

SECTION 1- ARCHERY

GENERAL INFORMATION:

- A.** The National Archery in the Schools Program (NASP®) Rules of Archery is the official guide of the GAPPS. Some exceptions are listed below.
- B.** The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
- C.** Schools are encouraged to host meets.
- D.** Schools must attend two regular season meets to qualify for State.
- E.** Roster limit will be set at 12 athletes per school with the top 6 scores counting as team the score. Teams may be co-ed.
- F.** Awards. One team trophy will be awarded to the 1st and 2nd place teams. Medals will be awarded to the top 6 male and females.
- G.** Uniforms; Khaki pants or shorts (No cargo shorts are allowed and shorts must be close to knee length), school polo or school issued shirt must be worn. No open toe shoes, no jewelry is allowed

All equipment, target, scoring and safety guidelines set forth in the NASP® handbook will be observed. <http://naspschools.org/>

SECTION 2- BASEBALL

GENERAL INFORMATION:

A. Baseball is a state championship event in each classification, and schools are aligned on a regional basis.

B. All games will be played by the rules published by the National Federation of State High School Associations (NFHS).

C. The maximum number of games allowed (not including state playoffs) is thirty (30) of which at least four (4) games must be played as doubleheaders. This limit of 30 games includes any region tournament games. Note: If playing more than 26 games, at least two (2) doubleheaders must be played on non-school days. Beginning and ending dates for practice and competition can be found at the front of this publication. (See Sub-Varsity section)

D. A school shall not allow its baseball team to engage in an interscholastic practice and/or scrimmage game, except for one (1) interscholastic scrimmage consisting of a 7-inning game using a “free substitution” format and umpires registered with the GAPPS.

E. A school shall not allow its baseball team to engage in an interscholastic practice and/or scrimmage game, except for one (1) interscholastic scrimmage consisting of a 7-inning game using a “free substitution” format and umpires registered with the GAPPS.

F. The following items allowed in the NFHS rule book as “State Adoptions” have been adopted by the GAPPS:

1. A game will end anytime that a team is 10 or more runs behind and has completed five or more turns at bat. A game will end anytime that a team is 15 or more runs behind and has completed three or more turns at bat.
2. The suspended game rule will be used:
 - a. When a game is stopped before it becomes a legal game (4.5 or 5 innings), it is considered “no contest” and any replay will begin from the first inning.
 - b. When a game is stopped after it becomes a legal game and a winner can be determined, it is a completed game.
 - c. When a game is stopped after it becomes a legal game and a winner cannot be determined, any replay will begin from the point of interruption.
 - d. In any terminated game, accumulated pitches will count.
3. The use of the “courtesy runner” is the only “speed-up rule” that has been adopted. Being a courtesy runner does not count as a game played.

G. The following interpretations have been approved by the GAPPS:

1. Termination of the game due to weather, unplayable conditions, or mechanical malfunctions:
 - a. The umpires may halt play for up to two hours when conditions do not allow play to continue.
 - i. The two-hour interruption(s) is cumulative
 - ii. The game must be terminated when the two-hour time has elapsed. If the first game of a doubleheader is terminated, the second game will be postponed.
 - iii. The two-hour period does not include time needed to prepare the field for the resumption of play.
 - b. Umpires must wait for at least thirty (30) minutes before terminating a game for unplayable field conditions.
2. Pitching restrictions: (See Sub-Varsity section)

- a. Maximum Pitches in One Day: Varsity 110
- b. Required Rest Periods:
 - i. Varsity
 - ◆ 1-40 Pitches 0 Days
 - ◆ 41-60 Pitches 1 Day
 - ◆ 61-85 Pitches 2 Days
 - ◆ 86-110 Pitches 3 Days
- c. A pitcher shall not throw more than 110 pitches cumulative over a two-day period and cannot pitch more than two consecutive days. The rest period is based on the total pitches thrown during a given two-day period. Pitches thrown during a game that was suspended or rained out shall be counted towards any pitching restriction thresholds.
- d. A pitcher at any level (varsity or sub-varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at-bat but must be replaced immediately when that at-bat ends.
- e. A “Day of Rest” is defined as a calendar day. Example: a varsity level pitcher who reaches the 110-pitch limit on a Tuesday would not be allowed to pitch again until Saturday.
- f. Tabulation of Pitch Counts - It will be the responsibility of each team to track their own pitch counts throughout the game. And at the conclusion of the game, the head coaches shall meet to approve and agree upon the respective pitch counts for each team. It will then be the responsibility of the home team head coach to enter the agreed-upon numbers into the GAPPS electronic tabulation program.
- g. In games vs. non-GAPPS member schools, the GAPPS pitching restrictions shall be adhered to, regardless of the pitch count policy of the host school affiliation or state association. When playing out of state, it is the GAPPS member school’s responsibility to report the pitch count information to the GAPPS office.
- h. State Tournament - The format for all rounds will be a “best-of-three” series with the first two games being played on the first day. During the State Tournament, no pitcher shall be allowed to throw more than 120 pitches over a three-game series. (See sub-varsity section)
- i. If a school is found to have violated any of the provisions of this policy, the offending school shall be fined \$250.00 and the head coach at that level assessed a two-game suspension, and the game forfeited. Any subsequent violation during the same season will result in penalties being doubled and the head coach being required to meet with the Executive Director prior to being reinstated to coach.

STATE PLAYOFFS:

- A. Based on participation, GAPPS will determine the number of teams advancing from each region to the state playoffs. Schools are required to compete with each team in their region twice during the regular season. Regions must determine their seeding within the 30-game playing limit.
- B. Tie-Breaker Method:
 - 1. Percentage of head-to-head wins against tied teams.
 - 2. Least number of runs allowed between tied teams
 - 3. Least number of runs allowed in overall region play

4. Mini game of five (5) innings
 5. In any step of the tie-breaking process if a tie involving more than two teams is broken so that all ties are broken, that step determines the placements. If two teams remain tied after a step is completed, revert to head-to-head record to break the tie. If the tie cannot be broken, move to the next step.
- C.** All rounds of the state playoff involve a best two-of-three series.
1. The higher seeded team, or the team designated as the host team on the predetermined brackets (if the teams are equal seeds), will host all three games.
 2. A doubleheader is required on the first day of each round of the playoff series.
 3. The Executive Director may grant a format exception if the two teams are from the same vicinity and travel is not a factor.
 4. The host team will be the home team in the first game, and the visiting team will be the home team in the second game. There will be a coin flip to determine the home team if the series goes to a third game.
 5. At the end of each day, both schools must report the results to the GAPPS website.
 6. The responsibilities of the host team are to:
 - a. Furnish game balls
 - b. Notify the GAPPS office as to the arrangements for the series.
 7. In the event that two schools involved cannot agree on the arrangements for the series (dates, times, etc.), the GAPPS Executive Director will make a ruling to cover the situation.
 8. In the event that a State Playoff game is suspended prior to becoming a legal game, it shall resume from the point of interruption on the next available date. If that date cannot be agreed upon by the competing schools, the GAPPS Executive Director shall determine the playing date.
 9. The play windows for the State Tournament are listed in the Beginning and Ending Dates published at the beginning of the GAPPS Manual. In all cases, the first date of the play window will be a doubleheader, followed by the "if" game on the second date.

