion of the meet. Results are subject to verification by the



meet referee.

- (c) All results will be posted and made public on the FHSAA Adapted Sports Results website.

#### 4.14.1.2.6 Florida High School State Championship Series Qualifying

- (a) The top 16 times/distances submitted prior to the Florida High School State Championship Series in each event by classification and gender will advance to compete at the Florida High School State Championship Series.
- (b) A student-athlete who declares to compete in the Adaptive Division is expected to compete on successive levels of the Florida High School State Championship Series unless ill, injured, suspended due to disciplinary action, or for any other reason acceptable to the Executive Director.

### 4.14.2 Florida High School State Championship Series Procedures

#### 4.14.2.1 District Meeting

##### 4.14.2.1.1 Date. Please refer to the FHSAA Website

4.14.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select host school, site and determine time schedule. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the Executive Director.) The host school must be willing and able to use Hy-Tek Meet Manager for Windows software to conduct the District Meet, and should have a track with a synthetic or rubber surface.
- Set date and time for seeding meeting.
- Establish date and time for pre-meet coaches meeting at which heats and flights will be finalized. This meeting is not to be in lieu of the seeding meeting.
- Determine procedure for disseminating results to participating schools.
- Determine a Jury of Appeals

#### 4.14.2.2 Meet Structure and Time Schedules

##### 4.14.2.2.1 District Meets

- (a) Dates, Time Schedule and Site.

##### (1) Dates.

- All classes, Week 41-42.

##### (2) Time Schedule. Each district will determine the time schedule for its meet at the district meeting.

##### (3) Site. Each district will determine a site for its meet at the district meeting.

The date and site of each district meet will be posted on FHSAA.org.

##### 4.14.2.2.2 Regional Meets

- (a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1 through 4 will comprise the Region 1 complex, Districts 5 through 8 the Region 2 complex, Districts 9 through 12 the Region 3 complex, and Districts 13 through 16 the Region 4 complex. One meet will be conducted in each regional complex.

- (b) Dates and Time Schedule.

##### (1) Dates.

- Wednesday-Friday of Week 43 for all classes.

The date of each regional meet will be posted on FHSAA.org.

- (c) Sites. A listing of regional meet sites is available at FHSAA.org.

- (d) Invitations to Host. The deadline date for extending an invitation to serve as host for a regional meet is Friday of Week 12. Preference shall be given to those prospective hosts who have access to and ability to use Hy-Tek Meet Manager computer software, and who have tracks with synthetic or rubber surfaces.

##### 4.14.2.2.3 Florida High School State Championship Finals

- (a) Dates. The FHSAA Track & Field Finals state meet shall be held at a site and date to be announced.
- (b) Time Schedule. The Florida High School State Championship Series schedule shall be posted on the FHSAA Website:
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the meet.

##### 4.14.2.2.4 Advancement of Teams and Individuals

- (a) District Meet to Regional Meet. The first four placing individuals or relay teams in each district meet shall advance to the regional meet to which they are assigned. All ties which would result in more than four qualifiers in an event advancing to the regional meet must be broken by a run-off, throw-off or jump-off, or appropriate National Federation tie-breaker procedure.

- (b) Regional Meet to Florida High School State Championship Series. The first four placing individuals or relay teams in each regional meet shall advance to the Florida High School State Championship Series. All ties which would result in more than four qualifiers in an event advancing to the Florida High School State Championship Series must be broken by a run-off, throw-off or jump-off, or appropriate National Federation tie-breaker procedure.

#### 4.14.2.3 Meet Regulations

##### 4.14.2.3.1 General

- (a) Track Surface. An 8 lane rubber or synthetic surface is strongly recommended for all Florida High School State Championship Series meets.
- (b) Timing – F.A.T. Timing to 1/1000th of a second is required for all State Series meets.
- (c) Athletic Trainers. The presence of a certified athletic trainer or medical staff is recommended for all Florida High School State Championship Series meets.
- (d) Squads.
  - (1) Scratched Contestant. A contestant who is entered into an event in the FHSAA State Track & Field Series on any level and is later scratched from that event will be disqualified from participating in all remaining events in the meet and on succeeding levels.
  - (2) Substitutions. No substitution may be made for any individual in any event, other than relay events, who qualifies to participate in an event but is unable to compete. This applies to individuals who qualify from the district meet to the regional meet and from the regional meet to the Florida High School State Championship Series, and between the prelims and the finals on any level.
  - (3) Relay Personnel. Relay personnel may be changed between the district and regional meets, between the regional meet and the Florida High School State Championship Series. Relay personnel may be changed between the prelims and finals on any level as long as such change is made in compliance with procedures established by the meet director or games committee. Changes between prelims and finals are limited to the contestants/competitors listed on the relay card in the relay event for the duration of the meet once the relay card has been submitted to the Clerk of the Course. Once relay personnel report to the Clerk of the Course for a race, no change in personnel for that race is permissible.
- (e) Ties. In field and running events, all ties in preliminaries which would result in more than eight qualifiers (nine qualifiers on nine-lane tracks in running events and nine qualifiers in field events at the state meet only) to the finals must be broken by a run-off, jump-off, throw-off, or appropriate National Federation rule tie-breaker procedure.

##### 4.14.2.3.2 District Meets

- (a) Number of Contestants. The maximum number of contestants which a school may enter in a district meet is limited to four (4) contestants in each individual event and one (1) team in each relay event.
- (b) Running Event Regulations.
  - (1) Two contestants from the same school should not be placed in the same heat if at all possible.
  - (2) In events where heats are run against time, the fastest heat must be run last.
  - (3) Each of the 1600m run and 3200m run must be conducted in one section with a staggered start around the first turn followed by a break for the pole.
  - (4) Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).
- (c) Field Event Regulations.
  - (1) The three (3) best efforts of each contestant will be recorded in the shot put, discus, triple jump and long jump. One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals. The finals shall be competed in one flight.
  - (2) Contestants will be given a maximum of three (3) warm-ups prior to the trials in their flights. The three (3) preliminary trials will be taken in groups of eight in the order in which the contestants are listed for competition.
  - (3) Competitors in the pole vault will be assigned in order as they appear on the event card to continuing flights of three until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition.
  - (4) Scales must be provided for the purpose of weighing all shot put and discus implements.
  - (5) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
  - (6) Discus and shot put competitors must be supervised during warm-ups as well as competition.
  - (7) Use of a discus cage is mandatory.



- (8) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

#### 4.14.2.3.3 Regional Meets

- (a) Contestants. Only those individuals and relay teams which qualify from their respective district meets are eligible to participate in the regional meets. Relay team personnel may be changed as stipulated in 4.14.2.3.1(C).
- (b) Running Event Regulations.
- (1) Preliminaries consisting of two heats each will be run in the 100m High Hurdles, the 110m High Hurdles, the 100m Dash, the 4x100m Relay, the 400m Dash, the 300m Low Hurdles, the 300m Intermediate Hurdles and the 200m Dash. Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to heats as follows: seeds 1, 4, 5, 8, 9, 12, 13 and 16 will be assigned to the first heat; seeds 2, 3, 6, 7, 10, 11, 14 and 15 will be assigned to the second heat. Contestants in each heat will be given lane assignments according to the spearhead method. Two contestants from the same school will not be placed in the same heat if possible. When F.A.T. is used, advancement from prelims to finals: three (3) from each heat and then the next two (2) fastest times. Please refer to 4.14.1.1.2 for seeding finals in events with preliminaries.
  - (2) The 4x400m Relay and the 4x800m Relay will be contested in two heats run against time. The faster heat will be run last. The four first-place finishers and the next four fastest times in district competition will be assigned to the faster heat. Once the heats are determined, contestants will be assigned lanes according to the spearhead method.
  - (3) The 800m Run, the 1600m Run and the 3200m Run each will be contested in one section. Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).
  - (4) Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.
- (c) Field Event Regulations.
- (1) Preliminaries consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw and Shot Put. Contestants in these events will be seeded 1 through 16 according to their performances in their respective district meet finals, and will be assigned to flights as follows: seeds 9 through 16 will be assigned to the first flight and seeds 1 through 8 will be assigned to the second flight. The No. 16 seed will jump or throw first, followed by the No. 15 seed and continuing in numerical order through the No. 1 seed. Contestants will be given a maximum of three warm-up jumps or throws prior to competition in their flights. Competition in each flight will consist of three (3) preliminary trials. The three (3) efforts of each contestant will be recorded. One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals. The finals shall be competed in one flight. The contestants with the best performances in the prelims will advance to the finals where they will compete in one flight, with the last best preliminary performer jumping or throwing first, followed in reverse numerical order by the remaining finalists with the best preliminary performer jumping or throwing last.
  - (2) Contestants in the Pole Vault and High Jump will be seeded 1 through 16 according to their performances in their respective district meet finals. The No. 16 seed will vault or jump first, followed by the No. 15 seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of three until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition. The lowest qualifying height in the Pole Vault and High Jump from the district meets will be the starting height for competition in these events in the regional meet.
  - (3) Scales must be provided for the purpose of weighing all shot put and discus implements.
  - (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
  - (5) Discus and shot put competitors must be supervised during warm-ups as well as competition.
  - (6) Use of a discus cage is mandatory.
  - (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

#### 4.14.2.3.4 Florida High School State Championship Finals

- (a) Contestants. Only those individuals and relay teams which qualify from their respective regional meets in each of the four classifications are eligible to participate in the Florida High School State Championship Series. Relay team personnel may be changed as stipulated in 4.14.2.3.1(c).

