

HANDBOOK

OF THE



**North Suburban Lutheran Athletic
Association**

nslaa.org

2009 - 2010

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I. CONSTITUTION

(Adopted August, 1994-reviewed August, 2009)

ARTICLE I. NAME

The name of the organization shall be the NORTH SUBURBAN LUTHERAN ATHLETIC ASSOCIATION, hereafter referred to as the NSLAA.

ARTICLE II. PHILOSOPHY

The NSLAA shall strive to provide an atmosphere for Christian competition and fellowship. We will continue to provide educational opportunities for coaches, players, officials, and parents. As a Christian association, we must attempt to promote Christ-centered activities for all.

ARTICLE III. OBJECTIVES

A. SPIRITUAL

1. To provide an opportunity where students can learn to appreciate God-given abilities.
2. To develop a Christian attitude toward competing against one another.
3. To use athletic competition as an opportunity to live Christian values.

B. PHYSICAL

1. To develop an appreciation for the physical fitness necessary to successfully participate in athletics.
2. To develop the skills necessary to successfully participate in athletics.
3. To provide and develop leisure-time interests.

C. SOCIAL

1. To create school spirit.
2. To gain a fuller understanding and greater appreciation for teamwork.
3. To develop the following character traits: courage, leadership, self-discipline, a sense of responsibility, and emotional control.
4. To provide a positive example of Christian sportsmanship in athletics.

ARTICLE IV. PURPOSE

The NSLAA is an independent association of Lutheran schools of southern Macomb and southeastern Oakland counties who have mutually joined together to provide a Christian atmosphere for athletic competition among their schools. As an association of Lutheran schools, we desire to teach and encourage Christian conduct and sportsmanship among the student/athletes, coaches, and fans within our schools. This Association strives to provide quality opportunities for athletic competition in a safe atmosphere while promoting strong and lasting friendships among our school

communities.

ARTICLE V. MEMBERSHIP

A. The schools holding membership in the NSLAA are as follows:

1. St. John, Rochester (1948-)
2. Trinity, Clinton Township (1948-)
3. Trinity, Utica (1948-)
4. St. John, Fraser (1957-)
5. St. Peter, Macomb (1957-73; 1980-)
6. Our Shepherd, Birmingham (1960-1984; 1989-)
7. St. Luke, Clinton Township (1967-)
8. St. Peter, Eastpointe (1991-)
9. St. Thomas, Eastpointe (1991-)
10. Immanuel, Macomb (1995-)
11. Peace, Shelby (1995-)
12. Peace, Warren (2008 -)
13. Living Word, Rochester (2008 -)
14. St. Paul, Sterling Heights (2008 -)

() YEAR OF ADMISSION

B. Additional schools may become members of the organization by:

1. Applying in writing to the Chairman of the NSLAA,
2. Receiving and previewing the NSLAA constitution, By-laws, and policies, guidelines, and rules,
3. Submitting the NSLAA application to the NSLAA chairman,
4. Agreeing to accept the NSLAA constitution, By-Laws, and policies,
5. Sending a representative to meet with NSLAA Athletic Directors to discuss the application, AND
6. Receiving a favorable vote of 4/5 of the member schools.

C. If an applying school’s application is denied, the applicant will be notified in writing by the NSLAA chairman and given the reasons for the denial to NSLAA membership. The school may reapply at a future date.

D. In order to be in good standing in the NSLAA, the Association expects participation at the 7-8th grade level in the seasonal sports of soccer, girls’ basketball, boys’ basketball, girls’ volleyball, and at least one of the spring offerings of girls’ softball or track. In addition, cross-country (fall) and cheerleading (winter) are options for participation. (January, 2008)

E. Furthermore, the NSLAA expects member schools to offer a 5th/6th grade program in girls’ basketball, boys’ basketball, and girls’ volleyball. Schools may choose to develop 5th/6th grade programs in cheerleading, soccer, track, and cross-country.

ARTICLE VI. WITHDRAWAL AND DISMISSAL

- A. A member school may withdraw from membership in the association by filing a written request for withdrawal from the Association prior to the spring scheduling meeting. Upon receipt of the written request, the chairman shall notify the remaining Association schools.
- B. A member school may be disciplined, placed on probation, or dismissed from the Association by a 4/5 vote of the member schools for the following infractions:
 - 1. Failure to maintain a core program for two (2) consecutive years.
 - 2. Provision of an inferior and/or unsafe facility for competition.
 - 3. Repeated instances of disregard for the guidelines of conduct for coaches, fans, and athletes.

ARTICLE VII. GOVERNING BODY OF THE ASSOCIATION

- A. The overall control of the NSLAA shall be vested in the Athletic Directors of the member schools. Each Athletic Director (or his/her designated representative) shall have one vote in all matters.
- B. The general management of the affairs of this Association, according to its constitution, shall be performed by the Athletic Directors of the member schools.
- C. Athletic Directors shall be in communication with their principals and Boards of Education in all matters that pertain to this Association. The NSLAA secretary or other designated officer shall send agendas and minutes of all meetings to all Association and area Lutheran High School principals and athletic directors.

ARTICLE VIII. OFFICERS

- A. The officers of this Association shall consist of a Chairman, Vice-chairman, and Secretary/Treasurer. At the discretion of the Athletic Directors, the position of Secretary/Treasurer may become separated into Secretary and Treasurer.
- B. Officers shall be elected in the annual spring meeting. For the sake of continuity of programs, officers may serve an unlimited number of consecutive terms as affirmed by the NSLAA athletic directors.
- C. If a vacancy occurs, the NSLAA chairman shall fill it by appointing one of the members athletic directors to that position until the next election.
- D. The Chairman shall appoint, as necessary, people to serve as Scheduler, Sports Information Director, Reporter, and Sports Chairperson for each of the Association's team sports.

ARTICLE IX. DUTIES OF THE OFFICERS

- A. The Chairman shall preside at all regular and special meetings of the NSLAA, and shall establish and provide printed proposed agendas to the NSLAA and area Lutheran high school athletic directors and principals at least two (2) weeks prior to meeting dates.
- B. The Vice-Chairman shall assume the duties of the Chairman in cases of his/her absence.
- C. The Secretary/Treasurer (or Secretary if this position is split between two people) shall keep records and minutes of all meetings involving the athletic directors and shall carry on all NSLAA communications. He/she shall also send copies of all minutes to principals and athletic directors no later than two (2) weeks after each meeting.
- D. The Secretary/Treasurer (or Treasurer if this position is split between two people) shall be in charge of the funds of the NSLAA; shall provide a financial report at all regular meetings; and shall pay all bills approved by the NSLAA. He/she shall arrange the purchase and distribution of 1st and 2nd place trophies for all 7th /8th grade team sports, trophies and awards for the NSLAA track meet, and medals for the cross-country meet.
- E. Appointed Officers
1. SCHEDULER - shall provide the format and proposed dates for each team sport for the following school year at the spring meeting. He/she shall provide a rotation of play each year by moving the previous year's first round to the end of the round robin. He/she shall reverse the home and away schedule from the previous year.
 2. SPORTS INFORMATION DIRECTOR - shall publish after the August meeting a directory indicating member schools, addresses, enrollments, phone and fax numbers, athletic directors, contact times, coaches and their phone numbers, uniform colors, and mascot names. He/she shall maintain League website.
 3. REPORTER - shall monitor game results on website (nslaa.org) and make reminders when necessary. Ensure final season results are accurate and archive a hard copy. Then notify Secretary/Treasurer of trophy dispersment.
 4. SPORTS CHAIRPERSONS - shall maintain and provide a written copy of the rules of his/her designated sport at least one week prior to the start of that season. He/she shall serve as the resource person for coaches and athletic directors regarding changes in the rules of that sport.

