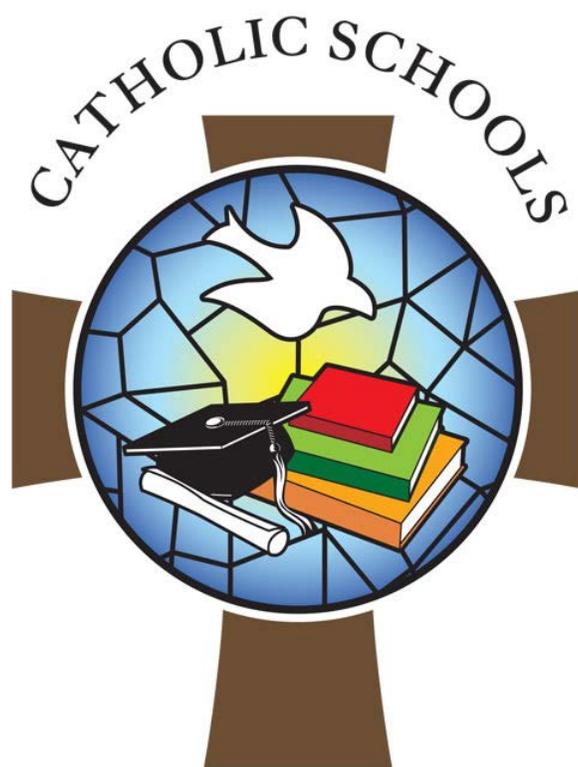


**Archdiocese of San Antonio
Archdiocesan Interscholastic Athletic League
Constitution and Handbook**



Archdiocese of San Antonio

2016/2017

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Sportsmanship, Ethics, and Integrity in Catholic Schools
Archdiocese of San Antonio

Mission Statement

The primary goal of the sports program in the Archdiocesan Interscholastic Athletic League is to represent Christ by exhibiting good sportsmanship through participation in and learning the basic fundamentals of our sports program, always keeping in mind that winning is not everything. Good sportsmanship is viewed by the AIAL as a commitment to Christian values of fair play, ethical/moral behavior and integrity. In perception and practice, sportsmanship is defined as those Christian qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their roles in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

Expectations of Coaches

All coaches assume certain obligations and responsibilities to the game they coach, to the players, and to their fellow coaches. It is essential that every member of the coaching staffs in Catholic schools be constantly aware of these obligations and responsibilities with the purpose in mind that the coaching profession will always remain an honorable calling and that each member is to conduct himself/herself in such a manner as to maintain the dignity and decency of his/her profession.

Respect and uphold the dignity of all athletic participants.

Set a good example always for participants and fans to follow, exemplifying the highest moral and ethical behavior.

Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.

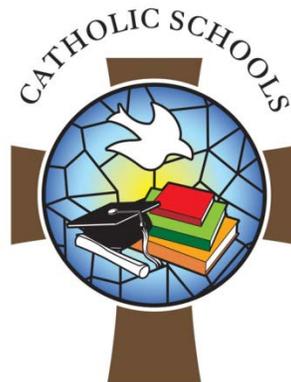
Respect the judgment of contest officials, abide by rules of the event, and display no behavior that could incite the fans.

Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coach in public.

Develop and enforce penalties for participants who do not abide by sportsmanship standards.

Acquaint oneself thoroughly with the rules of the game. Study and frequently review official rule books. Teach and interpret the rules to the players.

Use no unsportsmanlike tactics in any games (e.g. running up the score, "beating the rules", etc.)



Archdiocese of San Antonio

Archdiocesan Interscholastic Athletic League Constitution

Article I – Name

The organization shall be known as the “Archdiocesan Interscholastic Athletic League”.

Article II – Objective

Section 1:

The Archdiocesan Interscholastic Athletic League assists the member schools in the advancement of interscholastic athletic competition.

Section 2:

The Archdiocesan Interscholastic Athletic League assists in the preparation of future adults who are to foster Catholic values in a spirit of fair play, team cooperation and good fellowship.

Article III – Governing Body

Section 1:

The governing body of the Archdiocesan Interscholastic Athletic League shall consist of the Superintendent of Catholic Schools, the Principals or their assigned administrative designate, the Athletic Director of the member school and the League Commissioner.

Section 2:

The governing body shall act as the policy making group for the member schools.

Section 3:

The annual meeting of the governing body shall be the last meeting of the school year.

Section 4:

The governing body shall hold four general meetings annually.

Section 5:

The governing body shall set the annual dues and approve the operating budget.

Article IV – Membership

Section 1:

Membership in the league shall be open to any Catholic Private or Parish school in the Archdiocese of San Antonio.

Section 2:

Any Catholic Private or Parish school may apply for membership by subscribing to the constitution and the rules of the AIAL. The Executive Board will rule on the application and if the ruling is favorable, the school shall be accepted and placed on a probationary period for one year from the date of entry. During the term of the probation, the member school shall only be eligible for regular season team and individual honors. The member school will not be eligible for playoffs honors in those sports in which they are offered (Flag Football, Soccer, Volleyball, Basketball, Baseball, and Softball).

Section 3:

To be eligible for AIAL membership, a school may not be a member of another comparable organization or a member of an organization that would preclude its participation in AIAL district or play-off competition.

Section 4:

The Executive Board may disqualify a member school which has not paid its annual dues by the date set by the Board.

Member schools will be assessed a participation fee determined by the AIAL Executive Board allowing a school to submit a total of eight (8) eligibility lists during that school year. A school may submit additional eligibility lists during the year for an additional participation fee per list. The initial participation fee is due by the last Friday of September while the total remaining participation fee for additional lists is due by the last Friday of May.

The AIAL Executive Board will impose a penalty fee in the amount totaling 50 percent of the total participation fee due if a member school fails to submit their participation fee by the designated due date in September and/or May. Failure to pay any late fees assessed by the Board to the AIAL will result in suspension from AIAL competition for the remainder of the year.

Section 5:

Each member school is responsible for assuring that all athletes representing the school are adequately covered against injury by liability and medical insurance. The school will have on file any documentation necessary to release the school from liability: a waiver, signed by a student's parent or legal guardian, releasing the school from liability and proof of medical insurance coverage. Each student athlete is required to have a record of physical examination on file at the beginning of his/her participation in any sport and, thereafter, prior to renewed participation following an injury or serious illness. **Physical examinations are valid for a period of one year from the date shown on the Physical examination form. Physical examination forms that expire during a sports season that is currently in progress must be renewed for the student to be eligible to participate. Failure to maintain updated information will result in Executive Board action.**

Section 6:

Each member school is responsible for assuring that all coaches representing the school have on file a criminal background clearance and certificate documenting that they have viewed the video and received a copy of the "Policy on Sexual Misconduct on the Part of Church Personnel of the Archdiocese of San Antonio". Volunteer coaches may, at their discretion, purchase Volunteer Accident Insurance through the Archdiocese. They are covered for liability through the Archdiocese. However, there is no coverage for intentional or criminal acts.

Section 7:

Each member school is responsible for submitting an annual AIAL Constitution and Handbook Acknowledgement Form which is to be submitted at the first AIAL General Meeting each school year. The acknowledgement form will indicate that both the principal and athletic director of the member school have read the AIAL Constitution and Handbook including the mission statement, policies, procedures and regulations of the AIAL. A refusal to sign or submit the form on the given dates implies a desire to withdraw from the AIAL.

Article V – Annual Meeting

Section 1:

The annual meeting of the governing body of member schools shall be held at the end of each school year.

Section 2:

At this meeting, matters pertaining to the League shall be discussed. Any changes in the AIAL constitution made at this meeting shall be made by two-thirds (2/3) majority vote of the member schools present and voting by a pre-written ballot. Each member school present at this meeting shall be entitled to two votes, which shall be cast by the chief administrator, or principal or duly authorized delegate, and the Athletic Director from the member school.

Article VI – Officers

Section 1:

The executive administration and control of this League shall reside in the League Executive Board.

Section 2:

The League Executive Board shall consist of the following officers: Superintendent or his/her designee, President, League Commissioner, **four** principals and **four** athletic directors from member schools. **At last four representatives will be from Class A.** A **president**, secretary and treasurer shall be selected by the Executive Board from the ranks of the **four** principals and **four** athletic directors. **The League Commissioner is appointed by the Executive Board and the Superintendent.**

Section 3:

Officers shall be elected at the annual meeting **in May**. Each school **is** entitled to two votes cast by the Principal (or assigned administrative designate) and the Athletic Director. The League Commissioner will receive an annual stipend for his/her services, the amount to be determined by the Executive Board. The Superintendent or his/her designee will conduct an annual evaluation of the performance of the League Commissioner with input from principals and athletic directors.

