

Cross Country - Boys and Girls

1. The length of the course shall be approximately 5000 meters.
2. It is recommended when possible, the course should be on a soft surface and where possible public roads should not be used. All schools should be sent a map of the course prior to the beginning of each meet. In situations where public roads must be used, the home school should position someone with an appropriate signaling device (flag, marker, and sign) to wave to passing motorists.
3. The visiting teams should arrive and be ready for their walk through of the course by 3:00 PM.
4. The familiarization of the course (walk through) should begin promptly at 3:00 PM. If a school is not present, the late team will be responsible for their own familiarization of the course but still be ready for the start of the meet.
5. Start times for Jr High boys and girls races will be 4:15. High School races will begin at 4:45 and 15. High School girls will run first in odd years and boys first in even years.
6. In dual meets, the starting line should provide space for 8 runners from each team to start abreast. In triangular meets, space should be provided for 5 runners from each team. Box starts shall be used for meets larger than triangular unless otherwise agreed upon by the teams.
7. Varsity runners are to be designated prior to races unless otherwise agreed upon between the competing schools (according to NFHS rules).
8. Girls, Boys and Junior High teams will have identical schedules when schools have all three teams. The schedule will have each school meeting every other school once throughout the season.
9. Scoring: First place shall score one (1) point, second place two (2) points, third place three (3) points, fourth place four (4) points and so on. Only the top five (5) runners from each team will have their score counted for their team score. If less than five runners from one team finish, the places of all members of that team shall be disregarded. For scoring, the runners will be displaced to the eighth runner. Ties are to be broken with the best 6th runner. If neither team has a sixth runner then the best fourth runner will break the tie.
10. Courses are to be properly marked. The host school will be responsible for timing and scoring. Assigned PIAA officials will be responsible for starting the race and finish line judging.
11. The Cross-Country league shall be divided into two divisions based on the total enrollment of the schools. The 2014-2015 alignment is as follows:

Division I	Division II
J.P. McCaskey	Cocalico
Hempfield	Elizabethtown
Manheim Township	Lampeter Strasburg
Warwick	Manheim Central
Penn Manor	Donegal
Cedar Crest	ELCO
Conestoga Valley	Northern Lebanon
Ephrata	Lancaster Catholic
Lebanon	Annville-Cleona
Solanco	Columbia
Garden Spot	Lancaster Mennonite

12. The League will recognize the division champions as well as league champions. In the case of a tie, trophies shall be awarded to all winners.
13. The annual Association Run will be held the week preceding Districts. Entrants may not exceed eight (8) runners per team. Medals will be awarded to the top fifteen (15) male and fifteen (15) female finishers. Team trophies will be awarded to the top male and top female teams.
14. The Association Run will be held at a site to be determined by the Cross Country chairperson and the League Executive Director.
15. All coaches must be present at the pre-race meeting the day of the annual Association Run.

Field Hockey

Rules and Regulations:

1. There shall be three sections in field hockey designated Section I, Section II and Section III. The placement into each section shall be on the basis of enrollment.
2. In the section standings, wins in league contests will be given a score of three points and ties will be worth one point for each team.

League Playoffs:

1. The league playoffs will be an eight (8) team format at the conclusion of the regularly scheduled season following the procedures listed below:
 - a) Section champions, runner-ups and two second runner-ups in Sections I and II will be chosen from the three sections based on their league record.
 - b) Thus the first three teams in Section I and II and the first two teams in Section III will be involved in the league playoffs. Should any ties exist with any teams the following criteria in priority order will be used:
 - 1) Ties between two teams will use head to head competition.
 - 2) Ties with more than two teams. A mini-series will be applied using head to head competition as the first criteria. Three points for a win and one point for a tie. If a tie still remains with two or more teams then apply the next criteria and so on until the ties is broken:
 - 3) Head to head competition with teams that finished above you in the same section, starting with the section winner and working down to the teams involved.
 - 4) Winning percentage - league record. (Total number of games divided by total number of games played).
 - 5) Winning percentage over-all record PIAA teams (Total number of games divided by total number of wins).
 - 6) District 3 power rating applied to over-all record. (Numeric rating).
 - c) If there is a tie for section champions, co-champions will be declared and the above tie breaking criteria will be applied for league tournament seeding.

League Playoff Schedule:

Even Years 2010, 2012 etc.

1. Section 1-1 vs. Section 2-3
2. Section 3-1 vs. Section 1-3
3. Section 2-1 vs. Section 3-2
4. Section 1-2 vs. Section 2-2

Semifinals: Winner game 1 vs. Winner of game 2

Winner game 3 vs. winner of game 4

Odd Years 2011,2013 etc.

- Section 2-1 vs. Section 1-3
- Section 1-1 vs. Section 2-2
- Section 3-1 vs. Section 2-3
- Section 1-2 vs. Section 3-2

Semifinals: Winner game 1 vs. Winner game 2

Winner game 3 vs. Winner game 4

Football

1. The Athletic Director shall send to the opponents seven (7) days prior to the first scheduled league game a copy of the team roster including; name jersey number, position, and other pertinent program information.
2. The Athletic Director shall send a copy of "The official game notice" to the visiting team seven (7) days prior to the game. Information to be included: dressing facilities, band arrangements, game time, use of passes, admission charges, student buses, coin toss, and any other information important to the visiting schools.
3. Each school shall appoint a reliable person to act as a spotter for the press box at all times. It is recommended that the same person be used for the entire season.
4. Warm-up and Field Usage:
 - a) The playing field must be made available to both teams for pre-game warm-up at least 70 minutes before the start of the contest and for a period of at least 45 minutes.
 - b) The football field must be divided equally between the two teams.
 - c) The following time schedule will be adhered to in reference to the league established starting times of: 10:30 AM, 1:30 PM, 3:30 PM, 7:00 PM and 7:30 PM.

<u>TIME SCHEDULE:</u>	<u>10:30 AM</u>	<u>1:30 PM</u>	<u>3:30 PM</u>	<u>7:00 PM</u>	<u>7:30 PM</u>
Pre-game warm up begins	9:20 AM	12:20 PM	2:20 PM	5:50 PM	6:20 PM
Home Band Performance	10:05 AM	1:05 PM	3:05 PM	6:35 PM	7:05 PM
Home Band Exits Field	10:25 AM	1:25 PM	3:25 PM	6:55 PM	7:25 PM
Game starts	10:30 AM	1:30 PM	3:30 PM	7:00 PM	7:30 PM

5. Band Performance
 - a) The visiting band will perform for a 10-15 minute period at half time with the exception of homecoming if requested by the home team.
 - b) The home band will perform 10-15 minutes prior to the game starting twenty-five (25) minutes prior to the kickoff and ending ten (10) minutes prior to kickoff.
 - c) The field clock shall be started thirty (30) minutes prior to game time and shall also be run for the fifteen (15) minute period of the half-time intermission. This clock is also the official time for the game as well as band and other activities.
 - d) The home school shall provide adequate and marked reserved seating for the visiting band.
 - e) Lengthening of the half –time shall be by mutual consent of the schools involved. Officials must be notified before the game if half time is extended.
 - f) Performance may be changed by mutual consent of both schools.
 - g) Uniformed band members and cheerleaders will be admitted free of charge; however, so called marching clubs and booster clubs must pay full admission rates.
 - h) In case of rain, a visiting band scheduled to perform will be admitted free of charge even if not in uniform. Identification must be made by the band director at the admission gate.