SECTION 2.1- SUB-VARSITY BASEBALL

GENERAL INFORMATION

- A.** (amended) - The maximum number of games allowed (not including state playoffs) is twenty (20) of which at least four (4) games must be played as doubleheaders. This limit of 20 games includes any region tournament games. Note: If playing more than 16 games, at least two (2) doubleheaders must be played on non-school days. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B.** (amended) Pitching restrictions:
1. Maximum Pitches in One Day: Sub-Varsity 90
 2. Required Rest Periods:
 - a. Sub-Varsity
 - b. 1-30 Pitches 0 Days
 - c. 31-44 Pitches 1 Day
 - d. 45-64 Pitches 2 Days
 - e. 65-90 Pitches 3 Days

3. A pitcher shall not throw more than 90 pitches cumulative over a two-day period and cannot pitch more than two consecutive days. The rest period is based on the total pitches thrown during a given two-day period. Pitches thrown during a game that was suspended or rained out shall be counted towards any pitching restriction thresholds.
4. A pitcher at any level (varsity or sub-varsity) shall be allowed to finish the batter when the pitch count limit is reached during an at-bat but must be replaced immediately when that at-bat ends.
5. A "Day of Rest" is defined as a calendar day. Example: a varsity level pitcher who reaches the 90-pitch limit on a Tuesday would not be allowed to pitch again until Saturday.
6. Tabulation of Pitch Counts - It will be the responsibility of each team to track their own pitch counts throughout the game. And at the conclusion of the game, the head coaches shall meet to approve and agree upon the respective pitch counts for each team. It will then be the responsibility of the home team head coach to enter the agreed-upon numbers into the GAPPS electronic tabulation program.
7. In games vs. non-GAPPS member schools, the GAPPS pitching restrictions shall be adhered to, regardless of the pitch count policy of the host school affiliation or state association. When playing out of state, it is the GAPPS member school's responsibility to report the pitch count information to the GAPPS office.
8. State Tournament - The format for all rounds will be a "best-of-three" series with the first two games being played on the first day. During the State Tournament, no pitcher shall be allowed to throw more than 100 pitches over a three-game series.

DISTRICT PLAYOFFS:

- A. Based on participation, GAPPS will determine the number of teams advancing from each region to the state playoffs. Schools are required to compete with each team in their region twice during the regular season. Regions must determine their seeding within the 20-game playing limit.
- B. When a region does not have a tie-breaker method in place, the following procedure will be used for seeding purposes:
 - a. Percentage of head-to-head wins against tied teams
 - b. Least number of runs allowed between tied teams
 - c. Least number of runs allowed in overall region play
 - d. Mini game of five (5) innings
 - e. In any step of the tie-breaking process if a tie involving more than two teams is broken so that all ties are broken, that step determines the placements. If two teams remain tied after a step is completed, revert to head-to-head record to break the tie. If the tie cannot be broken, move to the next step.
- C. All rounds of the district playoffs will be determined by a single game elimination.
 1. The higher seeded team, or the team designated as the host team on the predetermined brackets (if the teams are equal seeds), will host the game.
 2. The host team will be the home team.
 3. At the end of each day, both schools must report the results to the GAPPS website.
 4. The responsibilities of the host team are to: (a) furnish game balls (b) notify the GAPPS office as to the arrangements for the series.

- 5.** In the event that two schools involved cannot agree on the arrangements for the series (dates, times, etc.), the GAPPS Executive Director will make a ruling to cover the situation.
 - 6.** In the event that a District Playoff game is suspended prior to becoming a legal game, it shall resume from the point of interruption on the next available date. If that date cannot be agreed upon by the competing schools, the GAPPS Executive Director shall determine the playing date.
- D.** The play windows for the District Tournament are listed in the Beginning and Ending Dates published at the beginning of the GAPPS Manual.

SECTION 3- BASKETBALL

GENERAL INFORMATION:

- A. Basketball is a state championship event in each classification for boys and girls, and schools are aligned on a regional basis. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. All basketball games will be played by the rules published by the National Federation of State High School Associations.
- C. The number of basketball games allowed (not including regional, sectional and state tournaments) is twenty-five (25) regular season games either in head-to-head competition or in invitational tournaments that have been approved by the GAPPS (See sub-varsity section)
- D. The following limitations exist for basketball games:
 - 1. Warm-up time between games shall be no less than fifteen (15) minutes. The game clock operator shall start the clock between games when the last player from the previous game leaves the court.
 - 2. Invitational tournament games shall have a starting time of not later than 6:00 p.m., for the next-to-last game each day.
 - 3. Region and State Tournament games do not have a starting time restriction, but shall be completed no later than 11:30 p.m., on a night that precedes a school day.
- E. MERCY RULE: In accordance with National Federation rule options, the second half of a game may be reduced to six (6) minute quarters, while using normal timing/scoring rules when:
 - 1. The point differential at halftime is forty (40) points or greater, and the coach of the trailing team wishes to have the "Mercy Rule" imposed.
 - 2. The point differential at the beginning of the fourth (4th) quarter is thirty (30) points or greater, the "Mercy Rule" will be invoked automatically. (See sub-varsity section)
- F. All varsity basketball games shall be played with officially-dressed basketball officials who are registered under the GAPPS plan for the registration of officials.
 - 1. The host school must provide an adult (21 or older) to maintain the official scorebook and electronic clock/scoreboard at all varsity games.
 - 2. The host school must provide a safe and secure changing area near the playing court for contest officials, free from traffic by school staff, students and spectators one hour prior to game time, during the duration of the contest(s) and until the contest officials depart the facility.
 - 3. The host school has the responsibility for providing security escorts for officials at all regular season games and tournaments.

MISCELLANEOUS INFORMATION:

- A. Cheerleaders at basketball games shall be restricted from the area at the end of the court during the time a game is in progress unless they are more than eight (8) feet from the boundary line of the court.
 - 1. This includes when cheerleaders are in an "L" shape with part on the sideline and part on the endline.
 - 2. The host school or tournament director is responsible for enforcing this rule.
- B. No artificial noisemakers (including megaphones) shall be allowed in the gym during basketball games.

- C.** Bands/ Audio devices shall play only during the intervals between periods or during timeouts; the home school is responsible for enforcing this rule.
- D.** The practice of cutting or removing nets, or hanging on the rim or backboard is prohibited at all GAPPS games.
- E.** For the pregame and second half warmup period and during the time of team introductions, teams can not run around or through the opposing team's half of the court and the midcourt circle area is off limits to both teams. The penalty for violation of this rule will be a technical foul if the officials have taken jurisdiction of the game.
- F.** All spectators must wear shirts during the games.
- G.** The host school should provide dressing areas for visiting teams in close proximity to the playing floor. Game managers, in conjunction with game officials, may extend halftime intermission to 15 minutes if the dressing area is not in close proximity to the playing floor.
- H.** Coaching boxes must be marked on the floor in both bench areas with one line that is 28 feet from the end line of the court.
- I.** An "X" must be marked on the floor in front of the spot where the scorekeeper sits in order to facilitate the substitution process.
- J.** In accordance with NFHS rules, the official scorer is required to wear a black-and-white, vertically-striped shirt.
- K.** There shall be a minimum warm-up time of 15 minutes between multiple games.