Section 4:

Newly elected officers will take office at the close of the annual meeting of the year. **League officers will serve three-year terms. After serving for three years, an officer may run for a second three-year term. Following six consecutive years of service, an officer may not be re-elected the following year. Only two officers (one principal and one athletic director) will transition off the Executive Board each year.**

Section 5:

In the event a vacancy shall occur on the League Executive Board prior to a regular election, the President appoints a replacement to fill the unexpired term of any vacated officer's position. If the vacancy occurs in the position of League President, the position will be filled by a vote of the governing body.

Section 6:

The League Executive Board will serve as the Administrative Council for this League. Among its duties and responsibilities shall be: 1) to administer the affairs of the League; 2) to inaugurate new athletic contests; 3) to create new conferences and sports competitions; 4) to set up plans for competition and promote the same; 5) to prepare and distribute bulletins and other literature pertaining to its work; 6) to work with the Governing Body, the Protest Committee and the member schools; 7) to decide disputes that are appealed to it; 8) to furnish official interpretation of this constitution; 9) to use all the powers necessary to discharge these duties; 10) to review and revise, as necessary, areas of the AIAL Handbook.

Section 7:

The Executive Board will meet four (4) times during the school year. These meetings will be held prior to each general meeting in order to prepare the agenda. Special meetings may be called at the discretion of the League President.

Section 8:

The President of the League must be a Principal. All other officers may be Principals or Athletic Directors.

Article VII – Duties of League Officers

Section 1:

The Superintendent or his/her designee shall:

- a. Serve as moderator of the AIAL and promote adherence to its mission statement.
- b. Assure that all pertinent League and Archdiocesan policies are followed.
- c. Conduct an annual evaluation of the performance of the League Commissioner, with input from principals and athletic directors.

Section 2:

The League President shall:

- a. Preside over all general League meetings, regular and extraordinary.
- b. Serve as chief administrative officer for the League and see that proper communication is maintained with all member schools.
- c. Solicit the advice and consent of fellow officers in dealing with matters which arise that are of vital interest to the League. Decisions in such matters shall be by two-thirds (2/3) majority vote of the League Executive Board.
- d. Handle all official correspondence with the membership.
- e. Make available to each school a copy of the AIAL Constitution and Handbook of Procedures.
- f. Perform other duties incidental to the office of the League President and chief executive officer of the League.
- g. Shall serve as spokesperson in all League affairs.

Section 3:

The Treasurer shall:

- a. Preside over League meetings in the absence of the President.
- b. Collect all fees and dues and be responsible for their safekeeping.
- c. Prepare and disseminate the financial reports to all members at each general meeting.
- d. Keep records of income and disbursements from League funds.
- e. Pay operational debts of the League office.
- f. Perform other duties assigned by the President.

Section 4:

The Secretary shall:

- a. Notify member schools of upcoming general meetings at least ten (10) days in advance.
- b. Keep minutes of all meetings, both executive and general.
- c. Distribute agendas and minutes of the meetings to all member schools.
- d. Perform other duties assigned by the President.

Section 5:

The Commissioner shall:

- a. Make all appointments to ad hoc committees.
- b. Act as chief administrative officer for the League, in the absence of the President, and see that proper communication is maintained with all member schools.
- c. Appoint Sports Coordinators for each AIAL sport.
- d. Assist and provide guidance to Sports Coordinators in working with member schools in the resolving of problems that arise from competition within the League.
- e. Develop and enforce the League calendar.
- f. Gather, review and notify member schools of any discrepancies on all eligibility lists.
- g. Create and maintain forms for gathering, organizing, and disseminating information to the schools.
- h. Handle all general correspondence with membership.
- i. Oversee the preparation and assembly of League rosters done by the Sports Coordinators.
- j. Collect, collate, select, and disseminate all information relating to the AIAL League teams.
- k. Compile the all sports points.
- l. Perform other duties incidental to the office of the Commissioner and chief executive officer.
- m. Review and forward any submitted protest to the chair of the Protest Committee.
- n. At the beginning of each school year, conduct an orientation for new Athletic Directors and coaches.
- o. Purchase all awards for playoffs and events as authorized by the Executive Board.

Section 6:

A Sports Coordinator will be appointed for each sport. Each Sports Coordinator will be directly responsible to the League Commissioner. The League Commissioner will provide a job description. Sports Coordinators will be required to attend a Sports Coordinators orientation prior to the start of their designated sports season.

- a. Serve as the chief administrator of the assigned sport in the absence of the League Commissioner
- b. Assist member schools and provide guidance to them in the resolving of problems that arise from competition within the designated sport.
- c. Assist the League Commissioner in the enforcement of the League calendar.
- d. Gather, review, verify, and notify member schools of any discrepancies on all eligibility lists.
- e. Maintain forms of gathering, organizing, and disseminating information to the member schools
- f. Compile all results and forward weekly standings to member schools as well as the League Commissioner.
- g. Upon completion, submit approved copies of all eligibility lists to the League Commissioner.

Article VIII – Protest Committee

Section 1:

The Protest Committee shall consist of three (3) Principals and two (2) Athletic Directors of the member schools. The senior principal on the committee shall be designated as chairperson. Each member shall have one vote. A member of the Committee shall be disqualified to act in a case in which his/her school is one of the schools involved. An alternate or alternates will be designated by the President and the Commissioner in the event that this occurs. **The Protest Committee cannot have two (2) members from the same school.**

Section 2:

The Protest Committee hears protest regarding eligibility and game rules infractions.

Section 3:

A protest is allowed on eligibility questions and rules infractions; no protest is allowed on an official's judgment call.

Section 4:

A written protest signed by both the Principal and Athletic Director must be submitted to the Commissioner with a \$50.00 security check within 72 hours of the infraction. If the protest is upheld, the \$50.00 security check will be returned. The submitted protest must clearly state the infraction and all pertinent information.

Section 5:

The Protest Committee shall meet to discuss a submitted protest and render a decision within three (3) school days. The Protest Committee Chairperson shall communicate a written decision to the League Commissioner who will then communicate the decision to all appropriate parties.

Section 6:

In the event a member school disagrees with a decision made by the Protest Committee, then an appeal may be submitted to the President. The President will then convene the Executive Board within five (5) school days to discuss the appeal and meet with appropriate parties. Once an appeal decision has been made, the President will communicate in writing the decision of the Executive Board to all appropriate parties. At this point, the protest procedure and the decision remains final.

Article IX – League and District Organization

Section 1:

The League shall consist of a Boys' and Girls' A and B Division. Boy's and Girls' teams will be categorized in two classifications based on the combined total enrollment of the 6th, 7th and 8th grades of their respective schools.

The classifications will be Class A for the smaller enrollments and Class AA for the larger enrollments. Placement in classifications will be determined by the enrollment of the previous year. Each classification will be divided into two districts. District alignment will be based primarily on the location of each school. The districts in Class A will be: District 2-A and District 3-A. The districts in Class AA will be: District 4-AA and District 5-AA. "B" Division teams will compete in the same category as their "A" Division teams.

Section 2:

In the event that a district does not have a minimum of four teams competing, all teams will be placed into one district, with the top eight teams in the "A" Division qualifying for play-off competition. Classifications will apply to the following sports: Soccer, Volleyball, Basketball, Track & Field, Baseball and Softball. (Classifications and District organization can be put into effect for all other sports based on school commitments).

Section 3:

For each school, both Boys (B) and Girls (G) must participate in three of the following sports: Basketball (B/G), Cross-country (B/G), Golf (Co-ed), Soccer (Co-ed), Softball (G), Tennis (B/G,Co-ed), Track and Field (B/G), Volleyball (G), Baseball (B,Co-ed), Six-Man Football (Co-ed) and 11-Man Football (Co-ed). Exceptions are addressed by the Executive Board upon written request.

Article X – Championships

Section 1:

All tournaments, meets, and events beyond district will be sponsored by the League. Each year the Commissioner will seek member schools or groups to host such events.

Section 2:

All schools that are entitled to participate beyond the district level through the AIAL qualification procedures must do so.

Section 3:

The manner of seeding shall be the responsibility of the Commissioner.