- i) Each school will make an effort to provide a trained "down box" man to assist the head linesman at all times.
6. Sufficient police and local officers must be on hand to keep the spectators back from the playing boundaries at all times.
7. The opposing captains will meet for the coin toss at least 20 minutes before kickoff time. This may be in the locker room. The officials will inform spectators of kickoff/receiving choices via reenactment of the coin toss with the captains immediately prior to the game. This will give both coaches time to set their opening line-up and strategy.
8. The opposing captains will meet immediately at the end of the first half after a conference with their respective coaches to make their options for the second half.
9. The home team must wear dark colored jerseys unless by agreement of both coaches to change. The visiting team shall wear contrasting uniforms.
10. It is the duty of the home school to have a physician present at all Varsity Games. The services of a physician should be available on an on call basis for junior varsity and junior high games. The services of the physician shall be available for the visiting team if required.
11. The visiting team may supply a timer to sit with the home school's clock operator.
12. Schools uncertain of playing a junior varsity schedule due to the limited availability of players will contact scheduled opponents prior to the first game of the season. Athletic Directors at the home school for these contests in question shall employ officials no earlier than two (2) weeks prior to the game and notify these officials of the uncertain status of the contest. If a scheduled contest has to be called off at the last minute due to injuries etc., the home school must notify the assigned officials no later than 5:00 PM of the Sunday evening before the scheduled contest. Failure to do so will require the home school to pay the scheduled officials their full contracted salary.
13. If schools are planning to use less than five (5) varsity or four (4) junior varsity officials (as recommended) they should notify the officials hired on their contracts.
14. Junior High School
 - a) It is the duty of the home team to have the services of a physician available on an on call basis for all games.
 - b) Participation of 7th and 8th grade students shall be as determined by each member school district.
 - c) The length of Junior High Varsity Quarters is 9 minutes.
15. Payment of Officials for Cancelled Games
 - a) If an official received notification of cancellation of the game he was contracted to officiate by the Sunday night football officials meeting (5PM), the official should not receive any payment related to the contest.
 - b) If the football official receives notification after 5 PM of the Sunday prior to the Varsity Contest, the official shall receive half (1/2) payment for the contest. For Junior Varsity contests, if the official assigned to the game is not notified of a cancellation prior to 5 PM of the Sunday night immediately preceding the contest, he shall receive full payment for that contest. If the official could not be contacted then the assignment secretary should be notified prior to 5 PM so that he can announce the change at the football officials meeting.

- c) If the football official arrives at a game site and the contest is cancelled, the official shall receive full payment for the contest. in cases of the canceling school being the visiting school, the visiting school shall reimburse the home school for the official's fees.

Golf

Playing Rules:

1. Lancaster-Lebanon Golf League is entirely of the Tournament variety. Consequently the word tournament will replace match in all rule descriptions. Competitions shall consist of stroke play and USGA rules pertaining to stroke play shall be observed.
2. In all section and League tournaments a maximum of six (6) players may compete for each school. The lowest four scores for each school will be tallied and the team with the lowest four (4) person score shall claim victories over all the other competing teams in the tournament. The team with the second lowest four (4) man score shall incur one (1) loss but shall claim victories over all the other teams it beats and so on.

Tie –Breaking Procedures:

STEP #1:- Utilize the fifth player's score from the teams tied.

STEP #2- Utilize the sixth player's score from the teams tied.

STEP #2:- Have a hole by hole team playoff starting on Hole #1 - if available! Utilize the lowest five player scores per hole for a team total. The sixth Player's score will serve as the tie breaker!
(Play will be in threesomes.)

3. Standing within the section is based on the cumulative total of teams beaten in section tournaments as compared to losses or ties incurred, so that a team with a record of 29 wins and 2 losses for instance, shall rank higher than a team with 27 wins and 3 losses, regardless of the number of first place finishes. Teams that tie with the exact record will be considered co-champions.
4. Every effort must be made to finish 18 holes. A section tournament is considered complete after all players have finished the same nine- (9) holes. If all players have finished the same 10, 11, or 12 holes then those holes must be counted.
5. Competitions that complete fewer than the same 9 holes shall be rescheduled.
6. USGA rules shall govern play at all section and League tournaments. Although impossible in all cases, every effort shall be made to avoid modifying the USGA rules to accommodate local situations. PIAA rules naturally supersede all other rules. Summer rules must be played in all league tournaments, unless the course specifies otherwise on the day of the tournament. Local rules, when necessary shall be written by the host school and be distributed to the players and coaches.
7. If a PGA pro is on duty at the host course, he or she may be called on for "advice" on questions of rules; however, it is always the sole responsibility of each Tournament's "Committee" (specifically defined by the League Tournament chairperson or otherwise considered to be all the coaches of the participating teams at Section Tournaments) to decide all rulings. As stated by the USGA rules, all decisions by the committee are final.
8. Anytime a rule infraction does occur, the player shall inform his playing partners immediately. Where uncertainty or disagreement exists, the situation shall be referred to the Committee for an official ruling. Players are advised to hand in a complete score card properly signed and attested; but once again the Committee is the official arbiter of all circumstances involving Section and League Tournament play and no situation is final until the Committee approves it. *It is important to note that in some cases, a breach a/The Rules can disqualify a player in stroke play*

events if they do not rectify the error *BEFORE* teeing off on the next hole. Therefore, if a player has a question as to how to proceed, he should seek a member of the Committee for a decision.

9. The use of range finders will follow PIAA rules. The uses of cell phones are prohibited at all times during the round.
10. Spectators: See PIAA rules. (See #3 below).
11. Absolutely no possession or use of tobacco, tobacco products, alcohol or controlled substances by players or coaches at the sites of Section or League tournaments.
12. The host coach shall make official report of Tournament results to local newspapers. All golf contestants are required to wear appropriate golf attire (i.e. golf shirt with collar, golf slacks or golf shorts). No exceptions are permitted. T-shirts, altered apparel, jeans, cut-off shorts or short shorts will not be permitted. The school's name and/or school's logo are permitted on the front and/or back of the golf shirt with a collar. Sweaters and/or jackets will be permitted when necessitated by weather conditions.
13. Unacceptable behavior by golfers will not be tolerated such as: throwing clubs, abusive language, willful acts which endanger property or equipment and other unbecoming conduct. If the behavior persists, a report should be made to the Tournament Committee which may determine by vote if a two stroke penalty should be assessed to the player. Repeated/flagrant violations could result in the players' disqualification.
14. *If a player is disqualified for un-sportsman like conduct, the player will be disqualified from the following section tournament (match), and if the last section tournament of the season, the player will be disqualified from the league tournament. Coaches shall inform players of these rules prior to each tournament and match.*

League Championship and District Qualifying:

1. Students are eligible to play in the Golf League Tournament at the end of the season based on the following criteria:
 - a) All Section Champions may bring their entire 6-man team to the league tournament.
 - b) Any team averaging 340 or less may bring their entire 6-man team.
 - c) Any school qualifying 4 players based on the individual scoring requirements will be eligible to compete in the team competition at the league tournament with 4 players.
 - d) Any LL player who shoots 85 or less, ONE TIME in section competition, may play as an independent qualifier.
 - e) Individual qualifiers must have played in at least 4 of the 7 of the section tournaments.
 - f) All LL schools may send three (3.) players at the discretion of the school.
 - g) If a team and or individual plays a section tournament that is less than 18 holes the team, Individual scores shall be pro-rated based on a fraction of the total number of holes played.
 - h) If a player is unable to compete in section tournaments because of an injury, the player may be reinstated to play in section tournaments when released by a medical doctor. The player may qualify for the league tournament as a team member or as an individual player if he/she has played in at least one (1) section tournament and has met the qualifying number of strokes for an individual player.
2. A separate tournament event is held for female golfers and representative golfers from the independent schools with the latter needing qualifying scores equivalent to the League Tournament cut score in order to qualify for

District Competition. Play for those golfers representing independent schools must take place on the League Tournament course. Three medals will be presented to the top three female qualifiers for Districts.