ARTICLE X. MEETINGS

- A. A minimum of four (4) Athletic Directors' meetings are to be held during the year. Preferred months are August, November, January, and March. (January 2009)
- B. Special meetings may be held if a majority of the member schools agree that such meetings should take place.
- C. A majority of the member schools shall constitute a quorum at all meetings.
- D. Voting shall be by schools, with the Athletic Director (or his/her delegated representative) casting one vote.
- E. A member school will send its athletic director or a school representative to all scheduled meetings of the NSLAA.

ARTICLE XI. LEAGUE WEBSITE

- A. The purpose of the League website (nslaa.org) is to keep schools, families, students, and coaches informed of current standings for each sport season. The site can also be used to access maps to each school and their website.
- B. Each schools Athletic Director is responsible for updating the schedule and standings throughout the year. The league reporter will monitor the standings in the league website to be sure they are updated in a timely fashion.

II. BY-LAWS AND POLICIES (Reviewed August, 2009)

A. Eligibility of Students:

1. Only full time students of the schools within the NSLAA are eligible to participate. (November 2008)
2. Students must represent the school in which they are enrolled.
3. Students must be under 15 years of age before September 1 to be eligible for 7th-8th grade competition for the year. Students must be under 13 years of age before September 1 to be eligible for 5th-6th grade competition.
4. 4th-6th graders may compete at the 7th & 8th grade level, but 7th & 8th graders may not compete at the 5th & 6th grade level. However, a player may participate at only one level on any given day with the exception of volleyball and track (see Track notes). (November, 2009)
5. Schools may allow 4th graders to participate in the 5th & 6th season and 4th-6th graders to participate in the 7th & 8th grade season in order for a school to field a team up to 12 players. (November 2009)
6. Students must maintain an acceptable grade average as required by their individual schools.
7. Athletes are required to have a yearly medical examination prior to participating in a sport.
8. Games in which ineligible players participate shall be forfeited by the offending team.

B. Facilities and Equipment:

1. The home team shall provide the necessary field or gymnasium for each contest. (The state recommends that soccer fields be a minimum of 55 yds. by 100 yds; basketball courts be a minimum of 50' by 84').
2. The gym used for NSLAA sports activities shall be a regulation gym for junior high schools. If a school's gym is not regulation, the school shall have the option of using a local court which is regulation or play its home games away. (May, 1986)
3. The home team shall also provide regulation game balls, timing devices, official scorebook, dressing facilities, personnel to keep score and time (preferably an adult), and officials.
4. The home team shall provide practice balls for visiting teams for basketball and volleyball contests. When games are played at a neutral site, each team shall provide its own practice balls. (August, 1987)

C. Finances:

1. Each member school shall pay a yearly fee of \$150. Fees are established at the spring meeting and are due by November 1st. Dues paid after November 1st shall be assessed a \$10.00 late fee. (January, 2004)
2. Fees will cover the expenses for all sports, league website maintenance, and allow a small balance for special projects as approved by the NSLAA.
3. The NSLAA treasurer shall be authorized to keep a bank account at a convenient location and make all necessary payments and reimbursements.
4. Transactions of an unusual nature shall be discussed by the officers and, whenever possible, at scheduled meetings.
5. The NSLAA will once a year send an honorarium to the high school person(s) who made special events at its facility possible for the NSLAA during the year. The athletic directors shall identify this person(s) at the NSLAA spring meeting. (August, 1990)

D. Game Protests:

Because we are involved in the furthering of Christian fellowship among the schools and participants, the NSLAA has never had a policy for protesting the outcome of a game. It has been our practice that the referees and coaches immediately make decisions necessary to satisfactorily and successfully complete the contest between schools. Certain decisions or rules clarifications have been discussed and will continue to be discussed as necessary at athletic directors' meetings, but we do not attempt to reverse decisions that would alter the outcome of a game previously played between schools of the NSLAA.

E. Officials:

1. The home team is responsible for acquiring officials. If officials fail to show by game time, both coaches may arrange to proceed with substitute officials. (May, 1996)
2. Basketball - Two (2) registered officials are required for 5th/6th and 7th/8th grade games. (March, 2008)
3. Soccer - Minimum of one (1) official with two (2) sideline judges or two (2) officials. (January, 1994)
4. Volleyball - Minimum of one (1) volleyball official required; second official and/or line judges are the home team's option.
5. Softball - One (1) official required; second is optional. Follow ASA rules when exceptions are not stated in the NSLAA rules/handbook.
6. Track - Officials and judges are to be arranged by the track chairperson prior to the League Meet. Athletic Directors will supply personnel from each school as needed.

F. Schedules/Times:

1. Adopted committee recommendations regarding season length and number of games:
 - a. Maximum of 12 games and 2 tournaments per sport. (Softball shall have a 10 game maximum.) (January, 2008)

- b. Maximum of two (2) games per week.
 - c. Maximum of 10 cross country/track meets with no more than two (2) per week.
 - d. Maximum of four (4) scrimmages per season.
 - e. May have one (1) scrimmage before season starts. (April, 1989)
 2. Rescheduling of Games: (November, 2009)
 - a. Every effort needs to be made to play all scheduled games. When this is impossible, games should be rescheduled as quickly as possible.
 - b. If both teams agree that rescheduling is impossible, the game will be removed from the schedule and not reflected on the record of either team.
 - c. In the event that rescheduling is possible but a team chooses not to make up a game, a forfeit will be declared.
 3. After school games are to start at 4:15 P.M. During basketball seasons, girls teams will play first with boys following. (March, 2008)
 4. If a team is late to a game the athletic director and coaches may adjust the pre-game and half-time periods while making every effort to stay consistent with scheduled game times. (March, 2002)
 5. Host school determines the choice of Thursday afternoon or Friday evening for basketball games, which were scheduled for Thursday by the NSLAA scheduler. (May, 1986)
 6. Home team should make calls prior to contests to verify schedule dates. (August, 1987)
- G. League Divisions (March, 2010)
1. Fall
 - Volleyball - 2 Divisions
 - Soccer - 1 Divisions
 - Cross Country - 1 Division
 2. Winter
 - 5th/6th Basketball - 2 Divisions with a 10 Game Schedule (Minimum 7 Teams in Division 1 - Home & Away, Remaining Teams in Division 2 - single games) If Division 1 needs more teams to meet the minimum of 7 teams, selection will be based on the enrollment numbers of the current 4th & 5th grade of that school year at the January meeting.
 - 7th/8th Basketball - 2 Divisions (Minimum 7 Teams in Division 1 - Home & Away, Remaining Teams in Division 2 - single games) If Division 1 needs more teams to meet the minimum of 7 teams, selection will be based on the enrollment numbers of the current 6th & 7th grade of that school year at the January meeting.
 3. Spring
 - Track - 1 Division
 - Girls' Softball - 1 Division

H. Tournaments:

1. The NSLAA will not sponsor tournaments, but encourages participation in the Lutheran High School sponsored tournaments. (August, 1990)

I. Trophies/Awards:

1. The NSLAA shall award as follows:
 - a. A first and second place trophy at the 7th/8th grade level for each division for the following sports: soccer; girls' and boys' basketball; girls' volleyball; and girls' softball. (January, 2008)
 - b. 1st and 2nd place teams will be awarded trophies. In the event of a tie, tie-breaker is determined by head-to-head record in division play. In case of a tie for 1st place, only co-champion trophies will be awarded. If there is a tie for 2nd place, an additional 2nd place trophy will be awarded. (March, 2008)
 - c. Medals to the top ten (10) boy and girl finishers in the final meet for cross-country. A traveling trophy will also be used for cross country.
 - d. A first and second place trophy for each track classification and a traveling trophy for the school with the most total points in the NSLAA Track Meet.
 - e. Individual ribbons for the top eight (8) finishers in each event at the NSLAA Track Meet. (August, 1995)
 - f. Coach Recognition - The league will award certificates to coaches who coached in our league on every 5th year after 10 years. Any coach who has coached 20 years or more in our league will receive a plaque from the league at the end of their years of service. Each athletic director shall be responsible for informing the league at the March meeting. (March, 2005)
 - g. Additional awards or trophies for other activities as approved by the NSLAA membership.