- (b) Practice. Practice by any participating school at the site of the Florida High School State Championship Series during the week of the Florida High School State Championship Series is prohibited.
- (c) Participant Passes. Schools will be issued participant passes only for coaches and student-athletes who qualify for participation in the Florida High School State Championship Series. Schools with one (1) to three (3) participants will be issued one (1) pass for use by coaches; schools with four (4) to nine (9) participants will be issued two (2) passes for use by coaches; and schools with ten (10) or more participants will be issued three (3) passes for use by coaches. Schools that abuse the pass procedure will subject themselves to a monetary penalty.
- (d) Access to Track. Contestants and officials only will be permitted within the track oval.
- (e) Running Event Regulations.
  - (1) Preliminaries consisting of two heats each will be run in the 100m High Hurdles, the 110m High Hurdles, the 100m Dash, the 4x100m Relay, the 400m Dash, the 300m Low Hurdles, the 300m Intermediate Hurdles and the 200m Dash. Contestants in these events will be seeded 1 through 16 according to their performances in their respective regional meet finals, and will be assigned to heats for an eight lane track as follows: seeds 1, 4, 5, 8, 9, 12, 13 and 16 will be assigned to the first heat; seeds 2, 3, 6, 7, 10, 11, 14 and 15 will be assigned to the second heat. Contestants in each heat will be given lane assignments according to the spearhead method. The top three finishers in each preliminary heat as well as the next three (on a nine-lane track) or the next two (on an eight-lane track) fastest times will advance to the finals. Only eight places will score and be awarded medallions. When assigning lanes for the finals, preliminary round place will be used to assign athletes into preferred lanes. (i.e. Heat winners in 4 & 5 of an eight lane track, and 5 and 6 on a nine lane track.).
  - (2) The 400m Dash, the 4x400m Relay and the 4x800m Relay will be contested in two heats run against time. On an eight-lane track; eight places will be placed in the fast heat and eight in the slow heat. On a nine-lane track; nine places will be placed in the fast heat and seven in the slow heat. The faster heat will be run last. The four first-place finishers and the next four (on an eight-lane track) or five (on a nine-lane track) fastest times in regional competition will be assigned to the faster heat. Once the heats are determined, contestants will be assigned lanes according to the spearhead method.
  - (3) The 800m Run, the 1600m Run and the 3200m Run each will be contested in one section from a staggered start. Two runners will be assigned to each lane. Contestants must remain in their starting lanes through the first curve, after which they may break for the pole on the back straight-away. The break point must be marked by flags or cones. Contestants in excess of the number of places to be awarded who are lapped will be permitted to finish the race, but must move to the outer lanes of the track (lane 3 or beyond).
  - (4) The 4x100m Relay will be run the entire distance in the assigned lanes from a staggered start.
  - (5) The 4x400m Relay will be run from a staggered start. The first runner must stay in his/her lane the entire distance with the first exchange being made in the assigned lane. The second runner must remain in the assigned lane through the first curve, after which he/she may break for the pole on the back straight-away.
  - (6) Runners must start in the lanes to which they are assigned regardless of lanes vacated because of scratches.
  - (7) Official FHSAA State Track & Field Records may be set only at the Florida High School State Championship Series. Fully Automatic Timing (FAT) will be used for the official timing for all running events. Hand-held watches will be used as a backup. FAT systems that generate photos may be used to determine place winners.
- (f) Field Event Regulations.
  - (1) Preliminaries consisting of two flights each will be conducted in the Long Jump, Triple Jump, Discus Throw and Shot Put. Contestants in these events will be seeded 1 through 16 according to their performances in their respective regional meet finals, and will be assigned to flights as follows: seeds 9-16 will be assigned to the first flight and seeds 8 through 1 will be assigned to the second flight. Regional champions will receive preferred positions when entry performances are tied among contestants. The No. 16 seed will jump or throw first, followed by the No. 15 seed and continuing in numerical order through the No. 1 seed. Contestants will be given a maximum of three warm-up jumps or throws prior to competition in their flights. Competition in each flight will consist of three (3) preliminary trials. The three (3) efforts of each contestant will be recorded. One more competitor than there are scoring places shall qualify for the finals. Ties for the final place shall also advance to finals. The finals shall be competed in one flight. The contestants with the best performances in the prelims will advance to the finals where they will compete in one flight, with the last best preliminary performer jumping or throwing first, followed in reverse numerical order by the remaining finalists with the best preliminary performer jumping or throwing last. Only eight places will score and be awarded medallions.
  - (2) Contestants in the Pole Vault and High Jump will be seeded 1 through 16 according to their performances in their respective regional meet finals. Regional champions will receive preferred positions when entry performances are tied among contestants. The No. 16 seed will vault or jump first, followed by the No. 15 seed and continuing in reverse numerical order with the No. 1 seed vaulting or jumping last. Competitors in the pole vault will be assigned to continuing flights of three until the field is cut to six or fewer competitors. A single rotation then will be followed for the balance of competition. The lowest qualifying height in the Pole Vault and High Jump



from the regional meets will be the starting height for competition in these events in the Florida High School State Championship Series.

- (3) Scales must be provided for the purpose of weighing all shot put and discus implements.
- (4) Pole vault competitors are subject to verification of body weight to confirm the proper calibration of their vaulting poles.
- (5) Discus and shot put competitors must be supervised during warm-ups as well as competition.
- (6) Use of a discus cage is mandatory.
- (7) After an initial check out (timed excuse), the athlete must complete a competitive attempt before being allowed to check out for another field event (i.e. after the first timed excuse, the athlete must take an attempt before they are allowed to check out of the event).

#### 4.14.2.3.5 Jury of Appeals

- (a) A Jury of Appeals consisting of five coaches from five different participating schools shall be appointed by the meet manager for each meet in the Florida High School State Championship Series. A maximum of five alternate jurors shall also be appointed. A Jury of Appeals consisting of five members is mandatory. There can be no decision rendered without five jurors.
- (b) Jurors for the Florida High School State Championship Series shall be chosen as follows:
  - (1) A list of recommended jurors will be compiled by the FHSAA and/or the FACA State Track & Field chairperson and submitted to the FHSAA for approval. Any coach not on the "approved" list cannot serve on a Jury of Appeals at the Florida High School State Championship Series.
  - (2) Diversity in school classification, gender and geography, as well as knowledge and experience, must be taken into consideration when a Jury of Appeals is selected.
  - (c) A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded.
  - (d) The head coach of a team who wishes to file an appeal must do so in writing. The appeals process will adhere to NFHS Case Book guidelines.
  - (e) The decision of the Jury of Appeals shall be final. The Jury of Appeals cannot set aside any rule.

4.14.3 Hy-Tek Abbreviations and Event Numbers. Hy-Tek School Abbreviations for Track & Field and Event Abbreviations and Numbers can be found on the FHSAA Website.

## 4.15 Volleyball

Girls Administrator: Robbie Lindeman, ext. 260, [rlindeman@fhsaa.org](mailto:rlindeman@fhsaa.org)

Boys Administrator: Alex Ozuna, ext. 320, [aozuna@fhsaa.org](mailto:aozuna@fhsaa.org)

### 4.15.1 Regular Season Procedures

#### 4.15.1.1 Rules of Competition

4.15.1.1.1 Competition Rules. NFHS Volleyball Rules, as modified by the FHSAA, are the official rules for all regular season matches involving teams participating in the Florida High School State Championship Series as well as FHSAA State Volleyball Series matches.

(a) The following modifications to those rules have been adopted by the Board of Directors.

- 12-2-2 through 9. Card System for Misconduct (see 4.15.1.1.4)

#### 4.15.1.1.2 Scoring. All matches shall utilize rally scoring as follows:

- (a) Varsity matches (regular season and Florida High School State Championship Series). Best 3-of-5 games; each game shall be to 25 points with the exception of the fifth game, if necessary, which shall be to 15 points. A game must be won by a two-point margin with no cap.
- (b) Sub-varsity matches (junior varsity, freshman, middle school, etc.). Best 2-of-3 games; each game shall be to 25 points with the exception of the third game, if necessary, which shall be to 15 points. A game must be won by a two-point margin with no cap.
- (c) Invitational tournaments. Best 2-of-3 games; each game shall be to 25 points with the exception of the third game, if necessary, which shall be to 15 points. A game must be won by a two-point margin with no cap. The host school, however, may request to play best 3-of-5 games in its tournament.

4.15.1.1.3 Taping of Fingers and Hands. Taping, at a minimum, is permitted on individual finger(s) and/or across the palm of the hand. It may not be excessive, give an advantage to a player, have any special surface, or include hard objects, plastic or splints around the fingers. No more than two fingers may be taped together at any time. "Skids" are permitted, but no other wrap around the hand or across the palm may be used.

4.15.1.1.4 Card System for Misconduct. Administration of the Card System for Misconduct in all contests must be administered as follows:

(a) Players, substitutes, team attendants.

- (1) First minor offense – yellow card.
- (2) Second minor offense – second yellow card, player disqualified (but not ejected) for the remainder of the match, point awarded to opponent.
- (3) Single serious/flagrant offense – red card, player disqualified (ejected) from contest for unsporting conduct, point awarded to opponent.

(b) Coaches.

- (1) First minor offense – yellow card.
- (2) Second minor offense (yellow card) or single/serious flagrant offense – red card, coach disqualified (ejected) from contest for unsporting conduct, point awarded to opponent.

4.15.1.1.5 Suspended Contest. A suspended contest shall be resumed from the point of interruption. Otherwise, NFHS rules regarding the resumption of suspended contests shall apply.

#### 4.15.1.1.6 Pre-match Warm-up. A 15-minute warm-up period (6-6-3) shall precede all matches as follows:

- First six minutes – Visiting team practices on the full court; the home team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
- Next six minutes – Home team practices on the full court; the visiting team may practice ball-handling outside of the six-foot area from the volleyball court sideline on a side court area with volleyballs if the facility permits (this provision does not apply to auxiliary gyms);
- Last three minutes – Both teams on the playing court practicing serving over the net and receiving (opponent's serves only).

Prior to the match officials arrival on the court for the required officials-coaches-captains meeting 20 minutes before the start of the match, teams may warm up on the court with volleyballs. Ball handling and warm-up by both teams on their respective sides of the net will be permitted provided no balls go over the net and the court is ready and supervised by the host.

#### 4.15.1.1.7 Jamborees and Classics Format

- (a) Jamborees. Must include four or more varsity teams; each varsity team may play a maximum of two games (not matches), each game against a different opponent. To be held Monday through Saturday of Week 8.



- (b) Classics. Limited to a field of four varsity teams; each team may play a maximum of two matches (2/3 or 3/5 is host's choice). Preseason classics and jamborees exceeding four (4) teams are subject to conditional approval by the Executive Director. To be held Monday through Saturday of Week 8).

#### 4.15.2 Florida High School State Championship Series Procedures

##### 4.15.2.1 District Meeting

##### 4.15.2.1.1 Date

- Girls: Monday of Week 37 through Thursday of Week 41
- Boys: Monday through Friday of Week 11

##### 4.15.2.2.1 Meeting Agenda. See Administrative Procedure 3.4.1

##### 4.15.2.2 Tournament Structure and Time Schedules

##### 4.15.2.2.1 District Tournaments

##### (a) Dates, Time Schedule and Site

##### (1) Dates.

- Girls: Monday through Friday of Week 17
- Boys: Monday through Saturday of Week 44

##### (2) Time Schedule.

- Girls: The championship match shall be played on either Thursday or Friday of Week 17. Each district will determine the time schedule for its tournament at the district meeting.
- Boys: Each district will determine the time schedule for its tournament at the district meeting. No more than two (2) days may be utilized to complete the tournament.

##### (3) Site. Each district will determine a site for its tournament at the district meeting.

##### (b) Participants

- Girls: To be determined at the district meeting
- Boys: The top four teams in district competition shall comprise the field.

**No local manager is authorized to change the dates, times or order of matches as determined by the district planning meeting without written permission from the FHSAA Office.**

##### 4.15.2.2.2 Regional Tournaments. (Girls Only)

- (a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.

- (b) Dates and Time Schedule. Regional tournaments shall be played during Weeks 18-19 on the following dates:

- Quarterfinals – Tuesday of Week 18 for Class 3A, 5A and 7A; Wednesday of Week 18 for Class 2A, 4A, 6A and 8A;
- Semifinals – Tuesday of Week 18 (1A) and Saturday of Week 18 (2A-8A);
- Finals – Saturday of Week 18 (1A) and Tuesday of Week 19 (2A-8A).

Times for regional quarterfinals and regional semifinals must be 7 p.m. local time. The regional final matches shall be held at 2 p.m. **Exceptions must be approved in writing by the FHSAA Office.**

##### 4.15.2.2.3 Florida High School State Championship Finals

##### (a) Girls.

- (1) Dates. The FHSAA Girls Volleyball Finals state tournament shall be played during Weeks 19-20 on the following dates:

- Semifinals – Saturday of Week 19;
- Finals – Friday and Saturday of Week 20.

- (2) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal match.

##### (b) Boys.

- (1) Date. The FHSAA Boys Volleyball Finals state championship tournament shall be played Friday and Saturday of Week 45.

- (2) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled quarterfinal match.

- (3) Schedule

- (a) First-round play-in matches will be played at 7 p.m. Tuesday of Week 45 at eight sites to determine the eight quarterfinal teams advancing to the Florida High School State Championship Series state tournament. The champion of each even-numbered district complex shall serve as host to the neighboring higher odd-numbered district complex. The FHSAA representative of the host school shall be designated the match manager.
- (b) The time schedule shall be listed on FHSAA.org

#### 4.15.2.2.4 Advancement of Winners

- (a) Girls.
  - (1) District to Regional. The champion and runner-up from each of the 16 district tournaments shall advance to one of the four regional tournaments in each classification to which they are assigned.
  - (2) Regional to Florida High School State Championship Series. The champion from each of the four regional tournaments in each classification shall advance to the Florida High School State Championship Series.
- (b) Boys. The winners of the 16 district tournaments shall advance to eight (8) FHSAA Boys Volleyball Finals first-round play-in matches. The winners of the eight Florida High School State Championship Series first-round play-in matches shall advance to the FHSAA Boys Volleyball Finals state championship tournament.