Article XI – Eligibility Rules

Section 1:

A student enrolled in a member school that is in good and regular standing is permitted to participate in any League contest. He/she may not be failing more than one subject nor receive less than a 70% overall grade point average on his/her mid-quarter progress report or end of quarter report card. A student will remain ineligible until the next mid-quarter progress report or end of quarter report card has been distributed and the academic deficiency has been removed. If a member school does not distribute a formal mid-quarter progress report, then the member school is asked to designate a day during the week marking the halfway point of the grading period to determine eligibility for the remainder of the grading period. An individual member school reserves the right to determine a practice eligibility policy for student athletes who are on an academic deficiency.

Section 2:

A student taking part in games or events of the AIAL shall be in no grade higher than the 8th grade of a member school and have not attained his/her 15th birthday on or before September 1 of the current school year in order to participate in Division (A) sports. A student shall be in no grade higher than the 7th grade and not attained his/her 14th birthday on or before September 1 of the current school year to participate in Division (B) sports. Students below the 5th grade are not eligible for AIAL competition.

Section 3:

Any student-athlete transferring to a member school from another school and having participated on any "A" division team or 8th grade team, shall be eligible to participate on an "A" division team only after a 30 day waiting period from the date of enrollment, provided all other League requirements are met. No **transfer** student-athlete may participate in an AIAL League play-off who has not participated in one-half (1/2) of the officially scheduled games set by the AIAL. This rule does not apply to a **transfer** student-athlete who has changed residences to within the area of the Catholic school presently attended.

Section 4:

Once a player is promoted from (B) level to (A) level, he/she must remain at (A) level for the remainder of the season (League play only). Players promoted from (B) level to (A) level become eligible seven calendar days after being added to the official Eligibility list.

Section 5:

Eligibility forms for each sport are to be maintained by each school. A completed copy must be filed with the Sports Coordinator/Commissioner no later than the date set by the official calendar. Failure to submit completed Eligibility lists by the designated date and time will result in forfeiture the first District/Conference game. If the eligibility list are submitted by the deadline, however are not completed properly (ex. Missing dates, signatures, illegible) the submitting school will have seven (7) calendar days from the original deadline to resubmit the corrected lists. Failure to submit the proper paperwork by the extended deadline will result in suspension from League and District play for the remainder of the season.

Section 6:

No member school may offer inducements or proselytize any student or family member of any student to leave any school for the purpose of transferring to a member school.

Section 7:

Fifth graders are eligible to participate on an AIAL "A" team, **only if a school does not have a "B" team. However, fifth graders are not eligible for tackle football.**

If a school does choose to have fifth graders on a team, they are then not allowed to cut any 6th or 7th graders from the "B" team to make room for those fifth graders. The use of fifth graders must be used by schools only to complete an eligible sports team roster.

Section 8:

A student-athlete enrolled in a member school may only participate on school teams offered by the school presently attending.

Article XII – Contests

Section 1:

The League sponsors contests in Baseball, Basketball, Cross-country, Flag Football, Football, Golf, Soccer, Softball, Tennis, Track and Field, and Volleyball.

Section 2:

The time for holding district and play-off contests shall be in accordance with the calendar published by the Executive Board.

Section 3:

The policies, procedures and regulations of the AIAL shall be followed by all member schools and enforced by the Executive Board for all athletic contests including any invitational tournament sponsored by an AIAL member school.

Article XIII – Disputes

Disputes between member schools should be resolved between the schools' athletic director and principal or principals' designee. Any conclusions or decisions reached must be reported and documented to the League Commissioner within 72 hours. In the case that the report involves issues of sportsmanship, ejections, or a violation of the Constitution or Handbook, the report will be shared with the Executive Board. If necessary the Executive Board may impose sanctions on schools according to Article XIV.

Article XIV – Penalties

Penalties for infraction of provisions contained in the AIAL Constitution and Handbook will be imposed by the Executive Board. The chart below outlines penalties.

Type of Offense	Penalty and Sanction	Action and Documentation
<ul style="list-style-type: none">• Player Ejection• Coach Ejection• First Offense for School	<ul style="list-style-type: none">• Player – 1 Game Suspension• Coach – 2 Game Suspension• Private Reprimand	<ul style="list-style-type: none">• Documentation sent to school and filed with AIAL Commissioner
<ul style="list-style-type: none">• Player – Fighting, severe unsportsmanship conduct• Coach – Unsportsmanship practice, cheating, major rule violation• Second Offense for School	<ul style="list-style-type: none">• Player - 2 Game Suspension, Suspension for Entire Season• Coach – 2 Game Suspension, Suspension for Entire Season, Removal from League• Public Reprimand	<ul style="list-style-type: none">• Documentation sent to school, district schools and filed with AIAL Commissioner; sport and head coach is on probation through next season.• Possible forfeiture of contests
<ul style="list-style-type: none">• Coach – Severe unsportsmanship conduct, has previously received a reprimand, violation of probation• Third Offense of School	<ul style="list-style-type: none">• Coach – Suspension for entire season, removal from league• Public Reprimand	<ul style="list-style-type: none">• Documentation sent to schools, all league schools, filed with Commissioner• Possible forfeiture of contests

Article XV – Employment of Coaches

A school is eligible for competition in any sport only if its Athletic Director, and/or assistant Athletic Directors, and/or head coach of baseball, basketball, football, soccer, softball, track and field or volleyball is a full time employee of the school. No coach's salary may be paid out of the gate receipts, nor may the salary be influenced by his/her team's performance. The intent of this rule is to make one full-time employee, called Athletic Director, responsible for the conduct of the entire athletic program under the Principal.

Article XVI – Amendments

Proposed amendments to the Constitution may be initiated by either a member school or by the Executive Board. Amendments shall be made by two-thirds (2/3) majority vote of the member schools voting. Proposed amendments must be submitted to the Executive Board at least four weeks prior to the general meeting where they will be considered. Amendments to the League's Handbook require approval of two-thirds (2/3) majority of the members of the Executive Board. Proposed amendments must be submitted to the Executive Board at least two weeks prior to the next Executive Board meeting.

The AIAL Constitution and Handbook may be amended by the Superintendent of Catholic Schools, at any time, for issues related to health, safety and liability.

Article XVII – Sports Seasons

The sports seasons are divided into the following categories: Fall, Winter, and Spring. The following sports activities will be offered during each of the seasons listed:

Fall: Cross-Country, Flag Football, Football, Soccer, and Volleyball

Winter: Basketball

Spring: Baseball, Softball, Golf, Tennis, Track and Field

Beginning and ending dates for each sports activity will be set annually by the Commissioner.

Archdiocesan Interscholastic Athletic League Handbook of Procedures

Rules for Admission into the AIAL

1. The chief administrator or principal of a school interested in joining the AIAL requests acceptance into the League in writing. Such request shall be directed to the President indicating a willingness to follow the AIAL rules and guidelines.
2. The Commissioner shall determine to which classification and district the new member school would logically be assigned.
3. The Executive Board is empowered to accept the applying school for a one year probationary period. Schools on probation may not compete for honors nor advance to play-off competition in any sport that provides for such honor. Individuals from such schools may receive individual awards or honors.
4. After the probationary period, full admission will be voted upon by the governing body. A two-thirds (2/3) majority of those schools voting shall be required for admission.

General Meetings

Seventy percent (70%) representation of the voting members shall constitute a quorum at any meeting.

Absences

1. After two consecutive unexcused absences, a school will automatically be placed on probation for one calendar year.
2. Reinstatement from probation must be by a two-thirds (2/3) majority vote of the Governing Body.

Order of Business

The regular order of business of the AIAL meetings shall be as follows:

1. Prayer
2. Roll call
3. Minutes from previous meeting
4. Financial report
5. Superintendent's report
6. Old business
7. New business
8. Committee reports/Appointment of Committees
9. Election of officers (Final meeting)
10. Adjournment

General Rules

1. **Equipment/Game Balls:** Playing equipment will be determined at the regular meeting by the membership. The designated Home team will be responsible for providing the game officials with the approved game ball displaying the NFHS symbol. Should the designated Home team fail to furnish the appropriate game ball; the visiting team will have the option of providing the necessary game ball. In the case where neither team can furnish an approved game ball, the administrators and/or head coaches will determine what ball will be used.
2. **Officials:** In all season assignments, the Commissioner or Sports Coordinator shall be responsible for contracting officials at the beginning of the season. The officials used must be members of an AIAL approved official's association. Official's fees will be paid by the designated home team. The home team contacts the officials' association in an emergency and informs the Commissioner of this exception. In the event a coach, student athlete or audience member is ejected from an athletic contest, then the official making the

ejection must complete and submit an Ejection Incident Report prior to receiving payment for officiating services.