III. NSLAA HISTORY

The North Suburban Lutheran Athletic Association began in 1948, although its current name was not used until 1965. In 1948, four schools—St. John, Rochester; Trinity, Utica; St. Paul, Royal Oak; and Trinity, Mt. Clemens—joined together to provide some interscholastic athletic competition for their students. Because these schools had no gymnasiums and congregational budgets were tight, boys' and girls' softball and an annual Field Day at Bloomer State Park were the two original programs of the "Association". By 1952, St. John, Rochester, and St. Paul, Royal Oak, had built gyms and were playing boys' basketball against each other. In 1954, Rochester, Royal Oak, Utica, and Mt. Clemens had begun to play basketball against each other on Saturday mornings. (Trinity, Mt. Clemens, rented the old Civic Center in town, and Trinity Utica, rented a junior high gym in order to join the basketball competition.) The four schools added touch football to their program in 1956. Due to some of the controversies and difficulties which touch football created, the schools switched to flag football a few years later. In 1959, volleyball became the second girls' sport in which the schools competed.

As a result of the pioneering spirit of these four schools, other schools expressed interest in joining the group of four, and in the mid-1950's, Immanuel, Waldenburg; Bethlehem, Roseville; St. John, Fraser; St. Peter, Macomb; and Trinity, Warren; became a part of the athletic association begun in 1948. In 1960, Our Shepherd, Birmingham, came on board this association of schools, while St. Luke, Mt. Clemens, joined in 1967. With such a diverse and large number of schools wishing to be a part of the NSLAA, the schools separated into two divisions in 1968. Schools whose enrollment was less than 200 students formed a "small school" division, while the schools with 200 or more students formed the "large school" division. Representatives from all the schools would meet jointly to discuss business of mutual concern for the well-being of the NSLAA, and then divide into their respective groups to deal with issues pertinent to their own divisions, as well as schedule their yearly events and competition. In 1970, Trinity, Port Huron, joined the large school division and competed at that level until declining enrollment and travel distance force them to join with the small school division in 1972. During the early 1970's, the small school division of the NSLAA chose to sever its ties with the NSLAA and operate completely on its own because of the differences in programs and philosophies which had developed as the large schools became larger. For the next nine years, NSLAA membership stabilized at eight schools; but in September, 1980, St. Peter, Macomb, with just over 200 students, applied for membership to the NSLAA. The athletic directors of the eight member schools approved the application in 1981, once again raising the number of schools to nine.

In 1984, St. Paul, Royal Oak, and Our Shepherd, Birmingham, left the NSLAA to become part of an experimental athletic association in the northwest suburbs. This action dropped the number of NSLAA schools to seven for the next four years. In 1988, after the failure of the Northwest Athletic Association, Our Shepherd, Birmingham, applied for readmittance to the NSLAA. The athletic directors of the NSLAA denied Our Shepherd's readmittance by a 4-3 vote, but did agree to permit Our Shepherd to assume the "bye" position on its 1988-89 schedule. This meant that Our Shepherd had

a schedule for its teams but had no chance to be counted in the standings of the NSLAA. In 1989, Our Shepherd applied again and this time was allowed to return to its membership in the NSLAA. In 1991, St. Thomas, East Detroit, and St. Peter, East Detroit, applied for membership in the NSLAA and were accepted into the Association, raising the number of schools to a record high of 10 schools.

In February of 1991, the athletic directors of the NSLAA met with the Macomb County Principals' Conference at the principals' request. At issue was the question of realigning the schools of Macomb County into a new athletic conference with two or three divisions. The athletic directors of the NSLAA brought alternative proposals to the meeting and, together with the principals, discussed the issues. Carl Middeldorf, chairman of the Macomb County Principals, appointed a Task Force to study the problem and answer the concerns of the Macomb County Lutheran schools. Ken Witte, athletic director at Lutheran High North, was appointed chairman, but he asked to be relieved of that duty before the Task Force ever met. At the end of March, Carl Middeldorf appointed Fred Gerds, athletic director and assistant principal at Our Shepherd, Birmingham, the new Task Force Chairman. The Task Force, including Fred Gerds (Our Shepherd Birmingham), Dick Groteleuschen (St. John, Fraser), Bob Christian (Immanuel, Macomb), Henry Foote (St. John, New Haven), and Eric Brofford (Immanuel, Macomb), met, and, on April 16, 1991, submitted its report to the Macomb County Principals' Conference. The report recommended that the existing conferences remain structured as they were, but be sensitive to the changes taking place in our Lutheran schools and be ready to adjust to the needs of these schools as they occur. The Macomb Principals' Conference accepted the Task Force report with thanks and commendation for its thoroughness and foresight.

In the fall of 1993, the question of realignment again came up with the Macomb County Principals Conference. Some of the principals suggested that the NSLAA be dissolved and a new structure be instituted. The NSLAA held firm to its belief that it was a group of Lutheran schools that had mutually and independently joined together to meet the needs of their children. While individual member schools had the freedom to leave the NSLAA, and non-member schools had every right to petition for membership in the NSLAA, the organization reaffirmed its position that they were totally independent of control from groups and organizations outside their association, individual schools, congregations, and local boards of education. In April, 1994, the Macomb County principals and athletic directors met at LHN to address continuing concerns of some schools regarding their athletic programs. The principals suggested that the NSLAA update its constitution, policies, and rulebook so that its structure, policies, and direction might be more readily available to member and non-member schools to study.

During the summer of 1994, this project was tackled jointly by Jared Weiss (chairman) and Fred Gerds. After many hours of research, an updated copy of the NSLAA's constitution, By-Laws and policies, history, guidelines for conduct, and rules were presented to the principals and athletic directors for adoption at the August, 1994, Athletic Directors' Meeting.

In January of 1995, two more schools applied for membership in the NSLAA. Immanuel, Macomb, and Peace, Shelby met with NSLAA directors at their January meeting to present their schools and commit to the NSLAA athletic program. Immanuel clearly presented its case and was quickly accepted as part of the NSLAA. A much lengthier discussion followed the Peace, Shelby, presentation. The first vote failed to admit Peace into membership. The athletic directors continued to discuss the case, and a second vote was taken. This time, Peace received enough support to obtain membership.

The 1995-96 school year proved to be a year of smooth transition for the NSLAA as it operated for the first time as an association of twelve schools. One question, which still remained unanswered, was the effect which twelve schools would have on the NSLAA Track Meet at Lutheran High North. Shortly after the meet began, heavy rains with thunder and lightning came. After an hour's wait, the unfavorable forecast for the day caused the athletic directors by a majority vote to cancel the meet. This was the first time in anyone's memory that a meet had to be canceled after it had begun.

The NSLAA entered the 1996-97 school year with new vigor and determination to identify and strengthen its weaknesses, to provide quality athletic competition for its students in an atmosphere of Christian conduct and fellowship, and to remain open and sensitive to the Lutheran schools that would like to provide the same type of program for their students. A few changes did take place during the year. Due to construction at Lutheran High North, the league track meet was moved to Lutheran High East. The meet went into the late afternoon, but ran smoothly. Bethlehem, Roseville, with shrinking enrollment and internal difficulties, announced in February that they were withdrawing from the NSLAA. The association accepted their withdrawal with regret and prayed that the trend for Bethlehem would turn around. Several athletic directors who had served the NSLAA for many years were moving on. Paul Appold (St. Peter, Eastpointe) was leaving to enter the Seminary in St. Louis, and Tim Schilling was resigning his call at Bethlehem, Roseville. These men had given many years to the growth and development of the NSLAA, and we will sorely miss their input. Beginning in 1998, the NSLAA Track Meet will move to Saturday. While many fear this will cut participation from students and parents, the athletic directors hope this change, which was pushed through by the Macomb County principals, will not have an adverse effect on the track meet.