REGION TOURNAMENTS:

- A.** Schools are required to compete with each team in their region twice during the regular season. In cases where regions have been subdivided, the requirement is to play only the schools in your subregion twice during the regular season. Seeding for region tournaments will be determined as a result of regular season region play.
 - 1.** Four teams from each region will advance to the First Round of the State Tournament in all classifications (boys and girls)
 - 2.** No region may use a double-elimination tournament.
 - 3.** The region host shall secure the services of competent book-keeper(s) and clock operator(s).
- B.** Region tournament dates and game times must be submitted to the GAPPS office no later than January 15th of that season.
- C.** Tie-Breaker Method found in Tie Break Appendix

STATE TOURNAMENT:

- A.** First Round
 - 1.** The higher seeded team, or the team designated as the host team on the predetermined brackets (if the teams are equal seeds) will host.
 - 2.** There are two dates on which games may be scheduled. The host school shall determine the playing date for single games.
 - 3.** Officials will be assigned by the host school, and must be a neutral association (unless agreed upon between both schools).
 - 4.** The host school will provide an adult (21 or older) timer and scorer.
 - 5.** All other GAPPS by-laws pertaining to the State Tournament apply to these games except where specified.
- B.** Quarterfinals – Finals

1. Home team will be designated by higher seed or predetermined on the brackets (if the teams are equal seeds).
 2. Officials will be assigned by the GAPPS office.
 3. GAPPS will assign an adult (21 or older) timer and scorer.
 4. All other GAPPS by-laws pertaining to the State Tournament apply to these games except where specified.
 5. Games will be played at neutral sites (to be determined).
- C.** In the First Round through the Quarterfinal Round, the host team is designated as the home team and will wear home jerseys. In the Semifinal and Final Rounds, the team listed as the home team, and will wear home jerseys, regardless of the seeding in prior rounds.
- D.** Upon arriving at the tournament site, the head coach or designee shall:
1. Submit a complete lineup to the official scorer.
 2. Verify with the opposing coach the color of jerseys being worn.
- E.** Tournament sites will not be available to participating teams prior to the tournament.
EXCEPTION: When the team of the host school is in the tournament.
1. Teams playing in the first game of the day shall have access to the court no earlier than thirty (30) minutes before game time.
 2. There will be fifteen (15) minutes between tournament games.
- F.** Each team is responsible for providing its own basketballs for warm-ups, towels, training supplies, and half-time refreshments, unless notified differently by the GAPPS office. The GAPPS will provide game balls at the Quarterfinals, Semifinals and Final Rounds.
- G.** Each school is responsible for the behavior of its coaches, players, and spectators at tournament games. Therefore, the behavior of these groups must be monitored by school administrators, especially (but not exclusively) in the following areas:\
1. No bands, artificial noisemakers, banners or signs, radios or other music-producing devices are allowed.
 2. Throwing objects on the floor will not be tolerated.
 3. Cutting nets, hanging on rims, climbing on backboards is prohibited.
 4. Security personnel may ask that spectators refrain from standing the entire game if it blocks the view of other spectators who choose not to stand.
 5. Displays of unsportsmanlike conduct directed toward the opposing team or the officials will not be tolerated.
 6. Spectators are not allowed on the court at any time prior to, during or following the game. Players are not allowed to go into the spectators' area following the game.
- H.** Each school in the tournament is allowed to have one video camera filming only its games under the following conditions:
1. The video personnel of the school must film from an area designated by the Tournament Director.
 2. The video of the tournament game(s) may not be shown at the school or in the community for admission, nor on cable television without authorization from the GAPPS.

SECTION 3.1- SUB-VARSITY BASKETBALL

GENERAL INFORMATION

A. (amended) The number of basketball games allowed (not including regional, sectional and state tournaments) is twenty (20) regular season games either in head-to-head competition or in invitational tournaments that have been approved by the GAPPS.

B. (amended) MERCY RULE: In accordance with National Federation rule options, the second half of a game may be reduced to four (4) minute quarters, while using normal timing/scoring rules when:

1. The point differential at halftime is forty (40) points or greater, and the coach of the trailing team wishes to have the "Mercy Rule" imposed
2. The point differential at the beginning of the fourth (4th) quarter is thirty (30) points or greater, the "Mercy Rule" will be invoked automatically.

SECTION 4- CHEERLEADING

GENERAL INFORMATION

A. The Fellowship of Christian Cheerleaders (FCC) is the official guide of the GAPPS. Some exceptions are listed below.

1. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
2. Schools are encouraged to host meets.
3. Number of Games: Competition cheerleading teams can compete in 6 regular season meets.
4. Member schools are encouraged to host regular season meets. The GAPPS will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet.
5. No glitter is allowed at regular season meets or the State Meet.
6. A competitive cheerleading team is comprised of a maximum of 24 participants. A team mascot (if used) is included as one of the 24 participants.
7. All team members must be dressed in the appropriate adopted school uniform that displays the school identification (i.e., letter, monogram, mascot symbol, etc.) The mascot is exempt from the uniform rule. Uniforms must be modest.
8. Each school is responsible for the preparation and presentation of the music in its routine. a) The principal/headmaster must review the music to be used in the school's routine, and must stipulate that the music is in good taste and acceptable for the morals of their community. Each school must furnish a high-quality CD of their music. It is recommended that each school bring an identical backup CD. b) Schools are responsible for furnishing their own equipment and music for use in the practice/warm-up area

All rules and guidelines for FCC Competitions are found here: <http://cheerfcc.org>

SECTION 5- CLAY TARGET SPORTS

GENERAL INFORMATION

- A.** The Scholastic Clay Target Program (SCTP) Official Handbook – (available online at www.shootsctp.org) shall be the Official Rules for all GAPPS-sanctioned competitions. Some exceptions are listed below.
- B.** All Clay Target coaches must read the sportsmanship section of the GAPPS manual concerning how to treat other GAPPS teams.
- C.** The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
- D.** Number of Meets: GAPPS Clay Target teams can participate in 12 regular season meets.
- E.** Member schools are encouraged to host regular season meets. The GAPPS will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all area of meet management, reporting results to the GAPPS, and purchasing and issuing awards.
- F.** Each school will have one certified coach for every six individuals. Range safety officers are also recommended. Coaches must be at least 21 years old.
- G.** All coaches must have Level 1 NRA Shotgun Coach/Instructor Training, or higher. Coaches with other training credentials must be approved by the GAPPS at least one week prior to a shoot.
- H.** All coaches must join SCTP before participating in a GAPPS-sanctioned meet. Individuals must have passed the DNR Hunter Safety Course to participate in any GAPPS shoot.
- I.** Participation rules are as stated in SCTP except only 7th graders and above will be allowed to participate on varsity teams.
- J.** All individuals must participate in at least two meets prior to the State Championship Meet. 12) Shooting sports is a non-classification activity with no differentiation on teams for gender. 13) For competition, teams will be divided into 3-person squads. If a team is not divisible by 3, individuals may participate. The top three scores from each school will be combined to determine the highest overall winner, regardless of the squad or pairings.
- K.** Meets may set their own rules regarding reloads. Ammo must be in the following limits: Shot size 9 to 7 ½, load size 1 1/8 or smaller.
- L.** Dress is as stated in SCTP rules, which includes no camouflage clothing. Coaches and participants are reminded this is a gentleman's sport. Khaki shorts or pants and collared shirts are suggested. Ear and eye protection is required.

REGION AND STATE MEET

- A.** Read the section in the GAPPS Manual about Tournaments, Playoffs, and Awards. It details the Region and State Meet information as well as the revenue and expense information between schools and the GAPPS.
- B.** The number of teams qualifying for the state playoffs will be determined by the GAPPS prior to the beginning of the season based on the total number of regions and teams.
- C.** The GAPPS will have three disciplines at the State Championship Meet: Trap, Skeet, and Sporting Clays.
- D.** The Team State Champion will be determined by the combined total score of top 3 shooters on each team.
- E.** Awards will be given to the top 3 male and female shooters in each of the three disciplines.
- F.** Awards will be given to the top 3 squads in each of the three disciplines.

- G.** All schools will be required to pay venue expenses including ammo and target costs for the Region and State Meets for their participants.
- H.** Only factory loaded ammo is allowed at the State Championship Meet.
- I.** Only 12-gauge guns or smaller may be used at the GAPPS State Championship Meet.