3. A fee of \$20.00 for each independent entrant is to be paid to the league in order to participate in the qualifying tournament. Playoffs (sudden death type) will be held following the league tournament to break ties for the District III qualifying spot and the individual league champion. In the event of a team tie, the aforementioned tie-breaker will be utilized.
4. Three sectional and one league championship trophy shall be awarded. District qualifiers 2-10 plus ties shall receive medals. The league champion shall receive a trophy. A scoring trophy shall be awarded to one player from each section that attains the lowest scoring average for the season. The golfers must have participated in and completed play in all section matches. The trophies shall be awarded at the League Tournament. Medals will be presented to the top three female golfers the day of their tournament.
5. The coaches will nominate one school from each section for the fall sportsmanship award.

Spectator Decorum:

1. Spectators will be permitted to walk the course behind the contestants during competition but may do so under the following conditions:
 - a) Do not offer comments or make suggestions to the competitors. No Coaching.
 - b) Do not observe play closer than 25 yards behind the group of competitors being observed.
 - c) Do not cross over or observe play from teeing areas, fairways or putting greens.
 - d) Do not move or talk when a player is addressing the ball or making a stroke.
 - e) Do not attempt to decide questions of fact or attempt to apply the Rules of golf.
 - f) Spectators may assist in the search for lost golf balls but shall not act as forecaddies for players.
 - g) Spectators are not permitted to use golf carts in order to view golf events. The use of motorized carts during all league matches and the League Tournament shall be restricted to coaches, league officials, and markers.

Boys and Girls Soccer

Rules and Regulations:

1. The Board of Control shall organize the league into three (3) sections based on enrollment.
2. Trophies shall be awarded to each section as well as league champion. In the event of a section tie, duplicate trophies shall be awarded.
3. It is highly recommended that no player participate in more than (2) halves, including varsity and junior varsity on the same day (overtime excluded).
4. In Junior High no player shall play more than (2) halves including varsity and junior varsity.
5. There shall be no overtime played for junior high teams.

League Games

Responsibilities:

1. The home team shall provide three PIAA official game balls.
2. At least two line persons are to be furnished by home team.
3. Official time is to be kept on the sideline by a responsible adult.
4. Follow National Federation rules and regulations regarding fields.
5. Home team responsible for reporting games to Lancaster and Lebanon newspapers.
6. Mercy rule when one team gains a seven (7) goal differential over its opponent, the clock will continue to run after goals.

Game Completion - determining a winner

1. Two (2) 40 minute halves or as designated by PIAA
2. Two (2) ten (10) minute "golden goal" overtime periods. If after two 10 minute overtime periods the game is tied, it will remain tied.
3. Suspension of play: Re-start at the point of suspension if less than one half is played. If one half or more is played and a winner is determined, it is an official game and the results stand. If a winner cannot be determined, the game is resumed from the point of suspension. If more than one-half is played and the match is tied, the schools by mutual agreement can decide to call the game a tie.
4. Three (3) points for win One (1) point for a tie.

League Playoffs:

1. Two (2) forty (40) minute halves
2. Two (2) fifteen (15) minute "golden goal" overtime periods if needed.
3. Penalty kicks used to decide winner.
4. Each team must supply two line persons
5. Both home and away teams should supply (3) balls. Use home teams for the first half.

Tie Breaking Procedure for L-LL Playoffs:

1. If two teams are tied the following will be used for selection and seeding:
 - a) Head to Head

- b) Goal differential head to head, 3 goal maximum per game
 - c) Most wins in section
 - d) Goal differential in section play, 3 goals maximum per game
 - e) PIAA District III Power Rating
 - f) Coin Flip
2. If more than two teams tied for first or second;
- a) Head to head points versus all teams in multiple tie (Mini-standing)
 - b) Follow (a) above starting with #2

League Brackets and number of teams from each section:

- 1. Eight team bracket even numbered years
 - a) Three teams from Section I
 - b) Three teams from Section II
 - c) Two teams from Section III
- 2. Eight team bracket odd numbered years
 - a) Three teams from Section I
 - b) Two teams from Section II
 - c) Three teams from Section III

Bracket for Even Years
 Section I Champ
 Section II 3rd

Bracket for Odd Years
 Section I Champ
 Section III 3rd

Section III Champ
 Section I 3rd

Section II Champ
 Section III 3rd

Section I 2nd
 Section II 2nd

Section III Champ
 Section I 3rd

Section II Champ
 Section III 2nd

Section I 2nd
 Section II 2nd

- 3. Home team will be decided by position on the playoff bracket set by sports chairperson.
- 4. District Qualifiers: Qualifiers for district playoffs will be decided by District III using the power rating.

Boys and Girls Volleyball

1. The league will operate under game rules as designated by the PIAA.
2. For league and non-playoff games, each school will provide two lines people. These lines people will use a flag for indicating in-out calls. The home school must provide flags. Officials will meet with these persons prior to the contest to provide appropriate instruction. The home school must provide a libero and a scorekeeper. The school may also provide a scoreboard operator and an announcer. The home school shall provide the game balls.
3. Varsity matches will be the best of five games. All scoring will be rally scoring. The first four will be played to 25 with no cap. The fifth game is played to 15 with no cap. JV matches will be the best of three games with all three (when needed) played to 25 points.
4. The coin toss will take place at the end of the JV match. A twenty minute warm-up period will be allowed following the conclusion of the coin toss. The officials will signal the start of the (20) minute clock. A 6-7-7 minute schedule will be used.
5. The JV match will be played first and may be started at 4:15 pm, 6:00 pm or 6:30 pm by consensual agreement of both schools..
6. The league will consist of three sections determined by enrollment .
7. Ties for Section Champions
 - A. Ties for section championships shall be decided on the court in a best of five playoff. A neutral site and the starting time will be scheduled on the first available date after the league play by the sport chairperson.
 - B. If three teams are tied for the section championship, a three team playoff will occur to determine the section champion. A coin toss takes place and the winner of the toss will have the bye. The two other schools will play and the winner of that match will play the team which drew the bye. First place will be decided by that match.
8. All District seeds will be determined by the District Power Rating.
9. L-L League Championship Tournament
 - A. There will be three teams from sections one and two and two teams from section three.
 - B. If there was a three way tie for a section championship, the winner of the tie breaker playoff is the first seed. The 2nd and 3rd position will be determined first by head to head competition in section play and then if still tied, by the district power ratings following the last league contest.
 - C. For ties for second and/or third place, when there is an outright section champion, teams will be seeded by head to head competition in section play, and then if still tied by the District III power ratings following the last league contest.
 - D. Tournament Format: Two sites of four teams. There will be a quarterfinal, semifinal and final round of play. Dates set by the chairperson. Quarterfinals will be held at the site of two of the section champions on a yearly rotation. Year one: 1 & 2, Year two: 2 & 3, Year three: 1 & 3. The site of the semifinal and final rounds will be determined by the sport chairperson.
 - E. For all league playoffs, four officials will be used. Two linesmen, an up and down official.
 - F. The host school should supply the scorekeeper, libero tracker, and game balls for playoffs.

(approved by the Association, August 14, 2014)

Boys' and Girls' Basketball

Rules & Regulations:

1. The Lancaster Lebanon League shall be broken down into **three (3)** sections, with each section consisting of six (6) schools.
2. Sections shall be designated Section I, II, III.
3. Sections will be based on male and female enrollment numbers as reported by Athletic Directors to the League Executive Director.
4. The League sports chair is responsible for creating the High School league basketball schedule, which will consist of 14 league games for each school.
5. Schools within each respective Section will play each other twice home and away during the regular season For example, Schools may not schedule more than the maximum number of games as mandated by the PIAA.
6. The League sports chair is responsible for creating the Junior High basketball schedule for each school The JH basketball schedule will consist of one (1) scrimmage and 14 games.

