

# **Southeast Michigan Lutheran Athletic League Handbook**

Revised June 2011

# Southern Michigan Lutheran Athletic League Handbook

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## I. NAME

The name of the organization shall be the Southeastern Michigan Lutheran Athletic League (SMLAL).

## II. MEMBERSHIP

- A. League membership shall consist of representatives from each WELS league school as listed in the official league roster.
  - a. Such individuals shall be limited to one vote per school on voting matters.
- B. Voting membership shall be limited to one vote per school on voting matters.
- C. Maximum league membership shall be determined at the annual meeting. (see Article V – Meetings)
- D. Only WELS schools shall be considered eligible for membership in the SMLAL.
- E. League roster is found in the appendix.
  - a. League members have the responsibility for filling in missing names and enrollment figures on the rosters.
  - b. Any pertinent information such as name changes shall be furnished at the annual meeting.

## III. PURPOSES

- A. The purposes of the SMLAL shall consist of the following principles:
  - a. To promote Christian sportsmanship among league members;
  - b. To help develop physical, social, moral and spiritual characteristics of the involved students, parents and fans;
  - c. To promote Christian fellowship among the league members;
  - d. To develop better understanding of the athletic activities that the league offers;
  - e. To encourage our maturing Christian athletes to attend our synodical and area secondary schools.

## IV. OFFICERS

- A. Type of Office (May either be male or female)
  - a. President/Treasurer
  - b. Secretary
- B. Election of Officers
  - a. Officers shall be elected on a 2-year basis.
  - b. Election for each term shall be held every other year so as to provide continuity for the league. (President/Treasurer on odd year, Secretary on even year)
  - c. Election of officers shall be held at the annual meeting.
  - d. Any coaching member of the SMLAL shall be considered eligible for election to a league office.
  - e. Nominations for an office will only be accepted if the nominated individual is present at the meeting.
  - f. Nominations shall be formally acknowledged by the individual. If he/she declines a nomination, a reasonable excuse should be given.
- C. Term of Office

- a. League officers shall hold office for a period of 2 years.
- b. Formal responsibility for executing the duties of an office shall begin immediately following the end of the annual league meeting.
- c. An officer may succeed himself/herself in office for as many years as elected.
- d. If a vacancy occurs in either of the league offices, the following procedures shall be observed:
  - i. If President/Treasurer is vacant – Secretary shall assume chairmanship and act as President/Treasurer pro tem until the next annual league meeting;
  - ii. If Secretary is vacant -- the President/Treasurer shall appoint a Secretary pro tem;
  - iii. If both offices are vacant -- Outgoing President/Treasurer shall appoint a President/Treasurer pro tem until the end of the next annual meeting; the newly appointed President/Treasurer pro tem shall appoint a Secretary pro tem;
  - iv. Outgoing officers shall transfer any records and pertinent information to the officer pro tem as is necessary and proper in order to expedite the transition period.

#### D. Duties of Officers

- a. President/Treasurer
  - i. The President/Treasurer of the league shall preside at all announced league meeting.
  - ii. The President/Treasurer shall appoint any committees that are needed to assist the Secretary of the league in the conduct of the league's business;
    - 1. The President/Treasurer shall designate the number of members on the committee and its chairperson.
    - 2. Such committee members must furnish a reasonable excuse if they deem it necessary to decline appointment.
  - iii. The President/Treasurer shall be considered an ex-officio member of any committee if he/she desires;
  - iv. The chairperson of such appointed committees shall be directly accountable for the fulfillment of the committee's function and shall make his/her report directly to the President/Treasurer and/or assembled league at a regular meeting.
  - v. The President/Treasurer shall appoint a Secretary pro tem if the current officer vacates that office. He/she shall supervise the transition period.
  - vi. The President/Treasurer shall have the tie-breaking vote on a deadlocked issue.
  - vii. Shall be responsible for collecting all league dues.
  - viii. Shall record all debts incurred by the SMLAL.
  - ix. Shall keep a record of all incoming and outgoing funds.
  - x. Shall write and present a financial report of all league monies at the annual meeting.
  - xi. Shall be in charge of purchasing all league awards (trophies, plaques, engraving, ribbons, etc.)
    - 1. A league member may assist the president in this function if deemed feasible.
  - xii. Shall arrange for teams to have awards given to them as soon as possible after a season or tournament ends.
  - xiii. Shall send out reminders to league members if they are to bring any special equipment or traveling trophy to the annual meeting in August.