SECTION 6- CROSS COUNTRY

GENERAL INFORMATION

- A.** Cross Country is a team championship sport for boys and girls that is held on region basis for classes.
- B.** Coach can coach at designated area during a cross-country meet at 1-mile, 2-mile, 3-mile, and designated area marked at the site at region state qualifier and state championship.
 - 1.** Ex: Last 500 yards before finish-line
- C.** The calendar of scheduled meets will be found on the Cross Country page of the GAPPS website.
- D.** Number of Meets: GAPPS cross country teams can participate in 10 regular season meets.
- E.** Member schools are encouraged to host regular season meets provided it is conducted in accordance set forth in the GAPPS manual. The GAPPS will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that include all areas of meet management, reporting results to the GAPPS office, and purchasing and issuing awards.
- F.** GAPPS will be responsible for the following meets: a) GAPPS Invitational Meet (Cannonball 5k) b) Getting host for GAPPS Region Meets c) GAPPS State Championship Meet
- G.** The distance will be 3.1 miles or 5 kilometers for boys and girls at the varsity level of competition. (See sub varsity section)
- H.** A team will consist of a minimum of five runners. The first five finishers for each team will count for the total team score. Schools with less than five runners can compete as individuals.
- I.** The meets will be scored by how each runner finishes by placement and not by time and team totals will also be scored in the same manner.
- J.** Musical devices of any kind are not allowed during competition.
- K.** No runner will be permitted to enter a meet if he/she is not accompanied by a faculty member or coach of the school the runner attends.
- L.** Computer Chip Timing System: a) Will be used at the GAPPS Invitational, State Meet, and other designated meets during the season. b) The school must pay \$10.00 per runner for a timing chip at the beginning of the season. c) Chips must be turned in at the end of the season. d) A lost or damaged timing chip will have a \$15.00 replacement fee. e) Each chip will be assigned to a specific runner for the entire cross-country season. f) It is the coach's responsibility to ensure the chip is assigned to the correct runner after the roster is submitted.

REGION AND STATE MEETS

- A.** Read the section in the GAPPS Manual about Tournaments, Playoffs, and Awards. It details Region and State Meet information as well as the revenue and expense information between schools and the GAPPS.
- B.** There is no limit to the number of varsity runners per team at the Region Meet. All varsity runners on a team will be able to run to qualify at the Region Meet. If the team qualifies for the State Meet, then the top seven finishers for that team will be able to participate. Any varsity runners from a school who are not one of the top seven runners qualifying for team

competition at the Region Meet will still be eligible to qualify as an individual runner for the State Meet. If a runner qualifies as an individual at the Region Meet, his/her time at the State Meet will only be eligible for individual placing and not count for the schools' team scoring.

C. A qualifying team for the State Meet must consist of a minimum of five runners and a maximum of seven runners.

D. The top three teams of each varsity Region Meet and any individual runners who finish in the top seven places at the Region Meet who are not on a qualifying team will be invited to the State Meet.

E. At the region and state championship meets, varsity girls and varsity boys will run separately.

F. At Region and State Cross-Country, there will be two volunteers assigned from different schools that will be calling out finishing positions at the finish-line. If two cannot agree the tiebreaker goes to the timing system.

SECTION 7- FOOTBALL

GENERAL INFORMATION

- A. Football is a state championship sport in each classification, and schools are aligned on a regional basis.
- B. Each school must file its football schedule with the GAPPS Executive Director no later than June 1st, each year.
 - 1. The schedule must show the day, date, time, opponent, and game site.
 - 2. The GAPPS Executive Director must be notified concerning any changes made to the schedule after the submission date.
 - 3. There will be a \$250 penalty for schools that change their football status (classification) after June 1. (NOTE: Appeal procedures are available.)
- C. All GAPPS football games must be played according to the rules as published by the National Federation of State High School Associations, and any other rules found in this section.
- D. The number of football games allowed (excluding state playoffs) is ten (10). (See [Sub-Varsity section](#))
- E. No varsity football game may be played on a night preceding a school day without specific authorization from the GAPPS Executive Director.
- F. Only one football game may be played per week (the schedule week is a traditional week - Sunday through Saturday) by the same level team (varsity/sub-varsity) except in the case of the GAPPS Tie-Breaker Playoff or make-up games due to special circumstances that have been approved by the Executive Director.
- G. Football players playing on both the varsity and one sub-varsity team are limited to six quarters of competition in any seven (7) calendar day period beginning with the date of the varsity game. The penalty for violation of this rule will be forfeiture of the game in which the violation occurred and a \$1,000.00 fine.
- H. The football season ends for a team or individual when that team, having completed its regular-season schedule, is eliminated from playoff competition or wins the State Championship.
- I. Football practice may begin five consecutive weekdays prior to July 31st.
 - 1. In the first five days of practice for any student, the practice may not last longer than two (2) hours, and the student may wear no other protective football equipment except helmet and mouthpieces.
 - a. The time for a session shall be measured from the time the players report to the practice or workout area until they leave that area.
 - b. During acclimatization practices, teams may hold a walk-through as long as there is at least a two-hour break between the two activities.
- J. Beginning July 31st, any student may practice in full pads and may practice a maximum of two (2) times in a single calendar day under the following stipulations:
 - 1. A student must have participated in five conditioning practices wearing no other protective football equipment except helmet and mouthpieces before being allowed to practice in full pads. (b) In a single calendar day:
 - 2. No single session may last longer than three (3) hours.
 - 3. If two (2) practices are held, the TOTAL time shall not exceed five (5) hours.
 - 4. There must be at least a three-hour time of rest between sessions if two (2) sessions are held.

5. There may not be consecutive days of two-a-day practice sessions. All double-session days must be followed by a single-session day or a day off.
6. A walk-through may not be held on days when two practices are conducted. (c) These procedures are derived from recommendations created by the Inter-Association Task Force for Preseason Secondary School Athletics Participants in the paper "Preseason Heat-Acclimatization Guidelines for Secondary School Athletes."
- K.** Full contact should be limited during practices as well as during activity outside of the traditional fall practice. (Note: No limitation is placed on activities defined below as "AIR, BAGS or CONTROL" contact.
- L.** For purposes of this rule, the following definitions shall apply: AIR - Players run a drill unopposed without contact; BAGS - Players run a drill against a bag or another soft-contact surface; CONTROL - Players run a drill at assigned speed until the moment of contact and one player is pre-determined the "winner" by the coach. Contact remains above the waist and players stay on their feet; THUD - Players run a drill at competitive speed through the moment of contact with no predetermined "winner." Contact remains above the waist, players stay on their feet and a quick whistle ends the drill; LIVE ACTION - Players run a drill in game-like conditions and is the only time that players are taken to the ground; FULL CONTACT - Contact which meets the definition of Live Action or Thud.
- M.** (8-Man Football Specific) 40 x 80 or 40 x 100 Field during the regular season. All post season games require 40 x 100.
- N.** (8-Man Football Specific) 8th Grade students may appear on both MS & Varsity Roster. 8th Grade students appearing on Varsity rosters do not count towards the roster total. 8th Grade students participating on both MS & Varsity rosters shall be restricted to the max quarter play rules. Violation shall result in game forfeiture.