3. **Schedules:** Master schedules will be made by the Commissioner. It will be the duty of the coaches to arrange their schedules and submit a final copy to the Commissioner by the date listed on the official calendar.
 - a. Game days originally agreed upon, either by district schedule or agreement between schools can only be changed by mutual agreement of the schools involved. Change is only valid when agreed upon in writing by both schools.
 - b. If a school forfeits a district game, and does not play that game,
 - i. The forfeiting school shall not be eligible for the playoffs.
 - ii. None of the games involving the team cancelling the game will count towards the district standings. It is as if the team was never a part of the district.
 - iii. The individual players on the team are still eligible for consideration for all-district.
 - iv. If the game is played and later ordered to be forfeited by the Executive Board or if the school willingly forfeits the game after discovering an ineligible player, or some other rule violation, the team is not automatically removed from the playoffs.
 - v. The team's won/loss record for district play, including any losses due to the forfeiture of teams that have played, shall be considered to determine if the team qualifies for a playoff berth.
 - c. Schools shall not forfeit any district games in order to play non-district games. Schools in violation of this provision will be subject to the range of penalties.
 - d. If a contest cannot be played as scheduled or completed as defined by the governing rules of the activity and the visiting team was not notified in advance of the situation or if the situation occurs during the contest
 - i. Earnest effort should be expended to find an acceptable playing site so that the game may be played without additional travel expenses for team and fans.
 - ii. A host school does not have to forfeit the contest unless the Executive Board rules that they have been negligent
 - iii. If the contest is rescheduled, the home team will host the game at a mutually agreed date and time and reimburse the visiting school 50 cents per mile.
 - iv. By mutual agreement, the visiting team may host the make-up game and no travel allowance shall be required.
 - v. If at the time of game stoppage one team has outscored the other, the losing coach may choose to accept the score as final.
4. **Weather:** Postponement of outdoor games due to bad weather is permissible when agreed upon by the administrators of the respective schools and the Commissioner. If administrators are not available, then a brief statement signed by both coaches will be allowed. If lightning is imminent, the game shall be temporarily suspended and postponed if necessary. A game will be rescheduled at the earliest possible date agreed upon by both schools.
 - a. **Lightning** - In the absence of Lightning Detectors or Predictors, AIAL rules are as follows:
 - i. When thunder is heard or cloud to ground lightning is observed, the storm is close enough to strike you location with lightening. Suspend play and take shelter immediately. Safe shelter does not include dug-outs, out-houses, or sheds. Shelter must be a habitable structure or vehicle.
 - ii. **Thirty Minute Rule:** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or flash of lightning is witnessed prior to resuming play.

- iii. After beginning application of the 30 minute rule, any subsequent thunder or flash of lightning shall reset the clock and teams shall wait an additional 30 minutes from that point prior to resuming play.
 - iv. A school that following the above guidelines shall not be required to forfeit contests.
- b. Temperature
- i. In the event the outside temperature or heat index reaches 100 degrees as determined by the home team or event host, inter school contests shall not be played without the mutual consent of all teams involved in the contest.
 - ii. In the event the outside temperature or chill factor reaches 32 degrees as determined by the home team or event host, inter school contests shall not be played without the mutual consent of all teams involved in the contest.
 - iii. In the event that the heat index is greater than 101, outdoor contests or practices must be canceled or moved indoors.

Travel: In the event of snow, ice or other weather conditions affecting travel, consideration should be given to the travel involved before and after a contest. A school that determines travel conditions to be unsafe shall not be required to forfeit contests.

5. **AD/Coach Certification Training:** All Athletic Directors and coaches (all levels of middle school participation, full-time, part-time or volunteer) must complete the AIAL Coach Training ANNUALLY, prior to the start of their sports season. The names of all coaches who complete the AIAL Coach training shall be submitted to the League Commissioner. It is the joint responsibility of the coach and athletic director to insure that the Coach training and any other training are completed annually prior to the start of the individual's middle school coaching duties. Failure to maintain any and all necessary personnel documentation will result in disciplinary action taken by the AIAL Executive Board. Disciplinary action taken may range from forfeiture of athletic contests to League suspension.
- a. Annual Training of ALL Coaches will include:
 - i. Student Eligibility
 - ii. Contest Officials
 - iii. Game Administration
 - iv. Removal from a Contest
 - v. Reporting Game Scores
 - vi. Fan Behavior
 - vii. Concussion in Sports
 - viii. First Aid Review (Not CPR/AED Training)
 - ix. Sudden Cardiac Arrest
 - x. Blood Borne Pathogens
 - xi. Heat-Acclimatization & Hydration Safety
 - b. Coaches with less than five (5) years' experience coaching in public or private schools must complete the Fundamentals of Coaching, Sportsmanship & a Sport specific course through the National Federation of State High School Associations (NFHS)
 - c. Exceptions to b. with approval from the Executive Board: 1. Coaches with more than five (5) years coaching experience in either public or private school; 2. Verifiable college courses representing the curriculum listed in b.
6. **Sportsmanship:** Keeping the AIAL's philosophy regarding the expectations of coaches in mind, the following limitations on the number of coaches allowed per team is as follows: Tackle Football (6-man & 11-man)– Head Coach, (3) Assistant Coaches: Cross-country, Soccer, Volleyball, Basketball, Track and Field, Baseball Softball, Tennis, Golf – Head Coach, (2) Assistant Coaches.

Effective August 2004, the AIAL will implement the following policy regarding coaches' conduct during athletic contest. This is to insure that all Athletic Directors and coaches adhere to the guidelines given in the

Expectations of Coaches on page 1 of the AIAL Constitution and Handbook. Any AIAL Athletic Director or coach who receives a reprimand for unsportsmanlike conduct (ex. Technical foul, yellow card, etc.) which does not result in an ejection must report the incident to the League Commissioner within thirty-six (36) hours after the incident. The opposing school is also responsible for notifying the League Commissioner. The violating school's Athletic Director will be responsible for submitting an AIAL Athletic contest incident report to the League Commissioner signed by both the Athletic Director and Principal. This information will be made available to the AIAL Executive Board for review and further action.

Ejections: Conditions requiring the removal from a contest shall be determined by NFHS or outlined in the published Athletic Plan for that sport.

- a. Any coach or player ejected from, or not allowed to continue participation in, a contest or in football receiving three or more 15 yard unsportsmanlike penalties during a contest, must complete the following:
 - i. File an Incident Report with the League Commissioner within 24 hours of the contest.
 - ii. Both schools involved in the contest must report any ejection occurring in the contest.
 - iii. Schools who fail to report an ejection are subject to further sanctions.
- b. Penalties/Sanctions for Ejections will be as follows:
 - i. Coach who has documented AIAL Coach Training shall receive:
 1. Private Reprimand
 2. Suspension from the next two (2) scheduled contests (**single game or tournament game**) as shown on the schedule submitted prior to the season.
 3. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include another 2 game suspension
 - ii. Coach who has no documented AIAL Coach Training shall receive:
 1. Public Reprimand – Coach
 2. Public Reprimand – Athletic Director
 3. Suspension from three (3) scheduled contest (**single game or tournament game**) as shown on the schedule submitted prior to the season.
 4. Coach must complete the required AIAL Coach Training in addition to NFHS *Teaching and Modeling Behavior* or similar course prior to the next scheduled contest as shown on the schedule submitted prior to the season.
 5. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include an additional 2 game suspension
 - iii. The two game suspensions do not allow the violating coach to assist with any other teams during the term of the suspension. An ejection that occurs during any AIAL play-off tournament will result in suspension from coaching any team for the remainder of the tournament.
 - iv. Any student-athlete ejected from, or not allowed to continue participation in, a contest shall be suspended from the next scheduled **contest (single game or tournament game)** as shown on the schedule submitted prior to the season and the following steps taken:
 1. The Incident report must be filed with the Commissioner within 24 hours of contest.
 2. The second and any subsequent ejections are subject to review by the *Executive Board* for further sanctions.
 - a. Minimum Penalty to include 2 game suspension
 - v. In the event of an ejection, or a coach or student not being allowed to continue participation in a contest, the School shall be responsible for the following:
 1. If three ejections, coaches and players combined, are received in a sport during the season, the coaches and athletic director will be required to meet with the Executive Board.