As we entered the 1998-99 school year, the NSLAA celebrated its 50th year of existence. Scott Briggs of Immanuel, Macomb, provided the athletic directors with shirts and hats honoring this Golden Moment in our history. During the 1999-2000 school year, the NSLAA experienced a continuing sense of working together among the schools despite the loss of some of its leadership to new schools and vocations. We move forward with the confidence that God will continue to guide and direct our pathways as we seek to provide a Christ-centered environment in which our children can compete and grow.

The start of the school year 2000-2001 saw a prominent figure of the league move on to

another endeavor. Fred Gerds (Our Shepherd, Birmingham) accepted a call to be athletic director at Lutheran High Northwest after serving the league for 28 years. Fred Gerds was one of the founding fathers of the league. We thank God for his many years of service and his many contributions to the operation of the league. We look forward to working with Fred Gerds in a different capacity. While the year moved smoothly, there was a philosophy change that prompted revision of the league handbook. After many years it was decided to move away from the 5th quarter in 5&6 basketball. The change that included a one 3-minute overtime period if the game was tied was adopted in March, 2001.

The 2001-2002 school year went very well. The league made a major purchase to update the radio communications at the track meets. The new Motorola radios were a drastic improvement for the track season. The spring also brought about change in our athletic directors. Jared Weiss (St. Luke, Clinton Twp.), our chairman, accepted the call to become principal of St. Luke effective for the 2002-2003 school year. He has served the league for 17 years with 11 of those years as chairman. We thank the Lord for his dedication and leadership.

In 2003-2004, the league established a website (www.nslaa.org) with the purpose of informing schools, families, coaches, and students of season schedules and standings.

In 2004-2005, our league saw a change in our volleyball rules with rally scoring and the addition of the volleylite volleyballs used at the 5th & 6th grade level. Also, after years of hosting tournaments Lutheran High East closed following the 2003-2004 school year.

In 2006-2007, our league voted to join with the NSLAL for the 2008-2009 school year and combine our leagues.

During the 2007-2008 school year the athletic directors of the NSLAA and the NSLAL met to develop a plan for a new combined league for 2008-2009. The league will keep the name NSLAA (North Suburban Lutheran Athletic Association). The league welcomed Bethany, Detroit: Living Word, Rochester; St. Paul, Sterling Heights; and Peace, Warren. This brought the total number of schools in the league to 17. Warren Woods Christian, a previous member of the NSLAL, was not included in the joined league. In addition, Trinity, Utica; St. Peter, Macomb; Immanuel, Macomb; and St. John, Rochester, previous members of the NSLAL, will include two 5th/6th and two 7th/8th teams in volleyball, girls' basketball, and boys' basketball. Due to the new schools and additional teams, divisions were created for most seasons. In 2008-2009, there will be two volleyball and soccer divisions, three basketball divisions, and one division for girls' softball and track. Division alignments were set and will be reevaluated prior to each school year. Another major change for 2008-2009 year will be volleyball moving to the fall and girls' basketball moving to the winter to align with the new high school season. The fall season (September - 3rd week in October) will be volleyball, soccer, and cross country. The winter season will be divided into two parts. Beginning with the 4th week in October through Christmas break will be the 5th & 6th boys and girls basketball season. Starting in January through the first week in March will be the 7th & 8th grade boys and

girls basketball season. The spring sports will remain the same.

During the 2008-2009 school year the new season format and league formation went well. Unfortunately, Bethlehem, Detroit closed at the end of the 2008-2009 year.

(NOTE: THE HISTORY FROM 1948 TO 1980 WAS ADAPTED FROM WORK DONE BY LARRY BROWN OF TRINITY, MT. CLEMENS. OUR HISTORY FROM 1980 TO 2000 WAS COMPILED AND UPDATED BY FRED GERDS OF OUR SHEPHERD, BIRMINGHAM.)

IV. GUIDELINES FOR CONDUCT OF STUDENT/ATHLETES, COACHES, AND FANS (Reviewed August 2009)

As an association of Lutheran schools, we desire to teach and encourage Christian conduct and sportsmanship among our student/athletes, coaches, and fans. To help us achieve that goal, we have developed the following guidelines to help emphasize what we feel to be proper conduct for our athletes, coaches, and fans.

A. THE STUDENT/ATHLETE:

1. accepts referee's decisions in a proper manner; does not argue or make non-verbal gestures which indicate disagreement with officials, opponents, or fans.
2. treats opponent as a guest and a friend - as he wishes to be treated; appreciates his opponent's good play, and encourages his opponent when he makes a mistake.
3. does not use profanity or vulgarity at any time.
4. realizes that he is representing his Lord - as well as his church, school, and team - and reflects this awareness in his conduct.
5. win or lose, thanks his Lord for allowing him to take part in the contest and keeping him safe.

B. THE COACH:

1. treats each player, opposing coach, official, parent, and administrator with respect and dignity.
2. uses the game as an avenue to minister to children, parents, and fans.
3. knows he is an ambassador for Christ, and as such, conducts himself in a proper manner when dealing with athletes, parents, and fans.
4. sets a good example for players and spectators.
5. maintains self-control at all times. The desire to win must not overcome rational behavior.
6. helps players appreciate opponent's good performance and encourages opponents who make mistakes.
7. expects good sportsmanship from his athletes.
8. removes players using profanity from the game.
9. shows respect to his opponents; does not "run up" scores or embarrass his opponents in any way.

C. THE FAN:

1. attends the game to encourage and support the athletes.
2. shows respect for the judgment of the officials; does not question their calls.
3. recognizes and appreciates outstanding plays by either team.
4. does not use profane or obscene language.
5. does not verbally assault others or in any other way become generally obnoxious.
6. is a positive example for setting the tone for those around him so that everyone may enjoy the game.
7. shows respect for those who are hosting his school; respects the rules and expectations of his host. (EXAMPLE: does not take food or drink into the gymnasium when it is clearly prohibited.)

We ask that these guidelines be shared with athletes, coaches, and fans so that we more closely achieve the purpose of our competition.

V. Boys' and Girls' Basketball Rules (Reviewed August 2009)

- A. Seventh and Eighth Grade basketball teams follow rules identical to the Michigan High School Athletic Association. Basketball Rule Books for the new season are available through the

Michigan High School Athletic Association
1661 Ramblewood Drive
East Lansing, Michigan 48823
Phone: (517) 332-5046

- B. Exceptions to these guidelines are as follows:

1. NSLAA will use the downsized women's ball (28 ½") for all boys' **AND** girls' basketball teams. (May, 1986)
2. The 3-point shot is in effect for 7-8th grade (April, 1988), but will not be used for 5- 6th grade. (January, 1996)
3. **PRE-GAME WARM UP:** 10 minutes (March, 2002)
4. **HALFTIMES:** There will be a six (6) minute halftime for 5-6th games, and an eight (8) minute halftime for 7-8th games. During the last two (2) minutes of each halftime, the floor must be vacated for warm-up time for the basketball teams. (August, 1993)
5. **LENGTH OF GAME:**
 - a. 7-8th Grade games shall consist of 4 six-minute quarters.
 - b. 7-8th Grade overtime periods are three (3) minutes. (January, 2007)
 - c. 5-6th Grade games shall consist of 4 six-minute stop clock quarters. In the event there is a tie after regulation time, one 3-minute overtime period will be played. If after the overtime period, the score is still tied, the game will be recorded as tied. (March, 2001)
6. **MISCELLANEOUS:**
 - a. Free Throw line shall be moved two (2) feet forward to 13 feet from the backboard for 5-6th grade competition. (October, 1984)
 - b. In 5th - 6th grade competition, full court presses are allowed during the last two (2) minutes of each half and during overtime. No full court press is allowed when the pressing team is ahead by ten (10) or more points. (January, 2004)
 - c. Two (2) man back court pressure or press will be allowed at any time during 5th - 6th grade games **up to 20 points**. We allow such pressure only to help the offensive team develop skill in the transitional part of the game. (January, 2003)

NOTE: HOME TEAMS should provide visiting teams with practice balls unless playing on a neutral court. (August, 1987; January, 1988)

VI. CHEERLEADING RULES AND GUIDELINES (Reviewed August 2009)

A. Introduction:

Many of the guidelines set forth are drawn from the Cheerleading Guidelines published by the Michigan High School Athletic Association (Second Printing-1990). The safety guidelines set forth by the NSLAA are comparative to, and in many cases, more restrictive. For areas not addressed in NSLAA guidelines, this Michigan High School Athletic Association publication will serve as a good source of information for schools to follow.