#### 4.15.2.3 Tournament Regulations

##### 4.15.2.3.1 Squad Size

- (a) Player Limit. Each participating school shall be allowed a maximum of 15 players in uniform for each tournament match. Uniformed players, coaches and team managers will be admitted to tournament matches free of charge.
- (b) Florida High School State Championship Series. The number of floor passes for participating teams shall not exceed the number of uniformed players plus seven to be used by coaches, managers, statisticians, trainers, medical personnel, administrators, etc.

4.15.2.3.2 Pre-match Warm-up and Procedures. The following pre-match time schedule shall be followed in all Florida High School State Championship Series matches:

##### **First Match of Session**

- 15:00 on game clock (23:00 before match time) – Visiting team begins warm-up on full court (6 minutes).
- 9:00 – Home team begins warm-up on full court (6 minutes).
- 3:00 – Both teams on their respective sides of the net serving to opponents and receiving opponents' serves (3 minutes).
- 0:00 – Teams report to sidelines for team huddles.
- (-1:00) – National Anthem.
- (-3:00) – Introduction of teams. As player's name is called, he/she runs to end line in front of his/her team bench. Visiting team non-starters, then starters. Home team non-starters, then starters. Head coaches, visitor followed by home; they shake hands in front of official table.
- (-7:00) – Referee whistles for captains and remaining starters to go to center court to shake hands. Players proceed to starting positions.
- (-8:00) – Match begins.

##### **Second and Subsequent Match(es) of Session**

- 15:00 on game clock (21:00 before match time) – Visiting team begins warm-up on full court (6 minutes).
- 9:00 – Home team begins warm-up on full court (6 minutes).
- 3:00 – Both teams on their respective sides of the net serving to opponents and receiving opponents' serves (3 minutes).
- 0:00 – Teams report to sidelines for team huddles.
- (-1:00) – Introduction of teams. As player's name is called, he/she runs to end line in front of his/her team bench. Visiting team non-starters, then starters. Home team non-starters, then starters. Head coaches, visitor followed by home; they shake hands in front of official table.
- (-5:00) – Referee whistles for captains and remaining starters to go to center court to shake hands. Players proceed to starting positions.
- (-6:00) – Match begins.

No participating team, other than the host school's team, shall be permitted onto a tournament floor for practice during the week of the district, regional (for girls), or play-in (for boys) tournaments. Prior to the match officials arrival on the court for the required officials-coaches-captains meeting 20 minutes before the start of the match, teams may warm up on the court with volleyballs. Ball handling and warm-up by both teams on their respective sides of the net will be permitted provided no balls go over the net and the



court is ready and supervised by the host. Teams that advance to the Florida High School State Championship Series shall not be allowed practice time on the competition court at State Finals venue other than the 15-minute pre-match warm-up.

4.15.2.3.3 Bands. Bands will not be permitted to play at matches in the Florida High School State Championship Series.

4.15.2.3.4 Cheerleaders. Cheerleaders in uniform, along with their adult sponsors, will be admitted free of charge to Florida High School State Championship Series events (i.e., contests or sessions) in which their school's team participates. The number of cheerleaders permitted will be the same as the number who cheered during varsity contests during the regular season.

## 4.16 Water Polo

Administrator: Frank Beasley, ext. 250, fbeasley@fhsaa.org

### 4.16.1 Regular Season Procedures

#### 4.16.1.1 Rules of Competition

4.16.1.1.1 Competition Rules. NFHS Water Polo Rules, as modified or amended by the FHSAA, are the official rules for all regular season games involving teams participating in the Florida High School State Championship Series as well as FHSAA State Water Polo Series matches.

- (a) The following modifications or amendments have been adopted by the FHSAA.
  - Exhibition Games. Exhibition games, practice games, non-contract games and scrimmage games with other schools, groups, alumni, or league teams are strictly prohibited.
  - Pool Entrance. All players shall always enter the water feet first.
  - Rule 11. Duration of the Game. Once a ten (10) goal differential attained at the end of the third period or secured at any point during the fourth period, a running clock shall become mandatory. Once the running clock is initiated, it shall run continuously, with the exceptions of the period between quarters and any timeout taken by a team or officials, injuries, unsporting conduct penalties, or a score by either team.
  - 5-4-3 INT. 2. Competitors shall not wear or use any device that could potentially aid their speed or buoyancy.
- (b) The following modifications have not been adopted by the FHSAA.
  - Rule 11-6. Tournament Variations.

#### 4.16.1.2 Game Regulations

- Roster and Lineup. No later than 10 minutes prior to the competition's start, a coach from each team shall submit in writing to the secretary an accurate roster giving names and cap numbers of all players. Head coach and assistant coach(es) names shall also be submitted.

#### 4.16.1.3 Athletic Uniforms

- 5-4-1. Uniforms. Players shall wear non-transparent one-piece swim suits. Suits shall completely cover the buttocks and breasts. The women's suit must have a solid high back with broad straps. The goalkeeper may wear either this type of suit or a competitive one-piece suit with straps at least one inch in width (the straps may not be spaghetti straps).
- 5-4-3. Before taking part in a game, the players shall remove any articles likely to cause injury, including, but not limited to, the following: jewelry, medical or religious medals, watches, swim goggles, protective helmets and sharp fingernails or toenails.

4.16.1.4 Card System for Misconduct. The Card System for Misconduct as published in the NFHS Water Polo Rules Book shall be used. Any act of flagrant misconduct shall be submitted to the FHSAA Office on an Unsporting Conduct Report Form and will be reviewed according to FHSAA Policy 30.

#### 4.16.1.5 Overtime Procedure

- (a) Duration of the Game.
  - (1) Following a five-minute interval, there shall be a maximum of two sudden-death periods of three minutes with an interval of two minutes to change ends. There shall be a coin toss to determine ends for the first sudden-death period.
  - (2) If at the end of the second sudden-death period the score remains tied, then the captain(s) and head coach of each team will meet with the officials at the score table to review the procedure for penalty shots as follows:
    - (a) The referee will choose the goal at which all of the shots from the 5-yard/m line will be taken.
    - (b) Each coach will select any five players, including the goalkeeper, on or off the field (except those who may have been disqualified) to take the penalty shots. An order must be specified prior to beginning the penalty shots.
    - (c) A coin toss will be held in which the winner will have the choice of shooting first or second.
    - (d) Teams will alternate shooters. There is no follow-up on shots.
    - (e) The defending team may change the goalkeeper prior to each penalty shot.
    - (f) Following five shots for each team, the team scoring the greatest number of goals will be declared the winner.
    - (g) Add one goal to the winning team's score prior to the penalty shots and credit the team with the victory. An asterisk (\*) may be placed by the score to denote the overtime procedure.
  - (3) If the score remains tied after each team has five penalty shots, then each coach must choose an additional five players that have not shot in the previous round to take the next round of penalty shots.
    - (a) If a team has fewer than 10 available players at the end of the first round of penalty shots due to injury or disqualification, then the coach must use all players who did not participate in the first round.



- (b) The coach must choose additional players from the first five shots to fill the remainder of the second round and to ensure a different set of five players. If the score remains tied, continue the penalty shots with the coach selecting any five players to take the next set of alternating shots. If a tie remains, repeat 4.16.1.5(3) (a).

#### 4.16.2 Florida High School State Championship Series Procedures

##### 4.16.2.1 District Meeting

4.16.2.1.1 Date. Monday through Thursday of Week 11

4.16.2.1.2 Meeting Agenda. See Administrative Procedure 3.4.1

##### 4.16.2.1 Tournament Structure and Time Schedules

4.16.2.1.1 District Tournaments. District tournaments shall be played Monday through Wednesday of Week 41. The top four teams in district competition shall comprise the field. The tournament may be conducted over a maximum two (2)-day period. The FHSAA representative at the host school shall be designated the tournament manager. The recommended time schedule for the tournament is as follows:

- Girls Semifinal, Game No. 1 (No. 2 vs. No. 3 seed), 10 a.m.
- Girls Semifinal, Game No. 2 (No. 1 vs. No. 4 seed), 11:30 a.m.
- Boys Semifinal, Game No. 3 (No. 2 vs. No. 3 seed), 1 p.m.
- Boys Semifinal, Game No. 4 (No. 1 vs. No. 4 seed), 2:30 p.m.
- Girls Championship, Game 5 (semifinal winners), 6:30 p.m.
- Boys Championship, Game 6 (semifinal winners), 8 p.m.

Once determined, no local manager is authorized to change the dates, times or order of matches as determined by the FHSAA Office without written permission.

4.16.2.1.2 Florida High School State Championship Finals. The FHSAA Water Polo Finals state championship tournament shall be played on Friday and Saturday of Week 42. A video presentation of the coaches meeting for the Florida High School State Championship Series will be available online no later than Saturday of Week 42. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to their scheduled semifinal game. The following provisions will apply:

- (a) The Florida High School State Championship Series bracket will be divided into four quadrants. The champion on the lower line of the bracket shall serve as host to the champion on the upper line of the bracket in this play-in game in each quadrant. These first-round play-in games shall begin at 7 p.m. If, however, a school is to serve as host for play-in games in both girls and boys divisions, the girls play-in game will begin at 6 p.m. and the boys play-in game will begin at 7:30 p.m. The FHSAA representative of the host school shall be designated the game manager.
- (b) **Schedule:** The finals schedule will be posted on the FHSAA website.

4.16.2.1.3 Advancement of Winners. The winners of the sixteen (16) district tournaments shall advance to eight (8) FHSAA Water Polo Finals first-round play-in games. The winners of these eight (8) Florida High School State Championship Series first-round play-in games shall advance to the FHSAA Water Polo Finals state championship tournament.

##### 4.16.2.2 Tournament Regulations

4.16.2.2.1 Squad Size. A school participating in the FHSAA State Water Polo Series may dress up to 18 players in uniform. Credentials, or complimentary admission, shall be provided to participating school personnel as follows:

- Eligible players in uniform – 18
- Team support (coaches, administration, managers, trainers, etc.) – 5

4.16.2.2.2 Pool Size. A 25-yard pool shall be used for all Florida High School State Championship Series contests.

4.16.2.2.3 Pregame Warm-up and Procedures. This pregame time schedule shall be followed in the district tournament, Florida High School State Championship Series first-round play-in games, and Florida High School State Championship Series state championship tournament games:

##### **First Game of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
25:00	Set game clock to 15 minutes and start; competition pool and game balls available for warm up.	15:00
11:00	Sound horn alerting teams to 1 minute remaining in pregame warm-up.	1:00
10:00	Sound horn; clear pool; teams report to bench areas.	0:00

9:00	Public-address announcer begins pregame script; teams lineup in front of their respective benches for introductions.	---
8:00	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
6:00	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
4:00	Introduction of game officials.	---
3:30	National Anthem.	
1:30	Final team huddle.	---
0:00	Reset game clock to 7:00; begin game.	7:00

**Subsequent Games of Session**

<b>Time to Start</b>	<b>Protocol</b>	<b>Game Clock</b>
23:00	Set game clock to 15 minutes and start; competition pool and game balls available for warm up.	15:00
9:00	Sound horn alerting teams to 1 minute remaining in pregame warm-up.	1:00
8:00	Sound horn; clear pool; teams report to bench areas.	0:00
7:00	Public-address announcer begins pregame script; teams lineup in front of their respective benches for introductions.	---
6:00	Introduction of visiting team (non-starters, starters, assistant coaches, head coach).	---
4:00	Introduction of home team (non-starters, starters, assistant coaches, head coach).	---
2:00	Introduction of game officials.	---
1:30	Final team huddle.	---
0:00	Reset game clock to 7:00; begin game.	7:00

No participating team, other than the host school's team if it qualifies to participate, shall be permitted into the competition pool for practice during the week of the district tournament, Florida High School State Championship Series first-round play-in game, or Florida High School State Championship Series state championship tournament outside of the 15 minute pregame warm-up period.