#### E. Secretary

- a. The Secretary shall keep all records and copies of the minutes from each regular meeting of the SMLAL.
- b. Carry on all correspondence of the SMLAL when it is required.

- c. Send copies of the minutes from regular meetings to all league members.
- d. Be responsible for the compilation and formal updating of league statistics (member standings, records, results of tournaments and Field Day, etc).
- e. Shall enlist the aid of any league member he/she deems necessary to function as a statistical committee in the Field Day report.
- f. Shall assume the presidency pro tem in the event that officer vacates the office.
- g. Shall establish a telephone or internet score-reporting system during the basketball seasons;
  - i. The Secretary shall give instructions for reporting game scores, whether by phone or by internet.
  - ii. Game results should be reported within 24 hours of the completions of any game by the home team.
  - iii. The Secretary shall have the implied consent of league members to telephone “collect”, the home team’s school and obtain game results if the involved coach does not report the score within the 24-hour time limit.
  - iv. Funding for the telephone and postage costs incurred by the secretary shall be subsidized from the treasury of the league.

## V. LEAGUE MEETINGS

### A. Date

- a. There will be a regular meeting of the SMLAL on the first Saturday in June after all league schools have finished their school years.
- b. An informal meeting of the SMLAL may be held, if needed, at the fall State Teacher’s Conference to discuss any league business that needs to be considered:
  - i. The President/Treasurer will direct the Secretary to notify league members regarding particulars of such a meeting.

### B. Location

- a. The location of this meeting will be Zion, Monroe.
  - i. The President/Treasurer may choose another site if he/she considers it to be a more favorable location.

### C. Purpose of League Meetings

- a. The League shall hold a review of the previous year’s sports program;
  - i. Special emphasis will be placed upon rules, regulations, officiating, costs, travel considerations, advance registration for participation in the sports program, equipment, etc., that require the league’s attention.

### D. Preliminary overview of the upcoming year’s sports program shall be presented:

- a. Game schedules for all sports, including tournaments and/or playoffs, the HVLHS tournament, the Saginaw tournament, and Field Day will be presented by the Secretary.

### E. Consideration of the SMLAL expansion involving a change in membership will be discussed at the annual meeting, if necessary.

- a. If a member of the league decides to withdraw its membership, that member shall present a formal, written withdrawal explaining its reasons at the meeting.
- b. If a prospective new member wishes to join the SMLAL, representatives from that school shall be present at the June meeting for the purpose of introduction and league consideration;
  - i. A consenting majority vote by current league members present at that meeting will decide whether or not the candidate for SMLAL membership will become a certified league member.

- F. Acknowledgement of league members' payment of annual dues shall be made by the President/Treasurer at the annual meeting.

## **VI. DUES**

- A. League Policy
  - a. Dues shall be payable to the SMLAL President/Treasurer prior to the October Teacher's Conference.
  - b. Each league member shall be assessed a flat fee of \$10.00 per school.
  - c. Each school participating in the HVL Track Meet shall pay a fee of \$25 directly to HVL.
- B. The host school of the tournament for soccer/volleyball shall keep all profits for their own. If the host school incurs a loss, they may request assistance to cover the loss from those schools who participated in the tournament.
- C. The League reserves the right to modify or dispense with dues in any given year if consent is given by the majority of the league members during the annual meeting.