B. Safety Guidelines:

1. Local school administrations generally determine whether cheerleading squads may be involved in partner stunts, pyramids, and gymnastic skills based on the skill level of the cheerleaders, background and experience of the coach, and what is appropriate in that community.
2. The final responsibility for what individual cheerleaders are capable of performing must rest with the coach. Not every cheerleader or cheerleading squad has the ability to perform the gymnastic skills or partner stunts which are permitted according to these guidelines. Coaches must recognize individual and squad ability level and limit their activities accordingly.
3. **NOTE:** The NSLAA schools further restrict the Michigan State High School Athletic Association Cheerleading Guidelines for upper limits and maximum levels for cheerleading activities by:
 - a. ***Restricting the height limitation for pyramids and /or mounts up to a person and a half high, meaning that the top person is in direct contact with the base(s) who is in direct weight-bearing contact with the cheering surface. A single person shoulder sit, pony stand, or thigh stand position is acceptable. Forbidding pyramids, mounts, and stunts in which a cheerleader's feet are placed above waist of the base personnel.***
 - b. ***Forbidding flips, suspended rolls, tosses, vaults, hanging pyramids, drops, and dismounts that originate from above the waist of the base personnel.***
4. Additionally, in the area of cheerleading, it is the right of the host school to further restrict the type of activities performed on site. In these instances, it the responsibility of the host school to communicate to the visiting school what will be allowed at its facility at least five (5) days prior to the contest when not possible to notify visiting schools prior to the start of the sport season. It is suggested that cheerleading coaches also review this during the warm-up period on the day of the contest.

C. General:

1. An adequate warm-up, including stretching, should precede all activities.
2. Jewelry is prohibited with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform.
3. Hair devices, which are safe and reasonably secure should be worn to keep the hair away from the cheerleader's face and eyes.
4. Cheerleaders shall wear athletic shoes, which are appropriate for cheerleading activities.
5. Cheerleaders should make certain that all cheerleading apparatus (i.e. pompons, megaphones, flash cards, etc.) are removed from the performing area when not in use.
6. Proper progression, spotting techniques, and matting shall be used until each skill is mastered.
- 7.

D. Recommended General Protocol and Guidelines for Cheerleading

1. The host school will designate, if possible, a warm-up area. A cheerleading coach must be present at all times in this area. No mounts or stunts are allowed in this area. The warm-up area should be used only for a fifteen (15) minute period prior to each game.
2. During the warm-up period, it is recommended that coaches and squads would review the protocol for the game.
3. Host cheerleaders' duties should include the following:
 - a. Meet and greet the visiting cheerleaders and make them feel welcome.
 - b. Assist visiting cheerleaders with questions such as where they are to be located during the contest, where they can put their coats, etc.
 - c. Provide leadership for the spectators as they arrive.
4. Cheerleaders are encouraged to have appropriate welcome/hello cheers. The host squad should perform the "hello" cheer, with the visiting team following suit. Prior to the game, a plan should be devised to coordinate cheering. The host team should perform the initial cheer on the floor during a non-injury time-out. The visiting team would use the next opportunity for a floor cheer, with the squads alternating from that point. Time-outs are 60 seconds in length. Cheerleaders should limit their cheers to forty-five (45) seconds. When an official signals for the game to begin after a time-out, the cheerleaders should leave the floor at once. Cheerleaders should stay clear of the playing area during the contest so as not to interfere with the players or officials, thereby increasing the possibility of injury.
5. **HALFTIME ROUTINES:** There will be a six (6) minute halftime for 5th & 6th grade basketball games, and an eight (8) minute halftime for 7th & 8th grade basketball games. The home team is entitled to use the first four minutes of 5th / 6th halftime and the first 6 minutes of 7th / 8th halftime for pom pon, dance routines, etc. During the last two minutes of the half, the floor must be vacated for warm-up time by the basketball teams. Visiting teams are only allowed to perform at halftime if the home team has chosen not to perform. This should be arranged during the warm-up period prior to the game. (August, 1993).
6. Cheerleaders should be required to know the game rules and officials' signals to

- the extent of understanding when to cheer and what type of cheer is appropriate.
7. Cheerleaders should accept the decisions of officials and discourage disagreements from fans by initiating positive chants or cheers.

E. CHEERLEADING TECHNIQUES

1. Cheerleaders should:
 - a. Realize the importance of actively influencing the positive conduct of spectators.
 - b. Stimulate and control crowd response.
 - c. Choose the right cheers at the right time.
 - d. Be certain that words used in a cheer do not suggest to inflame the audience.
 - e. Avoid the use of bells, horns, and noise makers.
 - f. Divert the crowd's attention by starting a popular cheer when booing develops.
 - g. Cheerleaders should get the crowd to respond to their lead.
2. When to perform:
 - a. Cheerleaders should be aware of the time available to perform (i.e. only 45 seconds for a timeout). Appropriate situations for routines are between quarters, at halftime, during an injury timeout, post-game.
3. When to cheer:
 - a. As your team comes on the floor or field
 - b. When your team or a player makes an exceptional play
 - c. When a substitution is made for your team. When appropriate, cheer outgoing **AND** incoming players.
 - d. As encouragement and tribute to an injured player of your own team.
 - e. When an opponent who has played spectacularly leaves the game.
 - f. As encouragement to own team in its drive to score.
 - g. As encouragement to own team in defense of its goal.
4. When not to cheer:
 - a. When a player is attempting a free throw, a server is about to serve in volleyball, etc.
 - b. When an opposing player makes a mistake or the opposing team is being penalized.
 - c. When an opposing player is injured.
5. Where to perform:
 - a. Sideline cheerleaders should restrict themselves to the sidelines. However, due to space limitations in many of our gymnasiums, squads may use up to 10 feet of the endline of the basketball court. At no time should the cheerleaders interfere with court play, especially inbounding, and should obey the directions of officials.

Additional support information for instruction and helps may be found in the following:

Cheerleading Guidelines
MHSAA
1661 Ramblewood Drive
East Lansing, MI 48823
Phone 1- (517) 332-5046

Dynamic Cheerleading Association
Box 11628
OR Kansas City, MO 64138
Phone: 1- (816) 356-7033
Contact person: Linda Chappel

VII. CROSS COUNTRY RULES (reviewed August 2009)**A. RULES**

1. The cross country run shall be a course 2 miles long and not less than 3 feet wide at its narrowest point.
2. The course shall be marked with orange cones indicating turns or showing the runners that they must stay to the outside of a string of cones.
3. A starting line will be marked with cones. Each team will be allowed 3 front row starters with the rest of the team lining up behind their teammates.
4. The start and finish of the race will be straight for at least 100 yards.
5. Scoring shall be done by adding the places of the first 5 members of each team. The team with the lowest total shall be declared the winner. In the case of a tie, the team with a sixth runner or best placing sixth runner shall be declared the winner.
6. We will allow 4th graders to participate on our Cross Country and Track teams as long as they follow all the guidelines for eligibility. Students below 4th grade are not eligible to participate in our meets. (January, 2001)
7. To begin a race, the command shall be, "Runners set"; and when all competitors are still, the gun shall be fired. For an unfair start, or if a runner falls during the first 100 yards of the race due to contact with another runner, the race shall be recalled by firing the gun.
8. All contestants must wear shoes. Spikes up to ½ inch are allowed. Soccer or baseball type cleats are not allowed. (January 2009)
9. Order for running – odd year, girls first – even year, boys first. (August, 2003)

B. DISQUALIFICATIONS:

1. Any runner who false starts
2. Any runner who interferes with another runner (i.e. bumping, tripping, or running across a runner's path)
3. Any runner aided by a coach, teammate, or fan
4. Any runner wearing a watch
5. A fan or coach may not run alongside a competitor.
6. Any runner who fails to complete the course
7. Contestants who join hands or grasp each other at any time during the race

C. GENERAL INFORMATION

1. Tours of the course begin ½ hour before the starting time.
2. Maps of the course will be provided on race day to coaches only.
3. Coaches should collect all place cards with name of finisher and name of school printed on each card. Cards should then be turned in to head official.
4. Medals will be awarded to the top 10 boys and girls for the third and final meet only.
5. ALL-CONFERENCE ATHLETES are those who place in the top ten (10) at the third meet.
6. The girls and boys will run separate races for all three dates. The girls' race will be first, followed by the boys' race.