Teams may conduct a pre-game warm-up in the warm-up pool beginning 90 minutes prior to the scheduled starting time for their game (i.e., teams playing a 3 p.m. game may enter the warm-up pool as early as 1:30 p.m.). Teams will not be permitted in the warm-up pool prior to this time. Teams will not be permitted any warm-up time in the competition pool.



## 4.17 Weightlifting

Administrator: Shanell Young, ext. 310, syoung@fhsaa.org

### 4.17.1 Regular Season Procedures

#### 4.17.1.1 Rules of Competition

4.17.1.1.1 Squads. A team will be composed of not more than twenty (20) lifters. A maximum of two (2) lifters may be entered in any one weight classification. Each lifter must meet the required weight limits of the weight classification in which he/she is entered, unless lifting up as per 4.17.1.1.2 (c). Each individual lifter or team must be accompanied by a faculty member when competing in interscholastic meets.

**4.17.1.1.2 Weight Classifications.** Competition in all interscholastic weightlifting meets is limited to the following weight classifications:

- (a) Girls: 101 pounds (maximum 101 pounds), 110 pounds (101.1 to 110.0 pounds), 119 pounds (110.1 to 119.0 pounds), 129 pounds (119.1 to 129.0 pounds), 139 pounds (129.1 to 139 pounds), 154 pounds (139.1 to 154.0 pounds), 169 pounds (154.1 to 169.0 pounds), 183 pounds (169.1 to 183.0 pounds), 199 pounds (183.1 to 199.0 pounds), unlimited (199.1 or more pounds).
- (b) Boys: 119 (maximum) pounds, 129 (119.1-129) pounds, 139 (129.1-139) pounds, 154 (139.1-154) pounds, 169 (154.1-169) pounds, 183 (169.1-183) pounds, 199 (183.1-199) pounds, 219 (199.1-219) pounds, 238 (219.1-238) pounds, heavyweight (238.1 pounds-unlimited).
- (c) During the regular season only, a lifter may lift up one weight class from the weight class he/she weighs in at.

#### 4.17.1.1.3 Weigh-Ins.

- (a) Lifters must be weighed one at a time with only the weight officials, the lifter and his/her gender appropriate coach present. Lifters must be weighed in under garments or singlets.
- (b) A lifter who weighs in within his/her weight classification may not be weighed again.
- (c) A lifter who suspects he/she might have a weight problem may be weighed first at the request of his/her coach.
- (d) A lifter with a weight problem will be given a maximum of one hour to make weight, or until the designated weigh-in time has expired, not to exceed one hour from the initial weigh-in. A lifter may be weighed a maximum of three (3) times during the time allotted.

4.17.1.1.4 Weight Loss. The use of sweat boxes, hot showers, whirlpools, rubber suits, vinyl suits, plastic suits or similar artificial heating devices, diuretics and/or weight loss drugs are prohibited. The use of such devices and substances will disqualify an individual from competition.

#### 4.17.1.1.5 Scoring

- (a) All weightlifting meets will be scored as follows:
  - Two Teams – Score three places 5-3-1
  - Three Teams – Score four places 5-3-2-1
  - Four Teams – Score five places 6-4-3-2-1
  - Five or More Teams – Score six places 7-5-4-3-2-1.
- (b) A lifter must have a successful attempt in both the bench press and the clean and jerk for a total weight lifted in order to place or score.
- (c) Any corrections in meet scoring must be made within 48 hours of the conclusion of the meet.

#### 4.17.1.1.6 Uniforms

- (a) Each lifter must wear a school-issued uniform. This uniform must be a one-piece uniform (singlet). The singlet must be close-fitting and must have a minimum four-inch inseam and maximum length which does not extend beyond the top of the knee. The top must not be cut lower in the front or back than the armpits and under the armpits no lower than half the distance between the armpit and the beltline, and shall not extend beyond the top of the knee. Proper undergarments, support and shoes with laces are required. All bench shirts, squat suits or any rubberized uniforms that aid the lifter are prohibited. Undergarments covering the legs may not extend below the top of the knee and may not be visible below the hem of the singlet, and undergarments covering the torso may not extend beyond or cover the elbow.
- (b) Uniforms must not be removed while in the competition area. Penalties for violations are as follows:
  - First offense – verbal warning to both the lifter and the coach by the Meet Director or Judge.
  - Second offense – one point deducted from team total, coach notified and lifter disqualified.
- (c) Jewelry is prohibited.

#### 4.17.1.1.7 Equipment

- (a) Platforms. The lifting platforms must be 8-feet by 8-feet.

- (b) Bench. The width of the bench must be not less than 10 inches and not more than 12 inches. The height of the bench must be not less than 14 inches and not more than 18 inches. The distance between the upright supports must be not less than 40 inches and not more than 42 inches.
- (c) Bandages. Bandages may be worn on the wrists, knees, hands, fingers and thumbs. Bandages, tape or substitutes for bandages are not permitted on the elbows. Bandages are defined as a strip of fabric used especially to cover, dress and bind up wounds, or may be a flexible strip or band used to cover, strengthen, or compress something. The following regulations pertain to bandages:
  - (1) The maximum width of skin that can be covered by a bandage at the wrist is four inches. The maximum width of skin that can be covered by a bandage at the knee is 12 inches. There is no limit to the length of bandages.
  - (2) The use of plasters and bandages on both the inner and outer surface of the hands is permitted. These plasters or bandages must not be fastened to the wrists or to the barbell.
  - (3) The use of plasters on the fingers is permitted provided the plasters do not cover the tips of the fingers.
- (d) Gloves. In order to protect the palm of the hands, wearing fingerless gloves is permitted (example: cyclist's gloves, gymnastic palm guards). These gloves can cover only the first phalanx of the fingers. If plasters are worn on the fingers, there has to be visible separation between the plasters and the glove. Gloves with built-in supports are prohibited.
- (e) Belts. A lifter may not wear a belt which exceeds 4 1/4 inches in width. A belt may not be worn underneath the uniform.
- (f) Braces. Braces on the knee(s) containing plastic, metal or hard and unyielding material may be worn only with a written statement from a licensed physician.

#### 4.17.1.1.8 General Provisions.

- (a) A lifter or coach must report to the scorer's table before each attempt, giving the lifter's name, weight classification and weight to be attempted immediately prior to assuming the lifting position on the platform. Failure to follow this procedure will result in the disqualification of the results of the attempt although the attempt itself will be counted as one of the lifter's attempts.
- (b) A lifter will be permitted a maximum of three (3) lifts on the bench press and three (3) lifts on the clean and jerk. A lifter may take any one of his/her three lifts at anytime during the weight progression whether he/she is successful or unsuccessful at a chosen weight. The progression of weights during competition once the first lift has been attempted will be a minimum of five (5) pounds.
- (c) The barbell must be loaded progressively with a lifter taking the lowest weight first. Under no circumstance can the barbell be reduced to a lighter weight once the weight has been announced and the bar has been tightened or loaded. Lifters, or their coaches, must observe the progress of the loading and be ready to make their attempt at the weight they have chosen.
- (d) A lifter's first attempt must precede another lifter's second attempt at the same weight on the bar. This order must be followed continuously.
- (e) A delay of two minutes must be allowed each lifter from the time the loaded weight is called by the Chief Referee until he/she attempts a lift. If this two-minute limit is violated, the lift must be disallowed. When the lifter attempts two lifts in succession, he/she will be allowed three (3) minutes for the succeeding attempt once the bar is loaded.
- (f) When the lifter attempts two lifts in succession, he/she will be afforded the opportunity to use the first 30 seconds of his/her allotted three (3) minutes to declare their weight for the succeeding attempt.
- (g) The use of grease, oil, water, talcum or any similar lubricant on the thighs is forbidden.
- (h) The discs (weights) must be loaded with the largest disc inside the smaller discs in descending weights to the outside, arranged so that the Chief Referee can read the number on each disc. Discs must be locked on the bar by collars or clamps.
- (i) A lifter who is found using illegal equipment must be disqualified from the remainder of the meet.

#### 4.17.1.1.9 Bench Press.

- (a) Procedure.
  - (1) The head of the bench must be placed on the platform facing the Chief Referee. The two Side Referees must station themselves at the foot of the platform facing the athlete.
  - (2) The lifter must lie on his/her back with head, shoulders and buttocks in contact with the flat bench surface. His/her shoes must be flat on the floor.
  - (3) To achieve firm footing, the lifter may use plates to build up the surface of the platform. The entire foot must be flat on this surface.
  - (4) If the color of the lifter's trunks and the bench top are not of a sufficient contrast to enable the officials to detect a raising of the buttocks, the bench top must be covered with a material of sufficiently contrasting color not to exceed 1-1/2 inches in thickness.



- (5) One spotter is mandatory.
- (6) The spacing of the hands on the bar must not exceed 32 inches measuring between the forefingers.
- (7) No one but the lifter may handle the bar except for its removal from the rack at the beginning of the lift. A lift begins after the lifter has received the bar at arm's length and the spotter has removed his/her hands. After receiving the bar the lifter must lower the bar to his/her chest and await the Chief Referee's signal. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.
- (8) The Chief Referee's signal must be given when the bar is absolutely motionless on the chest.
- (9) When the Chief Referee gives the verbal signal, "Press," the bar must be pressed vertically to straight arm's length and held motionless in that position until the Chief Referee gives the verbal signal, "Rack," ending the attempt at which time the lifter may replace the bar with assistance from the spotter.
- (b) Disqualification or "No Lift." Actions that will result in the disqualification of a lifter's attempt are:
  - (1) Failure to observe the referee's signals at the completion of the lift.
  - (2) If at any point the head or buttocks lose contact with the flat bench surface, the attempt would be rendered no-lift. Movement of the toes and/or sliding of the feet are prohibited.
  - (3) Heaving or bouncing the bar off the chest.
  - (4) Allowing the bar to sink into the chest after receiving the referee's signal.
  - (5) Any uneven extension of the arms at the completion of the lift.
  - (6) The bar or either hand stopping in the course of being pressed out.
  - (7) Contact with the bar by the spotter-loaders between the referee's signals.
  - (8) Any contact of the lifter's feet with the bench or its supports.
  - (9) Deliberate contact between the bar and rest uprights during the lift to make the press easier.

#### 4.17.1.1.10 Clean and Jerk.

- (a) Procedure for the Clean
  - (1) The bar must be placed horizontally in front of the lifter's legs. It must be gripped, palms downward and pulled in a continuous single movement from the ground to the shoulders while either "splitting" or bending the legs. Once the bar passes the height of the knee, it is considered an attempt. During this continuous movement, the bar may contact the thighs and lap. The bar, however, must not touch the chest before the final position; it must then rest on the clavicles or the chest above the nipples or on the arms fully bent. The feet must be returned to the same line, legs straight, before performing the Jerk. The lifter may make this recovery in his/her own time and have his/her feet on the same line, parallel to the plane of his/her trunk and the barbell. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.
  - (2) The technique known as "hooking" is permitted. It consists of covering the last joint of the thumb with the other fingers of the same hand at the moment of gripping.
  - (3) When cleaning in the "squat" or "split" position, the lifter may help his/her recovery by a swinging or rocking movement of his/her body. More than one recovery attempt is allowed.
  - (4) Touching the bar against the legs below the knees is permissible.
- (b) Disqualification or "No Lift" in the Clean. Actions that will result in the disqualification of a lifter's attempt are:
  - (1) The referee must count as "no lift" any unfinished attempt at pulling in which the bar has reached at least the height of the knees.
  - (2) Pulling from the "hang" is not permitted.
  - (3) Touching the ground with the knee or buttocks or any part of the body other than the feet is not permitted.
  - (4) While cleaning in the "squat" position, touching of the knees or thighs with the elbows or upper arms is not permitted and results in a "no lift."
  - (5) In cleaning, if the bar touches the thighs with a visible stop, the attempt will be declared "no lift." If, however, during the pull the bar contacts the thighs without stopping, the attempt will be legal.
  - (6) Any clean in which the bar is placed on the chest before turning over the elbows will render the attempt "no lift."
  - (7) Leaving the in-bounds platform area during the execution of the lift is not permitted. A lifter who steps on any part of the boundary line is considered out-of-bounds.
- (c) Procedures for the Jerk
  - (1) The lifter must bend the legs and extend them as well as the arms so as to bring the bar to the full stretch of the arms vertically extended. The feet must be returned to the same line; arms and legs extended, and await the

Chief Referee's signal to replace the bar on the platform. The Chief Referee must give the signal as soon as the lifter becomes absolutely motionless in all parts of the body. After the Clean and before the Jerk, the lifter may assure the position of the bar. This does not grant a second movement to the lifter, but allows him/her (i) either to withdraw his/her thumbs or to "unhook" if he/she has used this method; (ii) or if the bar is placed too high and impedes his/her breathing or causes a pain, to lower it in order to rest it on his/her shoulders; or (iii) to change the width of his/her grip. If the lifter cannot fully stretch his/her arm due to an anatomical defect of his/her elbow, he/she must report this fact to the three referees before the beginning of the competition.