2. If five ejections, coaches and players combined, are received by a member school during the school year, the athletic director and coaching staff of the member school will be placed on Probation for the following school year.
3. A school on probation that has any further violations will be required to forfeit contests, thus not be allowed to participate in playoffs.
4. A coach or player deliberately coming into physical contact with, or threatening to harm an official shall receive a minimum five (5) game suspension.

7. Concussions:

- a. Each AIAL athletic director and coach will receive training in Concussion Management on an annual basis. Any player who shows signs, symptoms or behaviors associated with a concussion:
 - i. Must be removed from the contest and see a physician to get approval for return to play.
 - ii. May not return to play on the same day
 - iii. Shall not return until completing at 7 day return to play protocol that requires the athlete to complete a progression of exercises at increasing intensities each day while remaining symptom free. The athlete must be cleared to play by an appropriate health-care professional as determined by the school administrator.
 - iv. If an athlete shows signs or symptoms while completing return to play protocol, they must stop immediately and return to treating physician before resuming return to play.
- b. Written clearance must be obtained from the appropriate health care professional prior to student participation in any:
 - i. Practice
 - ii. Scrimmage
 - iii. Athletic Contest
- c. A report of all concussions will be made to the League Commissioner.

8. League champions will be determined as follows:

Football	League won/loss record or playoff between first and second half winners.
Cross-country	Lowest team total each division Point total taken from the top five (5) runners from each school in each division
Volleyball	B-Division – League or district won/loss record A-Division – Single elimination playoff tournament - top six (6) teams in each classification; three (3) teams from each district where applicable (Girls)
Soccer	A-Division – Single elimination playoff tournament – top four (4) teams or three (3) teams from each district where applicable
Basketball	B-Division – League or district won/loss record A-Division – Single elimination playoff tournament – top six (6) teams in each classification; three (3) teams from each district where applicable (Boys and Girls)
Track	Highest team total in each classification and division
Baseball	A-Division – Single elimination playoff tournament – top six (6) teams in each classification, three (3) teams from each district where applicable

Softball	A-Division – Single elimination playoff tournament – top six (6) teams in each classification, three (3) teams from each district where applicable
Tennis	League won/loss record
Golf	The AIAL Executive Board and Sport Coordinator(s) will establish annual guidelines

In those sports which have District play established, District champions will be determined by the best won/loss record based on those games played within the district.

9. Awards shall be issued at the end of each sport season. Awards are as follows:

Cross-country	League champion and runner-up team trophy in each division 1 st and 2 nd place individual trophy or medal in each division 3 rd thru 6 th place ribbons in each division
Football	League champion and runner-up team trophy Individual Champion medals Twenty-seven (27) All-League/District selections (A division)
Golf/Tennis	League champion and runner-up team trophy Individual division champion and runner-up
Soccer	1 st and 2 nd place team trophy (B and A division regular season) Twenty-seven (27) All-League/District selections (A division) League champion and runner-up team trophy (A division playoffs) Individual Champion medals Eleven (11) All-Tournament selections (A division playoffs)
Volleyball	District/Conference champion and runner-up team trophy (B and A division regular season) Fifteen (15) All-League/District selections (A division) League champion and runner-up team trophy (A division playoffs) Individual Champion medals Nine (9) All-Tournament selections (A division playoffs)
Basketball	District/Conference champion and runner-up team trophy (B and A division regular season) Fifteen (15) All-League/District selections (A division) League champion and runner-up team trophy (A division playoffs) Individual Champion medals Nine (9) All-Tournament selections (A division playoffs)
Track	League champion and runner-up team trophy in each division 1 st , 2 nd and 3 rd place medals/4 th thru 6 th place ribbons (A division) 1 st thru 6 th place ribbons (B division) Medals for those participants who set new League records
Baseball/ Softball	District/Conference champion and runner-up team trophy (B and A division regular season) Fifteen (15) All-League/District selections (A division)

League champion and runner-up team trophy (A division playoffs)
Individual Champion medals
Nine (9) All-Tournament selections (A division playoffs)

All Tournament selections will be voted on by those coaches whose teams are participating in the playoff tournament.

10. The winning teams will contact the Commissioner to report scores from completed games. Failure to report scores on a WEEKLY basis will result in the assessment of a \$25.00 fine for the first offense and a \$35.00 fine for every offense thereafter.
11. Starting dates for practice and games will be set by the Commissioner. No member school is allowed to begin practice in any sport before the set date.
12. The AIAL will reimburse the League officers for any League related expenses that they may incur. Officers will keep a record of these expenses and make them available to the Treasurer.
13. The AIAL under the direction of the League Commissioner and Treasurer will compensate those individuals selected to assist with any AIAL Championship tournament or event.
14. In keeping with an atmosphere of sportsmanship, all noisemakers will be prohibited in gym facilities during season games, tournaments and playoffs.

15. VIDEO/FILMING: *Non-District and District Contests by Schools*

- a. It is a violation to videotape or film a non-district or district athletic contest in which your school or team is not competing unless prior written consent of the two schools involved has been obtained.
- b. A school does not have to obtain permission to film or tape a non-district or district contest in which it is competing. However, the film or videotape may not be utilized until after the contest has been completed.
- c. Films and video become the property of the school doing the filming.
- d. A coach that violates the rules of video/filming shall serve a probation or suspension set by the Executive Board. If the violation is acted out by a parent, student or fan, the head coach will be held responsible and serve a probation or suspension.

16. Tiebreaker:

Where time allows the League Executive Board may authorize a single game to resolve a tie. The one game playoff is for "A" division only. Where time does not permit scheduling to resolve a tie the following will be the deciding factor:

1st tiebreaker – Head to head match-up

2nd tiebreaker- Positive point system (Use of scores from head to head match-up)

3rd tiebreaker – Coin toss

(The use of a coin toss will involve a representative from each school or their designee and the League Commissioner.)

Each Classification will have the ability to set parameters on tie breaker procedures at the beginning of the season.

Off Season/Summer Athletic Participation

Regulations covering off season and/or summer athletic participation and attendance at summer athletic camps are to be observed. The purpose of these rules is to safeguard the eligibility of student-athletes by providing students, parents, and school coaches a copy of applicable regulations.

1. Schools Personnel's Involvement with Non-School Competition

The AIAL rules restrict school team sports coaches from coaching student-athletes from their school in non-school athletic activities.

Baseball, Basketball, Football, Flag Football, Soccer, Softball or Volleyball teams:

B-Division or A-Division coaches shall not provide instruction in a non-school camp or clinic or coach a non-school team on which B-Division or A-Division students from his/her school are involved, other than his/her own adopted or birth children. School coaches shall not require student-athletes to participate in non-school activities. Participation in non-school activities is strictly voluntary and can never be used as a prerequisite for trying out for a school team.

- It is a violation for school coaches to specify to a non-school coach what offense to use, which drills to use or which students should participate or not participate on a specific team.
- It is a violation for a school coach to ask school players to participate on any non-school team or to play on a specific non-school team.
- It is a violation for a school coach to make arrangements with another coach to hold competitions or scrimmages for their teams.

The penalties that may be imposed by the AIAL Executive Board on member schools and their coaches who violate any off-season or summer participation guidelines are reprimand or suspension for a period of one day to three years. **The Executive Board may not impose forfeiture of contest unless the school or coach is already on probation for a previous violation.**

2. Leagues Organized by School Personnel

School coaches may assist in organizing, selecting coaches, and may supervise school facilities for non-school activities. School coaches shall not coach or instruct student-athletes from their school in the team sports of baseball, basketball, Football, flag football, soccer, softball, or volleyball. For non-school competition school coaches shall not schedule practices or contests for student-athletes from their school. There is no limit on the number of students from the same school on the same team/squad if school coaches are not coaching any of their own student-athletes.

3. Camps and Clinics

Camps that school personnel may work with their own student-athletes:

The school may sponsor the following type of camp during the summer: all student-athletes may attend one camp, in which instruction is given in each team sport, and which a coach from their school works with them, under the following conditions.

- a. Attendance at each type of sports camp is limited to no more than five consecutive days.
- b. Contact football activities are not permitted in these camps.
- c. Fees for all student-athletes shall be paid by the student and/or their parents.
- d. The school may furnish school owned equipment, with the following restrictions:
 - i. The schools may not furnish any individual baseball, basketball, football, soccer, softball, or volleyball player equipment including uniforms, shoes, caps, gloves, etc., but may furnish balls and court equipment including nets, standards, goals, etc., for volleyball, basketball and soccer camps.
 - ii. For football camp, the school may furnish hand dummies, stand up dummies, passing and kicking machines and footballs. Use of any other football equipment, including helmets and contact equipment is prohibited.