VIII. SOCCER RULES AND GUIDELINES (reviewed August 2009)

- A. Selected rules and guidelines - Refer to official high school rule book for rulings not mentioned below.
1. Size of Field -
 - a. Rectangular--100 to 120 yards long by 55 to 75 yards wide.
 - b. Minimum recommendation for Junior High--100 yards by 55 yards
 2. Goals -
 - a. Consist of 4 to 5 inch white posts placed in the center of each goal line. Goal should be 24 feet wide and 8 feet high (inside measurement).
 3. Ball –
 - a. Size 5. Circumference of 27 to 28 inches. Weight of 26 to 28 ounces.
 - b. Outer casing should be leather or similar material that is weather resistant.
 4. Players -
 - a. 11 players (one of which is the goalkeeper) per team.
 - b. Game shall not start without 11 properly uniformed players. After the start of the game, a team may continue to play with fewer than 11 but not less than 7 players.
 5. Substitutions -
 - a. Either team may substitute:
 - 1) Between periods
 - 2) On a goal kick
 - 3) When a goal has been scored
 - 4) When play is stopped for an injured player. (Player must be replaced.)
 - 5) When a player is cautioned--automatic substitution, player may re-enter at next available substitution. (January, 2004)
 - 6) When a player is disqualified. (The disqualified player shall not be replaced.)
 - 7) During a penalty kick situation, the only substitution allowed is for an injured player, and that substitute cannot take the penalty kick.
 - b. Only the team gaining possession may substitute on a corner kick. (January, 2004)
 - c. Substitutions shall be allowed by non-possession team on throw-ins if the possession team substitutes. (January 2004)
 6. Equipment:
 - a. Required equipment includes a jersey or shirt, shorts, stockings, and suitable shoes. Effective in the fall of 1989, all players **must** wear shin guards. **It is recommended that all male players wear a supporter and a protective cup.**
 - 1) Jerseys and stockings of opposing teams shall be of contrasting colors.
 - 2) Jersey of goalkeeper shall be distinctly different from other players and opponents, except the opposing goalkeeper.
 - 3) Prior to and during the game, shirts shall be tucked in the pants.

7. Officials:
 - a. A game may be officiated by a head referee and a referee **OR** by 1 referee and 2 line judges. (January, 1994)
 - b. If officials are not present by game time, coaches may arrange to proceed with substitute officials. (May, 1996)

8. Duration of Game:
 - a. League games will consist of two 30-minute halves each. (January, 1996)
 - b. A game is considered official if half has been played.
 - c. The halftime interval shall be 5 minutes unless coaches agree to a different length.
 - d. Between each half, teams shall exchange ends and alternate the kickoff.
 - e. 5th&6th Grade games will consist of two 25-minute halves with a 5-minute halftime. (August, 2001)

9. Tie Games:
 - a. Regular season games which are tied at the end of regulation play will be resolved by no more than 2 full overtime periods of 5 minutes each. The first team to score wins (sudden victory)
 - b. A coin flip shall occur prior to the first overtime.
 - c. Teams will exchange ends and alternate the kickoff at the end of the first overtime.
 - d. Interval between second half and first overtime shall be 5 minutes. The interval between the first and second overtime shall be two minutes.
 - e. The game shall end in a draw if still tied after the second overtime period.

10. Time-out and Time-in:
 - a. Clock shall be stopped for a penalty kick, for cautioning, for disqualification, following the scoring of a goal, and when an official orders time-out.
 - b. Clock shall be restarted when the ball is properly put into play.

11. Season Standings: Season standings will be determined by a point system that awards 2 points for a win, 1 point for a tie, and 0 points for a loss. (January, 2005)

12. Other Rules:
 - a. Rules regarding scoring, offside, fouls and misconduct, free kick, penalty kick, throw-in, goal kick, and corner kick are as the NSLAA has used them and are too numerous to be listed here. Soccer rule books are available from the Michigan High School Athletic Association. **Write to:**

Michigan High School Athletic Association
1661 Ramblewood Drive
East Lansing, MI 48823
Phone: (517) 332-5046

IX. VOLLEYBALL RULES (Reviewed August 2009)

- A. NSLAA volleyball rules are identical to the Michigan High School Athletic Association volleyball rules. Volleyball rule books for the new season are available from:

Michigan High School Athletic Association
1661 Ramblewood Drive
East Lansing, MI 48823
Phone: (517) 332-5046

- B. Exceptions to these guidelines are as follows:

1. **General Rules** (both levels)

- a. Warm up will be the 5-5-5 format: 5 minutes on your own side, 5 minutes shared net time and then 5 minutes serving. (March, 2002)
- b. Home team will serve first from the side of their choice. (November, 2008)
- c. Teams will play 3 games using rally scoring up to 21 points, win by 2 or first to 25. (August, 2004)
- d. A ball striking an obstruction on the serve shall not be replayed. It is side out.
- e. If a player serves before the official's signal, the server may re-serve if the official can determine that it was not an attempt by the server to gain an unfair advantage by delivering a quick serve.
- f. Substitutions: Section 3 Art. 2: A player is allowed unlimited entries during a game. The position on the court of the substitute shall be that of the player replaced without change in the service order.
- g. RECOMMENDED: The fist serve and the overhand chop not be taught as a skill to be used in volleyball. (January, 1990)
- h. Home team should provide practice balls for visiting team unless the match is played on a neutral site. (January, 1988)
- i. Our league will not use the libero position. (August, 2006)

2. Fifth and Sixth Grades:

- a. A line 2 feet in from the end line should be marked to indicate the serving line for 5th and 6th graders.
- b. 5th & 6th grade will use a volleyball that is 25% lighter (for example, Tachikara Volley-Lite). (August, 2004)

X. GIRLS' SOFTBALL RULES (Reviewed August 2009)

1. Each team will be allowed a 5-minute infield warm up time. (March, 2002)
2. The pitching distance is 40 feet.
3. The pitcher must begin delivery with at least one foot on the pitching rubber. Only one step forward is allowed with the delivery.
4. Sling pitches and windmill pitches are illegal. Illegally delivered pitches shall be ruled a "ball" by the umpire. However, if a batter swings at such a pitch, the pitch shall not be ruled illegal, and the ball is in play as a legal pitch.
5. A noticeable arc is required on all pitches. Pitches without an arc are balls. A strike shall be any pitch with a perceptible arc which reaches a height of at least the batter's head but not more than 10 feet above the ground, and passes over the plate at a height between the batter's highest shoulder and her knees. All other pitches shall be ruled a "ball". The umpire shall be the sole judge of whether a pitch is a strike or a ball.
6. A quick pitch (any pitch in which the pitcher attempts to deliver the ball before the base runners have had time to return to their bases or tries to catch the batter off guard) shall be ruled a ball by the umpire. If the batter swings at the pitch, any strike, hit, or out which results shall be played as a legal pitch.
7. Base runners may not leave the base until the ball crosses the plate or the ball is hit. It is suggested that umpires issue one team warning before calling a runner out for leaving the base too early. In flagrant or deliberate situations, the runner should be called out immediately.
8. Base runners cannot steal bases under any circumstance or situation.
9. A base runner may tag up and advance at her own risk after a fly ball is caught or touched in fair territory, or caught in foul territory.
10. Base runners are awarded two bases on an overthrow, which goes out of play. The umpire shall determine the point from which to award the bases as follows:
 - a. If the throw is the first throw by an infielder, the two-base award shall be given from the last base occupied at the time of the pitch.
 - b. If the throw is the second throw by an infielder or a throw by an outfielder, the award shall be given from the last base occupied when the defensive player released the ball.
 - c. If all runners, including the batter-base runner, have advanced at least one base when the first throw by an infielder is released, the award shall be given from the last base occupied at the time of the release rather than the time of