- (2) After the Chief Referee's signal to replace the bar, the lifter must lower the bar in front of his/her body and not let it drop either deliberately or accidentally. He/she may release his/her grip on the barbell when it has passed the level of the waist.
- (3) In the second phase of the Clean and Jerk, the second movement must be a Jerk. A jerk press must not be permitted.
- (d) Disqualification or "No Lift" in the Jerk. Actions that will result in the disqualification of a lifter's attempt are:
  - (1) Any effort of jerking which is not completed will render the attempt "no lift."
  - (2) Any deliberate oscillation of the bar to gain advantage or extending to the toes before the dip will render the attempt "no lift." The lifter must become completely motionless before starting the jerk.
  - (3) Uneven or incomplete extension of the arms at the finish of the lift will render the attempt "no lift."
  - (4) A pause during the extension of the arms will render the attempt "no lift."
  - (5) Finishing with a press out will render the attempt "no lift."
  - (6) Bending and extending the arms during the recovery will render the attempt "no lift."
  - (7) Leaving the in-bounds platform area during the execution of the lift will render the attempt "no lift." A lifter who steps on any part of the boundary line is considered out-of-bounds.
  - (8) Replacing the bar on the platform before the referee's signal will render the attempt "no lift."
  - (9) Dropping the bar from above the waist after the Chief Referee's signal to replace the bar will render the attempt "no lift."
  - (10) Failing to finish with the feet and the barbell in line and parallel to the plane of the trunk will render the attempt "no lift."
  - (11) Failing to finish with the feet and the barbell within the boundaries of the platform at initial contact (e.g. the complete barbell has to touch the platform first) will render the attempt "no lift."
  - (12) After a successful jerk, a lifter, if injured during the lift, may have two spotters assist him/her in lowering the bar to his/her shoulders. Spotters may then take control of the bar and lower it to the platform. This becomes a "no-lift."

4.17.1.1.11 Resolving Ties. In case two or more competitors should record the same total weight lifted at the end of competition, an official will refer to the scorer sheet to determine the lighter or lightest of those involved. If the tied competitors weighed the same at weigh-in, those lifters will immediately be taken from the lifting area to the nearest scales, by an official to be reweighed. The lighter or lightest competitor will be awarded the higher place and points. This procedure will be followed until all ties are resolved. If the weight is the same, those lifters' places and points will be divided.

4.17.1.1.12 Regular Season Competition. Competition between district opponents is not required during the regular season.

#### **4.17.1.1.13 Officials.**

- (a) Number. Three (3) officials must be in attendance at each platform. The officials must include a Chief Referee and two Side Referees.
- (b) Responsibilities
  - (1) The Chief Referee is responsible for reporting sportsmanship issues on his/her platform.
  - (2) The Chief Referee must give an audible and visible signal at the start and completion of each lift. He/she must be seated in front of the platform.
  - (3) Before the meet, the Chief Referee must verify:
    - (a) That platforms and equipment meet specifications;
    - (b) Scales are accurate;
    - (c) Lifters weigh in during the time specified for their weight category;
    - (d) That uniforms, belts and bandages are legal.
  - (4) During the competition, the Referees must ascertain that:
    - (a) The weight of the barbell agrees with the weight announced by the Chief Referee;
    - (b) Nobody but the lifter handles the barbell during the execution of the lift; and



- (c) Only the lifter or the loaders move the barbell to a new position on the platform.
- (5) All signals by the officials (lights, hands, board, etc.) for a good or bad attempt must be given simultaneously on the Chief Referee's command "Signal." In the event safety of the lifter becomes a concern, the Chief Referee has the authority to stop the attempt.
  - (6) The referees must indicate their judgment of the lift by giving signals. A "good lift" is signified by one of three ways – white lights, a thumbs up or a green board. A "no lift" is signified by red lights, a thumbs down or a red board.
  - (7) After the completion of each lift, the Chief Referee must make known the referees' decision, if there is no system of lights. He/she consults with the other two referees and announces the decision resulting from his/her own and from those of his/her colleagues by announcing "good lift" or "no lift." He/she does not have an over-riding vote.
  - (8) When the Chief Referee gives an audible signal "press" in the bench press, the bar is pressed vertically to straight arm's length and held motionless until the Chief Referee's audible signal "rack" to replace the bar.
  - (9) After the completion of the clean and jerk, the Chief Referee must say "down" while at the same time motioning downward with an extended arm. However, the lift isn't complete until the bar is returned under control to the platform.
  - (10) A referee must not attempt to influence the decision of another referee.
  - (11) The decisions of the officials are final. No protests will be allowed. However, when there is a referee's decision contrary to the technical rules, the Jury of Appeals, by unanimous vote, has the right to grant another attempt to the lifter. This attempt will be executed by the lifter before the attempt of the following lifter.

#### 4.17.2 Florida High School State Championship Series Procedures

##### 4.17.2.1 District Meeting.

###### 4.17.2.1.1 Date

- (a) Girls. Monday-Friday of Week 16
- (b) Boys. Monday-Friday of Week 28

4.17.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the section meeting:

- Determine dates and sites of qualifying meets.
- Determine the number of platforms to be used at each qualifying meet.
- Selection and compensation of officials for qualifying meets.

##### 4.17.2.2 Meet Structure and Time Schedules

###### 4.17.2.2.1 District Meets

- (a) Format. Each district shall follow the structured qualifying format. The top lifters in each of these meets will advance to a region meet to determine the qualifiers to the Florida High School State Championship Series state meet.
- (b) Structure. All district meets shall be conducted according to the following provisions:
  - (1) District meets shall be held during the weeks of:
    - Girls: Week 28 or Week 29
    - Boys: Week 40 or Week 41
  - (2) The rules of competition as set forth in this procedure, with the exception of 4.17.1.1.1 and 4.17.1.1.3, shall apply to all qualifying meets unless modified in these terms & conditions.
  - (3) A maximum of twenty (20) lifters may represent a school in Florida High School State Championship Series competition, with no more than two (2) lifters entered in a given weight classification.
  - (4) A school may qualify lifters to the Florida High School State Championship Series state meet only through a district and subsequent region meet held in the district or region to which it is assigned.
  - (5) Conference, county or other invitational meets shall not serve as district meets.
  - (6) A technical controller must be chosen for each district meet.
  - (7) A jury of appeals must be chosen for each district meet.
  - (6) The district meet director shall forward to the appropriate FHSAA administrator the results of the district meet for which his/her school served as host using Form WT2 for girls or Form WT4 for boys. The results must be certified by the signature of the head coach for each participating school to be valid. The meet manager must forward the results to the FHSAA office within 24 hours of the completion of the district meet.
- (c) Weigh-in Procedures. Weigh-in procedures as stated in the general regulations section will apply except that:



- (1) When a lifter weighs in he/she must lift in the weight category in which he/she is listed on the Official State Entry List;
- (2) Changes to an Official State Entry List must be made on the Official State Entry List within C2C schools and resubmitted to the district host.
- (3) Changes to an Official State Entry List may not be made after the start of the published time for weigh-ins to begin at the first Florida High School State Championship Series meet the school is lifting in.
- (4) Only those lifters who do not make weight may return to the scales a maximum of three (3) times to make weight during the time allocated for the weigh-in; and
- (5) After the allocated time has elapsed, a lifter who has not made weight will be disqualified from the meet and may not lift in any other weight classification. A lifter must weigh within the limits of his/her weight class.
- (6) During weigh-ins, lifters must provide their opening attempts. Opening attempts may be changed at any time.

#### **4.17.2.2.1 Determination of Qualifiers**

- (a) Qualifiers.
  - (1) District Meet to Regional Meet. The top 6 placing individuals in each district meet shall advance to the regional meet to which they are assigned.
- (b) Breaking Ties. In the event that a tie occurs between any two or more lifters that would result in more than 20 (twenty) lifters per weight classification qualifying for the state meet, the tie shall be broken as follows:
  - (1) The lifter(s) whose body weight(s) was/were the lighter/lightest on the date(s) the total weight was lifted shall be awarded the berth(s) in the state meet. This procedure will be followed until all ties are resolved.
  - (2) If a tie cannot be resolved using the procedures set forth in (1) above, the tied lifters will advance.

#### **4.17.2.2.2 Region Meets**

- (a) Format. Each region meet shall follow the structured qualifying format.
- (b) Structure. All qualifying meets shall be conducted according to the following provisions:
  - (1) Region meets shall be held during the weeks of:
    - Girls: Week 30
    - Boys: Week 40
  - (2) The rules of competition as set forth in this procedure, with the exception of 4.17.1.1.1 and 4.17.1.1.3, shall apply to all region meets unless modified in these terms & conditions.
  - (3) A school may qualify lifters to the Florida High School State Championships state meet only through a region meet held in the region to which it is assigned.
  - (4) A technical controller must be chosen for each region meet
  - (5) A jury of appeals must be chosen for each region meet
  - (6) The region meet director shall forward to the appropriate FHSAA administrator the results of the region meet for which his/her school served as host using Form WT2 for girls or Form WT4 for boys. The results must be certified by the signature of the head coach for each participating school to be valid. The meet manager must forward the results to the FHSAA Office within 24 hours of the completion of the region meet
- (c) Weigh-in Procedures. Weigh-in procedures as stated in the general regulations section will apply except that:
  - (1) When a lifter weighs in he/she must lift in the weight category in which he/she is listed on the district results;
  - (2) Only those lifters who do not make weight may return to the scales a maximum of three (3) times to make weight during the time allocated for the weigh-in; and
  - (3) After the allocated time has elapsed, a lifter who has not made weight will be disqualified from the meet and may not lift in any other weight classification. A lifter must weigh within the limits of his/her weight class.
  - (4) During weigh-ins, lifters must provide their opening attempts. Opening attempts may be changed at any time.

#### **4.17.2.2.2.1 Determination of Qualifiers**

- (a) Qualifiers.
  - (1) Regional Meet to Florida High School State Championships.
    - (a) The top lifter in each weight class who lifts the greatest total weight (bench press and clean & jerk combined) overall in the region shall qualify for and advance to the Florida High School State Championships state meet.
    - (b) After the top lifter for each weight classification in each region has been determined, 12 (twelve) remaining at-large qualifiers statewide will be determined by the FHSAA Office from results reported by the lift-off



meet director. At-large lifters will be chosen from the top 6 (six) lifters at each region meet. All qualifiers will be posted on FHSAA.org.