PRE-SEASON, SPRING PRACTICE, AND SUMMER CONTACT CAMPS:

- A.** Full contact shall be allowed in no more than 2 consecutive practice days per week;
- B.** Full contact during practice shall be limited to not more than 45 minutes per day;
- C.** Full contact during practice shall be limited to not more than 135 minutes per week; and
- D.** During any twice-daily practice, only one session per day shall include full contact.
- E.** In Summer Contact Camps, the only form of Full Contact allowed is Thud.
- F.** Schools will be limited to attending no more than three (3) Team Contact Camps per summer (no more than six (6) days total). There must be at least four (4) participating schools or the camp cannot be held.
- G.** Spring Football Practice for each school year may be held on ten (10) school days from February 1 until the end of the school year, spaced over 13 consecutive school days. (Note: Spring and fall scrimmage games and jamborees are considered to be extensions of practice as far as eligibility rules are concerned.)
- H.** Schools must choose by February 1 each year as to whether they will have spring football practice.
 1. If a school conducts spring practice, all preseason practice schedules remain the same (See item D. 3(b) for a listing of contact limitations).
 2. If a school chooses not to conduct spring practice, the team will be allowed to hold an additional (second) scrimmage game or controlled scrimmage against another school, or a jamboree with three teams playing a half against the other two teams, in the fall.

3. Schools hiring a new coach may appeal to the Executive Director to change an earlier decision.
- I. Schools that have scrimmage game/games canceled or suspended by inclement weather will have the following options:
 1. Play on another night during the same calendar week (defined as Sunday to Saturday.) Sunday play is not allowed.
 2. Play during another week when the school does not have another scrimmage or regular season game scheduled. (Note: No scrimmage game may be played after a school's first varsity contest.)
 3. Schools which participate in Spring Practice are allowed to play a spring game/scrimmage with another school, or a jamboree with three teams playing a half against the other two teams, in place of their last (10th) practice of the spring
- J. Students enrolled in grade 8 may participate in Spring Practice at that high school.
- K. No student (eighth grade or above) may participate in more than ten (10) days of Spring Practice, and may participate for no more than one (1) school.

REGULAR AND POST SEASON PRACTICE:

- A. Full contact during practice shall be allowed in no more than three (3) practice days per week; 2) Full contact during practice shall not be allowed on more than two (2) consecutive days;
- B. Full contact during practice shall be limited to not more than 30 minutes per day;
- C. Full contact during practice shall be limited to not more than 90 minutes per week.
- D. Written Practice Plans: A written practice plan in compliance with this rule shall be prepared in advance by the head coach prior to every practice and maintained by the school for a period of at least twelve (12) months. Such practice plans shall be made available to the GAPPS upon request.
- E. Violations: The penalty to be imposed upon any member school found to have violated this rule in any substantial manner shall be as follows:
 1. First Offense: A fine of not less than \$500 nor more than \$2500 per violation at the discretion of the Executive Director.
 2. Second Offense: The school shall be placed on probation and shall not be eligible to participate in post season play.
- F. From the end of school in the spring until the first day of preseason practice, players may wear no other protective football equipment except helmets and mouthpieces for all voluntary workouts and passing league games. Institutional heat policies are also in effect for voluntary workouts supervised by school personnel.
- G. All applications for team summer camps at GAPPS schools or other facilities must be submitted to the GAPPS office by Jun 1, and all subsequent correspondence to complete the application must be completed by June 15. Coaches for these players must verify that the participants have had acclimatization practices for five days immediately preceding the camp.
- H. Equipment allowed in summer (contact) camps is limited to helmets, shoulder pads and mouthpieces. Compression-style shorts that have thigh pads and/or girdle pads are NOT allowed.

RULES AND REGULATIONS FOR GAMES

- A.** All GAPPS football games will have a twenty (20) minute halftime unless both school administrators agree in writing by Thursday of game week to shorten the halftime period to fifteen (15) minutes.
- B.** Artificial noisemakers, except airhorns and whistles, are legal at football games. Illegal noisemakers are to be confiscated when visible and/or used.
- C.** Bands are not to play during live-ball situations. NOTE: This includes the situation in which there is no timeout and the teams are in a huddle. (a) If, during a football game, a team claims interference with communications due to band noise, the Referee shall give a warning to one or both head coaches and the bands must cease playing. (b) If there is a second offense by the same school's band, an unsportsmanlike conduct penalty will be imposed against that school's team.
- D.** Fans shall not be allowed to enter the playing field either before the game or at halftime to form a tunnel for players to run through.
- E.** In the regular season, a school may utilize a visible 25-second clock as long as the time is visible on both ends of the field and the clock is operated by a paid game official.
- F.** All region football games must be played to completion (non-region games can end in a tie if the teams are in agreement). Any interrupted game must be replayed from the point of interruption. The school that is behind in the score may choose not to continue the game and the score will be recorded as it was at the point of interruption. NOTE: Teams will not be allowed to play two football games in the same week, except when making up a suspended game with the permission of the Executive Director.
- G.** During warmups before the game and at halftime there shall be a division of the field, and neither team shall enter the other team's portion of the field. That division shall be as follows:
- H.** Before the game: each team shall occupy the space from their own 45-yard line to the endline of their goal line. Neither team shall occupy the area between the 45-yard lines. EXCEPTION: When kicking, each team shall have the area between the opponent's 45-yard line and kicking team's end zone in the side zone area on the same side of the field as their bench. Kickers shall kick toward their end zone.
- I.** Re-entering the field before the game and at halftime: each team shall have the portion of the field between their bench and the near edge of each goal post - i.e., field divided lengthwise.
- J.** The GAPPS Overtime Procedure will be used whenever two schools are tied at the end of regulation play.
- K.** This procedure involves giving both teams opportunities to score from the 15-yard line until the tie is broken.
- L.** Overtime games are exempt from the 11:30 p.m. GAPPS curfew.
- M. GAPPS OVERTIME PROCEDURE:**
1. There will be a 3-minute intermission between the end of regulation play and the coin toss to start the overtime procedure.
 2. The captains will meet for the coin toss, and the winner may choose one of the following:
 - a. Be on offense first
 - b. Be on defense first
 - c. Choose the end of the field on which to play
 3. The ball is placed on the 15-yard line and the offense keeps the ball until: (a) The ball is turned over on downs (NOTE: The team on offense can gain a first down.) (b)

- The defense gains possession of the ball (ball is dead immediately) (c) The offense scores a touchdown or field goal (d) The offense misses a field goal
4. After the first offensive team completes its possession, the opposing team gets its opportunity from the 15-yard line.
 5. If the game remains tied after each team has had an offensive possession, there will be a 2-minute intermission and the team that lost the first coin toss has the first option for the second possession.
 6. For each additional overtime period (i.e., an offensive possession by each team) the original coin toss options are alternated.
 7. Beginning with the third overtime period, a team must attempt a 2-point try after a touchdown.
 8. Each team is allowed one timeout per overtime period. No timeouts may be carried over from regulation play.
 9. Penalty enforcement is handled the same way in overtime as in regulation play.

N. MERCY RULE:

1. At the end of the first half of play, if a team is trailing by 30 points or more, the coach of the trailing team may choose to play the second half with a running clock. Quarters will remain at 12 minutes.
2. If the coach does not exercise the option of the running clock, the third quarter will be played with regulation timing.
3. If the point differential reaches, or remains, 30 or more points during the third quarter, the clock will still run according to rule for the remainder of the third quarter, but the fourth quarter will have a running clock mandated.
4. A running clock means the clock will be stopped only:
 - a. after a touchdown and until the ball is kicked off.
 - b. during deliberations for penalty administration.
 - c. during charged timeouts or official's timeouts
5. A game that is reduced in time by use of a running clock shall constitute a "completed" game to meet other rule considerations.