- the pitch.
- d. Runners advance at their own risk on any overthrown ball that remains in play whether in fair or foul territory, but is not out of play.
11. If a base runner is called out for leaving the base too soon, the ball is dead immediately. The pitch shall be declared “no pitch”, and any action resulting from the pitch (strike, ball, or hit) shall be invalidated.
 12. If the catcher catches a foul tip on the third strike, the batter is out. The ball is played as though the bat had not touched it. Any foul ball must be above the batter’s head before the catcher may catch it for an out. (By definition, a foul tip is not the same as a foul ball.)
 13. The 3rd strike non-caught foul ball is not an out. (August 2009)
 14. Players may leave and re-enter the game at any time, but a player who is re-entering must return to the same place in the batting order, which she had previously occupied. (We suggest that this not be set up to be used as a designated fielder/batter situation. Please give all players the opportunity to play offense and defense.)
 15. A regulation game is 7 innings in length. Five innings or one hour is required for an official NSLAA game. No new inning shall start after one hour has elapsed. However, the one-hour time limit may be waived if both coaches agree. No coach is obligated to waive this limit. (August, 1987)
 16. No team may score more than 10 runs in their half of an inning. Any subsequent runs scored, as the result of the continuation of a play shall not count. (April, 1988)
 17. ASA slow pitch rules shall govern the game in situations not stated above. (August, 1987)
 18. Teams shall use 12" softball exclusively. A batter’s helmet is optional, and we strongly urge catchers to wear a properly-fitted face mask and chest protector

XI. TRACK RULES (Reviewed August 2009)

A. General Meet Regulations:

1. A school may enter a team or a partial team in any of the four classes.
2. A participant may compete in a maximum of three (3) events.
3. A school may enter a maximum of **three** participants in each individual event. Only one team per school may be entered in each relay.
4. We will allow 4th graders to participate on our Cross Country and Track teams as long as they follow all the guidelines for eligibility. Students below 4th grade are not eligible to participate in our meets. (January, 2001)
5. A school may enter a 4th - 6th participant to compete in a 7th & 8th relay, but that participant may not compete in 7th & 8th individual events. A 4th - 6th participant **may not** compete in the same relay event in both classes.
6. All participants must wear gym shoes or track cleats with ¼ inch or less spikes. No molded cleats or bare feet will be permitted for any event.
7. No starting blocks of any kind will be permitted. This includes human blocks.
8. If a participant should become involved in two events at the same time, the running event takes precedence over the field event.
9. It is the responsibility of the participant to be ready for each event. The public address system will be used to keep participants informed.
10. All running events will be contested in a team sequence: younger BOYS first, younger GIRLS second, older BOYS third, and older GIRLS last. In the odd numbered years, this order is switched to allow the girls to go first. This is in keeping with MHSAA rules for track.
11. Order of field events is listed below. During the field events, spectators and coaches may view the competition outside the roped (fenced) area. **Once running events begin, all spectators and coaches must be in the bleachers. Only actual runners and field event participants will be allowed on the field once running events start.**
 - a. Shot put and long jump will each have their own pits. The 5/6 lower class will begin these two events, followed by the 7/8 upper class.
 - b. High jump will have separate locations for boys and girls. The 7/8 class will begin this event, followed by the 5/6 lower class.
12. Order of Running Events:
 - a. 100 meter preliminaries
 - b. 4 x 200 meter relay--four turn stagger- stay in your own lane
 - c. 1600 meter run--boxed, two turn stagger
 - d. 100 meter finals
 - e. 400 meter run--lanes
 - f. 200 meter dash
 - g. 800 meter relay--boxed, two turn stagger
 - h. 4 x 200 meter relay--lanes
 - i. 4 x 100 meter relay --lanes

NOTE: The track committee STRONGLY RECOMMENDS that athletes not be placed in back-to-back events.

13. There will be three official attempts in the girls' and boys' running long jump and shot put.
14. The starting heights for the high jump are **revised yearly**. The track committee will inform the athletic directors of the changes as they occur.
 - a. The contestants will have three attempts at each height.
 - b. Contestants must take off from one foot.
 - c. Displacing the bar, passing under it, crossing the line of the bar extended, or leaving the ground in an attempt shall count as a failed attempt.
 - d. Two approaches without an attempt is considered an attempt for both boys and girls. A jump must be concluded within one and a half minutes after the contestant's name is called.
 - e. The bar will be raised two inches until only eight competitors remain. After that, the bar shall be raised one inch until a winner is determined.
 - 1) POINTS OF EMPHASIS:
 - i. The bar shall not be lowered after competition starts.
 - ii. Breaking ties
 - a) The competitor with the fewest misses at the height at which the tie occurs is the winner.
 - b) If the tie still remains, the competitor with the fewest total misses throughout the competition is the winner.
 - c) No misses are charged for passing.
 - d) See MHSAA rules if tie still exists.
15. Shot put will allow three puts. Boys will use an 8 lb. shot; girls will use a 6 lb. shot.
 - a. Shot put fouls include:
 - 1) Putting with 2 hands

Point of Emphasis: The shot should not be held or put from behind or below the shoulder. The shot cannot be thrown for the safety of the participant.
 - 2) Touching with any part of the body or apparel before the put is marked--
 - i. any part of a painted line bordering the circle if used instead of a toe board.
 - ii. any surface of the stop board except its inside edge.
 - iii. any area outside the circle
 - iv. leaving the circle from the front half.
16. Long jump will allow three attempts. Long jump fouls:
 - a. The competitor's shoe extends over the scratch line or take-off board while taking off for the jump.
 - b. A competitor crosses the scratch line, scratch line extended, take-off board, or take-off board extended without jumping.

17. There will be preliminaries in both girls' and boys' 100 meter dashes. Finalists will be the 8 or 10 fastest times from the preliminaries, depending upon the number of lanes available and the closeness of the times.
18. All participants in all running events will be required to run in lanes with the following exceptions:
19. 800 meter relay for girls and boys. The third runner may cut to the inside lane after receiving the baton.
20. In the 800 meter and 1600 meter runs, the runners will be started in boxes. Runners may cut to the inside lane after the first turn at the 180 meter mark.
21. Batons must be furnished by the competing teams. The official shot puts will be furnished.
22. Ribbons will be given to places first through eighth in each event. There will also be a team trophy for first and second place in each of the four divisions and a traveling trophy for the first place team overall.
23. Acceleration zones are allowed in the 400 meter and 800 meter relays.

XII. DUTIES OF TRACK OFFICIALS (Reviewed January 2009)

A. CLERK OF COURSE:

1. Always checks the starting line of each running event for the proper distance.
2. Makes sure each competitor is in his/her proper lane. The closest to the curb or pole shall be number one. The remaining lanes shall be numbered consecutively from there outward.
3. Places each competitor in his/her assigned lane for the semi-finals and finals. When the competitor who has qualified in a preliminary trial withdraws from the competition in the semi-finals or finals, no substitute may replace such a competitor.
4. Reminds runners of the rules for each event

NOTE: In the odd-numbered years, all running events will begin with grades 5 & 6 girls, grades 5 & 6 boys, grades 7 & 8 girls, and grades 7 & 8 boys. In the even-numbered years, the order begins with the boys.