(b) Breaking Ties. In the event that a tie occurs between any two or more lifters that would result in more than 20 lifters per weight classification qualifying for the state meet, the tie shall be broken as follows:

- (1) The lifter(s) whose body weight(s) was/were the lighter/lightest on the date(s) the total weight was lifted shall be awarded the berth(s) in the state meet. This procedure will be followed until all ties are resolved.
- (2) If a tie cannot be broken using the procedure set forth in (1), the tied lifters will advance.

#### 4.17.2.2.3 Florida High School State Championship Finals

(a) Dates.

- Girls – Friday-Saturday of Week 32.
- Boys – Friday-Saturday of Week 42

(b) Time Schedule. The time schedule will be posted on the FHSAA Website.

#### 4.17.2.3 Meet Regulations

4.17.2.3.1 Participant Credentials. Each qualifying athlete shall be admitted without charge to the Florida High School State Championship Series. Coaches credentials will be issued using the following formula: 1 to 2 qualifiers – one (1) coach credential; 3 to 10 qualifiers – two (2) coach credentials; 11 to 15 qualifiers – three (3) coach credentials. Note: Chaperones who are not coaches will need a Florida High School State Championship Series pass for complimentary entry.

#### 4.17.2.3.2 Weight and Weigh-Ins.

- (a) A lifter shall be eligible to compete in the Florida High School State Championship Series state meet ONLY in the weight classification in which he/she qualifies from his/her respective district. At the close of weigh-ins, a lifter whose body weight is under the limit of the weight category in which he/she qualified shall not compete. A lifter whose body weight is over the limit of the weight category in which he/she qualified shall not be allowed to compete.
- (b) A lifter with a weight problem will be given a maximum of one hour to make weight, or until the designated weigh-in time has expired, not to exceed one hour from the initial weigh-in. A lifter may be weighed a maximum of three (3) times during the time allotted.

#### 4.17.2.3.3 Order of Events. Groups will be divided by weight classification as follows:

- Girls – Group A will consist of the 154-lb., 169-lb., 183-lb., 199-lb. and unlimited weight classes. Group B will consist of the 101-lb., 110-lb., 119-lb., 129-lb. and 139-lb. weight classes.
- Boys – Group A will consist of the 183-lb., 199-lb., 219-lb., 238-lb. and heavyweight classes. Group B will consist of the 119-lb., 129-lb., 139-lb., 154-lb. and 169-lb. weight classes.

The order in which the groups lift will be rotated each year. At the FHSAA Weightlifting Finals, Group B will lift first.

4.17.2.3.4 Platform Size. The platform at the Florida High School State Championship Series will be eight feet by eight feet.

4.17.2.3.5 State Records. FHSAA Weightlifting Records may be set only during competition in the Florida High School State Championship Series.

4.17.2.3.6 Jury of Appeals. A Jury of Appeals consisting of a minimum of three members must be appointed by the Meet Director. The duty of the Jury of Appeals is to ensure that the technical rules of competition are being applied and followed. A member of the Jury of Appeals whose team or individual lifter is a party to an appeal must step down and be replaced until the appeal is concluded. The decision of the Jury of Appeals will be final. The Jury of Appeals may not set aside any rule.

When the decision of a referee is contrary to the technical rules of competition, the Jury of Appeals by unanimous vote may grant the lifter another attempt. The lifter must make this attempt before the attempt of the next lifter.

If a ruling by the Jury of Appeals is requested, the Jury of Appeals must report their ruling to the Technical Controller. It is then the responsibility of the Technical Controller to notify the Head Coach of the student-athlete(s) involved the official ruling of the Jury of Appeals. The decision of the Jury of Appeals is final. No protests will be allowed.

4.17.2.3.7 Technical Controller. A technical controller must be appointed to assist the meet director in the supervision and conduct of the competition. The technical controller's duties will be:

- (a) To inspect and certify the competition platforms, the barbells, the electronic referee light systems, the warm-up room and other facilities before competition; and
- (b) To inspect the uniforms and equipment of lifters, and enforce the technical rules of competition when necessary.

4.17.2.3.8 Competition Area. Only those lifters who are engaged in actual competition may be in the competition area. All other lifters must remain in the designated seating area. Coaches, faculty representatives and spectators must also remain in the designated seating area.

## 4.18 Wrestling

Administrator: Robbie Lindeman, ext. 260, [rlindeman@fhsaa.org](mailto:rlindeman@fhsaa.org)

### 4.18.1 Regular Season Procedures

#### 4.18.1.1 Rules of Competition

4.18.1.1.1 Competition Rules. NFHS Wrestling Rules, as modified by the FHSAA, are the official rules for all wrestling matches and tournaments. The following modifications to those rules have been adopted by the Board of Directors.

- 3-2-1. Use assistant referee during competition.
- 4-3-2. The use of artificial limbs.
- 4-4-4. 2-pound growth allowance.
- 8-1-5c and Penalty Chart. Ejection of coach: the coach is suspended from the remainder of the match or tournament day and must leave the premises. Additionally, the coach is suspended for the next seven days and a minimum of two matches.
- 10-1-2. Videotaping guidelines: A visiting school may film or videotape its team's or contestants' performances in a contest when permission is secured from and arrangements are made with the host school principal. No representative of a school that is not participating in a contest may film or videotape all or any part of the contest unless permission to do so is granted by the principal of each school that is participating in the contest. (See Section 4.18.3 for regulations pertaining to Florida High School State Championship Series contests.)

#### 4.18.1.1.2 Weight Classifications

- (a) All tournaments and meets will be limited to competition in the following 14 weight classifications:

106 pounds and under	138 pounds and under	182 pounds and under
113 pounds and under	145 pounds and under	195 pounds and under
120 pounds and under	152 pounds and under	220 pounds and under
126 pounds and under	160 pounds and under	285 pounds and under
132 pounds and under	170 pounds and under	

- (b) A student cannot wrestle more than one weight class above the weight class in which his actual weight places him, and must never wrestle in a weight class below his/her minimum certified weight class. The growth allowance and consecutive-days rule both apply to the 285-pound division.
- (c) A school will be limited to two contestants in two weight classifications with a maximum of 16 wrestlers for IBT varsity tournaments. Both varsity entries will score points however they will receive no bonus points when facing a member of their own team. This does not apply to our state series tournaments. In sub-varsity tournaments, however, a school may enter multiple contestants per weight class with one of the contestants in the weight class designated as the team scorer. The use of multiple entries will be only used if the tournament director chooses to allow it for a particular event.
- (d) A student cannot wrestle in more than one weight class in any match.

4.18.1.1.3 NWCA Pre-Match Weigh-in and Match Results. All coaches are required to submit the National Wrestling Coaches Association (NWCA) online "Pre-Match Weigh-in Form" with the exact weight of each wrestler prior to each regular season or tournament match and must submit online the "Dual Meet & Tournament Reporting Form" before the next competition.

4.18.1.1.4 Growth Allowance. The FHSAA Board of Directors has adopted use of the 2-pound growth allowance as permitted in National Federation Rule 4-4-4. Beginning on and including December 26, each weight class will be permitted a 2-pound growth allowance. This regulation is intended to encourage wrestlers to increase their strength, and thereby their muscle mass; and to discourage wrestlers from crash dieting to reduce weight so as to remain eligible in a lower weight class. Coaches and athletes are encouraged to use this provision accordingly.

Q: If a wrestler is certified for a minimum weight of 107.5, would he qualify for the 106 weight class when the two-pound growth allowance comes into effect?

A: No. The growth allowance may not be used to achieve a lower minimum certified minimum wrestling weight for a wrestler. In order to utilize the growth allowance, a wrestler shall compete at "scratch weight" in the desired weight class at least once prior to the district tournament.

Q: If a wrestler is assessed, and the lowest he can go is 156, can he go 152 for districts?

A: No. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight.

**4.18.1.1.5 Certification of Minimum Weight.** Each individual wrestler must have his/her minimum weight class certified by using the NWCA internet-based Optimal Performance Calculator no later than the first day of wrestling practice, Monday of Week 20. To register, go to [www.nwcaonline.com](http://www.nwcaonline.com). [Note: See 4.18.3 for further information.] NWCA membership has been processed for each school with a wrestling program. No further action is required.



## 4.18.1.1.6 Weigh-Ins.

- (a) Wrestlers must weigh in not more than one (1) hour prior to the scheduled starting time of the dual match in which they will compete or a maximum of two hours before the first session of each day for an individually bracketed tournament (IBT) event in accordance with National Federation Rule 4-5. These rule permits, for example, the weigh-in to begin at 7 p.m. for a dual wrestling meet which is scheduled to start at 7:30 p.m. This rule, however, DOES NOT require a 30-minute waiting period between the end of the weigh-in and the scheduled starting time of the meet.
- (b) An FHSAA-registered contest official shall conduct all weigh-ins.
- (c) All scales must be certified annually. Digital scales are required for all multi-school events to ensure the actual weight of the wrestler. This includes dual-team events (DTE) and individually bracketed tournaments (IBT). Female wrestlers shall be called into the weigh-in area together, as the first group to weigh in for duals or tournaments. The host school or tournament director shall have a female person or persons available to weigh in any female wrestlers. The head official should provide instructions to the female persons conducting the weigh-in as to the process of weighing in the female wrestlers. Female wrestlers are required to complete the weigh-in process the same as the male wrestlers.
- (d) Each team may weigh in a maximum of two (2) wrestlers for each weight classification for a dual meet. A school may weigh-in multiple wrestlers at each weight class for a dual team tournament. A maximum of two contestants must be declared in each weight class at the time the lineup is presented at the head table for a dual team tournament.
- (e) The head coach of each school must have with him/her two (2) photocopies of the school's current NWCA Pre-Match Weigh-in form at each dual meet. The exact weight of each wrestler who weighs in must be recorded in the appropriate blank on these forms in ink. For duals, it is suggested a coach from the opposing team record the weights for a team as the official reads the weights from the scales. Both head coaches and the meet referee must sign the NWCA Pre-Match Weigh-in form at the conclusion of the weigh-in. Head coaches must exchange NWCA Pre-Match Weigh-in forms prior to the final match of a dual meet. For tournaments, NWCA Pre-Match Weigh-in forms must be submitted to the tournament director prior to the start of the first day's weigh-ins. The tournament director will ensure the actual weights for each wrestler recorded during the first day weigh-ins are recorded on the NWCA Pre-Match Weigh-in form and a copy for all teams forms entered in the tournament be presented to each coach for their records. The copies are to be available to each coach within a week following the tournament.

Q: If a school does not produce the Pre-Match Weigh-in form and cannot get a copy that day, should we allow the team to compete?

A: No. The coach can get a copy of his school's Pre-Match Weigh-in form from any computer with Internet access. The NWCA is a web-based database system. The coach can print his school's Pre-Match Weigh-in form from a computer at the host school; find a nearby copy center with Internet access, etc.

Q: If for any reason a wrestler is left off the Pre-Match Weigh-in form, what is the result?

A: The wrestler does NOT compete. If the wrestler is not on the Pre-Match Weigh-in form, that means he/she was not assessed.

- (f) A coach may alter his/her lineup for dual-team competitions within the guidelines of NFHS Rule 4-4-2.
- (g) Once the weight class for a wrestler competing in an individually bracketed tournament is established, the wrestler shall be required to compete in the same one weight class for the duration of a tournament.
- (h) Any challenge of a wrestler's minimum certified weight class must be made before the last wrestler has been weighed. A wrestler who has his/her minimum certified weight class challenged must be allowed to compete. The head coach issuing the challenge must notify the FHSAA Office of the challenge upon conclusion of the meet.
- (i) The provisions of National Federation Rule 4-5 cannot be revised or modified by conference rule, mutual consent or otherwise.
- (j) Any challenge of the wrestler's minimum certified weight class must be made before the last wrestler has been weighed for dual meets or during the seeding/scratch meeting for tournaments. A wrestler who has his/her minimum weight challenged must be allowed to compete. The head coach issuing the challenge must notify the head official who will then ensure the FHSAA Office is notified of the challenge upon conclusion of the meet by using the miscellaneous section of the AT16 and sending it o wrestling@fhsaa.org.