- iii. For baseball and softball camps, the school may furnish balls, bats, bases, pitching and batting machines, batting helmets and catcher protective equipment. Use of any other baseball or softball equipment is prohibited.

4. Private Instruction

School coaches are prohibited from providing instruction to student-athletes from their own school in team sports in the off-season and during the summer. Parents who serve as school coaches are not prevented from instructing their own adopted or birth children during these times.

(Approved by the AIAL Executive Board May 12, 2016)

Athletic Plan – Cross-Country

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all AIAL meets.
3. The AIAL meet is to be scheduled during the 3rd week in September.
4. Students may participate in open and progressive meets and/or recreational meets during the summer.
5. Girls and Boys will compete separately.
6. The distance is approximately one and one-half miles (1 ½).
7. A team is comprised of a maximum of seven (7) runners per division, with a minimum of five runners to compete for team awards.
8. Each school participating is to have two representatives (coaches preferred) available to help where needed.
9. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Soccer

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school team or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular schedule and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
7. A school team must play all regular season or District games (where applicable) to be eligible for Playoff honors. A forfeited regular season or District game will result in suspension from AIAL League playoffs.
8. The AIAL playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the last day of October. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
9. Playoff structure will be as follows:
(Single elimination format)

First round	1 st place finisher vs. 4 th place finisher
	2 nd place finisher vs. 3 rd place finisher
Final round	League Championship between first round winners
10. Assistance with Crowd Control at the League tournament:
Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.
11. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Volleyball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school team or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments in a season. EXCEPTION: “B” Division teams are allowed four (4) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular season and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.

EXCEPTION: An additional; game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.

6. Both “B” and “A” divisions will be using the scoring format listed below:
 - 2 out of 3 to 25 points (cap at 30)
 - 3rd game to 15 (no cap)
 - The let serve shall be allowed
 - Each team shall be allowed two time-outs per game
 - By mutual consent, teams may play the third game of a match even if the same team has won the first two games. Any student who has not played in the first two games must be allowed to participate in the entire third game.

Warm-up procedures: It is recommended that schools use a ten minute warm-up procedure. Each team will have the court for four minutes. Both teams will share the court for the last two minutes for serves.

7. No team or contestant shall play in more than three (3) matches per calendar day, except contestants or teams may play four (4) matches per calendar day in a one day tournament scheduled on a Saturday.
8. Boys may not compete on girls Volleyball teams.
9. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
10. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
11. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the last day of October. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.

12. A-Division playoff structure will be as follows:
(Single elimination format)

Class A

District 2 #3 vs. District 3 #2
Winner vs. District 2 #1

District 3 #3 vs. District 2 #2
Winner vs. District 3 #1

Class AA

District 4 #3 vs. District 5 #2
Winner vs. District 4 #1

District 5 #3 vs. District 4 #2
Winner vs. District 5 #1

13. Assistance with Crowd Control at the League Tournament:

Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

14. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Softball

1. Check the official AIAL Calendar for pertinent dates
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team or student shall compete in more than twenty-five (25) games during the season. This includes the AIAL Playoff tournament.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
6. *EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.*
7. Boys may not compete on girls Softball teams.
8. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
9. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
10. Games shall be six (6) innings or 105 minutes (1 hour, 45 minutes). Where two games are scheduled, six (6) innings or seventy-five (75) minutes will be permitted provided both administrators and/or head coaches agree.
Regulation game: Provided four (4) innings have been completed
The following run rule will be in effect: 15 run lead after 3 innings or 10 run lead after 4 innings
11. Bat Rule: Batters may use any Fastpitch Softball Bat that has the “ASA” stamp on it. There is no requirement on the drop of the bat. The stamp “ASA” has to be visible/legible on the bat. If a bat is in question, the Head Coach can approach the umpire of the game to confirm the bat meets AIAL rules.
12. Ball Rule: Game balls used must be a 12” Optic Yellow ball and have the “NFHS” stamp on it. Any brand of softball is allowed as long as it has the stamp visible.
13. Steel cleats/spikes are prohibited.
14. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the second Friday in May. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
15. A-Division playoff structure will be as follows:

16. Class A and Class AA (Single elimination format)

Class A

District 2 #3 vs. District 3 #2
Winner vs. District 2 #1

District 3 #3 vs. District 2 #2
Winner vs. District 3 #1

Class AA

District 4 #3 vs. District 5 #2
Winner vs. District 4 #1

District 5 #3 vs. District 4 #2
Winner vs. District 5 #1

17. Assistance with Crowd Control at the League Tournament

18. Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

19. Reminder – National Federation of State High School Association rules will be followed

Athletic Plan – Tackle Football

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team shall participate in more than ten (10) games during the regular season.
4. Only one scrimmage or one practice game is permitted prior to the start of the regular season. This must take place at least seven (7) days prior to the first regular season game. The last week of the season will be reserved for any make-up games due to weather or circumstances that deemed to be necessary to reschedule a regular season game.
5. The AIAL Tackle Football Program is open to students (boys and girls) in grades 6 – 8 of a member school. To be eligible for 6-man competition a team must have a minimum of 9 players. To be eligible for 11-man competition a team must have a minimum of 16 players.
6. 11-man: Any player who weighs over 155 lbs. at the official weigh-in is eligible to play the positions of center, guard, or tackle ONLY on offense.
7. 11-man: All players will be weighed prior to the first game of the regular season as set by the League Commissioner and/or Football Sports Coordinator and also when a challenge is requested. A school requesting a challenge must use the following format: A written request stating the player(s) name(s) and position(s) signed by the Principal and Athletic Director of the school submitting the challenge must be submitted to the League Commissioner no later than the Monday before the scheduled game. The athlete(s) in question will be weighed by the League Commissioner or his/her designate at the earliest date possible prior to the scheduled game. No athlete's weight can be challenged more than two (2) times during any football season. The weight limit of 155 lbs. is allowed a seven (7) pound increase after the official weigh-in. If a player exceeds the seven (7) pound limit, the player will only be eligible for the positions outlined in Section #6.
8. 6-man: All players are eligible to handle the ball on offense. There is no weight limit to who may handle the ball on offense.
9. Mandatory Practice Guidelines: The first four (4) days of practice (four-day acclimatization period) shall be conducted without any contact equipment except helmets. During the first four days, only shoes, socks, T-shirts, shorts and helmets may be worn. During the four-day acclimatization period, no contact activities shall be permitted and practice cannot exceed three (3) hours. All student athletes who arrive after the first day of practice are required to undergo a four-day acclimatization period. No interschool scrimmages or games shall be allowed until after a period of at least seven days of contact football.
After the four-day acclimatization period, schools may not schedule more than three contact practices in any two-day period, nor more than two (2) practices in any one (1) day. If two practices are scheduled on day one, day two is limited to one practice session. On days when two (2) practices are held, the padded session shall not last longer than three (3) hours, and the other session shall not last longer than two (2) hours and shall have no player equipment, including helmets and no contact. A minimum break of at least two (2) hours between sessions must be taken. On days when one (1) practice is held the session shall not last longer than three (3) hours. The following activities are considered practice activities or practice: on field practice, sport specific instruction, and mandatory conditioning. The following are not considered practice activities: film study, meetings, water breaks, rest breaks, or injury treatment.
10. No team shall hold football practice or training during the off-season. The week prior to the start of practice will be designated as Strength & Conditioning for the football season. These workouts shall be conducted by the

coaching staff on the football field. Footballs, speed, agility and weight equipment may be used. No helmets are allowed. Coaches are not allowed to issue any football equipment prior to the starting date or at the close of football season.