## **VII. SPORTS REGULATIONS OF THE SMLAL**

- A. The following sports shall be included in the league program:
  - a. Volleyball -- Girls
  - b. Soccer -- Open
  - c. Basketball -- Boys and Girls
  - d. Track & Field -- Boys and Girls
- B. General Guidelines of League Sports
  - a. All members shall endeavor to include their teams in competition with other league members in the sports program wherever and whenever possible;
    - i. A member may exercise the option to withdraw from a league sport or tournament on the basis of lack of eligible participants on realistic school-related conflicts (illness, internal problems, etc.).
  - b. Rules for any respective sport will be the current season rules as established by national federation and/or state-issued rule books wherever they pertain to particular league situations;
    - i. Specific league modifications shall be observed by league members as they are established and/or amended by majority vote at the annual meeting.
  - c. League members shall strive to secure the best possible facilities, officials, and equipment within their means for the operation of the sports program.
  - d. First Aid
    - i. Each member shall make the best possible provisions for emergencies by being prepared for any injuries which might occur as a result of competition;
    - ii. All coaches should attempt to have a first aid kit and the knowledge as to how to use it, if needed;
    - iii. Each coach should review basic first aid procedures on a regular basis so as to be prepared in the event an athlete is injured.
  - e. Officials
    - i. Whenever possible, registered officials should be present and regulate game play.
    - ii. If certified officials cannot be acquired, the teams involved should get the best possible (experienced) adult to officiate in order to avoid confusion among teams and thereby allow unnecessary injuries to occur or protests from opposing coaches to arise.

1. In the event a protest arises over an official's decision, each home team should strive to have a rule book present in order that a formal, impartial decision regarding a call can be decided "on the spot."
  2. All officials' calls at the sporting event shall be considered final. While mistakes may be made by officials - which may even affect the winner/loser of the game - our league does not have the personnel or the procedure to consider appeals. There is, therefore, no appeal process. The judgment of the officials at the time of the game shall be considered final.
- iii. Trained adult timekeepers are recommended.

## VIII. VOLLEYBALL

- A. The league sponsors volleyball for upper grade girls during the fall of each school year, coinciding with the league soccer season.
- B. Participating league members of voluntary inclusion.
- a. The league shall divide itself into two divisions:
    - i. Northern Division
      1. St. John's, Westland
      2. St. Paul's, Livonia
      3. St. Peter's, Plymouth
      4. Peace, Livonia
    - ii. Southern Division
      1. Zion, Monroe
      2. St. Stephen, Adrian
      3. Zion, Toledo
      4. Trinity, Jenera
    - iii. Exclusion
      1. See section VII. B. a. i.
- C. Court Dimensions
- a. General court dimensions should be 60 feet by 30 feet;
    - i. Clearly marked and defined
    - ii. Serving area -- 6 feet behind end line
    - iii. Serving areas and boundary lines subject to change according to gymnasium or court; home team should define area and method to be utilized.
  - b. Nets -- 7 feet, 4 inches at center of court
- D. General Rules and Guidelines for SMLAL Volleyball
- a. The league shall follow current MHSAA guidelines as established by such rule books as are in use at the time of the game.
  - b. Methods
    - i. As of June, 2005, the league decided that rally volleyball play is to be used in game competition.
    - ii. B teams play first: Duel matches play the best 2 out of 3 games. "Game point" for the first two games will be to 21. You must win by two points, or whoever reaches the cap of 25 first. If a third game is needed, the third and deciding game will be played to 15, win by two, or cap at 18.