REGION PROCEDURES:

- A.** To qualify for championship consideration in a region or sub-region, a school must play a minimum number of games with schools in its region as determined by the region and the GAPPS Reclassification Committee.
- B.** In any region or subregion in which there are six (6) or less schools, if each school plays two (2) games, both games will count as region games. In any other case where two (2) schools have played more than once during the regular season, only the first game scheduled shall count in the region standings.
- C.** Any school playing a non-region or non sub-region schedule (i.e., not in consideration for a region championship) will not have its games count for or against any opponent.
- D.** The GAPPS Executive Director, upon presentation of evidence to show that a school can not secure the required number of games in a region or sub-region, may authorize each school to substitute any number of games in any classification or region to qualify for championship consideration. NOTE: A request for substitution of game(s) must be submitted prior to September 1.
- E.** GAPPS will announce playoff structure based on participate every year no later than July 1st.

REGION TIE-BREAKER METHOD:

A. In case there is a tie between two teams the following tie-breaking procedures will be used:

1. If the teams played during the regular season, the winner of the game will have the higher placement.
2. If the teams did not play during the regular season, the two teams that are tied will meet in a GAPPS Tie-Breaker Mini-Game (See Below for Procedure). The winning team will have the higher placement.
3. The schools shall meet at a site selected by the GAPPS Executive Director for a playoff on the Monday night after the end of the regular season.

B. In case there is a tie between three or more teams, the following tie-breaking procedures will be used. NOTE: At any point in this process where a tie can be broken so that only two teams remain tied, consideration of head-to-head competition will be invoked. If the tie is completely broken for all teams involved at any step in the process, the tie-breaker process is completed.

1. If the teams that are tied have played during the regular season game and one team has defeated the others, the undefeated team has the highest placement.
2. If one team has not beaten all other tied teams, the school with the highest percentage of wins against the tied teams will have the highest placement. If the percentages leave two or more teams are still tied, then revert to head-to-head records.
3. If the tie remains, the teams that are tied will meet in a GAPPS Tie-breaker Mini-game.

GAPPS TIE-BREAKER MINI-GAME PROCEDURE

A. The schools shall meet at a site selected by the GAPPS Executive Director for a playoff on the Monday night after the end of the regular season.

B. The games will consist of two five-minute halves. The play begins for the first half with a free kick, and standard game rules and scoring are used.

C. There will be a two-minute intermission between the halves. Play begins for the second half with a free kick.

D. Each team will be given two (2) timeouts in the first five (5) minutes and one timeout in the second five (5) minutes. Unused timeouts in the first five minutes may be carried over to the second five minutes.

E. If the score is tied at the end of two overtime periods, the teams will go to the GAPPS 15-yard overtime procedure.

F. A coin toss will determine the order of play.

1. When three teams are tied for one open spot, the team winning the toss gets a bye - and then plays the winning team of the first Tie-Breaker game. Example: Team "C" gets a bye Team "A" plays Team "B" Team "C" plays the winner of game 1 Winner of game 2 qualifies for the playoffs.
2. When three teams are tied for two open spots, the following format will be used. Example: Team "C" get a bye Team "A" plays Team "B" and the winner qualifies Team "C" plays the loser of game 1 and the winner qualifies If Team "C" wins game 2, the regular season winner between Team "C" and the winner of game 1 will have the higher placement.

3. When four teams are tied for one open spot, the pairings will be determined by draw and the following format will be used. Example: Team "A" plays Team "B" in game 1 Team "C" plays Team "D" in game 2 Winner of game 1 plays winner of game 2 Winner of game 3 qualifies.
 4. When four teams are tied for two open spots, the pairings will be determined by draws and the following format will be used. Example: Team "A" plays Team "B" in game 1 and the winner qualifies Team "C" plays Team "D" in game 2 and the winner qualifies The winner of the regular season game between the two winning teams will have the higher placement.
- G. When teams play a mini-game tiebreaker on a Monday, their first round playoff game will be scheduled for the following Saturday unless both schools agree to play on Friday.

STATE PLAYOFFS:

- A. All rounds of games after the end of the regular season are considered part of the state playoff structure.
- B. In ALL Rounds (unless otherwise designated by GAPPS) the higher seeded team, or the team designated as the host team on the predetermined brackets (if the teams are equal seeds) will host.

SECTION 7.1-SUB-VARSITY FOOTBALL

- A. A single sub-varsity game played on a night before a school day may start no later than 6:30 p.m. The first game of two sub-varsity games played on a night before a school day may start no later than 5:30 p.m.
- B. All JV games will be played with 10-minute quarters. If there is an 8th grade student(s) on the JV team, then 8-minute quarters must be played.
- C. Schools may play 10 Mini Games at the JV level, instead of seven (7) regular games, the combination of which cannot exceed the current 28 quarters allowed for sub-varsity play. Each Mini Game will be one-half of a regular game. Four (4) schools would meet at one site, with two schools playing a half and then the other two schools playing a half. Officials would be paid the regular fee for a single game.

SECTION 7- GOLF

GENERAL INFORMATION

- A.** The United States Golf Association (USGA) Rules of Golf is the official guide of GAPPS. Some exceptions are listed below.
- B.** The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
- C.** Number of Matches: GAPPS golf teams can play in 12 regular season matches.
- D.** During regular region season play, a match can consist of 9 or 18 holes of play.
- E.** A boys' or co-ed golf team can have six players maximum participate in a match with the four best scores counting. A school can submit seven names for the Region and State Tournaments with one as an alternate.
- F.** A girls' golf team can have a minimum of three players with a maximum of four players participate in a match with the two best scores counting. A school can submit up to five names for the Region and State Tournaments with one as an alternate. There must be a minimum of six GAPPS schools participating in girls' golf for the sport to be sanctioned.
- G.** The GAPPS recommends that boys use the white men's tee and girls use the red women's tee. Distance played by the girls shall be a minimum of 80% of the distance played by the boys.
- H.** Players must play in at least two regular season matches to qualify for the region and state tournaments unless the player was injured.
- I.** The GAPPS recommends using the Double-Par Pick-up Rule for matches. The golfer must pick up his/her ball and move onto the next hole once the golfer has shot double par for that hole. On a Par 3 hole, a golfer would pick up his/her ball after the sixth stroke even if he/she has not holed-out. The score would be recorded as a circled 6. On a Par 4 hole, it would be the eighth stroke. The score would be recorded as a circled 8. On a Par 5 hole, it would be the tenth stroke. The score would be recorded as a circled 10.
- J.** Players must write their name and scores, legibly, on their golf card or be disqualified.
- K.** The use of caddies and carts is prohibited (unless prior approval is received for a valid health condition). Players may use push/pull carts.
- L.** Rangefinders that compute distance only, as approved by the U.S Golf Association, are legal.
- M.** A maximum of two school golf coaches may confer with their golfers between each green and the next tee box so long as there is no delay in play. Conversations with or suggestions from any other person is prohibited.
- N.** Unsportsmanlike Conduct: Participants displaying flagrant, rude or unsportsmanlike conduct will be penalized. Penalty for the first offense will be two strokes. Penalty for the second offense in the same competition will be disqualification. Flagrant, rude or unsportsmanlike conduct is throwing clubs, use of profanity, etc.

REGION AND STATE TOURNAMENT

- A.** Read the section in the GAPPS Manual about Tournaments, Playoffs, and Awards. It details the Region and State Tournament information as well as the revenue and expense information between schools and the GAPPS.
- B.** The Region Tournament will be set up on a rotating basis among the schools within each region. The region can choose to use the same golf course, but rotate the schools who host the tournament. A school is not required to host. The host school will provide a

tournament director who is responsible for the administration of the region golf tournament. The school selected to host the region tournament shall be charged with the responsibility of providing a golf course for a one-day tournament.

C. Each region can determine if they want to play a 9-hole or 18-hole Region Golf Tournament. The State Golf Tournament will be an 18-hole event.

D. Each region can determine if they want to use the Double-Par Pick-up Rule at the Region Tournament. The GAPPS Tournament Director will make that decision for the State Tournament.