B. STARTER:

1. Rules on all questions concerning the start and have entire control of the competitors on their marks.
2. Issues instructions to each flight of competitors about the signal for starting, which shall be: "**On your mark!**" followed by the firing of the gun.
3. Makes sure that each competitor is on his mark and that everyone's hands and feet are behind the starting line.
4. Signals to the timers and judges that the runners are ready.
5. Is the sole judge of anyone making a false start and, if the gun has been fired, recalls the runners by firing the gun again. If a competitor makes a false start before the gun has been fired, the starter shall call everyone off his mark and shall reassemble the runners.
6. Warns all competitors prior to the start of each race that any competitor making two false starts shall be eliminated from the race.
7. Does not permit any kind of starting block. This includes human blocks

C. HEAD TIMER:

1. Assigns finish places to all judges.
2. Sees that the finish string is there and that someone is appointed to hold it if there are no posts available. In cases where there is no finish string, makes sure the finish line is clearly marked.
3. When the starter raises his gun, checks to see that all time keepers or finish judges are ready, and signal back to the starter that all are ready. He shall also call out, "**Gun is up!**"
4. In the case of a second place time being faster than the first place time, considers the second place time to be wrong and adjusts the time accordingly.
5. Uses spotter in the 100 meters and 200 meter dashes to determine finish places.

D. RECORDER:

1. Records times for all runners.
2. Consults head timer if there is a discrepancy between times and places.
3. Assigns a finish place to all runners based on their times at the end of each class competition.
4. Announces finish times after recording is completed.
5. Sends sheets to scorers as soon as each class is completed.

E. FIELD JUDGES:

1. A contestant may be excused by the field judges from a field event to participate in a running event. Such a contestant should report back to the field judge on his return and be allowed to take his missed turn or turns within a reasonable length of time after the running event. The order of competition may be temporarily altered to accommodate athletes excused for this reason. ***In the high jump, however, the bar may never lowered once it has been raised; therefore, if a competitor who has been excused to participate in another field event or in a running event misses his jump at a certain height, his next trial must be at the established height at the time of his return. High jump should take precedence over shot put and long jump.***
2. If a contestant doesn't take his trial within a minute and a half after being called by the field judge, the field judge, at his discretion, shall have the call tabulated as a miss or failure.
3. The field judge shall call off names of contestants in competition as follows:
"Brown up, Smith on deck, Jones in the hole!"
4. Call fouls the instant they occur by calling "***Foul!***"
5. Read and record measurements.
6. Credit each performer with his best trial.
7. After finals have been completed, determine how the contestants finished, sign the event sheets, and send final results to the scorer.
8. In case of a tie in long jump and shot put, decide places by looking at the second best jump or put of each tied contestant.
9. See that equipment is collected and returned to the proper place.
10. Prevent spectators from interfering or helping the contestants.

XIII. SPECIFIC DUTIES FOR HIGH JUMP --HEAD FIELD JUDGE

- A. **EQUIPMENT:** standards, bar, measuring device, pit
1. Record misses at each height.
 2. Each competitor shall make one attempt in the order drawn and then those, if any, who have failed shall have a second trial in their regular order; those, if any, who fail a second time shall have a third trial in their regular order.
 3. Announce the starting height and different heights to which the bar will be raised at the end of each round.
 4. Keep entire pit area clear of spectators.
- B. **HOW TO MEASURE:** In a perpendicular line from the lowest point on the topside of the crossbar to a point on the same level as the takeoff. Height should be checked each time the bar is raised.
- C. **RULES:**
1. A competitor may, at his discretion, commence jumping at the starting height or any subsequent height. He may pass a jump at any height; such a pass is not counted as an attempt or trial.
 2. Three consecutive failures, regardless of the height or heights at which such failures occur, disqualify him from further jumping.
 3. Even after all other competitors have failed; a competitor is entitled to continue jumping until he has forfeited his right to compete further.
 4. The field judge in charge may permit a contestant who reports after the competition has begun to start at the height of the bar at the time of his arrival. The bar will **NOT** be lowered for any contestant who reports late.
 5. The competitor must take off from one foot in high jump.
 6. At no time during the event shall the bar be lowered.
 7. Displacing the bar, passing under it, crossing the line of the bar extended, or leaving the ground in an attempt shall count as a failed attempt. Displacement of the bar after the competitor leaves the pit is also counted as a failed attempt.
 8. Two consecutive approaches without a jump being attempted counts also as a failed attempt.
 9. In case of a competitor leaving to compete in another event, continue with remaining contestants. Try not to raise the bar until the competitor has returned for his trials, but do not delay the progress of the event to the detriment of the other competitors.
 10. Starting heights change every year; therefore check the NSLAA track coordinator for the starting heights if you do not know them.
 11. The bar will be raised 2 inches each round until there are only 8 competitors remaining. Then the bar will be raised 1 inch each round until a winner is determined.
 12. In case of a tie, decide the place by counting the number of total misses. If a tie cannot thus be broken, it will remain a tie.

XIV. SPECIFIC DUTIES FOR LONG JUMP --HEAD FIELD JUDGE

- A. **EQUIPMENT:** rake, shovel, broom, tape measure
- B. **PREPARATION OF PIT:** should be dug up and leveled; rake after each competitive jump.
- C. **HOW TO MEASURE:** From nearest mark in pit made by any part of the body or limbs to edge of take-off board, which is nearest the pit. Zero end of tape should be held at break in pit. Use knife or pencil through metal loop in tape. Tape must be stretched at right angles to take-off board or its extension.
- D. **FOULS:** No measurement is recorded, but jump counts as a trial if:
1. The competitor's shoe extends over the scratch line or take-off board while taking off for a jump.
 2. A competitor crosses the scratch line or the scratch line extended without jumping.
- E. **LEGAL:**
1. A target in the pit to indicate the distance the jumper hopes to jump.
 2. Any length preliminary run.
- F. **RULES:**
1. Record jump on which a foul occurs as a trial, but do not measure or count the distance.
 2. Immediately take measurement after jump is made.
 3. Competitors exit from the back of the pit.

XV. SPECIFIC DUTIES FOR SHOT PUT -- HEAD FIELD JUDGE

- A. **EQUIPMENT:** toe board, shot puts, tape measure, ropes for spectators.
- B. **HOW TO MEASURE:** From the nearest mark made by the fall of the shot (zero mark on tape) to the inside board with tape stretched through center of circle.
- C. **FOULS:** Put shall count as a trial but shall not be measured when the contestant:
1. Puts with two hands.
 2. Allows shot to fall beneath or behind shoulder.
 3. Puts his shot outside the sector.
 4. Touches with any part of the body or apparel before the throw is marked:
 - a. Any part of a painted line (if used instead of a toe board) bordering the circle.
 - b. Any surface of the stop board except its inside edge.
 - c. Any area outside the circle.
 5. Leaves the circle from the front half.

For all other rule questions, consult the MHSAA Track and Field Rule Book.

NSLAA APPLICATION FOR MEMBERSHIP

I. GENERAL INFORMATION

DATE _____

A. Name of School: _____

B. Street Address: _____

C. City: _____ Zip Code _____

D. Phone Number: (_____) _____ FAX (_____) _____

E. Enrollment: _____ School Mascot: _____

F. Athletic Director: _____

G. Principal: _____ School Colors: _____

II. ACCEPTANCE OF NSLAA CONSTITUTION, POLICIES, AND RULES

YES NO (Check those which apply)

____ We have read the constitution, by-laws, and rules of the NSLAA.

____ Our school is in agreement with the objectives, philosophies, and purpose of the NSLAA.

____ Our school agrees to field the minimum number of 7th and 8th grade teams as listed under Article V, "Membership", in the NSLAA constitution.

____ Our school can meet the minimum standards for playing fields and gymnasium facilities. If not, we will secure: (Name of facility, i.e. Community Center)

____ Our school agrees with the NSLAA Code of Conduct and will share it with coaches, athletes, and fans.

____ Upon acceptance, we agree to send a representative to all scheduled NSLAA meetings.

____ Our school is willing to accept and follow the constitution, by-laws, policies, conduct guidelines, and rules of the NSLAA.

Signatures:

Athletic Director Date

Principal Date