Game Regulations:

1. All schools shall supply competent adult(s) and/or individual (s) to handle the clock and score book.
2. The host school will provide the game ball. Whenever possible, the host school will provide warm-up balls.
3. It is strongly recommended that no player participate in more than four (4) quarters at the Varsity and Junior Varsity games on any given day.
4. Subject to the discretion of the Athletic Director and/or PIAA Officials, halftime will be ten (10) minutes at the HS level and six (6) at the JH level.
5. Subject to the discretion of the Athletic Director and/or PIAA Officials, there shall be a 15-20 minute warm-up period between the HS Varsity and JV games.
6. Quarters will consist of the following:
 - a) HS Varsity - 8 minutes per quarter
 - b) HS Junior Varsity - 7 minutes per quarter
 - c) All JH games' - 6 minutes per quarter

** Subject to the discretion of the Athletic Director, Game Manager.
7. HS approved start times: 6:00/7:30 PM, 6:30/8:00 PM or by mutual agreement.
8. JH approved start times: 3:45 PM, 4:00 PM, 5:00 PM or by mutual agreement.

League Playoffs:

1. In order to crown a league Champion, league playoffs will take place at the conclusion of the regular season.
2. League playoffs will be an eight (8) team format (Quarterfinal, Semifinal, and Final).
3. The top two (2) teams in each Section will qualify for league Playoffs (I.e. Section champion, runner up).
4. Section places will be determined by win/loss record.
5. In the event of a tie, a one (1) game playoff will be played to determine the Section Champion.
6. Should any ties exist with any teams other than first place, the following criteria, in priority order, will be used:
7. Head to Head Competition
 - a) Record within the Section

- b) Competition versus the Section Champion
 - c) Overall regular season record converted to a percentage (PIAA games only)
 - d) District 3 Power Rating
 - e) Coin Flip
8. Dates, sites and times of playoff games will be determined and arranged by the league Sportschair in conjunction with the Executive Director and Athletic Directors.
 9. The sports chair will conduct a meeting with all qualifying schools, Executive Director and the Assignor to confirm playoff information.
 10. Section Champions and the next highest selected team will host Quarterfinal Round games; Semifinals will be played at neutral sites depending on availability; Finals will be played at Manheim Township. The league Sports chair may recommend changes to this format on an as needed basis each year.

Boys and Girls Swimming

1. League Structure: Both the Boys and Girls Leagues will be divided into two sections. Total student enrollment will determine the membership in each section.

The present make-up of the two sections is:

SECTION 1	SECTION 2
Cedar Crest	Cocalico
Hempfield	Conestoga Valley
McCaskey	Ephrata
Manheim Township	Elizabethtown
Penn Manor	Lampeter-Strasburg
Warwick	Lancaster Catholic
	Manheim Central

2. Schedule
 - a. Each team will open the season by swimming either three (3) or four (4) cross-over meets with teams in the other section. The remainder of the season will be spent swimming each team in your section once.
 - b. The schedule will operate on a two-year cycle with home and away changing in the second year.
 - c. When the new schedule is drafted the teams that were not schedule in the previous cross-over will be schedule in the new two-year cycle.
3. Section Champions: Section champions will be determined based on competition within their section. Cross-over meets WILL NOT fact in determining section champions. Sectional champions will receive a trophy.
4. All League Meet
 - a. Each league school is permitted to enter four (4) swimmers in each individual event and one (1) relay team. A swimmer may be entered in five (5) events with no more that (2) being individual events. Each school that is a member of the league is guaranteed one (1) swimmer and one (1) relay per event. The swimmer will be the one submitted with the best time. Additional swimmers will be accepted based on their entry time up to a total of 24 swimmers per event. Non-LL Swim League schools entering swimmers in individual events will qualify based on their entry time being in the top 24 times submitted. All times submitted must be to the one-hundredth of a second and swam in a PIAA sanctioned meet. All times submitted are subject to verification.
 - b. All relays must have between five (5) and eight (8) swimmers listed. Non-LL Swim League schools may not enter relays.
 - c. Awards will be presented to the first six (6) places. A trophy will be presented to the team placing first in scoring.
 - d. Points will be awarded to the top eight (8) places in each event. Individual Events: 9, 7, 6, 5, 4, 3, 2, 1; Relays: Double. Non-LL League schools may not score points.
 - e. Diving will not be a contested event at the All League Meet.
5. Rules: All dual meets and the All League Meets will be governed by the National Federation Swimming and Diving Rules Book with the exception of diving.
6. All League Teams: A Boys and Girls All League Team will be selected based on the top three (3) times swam in each event at either the District 3 or PIAA State Meets.

Wrestling

1. A contestant may participate in a junior varsity and varsity match on the same day provided he has a minimum of 45 minutes rest between each match. It is recommended that a regular varsity wrestler shall not compete at the junior varsity level.
2. Official weigh-in scales shall display a current certification sticker with certification date prior to the beginning of each wrestling season.
3. Pursuant to the Wt. Control Program adopted by the PIAA:
 - a) The deadline for a PIAA member senior high school to enter its complete varsity wrestling schedule into the NWCA Optimal Performance Calculator is one week prior to the first assessment.
 - b) Prior to the participation by any student in interscholastic wrestling, the Minimum Wrestling Weight (MWW) at which the student may wrestle during the season must be:
 - 1) Certified by an Authorized Medical Examiner (AME)
 - 2) Established NO EARLIER THAN six weeks prior to the first Regular Season Contest day of the wrestling season.
 - 3) Provided to and kept by the student's Principal, or Principal's designee.
 - c) The deadline for senior high wrestlers to establish their MWW is the Friday of the Sectional Tournament.
 - d) Each head wrestling coach is required to initial the MWW of each of his wrestlers listed on the PIAA eligibility sheet before the school's principal certifies to the eligibility of the school's wrestlers.
 - e) Appeals to the MWW of an athlete may be made following the procedures outlined in the PIAA Rules & Regulations, Wrestling, Weight Control Program, Note 3.
4. Weigh-Ins
 - a) Contestants of the same gender shall have the opportunity to weigh-in, shoulder to shoulder, a maximum of 1 hour before the time of a dual meet or a team's first competition in a multiple dual -meet event, is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may by mutual consent precede the preliminary meet.
 - b) Contestants of the same gender shall have the opportunity to weigh-in shoulder to shoulder at the tournament site a maximum of two hours before the first session of each day.
 - c) For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration.
 - d) The weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. A contestant shall weigh-in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s) activities that promote dehydration are prohibited.
 - e) The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

- f) When there are consecutive days of team competition, there shall be a one pound allowance granted for each day for all wrestlers. In order to be granted this one pound allowance, a minimum of 48 hours advance notice is required for the opponent(s).
 - g) A contestant representing a school in a tournament shall be named by weight class prior to the conclusion of the weigh-in.
 - h) All contestants shall weigh-in wearing a suitable undergarment. Any contestant, who has been authorized to wear an artificial limb, shall weigh-in with the artificial limb.
 - i) Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class.
 - j) Junior and Senior high weight classes shall be those as published by the PIAA.
5. In Junior high matches, a contestant of the same gender shall have the opportunity to weigh-in shoulder to shoulder, a maximum of 1 hour before the time of a dual meet, or a team's first competition in a multiple dual meet event is scheduled to begin. Weigh-ins shall follow the same rules as listed in # 4 above. Only in an emergency, i.e., when the visiting school is detained in route to the match and a call is made to the home school, will consideration be given in changing the starting time.
 6. In junior high, preliminaries may be held. A person may participate in one match only on the same day. The preliminaries should not interfere with the scheduled match time.
 7. In junior varsity matches, forfeits shall not be claimed.
 8. Starting time of Varsity Matches
 - a) During the week all High School Wrestling (JV/Varsity) shall begin promptly at 7 PM with the following time format:
 - 6:40 PM- Visiting team Warm-ups
 - 6:50 PM- Home Team Warm-ups
 - 6:55 PM- Introductions and Nation Anthem
 - 7:00 PM- Wrestling begins