- iii. A teams play second: Duel matches play the best 2 out of 3 games. “Game point” for the first two games will be to 25. You must win by two points, whoever reaches the cap of 28 first. If a third game is needed, the third and deciding game will be played to 15, win by two, or cap at 18.
  - c. Team Personnel
    - i. Teams must have a minimum of 6 on the court.
    - ii. B teams usually consist of grades 5-6. If a team is short, they may use a grade 7 or 8 student (use good judgment, please). If a grade 7 or 8 player is used, she must serve underhand.
  - d. Substitution
    - i. Each team is allowed a total of 18 substitutions. There is no maximum on an individual player. After 18 substitutions have been made, no more are allowed.
    - ii. “Starting” a game is considered an entry.
    - iii. Substitutions may only be made during a “dead ball” time.
    - iv. Proper substitution practices should be followed as a courtesy to referees and as a learning tool for athletes. Enter the court from the 10ft line.
  - e. Start of Game and end of game
    - i. Home team chooses the side and bench they will start the game with prior to the Guest team arriving
    - ii. Coin toss
      - 1. Winner will choose serve or receive.
    - iii. Before the match and after each game, the teams should line up at the baseline and wait for the referee to motion them into position or for the switching of sides.
  - f. Serving
    - i. “B” serving line may extend 3 feet forward of official serving line. Service line for a B player extends 3 feet forward also when they play in an A game.
    - ii. The serving team will rotate to a new server after 5 consecutive successful serves.
  - g. Ceiling Ball
    - i. If a team hits the ceiling or support braces on the serve, it loses the serve;
    - ii. If a defensive or offensive team hits the ceiling or braces on the first and/or second hit on its own side of the net, the ball may still be played;
    - iii. If a ball hits the ceiling or the braces on the third hit, that team loses its opportunity to keep playing.
  - h. Time Outs
    - i. Teams are allowed two times outs per game, which are not to exceed one minute; (MSHAA rule)
    - ii. Time outs may only be taken during a dead ball;
    - iii. Additional time outs result in side “out” and loss of one point.
- E. Equipment
  - a. A regulation leather volleyball shall be provided by the home team for use in game competition.
- F. Officials
  - a. There shall be a net judge to decide on net play and to call out the score.
  - b. There should be a line judge (high school or older) at each end line (corners) to decide on boundary line and serving calls.
  - c. Officials’ decisions will be final.

- d. Home team provides referees for games and must keep official scorebook.

G. Play-Off

- a. Northern and Southern Division winners will have a play-off match after the State Teacher's Conference to determine the League Champion for that season.
- b. Date, time, and place shall be set by the respective division winners by phone.
- c. Game shall alternate between North and South teams every other year.
  - i. North -- even years
  - ii. South -- odd years
  - iii. This may be reversed at the discretion of the host team on a given year because of extenuating circumstances (such as construction);
    - 1. Normal alteration shall be resumed on the following year if such a situation arises.

H. Championship Game

- a. Best 2 of 3 determine league champion.

**IX. SOCCER**

- A. The SMLAL shall conduct a fall soccer season for boys and girls that will be divided into two divisions, concurrent with girls' volleyball.

- a. Divisions will be the same as for Volleyball.
- b. Exclusion (See section VII. A. a.)

B. Field Dimensions

- a. Home team will be responsible for providing a playing field in the best possible playing shape (Appr. 50 by 100 yards).
- b. Goal posts to be 24 feet apart.
- c. Penalty kick mark to be centered 36 feet in front of the goal.
- d. Boundary lines to be clearly marked and/or defined;
  - i. Such lines are considered part of the playing field and in play unless ball is completely passed outside of its markings.

C. General Rules and Guidelines for SMLAL Soccer

- a. The SMLAL shall follow the rules as set down by the MHSAA.
- b. Start of Game
  - i. A coin flip shall determine first kick or choice of goal area of field;
- c. Team Personnel
  - i. Eleven people shall normally constitute a team;
  - ii. A minimum of eight players may constitute a team.
- d. Substitution
  - i. Free substitution;
  - ii. Official must be notified by team coach or captain on the field of play;
  - iii. Substitution occurs only during a dead ball of that team's possession.
- e. Time Limit
  - i. Games should consist of two 30 minute halves;

- ii. A ten-minute intermission shall be held between halves;
- iii. Official may declare an injury time-out, if needed;
  - 1. Play resumes with a drop ball at the place infraction unless a major infraction occurs;
  - 2. Play cannot be resumed within the penalty area with a drop ball, but is taken to the nearest point outside the penalty area for the drop ball.

f. Officials

- i. League members shall strive to secure the best qualified officials for games;
- ii. Home team shall provide one official;
- iii. Visiting team may also provide an additional official, but the home team official's decision shall be considered final (unless it is in direct contradiction with U.S. Soccer Federation rules);
- iv. Home team may request or use an official supplied by the visiting team;
- v. Official shall be in charge of keeping time for the game (using a stopwatch);
- vi. Home team shall also provide 2 linesmen who will aid the field official in determining out of bounds and scoring situations;
  - 1. Field judges' decision and action shall be final in situations where a line judge has called a foul other than an out-of-bounds foul.