## 4.18.1.1.7 Multi-School/Tournament Weigh-In Procedures.

- (a) The FHSAA requires a minimum of three officials (five is preferred) be present at all tournament weigh-ins. In addition, the host schools shall provide necessary adult personnel to serve as assistants to the head official. The head official will ensure that all NFHS and FHSAA rules and regulations are followed.
- (b) All wrestlers must be in the staging area at the time the weigh-in is scheduled(monitored by an adult volunteer or 4th official)
- (c) Wrestlers are required to be dressed in their school issued singlet. Wrestlers must also have a suitable undergarment, as defined by the NFHS rule 4.5.7 for the purpose of weighing-in (wrestling, gym or other type shorts are not considered a "suitable undergarment"). Each wrestler will wear a pair of slip on/off shoes or wrestling shoes for reporting to the

scales. Wrestlers are required to have their hair and “Wrestler Skin Condition Examination Report Form (WR2) if required with them.

- (d) The caller will call each weight class in order, beginning with the 106 pound class unless the weigh-ins are being conducted by team, in which case the order of teams will be determined by the tournament director. (usually in order by time of arrival)
- (e) Line-up area: Each weight class or team will move to the line-up area where the arranger will place the contestants in bracket order or weight class order if the weigh-ins is being conducted by team.
- (f) Scale Room (registered officials only): each weight class or team will move to the scale room. The wrestlers will put their gear on the chairs and remove their singlet and shoes. No taping, pads, or braces are allowed during the weigh-in. The first official will check for nails, skin, hair, etc. according to NFHS rule 4.2. The WR2 if necessary, will be presented to the official at this time for review. Any deficiencies should be documented. The second official will monitor the scale, recording the exact weight of all of the wrestlers. At the regional or state tournaments the exact weights will be recorded on the official tournament bracket sheets. For all tournaments, the official will be responsible for writing the weight/weight class of the wrestler on his/her wrist or shoulder, as designated by the head official with a marker.
- (g) Second or third day weigh-ins will follow the same procedure as defined above. A different color marker will be used each day.

#### 4.18.1.1.8 Skin Conditions.

- (a) A member school wrestler who exhibits a skin condition(s) of a potentially infectious nature must be examined by a physician before he/she is permitted to participate in competition.
- (b) A wrestler with a questionable skin condition must secure from his/her head coach the “Wrestler Skin Condition Examination Report Form” (Form WR2) to present to the physician at the time of the examination. This form must be used by the physician to document that he/she has examined the wrestler’s skin condition(s) and determined that it is not infectious. The wrestler must return the form signed by the physician to the head coach following the examination. The original form which is marked and signed by the physician must be presented by the head coach to the official at the weigh-in for his/her inspection. A photocopy of the form must also be given to the official for his/her records. The original form, however, must be retained by the head coach.
- (c) A “Wrestler Skin Condition Examination Report Form” (Form WR2) signed by a physician is valid for a maximum of seven (7) days from the date of the examination unless otherwise indicated by the physician. After that time, the wrestler must obtain a new form from the physician if his/her skin condition is still present. The form is valid only for those areas of the wrestler’s body marked on the form by the physician. If the official observes any questionable area(s) not marked by the physician on the form, the wrestler will not be allowed to participate.

4.18.1.1.9 Disinfection of Wrestling Shoes. Home team management is required to provide a bottle of disinfecting product so that wrestlers and referee’s spray the bottom of their shoes, wipe them off with a towel, and then step onto the mat. Disinfecting product will be located at the Scorer’s Table of each mat.

4.18.1.1.10 Injury. During an injury timeout, both wrestlers must remain on the mat. The referee will position himself/herself at the scorer’s table.

4.18.1.1.11 Biting. The Board of Directors has defined the biting of an opponent by a wrestler during a meet, as judged by the official, as **flagrant** misconduct.

4.18.1.1.12 Medical Personnel. The FHSAA Board of Directors recommends that each host member school have an athletic trainer and a physician present or readily available for each match and tournament.

4.18.1.1.13 Athletic Uniforms. Uniforms must be in compliance with National Federation Rule 4-1. A wrestler competing in a dual meet or tournament must be in proper uniform at all times while he/she is in public view. The penalty for violation of this regulation is the deduction of one (1) team point. Dropping the shoulder straps after leaving the mat to put on a shirt is permitted.

4.18.1.1.14 Season Limitations. 20 matches, 2 of which may only be single dual meets.

#### 4.18.1.2 Regular Season Tournaments

4.18.1.2.1 May be categorized as either dual-team tournaments (competition is team vs. team) or individually bracketed tournaments (competition is bracketed by weight class);

4.18.1.2.2 May have a maximum of 32 teams (invitational tournaments exceeding 32 teams are subject to conditional approval by the Executive Director);

4.18.1.2.3 May have single-elimination, double-elimination, team round-robin or team pool-play formats;

4.18.1.2.4 Must not allow any match to begin later than 10 p.m. on any day;

4.18.1.2.5 Must allow a minimum of 10 hours to elapse between the end of the last match of one day and the beginning of weigh-ins the following day; and

4.18.1.2.6 Must begin and end within the same one week (Monday-Saturday) unless held during a holiday period.



The following additional minimum requirements have been established for individually bracketed tournaments:

<b>Tournaments with:</b>	up to 8 teams	9-16 teams	17-24 teams	24-32 teams
Number of matches	182	406	630	840

**Requirements**

Minimum number of mats*	2	3	4	5
Minimum number of officials*	4	5	6	8

\* *Note: These are minimums. The tournament will run more efficiently if more mats and officials are used.*

#### 4.18.2 Florida High School State Championship Series Procedures

##### 4.18.2.1 District Meeting

###### 4.18.2.1.1 Date. Monday through Friday of Week 16

4.18.2.1.2 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select officials.
- Determine allocation of tickets to participating schools on an equitable basis if seating is limited.

##### 4.18.2.2 Tournament Structure and Time Schedules

###### 4.18.2.2.1 District Tournaments

###### (a) Dates, Time Schedule and Site.

###### (1) Dates. Monday through Saturday of Week 34.

(2) Time Schedule. Each district will determine the time schedule for its tournament at the district meeting. The following time schedule is recommended for all one-day district tournaments:

- Weigh-ins, 8 a.m.
- Seeding Meeting, 9:30 a.m.
- First Round Competition, 10 a.m.
- Consolation Competition, 5 p.m.
- Championship Finals, 6 p.m.

A district with five (5) or more schools must conduct its tournament in two sessions. A district with four (4) or less schools must conduct its tournament in one session.

(3) Site. Each district will determine a site for its tournament at the district meeting. The date and site of each district tournament will be posted on FHSAA.org.

(4) Trackwrestling is the preferred program for scoring.

###### 4.18.2.2.2 Regional Tournaments

(a) Complexes. Competition will be conducted in four regional complexes in each classification. Districts 1-4 will comprise the Region 1 complex, Districts 5-8 the Region 2 complex, Districts 9-12 the Region 3 complex, and Districts 13-16 the Region 4 complex. One tournament will be conducted in each regional complex.

(b) Dates and Time Schedule. Regional tournaments shall be held on Friday and Saturday of Week 35. The following time schedule shall be used:

###### **Friday**

Weigh-ins, 10 a.m.

###### **Session 1**

Preliminaries, Wrestlebacks (1st & 2nd rounds), Noon

###### **Saturday**

Weigh-ins, 8 a.m.

###### **Session 2**

Semifinals, 10 a.m.

Wrestlebacks (3rd & 4th rounds), 12:30 p.m.

###### **Session 3**

Consolation/Championship Finals (2 mats), 5 p.m.

(c) Sites. The FHSAA will determine the 12 sites for the region wrestling tournaments and post the sites on FHSAA.org

(d) Electronic Clocks. Visual electronic clocks are required at each Florida High School State Championship Series tournament. It is strongly recommended that adults work the table at each mat in all Florida High School State Championship Series tournaments.



- (e) Invitations to Host. The deadline date for extending an invitation to serve as host for a regional tournament is Friday of Week 50.

- (f) Trackwrestling is the preferred program for scoring.

#### 4.18.2.2.3 Florida High School State Championship Finals.

- (a) Dates. The FHSAA Wrestling Finals state tournament shall be held on Friday and Saturday of Week 36.
- (b) Time Schedule. The Florida High School State Championship Finals schedule will be posted on FHSAA.org.
- (c) Coaches Packet. A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

#### 4.18.2.2.4 Advancement of Teams and Individuals

- (a) District Tournament to Regional Tournament. The top four (4) individual wrestlers in each weight classification from each district tournament in each school classification will advance to the regional tournament to which they are assigned.
- (b) Regional Tournament to Florida High School State Championship Series. The top four (4) individual wrestlers in each weight classification from each of the four regional tournaments in each school classification will advance to the Florida High School State Championship Series.

#### 4.18.2.3 Tournament Regulations

4.18.2.3.1 Squads. At the regional tournaments and Florida High School State Championship Series, a participant pass will be issued to each athlete who qualifies to the tournament. In addition, for those schools that have qualifiers for the regional tournament and/or Florida High School State Championship Series, coaches will be issued passes as follows:

- One to three participants – One head coach and one assistant coach.
- Four to seven participants – One head coach and two assistant coaches.
- Eight or more participants – One head coach and three assistant coaches.

No team student managers or student athletic trainers will receive participant passes.

Participant and coach passes will not be transferable and will entitle those persons who receive such passes access to the mat areas.

4.18.2.3.2 Warm-up Uniforms. All wrestlers must wear school-issued warm-ups while on the arena floor, during the national anthem and during their participation in awards presentations and photograph sessions. Wrestlers must not wear hats, sunglasses, cutoffs, altered clothing, clothing displaying advertisements, jewelry and cosmetic paraphernalia on the arena floor or during awards presentations.

#### 4.18.2.3.3 Seeding and Bracketing

- (a) District Tournaments. Each district will seed and bracket its district tournament in accordance with the procedure as outlined in NFHS Rule 10 after the weigh-in has been completed. Brackets will be crossed in the quarterfinal round or semifinal round (8 teams or less) to better ensure that the best four wrestlers in each district tournament advance to the regional tournament. See the wrestling page on the FHSAA Website for a sample bracket.
- (b) Regional Tournaments and Florida High School State Championship Series. All regional tournaments and the Florida High School State Championship Series will be seeded according to the formula developed by the FHSAA Office. The wrestleback will be used. A consolation match for fifth place and sixth place in each weight class will be contested at the Florida High School State Championship Series only. Brackets will be crossed in the quarterfinal round in each regional tournament to better ensure that the best four wrestlers advance to the Florida High School State Championship Series; and in the Florida High School State Championship Series to better ensure that the best six wrestlers in each weight class medal. See the wrestling page on the FHSAA Website for a sample bracket.

**4.18.2.3.4 Verification of Weight Class.** The head coach of each entrant in a district tournament and regional tournament must make available his/her school's NWCA Pre-Match Weigh-in forms, with actual weights recorded for each of his/her school's entrants in the event of a challenge to an entrant's weight class. An entrant whose weight class is questioned and whose head coach does not have available his/her school's NWCA Pre-Match Weigh-in forms shall be subject to disqualification. Any challenge to an entrant's weight class in a district tournament must occur during the district tournament seeding meeting. Any challenge to an entrant's weight class in a regional tournament must occur during the regional tournament scratch meeting.