11. A school team must play all regular season games to be eligible for Championship honors (League Champion and League Runner-up). A forfeited regular season game will result in removal of any championship honors.
12. Each school participating in the AIAL Tackle Football program will be required to have a principal or their designee for crowd control at regular season football games, home and away. This person cannot be a member of the Football coaching staff. This person is responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area. This person will be present at the officials' meeting at mid-field before the game, and should be counseled by coaches and officials at any point during the game if necessary.
13. All schools should refer to #9 in the General Rules of the AIAL Handbook for guidelines for weather safety. No school shall conduct outdoor practices or games if the Heat Index exceeds 101.
14. All coaches are responsible for knowing and following the rules outlined in the AIAL Constitution & Handbook; including but not limited to, coaching certifications, scheduling, sportsmanship and safety.
15. **11-man:** Reminder – National Federation of State High School Association rules will be followed with the following exceptions:
 - a. Extra point conversions: Conversion by field goal – 2 points, conversion by run or pass – 1 point.
 - b. In the event of a tie at the end of regulation, an overtime period will be implemented with each team having an opportunity to score starting at the 25 yard line. If a tie remains after the first overtime, a second overtime will be played. If a tie remains after the second overtime period, the game will be recorded as a tie game.
 - c. No form of communication with coaches in the stands (i.e., headsets or cell phones).
 - d. No recording or use of video for scouting purposes. The exchanging or sharing of any videos with other schools is prohibited for any reason.
 - e. Practice time is limited to two (2) hours on the field for any given day. Practice is also limited to 10 hours a week after school starts (12 hours a week before school starts).
 - f. Each team is limited to only the six (6) coaches on the football eligibility list to coach on the sidelines during a game. After the prayer, communications of any time are not allowed between sideline coaches and other coaches (including halftime).
 - g. A team is allowed to have two (2) medical assistants and one (1) photographer on sideline during a game. These individuals must be identified prior to the start of the game and cannot assist in coaching. Their sole purpose is to assist/help with medical situations.
 - h. At all home football games, a faculty administrator or designated person is required to be present during the entire game.
 - i. All players must have the appropriate numbers for the offensive position they play. Lineman must wear a number that is between 50 – 79.
 - j. Each school is required to have a white and colored jersey for each player.
16. **6-man:** Reminder – University Interscholastic League (UIL)/NCAA rules will be followed with the following exceptions:
 - a. Length of quarters is 8 min. running clock, time only stopping in the 2nd and 4th quarters.
 - b. In the event of a tie at the end of regulation, an overtime period will be implemented with each team having an opportunity to score starting at the 25 yard line. If a tie remains after the first overtime, a second overtime will be played; both teams must go for 2 on the extra point conversion. If a tie remains after the second overtime period, the game will be recorded as a tie game.

- c. No form of communication with coaches in the stands (i.e., headsets or cell phones).
- d. No recording or use of video for scouting purposes. The exchanging or sharing of any videos with other schools is prohibited for any reason.
- e. Practice time is limited to two (2) hours on the field for any given day. Practice is also limited to 10 hours a week after school starts (12 hours a week before school starts).
- f. Each team is limited to only the six (4) coaches on the football eligibility list to coach on the sidelines during a game. After the prayer, communications of any time are not allowed between sideline coaches and other coaches (including halftime).
- g. A team is allowed to have two (2) medical assistants and one (1) photographer on sideline during a game. These individuals must be identified prior to the start of the game and cannot assist in coaching. Their sole purpose is to assist/help with medical situations.
- h. At all home football games, a faculty administrator or designated person is required to be present during the entire game.
- i. All players may be allowed any single or double digit number, for all players are eligible receivers.
- j. Each school is not required to have a white and colored jersey for their team, the home team must coordinate their jersey color with the opposing team.

17.

Athletic Plan – Basketball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No school or student shall compete in more than fifteen (15) league or non-league games and three (3) invitational tournaments during the season. Exception: “B” Division teams are allowed four (4) invitational tournaments in a season. The AIAL playoff tournament shall follow the regular season and conclude the season.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two (2) scheduled league or non-league games per calendar week.
EXCEPTION: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No school team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday except during a school holiday.
7. All games will be played using a six (6) minute stop clock unless agreed upon by both coaches to use an eight (8) minute running clock.
8. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
9. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed by the second Saturday in February. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.
10. A-Division playoff structure will be as follows:
(Single elimination format)

Class A	Class AA
District 2 #3 vs. District 3 #2	District 4 #3 vs. District 5 #2
Winner vs. District 2 #1	Winner vs. District 4 #1
District 3 #3 vs. District 2 #2	District 5 #3 vs. District 4 #2
Winner vs. District 3 #1	Winner vs. District 5 #1
11. Assistance with Crowd Control at the League Tournament:
Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their school’s area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.
12. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Baseball

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. No team or student shall compete in more than twenty-five (25) games during the regular season. This includes the AIAL Playoff tournament.
4. Two (2) scrimmages are allowed prior to the start of the regular season.
5. No team or contestant shall play more than two scheduled league or non-league contests per calendar week.
Exception: An additional game may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.
6. No team shall participate in an invitational tournament held on a Monday, Tuesday, or Wednesday, except on a school holiday.
7. A school team must play all regular season or District games (where applicable) to be eligible for playoff honors. A forfeited regular season or District game (where applicable) will result in suspension from AIAL League Playoffs.
8. Games shall be six (6) innings or 105 minutes (one hour, 45 minutes). Where two games are scheduled, six (6) innings or seventy-five (75) minutes will be permitted provided both administrators and/or head coaches agree.
Regulation game: Provided four (4) innings have been completed.
The following run rule will be in effect: 15 run lead after 3 innings or 10 run lead after 4 innings
9. Bases shall be a minimum of eighty (80) feet apart and a maximum of ninety (90) feet apart. The pitching rubber shall be no less than fifty-six (56) feet from home plate. Should the above-mentioned distances be less than the minimum standards set, the visiting team may measure or request that the area(s) in question be measured by the home team. Should either area fall below the minimum distance, the home team will be responsible for correcting the error or be subject to rescheduling the game on another date.
10. Bat Rule: Batters may use any Adult, High School or College bat that is 3 ounces lighter than their length. The drop of the bat (-3) must be visible/legible on the bat. The bat can either have a certification rating of BESR or BBCOR, both which also has to be visible/legible on the bat. If a bat is in question, the Head Coach can approach the umpire of the game to confirm the bat meets AIAL rules.
11. Ball Rule: Game balls used must be a regulation size ball (5in – 9oz) and have the “NFHS” stamp on it. Any brand of baseball is allowed as long as the stamp is visible at game time.
12. Pitching rule: Pitchers are limited to seven innings a day. A pitcher who throws one pitch in an inning will constitute a complete inning. Pitchers must have thirty-six (36) hours rest upon appearing in three innings or must have sixty (60) hours rest upon appearing in four or more innings. The rest rule is computed from the scheduled start time in which the pitcher last pitched. In a game which begins more than one hour after the scheduled starting time, the actual starting time of the game will be used. Violation of this rule will result in the removal of the pitcher from the line-up for the remainder of the game.
13. The AIAL Playoff tournament will be held at a regulation facility so that the Championship game will be completed no later than the second Friday in May. Certification date for all playoff representatives is to be no later than Saturday of the week preceding the tournament.

14. A-Division playoff structure is as follows:

Class A and Class AA (Single elimination format)

Class A

District 2 #3 vs. District 3 #2
Winner vs. District 2 #1

District 3 #3 vs. District 2 #2
Winner vs. District 3 #1

Class AA

District 4 #3 vs. District 5 #2
Winner vs. District 4 #1

District 5 #3 vs. District 4 #2
Winner vs. District 5 #1

15. Steal cleats/spikes are prohibited.

16. Assistance with Crowd Control at League Tournament:

- i. Each school participating in the AIAL playoff tournament will be required to select one person officially designated by the school for crowd control. This person is asked to report to the Tournament Director prior to the start of the game in which their schools are involved. Each one of these persons will be responsible for assisting with security and crowd control in their schools area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.

17. Reminder – National Federation of State High School Association rules will be followed.

Athletic Plan – Team Tennis

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled games.
3. School teams must carry at least three (3) boys and three (3) girls on the squad.
4. No team or contestant shall compete in more than two matches per calendar week.
Exception: An additional match may be scheduled only if postponed due to inclement weather or scheduling conflicts. This request must be approved by the League Commissioner.

Match play will consist of:

<u>Girls</u>	<u>Boys</u>
#1 Singles	#1 Singles
#2 Singles	#2 Singles
#1 Doubles	#1 Doubles
#1 Mixed doubles	

All matches will consist of one set. No tiebreaker / first one to reach six games. No add scoring.

5. Team scoring will be recorded by the total number of games won by each school.
In case of a tie at the end of all matches, a mixed doubles match will determine the outcome with a 12 point tiebreaker.
6. All players are limited to two matches with the exception of the mixed doubles tiebreaker where necessary.
7. After the official match is decided, schools are encouraged to set up friendly non-competitive games between additional players using the best of five games format. This will give up & coming players the opportunity to participate.
8. The schedule will limit all to one head to head match.
9. During the month of March, a singles and doubles tournament will be played allowing all schools to enter two participants/teams.