D. Equipment

- a. Home team shall provide an official, black-and-white leather soccer ball for game use;
- b. Stop watch;
- c. Cleats – a non-metal type may be used. No toe cleats;
- d. Shin guards – mandatory;
- e. Uniforms
  - i. Both teams shall not wear the same color shirt;
  - ii. Home team should wear a white top if the opposing team has colors that clash with theirs;
  - iii. Goalkeeper should have a completely different colored shirt so as to distinguish him from all other players.
- f. Officials shall check cleats, shin guards, jewelry, bracelets, etc. before game.

E. Scoring

- a. Tie Score at End of Game
  - i. Teams shall conduct a shoot-out after official time has elapsed;
  - ii. Any five team members shall be designated to attempt a score on the opposition in a penalty kick situation;
  - iii. These five players shall have been playing on the field in the game when official time elapsed;
  - iv. Team with highest score after 5 players shoot shall be declared the winner;
  - v. If a tie still exists after 5 attempts, a sixth shooter (etc.) shall be chosen to shoot until a winner is declared.

**X. BASKETBALL**

A. The SMLAL shall conduct a basketball program for league members.

B. Eligibility

- a. Academics

- i. Each school should have its own academic ineligibility policy
  - b. Home Schooled Students
    - i. Home schooled students will not be allowed to participate in league events
  - c. A Team
    - i. Age level
      - 1. Typically will be made up of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders
      - 2. Younger students may play, but use good judgment
    - ii. Gender
      - 1. Girls may play on the boys team
      - 2. Boys may not play on the girls team
      - 3. Any team which has both boys and girls will be considered a Boys team for league standings and tournament play
  - d. B Team
    - i. Age level
      - 1. Typically will be made up of 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders
      - 2. Younger students may play, but use good judgment
      - 3. Generally students older than 6th grade would not play on the B team. If a situation exists where a team would like to play an older student(s), consent must be obtained from the opposing team at least one week prior to the game.
    - ii. Gender
      - 1. Girls may play on the Boys team
      - 2. Generally boys would not play on a girls B team. If a situation exists where a team would like to play a boy(s) on the girls B team, consent must be obtained from the opposing team at least one week prior to the game.
    - iii. 6 Quarter Rule
      - 1. Generally, players are only allowed to play 6 quarters per day
      - 2. If a situation arises where a school would need a player to play more than 6 quarters, consent must be obtained from the opposing team at least one week prior to the game.
    - iv. Tournament Eligibility
      - 1. If a school has a Girls A team, no girls may play on the Boys A team in the tournament
    - v. Exceptions to the rules
      - 1. It should be understood by all schools that if exceptions to the normal guidelines need to be made, it should only be done in the interest of fielding a team, not in order to gain a competitive advantage.
- C. Exclusion – See Section VII. B. a. i.
- D. All members of the league divisions shall compete against scheduled opponent or forfeit game.
  - a. Trinity, Jenera, has the option to play any league member during the regular season when scheduling is available;
  - b. Trinity, Jenera, shall be eligible for the league tournament which is regularly conducted at the conclusion of regular season play.
- E. General Rules and Guidelines for SMLAL Basketball

- a. The league shall follow current MHSAA guidelines as established by such rule books as are in use at the time of the game.
- b. B-Team basketball should first and foremost be considered a learning and instructional experience for all those participating
- c. Each team should make an effort to have two sets of game shirts in order that officiating is made easier.
- d. Three-point line will be used on courts so equipped.
- e. The league strongly recommends that the following sportsmanship statement (or one which includes similar verbiage) be read prior to league games:

Thank you for coming to tonight's contest between \_\_\_\_\_ and \_\_\_\_\_. Tonight we all have a chance to put into practice our Christianity and good sportsmanship in the upcoming games. We ask everyone in attendance here tonight to model that Christianity. Players and fans are asked to respect the decisions of the officials even if you may not always agree. Players and fans are also asked to not only cheer for their own team, but to show consideration for the opposing team. Players are asked to play with determination and hustle, but also with consideration for the opposing players. Coaches are asked to model good coaching techniques and be wise in their coaching methods. Coaches are especially encouraged to use wise decisions if the game becomes one sided. Winning teams and their fans are asked to be gracious winners; losing teams and their fans are asked to lose with dignity. Finally, we ask everyone in attendance tonight – parents, friends, cheerleaders, coaches and players to exhibit Christian sportsmanship in all aspects of tonight's basketball games. We thank you for coming and we hope you enjoy tonight's contests.