#### 4.18.2.3.5 Failure to Appear

- (a) District Tournaments. If a school has an individual wrestler weigh in for a weight class and then fails to enter that individual wrestler in the appropriate weight class, the match in which the individual wrestler was scheduled to compete will be declared a forfeit and will be scored accordingly. Any weight class that does not have an entry will be declared a forfeit. Points will be awarded in accordance with the NFHS rules.
- (b) Regional Tournaments and Florida High School State Championship Series. If a wrestler qualifies for a regional tournament and/or the Florida High School State Championship Series and fails to compete, his/her opponent will be declared the winner by forfeit and will advance to the next round. Points will be awarded in accordance with NFHS Rules. Any weight class that does not have an entry will be declared a forfeit. Points will be awarded in accordance



of the NFHS rules.

- (c) A school that permits a wrestler to qualify from the district tournament to the regional tournament and/or from the regional tournament to the Florida High School State Championship Series who fails to participate for reasons other than illness, injury, suspension due to disciplinary action or for any other reason acceptable to the Executive Director will be considered in violation of FHSAA Rules and Regulations.

4.18.2.4 Russell A. "Russ" Mauger Award. The Russell A. "Russ" Mauger Jr. Mental Attitude Award will be presented to the one wrestler who, in the opinion of his fellow wrestlers, their coaches and tournament officials – displays the most outstanding sportsmanship, leadership and integrity during state tournament competition.

#### 4.18.3 Florida Weight Management Plan Optimal Performance Calculator (OPC)

The establishment of a certified minimum wrestling weight based on seven percent body fat for males and 12 percent for females is required for all high schools. The FHSAA does not advocate that a wrestler's established certified minimum wrestling weight is the athlete's best weight, but simply the minimum weight at which the athlete will be allowed to compete.

The FHSAA will utilize the NWCA Optimal Performance Calculator (OPC) as the mechanism to calculate the certified minimum weight for each wrestler and as the data reporting and retrieval tool for all member schools sponsoring wrestling. Each FHSAA member school with a wrestling program is required to join NWCA no later than the first day of wrestling practice (Monday of Week 20). The NWCA website may be located at [www.nwcaonline.com](http://www.nwcaonline.com). The NWCA will bill each school a \$30 NWCA membership fee for use of this online database.

#### 4.18.3.1 Establishing Certified Minimum Weights

- (a) Bioelectrical Impedance or skinfold measurements will be utilized to determine each wrestler's body fat percentage. Only measurements taken by persons who are certified FHSAA Assessors will be accepted. Schools can access a list of FHSAA certified assessors at [FHSAA.org](http://FHSAA.org). It is the responsibility of the school to contact an assessor from this list and arrange a time to have the wrestling squad measured. No wrestler may compete until the athlete has had a certified minimum wrestling weight determined by the NWCA Optimal Performance Calculator and he/she appears on the school's Pre-Match Weigh-in form. Once a wrestler competes at a weight class allowed by the weight loss plan, the option to appeal is voided.
- (b) The lowest weight class a wrestler may compete at will be determined as follows:
  - (1) If the certified minimum weight, at seven percent or 12 percent body fat, is exactly that of one of the adopted NFHS weight classes, that weight shall be the wrestler's minimum weight class.
  - (2) If the certified minimum weight, at seven percent or 12 percent body fat, is less than one pound from one of the adopted weight classes, that weight class shall become the wrestler's minimum weight class.
  - (3) If the certified minimum weight, at seven percent or 12 percent body fat, is greater than or equal to one pound from one of the adopted weight classes, the next higher weight class shall be the wrestler's minimum weight class.

*Note: The allowance referenced Part I(b) (2 and 3) applies only to the calculation of the certified minimum weight class for a wrestler. The allowance is not applicable to the weights referenced in the weekly weight loss plan.*

#### 4.18.3.2 Time Period For Measurements

- (a) No wrestler may compete until they have participated in an initial assessment and their name and data are included on the school NWCA Pre-Match Weigh-in Form.
- (b) A wrestler who competes at a weight class allowed by his/her weight loss plan before or during an appeal has accepted his most recent assessment and voids all appeal options allowed within this policy.
- (c) Assessments may begin on the first practice date allowed by the FHSAA (Monday of Week 20). Wrestlers may be measured any time on or following this date to establish a minimum wrestling weight. All wrestlers, including those coming out late, must have their minimum wrestling weight established prior to competing.
- (d) The specific gravity of the urine will determine whether a candidate may participate in an assessment on any date. A specific gravity result of less than 1.025 is required in order to participate in the body fat assessment. Any wrestler not passing the urine specific gravity test must wait a minimum of 48 hours in order to be retested.
- (e) The Wednesday following the District Tournament (Wednesday of Week 35) is the deadline to establish a certified minimum wrestling weight.
- (f) Unusual situations must be arranged with the FHSAA in writing before deadline or due dates.

#### 4.18.3.3 School Responsibilities For The Measurement Process

- (a) It is the school's responsibility to contact and contract with an FHSAA Certified Assessor from the list provided by the FHSAA.
- (b) Schools contracting with an FHSAA Certified Assessor will be required to have available at the time of assessment:
  - (1) Bioelectrical Impedance/skinfold measurement assessment data forms.
  - (2) Plastic collection cups to conduct urine specific gravity test.
  - (3) Reagent strips or refractometer for urinalysis (i.e. Ames Multistix, 8SG or 10SG, 2304A or equal)

- (4) Four adults (coach, teacher, AD, parent, etc.) who will:
  - (a) Assist with measuring height (in cm)
  - (b) Assist with the recording of data.
  - (c) Assist with urine specific gravity testing (specimen collection).
- (c) Bioelectrical Impedance or skinfold measurement assessments shall not be conducted by any active wrestling coach at any level.

4.18.3.4 Wrestlers Below Seven Percent Or 12 Percent Body Fat. Prior to competition, any male wrestler whose body fat percentage at the time of his initial assessment is below seven percent must obtain in writing a licensed physician's (M.D. or D.O.) clearance stating that the athlete is naturally at this sub-seven percent body fat level. This written clearance shall be attached to the student's physical exam form. In the case of a female wrestler, written physician's clearance must be obtained for an athlete who is sub-12 percent body fat. A physician's clearance is for one season duration and expires March 15 of each year. The sub-seven percent male or sub-12 percent female, who receives clearance, may not wrestle below their actual weight class at the time of assessment by the FHSAA wrestling assessor.

#### 4.18.3.5 Growth Allowance

- (a) The Florida Weight Monitoring Program awards a two pound growth allowance on December 26.
- (b) The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight for a wrestler.
- (c) In order to utilize the growth allowance, for the district tournament, a wrestler shall compete at "scratch weight" in the desired weight class at least once prior to the District Meet.

SCRATCH WEIGHT: References within the Florida Wrestling Weight Monitoring Program to the term "scratch weight" refer to the weight achieved which qualifies an athlete to wrestle at one of the National Federation established weight classes less growth allowance and/or any consecutive day allowance awarded under NFHS Wrestling Rules.

Q: If a wrestler is assessed, and the lowest he can go is 153, can he go 154 for districts?

A: No. The growth allowance may not be utilized to achieve a lower certified minimum wrestling weight.

#### 4.18.3.6 Weight Loss Per Week

- (a) An average weight loss limit of 1.5 percent of body weight at the time of initial assessment per week has been set. A season long weight loss plan will guide his/her weight loss during the season.
- (b) If a wrestler weighs-in and wrestles up a weight class, the OPC 1.5% loss limit may prevent a wrestler from going back down to his desired weight for the next contest.
- (c) The weight loss plan will determine which weight class(es) a wrestler may participate at each week.

Q: A wrestler's lowest minimum certified weight class is 120 with a minimum certified weight of 114.5. He weighed 134 at assessment and weighs 131.3 at the first week of competition. May he wrestle 138 during the first week of competition?

A: Yes. He is eligible by the Optimal Performance Calculator for both 132 and 138.

- (d) A wrestler, through his/her school, may petition to raise his/her minimum wrestling weight class by completing the appropriate form and submitting it to the FHSAA Office. The deadline to petition is the last regular season competition date.

Q: If a wrestler certifies at 113 and makes scratch weight early in the season (113) and weighs in at 119.6 later for another match, but bumps to 125 (not weighs in at 125, but weighs in at 120 and wrestles 126 in a tournament halfway through the season), is he still certified at 113?

A: Yes.

- (e) If a student-athlete weighs in and participates in any weight class above the eligible weight classes defined by the weight loss plan, the wrestler has recertified at that weight class. The wrestler is required to compete at this weight class, or any greater weight class for which they qualify, for the remainder of the season.
- (f) **PENALTY**—A wrestler who participates at a weight class, below the eligible weight class(es) defined by the weight loss plan, before the proper amount of time has passed to achieve the weight class will be considered an ineligible wrestler.

Example:

<b>Weight at Initial Assessment = 163 lbs</b>		<b>1.5% loss per week = 2.45 lbs (2.445 rounded)</b>
<b>BF% = 16%</b>		<b>Minimum Wrestling Weight = 147.23 lbs</b>
<b>Projected Weight with 1.5% loss per week</b>		<b>Eligible Weight Class(es)</b>
Week 1	160.56	170, 182
Week 2	158.11	160, 170



Week 3	155.67	160,170
Week 4	153.22	160,170
Week 5	150.78	152, 160
Week 6	148.3	152, 160
Week 7	147.23 (By "Plan", not 145.89 by calculation)	152, 160

*Note 1: The wrestler in this example would not be allowed to compete below the 152 lbs weight class during the year*

*Note 2: In the above example, a wrestler who weighs-in at 151.80 lbs. during Week 4 is only eligible to compete at 160 lbs. – he/she would not be eligible to compete at 152 lbs. even though the weigh-in qualifies him/her for that weight as per Section VI (d).*

#### 4.18.3.7 Appeal Process

*Note: In order to utilize the results of an appeal the school must receive notification from the FHSAA Office prior to allowing the appealing athlete to compete.*

Parental permission is not a valid means to establish a lower minimum wrestling weight. Any athlete may appeal his/her assessment results one (1) time by reassessment. Step 1 may be bypassed and only Step 2 performed. The steps of the appeal process are as follows:

Step 1: The athlete shall repeat the assessment as described in the regulation. EXCEPTION: Skinfold measurement assessment may not be used for the appeal process.

- (a) The reassessment shall occur **within 14 calendar days** of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 14-day period. The 14-day appeal period shall start on the day following the date of initial assessment. Day one through seven does not permit any loss of weight for an appeal to be valid. During the second week, days 8-14, a wrestler may weigh no less than 1.5 percent (rounded down) of the body weight measured at the initial assessment. **Failure to meet these conditions or timelines is cause for denial.**
- (b) Data shall be recorded on the Bioelectrical Impedance Assessment Data Form.
- (c) Reassessment includes hydration and Bioelectrical Impedance assessment.

Step 2: If dissatisfaction with the results remains, the wrestler may choose Hydrostatic weighing or Bod Pod assessment to determine body fat percentage. Results obtained at this step are automatically accepted; the athlete, family, school or coach may not appeal further.

- (a) The hydrostatic weighing or Bod Pod assessment shall occur within 30 calendar days of the initial assessment date unless a written extension is granted by the FHSAA before the expiration of the 30-day period. The 30-day appeal period shall start on the day following the date of initial assessment.
- (b) The school shall file a "Hydrostatic Weighing Proposal" or "Bod Pod Assessment Proposal" before a hydrostatic weighing or Bod Pod assessment is approved.
- (c) Hydrostatic weighing and Bod Pod facilities must be approved by the FHSAA; the proper form shall be filed with the FHSAA.

#### 4.18.3.8 Costs

- (a) All costs incurred for initial assessment, appeal process, any nutrition education program, and NWCA Optimal Performance Calculator are the responsibility of the school or parent.
- (b) Charges for bioelectrical impedance or skinfold measurement assessment may not exceed \$5 per person when schools contract with an FHSAA Certified Assessor.
- (c) FHSAA Certified Assessors are permitted to charge mileage at the FHSAA adopted (same as contest officials) rate of 30 cents/mile round trip or a service fee of \$30 or less whenever travel is required to a location at which fewer than six subjects are to be assessed on any given date.