*Note: Parents night, senior night, and other activities shall occur prior to the visiting team warm-up time.
 - b) The same 20 minute time format shall occur on Saturdays regardless of the start time of the Wrestling match.
 9. Entries into the District III team tournament will be determined using the District 3 Power Ratings.
 10. Competition: A PIAA member school is permitted to participate in a maximum of twenty-two (22) Regular Season wrestling Contests based on the following method of counting Regular Season wrestling Contests (effective July 1, 2012):
 - a) One (1) Contest for each dual meet.
 - b) Two (2) Contests for each triangular meet or each individually or team bracketed tournament involving no more than 8 Teams, pursuant to the NFHS Wrestling Rule 10, Conduct of Tournaments, Section 3, Tournament Brackets.
 - c) Three (3) Contests for each quadrangular meet, each individually or Team bracketed tournament involving at least 9 Teams, pursuant to NFHS Wrestling Rule 10, Conduct of Tournaments, Section 3, Tournament Brackets, and each one-day Multiple School (Dual) Event or individual pool event.
 - d) Multiple day Combination Tournament competition Points and/or multiple day Multiple School (Dual) Event competition points are the aggregate of band/or c herein.

e) The foregoing must be compliant with NFHS Wrestling Rule 1, Competition, Section 4, Representation, Article 2, which provided for no wrestler to represent that wrestler's school in more than one weight class in any meet or compete in more than five matches (championship of consolation, including forfeits in anyone day).

11. The league will sponsor an All-League Tournament with medals going to the Top 6 place winners.

12. The site and date of the tournament will be determined by the wrestling chairperson.

13. The LL League Tournament falls under the championship exemption and will not count as toward the PIAA allowable twenty-two (22) Regular Season wrestling Contests.

Glossary:

- Combination Tournament: A multiple School (Dual) Event in each of the NFHS weight classes in which individuals initially move from round to round as an interscholastic wrestling Team (pools) or advance based on Team results culminating in the wrestler's placement on an individual bracket with advancement from that point based on individual results.
- Multiple School (Dual) Event: Contests involving three (3) or more Teams of students representing their schools in interscholastic Team wrestling competition.²

Baseball

1. The league shall abide by all baseball rules.
2. The official's baseball rules of PIAA shall govern all games.
3. If a game is not completed, it shall be rescheduled and played on the first available school date in which both schools do not have a scheduled activity that would interfere with the game. (see page C-I letter D of rules and regulations) If a game has not met NFHS criteria for a complete game, then the game shall be considered a suspended game and should be completed at the point of suspension.
4. The home team is responsible for reporting the results of the game to the Lancaster and Lebanon newspapers.
5. Two (2) PIAA certified officials are to be used for varsity and junior varsity games and shall be paid a fee as recommended by the league. (In the event of a game day no show by one official, the junior varsity game can be played with one official.)
6. Umpires are responsible for reviewing ground rules five (5) minutes before game -time.
7. Prior to the start of the game, the correct batting order and lineup must be given to the umpire-in-chief and opposing coach.
8. The visiting team shall be given the use of the baseball field for practice 20 minutes prior to the umpires reviewing the ground rules. If limited time is available, the two teams should split the available time.
9. Afternoon games shall begin at 4:15pm except by mutual agreement between schools. Saturday games shall begin at 1:30pm except by mutual agreement between schools.
10. Any baseball found on the approved list of the NFHS may be used. It is recommended that all schools use the 'official ball' designated by PIAA.
11. The PIAA pitching restriction rule shall be followed by all teams. If a baseball player pitches more innings than are permitted under the rule the school is using an ineligible player and shall forfeit the game. Violations of the rule subject the school to other penalties under the PIAA By-Laws. As is the case with all PIAA rules and regulations, it is the responsibility of the principal to make sure that the baseball coach and players comply with all baseball pitching rules.
12. A champion shall be declared in each section based on won and lost record.
13. League Playoffs
 - a) An eight team (8) single elimination playoff shall be conducted to determine a league champion.
 - b) The three (3) games per week rule (Section D, part 6, page C-2 of the L-L rules and regulations) shall be waived for baseball due to the customary weather related make-up problems, and the extraordinary number of conflicting year end school activities, i.e. proms, musicals, class trips, etc.
 - c) In the event weather prevents the completion of the league tournament, co- champions may be declared.
 - d) Section Championships must be settled on the field.
14. League playoff berths will be granted for the first two (2) places in each section.
15. League playoff berths other than section champions will be determined by the following tie-breaker formula:
 - a) Mini-standings based on head to head competition among tied teams
 - b) Winning percentage with the section only. Does not include nonleague or cross-over games
 - c) Competition against section champ
 - d) Power-rating used by District III
 - e) Overall winning percentage

f) Play-off game

16. League Playoff Schedule

Even Years

Section II Champs'
Section IV Runner-up

Section III Champ'
Section I Runner-up

Section IV Champ'
Section II Runner-up

Section I Champ'
Section III Runner-up

Odd Years

Section II Champ'
Section III Runner-up

Section IV Champ'
Section I Runner-up

Section III Champ *
Section II Runner-up

Section I Champ •
Section IV Runner-up

*Home team in quarterfinals. The remaining games will be determined by coin toss unless a section champion advances to play a non-section champion.

Softball

1. The league shall abide by all softball rules.
2. The official softball rules for girls are designated by the PIAA shall govern all games.
3. If a game is not completed, it shall be rescheduled and played on the first available school date in which both schools do not have a scheduled activity that would interfere with the game. (See page C-I letter D of rules and regulations). If a game has not met NFHS criteria for a complete game then the game shall be considered suspended and should be completed at the point of suspension.
4. The home team is responsible for reporting the results of the game to the Lancaster and the Lebanon newspapers.
5. Two (2) PIM certified officials are to be used for varsity and junior varsity games and shall be paid a fee as recommended by the league. (In the event of a game day no show by one official, the junior varsity game can be played with one official.)
6. Umpires are responsible for reviewing the ground rules five (5) minutes before game time.
7. Prior to the game the starting lineups must be given to the opposing coach.
8. The visiting team shall be given use of the playing field twenty-five (25) minutes prior to the umpires reviewing the ground rules. If limited time is available, the two teams should split the available time.
9. Afternoon games shall begin at 4:15 PM except by mutual agreement between schools. Saturday games shall begin at 1:30 PM except by mutual agreement between the schools.
10. The official league softball shall be designated by the official rules.
11. The league shall be fast pitch.
12. A champion shall be declared in each section based on won and lost record.
13. League Playoff and District III Selection Process:
 - a) The three (3) games per week rule (Section D, part 6, page C-2 of the L-L Manual) shall be waived for softball. Re: due to the customary weather related make-up problems and the extra ordinary number of conflicting year end activities, i.e. - proms, musicals, class trips, etc.
 - b) An eight (8) team single elimination play-off shall be conducted to determine league champion.
 - c) In the event weather prevents the completion of the league tournament, co-champions may be declared.
14. Section championships must be settled on the field.
15. League play-off berths will be granted for the first two (2) places in each section.
16. League play-off berths other than the section champions will be determined by the following tiebreaking formula:
 - a) Mini-standings based on head to head competition among the tied teams.
 - b) Winning percentage within the sections only. Does not included non-league or crossover games.
 - c) Competition against section champ.
 - d) Power-rating used by District III.
 - e) Overall winning %.
 - f) Play-off game.