#### F. League Modifications

- a. The league tournaments will be scheduled for the 2<sup>nd</sup> weekend in March.
- b. There will be no league sponsored B-Team tournaments.
- c. Both boys and girls A-Team tournaments will be hosted by HVL on the second weekend of March, annually.
- d. The Secretary shall establish the regular season schedule in the following manner:
  - i. A ten-team Round Robin format will be used to determine pairings;
- e. Game times are negotiable between participating teams.
  - i. "B" Games
    1. Scheduled when teams are available;
    2. Five-minute quarters with 5 minute halves
    3. Each "B" player should play at least one quarter.
  - ii. "A" Games
    1. Six-minute quarters with 5 minute halves
    2. Clock stops at each whistle;
    3. Jump balls result in alternate possessions.
- f. Special League "B" Team Modifications
  - i. Both boys and girls shall use a junior size basketball;
  - ii. Free throw line shall be 12 feet from the basket for all "B" teams;
  - iii. Once possession has been established by the offense in the backcourt, the defense must fall behind the half court line. The defense may, however, press for the last 60 seconds of the 2<sup>nd</sup> and 4<sup>th</sup> quarters.
  - iv. Players may occupy the spot on the lane below the block on free throws. (A-team players may not, according to current MHSAA guidelines)
- g. Game Score Reporting

- i. All home teams shall report their regular season game score according to the General League Guidelines (See Section IV. E. g. i-iv.)
  - h. Officials' Clinic
    - i. The league shall conduct an officials' clinic for all certified and uncertified officials, interested coaches, players, and parents in the late fall if desired by league members;
    - ii. Decision as to the holding of such clinic will depend on the wishes of the coaches at the annual meeting;
    - iii. The Secretary will make all necessary provisions for such a clinic (time, place, personnel, communications, etc.).
  - i. Forfeits - A team must have 5 roster players to begin a game. Teams unable to field 5 roster players at the beginning of the game will forfeit the game. In forfeit situations, the game may be played "for fun," but it will be officially recorded as a forfeit. If a team refuses to play a league scheduled game, it shall count as a win for the other team. The win must be called in to the league secretary in order for it to be recorded.
  - j. Officials
    - i. League members should try to have certified officials judging games.
    - ii. Tournament refs should be certified officials.
    - iii. The home team will provide and pay both referees for each game.
    - iv. Home team assumes responsibility for a timer and a scorekeeper;
    - v. If uncertified officials are secured, every possible effort should be made to have them dressed in a standard official's uniform;
      - 1. If a league member knows before the season that it will be using uncertified officials at times during the regular season, it should attempt to get these officials as prepared as possible before they officiate, in order to avoid undue problems during the games.
  - k. Mercy Rule - Once an A team is ahead by 20 points and B team by 15 points, the referee will call a time out and...
    - i. Inform BOTH coaches that the mercy rule will be applied
    - ii. And inform BOTH coaches that the clock will run continuously until such time as the lead is cut to below 15 or 20. The LOSING coach, however, has the option to refuse the continuous clock.
    - iii. And finally inform the WINNING coach that his/her team may not come past the 3 point line to play defense, may not fast break, and are encouraged to sit first string players.
  - l. Injuries – When a player is injured, the game may be stopped immediately by the referee and not wait for a dead ball. This would be especially true in cases where the score is not close and the opposing team is NOT about to score. The exception to this would be in cases where little time remains and the score is close AND the referee decides the injury does not need immediate attention.
  - m. Time outs - each team is allowed three 60-second and two 30-second time outs per game. Three-minute overtime periods shall be conducted for each tournament and regular season game. Teams get one full time out and any leftover time outs left over from regular play.

#### G. Tournament Regulations

- a. On behalf of the league, HVL will sponsor the annual boys and girls A-Team tournaments on the second weekend in March.
- b. There will be no league sponsored B-Team tournaments.
- c. The host school is responsible for mailing out tournament information, printing programs, hiring certified officials, etc. so the tournament is run smoothly.
- d. Place of tournaments
  - i. HVL will host the A-Team tournaments at its facility.