E. All schools will be required to pay green fees for the Region and State Tournaments for their participants.

F. The low medalist from each Region Tournament and individual golfers who finish in the top six places in the Region Tournament will automatically qualify for the State Tournament. The top 6 golfers on each qualifying team will advance to the state tournament. The next 6 golfers who have not already qualified but meet the maximum score (set ahead of the season) will also advance to the State Tournament.

G. At the Region and State Tournaments, players should not put the totals on the score cards. The tournament director will total the score. The golfers must sign the scorecard as well as an opponent in their group.

H. The number of teams qualifying for the State Tournament will be determined by the GAPPS prior to the beginning of the season based on the total number of regions and teams.

I. The GAPPS will set a minimum state qualifying team and individual score prior to the Region Tournaments.

J. If two teams tie, then co-champions and/or co-runner-up trophies will be awarded.

SECTION 8- SOCCER

GENERAL INFORMATION:

- A.** Soccer is a state championship event in each classification for boys and girls, and schools are aligned on a regional basis. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B.** All soccer matches will be played according to the rules published by the National Federation, and all National Federation recommendations for "State Adoption" have been adopted by the GAPPS.
- C.** The number of soccer matches allowed (not including state tournaments) shall be Twenty - Five (25).
- D.** A student may not participate in more than three (3) halves of soccer per day except in a tournament setting, when a player may play two full matches in a calendar day.
- E.** During regular season competition played between non-region opponents teams of different, there will be no overtime procedure invoked when regulation play ends with a tie score, unless both coaches agree and inform the match officials prior to the start of the match. During regular season competition between schools in the same classification, and during region/area and state playoff competition, the overtime procedure described in "Section K" of the Region and State Competition section will be invoked.
- F.** In accordance with the National Federation allowance for a state adoption (Rule 7-1-5), when there is a competitive imbalance between the teams, the match will be shortened as follows:
1. If a team is seven (7) or more goals down at the midpoint of the first half, that will be considered the end of the half, and the teams will play a twenty (20) minute second half.
 2. If a team is seven (7) or more goals behind at halftime, the second half will be restricted to twenty (20) minutes.
 3. When a team trails by ten (10) or more goals at halftime, the game will be terminated.
- G.** All soccer matches between schools from the same region must be played to completion. Matches that are interrupted by weather or mechanical difficulties will be replayed from the point of interruption unless the team that is behind chooses not to complete the match.

REGION AND STATE COMPETITION:

- A.** Based on participation, GAPPS will determine the number of teams advancing from each region to the state playoffs. Schools are required to compete with each team in their region twice during the regular season. Regions must determine their seeding within the 25 Match playing limit.
- B.** All teams will be seeded for the State Tournament based on their region record. If there are any ties, then following will determine seeding for tied teams:
1. Record against all teams in the tie.
 2. Goals allowed in head-to-head competition between schools that are tied.
 3. Goal differential in head-to-head competition between schools that are tied (maximum of three (3) goals per game).
 4. Goals allowed in all Region games
 5. Goal differential in all Region games (maximum of three (3) goals per game). Note: When figuring "goals allowed" and "goal differential" in matches decided by penalty kicks, the winning team will have one (1) goal added to its game score and the losing

- team will have no goals added regardless of the number of penalty kicks that were made by either team.
6. In any step of the tie-breaking process if a three-way tie is broken so that all ties are broken, that step determines the placements. If two teams remain tied after a step is completed, revert back to head-to-head record to break the tie. If the tie cannot be broken, move to the next step.
- C.** All rounds of the state playoff involve a single game elimination.
- D.** The higher seeded team, or the team designated as the host team on the predetermined brackets (if the teams are equal seeds) will host all playoff matches leading to the championship.
- E.** At the end of each day, both schools must report the results to the GAPPS website.
- F.** The responsibilities of the host team are to: (a) furnish game balls (b) notify the GAPPS office as to the arrangements for the playoff game.
- G.** In the event that two schools involved cannot agree on the arrangements for the game (dates, times, etc.), the GAPPS Executive Director will make a ruling to cover the situation.
- H.** In the event that a State Playoff game is suspended prior to becoming a legal game, it shall resume from the point of interruption on the next available date. If that date cannot be agreed upon by the competing schools, the GAPPS Executive Director shall determine the playing date.
- I.** The play windows for the State Tournament are listed in the Beginning and Ending Dates published at the beginning of the GAPPS Manual.
- J.** For State competition, if the score is still tied at the end of the second overtime period, the penalty kick procedure will be used to determine the winner.
- K.** Overtime Procedure for region and state playoff games (non-region games can end in a tie if the teams are in agreement):
1. The overtime will consist of two 5-minute periods.
 2. A coin toss shall take place to determine which team will put the ball in play for the first overtime period.
 3. If the score remains tied following the overtime periods, a "shootout" of penalty kicks will determine the winner.
- L.** Penalty Kick Procedure:
1. The teams will go into a penalty kick "shootout" immediately after the two five-minute overtime procedure has taken place, if a tie score still exists.
 2. The head referee shall choose the goal at which the penalty kicks will be taken.
 3. Each coach will select any five eligible players (including goalkeeper) to take the kicks.
 4. A coin toss shall be held with the team winning the toss having the choice of kicking first or last.
 5. Teams will alternate kickers, and there is no follow-up on the kicks.
 6. The defending team may change goalkeepers prior to each kick.
 7. Following the five kicks from each team, the teams with the greater number of successful kicks will be given one point and declared the winner.
 8. If the same number of penalty kicks are successful for each team, each coach will select five different eligible players who will kick in a "sudden victory" situation.
NOTE: Each team will have an opportunity to kick in each round of the "sudden victory" situation.
 9. If there is no "sudden victory" after the five kicks, keep repeating the process until a winner is determined.

SECTION 8.1-SUB-VARSITY SOCCER GENERAL INFORMATION:

- A. The number of soccer matches allowed (not including state tournaments) shall be Twenty - Five (20).
- B. All Middle School games consist of two 25-minute halves

SECTION 9- SOFTBALL

GENERAL INFORMATION:

- A. Fast Pitch Softball is a state championship event in each classification, and schools are aligned on a regional basis.
- B. All softball games will be played by the rules as published by the National Federation of State High School Associations.
- C. The maximum number of softball games allowed (not including region or state playoffs) shall be: twenty-four (24) games either head-to-head competition or in invitational tournament games.
 - 1. Schools may not enter any softball tournament other than the state elimination series unless such tournament has been approved by the GAPPS Executive Director.
- D. All varsity softball games shall be played with officially-dressed officials who are registered under the GAPPS plan for the registration of officials.
- E. The assignment of officials for regular-season games, invitational tournaments, and any sub-region allowed in the 24-game limit will be made by the host school.
- F. The host school has the responsibility of providing security escorts for umpires at all regular-season and postseason games.
- G. The following rule "State Adoptions" have been approved for GAPPS play in softball:
 - 1. The game will end when: (a) a team has completed three turns at bat and is fifteen (15) runs behind. (b) a team has completed four turns at bat and is twelve (12) runs behind. (c) a team has completed five or more turns at bat and is eight (8) runs behind.
 - 2. The courtesy runner rule has been adopted. NOTE: Participation as a courtesy runner does not constitute entry into the game, and does not count as a game played.
 - 3. The use of a double first base is recommended.
 - 4. The suspended game rule will be used. (a) When a game is stopped before it becomes a legal game, it is considered to be "no contest" and any replay will begin from the first inning. (b) When a game is stopped after it becomes a legal game and a winner can be determined, the game is completed. (c) When a game is stopped after it becomes a legal game and a winner can not be determined, any replay will begin from the point of interruption.
 - 5. Termination of the game due to weather, unplayable conditions, or mechanical malfunctions:
 - a. The umpires may halt play for up to two (2) hours when conditions do not allow play to continue.
 - i. The two-hour interruption(s) is cumulative
 - ii. The game must be terminated when the two-hour time period has elapsed. If the first game of a doubleheader is terminated, the second game will be postponed.
 - iii. The two-hour period does not include time needed to prepare the field for the resumption of play.
 - iv. Umpires must wait for at least 30 minutes before terminating a game for unplayable field conditions.
- H. The tie-breaker procedure for extra-inning games will be used. Procedure: At the beginning of the tenth inning (and all subsequent half-innings), the player who was the last batter in the previous inning is placed on second base and regular rules apply thereafter. The game continues until a winner is determined. Exception: In Invitational Tournament games with a "time limit" in place, the tie-breaker would start in the subsequent inning.