Individual tournament

Two (2) boys singles, two (2) girls singles, one (1) boys doubles, one (1) girls doubles,
one (1) mixed doubles

Participants limited to two (2) events.

10. Practice may begin during the month of November. Match play will begin during the month of January.

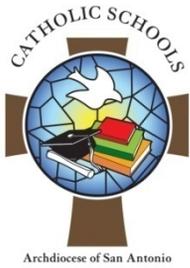
Athletic Plan – Golf

1. Check the official AIAL Calendar for pertinent dates.
2. Time is to be set aside for prayer before or after all practices, and prior to all scheduled tournaments.
3. The AIAL Golf tournament will be held during the month of April or May depending on the availability of a facility.
4. Girls & Boys will compete separately.
5. Tournament guidelines regarding individual and team play will be set by the Golf Coordinator.

Athletic Plan – Six Man Football

1. Check the official Calendar for pertinent dates.
2. Time is to be set aside for prayer before and or after all practices, and prior to all scheduled games.
3. No team shall participate in more than twelve (12) games during the regular season.
4. Only one scrimmage or one practice game is permitted prior to the start of the regular season. This must take place at least seven (7) days prior to the first regular season game. The last week of the season will be reserved for any make-up games due to weather or circumstances that deemed to be necessary to reschedule a regular season game.
5. The AIAL 6-Man Tackle Football Program is open to students in grades 6 – 8 of a member school.
6. All players are eligible to handle the ball on offense.
7. There is no weight limit to who may handle to ball on offense.
8. Conditioning may begin four (4) days prior to the start of regular practice. The only equipment permitted during this time is helmets. If a player misses a conditioning practice he is not to be in full pads until he has practiced for four (4) days in shorts and helmet only.
9. No team shall hold football practice or training during the off-season. Coaches are not allowed to issue any football equipment prior to the starting date or at the close of football season.
10. A school team must play all regular season games to be eligible for Championship honors (League Champion and League Runner-up). A forfeited regular season game will result in removal of any championship honors. Each school participating in the AIAL 6-Man Tackle Football program will be required to select one person officially designated by the school for crowd control at regular season football games. This person is responsible for assisting with security and crowd control in their school's area and will be required to accompany their team at the end of the game to prevent physical abuse of the playing area.
11. All players are eligible to handle the ball on offense.
12. There is no weight limit to who may handle to ball on offense.
13. Reminder – University Interscholastic League (UIL)/NCAA rules will be followed with the following exceptions:
 - a. Length of quarters is 8 min. running clock, time only stopping in the 2nd and 4th quarters.
 - b. In the event of a tie at the end of regulation, an overtime period will be implemented with each team having an opportunity to score starting at the 25 yard line. If a tie remains after the first overtime, a second overtime will be played, both teams must go for 2 on the extra point conversion. If a tie remains after the second overtime period, the game will be recorded as a tie game.
 - c. No form of communication with coaches in the stands (i.e., headsets or cell phones).
 - d. No recording or use of video for scouting purposes. The exchanging or sharing of any videos with other schools is prohibited for any reason.

- e. Practice time is limited to two (2) hours on the field for any given day. Practice is also limited to 10 hours a week after school starts (12 hours a week before school starts).
- f. Each team is limited to only the six (4) coaches on the football eligibility list to coach on the sidelines during a game. After the prayer, communications of any time are not allowed between sideline coaches and other coaches (including halftime).
- g. A team is allowed to have two (2) medical assistants and one (1) photographer on sideline during a game. These individuals must be identified prior to the start of the game and cannot assist in coaching. Their sole purpose is to assist/help with medical situations.
- h. At all home football games, a faculty administrator or designated person is required to be present during the entire game.
- i. All players may be allowed any single or double digit number, for all players are eligible receivers.
- j. Each school is not required to have a white and colored jersey for their team, the home team must coordinate their jersey color with the opposing team.



ARCHDIOCESAN INTERSCHOLASTIC ATHLETIC LEAGUE HANDBOOK & CONSTITUTION ACKNOWLEDGEMENT FORM

School _____

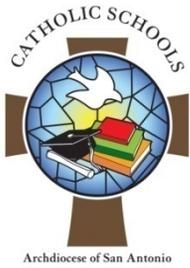
School Year _____

Constitution Article IV - Membership

Each member school is responsible for submitting an annual AIAL Constitution and Handbook Acknowledgement Form which is to be submitted at the first AIAL General Meeting each school year. The acknowledgement form will indicate that both the principal and athletic director of the member school have read the AIAL Constitution and Handbook including the mission statement, policies, procedures and regulations of the AIAL. A refusal to sign or submit the form on the given dates implies a desire to withdraw from the AIAL.

Principal Signature

Athletic Director Signature



ARCHDIOCESAN INTERSCHOLASTIC ATHLETIC LEAGUE COACH'S CODE OF CONDUCT

Name _____

School _____

Mission Statement

The primary goal of the sports program in the Archdiocesan Interscholastic Athletic League is to represent Christ by exhibiting good sportsmanship through participation in and learning the basic fundamentals of our sports program, always keeping in mind that winning is not everything. Good sportsmanship is viewed by the AIAL as a commitment to Christian values of fair play, ethical/moral behavior and integrity.

Expectations of Coaches

All coaches assume certain obligations and responsibilities to the game they coach, to the players, and to their fellow coaches. It is essential that every member of the coaching staffs in Catholic Schools be constantly aware of these obligations and responsibilities with the purpose in mind that the coaching profession will always remain an honorable calling and that each member is to conduct himself/herself in such a manner as to maintain the dignity and decency of his/her profession.

Respect and uphold the dignity of all athletic participants.

Instruct participants in proper sportsmanship responsibilities and demand that they make sportsmanship the number one (1) priority.

Respect the judgment of contest officials, abide by rules of the event, and display no behavior that could incite the fans.

Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coach in public.

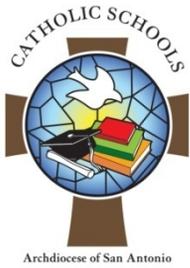
Develop and enforce consequences for participants who do not abide by sportsmanship standards.

Acquaint oneself thoroughly with the rules of the game. Teach and interpret the rules to the players.

Do not use unsportsmanlike tactics in any games (e.g. running up the score, "beating the rules", etc.).

Coach Signature

Date



ARCHDIOCESAN INTERSCHOLASTIC ATHLETIC LEAGUE
ATHLETIC CONTEST INCIDENT REPORT

Date of Report _____ School Submitting Report _____

Person Submitting Report _____

Name of Coach(es) or Player(s) Receiving the Infraction _____

AIAL Sport _____ Date of Athletic Contest _____

Time of Athletic Contest _____ Site of Contest _____

Division B-Girls A-Girls B-Boys A-Boys

Visiting Team _____ Home Team _____

Name of Officiating Association (If Applicable) _____

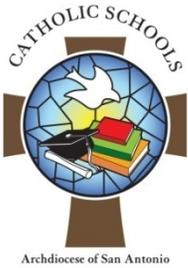
Name of Official(s) (If Applicable) _____

Please provide a brief statement explaining the actions taken leading to the infraction:

Principal's Signature

Athletic Director's Signature

This form must be submitted to the AIAL Commissioner no later than 36 hours following the incident. The following information will be presented to the AIAL Executive Board at the next meeting for review. The principal and athletic director of the violating school will be notified in writing of any actions, consequences, and/or sanctions taken by the AIAL Executive Board.



ARCHDIOCESAN INTERSCHOLASTIC ATHLETIC LEAGUE
INCIDENT REPORT FOR OFFICIALS

Date of Report _____ AIAL Sport _____

Official Submitting Report _____

Name of Coach(es) or Player(s) Receiving the Infraction _____

Name of Association _____

Date of Athletic Contest _____ Time of Athletic Contest _____

Contest Location _____

Division B-Girls A-Girls B-Boys A-Boys

Visiting Team _____ Home Team _____

Please provide a brief statement explaining the actions taken leading to the infraction:

Official's Signature

Home Athletic Director's Signature

This form must be submitted to the AIAL Commissioner no later than 36 hours following the incident. The following information will be presented to the AIAL Executive Board at the next meeting for review. The principal and athletic director of the violating school will be notified in writing of any actions, consequences, and/or sanctions taken by the AIAL Executive Board.