- e. Tournament Seeding
  - i. The Secretary will draw up a seeding based on final league standings after the regular season ends;
  - ii. The following formula will be used based on final standings;
    - 1. Rank A teams from 1-8
    - 2. The host school will establish a standard bracket tournament schedule, including consolation champion and third place. This schedule will be published as soon as possible following the conclusion of the regular season.
    - 3. The Secretary will determine final seeds for tournament since not all teams meet during the regular season. The following formula will be used:
      - a. First – Winning percentage with a minimum of four games
      - b. Second – Head to head competition
      - c. Third – Points allowed per game
      - d. Should a team withdraw from a tournament, all other seeds will be bumped up respectively.
      - e. All restrictions on seedings for Trinity, Jenera, will be removed.
- f. Tournament Roster Information Sheet
  - i. Coaches should print legibly or type all information;
  - ii. Place names according to numerical order in order that scorekeepers and fans might find it easier to identify players;
  - iii. Measure players to nearest feet and inches;
- g. Officials
  - i. Certified officials must be used for tournament games;
  - ii. All officials' calls shall be considered final. While mistakes may be made by officials - which may even affect the winner/loser of the game - our league does not have the personnel or the procedure to consider appeals. There is therefore, no appeal process. The judgment of the officials at the time of the game shall be considered final.
- h. Overtime Contests (in tournament and regular season play)
  - i. Three-minute overtime periods shall be conducted for each tournament and regular season game. Teams get one full time out and any leftover time outs left over from regular play.
- i. Cheerleaders
  - i. Host team should also include specific information for the cheerleading coach, such as:
    - 1. Ticket Information
    - 2. Dress (uniform a ticket?)
    - 3. Facilities – provided?
    - 4. Guidelines for floor use (if any)
    - 5. Person to be contacted at host school
    - 6. Special considerations (half-time drills, first aid, etc.)
- j. Profits
  - i. Host school keeps tournament earnings. Any expenses incurred over money made on ticket and concessions, should be turned into the league treasurer for reimbursement.
  - ii. The suggested amount for admission to league games is \$1 and .50 for children and for tournament play \$2 and \$1.

## XI. TRACK AND FIELD

- A. HVL shall sponsor an annual Track and Field Day on the 2nd Friday in May.
  - a. All members of the league shall attempt to participate.
- B. Team Personnel
  - a. Each member of the league shall align its athletes according to 3 classes (A, B, C);
    - i. Classes shall be determined on the basis of age, height, and weight;
- C. Informational Letter
  - a. HVL shall have the responsibility of communicating all necessary information to league members;
  - b. HVL shall have a place and reproduction equipment available for an efficient and prompt recording of scores and distribution of awards;
  - c. HVL should make provisions for a good, dependable public address system to be available for field judges, in order that Field Day be carried out in an efficient and understandable manner.
- D. General Rules
  - a. Clothing should reflect good Christian taste.
  - b. No spike shoes/track shoes, or shoes with exposed metal on the soles allowed.
  - c. Unsportsmanlike conduct by contestants or spectators will lead to banishment from grounds.
  - d. HVL will send entry forms, rules, and records from the previous year.
  - e. Classification of contestants will be made as of May 1.
  - f. Any school having five or less eligible pupils in any one class may enter a contestant in all events in that one class. Otherwise, a contestant may enter only two events. Entry as a member of a relay team is not counted as an event. Participating in the 800 meter run is not counted as an event. Runners may participate in either the 200 or 800, not both.
  - g. Disqualification – If there is a disqualification, the race will not be rerun even if it seems that the disqualification may have affected another runner’s finish.
  - h. Field Events – One block of scheduled events should be completed before another block is begun so some contestants aren’t expected to be in two places at one time.
  - i. HVL is to provide steps for timers so they can all be in line with the finish line.
  - j. HVL is responsible for having qualified medical person on hand during the day of the meet.
  - k. HVL is responsible for having a walkie-talkie (or something similar) on hand for use during the day.
  - l. Ties – In case of a tie, the place will be decided by the following:
    - i. High Jump – fewest misses
    - ii. Long Jump, Shot Put and/or Ball Throw – 2<sup>nd</sup> longest throw or jump
  - m. Coaches are encouraged to work during practice with dash and relay runners so that the contestants stay in their lanes.
  - n. In order to cut down the possibility of errors in scoring, four people are to be assigned to record and tabulate results.
  - o. An individual may not move to a higher class and then return to a lower class. He/she must participate in only one class for the entire meet
  - p. If an individual participates in more than two events plus the Relay and/or 800-Meter Run, the individual will be disqualified. Any points won by that individual will be taken away.