17. League Playoff Schedule

Even Years

Section II Champs'
Section IV Runner-up

Section III Champ'
Section I Runner-up

Section IV Champ'
Section II Runner-up

Section I Champ'
Section III Runner-up

Odd Years

Section II Champ'
Section III Runner-up

Section IV Champ'
Section I Runner-up

Section III Champ *
Section II Runner-up

Section I Champ •
Section IV Runner-up

*Home Team the remaining games will be determined by a coin toss unless a section champion advances and is scheduled to play a non-section champion.

Boys Lacrosse

Rules and Regulations:

1. The Lancaster-Lebanon League will follow the written rules of the National Federation of State High School Associations.
2. The number of contests will comply with the current PIAA guidelines, which sets a limit of 18 contests and 2 scrimmages. Each team will play *every* school in the league once for a total of 12 league games.
3. All teams must practice one (1) week prior to the first scrimmage and three (3) weeks prior to the first game.
4. Varsity games will be played followed by the JV game, except in night contests where the JV game will be played followed by the varsity game. If a game must be postponed due to inclement weather it should be rescheduled for the next available play date.
5. If a team can not field a JV team, they must notify their opponents as soon as possible.
6. The league schedule will be designed and distributed by the league sports chairman.
7. Approved start times: 4:00 pm varsity /5:30 pm JV or 5:30 pm JV /7:00 pm varsity.
8. Varsity Game Time: Four (4) periods of 12 minutes.
9. JV Game Time: Four (4) periods of 10 minutes or Four (4) periods or 12 minutes with a running clock.
10. Overtime: Sudden-victory over-time (NFHS Rule book 3-4 and 4-32)
11. Intermissions/Between Games: As NFHS rules (3-2) - 10 minute halftime / 2 minutes between other quarters
12. There will be a maximum 10 minute warm-up period between JV/Varsity games.
13. A Game will be official once it reaches halftime.
14. Mercy Rule will be established as outlined in the NFHS Rule book 3-1 Article 2.
15. Timer and Scorekeeper Responsibilities: Outlined in NFHS Rule book 2-8 and 2-9.
16. Reporting Game Results: Home team is responsible for reporting game results to the local media. Game results should also be reported to the league chairman so an accurate league standing can be calculated.

Playoffs (Championship Structure):

1. There will be a Lancaster-Lebanon League section champion declared for the team earning the best overall league record. The top four (4) teams in the league will be involved in a two (2) round single elimination playoff for the league championship.
2. Teams will be seeded for the playoffs based on their overall league record. In case of a tie for the top four (4) positions the following criteria will be used to break the tie and determine seeding:
 - a) Head to head competition
 - b) Results against the teams immediately above / below at the end of the regular season
 - c) Least goals against

3. The league playoffs will be hosted by schools with turf fields. The boys and girls league championship game will be played at the same location in back-to-back games with game times of 5:30 and 7:30 whenever possible. The home team will provide the official scorekeeper and the site will provide a timer/clock operator.

Playoff structure will be:

- Seed # 2 vs. Seed #3 (Seed 2 will be the home team)
- Seed #1 vs. Seed #4 (Seed 1 will be the home team)
- The Lancaster-Lebanon League championship team will be awarded a team trophy.

District Playoff Qualifications:

- The Lancaster -Lebanon League does NOT have any automatic bids into district playoffs. District playoffs will be completely based on a power rating with the top 16 teams qualifying for the District Playoffs. There will be no play in games, only 16 schools will qualify.

Girls Lacrosse

1. The Lancaster-Lebanon League shall consist on one section.
2. The number of contests will comply with the current PIAA guidelines, which sets a limit of 18 contests & 2 scrimmages. Each team will play every school in their section twice and cross over with the other section for a single round with each school. All teams must practice 1 week prior to the 1st scrimmage and 3 weeks prior to the 1st game. Three (3) points will be awarded for each win and one (1) point awarded for each tie.
3. Varsity games will be played followed by the JV game. If a game must be postponed due to inclement weather it should be rescheduled for the very next available playing date. If a school cannot field a JV team they should notify their opponent as soon as possible.
4. The league schedule will be designed and distributed by the sport chairperson.
5. Two PIAA lacrosse officials will be used for all games. Officials will be assigned to all contests by the L-L league lacrosse assignor. Fees for officials will be set, and reviewed periodically by the L-L Association.
6. L-L league will follow the rules written by the United States Lacrosse. (USL) Varsity game - two halves (2) 25 min. in duration, JV game - two halves (2) 20 Min. in duration.
7. Overtime - in case of a tie during regular season games the varsity game will play one (1)
8. 6 minute sudden victory OT period, if the score is still tie it will remain a tie. JV games will not play OT periods. During league play-off games a tie will be broken using the procedure of the USL Women's rulebook. No boys will be allowed to play on the girl's lacrosse team while competing within the L-L league.
9. Championship. Teams will be seeded for the playoff based on their overall league record. In case of a tie for the top 2 positions the following criteria will be used to break the tie.
 - a) head to head competition
 - b) results against the teams immediately above/below at the end of regular season
 - c) least goals against
10. Playoff games will be played at a turf site, the championship game will also be held at a turf site provided there is no charge for the use of the facility. The semi-final game will be a double header event, on even years Section 1 winner will play in the first game, with
11. The L-L league championship team will be awarded a trophy. The championship game will be played as a double header with the LL League boys' championship game. On even years the girls will play in the 1st game and the boys will play 1st in the odd years.
12. The varsity game will consist of 2 -25 minute halves.
13. The JV game will consist of two 20 minute halves.

League Rules for Season Overtime: For Varsity only, both teams will have a 5 minute rest and a coin toss for choice of ends. 1 six minute (two 3 minute periods) of stop clock, Sudden victory overtime will be played. The first team to score

wins. If at the end of the first 3 minutes it is still a tie, the teams will change ends with no time for coaching. If after the full 6 minutes of play the game is still tied it will end in a tie.

Post Season Overtime (PIAA): Will be a 6 minute, Sudden victory, stop clock (with 3 minute half) change ends with no time for coaching after 3 minutes and whoever is ahead at the end of 6 minutes wins. If it is still a tie then there will be a 3 minute rest time with change of ends and continue until there is a winner. After each change of ends the play will start with a redraw.

Lacrosse game is official when 40 min. has been completed. If this length is not completed, game must be replayed in its entirety.

Payment:

1. Arrival at site, game forfeited, full pay for varsity game only
2. Arrival at site, no game due to weather conditions, Y. pay
3. Game started and 80% or more completed, full pay. Less than 80% completed Y, pay.

Note: If an official is scheduled to work a combination Varsity/JV situation and the JV game has not started and the varsity game has completed 80% or more, the officials will receive full pay for the varsity game only. If one official is called upon to perform the officiating duties of two, 150% of the fee shall be paid to the official doing the game. League play-offs shall use the following fees: games other than championship games: \$10 above regular game fee. Championship game: \$20 above regular game fee. Three quarter (3/4) pay for an alternate official at the table or sideline (if applicable)

League Procedure for Inclement Weather:

In the event a game must be postponed/cancelled the following procedure will be followed by the Athletic Directors of the Lancaster - Lebanon League:

1. 2 PM deadline is generally the cut off for the decision to postpone or cancel an event.
2. The home Athletic Director will notify the visiting school to NOT send his/her team. They will discuss the next available play date, according to L-L policy the next day is the preferred date (unless another game has been scheduled or a school event that would affect the participating team (i.e. Prom/class trip)
3. The home Athletic Director will call the officials assigned to his/her game to call off game will immediately check with the official if they are available for the rescheduled date.

Boys and Girls Tennis

Rules and Regulations:

1. The league shall consist of two (2) sections for both boys and girls.
2. Schools shall play each school in their section one time or as scheduled by the Sports Chairperson.
3. League standings will be computed upon the basis of won and lost records. If a tie exists at the end of the season in a section it will be broken by:
 - a) Head to Head Standings (mini-standings if more than one team)
 - b) Record v. Section Champ
 - c) Record v. Common Opponents
 - d) The Tennis Chairperson will arrange a playoff at a neutral site based on the following:
 - e) # of matches won amongst tied teams
 - f) # of matches won against Section Champ
 - g) Draw Straws to determine the bye/match-ups.

**If a tie exists by more than one team for the Section Champ. a playoff will be used.
4. The home team will be responsible for reporting sectional and non-sectional results to the local newspapers for both Lebanon and Lancaster.
5. Players, both boys and girls, are expected to display firm control of their temper and language. This includes foul language and racket throwing. Either coach should warn players who display poor conduct during matches. Additional outbursts will result in the player being removed and the individual match forfeited.

Dual Matches:

1. Starting time for league matches is 4:00 PM or the time as designated by the Board of Control.
2. A match consists of four (4) singles and three (3) doubles matches. Single matches will be determined by the best of three sets and Doubles matches will be 8-game Pro-Sets. Play will begin with Doubles matches.
3. If an individual set reaches six (6) all, a twelve (12) point tiebreaker will be used to determine the winner of the set. The third set in a singles match will be a 10-point super breaker.
4. Each home team will supply three- (3) new balls for both the singles and the doubles matches.
5. United States Tennis Association Rules will govern all matches or by rules as determined by the PIAA.
6. Procedures for interrupted matches:
 - a) The contest will be terminated in the event of darkness or wet playing surfaces by mutual consent of both coaches. In the event the coaches disagree, upon the request of either coach the contest will be terminated.
 - b) If either team has four points the contest will be ended.
 - c) If neither team has four points, the contest will be re-scheduled according to league regulations. The contest will be continued at the point of interruption.
 - d) Players by names must continue to play. Neither team may insert a substitute to continue play.
7. If a player is observed foot-faulting, that player's coach should be informed. The coach should immediately inform the player of the rule violation. If the violation continues either coach by agreement, should call the foot fault, which result in a fault.
8. If a referee is requested, either coach by agreement should officiate.
9. Boys and girls are to adhere to the rule of continuous play.

10. A player may receive one (1) minute of coaching on odd game changeovers. Only coaches approved by the school may coach during these times.

Line-up:

1. At the beginning of the meet, both coaches should simultaneously exchange their singles and doubles lineups. Deviation from the lineup after the exchange by coaches, unless by mutual agreement of both coaches will result in a forfeit of the point.
2. Coaches are to place their players in descending order of ability. If a player is absent on the day of the match, all players move up in the lineup.
3. In doubles the strongest team play 1st and on down in descending order. Your #1 Player can only participate in 1" Doubles, #2 Player can either participate in 1" or 2nd Doubles, #3 Player and below can participate in any of the doubles teams. All based on your ladder for that particular day (based on absences and injuries).
4. No lineup change may be made in matches played on consecutive days, Monday through Friday.

League Championship Match:

1. Semi-finals: The winners of each section will play the second place team from the other section at the home site of the section winner. The winners of that match will advance to the finals.
2. Finals: The winners of the semi-final matches will play each other at a neutral site for the league championship. The site will be determined by the Tennis Chairperson.
3. All Team Championship matches will be a 3-2 format with no repeats.
4. Trophies will be presented to the section champions as well as the league champion.

Lancaster-Lebanon League Flight Tennis Tournament:

1. Each team is permitted to enter four (4) singles entries, one per flight, and three (3) doubles entries.
2. Each coach must provide one can of balls for each singles and each doubles entry.
3. Each entrant must wear a school issued shirt.
4. A coach may enter two or more players in flight one, which is the District qualifying Flight, but then must leave a flight or flights vacant. A team cannot enter a 6th or 7th person to fill that void.
5. A coach can also enter two or more teams into flight one of the doubles, but then must leave a flight or flights vacant.
6. Flights one (1) through four (4) correspond to the positioning of your team throughout the season. Flight one is for all the number 1 players, flight two for the number 2 players and so on.
7. A player is positioned in a flight by the following criteria:
 - a) Where they played in the match prior to the seeding meeting unless injury, absence, discipline or extenuating circumstances had moved a player up in the line-up.
 - b) A lower seeded player may be substituted in the event of injury, absence, and discipline or extenuating circumstances.
 - c) The Tennis chairperson will make the final ruling on any players questioned by the coaches at the seeding meeting.
8. At the organizational/seeding meeting, each head coach may designate assistant coaches to assist him or her during the tournament. These individuals must be approved by the school.

9. Coaches are expected to play their line-up strength according to the L-L League rules.
10. The organizational/seeding meeting will be held on the Saturday prior to the week of the Tournament. At that meeting the draws will be made for all singles flights and the double flights.
11. Flight One Singles matches will be best of three sets (play out the third set). All other singles flights and flight one doubles are best of three with a super breaker for third. Flight two and three doubles will be 8-game pro-sets.
12. The first day of the tournament will have all competitors assemble at one site at 8:00 AM to receive instructions. On this day there will be two rounds of singles and one round of doubles played. At least four (4) different sites will be used. Sites will be established prior to the tournament and coaches will be asked to drive the athletes as well as monitor the sites.
13. The second day of the Tournament Saturday would have all athletes arrive at a designated site by 8:00 AM with play beginning at 9:00 AM. This day would have all competitors play two rounds of doubles and one round of singles with the singles being played first.
14. The third day of the tournament, Monday, would have all athletes arrive at the designated site by 3:30PM with play to begin by 4PM. The singles championships would be played first along with the playback matches (of flight one only) for third / fourth, fifth, sixth, seventh and eighth places. The doubles championship will follow.
15. Independents may enter the League Tournament at a cost of \$20.00 per student payable to the Lancaster-Lebanon League. The coach from the independent school is required to attend the tournament seeding meeting. Independents are eligible for awards.

Awards:

1. Flight one (1) singles --- four medals
2. Flight one doubles -- two medals

Boys and Girls Track & Field

1. Starting time for League Meets: 4:00 PM
2. The boy's league and the girls' league will both be divided into three sections.
3. The section title will be determined on the basis of wins and losses. In the event of a tie, the team winning the regularly scheduled section meet with the other contending team(s) will win the section.
4. A trophy will be presented to the champion of each section. A trophy will also be presented to the league meet boy's and girls' champions.
5. The order of events will be as follows:
 - a) Track Events
 - 1) 3200 meter relay
 - 2) 100/110 meter hurdles
 - 3) 100 meter dash
 - 4) 1600 meter run
 - 5) 400 meter dash
 - 6) 400 meter relay
 - 7) 300 meter intermediate hurdles
 - 8) 800 meter run
 - 9) 200 meter dash
 - 10) 3200 meter run
 - 11) 1600 meter relay
 - b) Field Events Suggested Order:
 - 1) Boy's Pole Vault, Girls' High Jump, Girls' Long Jump, Boys Triple Jump should be run first, then reverse for the other boys/girls events.
 - 2) Boys shot-put/girls' javelin, girls' shot-put/boys discus, and boys javelin/girls discus.
6. Each school is responsible for following the rules of the National Federation of High School Athletics for all events, except as modified by the PIAA Board of Control.
7. Each host school is responsible for providing adequate adult officials for all events.
8. Referees must be PIAA registered Track & Field officials. PIAA requires a minimum of two registered track officials.
9. The host school must insure that all Track & Field event areas are properly lined and marked.
10. The host school assumes all responsibilities relative to conducting the meet.
11. Spikes are permitted except; when the home school notifies visitors in advance that they are not permitted on track or runaways.
 - a) The host school may determine the length of the spikes and must notify the visiting teams no less than (5) school days prior to the date of the scheduled meet.
12. The host school should provide a complete compliant of hurdles for six (6) lanes.
 - a) Schools with fewer than four lanes of hurdles will permit the
 - b) Where the host schools fails to provide for at least (4) lanes of hurdle, the order of finish will be determined by time.

- c) Where four (4) lanes of hurdles exist and two official heats are run, the team that has the choice of lanes for this event will choose only for the first heat. The other team will have its choice for both the second heat of the hurdles and again for the 800-meter heat run, the next event.
 - d) Where three lanes of hurdles exist, the following lane conditions will be:
 - 1) First and fastest heat, lane one (1) and three (3) visitors, lane two (2) home second heat, lane one (1) and three (3) home, lane two (2) visitors.
 - 2) The team that would have the choice of lanes for the 300- meter intermediate will forfeit this choice.
13. The host school shall determine any necessary postponement at least three (3) hours prior to the start of the meet.
14. The host school shall report all [mal scores and meet results to the newspapers immediately following the meet. Be sure to consider the newspaper of the visiting team(s).

Contestants:

- 1. Each contestant may participate in only (4) events per meet.
- 2. Unless facilities permit, each team shall limit to three contestants for the 100M, 200M, 400M and the hurdles. If facilities permit, a fourth runner may be included.
- 3. Field events limited to four contestants in each event except by mutual agreement.

Meet Limitations and General Rulings:

- 1. Three tries in shot-put, javelin, discus, long jump, .and triple jump for all competitors. The top four receive an additional three throws in the finals.
- 2. Pole vault starts at 9' and rises in increments of 6" (inches) from that point. Coaches may agree to a different starting height.
- 3. Girls' pole vault starts at 6' and rises in increments of 6" from that point.
- 4. Scoring shall be:
 - a) Five (5) points for relays.
 - b) Individual events: five points for first place, three points for second place and one point for third place.
 - c) Prior to the first race, a representative from the visiting team shall call the toss of the coin for lane position. The team who wins the coin toss may choose either odd or even events for choice of lanes.
- 5. The 400-meter dash will run in lanes with staggered starts.
- 6. The 400-meter relay will run in lanes with staggered starts.
- 7. Exhibition contestants are permitted with the mutual agreement of the Athletic Directors and the coaches of the schools involved.
- 8. Exhibition competitors are individually limited to one heat in running events and no more than two competitors in field events.
 - a) A team is permitted to enter only one team per heat in relays events.
- 9. A team is permitted to enter a maximum of four contestants per school in all field events.

Protests:

- 1. Any infraction of the rules must be reported to the referee immediately upon occurrence.

2. If there is a discrepancy between the official rule book and the running of the meet, a statement must be made verbally before the start of the event to the referee that the upcoming event and therefore the meet itself will run under protest.
3. A written protest must be mailed by the protesting school's principal within three calendar days (not school days) after the conclusion of the meet to the executive director of the league with a copy mailed to the track chairperson.

All League Meet:

1. The Lancaster-Lebanon League will sponsor an All-League Meet on a Friday/Saturday or Saturday (depending on the facilities of the host site) in early May at the conclusion of the regular season and preceding the competition of the District III and State Meet.

PIAA Dress Code:

1. All Uniforms MUST be School issued. (Gym suits are permitted)
2. All Relay Team participants' uniforms and undergarments must be identical. (Including socks)
3. Bikers - Nylon Tights maybe worn UNDER SHORTS but MUST be one color.
4. Waistband of shorts shall be above the hips upon arrival at starting line or area of competition.
5. No Jewelry including watches shall be worn during competition.
6. NON- Compliance to rules may result in Disqualification.

Scoring:

1. Individual Events 5 - 3 - 1
2. Relay Events 5 - 0
3. A TRACK MEET RESULT SHEET MUST be completed and handed to the Visiting Team BEFORE their departure or fax the next morning.
4. Interference by EXHIBITION TEAM (s) will result in the disqualification of their "A" Team Relay.

Miscellaneous Rules:

1. Events begin by 4:00 PM unless by mutual agreement of the schools or coaches.
2. High Jump starting heights:
3. Girls - 3 feet 8 inches
4. Boys - 4 feet 6 inches
5. Four measured attempts in the Shot, Discus, and Long Jump. NO FINALS.
6. The 200 Meter Dash will be run around one turn, with a staggered start.
7. The 400 Meter Dash will be run in lanes and with a staggered start.
8. RELAYS:
9. The 400 Meter Relay will be staggered starts and run in lanes.
10. The 1600 Meter Relay will be 2 turn staggers for dual meets.
11. If more than 4 relay teams are competing a 3-turn stagger is recommended.

12. Prior to the first race, a representative from the visiting team shall call the toss of a coin for lane position. The team who wins the coin toss may choose either odd or even events for choice of lanes.
13. Schools should use at least 2 PIAA Track Officials to officiate at each meet.
14. Visiting teams will dress at home.
15. Spikes maybe worn but must conform to Home schools policy as to length.

Junior High Track & Field

Rules and Regulations:

1. The league will operate three sections - each with a boys and girls team.
2. Events in order of competition for dual meets:
 - a) Track
 - 1) 3200 meter Relay *
 - 2) 100 meter Dash for Girls
 - 3) 100 meter Dash for Boys
 - 4) 1600 meter Run *
 - 5) 400 meter Dash for Girls
 - 6) 400 meter Dash for Boys
 - 7) 400 meter Relay for Girls
 - 8) 400 meter Relay for Boys
 - 9) 800 meter Run for Girls
 - 10) 800 meter Run for Boys
 - 11) 200 meter Dash for Girls
 - 12) 200 meter Dash for Boys
 - 13) 1600 meter Relay for Girls
 - 14) 1600 meter Relay for Boys
 - a) *If possible, girls and boys compete together - scored separately.
 - b) The Exhibition Heat will be run after each OFFICIAL scoring contest in dashes.
 - c) Field - Recommended Order
 - 1) Boys Shot - Girls Discus
 - 2) Boys Long - Girls High
 - 3) Girls Shot - Boys Discus
 - 4) Girls Long - Boys High
3. Schools should use an "Open Pit" for Long Jumping

Participation:

1. 3 Events per participant.
2. 3 Participants per team in Dashes when 6 Lane Track is used.
3. 4 Participants per team in Dashes when 8 Lane Track is used.
4. 6 Participants per team in Field Events for Shot, Discus, and Long.
 - a) (4 Official- with 4 Attempts each)
 - b) (2 exhibitions- with 2 Attempts each)
 - c) Official throwers and jumpers will perform first in these events.
5. 6 Participants per team in the High Jump.
 - a) (4 Official entries and 2 exhibition)
6. Unlimited number of participants in the 1600 and 800 Meter Runs.

7. Exhibition Heats for Dashes
 - a) 1 Heat ONLY. 3 or 4 per team depending on Track availability
8. All Relays will be run simultaneously with " A " Teams