I. Only game-essential personnel are permitted within the confines of the team's dugout and shall be held to the same level of accountability as the coaching staff and players.

STATE TOURNAMENT:

A. Tie-Breaker Method:

- a. Percentage of head-to-head wins against tied teams.
- b. Least number of runs allowed between tied teams
- c. Least number of runs allowed in overall region play
- d. Mini game of five (5) innings
- e. In any step of the tie-breaking process if a tie involving more than two teams is broken so that all ties are broken, that step determines the placements. If two teams remain tied after a step is completed, revert to head-to-head record to break the tie. If the tie cannot be broken, move to the next step.

B. For the First and Second Rounds, teams will play a best-of-three series at the site of the higher seed.

C. There will be a doubleheader on the first day and an "if" game on the second day.

D. The host team will be the "home" team for the first game of the series and the visiting team will be "home" team for the second game. A coin flip will be used to determine the "home" team for the third game, if necessary.

E. Umpires will be agreed upon by both teams in the early rounds, must be GAPPS certified association. The State Finals umpires will be assigned by the GAPPS.

F. Times posted with the brackets are approximate. Teams should be ready to take the field for play at the time indicated for each game.

G. The top team in each bracket uses the first base dugout unless a team is playing consecutive games on the same field.

H. The home team will be determined for each game with a coin toss.

I. Lineups should be submitted to the official scorer at least 15 minutes prior to the scheduled starting time.

J. Teams may not use game fields for batting practice.

K. All teams advancing to the Championship Finals shall be required to have all team bats inspected upon check-in at the championship venue.

1. Bats that pass inspection will have an approved sticker placed on the bat.
2. Bats that do not pass inspection will be confiscated and returned to the team at the conclusion of that team's final game.
3. Bats found to be used in a game that do not have the approved sticker shall be confiscated and the offending player and head coach shall be restricted to the dugout for that game.

SECTION 10- SWIMMING

GENERAL INFORMATION:

- A. The United States Swimming (USS) Rules and Regulations is the official guide of GAPPS. Some exceptions are listed below.
- B. All swimming coaches must read the sportsmanship section of the GAPPS manual concerning how to treat other GAPPS teams.
- C. The beginning and ending dates for practice and competition are on the GAPPS sports calendar.
- D. Number of Meets: GAPPS swimming teams can participate in 12 regular season meets.
- E. United States Swimming Rules regarding uniforms (suits) must be observed. If swimmers wear a cap, it must follow United States Swimming guidelines. Each school should select a suit and cap to be worn by all swimmers during competition. No jewelry will be allowed except MedicAlert items.
- F. Member schools are encouraged to host regular season meets. The GAPPS will advertise meets on their website. Host schools for regular season meets are responsible for all aspects of the meet that will include all areas of the meet management, reporting results to the GAPPS, and purchasing and issuing awards.
- G. The host school will incur all cost including rental fee of facility as well as awards. Host schools may charge an entry fee. Host school may also charge general admission per the GAPPS guidelines.

STATE MEET:

- A. Read the section in the GAPPS Manual about Tournaments, Playoffs, and Awards. It details the State Meet information as well as the revenue and expense information between schools and the GAPPS.
- B. The number of teams/individuals qualifying for the State Meet will be determined by GAPPS prior to the beginning of the season based on the total number of regions and teams
- C. GAPPS will offer a State Champion at the Varsity level. Boys and girls will compete separate and awards will be given for 1st-8th place finishers in each event. The State Champion (boys and girls) will be based on total of team scores.
- D. GAPPS will appoint a Meet Director for the State Championship. The Meet Director will appoint any other personal needed.
- E. GAPPS will set all qualifying times at the beginning of the season, if necessary.
- F. Each school may enter four contestants in each event in which contestants compete as individuals.
- G. A school may enter two relay teams per school.
- H. A swimmer may enter a maximum of five events. The combinations are as follows: three individual events and two relays.

SECTION 11- VOLLEYBALL

GENERAL INFORMATION:

- A. Volleyball is a state championship event in each classification and schools are aligned on a regional basis. Beginning and ending dates for practice and competition can be found at the front of this publication.
- B. Region varsity matches will be best-of-five set format with rally scoring to 25 points (no cap - win by two). The fifth and deciding varsity set will be played to 15 points (no cap – win by two).
 - 1. If there is more than one match being played on the same day, the matches will be the best 2 out of 3 sets. Single Matches in one day will remain best 3 out of 5. The exemption to this rule is the State Tournament, where the matches could remain best 3 out of 5.
 - 2. Non-region varsity matches can be best-of-three or best-of-five set format
- C. Playing dates:
 - 1. Schools have a maximum of 25 playing dates regardless of whether or not it is a tournament format or head-to-head competition (each day of a tournament equals one playing date). Playoffs are not counted as part of the allotted playing dates.
 - 2. An invitational tournament is defined as three (3) or more schools competing in a single or double elimination format that leads to a champion being declared. The use of pool play is acceptable.
 - 3. The maximum number of days for an invitational tournament is two (2) days.

MISCELLANEOUS INFORMATION:

- A. In accordance with National Federation rules, the use of artificial noisemakers shall be prohibited.
- B. Display of signs in the stands is not allowed during the regular season or postseason competition.
- C. Competitors must stay in uniform while in the competitive area.
- D. All Varsity Volleyball matches shall be officiated by at least one (1) officially-dressed volleyball official who is registered under the GAPPS plan for the registration of officials
- E. In accordance with National Federation rules, teams may use multi-colored balls in the regular season and postseason competitions.
- F. The host school will also provide a libero tracker along with official book.
- G. Also, it is recommended that all home teams provide warm up volleyballs for their visiting opponent.

REGION AND STATE PLAYOFFS:

- A. Read the section in the GAPPS Manual about Tournaments, Playoffs, and Awards. It details the Region and State Tournament information.
- B. All teams will be seeded for the Region Tournament based on their region record. If there are any ties, then following will determine seeding for tied teams:
 - a. Head-to-Head Record
 - b. Head-to-Head- Total number of sets won
 - c. Common Opponent (Non-region) – Each team must have played the common opponent an equal number of times for this tie-breaker to be considered. (win-loss only, no point differential)

- d. If head-to-head set differential is the same and both teams agree, they can play another game to settle it or go to the next tie-breaker.
 - e. Coin toss
- C. The number of teams qualifying for the state playoffs will be determined by the GAPPS prior to the beginning of the season based on the total number of regions and teams. The state playoff games will either be at the higher seed, a host member school's gym, or a neutral site designated by the GAPPS. If two equally ranked seeds meet, the bracket will determine who will be the home team.
- D. Schools may be asked to provide competent, responsible, trained adult scorekeeper and line judges for the Region and State Tournaments.