- q. Points are awarded as follows for the individual events: First – 5, Second – 4, Third – 3, Fourth – 2, Fifth – 1 point. Points for the relay are double those of the individual events for each place.
- r. The 200, 800, relay, boys' ball throw, and girls' shot put are classless events.

## **XII. CHEERLEADERS**

### **A. Personnel**

- a. Each league member shall have the option of having cheerleaders at its athletic events.
- b. A school may have "B" cheerleading squads, if desired.

### **B. Conduct**

- a. Cheerleaders should be dressed in their school's regulation uniform while participating as a representative of their school;
- b. Christian principles should be considered when deciding upon uniforms, cheers and/or actions that plan to be used in cheerleading;
- c. No cheerleading squad should distract another squad or team deliberately, or try to interfere in any way with athletic competition that is taking place;
  - i. Rules should be set before games about sharing the floor and when cheers should be made;
  - ii. Cheerleaders should not set up their formation on the sideline so as to interfere with play;
  - iii. Proper respect for opponents and officials should be shown during play (free throws, injury, fouling out, etc.).
- d. Cheerleaders should exercise caution so as not to interfere with fans' vision.

### **C. Supervision**

- a. A responsible adult shall supervise cheerleading squads while they represent their school at an athletic event (before, during, and after participation).
- b. If a school's cheerleading squad desires to attempt special activities such as a "half time" presentation, permission and consent must be given by the host school before such an activity is presented;
  - i. If special equipment such as a public address system is required, the host school should be notified before the day of the game;
  - ii. If the activity is presented at a league basketball tournament, the host school and/or league President must render a positive decision on the matter;
    - 1. The host school of a league tournament shall reserve the right to permit or disallow such an activity on the basis of time or objection.
  - iii. All such special activities must be in complete agreement with the purposes of the league (Sec. III).

### **D. Competition**

- a. May be held prior to tournament weekend.
- b. Judges will be appointed by the host school

## **XIII. AWARDS**

- A. The host school shall be responsible for obtaining trophy, plaque, and ribbon awards for the league sports throughout the year.
- B. First place trophies for league tournaments shall be between 20 and 24 inches in height.

- C. A sequential file of basketball award recipients shall be properly stored and maintained by the Secretary for informational and historical purposes.

#### **XIV. AMENDMENTS**

- A. Any proposed amendment(s) to the SMLAL guidelines shall be discussed at the league's annual meeting in June.
- B. Such proposed amendments should be presented in writing to the league President before the meeting in order that the Secretary might properly fit them into the agenda.
- C. Only SMLAL members may present such amendments.
- D. A majority vote of league members present will be considered necessary for such an amendment to be passed and legally allow any changes to be made in SMLAL guidelines.

# APPENDIX

The following schools are members of the Southeast Michigan Lutheran Athletic League:

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. St. Stephen, Adrian</li> <li>2. Trinity, Jenera, Ohio</li> <li>3. Divine Grace, Lake Orion</li> <li>4. Crown of Life, Warren</li> <li>5. Zion, Monroe</li> </ol> | <ol style="list-style-type: none"> <li>6. Peace, Livonia</li> <li>7. St. Peter, Plymouth</li> <li>8. St Paul's, Livonia</li> <li>9. Zion, Toledo, Ohio</li> <li>10. Cross of Glory, Washington</li> <li>11. St. John's, Westland</li> </ol> |
|--|---|

The following is the suggested tournament bracket for volleyball and soccer:

